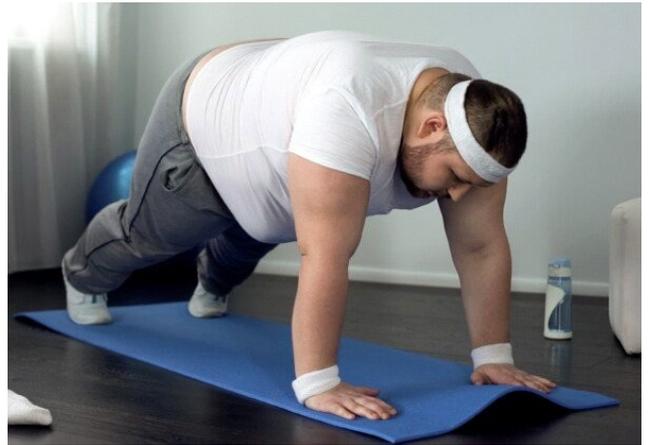


Am I Spiritually Fit?

How often do you think about your weight? Every time you get dressed? When you look at yourself in the mirror? When out doing physical activity? When carrying in all the bags of groceries? Admit it, most people think about their weight. Statistics state that one in five Americans have health club memberships. I have one, but rarely do I go. I may go back for a month then stop because I make excuses to cover the fact that I just do not want to do it. There are many statistics out there: Did you know that America is one of the unhealthiest countries in the world. We love fast food, fried food, and junk food. Obesity has skyrocketed in recent decades and shows no signs of slowing down. Even the Bible condemns gluttony Proverbs 23.2 "And put a knife to your throat if you are given to gluttony" (NIV). The Proverb writer also tells us if we eat too much, we will get sick. Proverbs 25.16 "If you have found honey, eat only enough for you, lest you have your fill of it and vomit it." US News says Americans spend a whopping \$60 billion a year on weight loss products. Oh, how much time and money we spend on how we look.



How wonderful do you think it would be if we spent that much time and money on growing closer to God? Every time I look in the mirror, I think of my heavenly Creator who made me in His image. Do you think that would make you feel better about yourself? Would I have a "Bible Club membership" to help me tune myself up on memorizing God's Word and putting it into practice? Would we join? James, the half-brother of Jesus said, "Draw near to God, and He will draw near to you" (James 4.8). Imagine, joining a place that helps you grow closer to God? Isn't that what will matter the most come judgment day? Have you ever thought about how growing closer to God strengthens you? David said, "The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him" (Psalm 28.7).

Yes, we should strive to keep our bodies healthy as to not burden us as we carry out the Lord's will. But if you had to choose between exercising every day or reading God's Word every day, which will benefit you the most in the long run? Paul said, "I have fought the good fight, I have finished the race, I have kept the faith" (2 Timothy 4.7). Paul says that he is at the end of his life, and as hard as running the race may have been, he kept the faith. I know when my life ends, I want to be known as one who focused on spiritual things and one who kept the faith. What about you? On what are you focusing today?

Gary

CALL WAITING

1 Samuel 3

- Have you ever heard the _____ of _____?
 - Have you ever had to _____ for an important _____?
 - Many people feel like they are just _____ for a _____ from _____.
 - How do we _____ for that _____?
-

1. _____ to be _____ in order to _____.

2. _____ yourself with God.

3. _____ in your _____.

4. _____ carefully.

Are you ready to _____ the _____?

C O N N E C T I O N

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Good morning Western Hills family! Today in our Connection Corner, we feature Brian Eubanks.



Brian is the son of our own Roy & Pam Eubanks and was born right here in FW. Following in his father's footsteps, Brian graduated from Western Hills High School. Fortunately for Brian's sake, all of Roy's teachers were already gone, so no "payback" for his daddy's high school adventures! Brian played on the baseball team as an outfielder/pitcher "not quite as good as Shohei Ohtani." He started a rock band as a guitarist/vocalist and played at several events in the Benbrook area. Brian & his dad restored an 87 Chevy C-10 pickup for Brian's first vehicle and spent quality time together shopping the swap meets for original Chevy parts.

Beginning in his last years of high school, Brian started working with the City of Benbrook in the Street Dept and eventually moved to the mechanic shop. Ultimately he found his career interest, joining corporate NAPA auto parts as a delivery driver, and working his way up to where he eventually became a store manager. After taking some time off to travel, Brian joined a franchise group of NAPA and is operations manager over 8 stores from Granbury to East Texas.

He still loves to play music, and even set up his own little studio in his home. He also enjoys reading and watching historical non-fiction and documentaries. Take a few minutes to reach out and get to know Brian better. You'll be blessed!

Les Keele 



Small Group Sign-ups: are in the front west foyer. So please check them out and sign-up. Sunday, February 11th will be our first small groups meeting date for 2024. Small groups will not meet on the 1st or the 5th Sundays of the month.

FOOD BANK STATS
198 – Families Served
\$931.94 – Cost to WHCOC
6779 lbs – Estimated Weight of Food

SHEPHERDS

Greg Ball	214-801-7375
Russ Bartee	817-938-5825
Dan Kille	817-793-7493
Chuck Meyer	682-553-5444
Ross Tomlinson	682-429-1983
*John Walton	817-441-0000

**Shepherd of the month*

MINISTERS

Gary Williams:	662-321-3208
<i>Pulpit Minister</i>	
Les Keele:	817-808-0566
<i>Associate Minister</i>	
James Bowie:	817-944-4492
<i>Youth Minister</i>	
John Boundtaroth:	817-891-2132
<i>Laotian Minister</i>	

DEACONS

Jon Bartee	817-889-2686
James Bowie	817-944-4492
Brandon Duncan	903-603-1059
Jay Garner	817-205-2070
Ben Meyer	817-673-8557
Robert Scott	817-246-0911
Matt Sloan	405-471-3404
Steve Taylor	817-291-2065
Buck Thomas	817-733-2620
Arthur Torrez	817-721-2726

MORNING WORSHIP (10 AM)

Welcome - Steve Taylor

Song Leader - Alex Bartee

Song - Ivory Palaces

Song - I'll Live In Glory

Song - Mansion Over The Hilltop

Prayer - Randy McCoy

Scripture - 1 Samuel 3: 1-10

Song - I Come To The Garden Alone

Lord's Supper - Jonny Bartee

Prayer for Contribution - Jonny Bartee

Song - Paradise Valley

Call Waiting - Les Keele

Song - I Am Resolved

Announcements - Les Keele

Shepherd's Prayer & Dismissal - John Walton

Donate by
QR Code?
Here is
ours:
Thank
You!



Attended Nursery: After communion, we have an attended nursery available for ages birth to 3 years. There is also a cry room available if needed.

For our members and visitors with hearing difficulties, we now provide single side in-ear mono earbuds with a personal receiver for your convenience. Please see the sound booth at the back of the auditorium for one.

DAILY BIBLE READINGS

Monday, January 29

Exodus 35 - 37

Tuesday, January 30

Exodus 38 - 40

Wednesday, January 31

Leviticus 1 - 3

Thursday, January 1

Leviticus 4 - 6

Friday, January 2

Leviticus 7 - 9

Saturday, January 3

Leviticus 10 - 12

Sunday, January 4

Leviticus 13 - 15

Last Week

Bible Class:	127	Wednesday:	95
AM Worship:	181	Contribution:	\$ 7,596.56
PM Worship:	45	Budget:	\$ 12,978.00

Times of Assemblies

Bible Class:	9:00 AM
Sunday Morning Worship:	10:00 AM
Sunday Evening Worship:	5:00 PM
Wednesday Evening:	7:00 PM

PRAYER REQUESTS

Members

January 28, 2024

NAME	SITUATION	PRAY FOR
Chandra Mann 1/12/24	Her abdominal cancer has come back, she will be having a biopsy and will know more soon.	Healing and good news
Nancy Wright 12/11/2023	She is in Stonegate rehab, Room 111. 8600 Vista Royale Drive, Fort Worth, TTX 76108	Successful Rehab and healing
Gary Williams 12/25/23	He had neck surgery and now doing therapy. 9829 Maryville Ln., Fort Worth, TX 76108	Healing
Gail Willmington	Is having great pain in her knee causing leg and back issues. She will have surgery in February 12. 1603 Tierney Road, Fort Worth, TTX 76112	Reduction in pain and a successful surgery

All prayer requests will remain on the list for 30 days. Following that time, the request will be removed unless the office is notified differently. Thank you.

PRAYER REQUESTS

Family & Friends

January 28, 2024

NAME	REQUESTED BY	SITUATION	PRAY FOR
Clayton, granddaughter of	Sharon Pippin	Newborn experiencing some sleep-apnea problems.	Good health
Bob Blevins family. Father-in-law to Dorothy Andersons daughter.	Dorothy Anderson	Dorothy Andersons son-in-law's dad Bob Blevins, passed on Jan 18th.	Comfort and peace
Sara Beth, sister of	Justin Wideman	Sarah Beth gave birth to Emma Rynn a weeks ago.	Thankful for a healthy delivery and baby
Jared, Brother-in-law to Charlie, nephew of	Ellen Bartee	Received a kidney on January 23.	Complete success and healing
Charlie, nephew of	Ellen Bartee	Donated a kidney on January 23.	Complete success and healing
Lena Jackson	Eva Torrez	She has severe diabetes.	healing and comfort 12/25/23
Hawk, grandson of	Kristie McLeroy	He is 8 month old and has spinal bifida. He is undergoing treatments to help his bladder grow.	For the treatments to work and healing 01/08/2023
Myra Stanhope, sister of	Janelle Ball	Her husband, Doug, passed away on December 16.	Comfort and peace for Myra, her children, grandchildren and extended family 12/16/2023
George Milhim, brother of	Betty Kille	Has a brain tumor, broken shoulder, and six cracked ribs.	Successful surgery, physical and spiritual healing 10/08/2023

LTC: Reminder to turn in sign-up sheets, registration fee, and hotel reservations to James or Leah. Coaches must do background check.

Due January 28th, the money and hotel reservation to be given to Leah Bowie.

Practice for LTC starts Sunday, February 4th.

Kids Rally

February 3rd

10am-2:30pm

@Airport Freeway CoC

\$10 includes t-shirt and lunch

2nd-6th grade

Theme: Exodus

Let Leah Bowie know if your child will be attending.



Pillow Ministry will meet next Tuesday, January 30th, after Ladies' Bible Class. So bring a sack lunch and join us for a time of fellowship and service.

OPPORTUNITIES FOR GROWTH AND FELLOWSHIP

VACATION BIBLE SCHOOL ANNOUNCEMENT

JUNE 2 - JUNE 5

Please look in the foyer and sign up for all the areas in which you wish to work at VBS. Slots are going fast; so, sign up early to get your preferred spot!

Ladies, if you would like to share prayer time and gain strength by coming together with your sisters, come to the Library on Wednesday nights at 6:40 PM.



BYO Brown Bag Suppers continue on Wednesday nights. Please bring your family's meal and we will enjoy a time of fellowship before evening services and classes. The building will be opened at 6 PM.

Sundays:

Auditorium: Revelation: Russ Bartee

Young Married and Singles: 1 & 2 Peter: Robert Scott

Wednesday Nights:

Ladies' Class: Prayer: Deatra Keele and Lisa Williams

Men's Class: Step Up To The Plate: Les Keele

Join Us For Our Tuesday Morning Bible Classes At 10 AM.

Men's Topic: 1 & 2 Peter - Milt Birmingham

Ladies' Topic: Minor Prophets - Ellen Bartee

January Birthdays

- | | |
|------------------------------|----------------------------|
| 2 Niam Chansombath | 29 Ellen Bartee |
| 5 Susie Muongnamvong | 29 Gary Williams |
| 5 Robin Stephan | |
| 7 Louise Beagle | |
| 7 Brandon Duncan | |
| 10 Mary Ann Poulsen | |
| 12 Beverly Lipham | |
| 12 Randy McCoy | CHILDREN |
| 13 Greg Ball | 1 Trace Witherspoon |
| 14 Charlie Beagle | 4 Eli Brookshire |
| 16 Jonny Bartee | 4 Able Brookshire |
| 17 Joshua Witherspoon | 7 Chyler Reynolds |
| 17 Bridget Yawn | 9 Asher Rutledge |
| 21 Julie Meyer | 13 Jonathan Price |
| 25 Mary Helen Bowie | 18 Harlo DeKoker |
| 26 Fern Martin | 19 Talan Ngo |



Happy Birthday to you, February People

2 Joy Nanthareth
3 Chris Intharansy
5 Meth Boudtaroth
7 Mignon Bandy
8 Makayla Johnston
10 Dwight Blair
12 Kim Brown
12 Jean Wiggins
13 Marie Perez
14 Joe Gentry
15 Michelle Glenn
16 Andrew Montanez
16 Carol Meyer
17 Sandra Wade
17 John Wright
25 Carlene Reeves
27 Mary Lou Lee
27 Paula Pauley
27 Gene Menzdorf

Children:

13 Lily Scott
21 Mason Martinez
25 Stephanie Duncan

