

When It Is Hard To Worship

There is an old joke that talks about a man who wakes up one Sunday and doesn't want to go to church. When his wife asks him why not, he says, "I'll give you two reasons. First, they don't like me, and second, I don't like them." His wife replied, "I'll give you two reasons why you should go to church. First, you are a grown man, and second, you are the preacher."

I get it. We all have days when we don't feel like going to church. Maybe you woke up grouchy. Maybe you had a fight with your spouse. Maybe things in your life have been one speedbump after another. Whatever it is, you just don't feel like going to worship and putting on a happy face.

Sometimes the church puts out the message that since Christians are saved we are always supposed to be happy. People ask us how we are doing and we are supposed to say, "I'm great!" The songbook in our pews is called Songs of Faith and Praise. Some churches even have a praise team.

But what happens when you aren't doing great and when your praises fall flat on your lips? Do you hide in a corner and hope nobody talks to you? Do you not sing? And if you do sing praises, does that make you a hypocrite? Wouldn't it just be better if you skipped worship when you are sad?

I believe that when we are sad, suffering, and alone we may need to worship more than ever. The book of Psalms (the songbook of Israel) is filled with laments written by those who were sick, in pain, hounded by enemies, or just plain confounded by evil. Their psalms start as cries to God to fix and to heal. And the cries, the songs, are meant to be sung in the midst of the people.

Worship is not about a bunch of happy people coming together expressing one long ode to joy. It is about bringing the fullness of our lives in joy and in pain, in thanksgiving and in suffering, in strength and in weakness, and laying them down before God. If we are hurting, who better to share that with than a brother or sister in Christ? If we need to weep, there is no safer space than in the church.

So what do you do when your heart doesn't feel like singing the praise songs we usually sing? You can sit back and listen. I find it very comforting to hear the voices of believers express their faith and praise when I am at a low point. Or you can join in and let your heart catch up to your faith at its own pace; there is nothing wrong or hypocritical in that. One of the reasons that we come together every Sunday is to receive the blessing of encouragement from other believers, and music has a power that few other things do.

And if you are suffering or depressed, please don't feel that you must keep that to yourself. If you can't immediately think of someone to share that with, take it to one of the elders at our invitation time. They are the shepherds of the flock and want to tend to your needs.

Finally, know that you are not alone. Others are hurting as well, or have been in your shoes before you. We all want to sing a lament at some time. Share your burden with us. Share your burden with God. Let the healing begin.

~Glenn Hawley

Welcome to East Hill Church of Christ, a place where you can discover the gospel!
Please, don't hesitate to let any of the greeters or ministers know how we can serve you.

C A L E N D A R

August

- 9 6th grad jump up to Youth Group
- 12 Men's Breakfast 8 am
in Fellowship Hall
- 16 York Public Schools begin
- 19 Ladies Craft Day 8 am-6 pm
in Fellowship Hall
- 21 YU Genesis Meal for new students
- 22 Food Distribution 10:30-11:30
in South Parking Lot
- 23 YU Fall semester begins
- 27 Knapp anniversary celebration
in Fellowship Hall
- 30 Back to School Celebration for K-5

September

- 1 Son Shiners meet at 5:30
at Chances "R"
- 3 Fall Bible Classes Begin
- 9 Men's Breakfast 8 am
in Fellowship Hall
- 16 NYC Annual Dinner, mid-day
at Nebraska Youth Camp

- 8/7 Andy Roberts
- 8/8 Ryan Coehoorn
- 8/10 Becky Shafer
- 8/10 Brenda Sikes
- 8/10 Wyatt Tandy
- 8/10 Bethany Lotulelei
- 8/10 Gideon Lotulelei
- 8/11 Cole Schmid
- 8/12 Katie Tandy
- 8/12 Oakley Hansen
- 8/13 Abram Phan

- 8/7 Scott & Dana Schmid
- 8/7 Marty & Rose Barrett
- 8/7 Jotham & Kelley Andrews
- 8/8 Todd & Denise Sheldon
- 8/9 Christopher & Megan Fifield
- 8/12 Harold & Deena Tandy
- 8/12 Boyd & Anne Anderson
- 8/12 Tim & Bev McNeese

C E L E B R A T E

MINISTRIES & EVENTS

Bible, Bacon & Bros!! Men, grab your Bibles and join us 8 am Saturday in the fellowship hall for a hearty breakfast and uplifting devo led by Glenn Hawley.

Youth Group Jump Up: On Wednesday, August 9 at 6:30 the youth group students and families are invited to meet at East Hill Park to introduce the new 6th graders to the Youth Group. Please bring a dessert to share.

Ladies Craft Day: Bring your crafting supplies to work on your projects Saturday, August 19, in the Fellowship Hall. It is a come-and-go event, from 8 am-6 pm. Please bring a snack to share and call Tera Knapp with questions.

Genesis Meal: On Monday night, August 21, East Hill will be hosting York University freshmen for two legs of a progressive dinner. We will soon be recruiting our members as cooks and hosts, so mark your calendars and stock up your pantries!

Back-to-School Celebration: All families with children in grades Kindergarten through 5th grade are invited to a celebration on Wednesday, August 30, starting at 5:30, here in the East Hill south parking lot. Supper will be served. There will be many games and a bouncy house. Kids will meet their fall Bible class teachers and families will get a tour of the Children's Ministry wing. We hope you will come for the fellowship, fun, and the introduction of new Bible classes. Families are encouraged to invite their friends too.

Robison's Well Fund Raiser: Thank to those who have contributed to the water well project! We are at \$2,104 of our \$5,000 goal. Christian Relief Fund has a donor that will match our \$5,000 to make the \$10,000 necessary to dig a well. You still have time to get your donation in to participate in refreshing God's precious people! Please write checks to "Christian Relief Fund" and give them to Titus or Angela Robison.

The Nebraska Youth Camp Annual Dinner is on, Saturday, September 16 at the camp grounds this year. The dinner will be a noon meal rather than a dinner meal this year. In addition to the regular member meeting and election results there will also be "camp" activities planned for the day. With the change in schedule and additional activities the board wanted to give a little extra warning for putting it on your calendar. Everyone is welcome! If you have questions you can see your local board members, Michele Briggs, Deena Tandy, and Eric Tremaine.

But in your hearts, revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

I Peter 3:15 East Hill 2023 Theme Verse

BODY LIFE & PRAYERS

Body Life:

One more anniversary last week—Our records were incomplete and we missed **Paulo and Ana Carvalho's** anniversary on August 1 last week.

Danny McClure is looking to hire a job coach! Danny needs a job coach to accompany him for safety and for clarification on directions that he may not remember to follow. Right now Danny needs a job coach for his trial work experience. The trial will be 20hrs over the course of 2 weeks (3hrs, 3 days a week). The job coach can expect \$18-\$26/hr, with lots of laughs; because working with Danny is a great time! If you're interested, please call his sister, Amanda. Contact the office for her number. Please also add him to your prayer list as he could really use the opportunity for meaningful work. Thank you!

Joyce Angle has moved rooms at the Hearthstone.

Thank You Notes:

The August sign up slots for Children's Classes have all been filled!! Thank you to everyone that has helped this summer. The next quarter will be starting soon so please be thinking about if you can help out next quarter. Sign up sheets for that will be out soon.

Dear East Hill Church,

Thanks so much for supporting me through the years. You are an amazing church family. Thanks also for the study Bible. I have already used it and am so thankful for this valuable resource. I am thankful for the youth group at East Hill and will enjoy the LaCocina gift card. I look forward to staying involved while I attend York University this fall. -**Andrew Van Gomple**

Prayer Focus: This week we ask you to remember the young adults who've grown up at East Hill and are returning (or starting) to college, a technical school, or are in the military. They have big challenges ahead as they prepare for a career and start their life journey. It can be easy to lose focus or fall off the path. Above all, they are making decisions today regarding faith and life that will impact them all their days. So, let's pray for God to watch over them and keep them. Let's pray that they will remember the faith of their youth and grow into a trusting relationship with Christ Jesus. Amen. (Our young adults include: Lilly Carr, Timberly Carr, Alice Coehorn, Mayah Colle, Piper Dallmann, Elliot Dallmann, Megan DeHart, Kirsten Fike, Bladen Flynt, Evan Fraser, Ross Fraser, Olivia Hansen, Alan Huskins, Andy Jewell, Zoe Kreifels, Dartagnan Lamonde, Michael Marsh, Adrianna McNeese, Kelsey Sandoz, Jake Schmid, Cole Schmid, Dawson Schwarz, Lily Shafer, Simeon Tremaine, Andrew Van Gomple, Annsley Vernon, and Harry Yunevich.)

Weekly Events

Attended Nursery: You can drop off children ages 0 up to 2 years in the nursery during services.

Youth Updates: Contact Garrett Schwarz to get the Remind notices and stay connected on the latest news regarding the East Hill Youth.

Women's Thursday Class: The women's Bible study will resume after the summer break.

Weekly Prayer Pal Suggestion

Gratitude – *Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

~I Thessalonians 5:16-18

Weekly Scripture Memory

August 6-August 26

John 15:12-14

My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends. You are my friends if you do what I command.

Schedule of Services

Sunday

Worship 10 am, livestreamed on Facebook
Bible classes for all 9 am
Sunday evening 5 pm, communion available

Wednesday

Adult Class 6:30 pm
Adult class is livestreamed on Facebook
Children & Families event twice a month this Summer

For the Record: July 30, 2023

Weekly Attendance: 258

Weekly Giving

Budgeted: \$6,971.50

Actual: \$5,548.95

Children's: \$32.71

Year to Date

Budgeted: \$216,116.50

Giving: \$222,420.26

Children's for Ecuador: \$1,698.67

East Hill Church of Christ

1122 Delaware Ave. (Building)

1225 E 10th St. (Mailing/Offices)

York, NE 68467

Office: (402) 362-4990

Email: easthillsecretary@gmail.com

Website: www.easthillcofc.org

WiFi: EHguest PW: JesusIsLord!

Ministry Staff:

Preaching Minister

Glenn Hawley

Worship & Family Minister

Glenn Dallmann

Children's Ministry - School Age

Tana Albin

Children's Ministry - Preschool

Hannah Sikes

Youth Ministry - Coordinator

Garrett Schwarz

Administrative Assistants

Michele Briggs 9 am-noon

Tera Knapp 11:30-2:30

Missionaries in Ecuador

Joshua & Julie Marcum

Michaela, Eliana, Jana, Enoch

Shepherds:

Tim Carr

Michael Case

Keith Miller

Mark Miller

Steddon Sikes

Eric Tremaine

Shepherd of the month is in bold font.

Deacons-----Area of Service

Marty Barrett ----- Benevolence

Trey Colle -----Emergency Meals

Robert Cunningham ----- Son Shiners

Troy Flynt -----Treasurer

Jansen Fraser----- Grounds

Trent Hinton ----- Livestream

Ron Kretz-----Singles

Larry Light ---- Single Seniors, Facilities

Garrett Schwarz -----Youth

Jeff Shafer ----- Worship Support

Lonnie Shafer -----Elder/deacon liaison

Ken Van Gompel -----LTC

East Hill In the Digital Age!

East Hill Prayer & News - Are you connected to our daily e-newsletter, EHPN? Typically we send out at least one email a day to share current prayer requests, needs, and activity announcements. This is a great way to stay informed and discover ways that you can connect with and serve the body of Christ. If you would like to get on the list just contact the office.

East Hill Digital Directory - Do you have our church directory downloaded to your smartphone or computer? The directory has all our contact information and pictures, which is a great tool for helping all of us get to know one another. The app and site are called "Instant Church Directory." Only East Hill members with their email in the directory have access to our information. Call the church office if you need help. You can also contact us for a paper directory, but it won't update itself :).

Online Giving - Digital options can make giving easier to manage too. We are signed up with a program called Tithe.ly to accept your giving online. If you are interested, go to the "Giving" tab on our church website (easthillcofc.org) and click the bright green "Give" button. You can set your donation to be one time or recurring and made with a credit or debit card or through your bank account.

Order of Worship

My Only Hope

Worship Leader: Jansen Fraser

Hilltops of Glory

538 *My Hope is Built on Nothing Less*

Prayer: Brady Sikes

Scripture Reading: Troy Flynt

I Peter 3:8-13

736 *To Christ Be True*

395 *Follow Me*

"Suffering, But Hopeful"

I Peter 3:8-22

Glenn Hawley

Night, with Ebon Pinion

Communion: Todd Sheldon

Children's Offering

Invitation to Prayer

18 *Faithful Love*

My Only Hope

Shepherd's Prayer: Mark Miller

Body Life: Glenn Dallmann

860 *There Is a Habitation*