

Scheduled to Serve, January 19, 2020
If unable to serve, call: Shannon Brownfield, 391-1979
Please meet in the copy room 10 minutes before worship begins.

<u>Lord's Table</u> <u>Preside</u> Heath Gipson	<u>Prayers</u> AM Open: David Presley AM Close: Daniel Lance PM Close: Roger Paul Wed Close: Herb Lair	<u>Technology Booth</u> Audio Visual: Lee Campbell Power Point: Adam Hulsey
<u>Serve</u> Marty Burlsworth David Glenn Robin Haller Bill Youngblood Eric Jones Matt Willmott Ron Lenderman Todd Komar	<u>Scripture Reading</u> Robert Holt	<u>PM Nursery Helpers</u> Kori Keown Kenzi Keown
<u>Alternates</u> Beau Bennett Ken Collins	<u>Song Leader</u> P.M./Wed: Clint Howard	<u>Worship Attendance</u> Sunday: 10:00 a.m. – 288 6:00 p.m. – 191 Classes: 9:00 a.m. – 172 Wed.: 6:30 p.m. - 168
<u>Usher</u> Brian Calvert Roger Cunningham Jim Johnson David Kernodle	<u>Wed Announcements</u> 1/22: Jerry Honey	<u>Contribution</u> 1/12: \$9,213.22
	<u>Wed Devo</u> 1/22: Lucas Collins	
	<u>Greeters</u> Lucas & Nikki Collins Heather Hulsey	

Golden Years Class meets each Tuesday at 10:30 a.m. in the Activity Building.

Minister Steve Powers Home – 741-3471 steve@northside.email	Associate/Youth Minister Jason Hart Home – 270-293-4711 jasonhart@me.com	Missionary Rusty McMillan - Honduras rusty_mcmillan@yahoo.com Edgar Garay Margarito Bautista
Elders: Sam Alexander Ken Collins Harold Johnson Larry Keener Scott Miller Richie Poe	Deacons: David Bell Shannon Brownfield Brian Calvert William Clark Sawyer Deakins Clint Howard David Kernodle	 Chris Middleton David Presley Travis Prewitt T.J. Pulliam Cub Scott Rick Quattlebaum Chuck Thomas

Northside Church of Christ
PO Box 757
Harrison, Arkansas 72602
(Return Service Requested)

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Northside Church of Christ

Family News

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No.3 January 15, 2020

Staying Spiritually Healthy Through the Winter

I just read an article on boosting your immunity and avoiding colds and flu this season. I am guessing you can name most of these five top tips: boost your diet, exercise regularly, stay connected, scrub up, and sleep well. It is interesting how this advice parallels good spiritual advice. Here are some thoughts:

Boost your diet – It is important to get good nutrition through eating healthy foods rich in vitamins and minerals. But, more importantly it is important to feed your spirit a scripturally-rich diet. In John 8:31-32 Jesus tells us that “if you abide in My word, you are My disciples indeed. And you shall know truth, and truth shall make you free.” Spending time in the word, listening to Christian music, pod-casts, etc. help us with spiritual nutrition.

Exercise regularly – It is no secret that regular exercise has a long-term cumulative effect on our immune response. Therefore, it makes sense that exercising spiritual disciplines of prayer, study, and meditation will build our spiritual immune system.

Stay connected – Social connections helps strengthen your immune system by keeping you active and reducing your stress. God created us to be social and need each other; therefore, He created the church. No better place to surround yourself with Godly influence than participating in a church family. Make sure you stay plugged into your church family even in the “winters” of your life. Godly friends provide a great source of wisdom and support. Proverbs 27:17 – “As iron sharpens iron, so a man sharpens the countenance of his friend.”

Scrub up – Cleanliness is critical in avoiding illness as it limits the transfer of bacteria, viruses and other microbes. Consider the effect that sin has in our spiritual lives. Sin makes us very sick, deathly sick. Colossians 3 tells us to put to death such sins as fornication, uncleanness, passion, evil desire, covetousness, anger, wrath, malice, blasphemy, filthy language, and lies.

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FAMILY NEWS & EVENTS

NEW MEMBER

We are excited to announce that Mildred Oser has expressed a desire to be a part of the Northside Family. Please welcome her. *Mildred Oser, 253 Lark Spur LN, Harrison, AR 72601.*

HOLIDAY CARDS

There is a list on bulletin board of cards that have not been picked up yet. Please look to see if you still have cards. The cards are in copy room.

AREA-WIDE SINGING

The Northside Church of Christ, in conjunction with the Bellefonte Church of Christ, invite you to our quarterly Area-Wide singing at the Bellefonte Church of Christ on Sunday, January 26 at 5pm. Singing will be followed by a short devotional and the Lord's Supper. The elders encourage the Northside family to attend the singing. There will be no evening service at the Northside building.

A NORTHSIDE MEN'S CONFERENCE

A Dynamic Servant's Conference has been scheduled for men desiring to be more active in their service at Northside. Aubrey Johnson from The Old Hickory Church of Christ in Nashville, TN will be conducting the conference to be held Friday evening Feb 28, and Sat. morning Feb 29 at the Activity Building. All men, desiring to improve in serving, are encouraged to attend. Please let any of the elders or the church office know by Jan. 26 if you plan to attend.

CONTRIBUTION WITH DIRECT DEPOSIT

We will continue offering the option to have your contribution direct deposited to Northside in 2020. Several members used this service in 2019. It works just like other automatic deposits or debits with your checking account. If you are interested in setting up your contribution to automatically debit your account or if you have any questions, please contact Chris Middleton.

WINTER WEATHER REMINDER

Our building will be open at our regular meeting times for those who wish to worship and study together regardless of the weather conditions. Bible classes for all age groups will be held if teachers are available. However, we encourage members to use their own best judgment as to whether the local roads, as well as our sidewalks and parking lot, will allow safe attendance. The Elders

PRAYER LIST

CURRENT

William Clark and Whitney Pulliam & their families – *recovering from kidney transplant surgery*

Brandon Jones- *Eric Jones' son, is having throat issues*

ER Taylor- *recovering from surgery*

Lori Williams- *friend of Lila Nettell, is having a brain shunt surgery Jan.16*

Melvin & Rain Wilson- *would like prayers for their nephews and niece serving in the military*

Bill & Gwen Youngblood- *both have pneumonia*

RETIREMENT CENTER/ NURSING HOME/ASSISTED LIVING

Ella Dunlap
Charlotte Gregory
AJ Hendrix
Shirley Jordan
Retha Keener
Johnny LeMay
Faye McLaughlin
Phil Powers
Nelda Young Smith

AT HOME

Ann Cash
Faye Kisner
Frank Mangrum
Zella Montgomery
Mildred Oser
Rochelle Powers
Ruth Pratt

Names on the prayer list will generally appear for a few weeks. Please call the office if you would like for names to appear longer.

ONGOING

Atkins family
Jim Bennett – *cancer*
Bob Brown-*cancer*
Jason Boernson- *cancer*
Roy & Ricky Castellano – *cancer*
Priscilla Collier – *M.S.*
Lisa Eastridge – *surgery*
Marie Dumdey
Major Matt Eddings
Imogene & Wayne (*cancer*) Ellis
Sybil Gaskill
Danny Godfrey – *cancer*
Tom & Betty Grayson
Dawn Greer
Ronald & Mary Ann Greer
Micah Hart
Karen Helms
Pat Long
Frank Mangrum
Carmen McCune
Brenda Patton
Ada Xiomara Perez
Ruth Pratt
Bud Walsh
Terry Whithead – *cancer*
Mary Jo Whiteside – *cancer*
Julie Willhite – *cancer*
Jeannie Wray

YOUTH NEWS

7th GRADE & UP

Y.O.U.

Y.O.U. will be Jan. 24-26

6TH & UNDER

Planning Event: Sunday Jan. 19th, 7:15-9:15pm @ Bounce Mania, after evening worship. Dinner and drinks will be provided. Please remember to wear or bring socks.

FEEDING HARRISON BASKETBALL TEAM

Northside Youth Group and Congregation will be feeding the basketball team Feb. 3. There is a sign-up sheet on bulletin board.

LIFT EVENT: Hot Cocoa Bar & Mug Swap- For all ladies high school age & up, Jan. 25th @ 6:30 in the Activity Building. Details are on bulletin board. Please sign up so we know how many to prepare for.

HELP NEEDED

We are still in need of volunteers to help out in the Food Pantry, if you are able and willing to help in this worthwhile cause, please sign up on bulletin board.

Staying Spiritually Healthy Through the Winter

Continued from front

Ridding ourselves of the germs of sin, allows us to put on tender mercies, kindness, humility, meekness, longsuffering, patience and forgiveness.

Sleep well - Lack of sleep can have a serious effect on your immune system, making you more vulnerable. Scripture even reminds us of the importance of resting as God created the Sabbath. A favorite scripture of mine is Psalm 46:10 – Be still and know that I am God. We need rest in God to have a healthy spirit.

As you consider staying physically healthy this winter, please don't forget to consider an even more important aspect of your health- spiritual health.

Submitted by unknown

FUNERAL DINNER COORDINATORS

January:

Linda Goings, Dawn Jones, Jewell McAnally, Elaine Murphy