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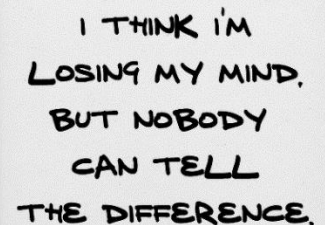
## Don't Lose Your Mind This Fall

**By Kevin Van Wyk**

The world is in chaos. The botched evacuation of Afghanistan continues to dishearten nearly everyone. Covid mandates continue to stir division and confusion. Gender identity issues continue to divide our communities. Critical Race Theory continues to cause frustration and concern. I could go on about immigration policies, national debt, unemployment, homelessness, mental illness, and more. Our nation and world are a mess!

**On top of these issues you have your own household chaos... school starting, sports commitments, illnesses, family conflict, child rebellion, job tension, increased expenses...**

So, how will you keep your head screwed on



I THINK I'M  
LOSING MY MIND,  
BUT NOBODY  
CAN TELL  
THE DIFFERENCE.

**through all of this?** What will keep you grounded? What will calm your heart when more chaos strikes? How will you not lose your mind?

And the Church gave the “Sunday school answer:” JESUS!

Yep, you’re all right, but what does that simple answer mean for tomorrow and the next day and the rest of this fall? Is periodic church attendance sufficient? Will dropping kids off at Bible Class be sufficient?

NO!

**Jesus must permeate your entire life.**

**REWARD**  
**\$100,000,000,000**



**LOST**  
My Mind  
3 lbs.  
Grey and White Matter  
If Found - Email: [contact@bumpybrains.com](mailto:contact@bumpybrains.com)

Did you really hear that? Jesus must permeate your entire life.

Let’s consider three major areas of life... your personal devotions, your family devotions, and your church involvement.

Now, remember permeating our life is very much a work of God. He gives the Spirit to believers (Eph. 1:13). He empowers

believers for ministry (Acts 13:52). He fills believers with wisdom and understanding (Deut. 34:9). God does this work!

**We can either welcome this work of**

**God or quench it** (1 Thess. 5:19).

Welcoming the Spirit’s work in us is often referred to as being “in Christ,”

“abiding

in Christ,” and “obeying Christ.” This leads to a long list of “shoulds” which quickly overwhelms us and can lead to apathy and hopelessness. Remember, the whole point here is not to lose your mind. This is how you stay clear-minded and healthy.

So give these habits a shot this fall! Yes, I’m suggesting all of them. Implement them all this fall:-)

**1. Personal devotions:** Your personal time with God is absolutely essential. [Dietrich Bonhoeffer](#) mandated this of his students. For them it was meditating on the same passage of scripture for a week, seeking to understand what God was telling them personally. No other books were to be used in this study. You can read a devotional, write in a journal, study a



commentary, or simply read the Bible. No matter when or how you do it, spend time alone with God!

**2. Family devotions:** This may be new for your family, but it's essential, and if you baptized your child, you promised to disciple your child. You made a vow in front of the church to teach your kids about Jesus, to pray for them, and to teach them to pray. It won't get any easier to start tomorrow, so start today. Yes, you will get some tough questions like a recent one at our table... Is time eternal? You don't have to have all the answers, but you can give them Jesus. Here are some ideas for time with your kids...

a. Read an age appropriate Bible. Adrea has several options in her office and they are awesome, or just use an app like the [Youversion](#) or [the Kids Bible App](#).

b. Read a fun, practical devotional like "[Don't Forget to Flush](#)." (Our teenagers even found this humorous, although it was not always relevant for them. :-)

c. Read a deeply challenging book like "[The Insanity of God](#)" or "[Jesus Freaks](#)."

d. Dad... not sure about doing this? Then read "[Family Shepherd](#)" and you will have a clear picture of God's call for you and your family.

**3. Church involvement:** The

relationships in the church should give you support and purpose. This goes beyond regular Sunday morning worship. That is only part of the food put before you. It's like having a 5-course meal and only eating the salad. Each course (spiritual habit) is part of the Christian life and will keep you healthy, so eat up...

a. Worship every week: First, make Sunday morning a priority and come with a heart ready to worship, hear God's Word and give generously to God's work.

b. Serve: This is a great way to find real purpose and meaning in life. Teach some kids, serve some coffee, greet some visitors, lead some singing, paint a room... you'll be surprised at the joy you receive in serving.

c. Grow: Join a Sunday school class, a small group, Golden Lifers, the women's ministry, or teach a class yourself.

d. Reach out: Outreach to the community is often hard, but we have some great connections with One Waupun, food banks and REACH which give great opportunities.

e. Connect: Yes, fellowship is important and life giving. Maybe come early, plan to stay late after church, invite someone over for dinner, or visit a shut-in.

The possibilities are endless, but you don't

have to do everything. However, you should be eating from each of the 5 plates. Call the office for opportunities.

So, now, as I stated you are probably overwhelmed with the list of “shoulds.” Take a moment and consider what you have done this past month. Have you spent any time personally in prayer or reading the Bible? Have you sought to teach your kids about some good or bad choices? Have you met with other believers? **Don't beat yourself up, but let's raise the bar and be more intentional about welcoming the work of God in our lives so we can face the chaos with joy and peace.**

*May you be filled with the knowledge of His will in all spiritual wisdom and understanding (Col. 1:9), with all joy and peace (Acts 13:52), and with great boldness (Acts 4:31). AMEN.*

## Reflections from Covid

**By Doug Shotsky**

**2 Corinthians 1:3-4** - **3** Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, **4** who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

I've had quite a bit of time to reflect on life lately; not by choice, but instead because my wife and I both had COVID-19. To be honest, in my humble opinion, this could not have come at a much worse time (Not that there would ever be a good time). I had been helping to plan our Renewal 2021 services at the church for months, I had a friend from Ohio coming to speak, we had guest worship leaders coming, and just like that...I can't go.

To make things even more interesting, I had just finished reading a book called *The Unhurried Life*, which specifically talks about slowing our lives down to walk closer *with* Jesus, instead of filling our lives full of things that we think we're doing *for* Jesus. I'm sure, as believers, that many of you can relate. We fill our lives full of tasks, programs, meetings, and the list goes on and on; only to wonder in the end, “Is God having me do any of this?”

I can say that I don't have all of the answers as to exactly all that I should be doing, or what anyone else should be doing for that matter. But what I do know is that I serve a God who is in control and I am so thankful to be a part of the Body of Christ. As I wasn't able to fulfill my role in what I wanted to do for the Renewal, so many others stepped up to do everything that needed done and the weekend went

on as planned. Sure there were some hiccups during the weekend, but me being there wouldn't have solved any of the issues.

So, what's my point to all of this? I pray that each of you will take time to slow down. That sounds like an oxymoron, but this is the call of Jesus. He doesn't tell us to be all you can, do all you can, and get what you can while you can. Instead, He does tell us this in Matthew 11:29-30: **"28** "Come to me, all you who are weary and burdened, and I will give you rest. **29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy and my burden is light."

## Sunday School & Bible Class are Starting!!



## Youth Group Schedule

When	What	Time	Who	Where
September 8	High School Kick-off Cookout	7:30-9pm	HS Ministry	Church Hill
September 12	Middle School Kick-off Color Wars	6:30-8pm	MS Ministry	Church Hill
September 15	HOMECOMING Powder Puff	6:30-9pm	HS Ministry	Waupun Football Field
September 19	Lesson: Redemption	6:30-8pm	MS Ministry	Youth Room
September 20	Bible Study: The Chosen S2:E1	7-8pm	HS Ministry	Youth Room
September 22	See You at the Pole	7:15-7:45am	Everyone	Your School Flaggpole
September 22	Lesson: Redemption	7:30-9pm	HS Ministry	Youth Room
September 26	Lesson: Redeemed - Adam and Eve	6:30-8pm	MS Ministry	Youth Room
September 27	Bible Study: The Chosen S2:E2	7-8pm	HS Ministry	Youth Room
September 29	Lesson: Redeemed - Adam and Eve	7:30-9pm	HS Ministry	Youth Room
October 3	Lesson: Redeemed - Joseph	6:30-8pm	MS Ministry	Youth Room
October 4	Bible Study: The Chosen S2:E3	7-8pm	HS Ministry	Youth Room
October 6	Lesson: Q&A Night	7:30-9pm	HS Ministry	Youth Room
October 9	Fall Harvest Fundraiser	5:30-7:30	HS Mission Trip	Alto Community Cnt
October 10	Lesson: Q&A Night	6:30-8pm	MS Ministry	Youth Room
October 11	Alto Chase	7:30-9pm	HS Ministry + 8th	Meet in Youth Room
October 13	Girls/Guys Fun Night	7:30-9pm	HS Ministry	Church/Alto CC
October 15-17	Silver Birch Retreat	TBD	MS Ministry	Silver Birch Ranch
October 17	NO MS YOUTH GROUP	---	---	---
October 20	Lesson: Joseph	7:30-9pm	HS Ministry	Youth Room
Oct 22-24	Senior Trip to Kentucky	6:30am Fri	Class of 2022	Ark/Creation Museum
October 24	Lesson: Rahab	6:30-8pm	MS Ministry	Youth Room
October 25	Operation Christmas Child Shop	6-8pm	Everyone	Meet at church
October 27	Lesson: Rahab	7:30-9pm	HS Ministry	Youth Room
October 31	Game Night	6:30-8pm	MS Ministry	Youth Room
November 3	Family Night: Packing Party			Church Basement
November 3	Lesson: Ruth	7:30-9pm	HS Ministry	Youth Room
November 7	Lesson: Ruth	6:30-8pm	MS Ministry	Youth Room
November 8	Bible Study: The Chosen S2:E4	7-8pm	HS Ministry	Youth Room
November 10	Lesson: Q&A Night	7:30-9pm	HS Ministry	Youth Room
November 14	Bridge Dinner	6:30-8pm	MS Ministry	Youth Room
November 15	Bible Study: The Chosen S2:E5	7-8pm	HS Ministry	Youth Room
November 17	Thanksgiving Scavenger Hunt	7:30-9pm	HS Ministry	Youth Room
November 21	Service Project Night	6:30-8pm	MS Ministry	TBD
November 22	Bible Study: The Chosen S2:E6	7-8pm	HS Ministry	Youth Room
November 23	Thanksgiving Eve Service	7-8pm	Everyone	Sanctuary
November 28	Lesson: David	6:30-8pm	MS Ministry	Youth Room
November 29	Bible Study: The Chosen S2:E7	7-8pm	HS Ministry	Youth Room
December 1	Lesson: David	7:30-9pm	HS Ministry	Youth Room
December 5	Lesson: Jonah	6:30-8pm	MS Ministry	Youth Room
December 6	Bible Study: The Chosen S2:E8	7-8pm	HS Ministry	Youth Room
December 8	Lesson: Jonah	7:30-9pm	HS Ministry	Youth Room
December 12	Christmas Caroling	5-6:30pm	Everyone	Meet in Youth Room
December 12	Christmas Party	6:30-8pm	MS Ministry	Youth Room
December 15	Bridge Christmas Party	7:30-8:30pm	HS Ministry	Church Basement
December 19	Kid's Christmas Program	7-8pm	Everyone	Meet in Youth Room
December 22	NO HS YOUTH GROUP	---	---	---

# MESSAGES

Thank you to everyone who sent cards to wish me a happy birthday.

-Dayton Ter Beest

# EVENTS



# NEWS

## Updated Contact Info:

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