

# The HeartBeat OF MOUNTAINSIDE

A weekly newsletter for Mountainside Church members



June 17, 2026

## Welcome!

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### Mountainside Church

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Hours: Mon-Tue, 8 a.m. - 4 p.m.  
Wed-Thur, 8 a.m. - 1 p.m.  
[mountainsidechurch.com](http://mountainsidechurch.com)

## This SUNDAY at

“What We’ll Hear  
in Heaven”  
Revelations 7: 11

## “Still”

In reading the title to this article, what was the first thing you thought of? Did you think of a lingering event, such as “This is still happening?” If you were from the hills of Kentucky or Tennessee, you might read the word and think of the old moonshiners in the early twentieth century hiding their stills in the mountains, trying to not get caught by the “Revenuers.” Or maybe you heard the words of your parents emblazoned in your memory during church or other activity: “Be still!”

Think about it for just a moment. When was the last time you were just still? When I fly, I enjoy looking out the window of the airliner at the ground trying to guess my location relative to the sights on the ground. The flight may follow major highways or interstates, so I therefore would see lines of cars traveling in opposite directions in their travels. Being at that altitude, it’s easy to see hundreds and hundreds of vehicles not being still. The same goes for our daily travels by automobile. If you’re a rider, look around. You’ll see car after car, truck after truck, semi after semi heading toward their destination, not being still!

If we’re honest with ourselves, for most of us it’s hard to be still. The old saying, “Silence can be deafening” goes hand in hand with our inability to be still. We don’t like utter silence and it’s hard for us to be still. Our constant movement has become part of the culture in this present day.

A few years ago, I discovered float therapy. It is a type of therapy where a person lays in a high saline content water which gives the “floater” a feeling of weightlessness. The device one lays in looks like a big egg with a lid that closes, blocking all light and sound from entering. During the 1960’s, this device was called a “Sensory Deprivation Tank.” All external stimuli are shut off to the floater. Some cannot handle the quiet, the darkness, or feeling of enclosure. But for others, it is one of the most relaxing therapies one can encounter.

Why do we have a problem with being still? Do our ears ring too much? Do we concentrate on things such as little sounds, bumps, or even our heartbeat? Regardless of the reason, we are commanded to be still from time to time! Yes, King David wrote about it in the 46th Psalm. The words of God come through with these words, “Be still and know that I am God.” What do we experience when we are totally still, concentrating on hearing God’s voice? Do our minds wander into areas they shouldn’t? Are we distracted by things we need to accomplish?

Satan does not want us to commune with God in this fashion. Rather, Satan’s goal is to hinder and destroy the relationship we have with our Heavenly Father. Through distractions and other means, our minds are attacked and our thoughts seem uncontrollable. We can overcome these attacks.

Create a place where you can be distraction free and then be still in it. Let God speak to your spirit and yours with Him. With practice and regularity, this will turn into your happy place. Release your mind and your worries to God and just be still!

## **HOSPITALITY 2026 JULY-AUG-SEPT**

07/05 Bill & Jo Hoak, Scott & Merry Voskuil

07/12 Marilyn Sturges, JD & LouAnn Walker, Jennifer Ellis

07/19 Donna & Bobby Mahle, BJ Conner, Arlene McAlister

07/26 Judy Sloan, Linda Wagnon, Dorothy Bodine, Peggy Dvorek

08/02 Marilyn Sturges, Donna Mahle, Jennifer Ellis, Kevin Hoak

08/09 Mike & Liz Clarno, Arlene McAlister, Robin Williams

08/16 Donna & Bobby Mahle, Judy Sloan, Linda Wagnon

08/23 JD & LouAnn Walker, BJ Conner, Donna Mahle

08/30 Kevin Hoak, Scott & Merry Voskuil, Dorothy Bodine

09/06 Bill & Jo Hoak, Linda Wagnon, Robin Williams

09/13 Judy Sloan, Kevin Hoak, Jennifer Ellis, Arlene McAlister

09/20 Marilyn Sturges, Mike & Liz Clarno, Peggy Dvorek

09/27 Bill & Jo Hoak, JD & LouAnn Walker

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

# OPPORTUNITIES TO CONNECT & ENGAGE



## Emmaus Men & GALS

Meetings are held on the third Monday of every month in Classroom A. The upcoming meeting is scheduled for Monday, July 6, at 8:30 a.m.



We need volunteers to trim bushes around the Memorial Garden and the church. Please sign up on the sign-up sheet in the lobby. If you have any questions please call Bill Hoak at 501-693-7833.

## Smokey Brothers Meats

Place your orders now for the best meats this side of the Mississippi!

### Smoked Meat Prices

Chicken leg/thigh .....	\$5
Chicken breast .....	\$7
1/4 pork loin .....	\$8
Pork loin sliced, 1 lb .....	\$5
Pulled pork, 1 lb .....	\$8
Baby back ribs, 1/2 rack .....	\$10
Baby back ribs, whole rack .....	\$20
St. Louis ribs, 1/2 rack .....	\$10
St. Louis ribs, whole rack .....	\$20
Brisket sliced, 1 lb .....	\$15

### Place your orders with one of the brothers:

Bill Hoak – 501-693-7833  
Kevin Hoak – 815-353-8318

*All proceeds go to Missions work.*



## Hospitality Team

This Sunday's Hospitality Team is Judy Sloan, Robin Williams, Arlene McAlister and BJ Conner.



## Seeking Your Photos

Have photos from a recent church event, Bible study or activity? We want to add it to the Mountainside website gallery. Send your photos (limit 5 per email) to Ken Guzel at [auroablue.kgg@gmail.com](mailto:auroablue.kgg@gmail.com).

# PRAYERS



## Prayers Needed

Jesus said “WHEN you pray...” not “IF you pray” (Matt. 6:5). Please add these people to your prayers this week.

- Mary Justina Ackley
- Matthew Baker
- Jeff Boor
- Joey Dean
- Rickie Barnes
- Jeff Fox
- Don Heitz
- Brian Karriger
- Harper Cooper
- Jimmy Newell
- Brian Little
- Renee McKinley
- Jeff & Melissa Owen
- Elaine Pool
- John Randolph
- Mallory Seibert
- LouAnn Walker
- Marcia Wanner
- Carol Willson
- Richard Wood

## 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](mailto:mountainsidechurch@gmail.com).

