

UPCOMING



**Wednesday, July 15
at 6:30 pm in the
Office Conference Room
Dinner Served
All Young Adults
Welcome**

CORNERSTONE

60+ Ministry

**Lunch &
Speaker
Stefani Quintana
Owner of
*Loving
Transitions**



*A Senior relocation and real estate firm that helps with the transition from home to independent, retirement, or assisted living.



• EasternHillsABQ
• EHBC Children's Ministry
• EHBC Student Ministry



**For All
Women
Come get a
jump on your
Christmas
cards, tags, and
bag making.
All supplies
and snacks are
provided. Come
& go or stay...
July 18th from
10:00 am to
2:00 pm
in Miller Hall
Ladies: this is a super-
great event with
REALLY cool craft
supplies, a devotion
time, and good food.
Come and bring your
neighbor! I went for
the first time last year
and had a great time!!!**



• @ehbc_abq
• @ehbcstudentmin
• @ehbckids

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



LIFE

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

"My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger, for human anger does not accomplish God's righteousness." James 1:19-20

Good Morning Friends! We have a question for you. Have you ever sent a text you immediately wished you could take back? Or responded too quickly in a conversation because your emotions got the best of you? We'll be transparent, we have.

Let's be honest, we're constantly encouraged to react immediately. Social media rewards quick opinions. Our daily conversations can pressure us to choose sides before we've had time to think or pray.

But the wisdom of God's Word points us in a different direction.

James reminds us to be quick to listen, slow to speak, and slow to become angry. Notice the order.

-Listening comes first. -Speaking comes second. -Anger comes last.

Kerry and I were talking about this after listening to Bill's message from last Sunday. Our words, our responses and what God's Word says about our hearts matter. Jesus demonstrated that same quiet strength when He stood before Pilate. He didn't argue to prove a point or defend Himself against every accusation. He knew that His identity wasn't determined by the opinions of others.

Kerry and I agree that not every comment deserves a response. Not every disagreement requires our opinion. And not every invitation to argue deserves our acceptance.

Sometimes the strongest response is a peaceful one.

Imagine how different our homes, our jobs, church life, and online conversations would look if we practiced that kind of wisdom.

Here's the encouragement that we have shared with each other and now we want to share with all of you. The next time you feel yourself becoming frustrated, pause before responding. Pray briefly and ask the Holy Spirit to guide your words.

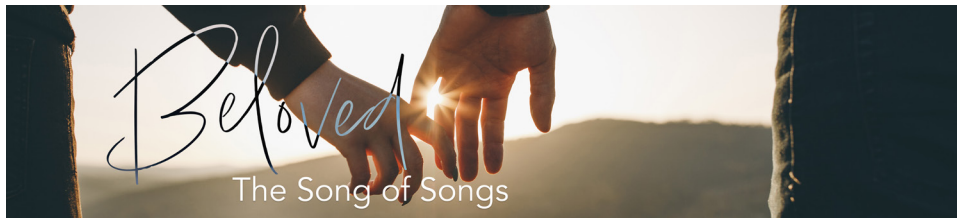
Have a blessed Sunday and week!!

-Joe and Kerry Vivian

TODAY



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



Senior Pastor Bill Connors

Beloved #3: Appreciate Your Mate
Song of Songs 1: 14



YouVersion Notes

Offering July 5, 2026 - The Lord Blesses

	This Week	Year-To-Date
Budget Needs:	\$22,637.00	\$611,199.00
Budget Receipts:	\$33,062.36	\$600,554.93

	World Hunger/Disaster Relief
GOAL	\$7,500
RECEIVED	\$3,840.00

Mission Dignity Offering Received on June 28:

\$1,900

ENDEAVOR Campaign Received to Date:

\$1,367,985.34



Sunday, July 12, 2026

FBC Groesbeck to spend the week in our building through Tuesday
6:30 AM • Student Ministry to leave for Bounce Mission Trip
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
5:30 PM • Pastor's Bible Study (Rms 101B to 103A)

Monday, July 13, 2026

12:00 PM • Kids to leave for Proclaim Kids Camp (Inlow)
6:30 PM • Handbell Rehearsal (Choir Rm.)
7:00 PM • Phoenix Rising Acting Group Rehearsal (Sanc.)

Tuesday, July 14, 2026

7:30 AM • Curtis Smith's Bible Study
(Zoom Meeting ID:459 651 0196 Pass code: 1000)
9:00 AM • Staff Meeting (Conf. Rm.)
4:00 PM • Ministry Group Leaders Meeting (Conf. Rm.)
5:30 PM • Personnel Ministry Meeting (Pastor's Office)

Wednesday, July 15, 2026

9:30 AM • Hope Ahead Women's Bible Study (Rm 101A)
5:45 PM • Prayer Meeting (MH)
6:30 PM • Young Adults THE FORGE (Conf. Rm.)
6:30 PM • Women's Bible Study - Monica Seiler (Parlor)
6:30 PM • Youth Prime Time (Youth Rm)

Thursday, July 16, 2026

10:00 AM to 1:00 PM • Splash and Stories (Courtyard)
11:00 AM • Cornerstone, Senior Adults, Lunch and Speaker -
Stefani Quintana (MH)
6:30 PM • Ladies' Precepts Bible Study - *The Purpose of Prayer*
(Rm 101b to 103a)
6:30 PM • Worship 4:24 Praise Band Rehearsal (Sanc.)

Friday, July 17, 2026

12:00 PM (Appx) • Kids to return from Proclaim Camp
1:00 PM • Men's Bible Study - Church History (Conf. Rm.)
5:00 PM • Women's Ministry Set up for Christmas in July (MH)
6:00 PM • Phoenix Rising Acting Group Rehearsal (Choir Rm. & Sanc.)

Saturday, July 18, 2026

10:00 AM • Women's Ministry Christmas in July (MH)
1:00 PM • Smith Family to use the FLC

Sunday, July 19, 2026

5:30 PM • Business Meeting (Sanc.) - Wendy's! (Mont. & Eubank)
MH = Miller Hall FLC = Family Life Center/Gym Sanc. = Sanctuary CR = Choir Rm.
CH = Clubhouse CY = Courtyard CC = Cross Courts

THIS WEEK