

The HeartBeat

A weekly newsletter for Mountainside Church members OF Mountainside



Sept. 23, 2026

Welcome!

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Mountainside Church

301 Elcano Drive

HSV, AR 71909

(501) 922-2626

Hours: Mon-Tue, 8 a.m. - 4 p.m.

Wed-Thur, 8 a.m. - 1 p.m.

mountainsidechurch.com

This SUNDAY at

“Spiritual Drought”

John 4: 13-15



“Extra Weight”

Ever since the 1970's, it seems there has been one fitness craze after another. Who can remember the “Thigh-master?” How about the Jane Fonda aerobics VHS tapes? And who can forget the 1976 introduction of “Tae Bo” martial arts by Billy Blanks? Even though it is said we are the most obese society of our country's history, we are just as obsessed with getting the extra weight off, to a degree.

I've competed in many different areas of sports in my adult life. In the 1980's it was road races like the 5K and 10K type. In the early 90's it was marathons. Then when my training partner couldn't run more than 10 miles per his doctor's orders, he caught me off guard one day by saying, “Let's do triathlons!” I said, “Try what?” He proceeded to describe a swim-bike-run format of competition. I was game, but almost drowned in my triathlon! It was the extra weight of someone swimming over me that inhibited my floatation! Around the year 2000, I turned to cycling. I thought having the wind constantly blowing on you and being able to carry water with you should be a breeze. However, the breeze doesn't blow very hard when you're trying to climb steep hills and mountains, and there isn't a flat road in Hot Springs Village!!!

Physical extra weight can be a hindrance when you're trying to do any type of exercise. But what about the emotional weight, or as some refer to it, “Emotional baggage” we all carry around in all manners or degrees of poundage?

We worry, we fret, and, face it, we carry a lot of emotional baggage we shouldn't. Remember that person who did you wrong five years ago and you're still mad about it? Or even worse, that embarrassing event in high school when everybody laughed at you and you knew who set the whole thing up? Of all the things that weigh us down emotionally, I think grudges can be the heaviest. And with time, they grow and can even get heavier if we let them.

Jesus' words are recorded in the 11th chapter of Matthew where He says, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Jesus gives us the answer to living a life free of carrying around emotional baggage. When we give up our cares, our hurts, and our emotional baggage to Jesus, He takes them (the key is to let loose of them as well). It's then, through humility and gentleness that we seem to walk lighter, free of what had been weighing us down in the past. Life will not be a bed of roses when we do this, but the thorns that may cause us discomfort will be easier to dismiss and toss away.

Carrying some extra emotional weight around? Try a little emotional liposuction with Dr. Jesus! You'll feel better from the procedure, I assure you!

OPPORTUNITIES TO CONNECT & ENGAGE



Calling All Bakers

Pull out your rolling pins and baking pans, we need your sweet skills for two upcoming events:

Fall Arts & Crafts Fair: Sign up behind the fireplace to participate and drop off your baked goods Friday, **Nov. 6** between 9 a.m.-12:30 p.m. Label your creations and indicate if they contain nuts, are gluten-free, etc. A crew will package items. All proceeds benefit the Mountainside Mission Fund.



All Hands on Deck

We need many volunteers to help clean up the exterior and interior of the church on Saturday, Oct. 17 at 9 a.m. Please sign up behind the fireplace.



Get Your Praise On

Visit mountainsidechurch.com and click on the music note to listen to the music for Sunday.



Crafters and Volunteers Needed

If you're good with a glue gun and have the scars to prove it, we need your help making items to sell at the Mountainside craft booth for the Fall Arts & Crafts Fair, Nov. 7. Call Jo Hoak at 501-693-7818 with questions. We also need volunteers to help facilitate the event. Sign up sheets for different roles are behind the fireplace and you can sign up for more than one task.



Your Hospitality Team for Sept. 27

Thank you Bill & Jo Haok and JD & LouAnn Walker for serving!

And speaking of serving, we're looking for big smiles and warm hearts to join the Hospitality Team.

Members serve about once every 4-5 weeks. Duties include greeting members and guests, getting guests nametags, handing out bulletins, putting out coffee and snacks, putting out attendance books and more.

As Pastor Doug says, "Our greeters make the first impression on our members and guests as they enter Mountainside to worship and fellowship with us."

Email Donna Mahle at donnamahle@att.net or call her at 512-304-0992 for more information or to join.

Sign Up To Bring Sunday Snacks

Sign up by yourself or with a friend to bring a favorite sweet treat or breakfast goodie. We need about 6 dozen servings total, so if you team up, that's just 3 dozen each. Please have your goodies at church by 8:45 Sunday morning, and our hospitality team will plate and serve them. Any leftovers can be taken home or, if they're cookies, donated to our monthly Boys & Girls Club meal. Thank you for helping make our hospitality time special!

HOSPITALITY 2026 OCT-NOV-DEC

10/04 Marilyn Sturges, Linda Wagon, Scott & Merry Voskuil

10/11 Mike & Liz Clarno, Jennifer Ellis ,BJ Conner

10/18 Kevin Hoak, Robin Williams, Arlene McAlister, Dorothy Bodine

10/25 JD & LouAnn Walker, Marilyn Sturges, Peggy Dvorek

11/01 Bill & Jo Hoak, Robin Williams, BJ Conner

11/08 Judy Sloan, Mike & Liz Clarno, Jennifer Ellis

11/15 Marilyn Sturges, Scott & Merry Voskuil, Linda Wagon

11/22 JD & LouAnn Walker, Dorothy Bodine, Donna Mahle

11/29 Bill & Jo Hoak, Peggy Dvorak, Kevin Hoak

12/06 Donna & Bobby Mahle, Marilyn Sturges, Arlene McAlister

12/13 Judy Sloan, Robin Williams, Jennifer Ellis, Linda Wagnon

12/20 Bill & Jo Hoak, Scott & Merry Voskuil

12/27 Marilyn Sturges, Kevin Hoak, Mike & Liz Clarno

If you cannot serve on a date, please find a substitute or contact
Donna Mahle: 512-304-0992 – donnamahle@att.net

Prayers



Prayers Needed

As a praying church, we value the importance of lifting those up who need a little help and grace. Please add these people to your prayers this week.

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|-----------------------|------------------|-----------------------|-----------------|
| • Mary Justina Ackley | • Don Heinz | • Jeff & Melissa Owen | • Carol Willson |
| • Matthew Baker | • Brian Karriger | • Elain Pool | • Richard Wood |
| • Jeff Boor | • Jimmy Newell | • Mallory Seibert | • Donna Mahle |
| • Joey Dean | • Brian Little | • Marcia Wanner | • Wendy Lenox |
| • Rickie Barnes | • Renee McKinley | | • Don Pappe |
| • Jeff Fox | • Mary Davis | | • Bob Boocker |

Other Prayers

- The people of Ukraine
- The entire Middle East
- Our state & national leadership
- Mountainside Church & leadership
- Active Military and Family Members

If you would like to make additions/corrections/deletions to the prayer list, please call the church office at **(501) 922- 2626** or email Stacy at **mountainsidechurch@gmail.com**.

