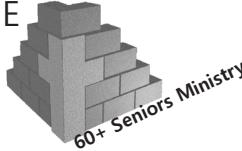


UPCOMING



CORNERSTONE



Lunch & Speaker

This Thursday
11:00 AM
Miller Hall

Speakers from Bosque Trails
Hospice will talk about
Hospice and Advanced Directives



Sunday

February 15,
2026

For Information on WMU and the
WMU programs, contact
Donna Treen at 505-450-6493

- EasternHillsABQ
- EHBC Children's Ministry
- EHBC Student Ministry

3100 Morris St NE Albuquerque, NM 87111 • 505-298-8455

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**Mrs. Lynne Lamar
has been a member of
Eastern Hills since
May 8, 1977. Lynne has
been active in the
Children's Ministry for
about 90% of that time.
Please come give Lynne
your blessings as she
steps into a new chapter
in life.**

**Next Sunday from
4:00 to 5:30 pm
In the Family Life Center**



**Wednesday Feb. 18
at 6:30 pm
In the
Office Conference Room
All Young Adults
Welcome**



- @ehbc_abq
- @ehbcstudentmin
- @ehbckids



LIFE

People helping people live out the unexpected love of Jesus every day.

Kerry and I want to share something we have seen growing lately in individuals that we are counseling-Anxiety. But we want to share a solution-Gratitude.

Gratitude destroys anxiety. Science shows that it's impossible to feel both anxious and grateful simultaneously and choosing gratitude can truly transform your mindset and bring peace to your anxious heart.

Philippians 4:6-7 gives us this encouragement:

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Let's be real—anxiety is tough. It can feel like a continual loop of worry in your mind. But here's the game-changer: gratitude. Gratitude helps us stop focusing on what's wrong and start noticing what God's already done. That shift opens the door for God's peace to settle in.

But what about those intrusive thoughts that seem to pop up out of nowhere? Philippians 4:8 has this truth and charge for us:

"Fix your thoughts on what is true, honorable, right, pure, lovely, and admirable."

This isn't just good advice; it's a practical strategy. When those thoughts creep in, replace them with reminders of God's goodness. Here are some **Simple Ways to Practice Gratitude**.

Start Small: Each morning, thank God for three things—big or small. Write them down and then reflect or add to them by the end of the day.

Redirect Your Thoughts: When worry hits, focus on what's going right. Seek His Face in prayer.

Lean into Scripture: Pray through Phil 4:6-8 - 1 Peter 5:6,7 – Matthew 6:34 – Isaiah 41:10

Accountability: Text, call, or email those that are strong in their faith to lift you up in prayer and encourage you at the same time.

God's peace is closer than you think. When you choose gratitude, you're inviting Him to quiet the chaos in your heart and mind. You've got this—because He's got you.

In Him—
Joe & Kerry

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TODAY



Sanctuary WiFi Password: ehbc3100
 EVERYONE: Please remember to mute your cell phones during service. Thanks!



Associate Pastor of Children and Families Joe Vivian

Vision 1: 'The Why'
 John 13: 1-20, 31-35



YouVersion Notes

Offering February 8, 2026

	This Week	Year-To-Date
Budget Needs:	\$22,637.00	\$135,822.00
Budget Receipts:	\$12,686.10	\$146,909.40

ENDEAVOR Campaign Received to Date: **\$1,311,953.30**

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THIS WEEK



Sunday, February 15, 2026

8:30 to 10:15 AM · Church Library Open
 9:00 AM · Bible Study for all ages
 10:30 AM · Family Worship (Sanc.)/Kids Worship - Infants - 5th Grade
 P5:00 PM Apx · Student Ministry to return from Winter Retreat
 5:30 PM · Pastor's Bible Study - Chris Searcy (MH)

Monday, February 16, 2026 - President's Day

62nd Anniversary of Eastern Hills Baptist Church
 EHBC AND EHCA Closed
 6:30 PM · Handbell Rehearsal (Choir Rm.)

Tuesday, February 17, 2026

7:30 AM · Curtis Smith's Bible Study
 (Zoom Meeting ID:459 651 0196 Pass code: 1000)
 9:00 AM · Staff Meeting (Bill's Office) Staff Lunch Out
 6:00 PM · EHCA School Board Mtg (Rm 105)
 6:30 PM · ERLC Meeting (Conference Room)
 6:30 PM · Worship 4:24 Praise Band Rehearsal (Sanc.)

Wednesday, February 18, 2026

9:30 AM · Hope Ahead Women's Bible Study (Rm 101A)
 5:00 PM · Churchwide Family Dinner (MH)
 5:45 PM · Prayer Meeting (MH)
 6:15 PM · Kids on Mission (Rm 102)
 6:30 PM · Young Adults THE FORGE (MH)
 6:30 PM · Outreach Meeting (Rm 101B - 103A)
 6:30 PM · Women's Bible Study - Monica Seiler (Parlor)
 6:30 PM · Youth Prime Time (Youth Rm)
 6:30 PM · Worship Choir Rehearsal (CR)

Thursday, February 19, 2026

11:00 AM · Cornerstone, Senior Adults, Lunch and Speaker (MH)
 6:30 PM · Ladies' Precepts Bible Study - Romans Part 4 (Rm 101b to 103a)

Friday, February 20, 2026

1:00 PM · Men's Bible Study - Church History (Larry's House)

Saturday, February 21, 2026

8:00 AM · ACBC Biblical Counseling Training (MH)
 8:00 AM · Men's Ministry Breakfast (FLC)

Sunday, February 22, 2026

12:00 PM · VBS Kickoff Lunch (MH)
 4:00 PM · Goodbye Party for Lynne Lamar (FLC)

MH = Miller Hall FLC = Family Life Center/Gym Sanc. = Sanctuary CR = Choir Rm.
 CH = Clubhouse CY = Courtyard CC= Cross Courts

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