

## PRAYER

### **Pastoral Care Ministry Coordinators:**

**Julie Andersen** juliekandersen87@gmail.com or **Ben Vos** ben.d.vos@gmail.com.

### **Pastoral Care Team Members:**

**Sandi Carlson, Anita Cirulis, Dave and Sandy Harmelink, Dave and Lonna Kluis, Art Van Riesen.** They visit and pray with individuals and families with both immediate and longer term care needs.

We extend our sympathies to the **Plender and Crawford families** in the passing of Arta Plender on October 16.

Pray for **Camden Stravers**, grandson of **Pete and Rachael De Beer**, who has been diagnosed with acute flaccid myelitis.

Please keep **Mark and Ashley Van Voorst** and family in your prayers as Mark has gone to basic training for 6 months.

### **Pray for those who are homebound:**

Prairie Ridge: **Dorothy Weiss, Jeanette Van Voorst, Jeanette Vanden Hul, Doc Krommendyk, Margarita Lopez, Jo Leslie, Jane Garnett, Bev Heemstra, Rod Vellinga, Helena Ludens, Randy Cleveringa, Marian Clark.** Landsmeer Ridge: **Glen & Ardie Hegstad.** Ostego Place, Storm Lake: **Alma Bogaard.** Good Samaritan Society, LeMars: **Donna Koenig, Paul & Lois De Jong.**

### **Our 2018 Missions**

**Local:** Amistad, Atlas, Banquet, Bethany, Bethesda, Crossroads, Food Pantry, Genesis House, Gideons, Inspiration Hills, Katelyn's Fund, Kid's Connection, LOVE INC, Missionary Home, My Choice, Pioneer Home, Wee Blessings, Zestos, Sack Pack Program.

**National:** Cary Christian Center, Coldwater Ministries, Bob & Kristi Dillingham, Jackson County Ministries, Way Out Ministries, Insoo & Angela Kim.

**International:** Titus & Mary Baraka, Nathan & Nozomi Brownell, Olivia Holt, Just Feed One, Abraham & Sayuri Kist-Okasaki, Keith & Denise Krebs, JJ & Kristie Mompremier, Chuck & Jean Van Engen, Mission India, Dave & Jody Nonnemacher, Felipe & Janelle Silva, J.P. Sundararajan, Caleb & Joanna Swart, JJ & Tim Ten Clay, Betty Van Engen, Roland & Jane Van Es, Mark & Deb Wilson, Words of Hope, Jennifer Lucking, Pav & Meg Vasileiadis.

### **Bulletin Prayer Request:**

If you would like a prayer request printed in the bulletin, please contact the church office or give permission to the Pastoral Care Team to share the request. **Email:** trinityoc@gmail.com **Call:** 712-737-4542 **Text:** 712-201-3090

## GET CONNECTED

### **Contact Us:**

**There are many ways that you can contact us and receive information from us at Trinity:**

Visit our website: [connectwithtrinity.com](http://connectwithtrinity.com)

Follow us on **Facebook, Twitter, and Instagram**

Call the church office: **712.737.4542**

Text us: **712.201.3090**

### **Small Groups:**

**Small groups are a key aspect of our church community** with close to 200 people participating. Group sizes vary and mainly meet in members homes and have various meeting times. We want people to find a place to grow spiritually and connect with others.

**Looking for a place to connect and find a sense of belonging?** We have room for you! Check out our "Groups" page online at: [connectwithtrinity.com](http://connectwithtrinity.com). There are also other groups that are in the process of being formed. We want you to find a place that fits you.

### **Common Interest Groups:**

**Common Interest Groups are a great way to connect people** who share an interest in the same thing. Be sure to check out the current groups, as well as let us know if you have an interest or passion and would like to start other groups. Some of our current groups are connecting people who enjoy running, quilting, scrapbook / crafting, mens basketball, rock climbing, motorcycle riding, conexiones, and heartland strategy. **Find out more information and sign up opportunities for Small Groups and Common Interest Groups at:** [connectwithtrinity.com](http://connectwithtrinity.com). Please contact Julie Andersen at: [juliekandersen87@gmail.com](mailto:juliekandersen87@gmail.com) with any questions.

### **Watch Trinity Online:**

We invite you to watch a live stream of our Sunday morning worship services at [connectwithtrinity.com/live](http://connectwithtrinity.com/live) or on our Facebook page.

### **Worship One Serve One:**

The church is not a building, it's the people. People with unique gifts and passions that when brought together, make ministry happen. It takes all kinds of people with all kinds of gifts to do ministry at Trinity. We encourage you to bring what gifts you have to worship one, serve one.

**WORSHIP  
SERVE ONE**

To serve, visit [connectwithtrinity.com/serve](http://connectwithtrinity.com/serve)

**October 21, 2018**

## WELCOME

**TRINITYCHURCH**  
Connecting with God, others, and the world

At Trinity, we're working hard to help people connect with God, with each other, and with God's work in the world. We hope you experience that connection today.

### **WELCOME, FIRST-TIME GUESTS!**

Welcome to Trinity Church! We are so glad you are here today. We prayed this week that all who enter our doors would experience the life-changing, eternity-altering love of God through Jesus. If you're here for the first time, please stop at the Welcome Center. We'd love the opportunity to meet you. Thanks for coming today!

### **SUNDAYS AT TRINITY**

8:15 a.m. Worship

9:30 a.m. Worship

10:50 a.m. Worship

In his book *Emotionally Healthy Spirituality*, Peter Scazzero writes these provocative words: "Emotional health and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature." Most often, the places where we get stuck in our spiritual journey and the health of our relationships is beneath the surface, where we lack awareness. We don't know what we don't know. But what if God wants to heal and transform you from deep within? What if you could really live more fully into God's design for your life and your relationships?

Today **Pastor Brian Keepers** invites us to be drawn into David's story in 1 Samuel 17, where we discover the freedom and courage to be our truest selves in Christ.

### **Trinity Reformed Church**

201 St. Paul Ave SE | Orange City, IA 51041  
(712) 737-4542 | [trinityoc@gmail.com](mailto:trinityoc@gmail.com) | [connectwithtrinity.com](http://connectwithtrinity.com)

if we want to go beyond shallow discipleship,  
we need to dive deeper

*beneath the surface*

Our Children's Ministry is collecting

**Haiti Christmas Bags**

Pick up packets at the table  
outside of the Children's Area

Turn in bags by Nov. 1

## VOLUNTEERS NEEDED

TO PROVIDE FOOD  
& HELP CLEAN UP

**COLLEGE BRUNCH**  
SUNDAY, OCTOBER 28

SIGN-UP ONLINE OR AT  
THE SIGN UP TABLE

## ANNOUNCEMENTS

### COLLEGE WOMEN'S CONFERENCE

**College-aged women: join us on Saturday, Nov. 3 from 10am to 3:30pm** for our college women's conference "Enough". We'll focus on how our worth comes from Jesus alone and that He is enough. We'll discuss true joy, living as God created us, and not letting the past define us. A free lunch is provided. Sign up online at [connectwithtrinity.com/](http://connectwithtrinity.com/) sign-up or at the Sign Up table.

### ADOPTIVE MOMS GROUP

**The next Adoptive Moms Group meeting is on Tuesday, Oct. 23 at 7pm** in the Youth Room. You are invited to join us for a time of casual conversation and connection. Invite a friend, all are welcome. If you have questions please contact Sara Crane at 712-441-1757 / [saracranecakes@yahoo.com](mailto:saracranecakes@yahoo.com).

### HAITI CHRISTMAS BAGS

**Our Children's Ministry is collecting Christmas presents for Haitian children through the UCI Ministry again this year.** There is a table outside of the Children's Area where you can sign up and pick up the packets. The bags need to be filled and turned in by Thursday, Nov. 1 so we can mail them. Filled bags can be placed at the collection area near the Children's Area. If you want to just give a monetary donation to cover the shipping, you can put it in the gold box labeled "Haiti Shipping" or bring it to the office.

### 2018 STEAK N' SHOOT

**Join us at the Ireton Gun Club on Oct. 25 from 5-9pm for our annual Steak N' Shoot.** Come for a fun night of fellowship as you shoot and grill your own steak afterwards. You do not need to bring a shotgun to participate. NEW: This year, the first 30 to register will be provided a box of 12 or 20 gauge shells to use. Everyone else will need to bring a box of 12 gauge shells. Cost to attend is \$16, which will cover the facility rental and food. Register to attend at [connectwithtrinity.com/sign-up](http://connectwithtrinity.com/sign-up). Today is the last day to register.

### WOMEN'S MINISTRY SERVICE PROJECT

**Zestos Coat Drive-** We will be helping Zestos sort items for their annual coat drive. This will take place at Zestos in Alton (1008 3rd Ave.) on Saturday morning, Oct. 27 from 9-12. We'd love to have you join us for this team effort. Please donate coats and other winter items to the donation boxes at Trinity. The boxes will be picked up on Friday, Oct. 26 at noon. If you have any questions, please contact Carrie Anderson at [parisummer@hotmail.com](mailto:parisummer@hotmail.com).

### THANKSGIVING DAY TURKEY TROT

**Registration is open for the 2018 Orange City Turkey Trot.** The 2018 beneficiaries are Hunger Free Kids of Sioux County and Trinity Youth Missions. To register, visit [orangecityturkeytrot.com](http://orangecityturkeytrot.com).

### COLLEGE BRUNCH

**College Students You're Invited:** Join us for a meal and connecting opportunity NEXT WEEK, Sunday, October 28 at 11:45am.

#### Food and Clean Up Volunteers Needed:

We are still in need of 16 egg bake casseroles, 13 dozen muffins, 9 people to bring fruit, 2 people to bring other breakfast items, and 6 clean-up volunteers for our College Brunch on Sunday, October 28. Food can be dropped off in the kitchen by 11:15am. We ask that those helping with clean up arrive by 12:30. Please sign up online or at the Sign Up Table.

### MEAL BASED MINISTRIES

**Do you enjoy cooking for others?** We are looking to expand our list of volunteers for Wed. Night Meals, College Meals, New Baby Meals, and Frozen Meals. If you are interested in serving with any of these ministries, please sign up at the Sign Up Table to be placed on our contact list.

### FAMILY CRISIS CENTERS HOUSING COLLECTION DRIVE

**October is Domestic Violence Awareness Month.** In the fellowship hall you will find a table with information about FCC and the collection drive. Feel free to take a paper food from the cornucopia, purchase the item listed, and bring the item to the collection bins under the table by Nov. 4.

## WEDNESDAY NIGHT

### LIGHTHOUSE KIDS

**Kids K-5th grade are invited to join us** in the Children's Area from 6:30 to 7:30.

### MIDDLE SCHOOL YOUTH GROUP

**6:30-7:30** in the Youth Room.

### LET'S GET REAL

**6:30-7:30** in Adult Room 2: Let's Get Real is a discussion on real life topics. This month's focus is the "Search for Contentment". On Oct. 24, a panel of individuals from different age groups will discuss "Mindset Rest: Attitude of Gratitude."

### EMOTIONALLY HEALTHY SPIRITUALITY

**6:30-7:30** in Adult Rooms 3&4: Do you want to see deeper transformation throughout this series we are in at Trinity? Come and explore the truths found in the *Emotionally Healthy Spirituality* book through video, discussion and practical exercises. If you are planning to attend, please sign up at the Sign Up Table. We will only offer this event if at least 6 people are signed up.

### HIGH SCHOOL YOUTH GROUP

**8:00-9:00** in the Youth Room.

## WORSHIP

*"Wonderful Merciful Savior"*

*"Here's My Heart"*

*"No Longer Slaves"*

Offering / Announcements

Mission Update

Baptism

*"Reckless Love"*

Message

## SUNDAY OPPORTUNITIES

### NURSERY:

**0-2 year olds** - Little Lambs Room

**2-3 year olds** - Kingdom Kids Room

There is a Mother's Room located on the Little Lambs side with a live broadcast of the service.

*Parents will need to pick up their children after the service.*

### CHILDREN & WORSHIP (AGES 4-6):

**Children will be dismissed during the 8:15 service.**

*Parents will need to pick up their children after the service in the Children's Area.*

### CHILDREN'S SUNDAY SCHOOL (AGES 4-5th GRADE):

**9:30 and 10:50 in the Children's Area.**

*Parents will need to pick up their children after the service.*

### YOUTH SUNDAY SCHOOL (GRADES 6-8):

**9:30 in the Youth Room.**

### MOMS IN PRAYER:

**Join us in Adult Room 1 at 9:30.**

All women are welcome to pray for our students and schools.

### EMOTIONALLY HEALTHY SPIRITUALITY:

**Join us in Adult Rooms 3&4 at 9:30.**

Do you want to see deeper transformation throughout this series we are in at Trinity? Come and explore the truths found in the *Emotionally Healthy Spirituality* book through video, discussion and practical exercises. You do not need to have read the book to be involved in this opportunity.

### CONNECTING CONVERSATIONS:

**Join us in Adult Rooms 3&4 at 10:45.**

This intergenerational opportunity will explore deeper the "Beneath the Surface" series we are in at Trinity. Principles and practices from the *Emotionally Healthy Spirituality* book will be explored during this time. Come join in on the discussions.

## SERMON NOTES

### Beneath the Surface: Now I Become Myself!

1 Samuel 17:19-50

### 10 SYMPTOMS OF UNHEALTHY SPIRITUALITY:

#### 1. Using God to run from God.

(Example: My prayers are usually about God doing my will, not me surrendering to his.)

#### 2. Ignoring anger, sadness, and fear.

(Example: I am rarely honest with myself and/or others about the feelings, hurts, and pains beneath the surface of my life.)

#### 3. Dying to the wrong things.

(Example: I tend to deny healthy, God-given desires and pleasures of life such as friendships, joy, music, beauty, laughter and nature. At the same time, I find it difficult to die to my self-protectiveness, defensiveness, lack of vulnerability, and judgmentalism).

#### 4. Denying the impact of the past on the present.

(Example: I rarely consider how my family of origin and significant people/events from my past have shaped my present.)

#### 5. Dividing life into "secular" and "sacred" compartments.

(Example: I easily compartmentalize God to "Christian activities" while usually forgetting about him when I am working, shopping, studying, or recreating).

#### 6. Doing for God instead of being with God.

(Example: I tend to evaluate my spirituality based on how much I am doing for God.)

#### 7. Spiritualizing away conflict.

(Example: I usually miss out on true peace by smoothing over disagreements, burying tensions, and avoiding conflict, rather than disrupting false peace as Jesus did.)

#### 8. Covering over brokenness, weakness, and failure.

(Example: I have a hard time speaking freely about my weaknesses, failures, and mistakes.)

#### 9. Living without limits.

(Example: Those close to me would say that I often "try to do it all" or "bite off more than I can chew.")

#### 10. Judging other people's spiritual journey.

(Example: I often find myself occupied and bothered by the faults of those around me.)