

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.

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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.

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

*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 Tithely 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 recurring 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.

~ Ephesians 5:1-2

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.*

