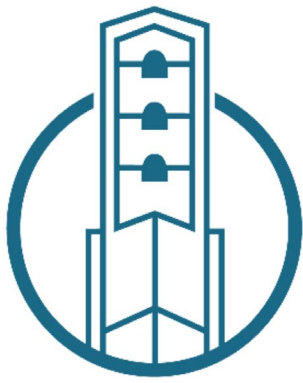




THE MESSENGER

EASTERN HILLS BAPTIST CHURCH

OCTOBER IS PASTOR
APPRECIATION MONTH.

PLEASE LET OUR PASTORS
KNOW HOW MUCH YOU
APPRECIATE THEM.

What Do You Hunger For?

I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. John 6:35.

What do you hunger for? I saw a billboard recently that said, "Feed Your Soul." It had a picture of a Southern homestyle meal while advertising a local casino. I was saddened to see the high jacking of a spiritual adage to advertise a vice and misplaced appetite fulfillment.

I have heard the proverb quoted "What you feed is what you grow." I did some research and found it originates from the traditional Parable of the Two Wolves, a well-known story often attributed to Cherokee or Native American oral tradition. The parable, which was often taught to children, instructs there is an ongoing struggle of two opposing forces that happen inside every person...The Battle of Two Wolves. The Dark/Negative Wolf exemplifies anger, envy, greed, resentment, ego, fear, and sorrow. The Light/Positive Wolf exemplifies joy, peace, love, hope, kindness, empathy, and truth. When the child questions his teacher which wolf wins, the elder replies: "The one you feed."

Food was designed by God to nourish our bodies. Consuming a proper balanced diet of nutritious foods can aid in maintaining healthy and whole bodies. There are also foods available, though tasty, which are not very nutritious. A constant diet of such foods ends up producing a variety of health issues including obesity, hypertension, diabetes, and heart disease to name a few.

All my life I have struggled with weight fluctuations. I have maintained a good weight for seasons only to find myself slowly drifting into bad habits of nighttime snacks, skipping morning walks because of a busy schedule, and overindulgence with sweet treats!

I have a dinner tray with the inscription, "Too much of a good thing is wonderful!" It is attributed to Mae West. It is a funny saying and a quip I often like to use. However, it is a poor philosophy of unbridled, undisciplined living. The seasons of my life where I have felt the best physically, and often spiritually, are the ones in which I have gained control of my desires and leaned into a more disciplined routine.

Matthew 5:6 says, "Blessed are those who hunger and thirst for righteousness, for they will be filled [satisfied]." Foods with empty calories (nutritionally speaking) may temporarily satisfy a sweet tooth or salty craving but they lack the vitamins to promote strong muscles and vibrant health and leave us with a sugar crash.

So, what do you hunger for? Probably the thing you feed. Developing a hunger for God's Word, a desire to be with his people in worship, and a lifestyle of selfless living comes from choices, which become habits.

May we all feed the right appetites, so that we may become more like Christ each day!

Yours with a song,
Keith Pate



Eastern Hills Baptist Church

CELEBRATING 70 YEARS OF MINISTRY

SUNDAY, OCTOBER 18

10:30 AM - 70th ANNIVERSARY CELEBRATION SERVICE
GUEST PREACHER - DR. RICK MARSHALL

12:00 PM - FRIENDS & FAMILY LUNCH IN THE GYM

Please join us after the worship service for a time of food and fellowship together.

The church will provide the meat. Please bring your favorite side dishes and desserts.

Please sign up for the luncheon on Realm or call the church office at (334) 272-0604 as soon as possible.



QUARTERLY CHURCH BUSINESS MEETING

Wednesday, October 21
6:00 PM | Reception Room.



Women's Ministry Event

Christmas Village at the BJCC in Birmingham
Saturday, November 7

- We hope you will join us for a fun day of Christmas shopping, fellowship, and getting into the Christmas spirit!
- Please purchase your own ticket at christmasvillagefestival.com. Be sure to select the \$18 Early Bird Ticket (\$1.00 service fee) for the 9:00 AM entrance.
- Need help purchasing your ticket online? Please contact Cheryl Chappell, Tracy Smitherman, Sissy Harris, Karen Gosselin, or Susan McKim and they will be happy to help you.
- If you plan to ride the church bus, please call the church office and sign up by November 5.
- Bus leaves EHBC at 7:45 AM. We plan to return to EHBC around 6:00 PM.



Operation Christmas
Child Shoeboxes
will be available

October 4 - October 25

Cost of Shoeboxes:

Regular \$.75 | Plastic \$2.50

Deadline to turn in Shoeboxes:

SUNDAY, NOVEMBER 8

Women's Ministry Card Writing Ministry

Do you have a heart for encouraging others and sharing God's love through a simple note?

We are looking for women who would like to be a part of our Card Writing Ministry, reaching out to encourage, uplift, and remind others they are loved and remembered.

If you would like to be a part of this ministry, please text Cheryl Chappell at 334-546-9116 for more details.



207th ANNUAL HOMECOMING

Sunday, November 1, 2026

Heritage Baptist Church
1849 Perry Hill Road

4:30 PM - Business Meeting

5:00 PM - Missions Fair

6:00 PM - Homecoming Celebration



Keynote Speaker:
Retiring Director of Missions
Dr. Neal Hughes

Pre-register at <https://mgmbaptists.org/homecoming>
Use the link to register your children for childcare.



STRENGTH TO STAND CONFERENCE | EHBC Youth, 7-12th Grade
JANUARY 15-18, 2027 | LeConte Center | Pigeon Forge, TN

The cost is \$160 per person. You can register and pay your \$50 deposit online through the Realm app or easternhills.church. The deposit is due NOW. The cost includes conference fee, hotel, meals, and fun surprise outings. If you have questions, please contact Sandy Harmann 334-398-2250.

Mentors Meeting

Thursday, October 22

1:00 | Room 154

Alabama Baptist Women
MEANT for the MISSION

Our speaker this month is Gracie Sullivan. She will be speaking on new programs for Alabama Women.

All women are welcome to attend.

CONGRATULATIONS TO THE
FOLLOWING DEACONS CONFIRMED BY OUR
CHURCH MEMBERS THIS PAST SUNDAY:

EARL (BUZZ) BAKER
ROY MIERS
MARK SPAIN

THE NEW DEACONS WILL SERVE A THREE
YEAR TERM BEGINNING OCTOBER 21, 2026.



SENIOR ADULT MOVIE NIGHT

Thursday, Nov 12

6:00 p.m. | Reception Room

Hot Dog Supper, Popcorn

\$6.00 Per Person

Sign up through Realm, in Sunday School or call Cammie in the church office.

"Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. Now, this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. As royal pressures mount, Daniel is faced with a dangerous choice. Will his trust in the one true God remain steadfast through every test of faith?"

IN THE PULPIT

SUNDAY, October 18 | 10:30 AM

Pastor Emeritus: Rick Marshall

“God’s Masterpiece”

Ephesians 2:4-10

ATTENDANCE

Sunday, October 11, 2026

SUNDAY SCHOOL

Total In-Person..... 193
Remote..... 28

WORSHIP

Worship Care.....8
Children’s Church 10
Worship Service.....149
Total Worship.....167

Sunday Bible Study Sessions & Scripture

Explore the Bible

October 4 **Freedom** (Romans 6:1-14)
October 11 **Struggle** (Romans 7:4-6, 14-25)
October 18 **Indwelt** (Romans 8:14-27)
October 25 **Believe** (Romans 9:30-10:3, 9-17)

Bible Studies for Life

October 4 **God Speaks Through His Church** (Ephesians 4:11-16, 25-29)
October 11 **God Speaks and We Respond** (Psalm 119:30-40)
October 18 **The Cry for Forgiveness** (Psalm 51:1-13)
October 25 **The Source of Forgiveness** (Psalm 103:1-13))

BUDGET REPORT

2026 YTD BUDGET REPORT

Budget Requirements	\$1,067,232.41
Budget Receipts	1,003,158.20
UNDER BUDGET	64,074.21

WEEKLY BUDGET REPORT October 11, 2026

Budget Requirements	\$26,030.06
Budget Receipts	18,550.00
UNDER BUDGET	7,480.06

DESIGNATED

Designated	\$1,854.00
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WEDNESDAY NIGHT SUPPER

OCTOBER 21

*Poppy seed chicken, rice, pineapple casserole,
english peas, roll and peach cobbler*

*Cost is \$10 per person, \$35 max per household.
Reservations must be made by noon on Monday.*

Reservations can be made online, by calling the church office, or by completing a reservation card located in the back of the pews. Completed cards can be placed in the offering plate or boxes.



Sanctuary Flowers

October 18, 2026

In Loving Memory of
Bradley Fitzgerald,
on the anniversary of his
birthday, given by
Marie Fitzgerald,
Pam & Neal Kendrick & family

EASTERN HILLS BAPTIST CHURCH

FALL FESTIVAL

SUNDAY, NOVEMBER 1 | GYM

4:00 PM - 6:00 PM

FREE HOTDOG SUPPER,
FUN GAMES,
POPCORN & CANDY



THE MESSENGER

EASTERN HILLS BAPTIST CHURCH

The Messenger, Eastern Hills Baptist Church
3604 Pleasant Ridge Road, Montgomery, Alabama 36109.
334-272-0604 | easternhills.church

POSTAGE

WEEKLY SCHEDULE

SUNDAY

9:15 AM - Bible Study Groups
10:30 AM - Worship Service
8:30 - 10:15 AM - Library Hours

TUESDAY

6:30 AM - Men's Prayer Meeting, Reception Room
9:15 AM - Precepts Bible Study, Room 139
9:30 AM - WEM Bible Study, Reception Room

WEDNESDAY

5:00 PM - Supper, Gym
5:30 PM - Youth Choir, Room 154
5:45 PM - M² Music & Missions (4K - 6th grade)
6:00 PM - Adult Bible Study, Reception Room
6:15 PM - Adult Choir, Choir Suite
6:30 PM - ONE (7th-12th grade) Room 143

ADDRESS LABEL