

## Announcements Wednesday, Feb. 22, 2023

# Spiritual Thoughts For Your Spiritual Walk

Bible Studies with Emanuel White, Sr.

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

Psalm 19:14

## Member Accountability

## (In-person AND Virtual)



Text the word CHECK to

(817)563-7171 Then click the link.

(Each time you attend worship or classes.)

(817) 563-7171



Click link to check-in: https://churchteams .com/m/g.asp?v= dFB3UFRIbTRvUF pQNU1hUUc4ckFF T3ZCcElkQStSSCs

7:18 PM

Be sure to click the link you receive, then check the service/class you are attending and submit.



The Church of Christ in Forest Hill bringing glory to God by transforming lives through active evangelism, compassionate service, inspired edification and relevancy.



The Church of Christ in Forest Hill is committed to glorifying God and actively sharing the Spirit of Christ with all mankind by effectively equipping ourselves with spiritual development, fellowship, Christian compassion, and stewardship.





## Spread the Word Difundir la palabra

Church of Christ in Forest Hill Conducts In-person Sunday Worship Service in Spanish Sundays: 10:00 a.m. Minister: Bro. José G. Martinez

Iglesia de Cristo en Forest Hill Conduce Servicio de adoración Dominical Presencial En Español Domingos: 10:00 a.m. Ministro: Hno. José G. Martinez

## World Bible School Spreading God's Word throughout the World!

- Are you interested in working with this evangelistic effort?
- Please contact Bro. Roscoe Rhodes or Bro. Walford Jones for more information.



...and the Lord added to the church... Acts 2:47

Praise God!

Our new sister in Christ,

## Alexis Atkinson

was baptized on Sun., Feb. 19, 2023

We welcome Sis. Atkinson and pray for God's continued favor as she walks her Christian journey.



# Praise God! & Gratitude

- Sis. Berrie Mitchell was discharged from the hospital.
- Bro. & Sis. Emanuel & Carolyn White returned home safely.
- Sis. Vicki Postway's aunt, Clara Rhone's surgery was a success.)
- Sis. Alesha Brown's daughter, Tennell, feels better.
- Bro. Herb Patterson's brother's medical procedure was successful.
- Sis. Cimmarron Davis' medical procedure was a success.
- Bro. Jessie Barns would like to thank the Forest Hill family for their prayers. "I really miss all of you."



## Gratitude

To our FHCOC Family,

You will never know how much my family and I appreciated each and every prayer, card, visit, gift, and act of kindness that was given to us at this most difficult time.

We will always remember each of your contributions and we pray that the Lord will bless you in a special way.

> Lovingly, Vallo & Monica Cross



## Gratitude

*To the beloved Forest Hill congregation:* Thank you for your continued prayers for the outcome of my recent eye surgery. It's tough to express in words, how much joy you've all shown me. The cards, the calls, and the prayers continue to lift my spirit as I progress through this experience. Thank you for your continued support.

Bro. Flenoid and the Flenoid Family



Happy 70<sup>th</sup> Birthday to Sis. LaWanda Davis!

May God continue to richly bless you!

# Prayer Requests

- Sis. Jennifer Johnson
- Sis. Victoria Parks
- Sis. June Johnson (for her sister, Berry and brother-in-law, Nathan – Nathan has a serious illness)
- Sis. Sharon Kimble (for her sister, Sis. Charlotte Rodgers, recovering from surgery)
- Sis Tricia Reid (forgiveness and for her mother and her family)





# Prayer Requests

- Sis. Alfrenia Craven (for herself and her family)
- Sis. LaTres Cole (healing and complete restoration for her mother, Sis. Berrie Mitchell, in the hospital)
- Sis. Nancy Evans (in gratitude, and for people on the job)



## Prayer Requests

- Bro. Joe Hayes (for family)
- Sis. Melinda Howard (for her ill mother, Sis. Juanita McCoy and her brother, Horace Poole, who was recently hospitalized)
- Sis. Stacy Johnson (for her son)



## Continuous Prayer Requests

- Sis. Sandy Croeze (for ongoing chronic health issues)
- Sis. Florence Runnels (hospital)
- Sis. Olivia Brown (rehab)
- Sis. Dorace Ogwuegbu & son
- Sis. LaWanda Davis & family
- Sis. Pauline Gregory
- Sis. Glenda Stevens



# Condolences

We extend heartfelt condolences to Sis. Carolyn White, in the sudden loss of her beloved nephew, **Michael K. Quarles, Jr.** 

<u>Viewing</u>: Fri., 3/3/23, 2 p.m. – 4 p.m. Redmon Funeral Home 442 N. Broadway St., Greenville, MS 38701

<u>Funeral</u>: Sat., 3/4/23, 11 a.m. Sacred Heart Catholic Church 560 East Gloster St., Greenville, MS 38701

Special prayers for the Holmes family.



## Condolences

We extend heartfelt condolences to the Gonzalez, family friends of Bro. & Sis. Walford & Opal Jones, in the loss of their daughter, **Priscilla Gonzalez** 

> <u>Viewing</u>: Thurs., 2/23/23, 6 p.m. – 8 p.m. Schertz Funeral Home, 2217 FM3009, Schertz, TX

<u>Funeral</u>: Fri., 2/24/23 10:30 a.m. St. Peter Prince of the Apostle Catholic Church 111 Barilla Place, San Antonio, TX

Please keep the family in your prayers.



## Condolences

We extend heartfelt condolences to Bro. Ky Alexander in the sudden passing of his brother-in-law, **Bro. Falando "Megale" Simon** 

Of Lake Charles, LA

<u>Visitation</u>: Sat., 2/25/23, 9:00 a.m. <u>Funeral</u>: Sat., 2/25/23, 11:00 a.m. 2318 E. Mill St., Lake Charles, LA 70601

Please keep Bro. Alexander's baby sister, Delores Simon, and her children, as well as the entire family in your prayers.

## Call to Service

The Family Life Ministry is seeking a **Graduation Program Coordinator**. This program recognizes and honors our High School, Vocational, and College graduates for their academic and social achievements.

- Length of Commitment: This position is a **2-4-year** *commitment*.
- If you are interested in serving in this role, we encourage you to pick up an Information package from the church office today and return it by March 7, 2023.
- The package includes the Family Life Mission Statement, the coordinator's application, a program description, and the Spiritual Gift Assessment link.



## Did you know?

#### MORE ACTIONS TOWARD BETTER HEALTH

Get Enough Good-Quality Sleep

Sleep helps heal and repair your heart and blood vessels. It also helps:

- Maintain a healthy balance of the hormones that make you feel hungry or full
- Support healthy growth and development
- Support a healthy immune system

Over time, not getting enough quality sleep, called sleep deficiency, can raise your risk of <u>heart</u> <u>disease</u>, <u>obesity</u>, <u>high blood pressure</u>, diabetes, and <u>stroke</u>.

This table shows recent American Academy of Sleep Medicine (AASM) recommendations that the American

Academy of Pediatrics (AAP) has endorsed.

Age	Recommended Hours of Sleep a Day
Babies 4 – 12 months	12 – 16 (including naps)
Children 1 – 2 years	11-14 (including naps)
Children 3 – 5 years	10 -13 (including naps)
Children 6 – 12 years	9 – 12
Children 13 – 18 years	8 - 10
Adults 18 years or older	7 – 9

#### ALSO:

- Spend time outside every day, if possible, and be physically active.
- Avoid nicotine and caffeine.
- Avoid heavy or large meals within a couple of hours before bedtime.
- Avoid alcoholic drinks before bed.
- Go to bed and wake up at the same time every day.
- Use the hour before bed for quiet time. Avoid exercise and bright light.
- Take a hot bath or use relaxation techniques before bed.
- Keep your bedroom quiet, cool, and dark.

#### Source: National Heart, Lung, and Blood Institute

Brought to you by: FHCOC Care Team Ministry



# 2022 Contribution statements are available.

Request your statement by:

- Emailing <u>church.office@fhcoc.org</u>
- Texting (682) 234-7822

Please include your name, mailing address or email address.





# Children's Worship

Parents of Pre-K through 5<sup>th</sup> grade children are cordially invited and encouraged to check their children into our 4<sup>th</sup> Sunday

## **Children's Worship Service**

<u>When</u>: Sunday, Feb. 26, 2023 <u>Time</u>: Prior to & during morning worship <u>Where</u>: Hallway, near the Education Wing

More Info: See Bro. Coyle Allen, Sis. Sherlon Allen or Bro. Jeramie Johnson

# Attention Parents!

If you have a child between the ages of 4 and 9, please bring them to the Children's Bible Hour Class during the worship service (in the classroom next to the nursery).

The class is designed to enhance a solid Biblical foundation in our children by reinforcing the stories and books of the Bible for spiritual growth.

See Sis. Shanita Widemon for details.





# Evangelism Classes

The FHCOC Evangelism Ministry will offer Evangelism Classes March 18, and April 15, 2023 at 1 P.M. at the building.

## "SOUL WINNERS FOR JESUS."

The classes will focus on:

- Unequipped members to evangelize
- Active members yet unequipped to evangelize
  - Equipped but inconsistent

If you are interested, please sign up for the classes by emailing <u>evangelism.ministry@fhcoc.org</u> Or contact Bro. Roscoe Rhodes, Sr. through the church phone at 817-563-7171.



#### We need a headcount!

Please sign up for this class immediately following worship service near today's Table Talks. **Final Sign-up Deadline: 2.22.23** 

## Are you interested in learning about CPR? Come to our CPR Class!

<u>What:</u> A representative from the American Red Cross will offer a CPR class to <u>members</u> of the Forest Hill Church of Christ. Leadership sponsored participants will receive a Basic Life Support Certification.

> <u>When:</u> Sat., Feb. 25, 2023 <u>Time:</u> 9 a.m. – 12 noon <u>Where:</u> FHCOC Church Building

More Info: Contact Sis. Alesha Brown or call the church at 817-563-7171



# 2023 Ministry Fair Table Talks

Ministry Fair Table Talks in back of the auditorium, following worship services!

Get valuable information about Kingdom work! Sign up!

#### Feb/March/April Table Talks:

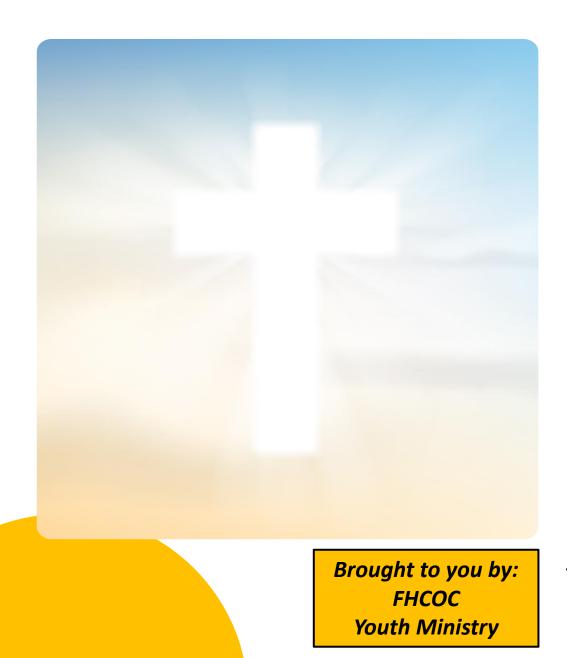
Sun., 2/26/23 – Technology, Nursery/Children's Bible Hour Sun., 3/5/23 – Youth Ministry Sun., 4/2/23 – Outreach Ministry Sun, 4/23/23 – Fish & Bread Ministry

Singing Practice for Forest Hill Singers

Sundays 5 p.m. – 6:30 p.m.

Conference Room B New members are welcome.

Brought to you by: FHCOC Family Life Ministry



# 2023 Texas State Youth Conference

<u>When</u>: June 29 – July 2, 2023 <u>Where</u>: Longview, TX Designed for youth, ages 8 – 19 <u>Theme</u>: Why Jesus? (Will you also go away?) John 6: 66-69 <u>Cost</u>: \$220 Parents, money is due by April 2, 2023

<u>For more information</u>: Contact Bro. Coyle Allen, Sis. Sherlon Allen, or Bro. Jeramie Johnson. Or, call the church phone at 817-563-7171.

## Van Ministry

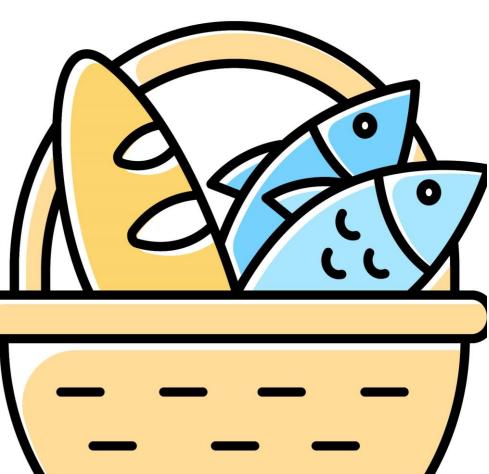
## (The van is currently running only on Sundays)

# reentan

# Members, if you wish to ride the van on Sunday morning, please leave a message by 9 p.m. on Saturday evening.

- The van phone is not consistently monitored, so please call only once for a pick-up request.
- Please call to cancel any requested scheduled pickup for which you will not be riding.
- A van driver will call you Sunday morning with a scheduled pick-up time for worship.

## Van phone number: 817-300-3819



# Fish & Bread Ministry

The Fish & Bread Ministry is designed to assist with meals on a short-term basis for:

- mothers that have just given birth, and
- members that are currently incapacitated and need assistance

Please contact the Administration office with your request and the Coordinator, Sis. Monica Cross will contact you directly.



## Recently Baptized? Attend New Convert Classes!!!

#### Sunday mornings at 8:45 a.m.

Contact Elder Walford Jones for more information about the Sunday class.

#### Wednesday evenings at 7:00 p.m.

Contact Elder Ed Henderson for questions about the Wednesday class.

# Attention Brothers

Please join the Worship Ministry Coordinator, Bro. Kenneth Johnson **each Sunday morning** for morning briefing and prayer at **9:45 a.m. in the Overflow Room**.

#### **February Servers**

<u>Scripture</u>: Bro. John Whetstone <u>Prayer</u>: Bro. William Woods <u>Giving/Communion</u>: Bro. LaJohn McDonald *Greenville Ave Church of Christ invites you to attend a Lecture Series* 



Register Today! Register at gacoc.org by March 1, 2023 Continental Breakfast and Lunch Will Be Provided Must Register to Receive a Lunch Ticket.

### Sat., March 11, 2023 10:00 a.m. to 1:00 p.m.

**Speaker**: Sammy Berry, Dallas West Church of Christ **Topic**: A Purposeful Advancement of the Gospel Philippians 1:12 – 13

Speaker: Rodney Williams, Garza Ave. Church of Christ Topic: When I Am Attacked, I Won't Turn Back Ephesians 6: 10-12

**Speaker**: Michael Griffin, Singing Hills Church of Christ **Topic**: The Christian Expectation to Promote the Gospel Philippians 1:19 – 20

**Panel Discussion Following the Last Presentation** 

## <u>Save the Date!</u> Metroplex Bible Teachers' Workshop



#### We're back. In Person.

<u>When:</u> Sat., April 29, 2023 <u>Time:</u> 8:30 a.m. – 1:30 p.m. <u>Where:</u> Greenville Ave. Church of Christ, Richardson, TX 75081

#### Theme:

#### Moving Forward

...forgetting those things which are behind... Philippians 3:13

We're here to equip and edify ALL the Saints. MBTW is not just for teachers! It's for empowering all with tools to share God's Word.

**100 MEN Enterprise Presents** 2023 Empowerment Symposium Presenters Veteran Terry Jenkins and Wyndell "Magic" Madkins

> Forest Hill Church of Christ Classroom 3916 Forest Hill Circle Forest Hill, Texas, 76140

**Empowering Men to be Accountable** for their Future!



Saturday TO AM

3 | 4 | 2023

**100MEN** Enterprises

10:00AM - 11:30AM

Saturday

10 AM

FRE

WORKSHOP

Forest Hill Church of Christ Classroom

3916 Forest Hill Circle Forest Hill, Texas, 76140



TIONSHIP INVENTORY

@100men.net

## Let's Bring Attention to Black History Month!

We ask those who would like to participate to wear African attire on **February 26th** in honor of African American History Month.

## **BLACK HISTORY MONTH**





East Pointe Church of Christ Black History Celebration

Sunday, February 26, 2023 2 p.m. 3029 Handley Drive Fort Worth, TX 76112

## <u>Theme</u>

*"African Americans: A Lasting Legacy"* 



# 2023 Elders Membership Assignments List

This list is being provided so that our members can have a point of contact if they should have questions or concerns. Due to COVID - 19, this list was last updated in 2020. Under normal conditions, it's updated annually.

Elder	Member's Last Name Begins With
Bro. John Flenoid	U – Z
Bro. Ed Henderson, Sr.	A — B
Bro. Henry Johnson	С — Е
Bro. Walford Jones	F — H
Bro. Andre Landrum	I — K
Bro. Roy Whatley, Sr.	L – P
Bro. Billy Young	Q – T



## Schedule of Activities – Sundays

Date & Time	Activity	Contact Person(s)	More Information
Sundays, 8:45 a.m.	Sunday Bible Study In-Person for all ages (No Stream)	Bro. Roscoe Rhodes (General adult class) Bro. Andrew Simmons (All ages)	817-563-7171, public.relations@fhcoc.org
Sundays, 9:45 a.m. (Announcements - 9:45 a.m. Worship Service-@10:00 a.m.)	Announcements/Worship In-Person, and streamed on fhcoc.org, f, & & Zoom Phone	Bro. Roy M. Whatley, Sr.	817-563-7171, roy.whatley.elder@fhcoc.org
Sundays, 10:00 a.m.	In-person Worship Service (English & Spanish) Servicio de adoración dominical	Bro. Roy M. Whatley, Sr.	817-563-7171, roy.whatley.elder@fhcoc.org

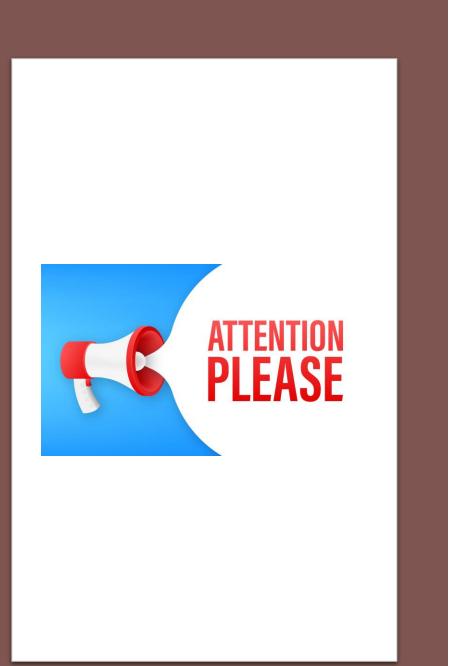


## Schedule of Activities – Tuesdays through Saturdays

Date & Time	Activity	Contact Person(s)	More Information
Tuesdays <i>,</i> 9:45 a.m.	<b>Women of Wisdom (WOW) Bible Study</b> On Zoom	Sis. Marsha Landrum Sis. Brenda Thomas	
Tuesdays, 10:00 a.m.	<b>Men's Bible Study</b> In-Person only	Bro. Henry Johnson	817-563-7171,
*Tuesdays, 7:00 p.m. – 8:00 p.m.	<b>The Tuesday Night Ladies Bible Class</b> On Zoom	Sis. Doris Henderson	public.relations@fhcoc.org
Wednesdays, 6:45 p.m.	Wednesday Bible Study for all ages In-Person Adult Bible Class only is streamed on fhcoc.org, f, & Zoom Phone	Bro. Emanuel White, Sr. (General Adult) Bro. Andrew Simmons (All ages)	

## Resources

Resource	Information
Church Website	• <u>www.fhcoc.org</u>
Submit a Prayer Request	<ul> <li>Call the church phone: 817-563-7171</li> <li>Text the church cell: (682) 234-7822</li> <li>Email: <u>church.office@fhcoc.org</u></li> </ul>
Emotional Support	ChristianWorks offers Christian Counseling for members at a discounted rate of \$25/session. For a confidential referral email: <u>fhcoc.cwc@gmail.com</u>
Giving Options	Website: <u>https://fhcoc.org/other/give</u> Text: (817) <b>373-5370</b> Zelle: <u>church.office@fhcoc.org</u> U.S. Mail Church of Christ in Forest Hill 3916 Forest Hill Circle Forest Hill, Texas 76140



# Email Updates Please Note

Church Office <u>church.office@fhcoc.org</u>

Bro. Emanuel White, Sr. <u>emanuelwhite@fhcoc.org</u>

Moving forward, please use these email addresses when emailing our church office or Bro. White. Thank you!



3916 Forest Hill Circle Forest Hill, Texas 76140

Office Phone: (817) 563-7171 Church Cell Phone: (682) 234-7822

Email: <u>church.office@fhcoc.org</u> Website: fhcoc.org

YouTube - https://www.youtube.com/c/ChurchOfChristForestHillTX Facebook - https://www.facebook.com/cocfh