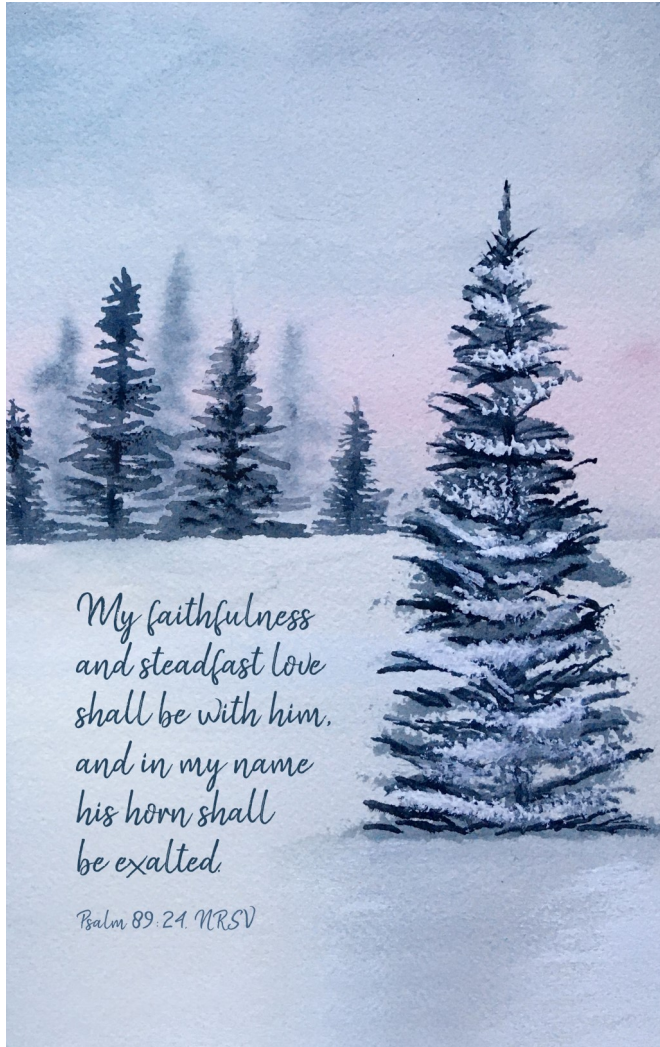


# Eastwood Epistle

November 19, 2023 Volume 45 Number 45  
Available on-line at [www.eastwoodchurchofchrist.org](http://www.eastwoodchurchofchrist.org)



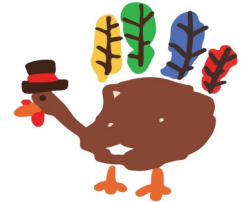
*My faithfulness  
and steadfast love  
shall be with him,  
and in my name  
his horn shall  
be exalted.*

*Psalm 89:24 NRSV*

**Recycle** - Remember to save your aluminum cans and other aluminum for recycling. You may bring them in the foyer or toss your bag into the fenced compound to the trailer. If you crush the cans, we can get more in the trailer. We usually get several hundred dollars.



**FUNDRAISER** for the Muñoz family: Turkey basket raffle. \$10 per ticket. The basket includes certificate for cooked turkey, tea and chocolate. Contact Cristina Morales via text 915-861-9826 or call 915-593-2772.



**BLESS US, LORD**, with quietness of mind; teach us to be patient and always to be kind— Helen Steiner Rice

Sunday, November 19, The 9 o'clock class time will be used to sing psalms, hymns and spiritual songs. Plan to attend and enjoy this special time of worship. Write the name of song you want to sing and give to Ray Rivera.



\*\*\*\*\*

**Men to Serve**  
**Sunday, November 19**

**Song Leader:**  
**Ray Rivera**

**Opening Prayer:**  
**Flaviano Enriquez Spanish**  
**Samuel Hooper English**

**Lord's Supper/Contribution:**  
**Terence Wade**

**Scripture Reading:**  
**Robert Muñoz Jr**

# Together

When the Lord Jesus Christ said, "Seek first his kingdom and his righteousness," he is telling us several things.

Number one: the most important pursuit in our life should be the Kingdom of God. The body, church, kingdom are the same – synonymous. There is nothing that is more important than seeking the advancement of the church. It is what Jesus came to establish. If it had been a cabinet making business, then we would be working to make it a larger business. We might be in sales, sanding or staining, but we would be working in the business.

Number two: his righteousness is more than not doing sin, it is doing good. Jesus lived a sinless life, but what if he had not done any good? He made an impact on the crowds because of what he did and said. He acted on the world. He made a difference because he was an activist. There was no doubt by anyone that he was committed to the mission.

Number three: in saying first, there is a recognition of other responsibilities in life. We have families to guide and protect. We must educate ourselves and we must work. All of the many things in life have a role, but all are subservient to his kingdom. There should be no doubt by any co-worker or those who partner with us in any activity that we are first and foremost – Christian.

Number four: you must seek. You cannot find what you are not seeking. An old saying goes, even a blind hog will find an acorn once in a while. But the reality is, if we are not seeking the kingdom of God and his righteousness, we will not find it. The responsibilities of being a Christian are not taken seriously by many who claim they are Christians. A once popular question was: if you were brought to trial for being a Christian, would there be enough evidence to convict you?

Seeking first, is not occasionally attending a worship service and dropping in a dollar when you do. It is your whole life.

*Charles M. Clodfelter*

Did you speak to our Guests on Sunday? Look for them.  
[www.eastwoodchurchofchrist.org](http://www.eastwoodchurchofchrist.org)

## Schedule Services

### Sunday

Bible Class - 9:00 A.M

Morning Worship - 10:00 A.M.

Children's Class 9:00A.M.

### Wednesday

Bible study 7:00pm

No Children's hour  
after communion

Our Ladies Tuesday Class 10am

Questions call

Thank you Teri Dove 915-822-2419

## Happy Birthday *Blessings*

Nov 3, Enrique Carrillo Sr

Nov 5, Michaela Muñoz

Nov 10, Diana Williams

Nov 12, Israel Porras

Nov 12, John Banks, Nov 17, Terry Morales,

Nov 28, Teri Dove, Nov 28, Ray Rivera,

Nov 30, Maria Del Rasso



## Happy Anniversary

Nov 22, John & Iretha Banks



Eastwood Middle School is asking for turkey donations for low income families in their area. If you are able to donate please drop off the turkey by Nov.13 at church office so that the Eastwood coordinator can pick them up. Thank you in advance.

Eastwood middle  
School coordinator  
Ricardo Lomeli



Taste and see that the LORD is good; blessed is the one who takes refuge in him. Psalm 34:8



[www.facebook.com/groups/ecocmembers/](http://www.facebook.com/groups/ecocmembers/)

## Sunday Morning Sermon

Speaker - Charles Clodfelter

Sermon: Not the Holidays

Scripture: Eph 4:1-3

# Sugar A Sin

It has been frequently stated in Bible class hour that sin is the expansion of a gift from God. God created humankind with the ability have pleasure, mankind ruins it by going to extremes. Man is commanded to work and provide for self and family. Greed is when man goes to an extreme. We must eat in order to live, but gluttony is a sin.

Food is pleasing to the taste and everyone enjoys a good meal. Then comes dessert which 99.9% of the time is a sweet dish. We enjoy the sweetness, so much that we even have dessert after a huge meal.

Honey is translated 57 times in ASV and 61 times in Young's Literal Tran. The one who first discovered the tastiness of honey must have thought they had found food from heaven. Sweet is good.

Is sweetness a sin? Only if we make it so. This is the hard part. We live in an age where food is ample but unfortunately most has had sweetness added to it. It is as if the food industry is trying to kill. But we buy what tastes good, so added sweetness is ubiquitous. It has many names: Dextrose, Fructose, Galactose, Glucose, Lactose, Maltose, Sucrose, Beet sugar, Brown sugar, Cane juice crystals, Cane sugar, Castor sugar, Coconut sugar, Confectioner's sugar (powdered sugar), Corn syrup solids, Crystalline, fructose, Date sugar, Demerara sugar, Dextrin, Diastatic malt, Ethyl maltol, Florida crystals, Golden sugar, Glucose syrup solids, Grape sugar, Icing sugar, Maltodextrin, Muscovado sugar, Panela sugar, Raw sugar, Sugar (granulated), Sucanat, Turbinado

sugar, Yellow sugar, Agave Nectar/Syrup, Barley malt, Blackstrap molasses, Brown rice syrup, Buttered sugar/buttercream, Caramel, Carob syrup, Corn syrup, Evaporated cane juice, Fruit juice, Fruit juice concentrate, Golden syrup, High-Fructose Corn Syrup, Honey, Invert sugar, Malt syrup, Maple syrup, Molasses, Rice syrup, Refiner's syrup, Sorghum syrup, Treacle.

How much sugar can I have a day? The American Heart Association recommends: For men: No more than 36 grams of added sugar per day. For women: No more than 25 grams of added sugar per day.

Added sugars aren't just found in sweets. Foods such as salad dressings, ketchup and even tomato sauce can also have added sugar. So can drinks. For example, one scoop of vanilla ice cream can have 14 grams of added sugar. A 12-ounce soda can have 39 grams. To stay within the recommended range, it helps to check nutrition labels and minimize your consumption of ultra-processed foods, which have been linked with chronic diseases. Diabetes, heart, cancer.

It makes one cringe to see a person with a 48oz of sugared drink, in addition to the other carbohydrates in their meal. There is a strong likelihood they will get a drink refill.

Carbohydrates like bread, potatoes, rice and corn just add to the problem. Take care of yourself. 1 Cor 3:16-17; 6:19-20; 10:31; Rom 12:1; 1 Tim 5:8 Is sweetness a sin? Only if we make it so.

Charles M Clodfelter

Ladies Bible Class is adopting the Child Crisis Center for a service project for 2023. We are collecting gently used small luggage, backpacks, carry-ons, or large tote bags. Why, you ask. When children leave the Child Crisis Center or move from one foster home to another, they must take their meager possessions in a trash bag if nothing else is available. We hope to put an end to this demoralizing circumstance for as many children as possible. If you can help, we will appreciate it. If you have questions please contact Teri Dove. 915-822-2419

The other day a not so elderly (I say 75) lady said something to her son about driving a Jalopy: and he looked at her quizzically and said, "What the heck is a Jalopy?" He had never heard of the word jalopy! She knew she was old...But not that old.



2023 Blue Ribbon Christmas Gift Campaign  
Giving the gift of Christmas to Children at Child Protective Services. BE A SANTA TO A CHILD IN NEED.

Pick up/ Drop off is December 13. Decide which age you want. Ages are from days old to youth to age out of foster care at 18. List will be sent out the first week of November if you would like to participate. **Call Cristina 915-593-2772 so I can make arrangements** with Maritza 915-309-3595 email: [maritz.hernandez@dfps.texas.gov](mailto:maritz.hernandez@dfps.texas.gov). More info or to adopt a child Call: 915-201-7974 Amber Hansen, email: [amber.hansen@dfps.texas.gov](mailto:amber.hansen@dfps.texas.gov)





**Elders**

Mike Dove - (915) 822-2419  
Abel Hernandez - (915) 449-1546  
Ray Rivera - (915) 592-8930

**Deacons**

Enrique Carrillo, Samuel Hooper, Alberto Morales,  
Venson Oliver, Lorenzo Porras, Bob Walker,

**Minister**

Charles Clodfelter - (915) 433-4227

**Church of Christ in Eastwood**

Office - (915) 593-2772

Español - (915) 593-2880

(Monday - Friday, 8:00 A.M. to 5:00 P.M.)

Fax - (915) 593-2775

**E-mail: coceastwood@gmail.com**

**Website: www.eastwoodchurchofchrist.org**

# In Our Prayers

**OUR FAMILY**

Teri Dove - Physical therapist came by and Teri was able to walk a short distance with a walker. It appears that the fix to her leg worked. It will be along road to full recovery but she has taken the first steps. Prayers for swift healing from operation Nov 6. Teri can be contacted on her cell phone at 915-637-0351. Will enjoy visits and call..

Alberto Morales - Prayers for no dizziness & better sugar Level. Need to go to otolaryngologist and cardiologist...

Robert Muñoz Jr - (Alberto & Cristina Morales grandson ) Thank you for prayers, need prayers for successful legal Issues.

Lulu Ochoa - Thank you for Prayers and thanks to the Ladies Bible Class for cards. Just started chemo therapy. Lulu has had no cancer pain lately. God has been so good to her for cancer treatment....

Venson Oliver - Keep Venson in your prayers for his Deployment. Send cards to SFC Oliver, Venson, B Co, 47<sup>th</sup> BSB 2-1 AD, Fos DPTA Konotop, Apo, AE 09754.

Bob Walker - Thank you for prayers. Thank you for cards. Waiting for results on radiation, chemo tests if needing more radiation.....

**SHUT-INS**

Mike Baron - Is on dialysis, prayers

Jill Breitingner - In home care with dementia, prayers

Teresa Dalke - Prayers for stronger immune system

Christine Hooper - home and recuperating

**OUR EXTENDED FAMILY**

Luis - Prayers for procedure and results....

Family of Mario Lopez. - Mario, 31, was a former member of Eastwood and was killed October 15 in a motor vehicle accident....

Family of Richard Sanchez. - Richard was a former member of Eastwood and died October 17. Richard leaves behind his wife, Gloria, and their children and grandchildren. Richard's son-in-law is Mario's brother....

Maria Montanez - (ESL student) Prayers. Swift healing from cancer procedure..

Bertha Morales - (Cristina Morales sister) Our sincere condolences to Bertha for the passing of her husband Monce Morales, Nov 4. send cards to Bertha Morales, PO Box 2304, Los Lunas, NM 87031635

Rosales family - prayers for family, young adult grandson passed away....

River Russell - Keep him in your Prayers (Ida Russell's son) for his deployment

Mario Venegas - Prayers, was sent to Houston hospital for more than 3 months after his car accident, prayers for healing, prayers for his mom Lupe. (Cristina Morales's friend Rosa Trevino)....

Please remember in prayers the military & policeman in harms way.

**Please call the office to update our prayer list.**

**Names not updated 4 weeks will be deleted.**

## Our Records

**November 12,2023**

Morning Worship – 81

Wednesday - 16

Regular Offering: \$3380.00

**Year to Date**

**Week**

Baptisms - 0

Identification - 0

**Year to Date**

Year to Date - 2

Year to Date - 0

*Can Contribute on-line at [www.eastwoodchurchofchrist.org](http://www.eastwoodchurchofchrist.org)*

**TIME VALUE**

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