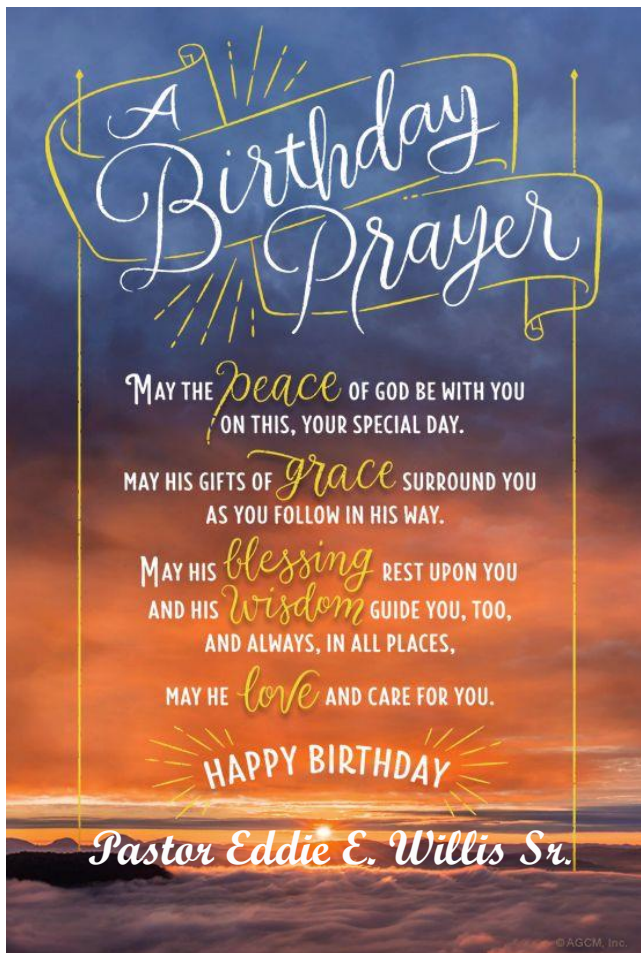




Clergy Appreciation Month Begins...



To the Glory of His Grace!

We celebrated our Pastor's Birthday October 3rd, the actual day being on October 2. Here are picture highlights of the event held at McKinney Roughs Nature Center.



Highlights from Founder's Day Service

For the late Bishop Roland James Allen



DRIVE-THRU TOY DRIVE

and **NO-CONTACT Silent Auction!**

Tres Amigos Restaurant

7535 E. Highway 290 Austin, TX

Saturday, November 13, 2021 / 11 AM - 2 PM

Benefiting Central Texas Children ages 3 - 14.

Operation Christmas Gift



Giving that extends beyond Christmas

Sponsored by: Operation Christmas Gift

For more information: (512) 203-0418

OCGAustin@gmail.com

Musical Performances by: First Light / Pure Inspiration

Donations also accepted through PayPal:



Operation Christmas Gift is a Community Ministry of
New Covenant Church / Pastor Eddie E. Willis, Sr.

Instagram: [ocgaustin](https://www.instagram.com/ocgaustin) / www.nccaustin.org

**Please observe all COVID-19
recommended safety precautions.**

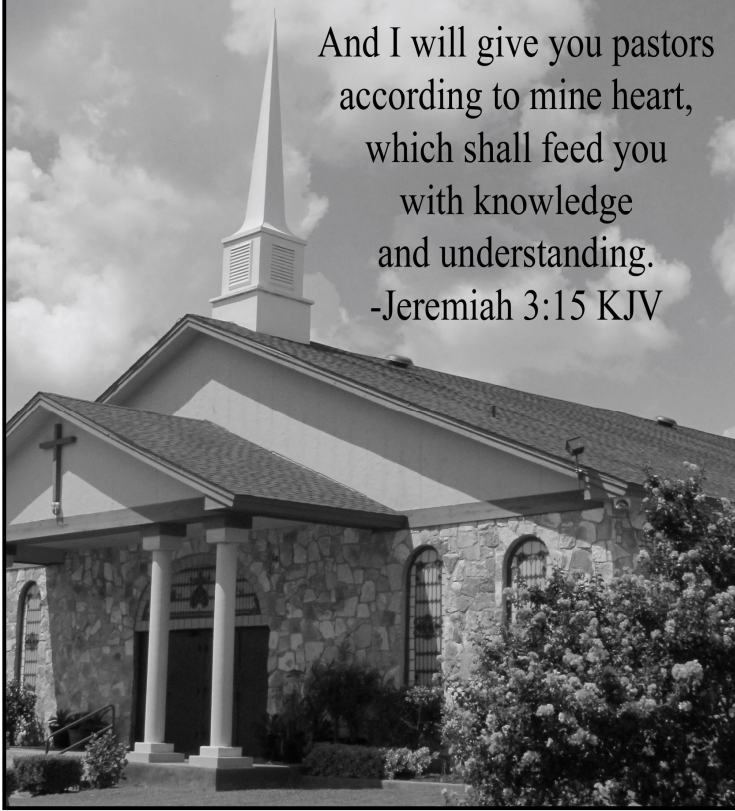


FAITH AND WORKS IN CHRIST

Biblical Words of Encouragement

Pastor Appreciation

And I will give you pastors
according to mine heart,
which shall feed you
with knowledge
and understanding.
-Jeremiah 3:15 KJV



COVENANT CURRENTS

Future Events to Keep in Prayer:

Dec. 1, 8, 15: Christmas Program Rehearsals
Dec. 11: Operation Christmas Gift Distribution
Dec. 12: Youth Christmas Recital
Dec. 19: Christmas Program

HEALTH & NUTRITION

**Exercise May Reduce Sleep Apnea
and Improve Brain Health**

Excerpts taken from <https://www.newsmax.com/health/health-news/sleep-apnea-cpap-exercise-brain/2021/09/28/id/1038199/>



Exercise may help reduce symptoms of a common sleep disorder and improve brain function, a small study finds.

Exercise training could be a useful supplemental treatment for people with moderate to severe obstructive sleep apnea, the research showed. The condition is characterized by loud snoring and disrupted breathing and can raise the risk for heart disease, stroke and cognitive decline.

Estimates show obstructive sleep apnea affects roughly 9% to 38% of U.S. adults, though many cases are thought to be undiagnosed. It is more common in men than women and becomes more prevalent as people age.

Please consult your physician before making any diet or lifestyle changes. NCC Health & Nutrition Team

Saved By Grace Through Faith



The fruit of the righteous is a tree of life; and he that winneth souls is wise.
Proverbs 11:30 KJV