

End Dependence Day

It may surprise you that many instructors and coaches no longer abide by the old adage that “practice makes perfect”. Few would question that mastering a skill requires practice. The dark little secret is that most practice does not make perfect because the practice itself is flawed. You will master whatever you are practicing. As author Will Durant summed up the teaching of Aristotle, “You are what you repeatedly do”. It will become your instinctual, automated, “go-to” response; your muscle memory, in the case of a physical skill.

Whether physical, psychological, or emotional, your automated response is the one you can expect and *depend* on in a given situation. Much of your world is simply the sum of the responses and habits you have instilled. They are routine. And they can be very hard to change. We really are what we repeatedly do and think. This principle is found in Scripture. Hebrews 5:14 refers to “those who have their powers of discernment trained by constant practice to distinguish good from evil”. Learn right from wrong by living it, learn godly living by doing, how old is that?

This time of year, America celebrates its freedom. What does freedom mean for a follower of Christ? Paul exhorted the Galatians, a group of churches beset by legalistic self-righteousness,

“You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love.” — Galatians 5:13

The Galatians, set free in Christ, were again enslaving themselves by turning to the old Law of Moses for redemption, rather than to the grace and forgiveness bought by the blood of Christ. Paul called them to “*end their dependence*” on their own works. Depending on anything but God’s grace through faith in Christ (Ephesians 2:8-9) is a most perilous breed of dependence.

What are some “automated” learned behaviors upon which we, as Christians, redeemed in Christ, are called to *end our dependence*?

The Flesh—The term Paul often used to describe our sinful inner condition and cravings that work in opposition to God’s commands. “For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.” (Galatians 5:17) Our “natural, automated response” is to turn to our flesh. In Christ, this dependence on the flesh is to be “put to death”. (Colossians 3:5)

Toxic emotions—Corrosive, opportunistic vagrants that we allow to live rent-free in our hearts. “But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ... clothe yourselves with compassion, kindness, humility, gentleness and patience.” (Colossians 3:8,12) How much our world would change for the better if we chose to *end our dependence* on these bitter, ingrained weapons that we unleash on ourselves and others?

The past—“Every saint has a past and every sinner a future!” Our heavenly, sovereign Father knows our past more thoroughly and accurately than anyone, and yet He continually forgives and cleanses every believer as he or she strives to “walk in the light” (1 John 1:7,9). Time to *end our dependence* on using our past as a convenient “go-to” pretext to rationalize our thoughts and conduct. Our pasts may explain us, but they do not excuse us. The blood of Christ does that when we turn to God in repentance. (Acts 3:19)

Many more faulty forms of “psycho-practice” and dependencies could be mentioned. How about addictions, craving the approval of others, or (perhaps worse) the cringeworthy things we say to ourselves? All are forms of “practice”, rites we perform repeatedly and become “experts” at. It’s been said, “You can never get enough of what you really don’t need.” It’s drinking salt water instead of the satisfying “living water” that Christ provides (John 4:10). Brothers and sisters, on this Festive 4th, I invite all of us to ask: What are my go-to coping thoughts and behaviors? What dependencies of mine need to go? What needs to be confessed? Make this your all-time best End Dependence Day!

— Mark Miller

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

July

- 11 Son Shiners at Chances "R" at 5:30
- 12 Men's Breakfast 8 am in FH
- 13 Ecuador Mission Trip Report
- 16 God Bless Party for the Schwarz
- 22 Food Distribution 10:30-11:30 am
in south parking lot
- 26 Meal Prep for the Mission 1 pm in
the FH
- 30-Aug 3 Marcums Visit

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

- 7/6 Rose Miller
- 7/7 Paura Ulrich
- 7/8 Melody Coehoorn
- 7/8 Dianna Brennan
- 7/8 Simeon Tremaine
- 7/9 Ken Yunevich
- 7/10 Nolen Albin
- 7/12 Abby Shafer

7/9 Troy & Kami Flynt

C E L E B R A T E

MINISTRIES & EVENTS

Sunday Evening Guest Speaker: Tonight, at 5 PM, Jim Ice will be giving a presentation in the auditorium on the James Connection, a ministry overseen by the Holiday Park Church of Christ that serves children in India, taking them from the streets to a Christian environment of love and learning. Jim has been involved with this ministry since its inception over 20 years ago. To learn more about the James Connection and its orphanage, Angel's Place, you can visit their website: <https://jamesconnection.org/>.

Huddle for Wednesday, July 9, will meet at the Goodwins for a taco bar from 6:20-7:20pm. The address is in York (contact the church office) and all of the food will be provided.

Blessing Party for Garrett and Jenna Schwarz will be in the fellowship hall after classes on Wednesday night, July 16. Ice cream and toppings will be provided as we wish them well as they plan to move to Florida soon.

Looking for Housing: A York University professor and his wife, Greg and Sally Stevenson will be arriving in July. They are looking to rent and they have dogs. They do have one option available but would need a place for the dogs to be temporarily. If you have suggestions on either part of this please contact them through the church office.

Nebraska Youth Camp Dates: Nebraska Youth Camp has started their summer sessions. There are still spots available, you can find registration at NebraskaYouthCamp.com. The session grade breaks are based on grade completed.

Intermediate Session 2 for 6th-9th grades are July 6-12.

Senior Sessions for 9th-12th grades are July 13-19 and July 20-26.

Let us consider how we may spur one another on toward love and good deeds.

East Hill 2025 Theme Verse—Hebrews 10:24 (NIV)

BODY LIFE & PRAYERS

Prayer Requests:

Tim McNeese began a new round of chemotherapy last week.

Ramona Ratliff will have cataract surgery on Wednesday, July 9.

Earlene Reeves began daily radiation treatment (in Lincoln) for the cancer in her back. The doctors are hoping to reduce the cancer so they can hopefully remove it surgically. For now, she has family here to help. Please keep them all in your prayers.

Meghan Salisbury had surgery the end of June. She does have lifting and bending limitations and could use some help with dishes and laundry. If you can help, please contact Meghan through the church office. There is a meal train set up, please see the QR code to the right or contact Tera Knapp to sign up.



Weekly Events

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: For the weekly youth activities contact Dan Goodwin to get the Remind notices.

Women's Thursday Class will resume in the fall.

Praise in Motion plans to resume in August.

Weekly Prayer Pal Suggestion

Prayer-full-ness – *Never stop praying.*
~I Thessalonians 5:17

*Let us consider
how we may spur
one another on toward
love and good deeds.*

Hebrews 10:24 (NIV)

Scripture Memory Hebrews 10:23-25

Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. *Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching.*

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 (livestream-East Hill's Facebook)
Children's Class 6:30 pm (drop off 6:20, pick up 7:15)
MS & HS Huddle 6:20-7:20 pm

For the Record:	June 29, 2025
Weekly Attendance:	205
<u>Weekly Giving</u>	
Budgeted:	\$7,319.72
Actual:	\$5,156.60
Children's:	\$27.60
<u>Year to Date</u>	
Budgeted:	\$190,312.72
Giving:	\$187,033.07
Children's for Ecuador:	\$1,223.14

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Ministry Staff:

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

Dan Goodwin

Ministry Intern

Archford Manduvi

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

East Hill is a church family, albeit a large one. It's a challenge keeping up with each other. Which is why we're always glad to share a congratulations or word of praise and affirmation here in the bulletin.

Please remember us when you have a word of encouragement you want to share.

In case you didn't know, our members have mailboxes at the back of the auditorium. The first half of the alphabet is at the south end (near the fellowship hall) while the second half of the alphabet is on the north end (near the sound booth). If you do not see a box with your name, please contact the church office. Sometimes the names fall down and sometimes we have missed a name for a mailbox. There are some times also larger items for individuals on top of the mailboxes. Please check your mailboxes.

Order of Worship

Come and See

Come Let Us Sing

Psalm 66:1-7

Welcome: Glenn Dallmann

514 Redeemed

Our God

How Great is Our God

Prayer of Thanksgiving:

Ken Van Gomple

Galatians 6:1-6

Reading: Jim Ulrich

448 The Greatest Commands

"I Was Blind, but Now I See"

John 9

Archford Manduvi

Invitation for Prayer

915 Trust and Obey

Here I am to Worship

Communion: Noah McNeese

Shine on Us

Children's Offering

290 Shine, Jesus, Shine

Shepherd's Prayer: Mark Miller

Body Life: Dan Goodwin