This is the last week of April everyone! We have spent the entire month staying clear of each other. It is an historical time that we are living in. I’m not trying to overstate the obvious, but this is really something. I have read a number of articles about all of this and it seems as though they are finding solutions. The problem is the amount of time it takes to get those solutions out to the public. I guess we shall see how all of that works itself out. For now, we will be smart. I do believe people have done this pretty well. We can get apart pretty well and that seems to make a difference. There are many counties in our state that don’t have a single case. I’m not sure how all of that goes when we all start moving again. There will still be some fascinating steps in this journey ahead of us.

The weather has sure been a nice addition though. It really feels like spring! I know, we had a blizzard on Easter, but still it is spring, I think. It sure makes doing all this other stuff a much easier thing to deal with. Getting outside and walking around in the air is a good way to get over the “boring” of being away. Get out and enjoy this! I even heard 80 degrees by the end of the week. That’s hot! Remember hot?

I miss it too people, don’t get me wrong, but this is going to be interesting when we start trying to figure out “coming back”. I am hoping for a fix. Come on smart people!

What about God? Let’s talk about him for a bit. I have never been doubtful that God will use this for good. He will take all this uncertainty and fear and bring us nearer to him. This is what he does. The world searches for a cure and rightfully so. God waits for us to look for him in ways we have not in the past. He won’t scold us. He won’t give us the lecture of how we should have been closer the whole time. He won’t ask us where we were before all of this happened. He will be so happy all these prodigals have come home. I think churches are growing not necessarily in numbers, although I think that is happening, but in ways that we can’t measure with numbers alone. People’s hearts are tender. The harvest fields are ripening. Go God Go!

We are still working on things for the live feed. It worked perfectly on Sunday. We were happy. There is more we can do and we will be on top of that. Thanks for watching! It is all we have right now.

Sunday, we continue the story. They fished all night and didn’t catch a thing. Jesus is going to call out to them and ask how fishing is going. He already knows the nets are empty. All their expertise and experience has left the nets empty. All their hard work during the night has left the nets empty. I think you can see where this is all going. We’ll talk more on Sunday, have a great week!

I have had a number of people who have seen churches getting creative and having parking lot church or things like that and wonder if we could do that. Well, here is the problem. Which parking lot do we use? They go all the way around the building. And just so you know, we can’t fit all the cars into one place like that. Too many of you! I have heard there were churches having church in places around the country and then have their folks just spread out more. Have you been to 9am service? If you spread that out there are not even anywhere near enough seats to hold us. My point is, we are a large bunch! Handling our numbers is not easy the way it is.

If you are interested in joining the Wednesday evening Bible study, prayer, and discussion group, which meets via Zoom at 7:30 pm, please email John Thornton prayerline@communityrc.org.

You will get weekly emails with the lesson and instructions on how to access the meetings.
CALENDAR OF EVENTS
All in-person activities suspended until further notice

UPCOMING MINISTRIES

AA BIG BOOK MEETING
Every Tues. at 7pm at Community– Open meeting. Use east door.
AA meeting via Zoom on Saturday mornings at 10am. Please contact Tom Jacobs (tjstonegate@gmail.com) for meeting access.

MISSION OF THE MONTH– MAY
ARISE Ukraine

BOOK CLUBS
The morning book club’s next meeting date is to be announced. They will be discussing Gentleman in Moscow.

FAITH CIRCLE
Faith Circle has been postponed until further notice.

HOPE CIRCLE
Hope Circle has been postponed until further notice.

JOY CIRCLE
JOY Circle will not meet in the month of April. Please join us on Monday, May 11 at 9:30 at Community for our first meeting of 2020.

SENIOR CITIZENS
Senior Citizens will not meet until further notice. Hoping all of you are well and looking forward to meeting again.

HIGH SCHOOL/ MIDDLE SCHOOL

DOWNLOAD OUR APP
Features of the app:
Watch Live
Watch past sermons
Download current newsletter
See Prayer Requests
Community Events
Link to library catalog
Online Giving

LINK OF THE WEEK
ONLINE CLASS
THIS WEEK’S CLASS IS: CREATION
https://youtu.be/0Pllvc6l-2c
Thank you to Sing n’ Sprout for this special class for Toddlers & Preschool Kids!

Zoom Meetings this week

HS:
TUESDAY LUNCH @ 12:00
WED YOUTH GROUP @ 7:30
SUNDAY SCHOOL @ 10:00

MS:
WED YOUTH GROUP @ 6:30
THURSDAY LUNCH @ 12:00
SUNDAY SCHOOL @ 10:00

ZOOM MEETING ID AND PASSWORD WILL BE SENT OUT IN EMAIL. GET AHOE OF DOYLE WITH ANY QUESTIONS!
It is blowing my mind to think that the month of May starts this week. Happy May Day to everyone!

This week’s Spiritual Practice is something that might make you squirm a bit. One of the things I’ve noticed as we’ve had to practice social distancing and work from home is that people have very different ideas about what is actually happening in and around themselves. Some people feel like this is a bit of a vacation from the crazy schedules they have been keeping. And although your schedule might be simpler and that feels nice, I offer to you the possible idea that this isn’t much of a vacation. Others who have been forced to stay home but who normally enjoy the company of people have found this to be particularly challenging. Still others are using this time to finish odd jobs or work on hobbies, while some can’t find the energy or drive to do anything new. Here’s the thing: I am finding that people, as a whole, have been a bit hard on themselves during this unusual time. Most think they should be doing more, accomplishing more, or be more at peace by trusting God more or better. The fact is, this time is challenging for everyone! And that is why I think this spiritual practice will be a good one for us all to try. It’s going to be hard, but you can do it!

Blessings on you as you try the spiritual practice of **Self-Care**.

Stay well, friends!

Liz
Liz.Teel@communityrc.org

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**The Practice of Self-Care**

"**Self-Care** is the practice of honoring God through nurturing and protecting your body, mind, and spirit with their limits and desires." – Adele Calhoun

**Methods**  
(by Adele Calhoun)

Choose any one or combination of methods below to begin to intentionally practice Self-Care.

Make a list of things you like about yourself. Thank God for making you you.

Care for yourself by planning a day you would enjoy. Choose where you want to be and who you want to be with. Celebrate the gift of the day and yourself.

Where in your body or life do you need a new beginning? What practices and patterns that tie into food, rest, work, or relationships would you like to change?

How can you cooperate with God in an effort to honor your body as His temple? Who can help you in this?

When you come down hard on yourself, remember that you can begin again. Confess your harsh self-treatment and ask God for grace to receive who you are.

Keep a record of how much you sleep. Are you respecting your God-given need for rest and recreation?

As a discipline, ask God how long He wants you to sleep. Is it more or less?

Readjust your sleeping or resting patterns for a week. What is it like for you?

Sit quietly in a comfortable position. Breathe slowly and notice any tightness in your body. What is your body saying to you right now? Listen to it. Don’t scold it.

How would Jesus want you to care for yourself right now?
Hi Everyone!

I hope you are all doing well. I’ve seen many kids celebrating birthdays and other milestones in new ways over the last few weeks. I’m glad families are making things special, even in an unusual time. I’m struck by how memorable this little stretch of time could be for our kids. It is a unique moment in history for sure, I hope most of those memories are good ones. I know it can all feel a little stressful at times but I think we can also make the most of soaking up family time, making memories and resting in God’s presence. He is with us in every situation! I’m not normally good at making time to journal but I did start a little journal recently to help my family and I remember the parts of “co-vid season” that have been really good for us, whether that is leaning on God, being less busy, being outside more, being thankful for what we have, eating at home (not out), trying new things (I’m learning to cook at age 39!), resting, laughing, not using our phones often, etc. I also wanted to document that we’ve found some new “favorites” like cooking supper over our backyard fire pit, board games with snacks, craft projects, church in our pajamas, zoom family gatherings, etc. With fewer school activities or meetings, our lives are a little simpler in the evenings after school and work and it is a nice change of pace. For those that find themselves extra busy right now because of work or family needs, I will be praying that God gives you some extra sweet gifts this week too! I know this time isn’t easy for many people for a variety of reasons and I think about that often.

Sunday School “To Go” this past week was all about the Fruit of the Spirit. You can see it at https://www.communityrc.org/sunday-school-to-go/ or Facebook. In this week’s activities, I included one of my favorite “not so healthy” fruit recipes. It is the frozen fruit cups my mom made for my high school graduation open house. They are tasty and sweet and a fun treat for a hot day. They bring back fun memories of childhood for me. I have been praying about the Fruit of the Spirit and asking God to work on me during this interesting time in my life. It has been good! Next week we’ll talk about Zacchaeus. Jesus knew his name! Jesus knows OUR name! May 3rd would have been our last week of Sunday School if we had still been meeting in person. I’ll still post some fun things on our Facebook page after that but I might shake up the format a little for “summer.”

Like I said last week, Sing n Sprout gave us a fun gift. We get to share Sing n Sprout videos with you each week for a while during our time away from one another. This week it is Creation: https://youtu.be/0PIlvc6l-2c

I’ll talk to you soon!

Heather DeWit
Heather.DeWit@CommunityRC.org

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**RECIPE**
**FROZEN FRUIT CUPS**

As you add each fruit, talk about Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control & thank God for his Fruit!

**Ingredients:**
- 1 large 29oz can fruit cocktail
- 1 20oz can crushed pineapple
- 1 lb tub frozen strawberries
- 5 bananas
- 1 cup sugar
- 2 liter bottle 7up

Wait to slice the bananas until you are ready to add them.

(you can adjust recipe to reduce sugar, accommodate allergies or meet preference.)

Set out strawberries to thaw

Drain the canned fruits, saving aside 1 cup of the juice.

Boil 1 cup fruit juice combined with 1 cup sugar

Add all of the fruits and mix.

Pour the mixture into small individual serving containers with lids (or disposable cups with covers) and freeze.

Remove from the freezer an hour before eating and pour a little 7-up on top to stir in.
CONDOLENCES

Our condolences go out to Katie Goodwin for the recent passing of her father. Please keep her and her family in your prayers.

CONGRATULATIONS

Congratulations to Cindy and Shane Breen on the birth of their daughter, Emma!

MISSION OF THE MONTH

Arisel Ukraine is a non-profit ministry established in 1997 by missionary, Paul Logan.

Its purpose is to see Ukraine saturated with living communities of believers where the transforming power of the gospel is reaching every area of society—giving every man, woman and child in the country the opportunity to be reconciled to the Father and to each other.

PRAYER REQUEST

- Clayton Bierwagon (heart)
- Jodie Jensen (cancer)
- Chelle McMurrey’s dad (multiple myeloma)
- Eileen Nelson (chronic airway disease)
- Lexi Valentine (auto-immune disease)
- Jessica Vander Weide (heart)
- Lindsey Vander Weide (heart)
- Laura Maloney’s brother-in-law, Bruce (lymphoma)
- Gary Jensen (cancer)
- Jamelee Van Donge’s dad, DeLyle (cancer)
- Sara Van Ruler’s dad (throat cancer)
- Pete & Jan Mellema’s grandson, Henry (brain surgery)
- Wade Persson’s mom (cancer)
- Al Hoogendoorn (multiple health issues)
- Jenna Hoogendoorn (liver)
- Melanie Oden’s dad, David (motorcycle accident)
- Audrey Landegents’ son, David (cancer)
- Matt Marcus’ dad (prostate cancer)
- Holli Jans’ dad, Milt (prostate cancer)
- David Baker (triple bypass surgery)
- Dree & Hawk Mayer’s sister-in-law, Beth (stroke)
- Marv Sturing (cancer)
- Mike Boyenga’s mom, Anita (cancer)
- Bruce Gebauer (broken leg)
- Vi Slecta (surgery recovery)
- Al Price (prostate cancer)
- Gary & Connie Parmley’s granddaughter
- Emery Wolf

WE NEED YOUR HELP

If you can sew, we need your help. Our mission ministry, Church on the Street, desperately needs your help in making face masks. If you can participate in this project, please note the following:

All masks must be made from 100% cotton material. Pony tail hairbands work well for the ties or elastic. If you need a pattern, please check the following website: sewcansth.com/blog/5-free-diy-face-mask-tutorials-using-fabric.

We will have pickups for these masks on Saturday, May 2 at Community. There will be a container setting outside the chapel door from 10:00-2:00 for the masks. Anything you can do, will help.

A big thank you to those who have already contributed to this project.

If you need additional information, please call Elaine Deelstra at 351-4202.
INFO YOU MAY NEED TO KNOW...

Temporarily Suspended

NEED GROCERIES? OR GAS?
Gift cards for HyVee, Fareway & Sunshine can be purchased every Sunday morning at the coffee bar. 5% of that purchase will go toward our Vision Fund at church.

REQUESTS FOR MEMBERSHIP & BAPTISM...
If you would like to request membership or baptism, please e-mail the church office at connect@communityrc.org to set up a time to meet with the Elders (2nd or 4th Sundays of the month @ 10:10am.)

Next Baptism Service: Sunday, June 7 @ 3pm.

Pastor Clyde Teel
pastor@communityrc.org

Liz Teel
Director of Discipleship & Worship
liz.teel@communityrc.org

John Thornton
Part-time Visitation Pastor
prayerline@communityrc.org

Holli Jans
Communications Coordinator
connect@communityrc.org

Heather DeWit
Director of Children’s Ministries
heather.dewit@communityrc.org

Doyle Burnside
Senior High & Middle School Youth Director
doyle.burnside@communityrc.org

Sheri Brouwer
Part-Time Nursery Coordinator
sheri.brouwer@communityrc.org

Lisa Blankers
Part-Time Financial Administrator
accounting@communityrc.org

Josiah Dunlap
Part-Time IT Coordinator