

HIGHLIGHTS

CARMEL REFORMED CHURCH

"Can't Wait For Sunday"

January, 2022

Carmel Church Family,

Happy New Year! Can you believe it is already 2022!

Like most of the country and many of you, I will try to make a few changes in my lifestyle called "New Year's Resolutions" ...at least for the month of January. We will work out more and try to eat healthy food. We will pick up that book we have neglected reading or begin that home project we have been waiting to start. Each year, we reflect on our lives and recognize many of our unhealthy habits and the need to cultivate healthy habits.

The most common "New Year's Resolution" in the United States annually is to lose weight. Most people think that if they work hard enough in the gym or maybe find that magic weight loss pill, then they will finally lose those extra pounds. But the secret to true weight loss is...what you eat. Eating healthy has been proven the best way to lose weight, yet it is probably what we struggle with the most. The access we have to unhealthy food, our lack of discipline, and lack of education about what is healthy for our bodies leads to an uphill climb for most of us in our weight loss journey. But it ultimately comes down to what we consume. You are what you eat!

The same is true for your spiritual, mental, and emotional health. You are what you eat! Although the health of our physical bodies is important, how much more important is our spiritual, mental, and emotional health? These areas often get overlooked because they are not obvious to the eye.

I don't know about you, but the ups and downs of the past few years has been like riding a mechanical bull with a toddler in control. You never know what is coming next. There have been some great experiences followed by dark times of fear and anxiety. When I look at the direction our world is going, I quickly realize I am not in control. I feel like I have the influence of an ant on Noah's ark when it comes to the direction of our country. The more I consume the news, social media, and television; the more I am discouraged, anxious and fearful of what the future brings.

We are what we eat! The more we consume of what the world gives us the more we will be filled with anxiety, fear, darkness, and sin. The more we binge watch the latest show with countless swear words and sex scenes, or have our favorite news channel on 24/7, we become less and less healthy from the inside out. We struggle with our spiritual health because of the unfettered access to media, lack of discipline, and lack of education of the affect media has on our minds. We are what we consume. God said to the prophet Ezekiel, "Eat this Scroll." (God's Word)

We are what we eat! When I consume God's word, dwell with him regularly, spend time with his peo-
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ple I am filled with His peace. The more time I spend with God, the realization that I am not in control is more comforting than concerning because you know the one who is in control.

Did you know that most diets fail because we lack the discipline and accountability to continue when life gets hard? In the same way our spiritual diets suffer most when we lack discipline and accountability. Accountability is not easy or convenient, but necessary if we want true transformation. God designed us to be in relationship with him and his people. The connection with the Body of Christ is vital to our spiritual health. Do not neglect meeting together as some are in the habit of doing!

While I love the access to sermons and worship through technology, when we don't show up to corporate worship, we are missing a vital component of our spiritual discipleship; fellowship! We cannot experience fellowship and accountability, when we are absent from the body of Christ. I urge those who have gotten into the habit of worshipping from home to consider joining us for corporate worship. We also need to consider the spiritual needs our brothers and sisters, who are physically unable to join us. All of this to say, we need each other. There is no "solo Christian!"

What will your "New Year's Resolutions" include? Will you commit to reading the Bible daily, spending time daily praying for those in your life, serving in the life of the church, visiting with a shut-in or rejoining corporate worship? Whatever you do, don't do it alone, remember we are the body of Christ, each of us belongs to one another!

All for Jesus,

Pastor Steve



NEW ARRIVAL

We rejoice with Tyler and Katie Franken on the birth of a daughter, Attleigh Lynn, on December 17. She weighted 6 lbs. 9 oz. and was 19½ inches long. Emberlynn, who just turned 7 years old, welcomed her sister to the family. Carmel Church grandparents are Leon and Cindy Franken.

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The new year is an opportunity to sort out the useless tasks and plan for the important; to review the failures and resolve to be successful; to take an inventory of causes and pledge life to purpose and service. These being done, the new will truly be new, different and better.

—C. Neil Strait



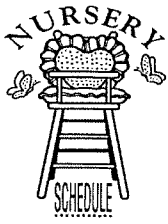
Congratulations to Mr. and Mrs. Zachary Wright (Jenna Vande Zandschulp) who were united in marriage in Des Moines, on November 12. Zach and Jenna are making their home in Des Moines. Jenna is a toddler teacher at Cadence Academy Preschool and Zach is working at UFG Insurance as an application developer. Jenna is the daughter of Heidi Vande Zandschulp and granddaughter of Jim and Trish Vande Zandschulp.

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FACING THE FUTURE

Don't worry about the future. Worry quenches the work of grace within you. The future belongs to God. He is in charge of all things. Never second-guess him.

—Francois Fenelon



January 2: Ashley Laackmann, Amy McAlpine, Kinlee Wolfswinkel, Akenna Sandbulte.

January 9: Kiley Landman, Nikki Melton, Gabriel Lerma, Gaby Prins.

January 16: Becky Ochsendorf, Hannah Smolders, Tacey Van Keckerix, Aiden Madsen.

January 23: Kristi Segar, Whitney Van Essen, Grace Van Roekel, Hannah Van Roekel.

January 30: Lexy Van Ginkel, Kelly Van Keckerix, Karlee Leusink, Railee White.

February 6: Rachel Van Roekel, Lynna De Wit, Marcus Van Voorst, Brynn Van Voorst.

PLEASE find a substitute or trade with some one, if you are unable to be in the nursery.

Please substitute an adult for an adult!

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REFRESHMENT SCHEDULE

R - serve on Sunday morning; C - each bring 5 dozen cookies.

January 2 - R-Denny De Jong, Mike Haverhals; **C-**Lin De Jong, Rhonda Sandbulte, Fonda Post, Ronda Leusink, Colleen Bomgaars.

January 9 - R-Jerry Renes, Hans Smolders; **C-**Frieda Bartels, Mimi Sandbulte, Jo Te Grotenhuis, Erica Robertson, Eug. Sandbulte.

January 16 - R-Tom Zwart, Dale Woudstra; **C-**Kaye Kuyper, Teresa Sandbulte, Hazel Haverhals, Helen Vande Vegte, Mary Lou Verburg.

January 23 - R-Marlin Van Voorst, John Leusink; **C-**Carmen Maassen, Carol Langstraat, Anita Van Ravenhorst, Doree Wolfswinkel, Cheryl Sandbulte.

January 30 - R-Verlyn Van Regenmorter, Doug Van Beek; **C-**Amy Rozeboom, Ryan Oostra, Amy McAlpine, Misty Zwart, Gabi Luevano.

February 6 - R-Denny De Jong, Mike Haverhals; **C-**Tonia Woudstra, Sarah Nibbelink, Shelly Sandbulte, Rachel Terpstra, Clarice Van Maanen.

We are looking for a few more people who would be willing to serve refreshments. The more volunteers we have, we can spread out how often they have to serve. Contact the church office if you can help us out.



Call the church office by noon on Monday, to let us know who your special music will be. If you are unable to have special music the scheduled time, please try to exchange with someone.

Top name is AM; bottom is PM:

- Jan. 9 - Craig Laackmann
Nate Landman
- Jan. 16 - Glenn Lange
Carol Langstraat
- Jan. 23 - John Leusink
Josh Leusink
- Jan. 30 - Enrique Luevano
Nathan Maassen
- Feb. 6 - Tony Madsen
David McAlpine
- Feb. 13 - Josh Meendering
Colton Mesman
- Feb. 20 - Rod Moget
Evelyn Moss
- Feb. 27 - Cherub Choir
Mitch Nettinga
- Mar. 6 - Adam Nibbelink
Melinda Nibbelink
- Mar. 13 - Sr. RCYF
Jr. RCYF

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INSTALLATION

On Sunday, January 9, at our morning worship service we will install the newly elected elders and deacons for Carmel Church. Jerry Noteboom and Mark Van Voorst will be installed as elders, and Ryan Oostra and Eric Van Roekel will be installed and ordained as deacons. Please keep our entire consistory in your prayers as they lead our congregation.

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THE LORD'S SUPPER

On January 9, we will celebrate the Lord's Supper at our morning worship service. Communion will also be served in the Chapel after the evening service for those who are unable to be at the morning service.

PIGS-IN-THE-BLANKET

There are still some of those yummy pigs-in-the-blanket left in the freezer in the Moses Room (next to the kitchen). So if you're craving a warm treat on those cold January evenings, stop by and pick some up before they are all gone. The pigs are \$15.00 a dozen. Please do not take pigs from the freezer if they are not paid for. Sign the sheet and place your money in the box on the counter.

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The Sunday School mission project this year is Royal Family Kids Camp. The Sunday School was challenged to raise enough money to send 8 kids to the Royal Family Kids Camp. To date we have raised \$1,867.00 of our goal of \$4,000.00. With 5 months to go we have to raise approximately \$427 each month to reach our goal. The second Sunday of each month the Sunday School offering goes toward our mission project. Won't you help us reach our goal so that we can send 8 kids to Royal Family Kids Camp!

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WONDERFUL WEDNESDAY ACTIVITIES RESUME

After taking a break for the holidays, all Wonderful Wednesday activities will resume on January 5. LFC (Learning to Follow Christ) for Kindergarten thru 6th grade, and 7th - 12th grade Bible Studies will meet every Wednesday through March 16. Make these activities a part of your children's Christian Education. Hope to see you all on Wonderful Wednesday. If we don't teach our kids to follow Christ, someone will teach them not to.

There are also opportunities for the adults. Prayer meeting meets on the 1st and 3rd Wednesday of each month at 7:00 p.m. Men's Prayer Group meets on the 2nd and 4th Wednesday morning at 7:30 a.m. Everyone is encouraged to participate in these opportunities as well. "Prayer does not change God, but it changes him who prays." —Kierkegaard

VOLUNTEER OPPORTUNITY

Love INC is looking for individuals willing to provide mentoring for participants in the *Faith and Finances* class this winter. Mentors will assist participants with financial goal setting, budgeting, credit (re)building, planning for debt repayment and savings. This opportunity begins on January 25 and requires mentors to meet once a week for 45 minutes, on Tuesday evenings from 7:30 to 8:15 in Rock Valley for a 12 week period. Love INC will provide mentor training and guidance before and throughout the mentoring process. Please contact Love INC at 712-476-5990 or email ministries@loveincsiouxcounty.com.

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JOIN THE SUMMER MINISTRY TEAM AT INSPIRATION HILLS

Inspiration Hills is looking for individuals to serve and share God's love with campers. You will experience a life-changing summer, gain valuable skills for the vocation God has called you, and make lifelong friendships! Apply soon and you could qualify for a sign-on bonus! Application deadline is March 1. Go to: inspirationhills.org/summer-service for more information or to apply.

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BIBLICAL RESOLUTIONS

- Hold firmly to your faith (Hebrews 4:14)
- Assemble with the saints (Hebrews 10:25)
- Pray and thank God earnestly (1 Thessalonians 5:17-18)
- Petition God for great blessings (Malachi 3:10)
- Yield not to temptation (1 Thessalonians 5:22)

- Notice opportunities to serve others (Gal. 6:10)
- Examine yourself daily (2 Corinthians 13:5)
- Work diligently for the Lord (1 Cor. 15:58)

- Yearn for righteousness (Matthew 5:6)
- Exercise godliness (1 Timothy 4:7)
- Aim for sinless perfection (Hebrews 6:1)
- Redeem the time, living wisely (Eph. 5:15-16)

Puzzle!

Write a word that fits each definition. Then place the letters in the numbered boxes to read a Beatitude, one of the special statements Jesus shares in Matthew 5.

The color of coal

1 2 8 17 21

Flower with thorns

9 4 3

Woman's Sunday garment

7 23 6 5 24

Vegetable in a pod

14 10 16

A light for my _____

20 11 12

Electric fish

13 15

Dark green gem

18 19 22

| | | | | | | | | | | | | | |
|----------------------------------|---|---|---|---|---|---|---|---|----|----|----|----|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 14 15 16 17 18 19 20 21 22 23 24 | | | | | | | | | | | | | |

Answers: black, rose, dress, pea, path, eel, emerald; Blessed are the peacemakers

Puzzle!

Match each clue with the correct biblical dreamer. Use the Scripture hints if needed.

1. This person's brothers were irritated to hear of certain dreams.
2. Angels went up and down a ladder in this person's dreams.
3. This person dreamed about skinny cows eating fat cows.
4. After an unpleasant dream, this person warned a loved one to avoid Jesus.
5. This person saw a statue whose feet were smashed by a stone.
6. A dream warned this person (plus family) to flee to Egypt.
7. This person saw a vine produce grapes, with juice squeezed into a cup.
8. A dream warned about Herod's evil plan.

- A. Pharaoh (Genesis 41:17-21)
- B. The Magi (Matthew 2:12)
- C. Jacob (Genesis 28:12)
- D. Pharaoh's cupbearer (Genesis 40:9-11)
- E. NT Joseph (Matthew 2:13)
- F. OT Joseph (Genesis 37:9, 11)
- G. Pilate's wife (Matthew 27:19)
- H. Daniel (Daniel 2:31-35)

Answers: 1.F, 2.C, 3.A, 4.G, 5.H, 6.E, 7.D, 8.B

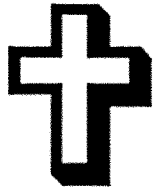
4th - 6th GRADE WINTER RETREAT

February 18th - 19th at Inspiration Hills

Join us this winter for an exciting weekend with your friends and stay overnight in our bunk rooms at the Main Lodge! Many fun activities are planned: chapel, worship, winter activities, camp games, and much more! Reconnect with your friends from summer camp or come to camp for the 1st time! We will be joined by guest speaker, Matt Dengler. Matt has served as a chaplain for many years at Inspiration Hills and was a prior summer staff member.

Our theme this year is taken from Deuteronomy 10:17, "For the LORD your God is the God of gods and Lord of lords. He is the great God, the mighty and awesome God, who shows no partiality and cannot be bribed."

To register or learn more, visit: inspirationhills.org



Deacon's Corner – JANUARY

Outreach Fund – The Outreach Fund is available to assist Carmel Reformed Church members participation in mission projects/trip by providing financial assistance for registration and travel expenses. This does not include normally scheduled JR/SR youth group trips. The fund will reimburse ½ of travel and registration costs up to \$500.00 per individual per calendar year. Please contact the Outreach Fund deacon Monty Prins, or one of the other deacons for an application form.

Christian Care – The Christian Care Fund is available to assist with financial needs for those who are encountering difficult circumstances and are struggling to cover their basic financial needs. Please see the Christian Care Fund deacon, Marlin Sandbulte, if you are in need of assistance.



Have You Reserved Your Spot Yet?? For Focus on the Family Date Night Event

We've only got room for 40 more couples so don't wait too long to get your reservation in. Below are the details for the fun evening planned for February 25 at Carmel Church!!

Who: All Couples ... young & old

What: Date Night with Pastor & Comedian Ted Cunningham (Focus on the Family)

Why: An evening of fun & laughter ... who doesn't need more of that in their relationship?

When: February 25, 2022 5:45 p.m.

Where: Carmel Reformed Church

Timeline: Check in: 5:45 p.m. Meal: 6:00 – 6:45p.m. *Dessert served during intermission
Speaker: 7:00 p.m.

Cost: \$50.00 per couple including meal *Financial assistance is available (contact Tom Zwart)

Meal: Catered Meal by Beyer Catering (includes Dessert)

Register online at: <https://focusonmarriagedatenight.rsvpify.com>

Registration forms will also be available on the Coffee Station and can be turned in to Misty Zwart or Laurie Buyert or the church office.

Questions: Contact Tom & Misty Zwart or Dan & Laurie Buyert

If you've already registered but haven't paid yet, please do so soon, to guarantee your spot. Your spot is not guaranteed until we have your payment.



Someone once suggested that Adam and Eve must have had a marriage with little conflict. Adam didn't have to listen to Eve talk about all the other fellows she could have married. And Eve didn't have to hear Adam boast about what a great cook his mother was.



January

- 1 - The Darwin Post's
- 2 - Charlee Punt
Keith Byker
Dale Woudstra
Alan Sandbulte
Marlin Dibbet
- 3 - Mrs. Kelly Van Kekerix
Owen Sandbulte
- 4 - Scot Vogel
- 5 - Manny Ramos
Austin Rozeboom
Mrs. Karen Hulstein
- 6 - James Vanden Brink
Dan Buyert
Mrs. Carrie Van Voorst
- 7 - Mrs. Barb Punt
The Stan Prins'
- 8 - Pete De Jong
- 9 - Akenna Sandbulte
Jeremy Meendering
Paityn Albert
Mrs. Vicki Vander Lugt
- 10 - Mrs. Morgan Hoekstra
Ian Vander Lugt
Pam Woelber
Mrs. Janae Rau
Mrs. Joanne Moget
- 11 - Seaton Sandbulte
- 12 - Howie Klarenbeek
- 13 - Braylee Schelling
Mrs. Katie Franken
Jack Soodsma
- 14 - Mrs. Millie Leloux
David Vander Zwaag
- 15 - Mrs. Brandie Frangenberg
Tim Van Donge
Leon Franken
- 16 - Jax Anderson
Gene Vander Vliet
- 17 - Bryson Sandbulte
- 18 - Kendrick Van Kekerix
Britney Vonk
Mrs. Lavonne Riphagen
Les Te Grotenhuis
- 19 - The Nate Van Ginkel's
- 20 - Colten Smolders
Dan Fedders
Glenn Rozeboom
- 21 - Nathan Maassen
Mrs. Colleen Bomgaars
- 22 - Jennifer Luevano
Mrs. Glenda Van Meeteren
- 23 - Paul Schelling
- 24 - Tayden Even
- 25 - Tommy Bomgaars
Brady Punt
Henry Sandbulte
Mrs. Dianne Van Ravenswaay
The Ken Brunsting's
- 26 - The Kelly Zinnel's
- 27 - Mrs. Paula Van Voorst
- 28 - Mrs. Jazmine Koedam
Tyler Franken
Mrs. Joan Te Grotenhuis
- 29 - Cozyn Rozeboom
Jordan Leusink
The Dan Fedders'
- 30 - Jace Van Meeteren

NWC TO HOST HIGH SCHOOL FAITH CAMP

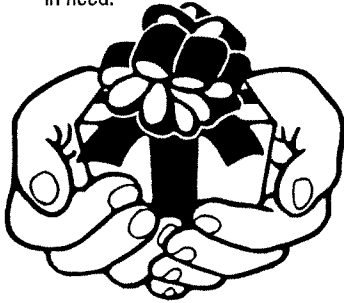
High school students are invited to participate in Living Your Faith (LYF), a weekend "Christian training camp" hosted by Northwestern College, January 28-30. Students will hear lectures from Northwestern biblical and theological studies professors and engage in worship, fellowship and service with college mentors. LYF participants will also live on campus and have access to Northwestern facilities and amenities. Living Your Faith is free to students and includes room, board and field trips. Learn more and register by January 15, at lyf.nwciowa.edu.

JUST FOR KIDS



Golden GIVING

Live out Jesus' golden rule by preparing gift bags for people in need.



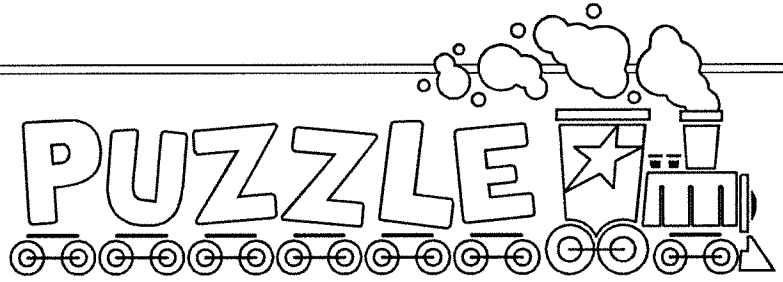
What you need:

- Gallon-size zip bags
- New socks
- Hand warmers
- Bus fare or tokens
- Bottled water
- Nonperishable food
- Toiletries and first-aid items
- Paper and markers

What you do:

1. Gather supplies, using the ideas above. Fill bags to make care packages.
2. Write notes or draw pictures for recipients, placing one in each bag.
3. Zip bags and keep them in a vehicle to distribute. Or deliver them right away to people in need (or to sick or homebound people, nursing home residents, a homeless shelter and so on).
4. Pray that God will use your gifts to help and encourage each recipient.

PUZZLE



A measure of love

Jesus says one golden rule sums up the law.

Directions: Match the word parts from the ruler to the incomplete words in the first three Bible verses. Then add the bolded letters (in order) to Matthew 7:12 to complete that verse.

Do not seek re_____ or bear a grudge against anyone among your _____ople, but love your neig_____ as yourself.

LEVITICUS 19:18, NIV

Learn to do right; seek jus_____. Defend the _____pressed. Take up the cause of the _____less; plead the _____e of the widow.

ISAIAH 1:17, NIV

He has shown **you**, O mortal, what is go____. ...

To act **justly** and to love me_____ and to walk _____ly with your God.

MICAH 6:8, NIV

| | |
|---|-------------|
| — | father_____ |
| — | pe_____ |
| — | _____venge |
| — | _____od |
| — | _____rcy |
| — | op_____ |
| — | _____hbor |
| — | humb_____ |
| — | cas_____ |
| — | _____tice |

So in _____ything, do to ot _____ what you would _____ve them d _____ to you, for this s _____ms up the _____w and the Proph _____s.

MATTHEW 7:12, NIV

Answer: revenge, people, neighbor, justice, oppressed, fatherless, case, good, mercy, humbly, everything, others, have, do, sums, Law, Prophets