

The Overisel Overview

A Monthly Publication of the Overisel Reformed Church

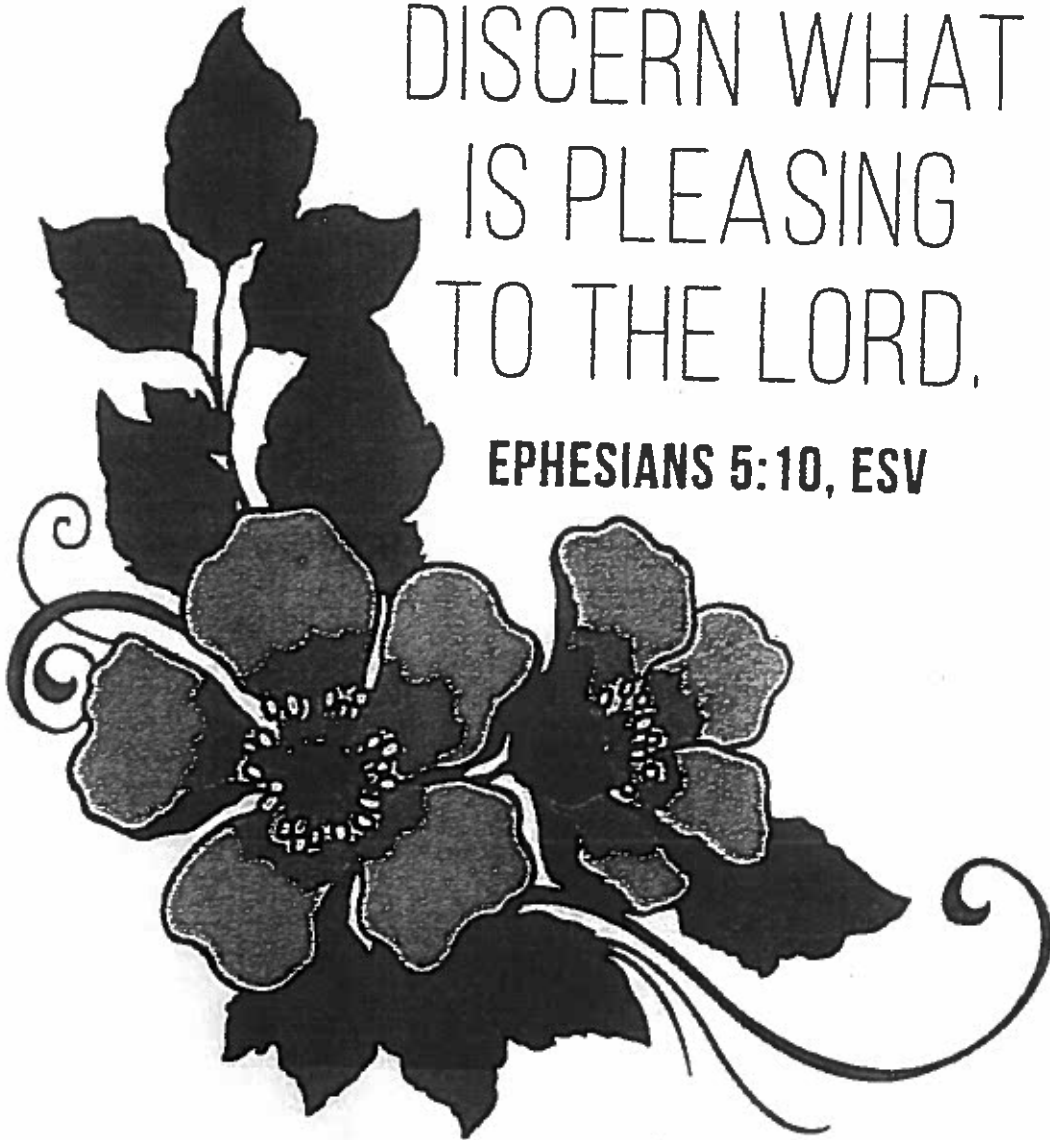
March 2020

Volume 43

Number 3

TRY TO
DISCERN WHAT
IS PLEASING
TO THE LORD.

EPHESIANS 5:10, ESV



March 2020

Date	Morning Service	Evening Services
<p>March 1</p>	<p>9:30 Rev. Randy Raak First Sunday in Lent Moment for Mission Lindsey Burton</p> <p>Offering: General Fund/</p>	<p>5:00 Pastor Ken Kleinheksel Sanctuary</p> <p>5:00 Revolution Service Family Life Center</p>
<p>March 8</p>	<p>9:30 Rev. Randy Raak Second Sunday in Lent</p> <p>Offering: General Fund/</p>	<p>5:00 Rev. Randy Raak Sanctuary</p> <p>5:00 ^{No} Revolution Service - Ark Trip Family Life Center</p>
<p>March 15</p>	<p>9:30 Rev. Randy Raak Third Sunday in Lent</p> <p>Offering: General Fund/</p>	<p>5:00 Rev. Bill Vander Werp Sanctuary</p> <p>5:00 Revolution Service Family Life Center</p>
<p>March 22</p>	<p>9:30 Rev. Randy Raak Fourth Sunday in Lent</p> <p>Offering: General Fund/</p>	<p>5:00 Rev. Randy Raak Sanctuary</p> <p>5:00 Revolution Service Family Life Center</p>
<p>March 29</p>	<p>9:30 Pastor Ty Hogue Fifth Sunday in Lent</p> <p>Offering: General Fund/</p>	<p>5:00 Rev. Earl Slotman Sanctuary</p> <p>5:00 Revolution Service Family Life Center</p>



2020 Consistory

*Rev. Randy Raak
 Pastor Ken Kleinheksel
 Pastor Ty Hogue

<u>Elders</u>	<u>Year Complete</u>	<u>Zone</u>
Bob Reimink	2020	Zone 2
Ken Laarman	2020	Zone 5
Bruce Peters	2020	Zone 7
Loren Brouwer, Clerk	2021	Zone 4
Dave Koopman	2021	Zone 6
*Jeff Snay, VP	2021	Zone 9
Jerry Broekhuis	2022	Zone 8
*Ken Kreuze, Asst. VP	2022	Zone 3
Chris Postma	2022	Zone 1

Deacons

Ross Nagelkirk	2020	Zone 8
Matt Essink	2020	Zone 3
Lee Lubbers	2020	Zone 1
*Dean Jipping, Chair of Deacons	2021	Zone 2
Ryan Goodman, General Fund Treasurer	2021	Zone 4
*Nate Genzink, Asst. Chair of Deacons	2021	Zone 7
Mike Heavener, Benevolent Fund Treasurer	2022	Zone 6
Rob Flokstra, Asst. Gen. Fund Treasurer	2022	Zone 5
*Tim Borr	2022	Zone 9

*Identifies the Executive Committee for 2020

Dates to Remember

Sunday, March 1

9:30 Morning Worship Service
Sunday School-10:50
5:00 Evening Worship-Sanctuary
5:00 Revolution Service – Family Life Center
First Sunday of Lent

Monday, March 2

Men's Bible Study
Hall at 8:30 AM

Consistory Meeting

Women's Evening Bible Study
7:00 in Historical Room
Last meeting until fall.

Tuesday, March 3

Women's Morning Bible Study
9:30 – Room 1

Wednesday, March 4

Sandyview Moms in Prayer 9:15

Wednesdays @ ORC

Supper-5:30-6:20-Pizza Night
Classes 6:30-8:00
Adults 6:45-7:50
Praise team Practice-8:00

Thursday, March 5

College and Career Moms in Prayer
10:00 in Lounge

March 6, 7, and 8
Well Trip to the ARK

Sunday, March 8

9:30 Morning Worship
10:50 Sunday School
5:00 Evening Worship-Sanctuary
5:00 No Revolution Service
Second Sunday in Lent

Monday, March 9

Senior Breakfast
Trestle Stop at 8:15

Men's Bible Study
8:30 at the Hall

Young Moms' Bible Study
Room 1 at 9:00

Quilting 9:30 FLC

Tuesday, March 10

Men's Evening Bible Study
7:00-Choir Room

Wednesday, March 11

Wednesdays@ORC
Supper 5:30-6:20-Casseroles
Classes 6:30-8:00
Adults 6:45-7:50
Praise team Practice-8:00

Thursday, March 12

Moms in prayer-College and career
Lounge at 10:00

Saturday, March 14

Love, INC Seminar with Ray Vander Laan
8:30 am - ORC

Sunday, March 15

9:30 Morning Worship
Sunday School at 10:45
5:00 Evening Worship-Sanctuary
5:00 Revolution Service – Family Life Center
Third Sunday in Lent

Monday, March 16

Men's Bible Study-Hall @ 8:30

Tuesday, March 17

Book Discussion Group
Room 1 @ 7:00
Endurance: Shackleton's Incredible Voyage
By Alfred Lansing

Wednesday, March 18
Sandyview Moms in Prayer 9:15

Wednesdays @ ORC
Supper-5:30-6:20- tacos
Classes 6:30-8:00
Adults 6:45-7:50 am
Praise team Practice-8:00

Thursday, March 19
Moms in Prayer College and Career
Lounge at 10:00

Saturday, March 21
Mom2mom Resale
Family Life Center
9:00-1:00

Squirrel Hunt
Register at the Hall

Sunday, March 22
9:30 Morning Worship
Sunday School-10:50
5:00 Evening Worship-Sanctuary
Fourth Sunday in Lent

Monday, March 23
Men's Bible Study
Hall at 8:30

Young Mom's Bible Study
Room 1 at 9:00

Tuesday, March 24
Men's Evening Bible Study
7:00 in choir room

Wednesday, March 25
Wednesdays @ ORC
Supper-5:30-6:20-Soup Night
Classes 6:30-8:00
Adults 6:45-7:50
Praise Team Practice-8:00
Last Wednesday@ORC until fall

Thursday, March 26
Moms in Prayer College and Career
Lounge at 10:00

WM outing to see the play
"Little Women"
Hamilton HS Auditorium see -7:00

Saturday, March 28
Beast Feast

Sunday, March 29
9:30 Morning Worship
Sunday School at 10:45
5:00 Evening Worship-Sanctuary
5:00 Revolution Service – Family Life Center
Fifth Sunday in Lent

Monday, March 30
Men's Bible Study
Hall at 8:30

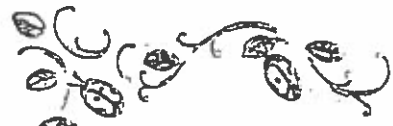
Future Dates to Note
Sunday, April 12
Beginning of Holy Week

Thursday, April 16
Maundy Thursday

Sunday, April 19
Easter Sunday

Rolling Stones Pullman Trip
June 14 – 19

Jars of Clay Summer Service Week
July 26-31

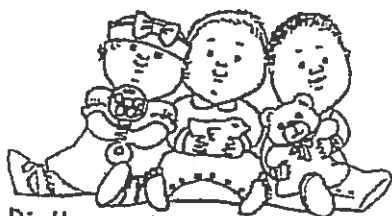
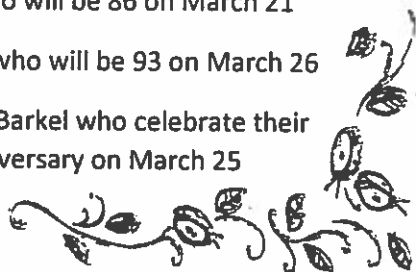


Special Birthday Greetings to

Florence Freye who will be 86 on March 21

Goldie Sternberg who will be 93 on March 26

Alden and Hester Barkel who celebrate their 72nd wedding anniversary on March 25



Births in the Church Family

Congratulations to Lee and Mary Lubbers on the birth of a daughter, Rachel Ann, on Friday, January 31, 2020. Rachel weighed 7 pounds 10 ounces and was 21 ¼ inches long. She has a big sister Ruth.

Rachel is the granddaughter of proud grandparents Keith and Laurie Lubbers and the great granddaughter of Lloyd Lubbers

Congratulations to Brad and Natasha Grew on the birth of a daughter, Avery Jean on, on February 5.

Avery has a big brother, Owen, who is 3.

Congratulations to proud grandparents Vern and Verna De Weerd on the birth of their 10th grandchild. Lucas Daniel De Weerd was born on February 18, weighing 8 pounds 8 ounces. Lucas is the son of Dan and Bree De Weerd. He has a big sister, Brynn, who is 1 ½.

Mom 2 Mom Resale Event is Saturday, March 21 from 9:00 until 1:00 in the Family Life Center.

The Overisel Squirrel Tournament takes place on Saturday, March 21. Registration begins at 7:00 am at the Hall with a mandatory meeting at 8:00. Cost is \$25 for each 2 person team. See flyer for details.

The Beast Feast is Saturday, March 28, starting at 5:30. The speaker is Bryan Copenhaver. Everyone welcome. Please sign up if you plan on coming. See flyer for details.

The Hamilton Drama Group is presenting the play "Little Women" the last week of March. The Women's Ministries group invites anyone interested to join them to attend the play on Thursday, March 26. You can carpool from church or meet us there. We have reserved tickets. If you would like to go as a group, please sign the sheet on the information table. See the information flyer for more details. Several students from our church are involved.

The Book Discussion Group will meet on Tuesday, March 17 in Room 1 to discuss the book "Endurance – Shackleton's Incredible Journey" by Alfred Lansing.

This is a 1959 work written by Alfred Lansing about the failure of the Imperial Trans-Antarctic Expedition led by Sir Ernest Shackleton in his attempt to cross the Antarctic continent in 1914. Read the book and come join in the discussion. Everyone is welcome.

Answers to the Children's Page:

Trumpet, harp, strings, timbrel, lyre, cymbals; Let everything that has breath praise the LORD, Psalm 150:6. NIV

Answers to the Puzzle:

See! The winter is gone; the rains are over and gone. Flowers appear on the earth; the season of singing has come; the cooing of doves is heard in our land. Song of Solomon 2:11-12.

A TIMELY HEALING

GO HOME TO YOUR FAMILY AND TELL THEM HOW MUCH THE LORD HAS DONE FOR YOU AND HOW HE HAS HAD MERCY ON YOU, MARK 5:19



Don't forget to change your clocks on Sunday, March 8. It's time to "Spring Ahead".

Puzzle!

Using the flower code, fill in the blanks to complete the springtime words from Song of Solomon 2:11-12, NIV.

CODE ▶

_____ ! _____ ;
 [flower] [flower] [flower] [flower] [flower]

_____ .
 [flower] [flower] [flower] [flower] [flower] [flower]

_____ ;
 [flower] [flower] [flower] [flower] [flower]

_____ .
 [flower] [flower] [flower] [flower] [flower]

_____ ;
 [flower] [flower] [flower] [flower] [flower]

_____ .
 [flower] [flower] [flower] [flower] [flower]

SONG OF SOLOMON 2:11-12, NIV

Items and articles for the April issue of the Overview Overview are due on Sunday, March 22. Please put your name on anything you submit. Please place them in the wooden box marked Overview Articles which is in the hall outside the church office, or email them to marciaimmink@yahoo.com. Thank you.

Roofing

Holly and I have a handful of rental properties. They serve 2 purposes for us. First, we hope they will provide some retirement income somewhere down the road – never know if Social Security will be there when we need it, right? And second, it's a way that we can help out by providing some good quality low-income housing for people who really need it. Plus, there's something really satisfying about taking a decrepit building and restoring it to something useful and beautiful and eventually a safe and warm place for a family to call home.

Our rentals all came out of foreclosures, bankruptcies, or tax forfeiture sales – casualties of the last recession. So, they were basically wrecks. I think we could have provided a full season of cable TV between "Fixer Upper", "Hoarders"... and maybe a show about getting rid of various types of rodents. It seems like one thing they all needed was a new roof. It makes sense – roofs are expensive, and if there isn't money to pay their mortgage, they probably don't have the money for a new roof.

A leaky roof is a source of all kinds of trouble through. Water rots wood and rusts metal, so it weakens supporting beams and even walls. It ruins floors, ceilings, insulation and more. Even worse, it provides a way for mold to take root in a house. Unchecked mold make a house unsafe and unsavable. I once did a funeral for a guy who died from black mold in his lungs – the mold came from a leaky roof in his house. A little leak might not seem like a huge problem at first, but if a roof doesn't keep the rain and snow out, that eventually leads to serious problems.

I was talking to a roofer this week. I'm not sure if it's the pastor thing or what, but for an hour and a half he shared his life story. He had built up a business and looked pretty successful from the outside. Then he lost almost everything in a divorce a few years ago – wife, business, home, personal possessions, only kept his truck and custody of their son. They had been church-going folks, but he said that over time, the pressures of life and one small accommodation after another left him in a place where he woke up after the divorce wondering how he had gotten so far away from God. His life had become something like a leaky roof – first, stuff started seeping into his life that shouldn't be there, eventually the structure weakened and gave out, and it felt like there was a mold growing in his soul.

His way back reminded me of our current series on spiritual disciplines. These were the things that brought focus and stability back to his life. He couldn't afford a TV and cable at first, so life got pretty simple. He began starting each day with reading his Bible and praying. He found a new church and eventually made friends with some people there who would get together to do service projects in the community. The more he studied the Bible and read other Christian writers, the more insight he gained about life in general, and especially about how God can work through hardships if we're willing to walk with Him through them. He began to see who he really was and how he had been part of his marriage's failure. And he kept growing. Eventually he reconnected with an old friend from college. And over a lot of coffee, lunches and long discussions, healing happened, and a new love grew out of it.

His life needed a good roof - a barrier to keep the rain out, and protection that provides a safe and healthy place for life. Spiritual disciplines are like that. They draw us closer to God, and in doing so, they tend to keep out a lot of the stuff that rots lives while they also provide a safe and healthy place for life to flourish.

Till next time,



March 2020

Gracious Words

Proverbs 16:24 – “Gracious words are like a honeycomb, sweetness to the soul and health to the body.”

Words. We hear a lot of them every day and often we don't even pay attention to them when we speak them or when they are spoken to us. But as I get older I would like to think that I am a little wiser in choosing the words I say and listening to what is said to me.

As Congregational Care pastor here at ORC I know that the words I choose to say can have an impact on the person or persons that I am in conversation with. My prayer is that the impact is a good one and one that is God centered. I have also come to realize that the words I don't say are often times just as important. Sometimes it's just best to be quiet and listen and hold a hand or just say I'm sorry for what the person is experiencing.

But as Nancee and I go through her cancer experience we have become more attentive to words. When we are not as involved and able to attend as many things as we were used to, we are more attuned to the conversations that we are able to be a part of. And we have heard many gracious words as the verse above speaks of. Words like “I miss seeing you” or “It's good to hear your voice” or “We are praying for you” or “I think of you often” and many others. They indeed are sweetness and health to a person battling an affliction. And spoken or written makes no difference; both are wonderful.

So I would challenge you this month to be a little more mindful of the words you say or write because they do have a huge impact on those they are intended for. Let's encourage one another and build each other up. You all have been doing a wonderful job of that for us and we continually need those gracious words. Our prayers are with you all and we know that your prayers are with us too.

Have a great March and we'll see you on the journey as we move towards Spring!!

Pastor Ken

Don't Settle

For most of us, the great danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them.

John Ortberg – *The Life You've Always Wanted*

A Lenten History Lesson

Though the date of Easter varies, the majority of the Lenten season occurs in March. In fact, the word Lent comes from the Anglo-Saxon words *lenctentid* (meaning "March") and *lencten* (meaning "Spring").

The first reference to Lent dates back to 325 AD in one of the 20 canons decreed at the council of Nicaea. By the eighth century, Christians started observing Lent, and a 10th century monk named Aelfric connected the use of ashes and "the Lenten fast" to the pre-Easter period.

Lent lasts 40 days to represent Jesus' time in the wilderness, when he was tempted by the devil. The six Sundays that occur between Ash Wednesday and Easter Sunday aren't counted as part of Lent; instead, as the traditional day of worship they're considered "mini-Easters."

Paddling through Lent—and Life

Lent is a time for restoring balance to our lives. The Eskimos practice balance as they venture into freezing Arctic waters in little boats. If you've ever paddled a kayak, you know how easy they are to tip. Thankfully, kayaks are just as easy to turn back upright.

That isn't a bad image for Lent,—or for life as a whole. Whatever spiritual disciplines we adopt, if we succumb to temptation, it's no biggie. One of the lessons of Lent is that as long as we're traveling light, it takes only a quick twist of the paddle to right us. That paddle twist might take the form of a quick but heartfelt prayer: "Jesus, set me straight again!" Or it might mean some extra time set aside for quiet meditation with God. Don't get worried if your spiritual discipline fails now and then. Just let Jesus help you get upright once more, and keep paddling!

--adapted from Carlos Wilton, in *Homiletics*

Irish Blessing

May you have warm words on a cold evening, a full moon on a dark night, and the road downhill all the way to your door.

John Blanchard said, "God supplies perfectly measured grace to meet the needs of the His children. For daily needs there is daily grace; for sudden needs, sudden grace; for overwhelming need, overwhelming grace. God's grace is given wonderfully, but not wastefully; freely but not foolishly; bountifully but not blindly."

New in the Library

The following DVD's have been donated to the Library. Please remember, if you are donating materials to the Library, see a librarian to let them know that the materials are being donated. Do not just leave them in the library without explanation. We do not know if they are being donated or were returned to us by mistake. Thank you.

Breakthrough - When Joyce Smith's adopted son, John, falls through an icy Missouri lake, all hope seems lost as John lies lifeless. Joyce's unwavering belief inspires her community to pray for John's recovery. Based on a true story, Breakthrough is a reminder that faith and love can create a mountain of hope and sometimes even a miracle.

Expecting a Miracle – This is the touching story about a troubled couple on a quest to rebuild their marriage. Hoping to rekindle their fading flame, they set off on a romantic getaway. This is a heartwarming tale about their love and discovery to find hope in each other.

Saving Winston – When a troubled teen is forced to leave a self-destructive life style, she discovers an abandoned horse along her journey to redemption. This is a heart felt story about a lost soul seeking God's grace.

Miles from Nowhere – High school football star Cameron is shocked when his best friend is killed in a car accident. Feeling responsible, Cameron sets out to honor his friend by accomplishing his goal of breaking the four-minute mile. He meets with opposition from his coach but continues to pursue his goal despite risking his own future.

I Dig Dinosaurs – This film overflows with dino-facts that children love to learn and share. Both the Bible and scientific evidence are discussed.

Love INC's 20th Anniversary

Come celebrate with us at two different events

Saturday, March 14

Our gift to the community

*Seminar led by Ray VanderLaan
The Prophetic Call of the Church*

8:30am Coffee & Registration

9:00am - 4:00pm Seminar

Lunch is provided

Nursery is available (Register with RSVP)

RSVP by March 2

Overisel Reformed Church

4706 142nd Ave.

Holland, MI 49423

Friday, April 17

Our celebration night

*Putting God on Display
In Northwest Allegan County*

6:00pm - 7:00pm Hors d'oeuvres

7:00pm Praise & Worship

Speakers & Program

Dessert & Fellowship

RSVP by April 6

First Baptist Church

1290 32nd St.

Allegan, MI 49010

PLEASE RSVP at: www.loveincnwa.org/rsvp OR call Cindy at (269)751-2533

Mom2Mom Sale

SATURDAY, MARCH 21, 2020

9 AM - 1 PM

Space Rental Cost:

8' x 6' = \$10

10' x 10' = \$15

Vendor Space (8' x 10') = \$25

Table Rental Cost:

60" round = \$2

3' x 8' = \$2

Bring your own for free!

Spaces reserved on a first come, first served basis and must be paid for within 1 week of request.

Register online @ orcministries.org

Admission fee:

\$1/person/12+

Cash sales only (no checks)

Overisel Reformed Church, 4706 142nd Ave, Holland, MI 49423
269-751-8744

office@orcministries.org



Mom2Mom Sale

The Overisel Squirrel Tournament

Saturday, March 21

Registration begins at 7:00 a.m.

Mandatory Meeting at 8:00 a.m.

***Both hunters must be present at registration and mandatory meeting**

Tournament begins immediately following mandatory meeting

Refreshments provided at registration and weigh-in

Weigh-in starts at 1 p.m.

All hunters must be checked in

at weigh-in by 2 p.m. sharp

***LATE ARRIVALS WILL BE**

DISQUALIFIED, NO EXCEPTIONS*

Statewide hunting

***must follow Michigan**

hunting rules*

No Dogs Allowed

2 person teams -- \$25.00 per team;

Early registration is appreciated

10 squirrel limit - total weight

Youth Division: Any team with one entrant 13 or younger can choose to enter the youth division. Grand prize to be a \$50 Cabela's gift card or greater. Prizes for at least the top two teams.



Location:

The Hall (Overisel):
4201 47th Street
Holland, MI, 49423

Tournament sponsored by:
Overisel Reformed Church
Sportsmen's Club.

Tournament Grand Prize:
\$200 in gift cards
to Cabela's!!!

Grand Prize provided by
Chris Timmer Homes/
ART Realty

Top five teams guaranteed to win prizes.

Special drawings and prizes!

Must be in attendance to win prize drawings.

All in community are welcome!!!

Please contact for more details:

Chris Timmer @ 616 218-5062

Or email chris@artrealty.com

For inclement weather see
WOODTV 8 for cancellation information

BEAST FEAST AT ORC

Saturday, March 28, 2020

5:30 pm

Guest Speaker:

Bryan Copenhaver

5:30 pm Refreshments, pictures, fellowship

6:00 pm Wild game Potluck (wild game dishes are not required). Families take a hot and a cold dish, individuals take one dish. All dishes will be labeled. Bring your own table service. Hot and cold drink will be provided.

7:00 pm Presentation by Bryan Copenhaver. Bryan was born and raised in Ludington, MI. He received a bachelors degree from Taylor University with a degree in pastoral ministries. After graduating, Bryan accepted a job as a minister in Kenai, Alaska where he incorporated his love for the outdoors into his ministry by serving as a guide on the Kenai River. He and his family spent 18 years living in Alaska where he shared his love for the outdoors with his 3 children. The Copenhaver children have racked up a total of 8 bull moose between the 3 of them. Bryan and his family returned to Michigan in the fall of 2019, where Bryan now serves as the interim minister of 1st Baptist Church in Manistee.

*Sign-up sheet located on the information table in the FLC. Everyone is welcome.

*We'd like to use pictures of your hunting, fishing, or outdoor adventures on a slide show before and during dinner. Email your pics to Ken at kenkreuze@gmail.com by March 15.



Overisel Reformed Church
4706 142nd Ave, Holland, MI 49423

Nursery Schedule for March 2020

March 1	AM	Kelsey Helmus Pam McDonald	Brianna Laarman Laura Boeve
	PM	Kim Dalman	
March 8	AM	Emily Heavener Kelli Nauta	Emily McDonald Noah Laarman
	PM	Amanda Flokstra	
March 15	AM	Amber Velderman Tara Blood	Emily Schierbeek Erica De Jonge
	PM	Christine Andersen	
March 22	AM	Jessica Nagelkirk Krista Kleinheksel	Jenna Schierbeek Brandon Lubbers
	PM	Rochelle Genzink	
March 29	AM	Kate Blauwkamp Michelle Dozeman	Rayah Blood Sydney Reimink
	PM	Kathy Jurries Cleaning Toys: Emily Heavener	



Nursery Schedule for April 2020

April 5	AM	Kelsey Helmus Emily Bronson	Kaitlyn Lubbers Zachary Lubbers
	PM	No nursery – Spring Vacation	
April 12	Am	Amber Velderman Tanya Mudd	Brooke Jipping Tori Folkert
	PM	Holly Raak	
April 19	AM	Emily Heavener Tracy Lubbers	Jenna Berghorst Kelli Genzink
	PM	Mary Slotman	
April 26	AM	Jessica Nagelkirk Pam Mc Donald	Gracie Immink Brady Genzink
	PM	Lynnae Genzink Cleaning Toys-Jessica Nagelkirk	





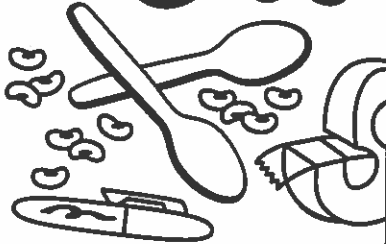
MARCH Birthdays & Anniversaries

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 N	2 Men's Bible Study-Hall @ 8:30 Ladies' Bible Study-Historical Room@ 7:00 Consistory	3 Women's Bible Study 9:30	4 Chad De Jonge Sandyview Moms in Prayer Wednesdays @ ORC Supper 5:30-6:20 Classes- 6:30-8:00 Praise Band Practice - 8:00	5 College/Career Moms in Prayer - 10:00 in Lounge	6 Jeff Harrington	7 Nancee Kleinheksel Adam Snay
5 Peggy Mitchell	9 Senior Breakfast Men's Bible Study-Hall @ 8:30 Young Mom's Bible Study Quilting-9:30	10 Jeff & Nancy Kleinheksel Men's Bible Study 7:00-Choir Room	11 Carrie De Neef Randy Van Klompenberg Scott & Susan Lickley Released Time Wednesdays @ ORC Supper 5:30-6:20-Casserole Classes- 6:30-8:00 Praise Band Practice - 8:00	12 Calvin Burton College/Career Moms in Prayer - 10:00 in Lounge	13 Jonathon De Kleine Ella Folkert Brian & Renee Nyhof	14 Eidon & Roxanne Schans Love INC Event - ORC
15 Dave Van Dussen Elianna Nyhof	16 Men's Bible Study-Hall @ 8:30	17 James Folkert	18 Scott Lickley Sandyview Moms in Prayer Wednesdays@ORC Supper 5:30-6:20-Tacos Classes - 6:30-8:00 Praise Band Practice-8:00	19 Tori Folkert Heather Hulst Michael Hulst College/Career Moms in Prayer - 10:00 in Lounge	20 Tsinat Klaasen Rebecca Koopman	21 Florence Freye Mom2Mom Sale FLC from 9 - 1 Squirrel Hunt- Register at Hall
22 Carla Borr KURT ZURBURG	23 Cameron Goodman Matthew Schrottenboer Jolyn Smallegan Men's Bible Study-Hall @ 8:30	24 Mike Heavener Verity Ludema Men's Bible Study 7:00-Choir Room	25 Aryn De Neef Tally Laarman Alexander Pothoff Carter Pothoff Aiden & Hester Barkel Jerry & LuAnn Broekhuis Kevin & Sue Scheerbeek Wednesdays@ORC Supper 5:30-6:20-Breakfast Classes - 6:30-8:00 Praise Band Practice-8:00	26 Nate Genzink Goldie Sternberg College/Career Moms in Prayer - 10:00 in Lounge	27 Margo Wilson	28 Delores Nienhuis Mikayla Schrottenboer Beast Feast
29	30 Linda Berghorst LISA GEMMEN Men's Bible Study-Hall @ 8:30	31 Jill Koopman Adam Laarman				



Joyful noise



Use your voice and this hand-crafted percussion instrument to make joyful noises to the Lord.

What you need:

- Dry beans (about one Tbsp)
- Plastic Easter egg
- 2 plastic spoons
- Masking tape
- Markers and stickers

What you do:

1. Place the beans inside the egg and snap it closed.
2. Set the egg in a spoon and cover it with the second spoon so the spoons are holding the egg.
3. Tape the spoons to the egg. Also wrap tape around the spoons from top to bottom to make a shaker handle.
4. Decorate your shaker and use it as you sing praises to God.
5. Experiment with sounds by filling other eggs with coins, rice, and so on.



MAKE MUSIC TO THE LORD

People of the Bible used many different instruments to worship God through music.

Directions: Using the clues, unscramble the names of instruments found in Psalm 150. Then write the circled letters in order in the spaces below to complete verse 6.



A type of horn _____ MURTEP

Played by King David _____ PRHA

Plucked to make sound _____ _____ IGSNSTR

Similar to a tambourine _____ _____ MRBELIT

A type of harp _____ _____ ELRY

Blown through to make sound _____ _____ EPPI

A percussion instrument _____ _____ YBLACMS

Le_ everyt_ing tha_ has _r_ath
_raise the _ORD. Psalm 150:6, NIV



Share Your Faith in Christ



**Healing of
Demon-
Possessed Man**

—Mark 5

A Timely Healing

Jesus confronted a man possessed by evil spirits. He drove the evil spirits into a herd of pigs. The pigs rushed down a bank and into a lake and were drowned. Jesus has power over sin, death, and the devil. Use the timely code to discover what Jesus wanted the healed man to do.

- for - Six thirty-eight = _____
- on - Three fifty-six = _____
- has - One forty-eight = _____
- he - Six fifty-two = _____
- had - Four twenty-seven = _____
- Lord - Eight twenty-five = _____
- to - Ten fifty-six = _____
- done - Ten forty-three = _____
- has - One thirty-two = _____
- tell - Nine fifty-four = _____
- how - Three twenty-five = _____
- and - Five twenty-six = _____
- family - Two twenty-six = _____
- home - Eleven fourteen = _____
- much - Seven twenty-nine = _____
- how - Nine thirty = _____
- them - Five thirty-four = _____
- you - Four fifty-one = _____
- mercy - Eight thirty-seven = _____
- and - Seven fifty-nine = _____
- the - Twelve nineteen = _____
- you - Eleven thirty-eight = _____
- your - Nine forty-one = _____
- Go - Twelve thirty-four = _____

12:34	11:14	10:56
9:41	2:26	7:59
9:54	5:34	3:25
7:29	12:19	8:25
1:48	10:43	6:38
4:51	5:26	9:30
6:52	1:32	4:27
8:37	3:56	11:38

(Mark 5:19)

Hamilton High School Theatre Presents



LITTLE WOMEN

the
broadway
musical

**Book by
Allan Knee**

**Music by
Jason Howland**

**Lyrics by
Mindi Dickstein**

Based on the novel by Louisa May Alcott

Thursday, March 26, 7 p.m.

Friday, March 27, 7 p.m.

Saturday, March 28, 2 p.m. & 7 p.m.



*****Purchase tickets in advance or at the door*****

\$9 for adults, \$6 for students/seniors

<http://hamiltonhs.seatyourself.biz> or call (269) 751-5185



LITTLE WOMEN is presented through special arrangement with Music Theatre International (MTI).

All authorized performance materials are also supplied by MTI.

www.MTIShows.com

INDUCTEES 2020

Celia Kleinheksel - First Softball Coach '72

Bob Wyngarden - '43 Football

Jim Lamer - '68 Football and Baseball

Bob Lamer - '70 Football and Baseball

Melissa (Sneller) Stob - '01 Golf

Kyle Overway - '06 Swim and Dive

Justin Hengst - '07 Football and Wrestling

Korey VanDussen - '09 Basketball



<https://halloffamedinner.weebly.com/>



City on a Hill

Newsletter, Winter 2020

100 Pine Street #175, Zeeland, MI 49464
(616) 748-6060 www.coahm.org

Health Clinic addresses growing mental health needs in young adults

A growing mental health epidemic is hitting young adults, and our Health Clinic is responding.

Higher levels of depression, stress and anxiety are documented nationally among people from their mid 20s to late 30s. The epidemic is evident at the Clinic, too.

"In the last seven years, we've seen a 10-fold increase in people coming in for mental health issues," reports Clinic Director Christine Plummer. "It's our second-highest diagnosis. It's gone from number five to number two in the last year and a half."

"In the last seven years, we've seen a 10-fold increase in people coming in for mental health issues."

At the same time, that age group has a higher incidence of chronic health issues like high blood pressure and diabetes that historically were more prevalent in older people.

Often, mental and physical health issues go hand-in-hand. "Depression might cause somebody who has a chronic health condition to not feel the motivation to manage

their condition, and then the fact that they don't feel well causes them to have further depression. It can be a cycle that goes around and around," Christine said.

Now the Clinic is breaking that cycle with a new Behavioral Health Integration Program.

The program uses a team approach. Alicia Wright, NP, or Rose Van Kley, LPN, will screen Clinic patients for depression, anxiety or other behavioral health issues. If they detect those in a patient, they do a "warm hand-off" of the person directly to Rae Lynn Hooley, the Clinic's new counselor.

Therapy focuses on setting goals, with visits every other week with Hooley. In between, community health worker Nancy Bierema will check in with the patient on goals progress, medication questions, or other issues they might have.

Ultimately, the Behavioral Health Program will have 40 to 60 patients enrolled at any one time.

Clinics around the country are trying to



The Health Clinic Behavioral Health Team includes (left to right) Nancy Bierema, Rae Lynn Hooley, Rose Van Kley and Alicia Wright.

figure out how to provide mental health care to meet this growing need. Even for persons with insurance, mental health coverage is usually limited and often has high deductibles that many can't afford.

This new program is another step by the Health Clinic to fulfill its mission of providing health care for uninsured and underinsured people who otherwise would likely go without treatment.

The program has been launched with grants from the Community Foundation of Holland/Zeeland Area and the Gentex Community Share Board, with additional support still being sought.

Hospitality is always on the Cafe menu

Our Café is a gathering spot for the Zeeland community and for the community of ministries inside our walls. Good food. Good drink. Good friends. A good place to meet, relax, reflect and refresh.

The Café offers the ministry of hospitality. At Christmas, it treated our ministry partners with a Christmas Tea (seen at right). And every day, it is a vital part of City on a Hill's mission of being "an affordable, inviting and collaborative space" for ministries and our community.

If you haven't been to the Café lately, you've missed some great new salads, soups, and sandwiches, as well as cookies, muffins and even scones. Regular new items, along with daily specials, keep the menu fresh.

If you haven't tasted the hospitality lately, be sure to stop in soon!





Overisel Reformed Church
4706 142nd Ave.
Holland, MI 49423
269-751-8744

Sunday Morning Service-9:30
Sunday Evenings Service-5:00
Revolution Service – 5:00
September thru May
Sunday School – 10:50-11:30
September thru May

Wednesdays@ORC
Supper – 5:30-6:20
Family Night Activities-6:30-8:00
September thru March

Church Office – 269-751-8744
Open M-F from 9:00-2:00

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928-699-9629

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ty@orcministries.org

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