

April 29, 2026

*A Church seeking  
after God's own  
HEART*

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**Mountainside Church**

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**Special points of interest:**

- Missions & Bible Studies
- May Calendar
- May Birthdays & Anniversary
- Prayer Requests

**Mountainside Church**



**“Comfort Zone”**

We all have one, don't we? It's that area that we operate in where we feel the most comfortable. It's the churches we attend, the restaurants we frequent, and the other businesses we visit. When we find one, regardless of the type, we stick with it through the years until something goes wrong and the hurdle we encounter is insurmountable.

Why do we seek out such places? Why do we like things around us to stay the same, whether it's businesses, churches, or anything else in our environment? The reason for this is we are homeostatic beings, which is a fancy word for, “We like things to stay the same!”

Homeostasis is defined by Dictionary.com as, “The tendency of a system, especially the physiological system of higher animals, to maintain internal stability, owing to the coordinated response of its parts to any situation or stimulus that would tend to disturb its normal condition or function.” While that is a little more than what I would want to address, what I am more interested in is the psychological aspect of homeostasis. Its definition involves a state where psychological equilibrium is obtained when tension or a drive has been reduced or eliminated. In other words, you have been kicked out of your comfort zone (tension), and you've addressed the cause and therefore have found your way back (eliminated the tension) to your comfort zone, i.e. homeostasis!

Surprisingly, we do the same with people. We do not “hang out” with people who cause us tension or cause us despair. Think about that for a moment. Most, if not all your friends have many of your interests, the same likes and dislikes, have the same political leanings, and even the same religious beliefs. The old saying, “Birds of a feather flock together” really is true. But this begs the question: Is this healthy?

Just look at the people with which Jesus surrounded Himself. Mostly fishermen, one was a religious zealot (Simon), one was thought to be bookkeeper (Judas Iscariot), one was looked at as a trader because he was a Jewish tax collector (Matthew), other was fishermen but were in the priestly lineage (James and John, the sons of Zebedee), and others. I'm certain Jesus had a time just keeping the peace among the twelve because of the varied viewpoints many of them had. Some may have been quiet and reserved, while others had no problem speaking up first, such as Peter (always). Yes, I believe Jesus could have picked a bunch of “look-a-likes” to be in His dirty dozen, but He didn't.

Eventually this group of varied men who vied for position, argued over the smallest detail, and even over keeping little children from Jesus came together and received the greatest gift ever promised from God the Father, the Holy Spirit. The spiritual eyes were opened, their boldness became unstoppable, and twelve men change the course of history like no one ever had before.

Try getting out of your comfort zone for just a little while this week. You might be amazed at what you will learn about others, but mostly what you will learn about yourself!

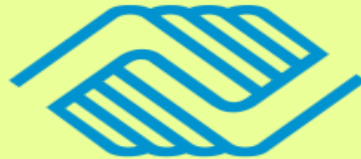
## OPPORTUNITIES TO CONNECT & ENGAGE

### Boys & Girls Club Meal Sign-up for May

Each month, our Mountainside men's group organizes a meal for the kids at Cedar Mountain Boys & Girls Club. All Mountainsiders are invited to participate in this ministry, so each month we ask for volunteer bakers and servers. The May meal is scheduled for Wednesday, May 20.

This month we will need five volunteers to bake either cookies or brownies (2 dozen each), and three volunteer servers. Goodies should be delivered to the church kitchen by Tuesday, May 19. Servers need to be at the club by 3:00pm on . Serving starts around 3:30pm and is usually completed by 4:30pm. The food will be prepared by our own Terry Crumpler, and will be delivered to the club prior to our arrival.

To sign up for May please contact Stacy in the church office at 501-922-2626, and she will add your name to the list.



**BOYS & GIRLS CLUBS  
OF AMERICA**

*This Sunday at Mountainside Church-*

*"Not Good Enough?"*

*John 21: 15-19*

*Rev. Doug Walker*



Hospitality team this Sunday is Bill & Jo Hoak, Donna Mahle and Gary Rosson.



## OPPORTUNITIES TO CONNECT & ENGAGE

### THIS SPACE FOR HIRE

If you have any bible studies, church events or any other church activities to advertise please let us know. We would love to advertise for them! Any submissions for the HEARTbeat need to be called in (922-2626) or sent in (mountainsidechurch@gmail) by Tuesday afternoon.

Thank you!



Ken Guzel is looking for new pictures for the church website "gallery" page.

He wants to keep the pictures fresh. Please email pictures to this address [aurorablue.kgg@gmail.com](mailto:aurorablue.kgg@gmail.com)

Note: Keep the number of pictures attached to about 5 in order to limit total file size. He is looking for pictures featuring people and recent or upcoming events.



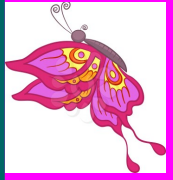
### Card Queens

The Card Queens meet the first Tuesday of every month at 1pm in the Sanctuary. Please Contact Rita Hoover or Marilyn Sturges if you have any questions/ All ladies are invited to join the fun!

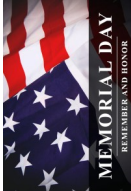
**Hand and Foot**



**Card Game**



# May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 9:00am Fellowship 9:30 am Worship	4 8:30am GALS 8:30am Emmaus Men 10:00am RT Bible Study	5 8:30am 3M Bible Study 1:00pm Crad Queens	6 2:00pm Womens Bible Study	7	8	9 8:00 a.m. Men's Breakfast
10 9:00am Fellowship 9:30am Worship	11 10:00am RT Bible Study	12 8:30am 3M Bible Study 1:00pm Hand, Knee & Foot	13 2:00pm Womens Bible Study 3:00pm Boys & Girls Club	14	15	16
17 9:00am Fellowship 9:30am Worship	18 8:30am GALS 8:30am Emmaus Men 10:00am RT Bible Study	19 8:30am 3M Bible Study 1:00pm Hand, Knee & Foot	20 2:00pm Womens Bible Study	21 3:00pm Leadership Meeting	22	23
24/31 9:00am Fellowship 9:30am Worship	25 Office Closed 	26 8:30am Womens Fellowship Breakfast 8:30am 3M Bible Study 1:00pm Hand, Knee &	27 2:00pm Womens Bible Study	28	29	30

## MAY BIRTHDAYS

Roy Lang	5/02
BJ Conner	5/09
Russell McAlister	5/12
J.D. Walker	5/13
Peggy Hadley	5/17
Kathleen Jones	5/21
Pam Sullivan	5/21
Rebecca Tetu	5/24



## MAY ANNIVERSARIES

Jim McConnell & Rita Hoover 05/15



# PRAYERS

## *Those Needing our Prayers:*

- Jeff & Melissa Owen
- Jeff Fox
- John Randolph
- Lundy Colvert
- Shawn Foster
- Joey Dean
- Mallory Seibert
- Carol Willson
- Mary Justina Ackley
- Richard Wood
- Renee McKinley
- Brian Karriger
- Matthew Baker
- Brian Little
- Marcia Wanner
- Elaine Pool
- Don Heinz

## *Prayers:*

- The people of Ukraine
- Don Heinz– rectal cancer
- The entire Middle East



*If you would like to be taken off the prayer at home list, please call the church office at 922-2626*

*For our Military and Family in Service: Let us all be mindful of those who have sacrificed and still stand on the front lines so that we may have freedom.*

*For the Leaders of our Nation and State.*

*For additions, corrections or deletions to the weekly prayer list, please email Stacy at [mountainsidechurch@gmail.com](mailto:mountainsidechurch@gmail.com)*