

## Prayer Requests

Jim Betterton has been transferred to Rehab, and is doing very well! Please continue to pray that he keeps getting stronger each day.

Sherry Powell had surgery on Tuesday. She is sore, but doing great! Please pray as she recovers from her surgery.

Lydia Franklin is doing really good since her surgery a week ago. They are hoping that she will be moved to Russellville Rehab very soon. She would appreciate continued prayers for her strength and healing.

Candy Reed did great through her back surgery, and they feel like it has and will continue to alleviate her pain. Please pray for her as she gets stronger every day through her recovery.

Bobby Loyd had a biopsy on a kidney tumor that they are pretty certain is cancerous, but very treatable. Please be praying for him and his family as they deal with this together.

John Gossett suddenly lost his brother last weekend. Prayers for comfort and peace for the whole family during this difficult time.

## Ongoing

Bob Clark, Tami Robinson, Jarra Family, Oliver Blankenship, Mellicent Crain, Margaret Helms, Seth Janelle, Sherry Powell, and Chris Johnson.

## Teacher Needed

Thank you to those that have volunteered to teach for our Spring Quarter coming up next month.. We are still looking for a teacher for our 3rd-5th grade class. Please reach out to Jamie Sorrells, or call the office if you can help out. It would be greatly appreciated.

Thank you to your giving hearts, over \$23,000 was raised for kids to go to Camp Caudle this year. Great job everyone!

## Dinner Church

Our Dinner Church dates for March will be the 8th, 15th, and 22nd. We would love to have some volunteers to help out with these dates. If interested, please reach out to us in the office and let us know. We will continue to have some excellent classes on Wednesday night as we move into the Spring Quarter, so make plans to join us for dinner and a quick devo., followed up by choosing a class to attend. Hope to see you there!



We are excited to announce that our Men's and Women's Prayer Rooms are open in the back of the Auditorium on Sundays starting at 10am. until we are dismissed. There will be two members of the West Side Prayer Team in each room ready and available to support you and lift you up in prayer for any need you may have. All of you are welcome here, and anything shared in these spaces will be held as confidential unless otherwise specified by you. If you have any other questions, please reach out to David at 479-567-6133, or Jen Rentfro at 479-747-3181.



"A SWEET FRIENDSHIP REFRESHES THE SOUL."  
PROVERBS 27:9

### Sunday February 19th

Deanna Cole 2 doz donuts  
Paulette Cooper 2 doz donuts

Baristas: Cindy Jones, Andrea Henson

**No Friendship Cafe on Sunday February  
26th due to CHRISTeens**



### February Schedule

2/22 Sharon Dodge

Please have your cookies dropped off at Renew  
on Wednesdays by 6pm.

## CHRISTeens

We are within a week of CHRISTeens being upon us. There are some slots that we need filled for our merchandise booth, and we are still in need of someone to help coordinate the food for the boys that are staying at the Family Center. For those that are dropping items off for the Hospitality Rm., there is space set up in Rm. 11(follow the signs). If the building is closed, you are welcome to drop off at the church office too. All items should be dropped off at the church no later than noon on Friday, the 24th, so we can move it all to the Fine Arts building. If that is a problem, you can also bring it to the Center that afternoon between 4-6pm. Please keep all of those traveling to attend CHRISTeens in your prayers, and also that everyone is encouraged by this uplifting weekend.

\*Anyone that signed up for housing, lists will be available on the table in the foyer Sunday morning\*. Thank you so much for your help!



## KIDS CORNER

by *Kaitlin McCormick*

This month in KFC, friends Bob the Builder and Believer Beaver are helping us learn about our faithful God.

Main Idea: All of God's promises are fulfilled in Jesus. And He promises us that whoever believes in Jesus will have eternal life (and live with Him forever)!

Bible Verse: "Let us hold firmly to the hope we confess, for He who promised is faithful" – Hebrews 10:23

Song: Worship Video – Standing on the Promises by Kids Worship

Other Scriptures: 2 Cor. 1:20, Eph. 2:13, John 3:16, 1 Cor. 15:57, Col. 1:14, John 10:28, John 5:24, Rom. 8:38-39, Matt. 4:17

**Reminder: We will not have class next week due to Christeens**

Pat would like to encourage everyone to get an updated picture made for the on-line directory. There will be a camera at church on Sundays, so that we can update your photo. We have several new faces, which is awesome, and that way, people can put a face with a name.

## Sunday 2/19 Worship Volunteers

Leader: Keith Moore , Bass: Zach Taylor, Tenor: Preston Abbott, Alto: Emma Jernigan, Soprano: Sadie Brashear, Opening Prayer: Pat Crosby, Communion Thought: Jerry Yates, Elder/Closing: Jamie Sorrells, Crows Nest: Alex Pipkin

## ONLINE CONNECT CARD

We would love to connect with you! Please fill out our Online Connect Card at...

[westsidear.org/connect](http://westsidear.org/connect)



### Shepherds

#### **James Cole**

[jamescolesr@me.com](mailto:jamescolesr@me.com)

#### **Mike Cooper**

[coopdent@suddenlinkmail.com](mailto:coopdent@suddenlinkmail.com)

#### **Bill Grant**

[mbgrant@suddenlink.net](mailto:mbgrant@suddenlink.net)

#### **Darol Harrison**

[dh@buildeng.net](mailto:dh@buildeng.net)

#### **Jamie Sorrells**

[js@sorrellsent.com](mailto:js@sorrellsent.com)

#### **Tracy Taylor**

[jamestaylor728@outlook.com](mailto:jamestaylor728@outlook.com)

### Sunday Class Schedule - Winter

Cradle Roll/1 year olds - Nursery Area

Adult - Sermon on the Mount - Rm. 3

Adult - Hebrews - Rm. 2

Ladies Class - Book Study - Family Ctr.

4yr/Pre-k/Kindergarten - Rm. 12

2 & 3 Year Olds - Rm. 16

K - 2nd Grades - Rm. 19 (Former Holy Word Studios)

3rd - 5th Grades - Museum Room

WSYM 6th - 12th grades - Cornerstone

College Class - The Rock

### Wednesday night class schedule - Winter

3 - 7 Year Olds - 4 Year Old Classroom

3rd - 6th Grade - Family Center

Girls

Girls 4th -6th Grade - Yoga w/scripture & prayer -

Creator's Canvas Room

WSYM - Cornerstone

Adult Class - Rm. 3 - Matthew

### **Last Week**

Class - 168

Worship - 296

Wednesday Night

Bible Study - 103

Giving: \$ 14,746

Weekly Budget:

\$13,128

YTD Giving:\$ 90,154

YTD Budget:\$ 91,895.

### **Ministers**

#### **Tim Tripp**

**Senior Minister**

[tim@westsidear.org](mailto:tim@westsidear.org)

#### **Mark Hixson**

**Youth Minister**

[mark@westsidear.org](mailto:mark@westsidear.org)

#### **Grayson Taylor**

**Campus Director  
College Ministry**

[grayson@westsidear.org](mailto:grayson@westsidear.org)

[Grayson.renewatu@gmail.com](mailto:Grayson.renewatu@gmail.com)

#### **Aris Ortiz**

**Hispanic Minister**

[aris@westsidear.org](mailto:aris@westsidear.org)

### **Support Staff**

#### **Krysta Allen**

**College Ministry Assistant**

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[Krysta.renewatu@gmail.com](mailto:Krysta.renewatu@gmail.com)

#### **Tammy Wooten**

**Administrative Assistant**

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# Welcome to West Side!

WE'RE GLAD YOU'RE HERE!

**A Different Kind of Fast**

**by Tim Tripp**

**February 19, 2023**

You don't often hear a mention of fasting these days. It was something that Jesus did. It was something the disciples in Acts did and we know that it was a common practice among Christians in the 2nd through the 4th centuries. After that it became institutionalized, mandated and associated with the observances of lent and other events where fasting was deemed obligatory. Fasting was prominent among the spiritual movements of the post-reformation era. The Methodists fasted regularly early under the instruction of John Wesley. The Puritans were known for fasting as were the Anabaptists. Even among movements in the United States, fasting was common. The founders of the Restoration Movement fasted and recommended fasting. It was in the last century that fasting really seemed to fall out of favor.

Just because people don't do it anymore doesn't make it any less an important part of the spiritual journey. There are many spiritual benefits to be realized in fasting. Fasting makes us aware of the needs we have and the things we so often take for granted. Fasting adds passion and contrition to prayer concerns. Fasting takes away the illusion we have that we take care of ourselves and recognizes God's provision for us. Fasting is a good thing to be practiced in a regimen along with other spiritual disciplines.

When fasting is mentioned, the first thing people consider is abstaining from food for a certain period of time. Food is certainly the most common commodity given up during a fast, but it is far from the only thing. There are many ways to observe a spiritual fast besides abstaining from food. Below I want to give you ideas for a different kind of fast.

1. Social Media (SM) – SM has become a part of the lives of nearly everyone. People are on SM several times a day. It has become a part of the daily routine for many. Fasting from it is challenging for those who often get information and connect with others via that platform. A social media fast will allow you to take back some lost time and perhaps to commit more time to spiritual pursuits. I have seen recommendations for doing a SM fast for a week or two every few months.

2. Pleasures/Entertainment – Fasting from things we really enjoy can be a good spiritual pursuit. Things like watching TV, watching movies, playing video games, chocolate, sugar, ice cream, news, music etc... can be the focus of a fast. Taking a week or two or more from any of those things can allow for a greater spiritual focus.

3. Phone – Most people today spend a lot of time on their phones for reasons other than necessary communication. Apps, games, internet surfing and needless banter are all things people enjoy and use to pass the time. Not many can eliminate the phone completely but most people could fast from everything except essential communication with work and family. Just setting it aside at family meals could be a good start in some homes.

I'm sure there are many other items that could be the subject of a fast. The important thing is that the thing given up for a time is something important and meaningful. Fasting from spinach wouldn't be much of a sacrifice for me.

I challenge us to return to fasting and allow God to work through it and the other spiritual disciplines to continue to change us into the image of Jesus.

LOVE | SHARE | DISCIPLE