



## A Healthier Body

It's New Year's Day, I'm sitting on my couch with a hot cup of tea thinking about how to improve upon 2024. For the first time in years, thanks to some gentle prodding, I've set some health goals that involve the dreaded resolutions of "diet and exercise." I also have goals for bettering my spiritual walk and pondering how best to come alongside others in theirs. I want to be a better version of myself, and I want my East Hill family to benefit from what I choose to leave behind and the things I choose to strive towards.

So without going into specifics, let me offer a couple of menu choices and strengthening exercises I'm considering. The scripture that follows each goal may be a stretch, but we can all benefit from making the move towards a healthier body.

- 1) Snack healthy Proverbs 3:7-8
- 2) Achieve new muscle memory Ephesians 4:15-16
- 3) Lift what you can Galatians 6:2
- 4) Take smaller portions Matthew 13:31-32

Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.

~Proverbs 3:7-8

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

~Ephesians 4:15-16

Carry each other's burdens, and in this way you will fulfill the law of Christ. 

~Galatians 6:2

He told them another parable: "The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches."

~Matthew 13:31-32

~Steddon

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.

### January

- 5 Baby Shower 2-4 pm Lacina
- 5 Elders Meeting
- 9 Women's Thursday Morning Class Resumes
- 11 FriendSpeak Training 9 am
- 12 "Foundations" Bible Class begins
- 12 Elders Meeting

24-25 Elders & Ministers retreat

28 Food Distribution 10:30-11:30 am in south parking lot

#### **February**

- 7 Son Shiners at Chances "R" at 5:30
- 8 Men's Breakfast 8 am in FH

# **MINISTRIES & EVENTS**

**Baby Shower:** The shower for Alieth Lacina is today from 2-4 pm Lexi and Nate Lacina are expecting Alieth in mid-February. They are registered at Walmart.

**Ladies:** Join us on Thursdays 6:30-7:00pm in the fellowship hall, to practice deep breathing, gentle stretching, and praising God together. For January we are also learning movements that go along with the song, Shout to the Lord. If you have questions, please see Katie Tandy.

A New Sunday Bible Class will begin next Sunday! This class is titled "Foundations: The Story of God." In this class, you will gain an understanding of God's plan for humanity and your place in it as revealed by the Bible. You'll learn about the Five Acts of the Theodrama (Creation, Israel, Messiah, Church, and New Creation). This class is ideal for those without a lot of experience reading the Bible and who find the Bible confusing, or if you're simply new to East Hill. Together, we'll seek to answer as many of your questions as possible. Teacher: Glenn Dallmann.

**FriendSpeak Training:** Anyone wanting to know more about the new FriendSpeak ministry is invited to attend the 2 hour training on Saturday, January 11 at 9 am here at the building.

**Communion Sign Up:** The sheet to sign up to help for one month of communion preparation is now up on the bulletin board under the TV in the foyer. Please see Diane Kretz if you have questions.

#### 1/5 Denise Sheldon

- 1/5 Diana Kretz
- 1/5 Mallory Tremaine
- 1/7 Kami Flynt
- 1/7 Jared Leinen
- 1/10 Rosalena Scamehorn

CELEBRATE

## Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

East Hill 2024 Theme Verse—Hebrews 12:14 (NIV)

# **BODY LIFE & PRAYERS**

#### **Prayer Request:**

Loretta Goben was in the hospital over Christmas and then went home, but was back in the hospital this week. Please pray for her recovery and strength.

### **Body Life:**

Logan Rice was baptized on January 1 by Ron Kretz. Please reach out and welcome Logan to our church family.

Congratulations to Mike and MaryAnn Case on their son, Matthew's engagement this last week to Rachel Ray. They both live in Omaha.

#### 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 at least identify one another—the first step in getting to know each other. 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 "Online 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 recuring and made with a credit or debit card or through your bank account.

### Weekly Events

FriendSpeak: Do you know someone who would like to have conversational English lessons? Have them call our FriendSpeak hotline: 402-710-0042

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

#### Service at Legacy Square:

There is a service for the residents of Legacy Square in Henderson at 2:30 each Sunday. See Tommy Carr if you have questions.

Youth Updates: Contact Garrett Schwarz to get the Remind notices.

Women's Thursday Class will resume this Thursday. Delores Hartman is teaching on "Favorite Verses." Class will be 10-11:30 and is available via Zoom. For child care, contact Rose Miller.

#### Weekly Prayer Pal Suggestion

Love - Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

~ Ephesians5:1-2

## Scripture Memory for 2 weeks

Isaiah 46:9-10

Remember the former things, those of long ago; I am God, and there is no other; I am God, and there is none like me. I make known the end from the beginning, from ancient times, what is still to come. I say: My purpose will stand, and I will do all that I please.

#### Worship 10 am, livestreamed on Facebook Budgeted: \$7,143.85 Bible classes for all 9 am Actual: \$6.111.13 Sunday evening 5 pm, communion available Children's: \$93.00 Wednesday Year to Date Adult Class 6:30 pm (livestream-East Hill's Facebook) Budgeted: \$371,480.20 Children's Class 6:30 pm (drop off 6:20, pick up 7:15) Giving: \$352,274.28 MS & HS Huddle 6:20-7:20 pm Children's for Ecuador: \$2,545.52 Ministry Staff: Notes: **Preaching Minister** Glenn Hawley Outreach & Involvement 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 Ron Kretz Keith Miller Mark Miller **Todd Sheldon** 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 Trent Hinton ------Livestream Larry Light ----Single Seniors, Facilities Garrett Schwarz----- Youth Jeff Shafer----- Worship Support Ken Van Gomple -----LTC

Schedule of Services

Sunday

For the Record:

Weekly Giving

Weekly Attendance:

December 29, 2024

225

# Order of Worship

York, NE 68467

Office: (402) 362-4990

#### You Are My King

East Hill Church of Christ

1122 Delaware Ave. (Building)

1225 E 10th St. (Mailing/Offices)

Email: easthillsecretary@gmail.com

Website: www.easthillcofc.org

WiFi: EHguest PW: JesusIsLord!

278 Victory Chant Lord, Reign in Me

Welcome: Glenn Dallmann

Matthew 2:1-12

Reading: Allan Huskins III

You're Worthy of My Praise You Are My King 484 You Are My All in All

Prayer: Willis Hood

"New Start"

Romans 6:1-14 Glenn Hawley

#### **Invitation for Prayer**

691 Make Me New 803 Turn My Heart Every Time Amazing Grace (My Chains Are Gone)

Communion: Tommy Carr

Children's Offering

Goodness of God

Body Life: Ken Van Gomple

Shepherd's Prayer: Steddon Sikes