

UPCOMING



Baptist Convention
of New Mexico



ADVANCING
THE KINGDOM

2026 BCNM Annual Meeting

Monday, October 19 | 5 PM

Tuesday, October 20 | 9 AM, 1 PM, 6 PM

EHBC is hosting this year's convention!

For more information, visit bcnm.com/state-convention/



Saturday October 31

4 to 6 pm

Games - Food - Treats - Fun • In our Parking Lot



For Iva Krogman
Thursday October 22
10:00 am
Sanctuary

PACKING PARTY
OCTOBER 25
AFTER AM SERVICE
LUNCH PROVIDED!!!



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



• @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.

"Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God."
Philippians 4:6

Kerry and I recently returned from a trip involving airplanes, rental cars, crowds, restaurants, and, of course, a hotel. Any of these can cause stress and anxiety, which can lead to grumbling and complaining.

Complaining may provide a momentary sense of relief: we release our frustration, find someone who agrees, and feel understood. Yet repeated complaints rarely produce lasting peace.

When we continually rehearse what is wrong, our frustration grows. The problem becomes larger in our minds, while our awareness of God's presence becomes smaller. The answer is not to suppress every negative feeling; God invites us to bring our concerns honestly to Him.

The writers of the Psalms did not hide their emotions or pretend difficult situations were pleasant. They turned those emotions into prayer. That's the key difference between complaining about God and complaining to God.

Complaining about God often assumes He is absent, uncaring, or untrustworthy. Complaining to God brings the struggle directly into our relationship with Him. It says, "This hurts. I do not understand, and I need You."

Philippians 4 tells us to present our requests to God with thanksgiving. Thanksgiving does not erase the request. It changes the spirit in which we bring it.

That, my friends, is gratitude: remembering Who is listening.

The next time you hear yourself repeating a complaint, allow it to become a signal to pray.

Prayer gives your burden somewhere to go. Gratitude reminds you whose hands are holding it.

So here is my "homework" for each of us: choose one complaint you have repeated recently and rewrite it as a prayer with three parts—honest emotion, a specific request, and gratitude for God's character.

May God transform our hearts today!

-Joe



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



#1: On Giving In

Romans 8: 1-14

Associate Pastor of Students and Families Trevor Clark



YouVersion Notes

Offering October 11, 2026

	This Week	Year-To-Date
Budget Needs:	\$22,637.00	\$928,117.00
Budget Receipts:	\$21,557.90	\$918,278.03

New Mexico Missions Offering	
GOAL	\$15,000.00
Received To Date	\$13,479.00

ENDEAVOR Campaign Received to Date: **\$1,420,564.88**



Sunday, October 18

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
12:00 PM · Living Nativity Lunch (MH)
1:30 PM · ACBC Exam Training (Rm 102)
5:30 PM · Pastor's Bible Study (Rms 101B to 103A)
5:30 PM · Kids Ministry STEM Sunday Bible Study (FLC, CY)

Monday, October 19

7:00 AM · Set Up for BCNM Convention (Entire Building)
8:00 AM · EHCA Teacher Training (Youth Rm.)
3:00 PM · BCNM Registration Reception (Foyer)
5:00 PM · BCNM Opening Session (Sanc.)
6:00 PM · Pastors'/Laymen's Conference (FLC)
6:00 PM · WMU Annual Meeting (Sanc.)

Tuesday, October 20

7:30 AM · Curtis Smith's Bible Study
(Zoom Meeting ID:459 651 0196 Pass code: 1000)
8:00 AM · BCNM Second Session (Sanc.)
8:00 AM · EHCA Teacher Training (Youth Rm.)
1:00 PM · BCNM Third Session (Sanc.)
6:00 PM · BCNM Final Session (Sanc.)

Wednesday, October 21

9:30 AM · Hope Ahead Women's Bible Study (Rm 101A)
5:00 PM · Family Dinner - Salisbury Steak - Thanks Amy & Crew!!!! (MH)
5:45 PM · Prayer Meeting (MH)
6:15 PM · Kids on Mission (Rm 102)
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, October 22

10:00 AM · Memorial Service for Iva Krogman (Sanc.)
11:30 AM · EHCA 5th Grade Seder Meal (MH)
6:30 PM · Worship 4:24 Praise Band Rehearsal (Sanc.)

Friday, October 23

1:00 PM · Men's Bible Study - Church History (Conf. Rm.)

Saturday, October 24

8:00 AM · Marriage class and Young Adult Connect Groups Blessing Bags (FLC)
2:00 PM · OCC Packing Party Set Up (FLC)

Sunday, October 25

12:00 PM · OCC Packing Party and Lunch (FLC)

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