

FOR THE RECORD

Week of January 15, 2017

Bible Study.....	254
Sunday Worship.....	440
Share Groups.....	141
Wednesday.....	266
Weekly Giving	\$18,293.13
Weekly Budget.....	N/A
Year-to-Date Giving	\$53,005.60
Year-to-Date Budget	N/A

NURSERY ATTENDANTS

January 22

Wendy Loveland & Cheri Russell

January 29

Joy Johnson & Wanda Reed

JANUARY COMMUNION PREP

Charlie Richards

GREETERS

January 22

Judy Lamb.....	North
Rex & Betty Chambers.....	West
Rick & Linda Butler	East

JANUARY 29

Darol & Carol Harrison	West
James & Judy Clements	East
Lloyd & Kristen Cawyer	North

LORD'S SUPPER

January 22, 29

Table 1: Charles Session, Clay Reed,
Darrell Speed, Chandler Russell,
James Strother

Table 2: Paul Senn, Brandon Tabor,
Robyn Richardson, Bobby Smart,
Brian Tindell

Kids for Christ

Kids for Christ is for ages 2 – 2nd grade, in rooms #17-20 during the sermon time.

JANUARY

Word / Scripture of the Month

Patient / Proverbs 14:29

Whoever is patient has great understanding.

JANUARY 22

2 Year Olds: Jamie Bates

3-4 Year Olds: Brittany Hunter

K-2nd Grade: Rebekah Cole

Puppets: Brent Ruple

JANUARY 29

2 Year Olds: Jamie Bates

3-4 Year Olds: Calvin & Amy Jones

K-2nd Grade: Terri Mitchell

Puppets: Brian Tindell

JANUARY HELPERS

Emma Jernigan & Wesley Lamberson

Raising Arrows

Raising Arrows is the children's education ministry for grades K-5. Teachers beginning

January 18, 2017 are...

NOAH'S ARCADE

Lloyd & Kristen Cawyer

MUSEUM

Darol & Carol Harrison

CREATOR'S CANVAS

Susan Taylor

HOLY WORD STUDIOS

Lee & Andrea Henson

Theme Verse

Philippians 4:19

DANIEL'S DIET

January 22, 2017

by Tim Tripp

Its January and I am on a diet. In recent years, I start every year with a diet and great hopes for reaching a weight goal, narrowing my waistline and staying fit. Each year I have had varying degrees of success but generally end up by adding back at the end of the year the weight that I lost in the beginning. The stretch between Thanksgiving and Christmas is brutal!! The older I get, the better I have gotten with my food choices and portion sizes but that is balanced by the fact that I gain weight more easily and lose it much more slowly than ever before. I'm finding it difficult to get ahead. I will not give up however and hope to do better this year than I did last.

In the first chapter of Daniel we follow Daniel and his friends Hannaniah, Azariah and Mishael declining the food provided for them by the King of Babylon. They are in a competition with others to win some prized positions in the King's court. No doubt they were advised to eat what was provided for them and just keep their mouths shut when it comes to observing Jewish food regulations. Daniel however was dedicated to keeping God's law even during captivity. He and his friends risked their very lives to be obedient to God. Their trust in God proved worthy as their request for a simple vegetable and water diet proved to have a positive impact on both their health and appearance. They were chosen to serve the King in his court.

I have never been a poster child for health food or healthy eating but with the increased effort in trying to lose weight and be more fit I have learned a few things, much of which can be confirmed by Daniel's diet. Below are a few of my observations for you to take in. Good luck if you too are in the weight loss game!

1. *Portion Sizes* - How much I eat is probably as important or even more so than what I eat. Weight loss is really as simple as using up more calories than you take in. If I eat less (for me, a lot less) than I feel like I want, I have already won a major battle.
 2. *Low Sugars and Carbs* - I have a sweet tooth as big as a house. I have learned that eating foods sweetened with sugar (or anything sweet including artificial sweeteners) and carbs (that turn to sugar) makes me crave more sugar. When my diet goes off the track is when I start letting those things back in my diet (usually when my daughters are home and want to do some baking). The sweet in fruits don't seem to affect me the same way, so when I go sweet it is fruit sweet.
 3. *The More Natural the Food, the Better* - I heard it said that the closer the food is to being picked or harvested, the better. Veggies, fruits and proteins that are fresh and preservative free seem to keep me feeling more satisfied longer and keeps those food cravings at bay. Daniel's diet seems to confirm this as well.
- I'll be doing my best to stay close to these three guides in the coming weeks and months so don't take offense if I pass by your delicious looking dessert at a dinner or potluck. Believe me, I wanted to try it!!

YOUTH MINISTRY westsideyouthministry.org

WSYM Midweek: On Wednesdays at 5:30 we meet for pizza (\$3) and hang time followed by Bible study at 6:30.

January 25: CT Photo Shoot.

January 29: CT17 Shirt order deadline.

February 4: High Schoolers. Harding campus tour and basketball games.

MONDAY NIGHT FOR THE MASTER

MNFTM is in need of donations such as Little Debbie snack cakes or peanut butter/cheese crackers for homeless meals. They meet every Monday night in the Family Center at 5:45 for a free meal followed by service projects.

CELEBRATE RECOVERY

CR meets on Friday nights in the Cornerstone. Dinner is at 5:45PM. Worship is at 6:30PM. Free childcare. If you have questions please email CR@westsidear.org.

RIGHTNOW MEDIA

We are excited to share that our church now has access to an extensive, new video library called RightNow Media! If you have not received an invite via email yet, please contact the office.

MINISTRY ASSISTANT

We are happy to announce that Britney Austin will be joining the West Side staff, serving as our new Ministry Assistant in the church office. Britney will begin working in her new position on Monday, February 6th. Please help us welcome Britney to the team!

GOING AWAY POTLUCK

On January 29 there will be a potluck in honor of Reggie & Anita Blackwell. See Vicki Betterton for more info.

IF:GATHERING

If:Gathering will be held on February 4 at the CCSC for all West Side women.

STARTING POINT

Interested in learning more about West Side? Be sure to visit the Starting Point room in the back of the auditorium after each Sunday service.

CAMP CAUDLE PIE AUCTION

There will be a Valentine's pie auction for Camp Caudle on February 5 in the Family Center after morning services. Come enjoy the spaghetti lunch and get a sweet treat for Valentine's Day!

If you are able to donate any of these items, please leave them in the Family Center kitchen or fridge labeled for Camp Caudal. Items needed: 13 boxes of 1 lb dry spaghetti, 12 cans (29 oz each) tomato sauce, 4 cans (18 oz each) tomato paste, 4 whole garlic heads, 4 onions, 6 lbs ground beef, 28 regular cans of green beans, or 4 large Sam's size green beans, 12 loaves of garlic bread, 3 large containers Parmesan cheese.

Also, preparation for the lunch will take place on Saturday, February 4 at 10:00AM. Thank you so much for your willingness to help! Please contact Katie Reynolds or Lenore Tripp with any questions and if you're willing to help.

LADS TO LEADERS

Bible Bowl practice is on Sundays at 3:00 in the Family Center.

LADIES BIBLE STUDY

All ladies are invited to a study based on Crazy Love, by Francis Chan. This is a 10 week, workbook and video based study on Thursdays at 9:00AM. Please contact Mattie Martin for more info or to request a workbook.

CHRISTEENS

CHRISTeens 2017 is coming up on Feb 24-26 & **WE NEED YOU!!!** Here is a list of ways you can help. Sign up sheets are in the foyer. If you have questions, please contact Jake Greer or Deanna Cole.

1. Pray! The most important way to help that EVERYONE can do!!!
2. Host visiting groups in our home.
3. Volunteer to help organize food for the groups that stay in the Family Center.
4. Sign up for a time slot to work the CT merchandise table.
5. Sign up to be an usher.
6. Sign up to help assemble the stage.
7. Be there! We want all of West Side to join us at the Center for the Arts for CHRISTeens 2017!!!



DIOS LE BENDIGA (*God Bless you*)

by Aris Ortiz

FAMILY. God made Adam and from Adam, God made Eve. The first couple. The first marriage. Then they had children. The first family. And from that first family came ALL the families in the WORLD. -talking about powerful designer! - "And hath made of one blood all nations of men for to dwell on all the face of the earth, and hath determined the times before appointed, and the bounds of their habitation" ACTS 17:26. No matter where, the human body is the same (one head, two eyes, one mouth, two ears, two legs, two arms, twenty fingers one heart..... "So God created man in his own image, in the image of God created he him; male and female created he them" Gen. 1:27) More powerful is that today, you are my brother or my sister because of ONE blood: The blood of Christ!. We are family. A Divine Family. THE WEST SIDE FAMILY!

Phrase of the week:La Familia Cristiana (The Christian Family)

PRAYER LIST

Nursing Homes

Madge Alverson (Atkins #312), Mirl Helms (Stella Manor #221), Imogene Taylor (Brookdale #211), Wayne Nordin (Brookdale #219), Glennette Price (Stella Manor #305), Margaret Bell (Rsvl. Nursing Ctr #312), Elizabeth Wyatt (Legacy Heights #43).

Cancer Patients

Gladys Norwood, Helen Stephens, Mary Grice, Mary King, Tiffany Lutrell, Carla Ford, Jeri Shay, Doug Hart, Jerry Thompson, Julie Session, Ruby Kite, Sherilyn Russell, Kelly Owens, Don Martin, Lavada Gordon, Tami Lemley, Ray Fullerton, Amy Baker, Delba Parrish, Kirk Benson, Bob Baker, Jim Valentine, Ali Winters, Debbie Gann, Hobart Summers, Debra Leaming, Lorri Petty, Joyce Gage, Ruth Kelley, Steven Watson, Linda Elkins, Hazel Anderson, Johnetta Hunter, Dianne Skipper, Suzanne Gatewood, Kim Kersh, Richie Schilling, Greg Standridge, Ella Allison, Rex Roberts

Military

Dale Nelson, Justin Dollins, Steven Renfrow, Nicholas Randel, James Cole, Jr., Micah Hunter, Steven Sawyer, Charles Pitney, Joseph Roberds

Additional

Aris Ortiz, Jr., Patsy Parnell, Nora Smith, Jeremiah Martinez; Matt Francis is having neck surgery Tuesday, January 24 at Arkansas Surgical Hospital in Maumelle. He is also still recovering from back surgery. Mike Reeves has been diagnosed with a rare type of lung cancer with metastasis to the brain. He is undergoing radiation.

Missions

James & Abigail Rucker-Haiti, WBS Students

Bulletin Announcements

To submit an announcement for the bulletin, please contact the office using the email: info@westsidear.org.