

Resting in what God has done in Christ Jesus

Spiritual Blessings in Christ

³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴ even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love ⁵ he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, ⁶ to the praise of his glorious grace, with which he has blessed us in the Beloved. ⁷ In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, ⁸ which he lavished upon us, in all wisdom and insight ⁹ making known to us the mystery of his will, according to his purpose, which he set forth in Christ ¹⁰ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

¹¹ In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, ¹² so that we who were the first to hope in Christ might be to the praise of his glory. ¹³ In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, ¹⁴ who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

Thanksgiving and Prayer

¹⁵ For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, ¹⁶ I do not cease to give thanks for you, remembering you in my prayers, ¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, ¹⁸ having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, ¹⁹ and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might ²⁰ that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, ²¹ far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. ²² And he put all things under his feet and gave him as head over all things to the church, ²³ which is his body, the fullness of him who fills all in all. Ephesians 1:3–23 ESV¹ (Emphasis mine)

Did you catch how many times Paul uses the phrase "in Christ" or "in him" or "in the Beloved" or "in the Lord Jesus?" Go back through the passage now and highlight or underline all those times.

And in a world that seems to be confused about the use of pronouns, find all the times that the words "his" or "he" or "him" are used and circle them. Notice who the focus of this passage is all about.

One last thing, and you don't want to miss this, search for the words "us" and "we" and put a box around those words. Did you see what God has done for us in Christ Jesus!?

When we begin to grasp the richness and depth of what this passage means, we will be brought to a place of humbleness and awe, especially when now read Ephesians 2:1-10. All Glory to God!

¹ "Scripture quotations are from The Holy Bible, English Standard Version®, copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved."



March 2: Ruth De Jager, Rachel Van Roekel, Sadie Janisch, Slayden Sandbulte. March 9: Brynn Van Voorst,

Londa Boogerd, Gabby Prins, Kinlee Wolfswinkel. March 16: Kristi Van Voorst,

Lynna De Wit, Ruthie Vanden Brink, Akenna Sandbulte.

March 23: Danica DeMeester, Nikki Hulstein, Karlee Leusink, Brody Van Voorst.

March 30: Morgan Hoekstra, Alyssa Kuyper, Rachel Wynia, Ava Sandbulte.

April 6: Amy McAlpine, Jo Moget, Aniya Robertson, Kierra Wolfswinkel.

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.

March 2-R-Hans Smolders, Matt Smolders. C-Amy Rozeboom, Colleen Bomgaars, Mary Lou Verburg, Anita Van Ravenhorst, Gene Sandbulte.

March 9-R– Verlyn Van Regenmorter, Gene Sandbulte.

C-Frieda Bartels, Teresa Sandbulte, Allison Leusink, Rhonda Sandbulte, Lin De Jong.

March 16-R-Jared Terpstra, Jerry Renes. C-Erica Robertson, Helen Vande Vegte, Carol Langstraat, Ronda Leusink, Hazel Haverhals.

March 23-R-Doug Van Beek, Mike Haverhals. C-Sarah Nibbelink, Sherri Wolfswinkel, Alice Remmerde, Rachel Van Roekel, Fonda Post.

March 30-R-Jack Soodsma, Becky Ochsendorf. C-Cheryl Lange, Cheryl Sandbulte, Mimi Sandbulte, Sandi Vonk, Amy McAlpine.

April 6-R-Chad Robertson, Dorene Vander Zwaag.

C-Donna Renes, Doree Wolfswinkel, Linda Altena, Lorna Vander Vliet, Sue Noteboom.

If this schedule does not work with you please switch with someone.



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.

Special music schedule is for the morning worship service.

March March March March March April

2 - Cherub & Nursery Choirs 9- Youth Sunday 16 - Bob Janisch 23 - Kyler Bomgaars 30 - John Kleyer 6 - Alex Koedam

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NEW ARRIVAL

Congratulations to Nate and Lexy Van Ginkel on the birth of a son, Carson Hayes, who was born on Friday, February 7. Carson has three older brothers to welcome him home.



PROFESSION OF FAITH

At the February Elder's Meeting, it was their joy to receive Shaina Dibbet and Gavyn Dibbet into the communicant family of Carmel Church through profession of faith.

TRANSFER



At the Elder's Meeting, they received the memberships of Matt & to Our Holly Dibbet with baptized children Church Shaina, Gavyn, Knox, and Nova

from Living Water Community Church of Orange City, IA; Brady Hoogendoorn from Netherlands Reformed Church of Rock Valley, IA; Allison Hoogendoorn from Estherville Lutheran Church of Estherville, IA; and Geneva Van Kekerix from Netherlands Reformed Church of Rock Valley, IA.

YOUTH SUNDAY

Sunday, March 9 will be Youth Sunday. The Sr. RCYF will lead the morning service and the Jr. RCYF will lead the evening service. The morning special offering will be for Sr. RCYF and the evening offering Servi for Jr. RCYF.



<u>UPDATE THE DIRECTORY</u>

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It's time to update our Carmel Church phone directory. This year we ask for your cooperation in making sure all the information is correct and up to date. Maybe you've moved in the last year, or your phone number is different, or you no Directory longer have a land line phone. Please inform us of these changes.

You will find a sheet in your mailbox that you need to fill out. Please turn in your information and save us a phone call.

When you have it filled out, you may put the sheet in the box on the Coffee Station. Please do so by March 1. Everyone's cooperation would be very much appreciated!!

If you are a regular attender at Carmel Church but not yet a member and would like to be included in our directory as a "friend of our church", please pick up a sheet from the Coffee Station and fill it out. If you have any questions, please contact the church office.

Please remember to update the online directory! Whether you have moved or your family has grown. Maybe you are a new member of Carmel. This is a great way to put names with faces.

The Sunday School mission project this year is Love Inc. of Sioux County. Love Inc is an organization that helps churches help people. Sometimes life can give challenging seasons of life, which Love Inc. will help walk beside them. Sometimes that can look like helping with food, home



essentials and personal hygiene products, transportation or blessing your neighbors during the holidays. Other times it looks like providing financial mentorship, facilitating a class, helping with a special ministry event. The second Sunday of each month the S. S. offering goes to the mission project. The offering amount to date is \$2,712.33.

VBS

Howdy, partners! Dust off your boots—it's time to get your tickets to Wonder Junction.

As we look around, we see many things to wonder at-landscapes, creatures, inventions. None of these compares to the grandest wonder of all-our Savior Jesus Christ! At VBS, kids will learn about who Jesus is as we dig into questions such as:

- *What amazing things happened surrounding* Jesus' birth?
- What was Jesus like as a child and teen?
- What wonders occurred during Jesus' ministry vears?
- How were Jesus' death and resurrection like no other?
- What should we be doing as we wait for Jesus' return?



Important Dates:

- Carmel VBS: June 2-6
- Registration for Carmel members and regular attender's children and grandchildren: March 9 & 16
- Registration for the public: April 14

Preschool registration will not be available to the public

SAVE THE DATE

All volunteers involved in our education programs are invited to an Appreciation Supper on Wednesday, March 19, 6:30 p.m. in the Fellowship Hall. This includes Sunday School teachers, officers, music leaders, Wednesday Night Ac-



tivities teachers, helpers, and Bible Study leaders, GEMS and Cadet Counselors, Jr. and Sr. RCYF Sponsors, and VBS Directors, along with your spouse or quest. Childcare will be provided.

A great meal and fun evening has been planned for these individuals and we hope you can come and enjoy this time as we show our appreciation to our education volunteers!

Please sign up at the Coffee Station in the Fellowship Hall or let the church office know if you will be attending. Also note if you need childcare. Please do so by March 12.

> SR. RCYF TACO SUPPER AND AUCTION FUNDRAISER

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The Sr. RCYF will have a Taco Supper and Auction Fundraiser on Wednesday, March 26, 5:00-7:00 p.m. They will have a Taco supper for freewill donation. They will also have a silent auction of items donated by Sr. RCYF members.

SUPPER

These auction items will be on display in the Fellowship Hall. You can check out the items and make your silent bids on your favorite items.

The silent auction will end on March 26. So come on out and enjoy some tacos and bid on the auction items.

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MOTHER-DAUGHTER BANQUET

Attention Ladies! Mark your calendars now for the Carmel Mother-Daughter Banquet. It will be held here at church on Wednesday, May 7. Plans are already underway to make this a very special evening. More details will be com-



ing soon, and we look forward to celebrating this special occasion with you!

INSPIRATION HILLS

Campfire Coffee Club

The first Thursday of every month at Inspiration Hills. Campfire Coffee Club is a time set aside for individuals to learn more about camp and connect with others. Our goal for this group is to provide a space for fellowship for camp supporters, donors, and individuals connected to camp. This event allows you to come to camp and fell more informed about the work God is doing here at Inspiration Hills!

Digging Deeper Bible Study

Digging Deeper is your opportunity to study the Word of God more in depth than ever before! Whether you're opening the Bible for the first time or are a seasoned theologian, this workshop will help you learn the tools necessary for studying God's Word accurately and in a fulfilling way. The event will take place from 8:30 a.m.—4:00 p.m. on Saturday, March 8. There is no registration deadline. Registration cost is \$25.00. To register for this event or learn more, visit inspirationhills.org

Art of Marriage Retreat

The weekend retreat includes guided video lessons from Familylife's Art of Marriage curriculum as well as discussion time with other couples and activities that will strengthen your bond as a couple. This event will take place from 5:30 p.m. on Friday, March 21 to 12:00 p.m. on Saturday, March 23rd. The cost of registration is \$50.00 per couple. To register for this event or learn more, visit inspirationhills.org

How you can pray for us

One of the most impactful ways you can get involved is through prayer. Here are a few prayer requests you can be praying for during this season.

- 1. Pray for lives to be changed at our upcoming Winter Retreat.
- 2. Pray for all our open positions to be filled.
- 3. Pray that God's gracious hand would be on all our staff as they serve in this ministry.

CARMEL GEMS

Here it is March, where did January and February go? We will be finishing up **TRANSFORMED** season of Carmel GEMS this month!

Carmel GEMS nights we get an opportunity to pour God's love into those beautiful smiling faces on Monday nights! The giggles, hugs and sharing God's word. It does not matter what school you go to, if you are a member of Carmel - GEMS girls are welcomed to Carmel Church! Want to get involved next season, please ask Kris Van Voorst. To learn more about **GEMS** check out **gemsgc.org**

ReFyne app - a welcoming, safe and fun digital space to help tween girls truly shine. ReFyne has devotions, crafts and recipes!!

• March 3, 2025 - 7-8:30 pm Share the Word

Purpose: for girls to know how and why to share the gospel with their friends!

• March 24, 2025 - Live Transformed - More information will be available soon! Purpose: For girls to be equipped to shine for Jesus by living transformed from the inside out!

• March 30, 2025 - GEMS SUNDAY - please wear your TRANSFORMED

T-SHIRTS, be at church by 9:15 am- we will sit as a group!

Counselors: Karen Boersema, Rachel Van Roekel, Linda Altena, Lisa Doelman,



Megan Punt, April Kooi, Rachel Terpstra, Amy Yoerger Jami Sandbulte, Kelsi Noteboom, Anita Soodsma Jr Counselors: Karlee Leusink, Gaby Prins Craft: Anita Van Ravenhorst, Jennifer Prins

Prayer Friends: Nora Bohl, Lin De Jong, Vicki Fischer, Jo Moget, Sue Noteboom, Janae Rau, Anita Soodsma, Vicki Vander Lugt, Dianne Van Ravenswaay, Paula Van Voorst and Mary Lou VerBerg



Romans 12:2 is a Bible verse girls learned at GEMS. Color in the *Transformed* theme verse and think about what it means to live transformed. Do not CONFORM to the POTTERNS of this WORLD, but be TRONSFORMED by the RENEWING of your MIND. Then you will be able to TEST and OPPROVE what GOD'S will is—his GOOD, pleasing and PERFECT will. ROMONS 12:2

Deacons Corner — MARCH

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 $\frac{1}{2}$ of travel and registration costs up to \$500.00 per individual per calendar year. Please contact the Outreach Fund deacon James Vanden Brink, 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, Adam Nibbelink and Elder, Dan Fedders if you are in need of assistance.

Adoption Fund – For those considering an adoption please consider inquiring as to whether you will qualify for the Carmel Reformed Church Adoption Assistance Fund. This fund makes available up to \$1,500 to assist active Carmel Reformed Church members with adoption costs. See any deacon for details and a copy of the application form. All requests will require consistory approval.

Van Fundraising— We are excited to share an update on the Van Project! The final cost are in, and we are pleased to report that the total project cost came in under budget at \$117,000.00. The giving thermometer has been updated to reflect this information. Additionally, we were able to find a 2024 Ford Transit van in stock, which has already been purchased and put to good use by several church groups. We also have a 2025 model on order, which we anticipate arriving in late spring or early summer, though there is a possibility of a later delivery. While we are grateful for the progress made, we still welcome donations to help fully fund this project. If you would like to contribute, please note "Van Project" in the memo line of your check. Thank you for your generosity and support in making this project possible! These vans will be a great blessing to our church community for years to come.





MARCH

- 2 Mrs. Sara Den Herder The Ron Dieck's
- Baylor Sayles
 Mrs. Carol Langstraat
 The Nate Maassen's
- 4 Rachel Wynia Mrs. Dennica Rozeboom
 Control Varia
- 6 Peter Vonk Mason Vander Lugt
- 7 Blake Niemeyer Aiden Madsen Mrs. Karrigan Glade The Glenn Lange's
- 8 Mrs. Abby Madsen
- 9 Cole Rozeboom
- 11 Mrs. Cheryl Hulstein Mrs. Nikki Van Meeteren Rebecca Hooyer Jared Terpstra The Harvard Sneller's
- 12 Jaxson Rozeboom Mrs. Karen Boersema
- 13 Izabella Klein Mrs. Jackie Huizenga Randy Vande Vegte Harlan Van Maanen
- 14 Mrs. Janice Luevano
- 15 Nyiah Gesink
- 16 Elliott Landman

Kevin Sandbulte Mrs. Fonda Post

- 18 Landry Van Kekerix Lucas Sandbulte Anthony Rau Rod Van Ravenswaay
- 19 The Rodney Sandbulte's
- 20 Kezden Hofman Cody Hoogendoorn Mrs. Sue Dorhout The Ron Schmith's
- 21 Grady Friedrichsen Scott Fischer Herb Remmerde
- 22 Wilmer Rensink Brian Klarenbeek, Sr. Orlin Oostra
- 23 Tate Van Essen Evan Van Meeteren Charity Hooyer Mrs. Janet Brunsting
- 24 Colyn Oostenink Mrs. Shalee Hofman Sawyer Rozeboom Jamie Van Voorst The Hans Smolders'
- 25 Samuel McAlpine Ashley Hulstein
- 26 Mrs. Taylor Punt
- 28 Sofia Sandbulte Steve Sandbulte
- 30 Jada Ochsendorf
- 31 Everly Hulstein

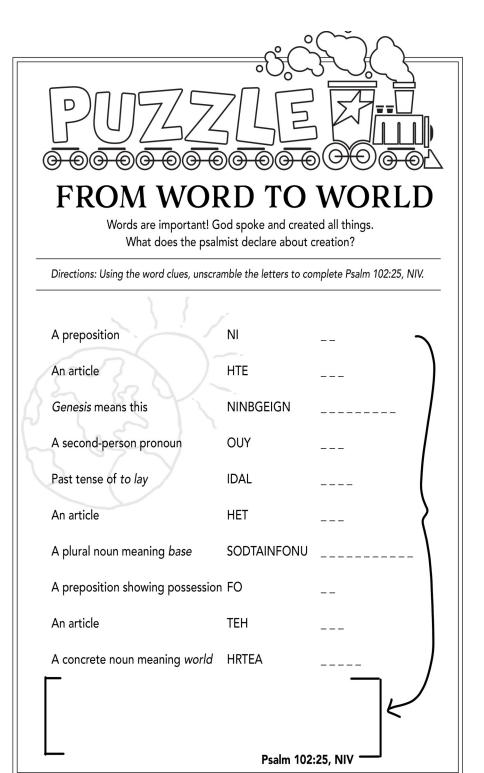
BIBLE QUIZ



Complete this sentence which introduces a well-known Bible story: "The hand of the LORD was on me, and he brought me out by the Spirit of the LORD and set me in the middle of a valley; it was full of _____."

- A. flowers
- B. sheep
- C. rocks
- D. bones







This snack's layers mimic properties of our planet's crust.

What you need:



- 1 cup rolled oats
 ½ cup nut butter (divided)
- 1/2 cup chocolate chips
- Microwave-safe bowl
- Silicone mini baking cups

What you do:

- 1. Combine the oats and ½ cup of the nut butter. Mix until oats stick together.
- 2. Place 2 teaspoons of oat mixture in each baking cup. Press with a spoon. Freeze for 10 minutes.
- 3. Spread remaining nut butter atop the cups. Freeze for 10 more minutes.
- Microwave the chocolate chips 30 seconds. Stir and keep heating for 30-second intervals until melted.
- 5. Spread melted chocolate atop the cups. Freeze until chocolate is firm.
- 6. Remove from the molds and enjoy! Refrigerate leftovers in an airtight container.

