



CHURCH of CHRIST AT EAST SIDE

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Volume 4 | Issue 14
April 7, 2024

MINISTERING EVANGELIST

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YOUTH MINISTER

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*Welcome
Guests*

*Thank you for visiting. To those who visited with us via livestream or in person, we're glad you chose to worship with us. You all are our **honored guests!***

We invite you to read further to find additional ways to connect with us.

BE ALL YOU CAN BE!

"Be all that you can be!" "Aim high!" "You can be anything you set your mind to be! These are but a few examples of nice-sounding slogans intended to build up our self-esteem, or self-concept. While it is true that we live in a nation of vast opportunities, it is not factual to say we can always be anything we want to be.

We all have limitations with which we must learn to deal. These limitations can be physical and/or mental. What each of us needs to do is come to grips with our own personal situation. This does not, in any way, mean that we cannot overcome obstacles by striving to improve our life, but in all our efforts we must remember who is providing our abilities, and watching over our lives.

We do not have to ride the wave to the top in order to find happiness. Very often happiness is right under our noses, yet we fail to smell the roses. We may have the highest of ambitions, but if God has other plans (see Proverbs 16:9) we must find happiness where we are, and give it our all, and our all to the Lord.

If we place our trust in God, nothing else is of much consequence. We can make the most of what we have been given. In this way, we will learn many valuable lessons, including patience. So frequently, we look around and see what others have acquired or accomplished, and wonder why the same has not fallen into our lives. We must be willing to grow at our own pace, the pace God has set for us. At the same time, we must not fail to do our part. We are in this race together with God, and He will be there for us, if we are there for Him. Be all you can be for Him!

~Terry Smalling

2024 CHURCH THEME

A God for All Times, All Seasons, and All Generations

"Jesus Christ is the same yesterday, today, and forever."

Hebrews 13:8



Please pray,
along with East Side's
leadership, for the
following individuals:

OUR HEARTFELT SYMPATHY IS EXTENDED TO
Lee Dove on the loss of his brother.



ENCOURAGEMENT, REPENTANCE, TRAVEL

Samina Hargrove - Hargrove family: Jonathan's health; Samina's work issues; spiritual strength for Jon's mom, Charlene
Ben Parks - travel
Gloria Ellis - repent; medical test/procedure; family; family illness

HEALTH

Cheryl Travenia - medical test/procedure: prayers that all results will be favorable
Amy Reid - medical test/procedure; prayers for a full & healthy recovery; children

FAMILY & FRIENDS

Anthony James - prayers for family as my dad decided to discontinue rehab & medical treatment & enter hospice; travel for self & Logan to visit my dad
Alicia Jackson - family illness; children; self as I try to juggle family issue & maintain well-being
Kenneth Richie - giving thanks for my brother & sister's health; prayers for self & Kenneth Jr.
Langston Pennick - relatives, Tony Pennick & son
Janet Horace - prayers for complete recovery for mom & other family members who are ill
Simone Rogers - prayers for Kyle's cousin, Kala Ervin, to have a safe, healthy delivery of daughter; travel for self & Kyle
Curtis Brown - family illness; children
Vicki R. Herron - prayers for Sis. Cory Jackson as she recovers from successful emergency surgery
Lacy Jones - mom, Phyllis Portis' medical test & parents' health & well-being; thanks for prayers/things are improving on my temp job
Tony Riley - prayers for strength & healing for my daughter, Toni, following medical diagnosis
Brittany Blair - prayers for successful outcome of son, Braeden's surgery
Bill Lyons - wisdom for son, Jared, in his decisions & that he'll return to Christ; Lazell Brown & Matt Johnson, Jr.



SICK & SHUT-IN
Ruby Lewis & Alma Wright

Mark Your
CALENDAR



APR 2024

Ladies' Tuesday Bible Study, 10–11 am
East Side Tech Support, 6–6:45 pm Every Wednesday
3rd Tuesday Mobile Food Pantry, 8:30–11 am

- 2 Men's Rap Session, 7 pm
- 6 Seasoned Saints General Meeting, 3–5 pm
- 6–7 Youth Weekend @ East Side
- 7 National Youth Conference meeting, noon
All Teachers' Meeting, 4:30–5:45 pm
- 9 Men's Bible Class, 7 pm
- 13 College Student Care Packages (Singles), 11 am–2 pm
Health Awareness Ministry / Seasoned Saints-50+ Joint Event, 1–3 pm
- 14 Ladies Monthly Bible Study, 4:30–5:45 pm
- 16 Men's Rap Session, 7 pm
- 19 Care Group 2 Fellowship, 7–9 pm
- 20 Sisterly Love Day
We Care Group Team Leaders & Leadership Training, 8:30 am–2 pm
- 21 Unity Fellowship Lunch (Youth & Family), 1–5 pm



Please send announcements for the weekly bulletin to announcements@eastsidecoc.com
no later than TUESDAYS AT NOON.

Men Privileged to Serve April 7th		
	10 am	6 pm
Song Service	Ronny McClarron	Ed Davis
Call to Worship	M.J. Hargrove	Roderick Blair
Prayer	Greg Brinkley	Lawrence Davis
Sermon	B. Chris Simpson	Russell Laing
Prayer Requests	Marlon McGhee	Max Hargrove
Com/Off	Ernest Booker	Demarron Berkley
Benediction	Lee Bell	Sean Davis

NURSERY ATTENDANTS

April 7th & 14th

Tanya Freeland
Shania Freeland

April 21st

De'Ana Williams
Seresa Moore

April 28th

NaTasha Malone
Seresa Moore

BAPTISMAL ROOM CARE AND GARMENTS

April

Crystal Brinkley
Samara Hargrove
Allegra Alexander

May

Trina Manor
Simone Rogers
Allegra Alexander

Announcements and Upcoming Events

NATIONAL YOUTH CONFERENCE MEETING

There will be a meeting Sunday, April 7th, immediately following morning worship service in room 111 of the Learning Center to discuss details of the Youth Conference.



New Beginnings Bible Class
Sunday, April 7th, at 6:00 p.m. in room 105
of the Learning Center

Students, please bring your Bibles and binders.

Thanks to those of you for seeing that your youth continues to attend the class.

Questions - please contact
Sis. Iris Williams

CONGRATULATIONS!

Please wish **Coleen Azeez** the warmest congratulations on her recent achievement as being one of the two finalists selected for the Austin Independent School District Secondary School Teacher of the Year. The finalist interview is April 12th.

CHURCH of CHRIST AT EAST SIDE

Picnic at Reunion Ranch

SATURDAY OCTOBER 12, 2024

REGISTER USING QR CODE

<http://tinyurl.com/bdf2a2s>

Contact Patrick or Vickie Bradford with questions.

SUPPORT YOUTH DEVELOPMENT

Donate to Send Our Youth to the National Youth Conference!

Dear East Side Church Family,

Help our youth grow in Christ! Donate today using the National Youth Conference Donations tab on ShelbyNext.

Why Support? Because Your Support Matters:

- Strengthen their faith journey.
- Build lasting connections.
- Create cherished memories and build lifelong friendships.

Quick Steps to Donate:

- Log in to ShelbyNext.
- Visit the National Youth Conference Donations tab.

In Christ's Love, The Church of Christ at East Side

CANCELLED EVENT

The Service Event Day scheduled for April 13, 2024 has been cancelled due to insufficient service request and volunteer turnout.

We will revisit this opportunity at a later time!
We regret any inconvenience this may cause to those who had planned to participate.

GPA

To the congregation: This is a reminder to please donate to the students' GPA achievements and rewards program for this summer by making weekly donations or a one-time donation (if that is what you prefer) in the Shelby App or give donations to Janice Coleman, another GPA committee member, or an usher and specify what your donation is for.

The GPA Awards Program will take place immediately following morning worship service June 30th.

Thank you!
GPA Committee

Derwood Kirby, Felicia Williams, Juakita Berkley, Jennifer Williams, Iris Williams, Michael Williams, & Janice Coleman

HEALTH AWARENESS MINISTRY

ADVANCED CARE PLANNING

On behalf of the Health Awareness Ministry and **Giving Instructions for Tomorrow** (GIFT Project), a workshop on advanced care planning will be held **Saturday, April 13th, 1:30–3:00 pm, in Room 113 of the Learning Center**. Must RSVP for the catered meal.

April 16th is National Healthcare Decision Day (NHDD). It exists to inspire, educate, and empower the public and providers about the importance of advance care planning. This nationwide initiative encourages adults of all ages to plan ahead of a health crisis.

Planning for the last chapter of life can be overwhelming, but it's one of the greatest gifts you can give to those you love.

Have you discussed with your loved ones:

- how to identify your healthcare preferences, if there comes a time when you cannot speak for yourself, including medical interventions
- how to complete your Texas advance directives
- how to discuss your wishes with loved ones and medical providers
- who is the best person to choose as your medical power of attorney



National Minority Health Month

April is [National Minority Health Month \(NMHM\)](#), a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities. Celebrated every year in April, National Minority Health Month:

- Builds awareness about the disproportionate burden of premature death and illness in people from racial and ethnic minority groups.
- Encourages action through health education, early detection and control of disease complications.

A topic of interest is GOUT. What is gout? Gout is a type of inflammatory arthritis that causes pain and swelling in the joints. Gout flares often begin in your big toe or lower limb. Gout happens when high levels of urate build up in our body over a long period of time, which can then form needle-shaped crystals in and around the joint. This leads to inflammation and arthritis of the joint. When the body makes too much urate, or removes too little, urate levels build up in the body. However, many people with high levels of serum urate will not develop gout.

National Minority Health Month (continued)

Areas of the body affected by gout:

- Joints
- Bursae, cushion-like sacs between bones and other soft tissues
- Tendon sheaths, membranes that surround the tendons
- Kidneys (high uric acid levels can lead to stones)
- Gout flares (when you have periodic attacks of intense pain and swelling in your joint)

Who Gets Gout? It is more common in men than in women and usually develops in middle age. Women tend to develop the disease at a later age than men and if younger people develop gout, it tends to be more severe.

Symptoms of Gout: The most common symptom of gout is pain in the affected joint. Many people have their first flare of gout in one of their big toes, but it can also affect other joints in your body. Gout flares often start suddenly at night, and the intense pain may be bad enough to interfere with sleep. Your joint may feel swollen, red, and warm.

Some people with gout may be more likely to have or develop other conditions or complications, especially with the heart and kidneys. Common conditions include high blood pressure, chronic kidney disease, obesity, diabetes, kidney stones, myocardial infarction (heart attack), and congestive heart failure.

Risk factors for gout: high urate levels, family history of gout, male, menopause, increasing age, alcohol use, drinking sugar-sweetened beverages, such as soda, and having a unhealthy diet and eating foods that are rich in purines (usually from animal sources), a substance that breaks down into urate.

Some health conditions that may increase your risk of developing gout: overweight or obesity, metabolic syndrome (a group of conditions that include high blood pressure, high blood sugar, abnormal cholesterol levels, and excess body fat around the waist), chronic kidney disease, high blood pressure, conditions that cause your cells to turn over rapidly (psoriasis or some cancers), and rare genetic conditions that lead to increased urate.

With early diagnosis, treatment, and lifestyle changes, gout is one of the most controllable forms of arthritis. **What can you do:**

- **Eat a healthy diet.** Avoid foods that may trigger a gout flare. These foods include those high in purines (like a diet rich in red meat, organ meat, and seafood).
- **Lose weight.** For people who are overweight or obese, losing weight reduces pressure on joints, particularly weight bearing joints like the hips and knees. Reaching or maintaining a healthy weight can relieve pain, improve function, and slow the progression of arthritis.
- **Protect your joints.** Joint injuries can cause or worsen arthritis. Choose activities that are easy on the joints like walking, bicycling, and swimming. These low-impact activities have a low risk of injury and do not twist or put too much stress on the joints.
- **Talk to your healthcare provider.**

Sources:

<https://www.cdc.gov/arthritis/types/gout.html>

<https://www.nimhd.nih.gov/programs/edu-training/nmhm/>

<https://www.niams.nih.gov/health-topics/gout>



HEALTHY LIVING

HEALTHY EATING • ACTIVE LIVING • CONTROL STRESS

Learn how to manage type 2 diabetes. Classes are fun, social, and FREE.

DATES: WEDNESDAYS STARTING APR. 24—MAY 29, 2024

TIME: 10:00-11:00 AM (ENGLISH/VIRTUAL CLASS)

SPONSOR: EASTSIDE CHURCH OF CHRIST
5701 E. MLK JR BLVD., AUSTIN, TX 78721

CLASS TOPICS

	Class 1: About Diabetes		Class 2: Diabetes Control
	Class 3: Active Living/ Physical Activity		Class 4: Healthy Eating
	Class 5: Preventing Complications of Health Conditions		Class 6: Stress Management

TO REGISTER, VISIT: WWW.HEALTHYPLACESHEALTHYPEOPLE.ORG/DIABETES OR SCAN THE QR CODE.

Receive an HEB gift card and class incentives by attending!
Contact: Pamela Chapman at 737-285-8605



Church of Christ at East Side | FSBS Ladies Ministry

REGISTER NOW
ONLINE &
IN-PERSON



\$125
To AUGUST 16TH



www.eastsidecoc.com/registration.html

2024 Ladies Retreat
DRAWING NEAR
A Journey to Intimacy With God
PSALM 63:1

'24 LADIES' RETREAT

Kick-Off
PARTY
6-9PM
FRIDAY
9/13/2024

SATURDAY

WORKSHOP

9-12PM | 6-9PM

MAGGIANO'S
LITTLE ITALY

ALL-WHITE SOIRÉE

Keynote, Sis. Erica Tucker
South Union Church of Christ

SPECIAL EVENT

All-Ladies
BIBLE STUDY

9AM
SUNDAY
9/15/2024

5701 E Martin Luther King Jr Blvd, Austin TX, 78721

SEPTEMBER 13 - 15, 2024

East Side Tech Support

Time:

Wednesdays, 6:00p – 6:45p
(Starting Jan. 17th, 2024)

Location:

Education Building, rm 104

Services:

- ShelbyNext Help
- Anti-Virus Check (Windows)
- Network Connection Troubleshooting
- Digital Hygiene Recommendations
- General Question and Answer

Contact Timothy Arnold [redacted] with Questions

MEN'S MINISTRY



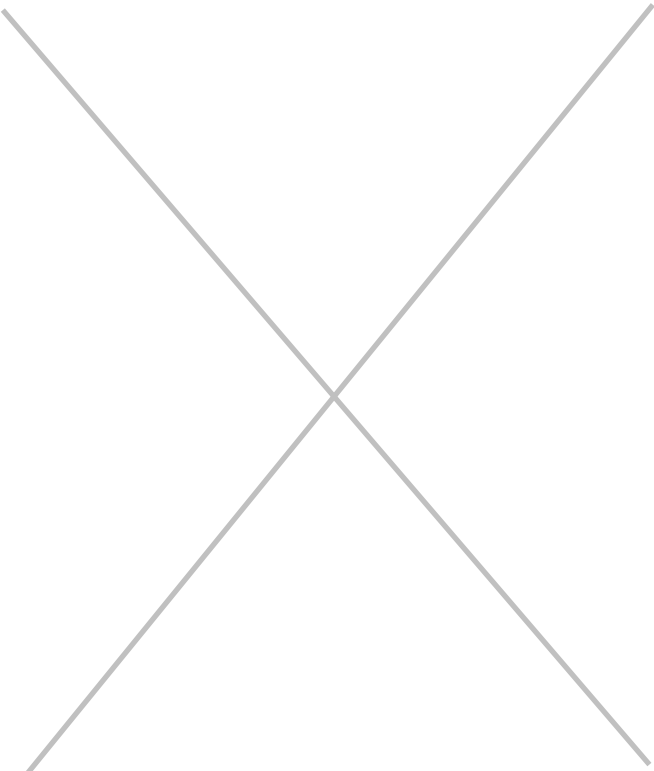
The Men's Ministry has a weekly call via WebEx taking place at 7 pm Tuesdays. We invite all men to join the call.

We have now been going strong with our call for three years, it has had a significant impact on the brothers who have attended.

There are great topics covered, such as personalities, cohesiveness, and Men's Health issues, along with many more.

Please feel free to join at the following link:

Meeting link:



Thanks,
Men's Ministry




April Birthdays

- | | | | |
|-----------|--|-----------|--|
| 1 | Karryna Lee Elisabeth Noel
Langston Pennick
Quinton Smith, Sr. | 15 | Da'Mylah Moore
Ennissa Wright |
| 2 | Ketema Johnson | 16 | Meleana Price |
| 3 | Keith Kneeland
Ieshea Young | 18 | Jiovannie Carrillo |
| 4 | Ychacka Sells | 20 | Chrisdon Noel
Doris Roberts |
| 7 | Kyle Rogers
Keith Toliver | 21 | Zynia McDonald |
| 8 | Max Hargrove, Jr.
Maxine Jackson | 24 | Curtis Sells |
| 11 | Theodore Francis
Jonathan Hargrove | 25 | Ocean Maxwell |
| 12 | Amaya Edwards
Marlon McGhee
Nakeenya Wilson | 26 | Kevin Burkley, III
Alaina Edwards |
| 13 | La Quinta Swan | 27 | Jackie Francis
Ami Galvan
Dave Nwaneri |
| | | 29 | Jenell Moffett |

April Anniversaries

- | | | |
|-----------|--------------------------|----------|
| 23 | Mike & Cheryl Alexander | 41 years |
| 29 | Ethan & Iris Williams | 46 years |
| 30 | Franklin & Ruby McKnight | 51 years |

*May God continue to bless
your marriage.* 



Bible Classes for All Ages

Winter | Spring 2024

Sundays | 9 am * Wednesdays | 7 pm

Mission:

The East Side Program provides quality Christian education to Bible students, enabling them to learn Bible facts and principles to encourage a desire to study God's Word and live a Christian life.

Purpose:

To provide a set of guidelines and spiritual foundations upon which children, youth and adults will build a lasting relationship with Jesus, and to develop disciples for Christ within an environment built on love, encouragement, and support.



April 2024 Bible Classes

Ages 2&3 | Room 101

A to Z Thru the Bible: G Is For Goliath and H Is For Hannah

Ages 4&5 | Room 102

A Series On Jesus' Teachings

Grades 1&2 | Room 110

A Series On Jesus' Teachings

Grades 3&4 | Room 206

A Series On Jesus' Teachings

Grades 5&6 | Room 209

A Series On Jesus' Teachings

Grades 7-9 | Room 203

A Study From the New Testament on Evangelism

Grades 10-12 | Room 212

A Study From the New Testament on Evangelism

Young Adults | Room 211

Real Life Studies: Practical Bible Studies For Life

Adults | Room 108

Solving Problems God's Way

Adults | Room 111

Gospels & Psalms On Spiritual Disciplines

Adults | Room 113

New Testament On Spiritual Habits

New Converts Men | Room 107

Successful Living In Today's World



New Converts Women | Room 105

After Baptism, What Then?



"You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up." ~ Deuteronomy 6:7

Let's Stay CONNECTED

Email Communication

The Church of Christ at East Side sometimes uses email to communicate with the congregation.

If you're not receiving emails from the church:

- Check for church emails in your email client's Spam folder.

If there are no East Side emails in your Spam folder:

- Use ShelbyNext to verify your contact information.
- Send an email to info@eastsidecoc.com to request to be added to the East Side mailing list.

If there are East Side emails in your Spam folder:

- Add the sender to your address book and/or report that the email is not spam.

Online Prayer Requests

To make a prayer request, go to www.eastsidecoc.com, use your mouse to hover over Church Information, then click on Prayer Request or click [here](#).

Giving

To give online, go to www.eastsidecoc.com, use your mouse to hover over Church Information, then click on Online Giving or click [here](#).

If you would prefer to mail your offering to the church:

- Mail a check or money order to:
PO Box 15595
Austin, TX 78761
- DO NOT SEND CASH.

East Side YouTube Channel

Our livestream and many past sermons can be viewed on [East Side's YouTube channel](#).

To receive a notification when East Side begins a livestream, click the Subscribe button, then click the notification bell icon and select All.

RADIO BROADCAST, BIBLE CLASS, & WORSHIP TIMES

Sunday Radio Broadcast,
101.1 FM and 1120 AM ~ 8:30 – 9 am
Sunday Bible Classes ~ 9 am
Sunday Worship Services ~ 10 am & 6 pm
Wednesday Bible Classes ~ 7 pm

How to be **SAVED**
according to the
SCRIPTURES



HEAR the Gospel

Acts 15:7

BELIEVE in Jesus

John 8:21, 24

REPENT of Sins

Acts 17:30, 31

CONFESS Christ

Acts 8:36-38

BE BAPTIZED

Acts 2:38

You are saved by grace and the Lord adds you to the church of Christ.

Acts 2:47 | Matthew 16:18 | Romans 16:16

REMAIN FAITHFUL

Hebrews 3:12-14 | 1 Corinthians 10:12

Have
questions
or need to
talk?



If you need to speak with Brothers George Williams, Mike Deen, or Russell Clemons, please feel free to make appointments with them for a telephone conference to discuss any concerns, suggestions, or spiritual counseling needs.

NEED A RIDE?



Kyron Walker will be driving the church van to pick up riders for 9 am Bible class and 10 am Sunday worship April through June.

Van riders, please call and/or text the van driver at least three hours prior to worship service at [REDACTED]