

March 4, 2026

*A Church seeking
after God's own
HEART*

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Special points of interest:

- **Missions & Bible Studies**
- **Prayer Requests**

Mountainside Church



“Grudges”

Well, if you’ve made it past the title of this article, you’re probably in the minority. Most people don’t like to admit they carry grudges, and those that do certainly don’t want to give them up. Why is that? Why do we harbor such ill feelings? What caused them in the first place? Do we even remember?

Many grudges we carry are not emotions from recent events. If you are willing to admit, we carry grudges with us for years. The longer we carry them, the heavier they get! Something happens to remind us of the incident, the person’s name comes up in conversation that seemingly wronged us, and the grudge is pulled out of our mental filing cabinet to be reviewed, revised, added to, expanded, and refiled! Yes, grudges grow and get heavier with age!

Can grudges be detrimental to one’s health? I’m not talking about putting your hands around the neck of your wrong-doer, I’m talking about the mental, emotional, and physical health of the one carrying the grudge – YOU! The answer is yes. Medical doctors, psychiatrists, and mental health counselors will tell you long-term stress can have physiological effects on the body, mind, and dare I say spirit. Carrying grudges can and does cause stress. And if a person admits to carrying a grudge, more likely than not, they are carrying more than just a few.

I experienced firsthand this level of stress several years ago in one of the most stressful positions I ever held. The position was the director of a program for at-risk youth, helping them to turn their lives around, gain their G.E.D.’s, and set goals to live a life away from the direction they were heading before coming to the 22-week program. Not all students made it through the program. But those who did were truly changed. It took a great deal of input, monitoring, and oversight on the part of the staff and administration, especially on those who did not want to be there, the trouble-makers. After two years of extreme daily stress, I rose early one Monday morning experiencing more than the recent normal chest pain. I finally allowed my wife to take me to the emergency room. I was diagnosed with stress-induced heart attack-like symptoms.

Can carrying grudges have such an influence on our spiritual lives, especially our walk with God? But giving up our grudges is not something we want to do, no more so than stopping our worrying! I will tell you, neither adds a single minute to our lives. From my personal account above, I can tell you it can detract from your life, dramatically.

How can we do what you are asking? First, we must be willing to humble ourselves before God. Without that, the latter is impossible. 1Peter 5: 6-7 (NIV) says, “Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because he cares for you.”

Grudges cause anxiety, which over time weighs us down. God is ready to lift us up. The best way for Him to lift us up is for us to first get humble down on our knees! Then give it all to Him. Feel lighter today by forgiving some old grudges.

OPPORTUNITIES TO CONNECT & ENGAGE

Mountainside's Annual Easter Bake Sale:

April 4, 2026

ATTENTION ALL BAKERS: Please bake pies, cakes, cookies, muffins, cinnamon rolls, breads, cupcakes or anything else that is your specialty! Bring in your items on Friday morning, April 3rd, 9:00-12:00. We will package everything. All proceeds go to our Mountainside Mission fund. **We also need workers: SIGN UP SHEETS ARE BEHIND THE FIREPLACE**



Methodist Men Breakfast

Please make plans to join us for a wonderful time of fellowship Saturday, March 14, 8:00 a.m. at Mountainside. Sign up to attend at the back of the sanctuary or you may call the church office at 922-2626. We will get you on the list!

HOSPITALITY OPPORTUNITY

We are looking for people who have a big smile and open arms to join our hospitality teams!

Hospitality teams serve about once every 4-5 weeks.

Duties are fun: hand out bulletins, make and set up coffee, set out snacks, put out attendance books, collect offerings, clean up after Sunday service, etc.

And most important of all, welcome members and new visitors with a Smile!

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".

Call Donna Mahle for more information or to join.

donnamahle@att.net

512-304-0992



OPPORTUNITIES TO CONNECT & ENGAGE

Boys & Girls Club Meal Sign-up for March

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 March meal is scheduled for Wednesday, March 18.

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, March 17.

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 March 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**

New Facebook Page



Please check out our new Facebook page

[HSVmountainsidemethodistchurch](#)

and hit **FOLLOW**. There will be some things posted to that page. We are showing the church service livestream to the new page on Sunday afternoons.



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

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.

PRAYERS

Those Needing our Prayers:

- Debbie Tuck
- John Randolph
- Donna Ibbotson
- 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 Heitz

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