

1. What are some of the main sources of stress and anxiety for you and your family and how might you reduce them?
2. What truths about Jesus or promises from God's Word are or could provide you with rest for the stress?
3. How do you see today's sermon applying to your family?



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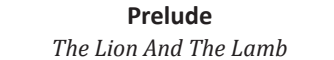
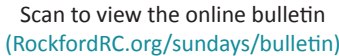
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Welcome & Announcements

Immortal Invisible
Made Alive
Be Still My Soul

Be Thou My Vision

Kindergarten & 6th Grade Bible Presentations

“Stressed and Rest”
Psalm 119:143-144 (p.515)
Rev. Tim Meendering

Lord, I Need You

Closing Blessing

KidLife Worship (3 years - 2nd grade) and nursery are available.

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We are trying something new! Instead of individual connection cards, we are using the Sunday sign-in sheet. There is one per row on each side of the aisle. The person closest to the center aisle fills it out and then passes it to the next person until everyone in that row has signed in. If someone shows up later, give them a chance to add their name. Completed cards can be placed in the offering plate or put back into the seat-back pocket.

ADULTS

North Kent Connect’s annual fundraiser takes place Thursday, October 10 at Meijer Gardens. Thanks to a generous donation, we have 16 tickets available. Please contact the front office if you are interested.

Sermon Discussion Class
Sundays following the service until noon, Room 250

Prayer Partners Online
Mondays, 7pm via zoom (link emailed on Mondays)

Focal Point
Wednesdays, 6:15-7:15pm

- *Instruments in the Redeemer’s Hands*; Pastor Tim Meendering, Fireside Rm
- *Breaking the Power of Shame*; Mike Fisk & Nick Verburg, Room 250

Game Time!
First Tuesday of the month, 6:30-8pm, Fireside Room

Discovery Class
Sunday, September 29 and October 6, 5-7pm

If you are thinking about membership with Rockford Reformed Church, or if you just want to learn more about us, this class is for you! Attending class in no way obligates you to join. We will explain the essentials of the Reformed faith and answer any questions regarding our worship, ministry, or doctrine. Dinner will be provided. Childcare available if needed. Registration required. Please contact the office (connect@rockfordrc.org, 616-866-2308) if you would like to participate.

Flu Shot Clinic
Sunday, October 20 following service

MEN

Men’s Prayer Breakfast
Tuesdays, 7-8am, Fireside Room

REAL Men
Fridays, 7-8am, Fireside Room

Fighting Shadows: Overcoming 7 lies that keep men from becoming fully alive

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/15	9/16	9/17	9/18	9/19	9/20	9/21
Worship Service K & 6th Grade Bibles Sunday School 6:30p - Youth Group	7p - Prayer Partners	7a - Men’s Prayer Breakfast 9:30a - Women’s Bible Study 7p - YA Bible Study	6p - KidLife Club 6:15p - Focal Point		7a - REAL Men	
9/22	9/23	9/24	9/25	9/26	9/27	9/28
Worship Service Sunday School 6:30p - Youth Group	7p - Prayer Partners	7a - Men’s Prayer Breakfast 9:30a - Women’s Bible Study	6p - KidLife Club 6:15p - Focal Point	6:30p - Ladies Book Club	7a - REAL Men	1p - Single Ladies Lunch 6p - YA Bonfire
9/29	9/30	10/1	10/2	10/3	10/4	10/5
Worship Service Communion Sunday School 5p - Discovery Class 6:30p - Youth Group	7p - Prayer Partners	7a - Men’s Prayer Breakfast 9:30a - Women’s Bible Study 6:30p - Game Time! 7p - YA Bible Study	6p - KidLife Club 6:15p - Focal Point		7a - REAL Men	

WOMEN

Women’s Tuesday Bible Study
Tuesdays, 9:30-11:15am, Fireside Room

12 Women of the Bible

Women’s Wednesday Bible Study
Wednesdays, 6-7:15pm, Room 247

How Happiness Happens: Finding Lasting Joy in a World of Comparison, Disappointment, and Unmet Expectations

Single Ladies Lunch
Last Saturday of the month, 1pm

September 28 - Lunch at New Beginnings on Northland Drive, then back to the Fireside Room for games and dessert. RSVP with Wilma Nelson.

Ladies Book Club
Last Thursday of the month, 6:30-8pm, Fireside Room

September 26: *The Lost Apothecary* by Sarah Penner

YOUNG ADULTS

Bi-monthly Bible Study
Tuesdays, 7pm, See Tim VanderZwaag for location

Bonfire
Saturday, September 28, 6pm at the VanderZwaag’s

YOUTH

Sunday School
Sundays following the service until noon

- Middle School - may join either the Family Sermon Discussion or the Catechism Class
- High School - Catechism Class, Room 246

Youth Group
Sundays, 6:30-8pm, Youth Room

For the first night, we are asking that parents and kids come at 6:15 for a quick kickoff meeting and prayer

CHILDREN

During Service

- Nursery - 6 weeks to 3 years, Room 241
- KidLife Worship - 3 years to 2nd grade, Fireside Room

Sunday School
Sundays following the service until noon

- Preschool to 1st grade meet in the Fireside Room
- 2nd to 5th grade meet in the Fellowship Hall below the sanctuary for a Family Sermon Discussion

KidLife Club
Wednesdays, 6-7:15pm, Room 101

For kids preschool through 5th grade. Our focus this fall is the Fruit of the Spirit.