



# HOPE CHURCH NEWS

"...A living hope..." | Peter 1:3

Volume 57, No. 8

September 2014

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### Inserts:

- *September Calendar*
- *Lectionary*
- *Restorative Circles Facilitator List*

The deadline for the October newsletter is **Monday, Sept. 15.**

Office Hours  
Monday - Thursday:  
9:00am - 5:00pm  
Friday: Closed

Hope Church, RCA  
77 West 11th Street  
Holland, MI 49423  
(616) 392-7947  
HopeChurchRCA.org



## September 7 is Fall Kick-off Sunday

### Worship

Early Worship begins at 8:30 a.m. in Commons I. This service offers informal and interactive worship, and encourages people of all ages to participate through music, story, art, drama, and weekly Holy Communion.

Worship in the sanctuary begins at 11:00 a.m. with Pastor Gordon Wiersma preaching and Pastor Jill Russell as liturgist. Children will be led from the sanctuary during the service to participate in Children in Worship.

### Church Picnic

Join us in the courtyard and on 11th street after the 11:00 a.m. worship service for the annual kick-off picnic. Lunch will be provided with a suggested donation of

\$5 per person or \$10 per household.

There will be activities for children and time to share in fellowship. For those who participated in the Health Ministry's Go & Glow Summer fitness initiative, be sure to attend for the prize drawing that will take place during the picnic. Members and friends are all welcome!



See pages 2-5 for information on the 2014-2015 Christian Education offerings.

## Special Congregational Meeting: September 21

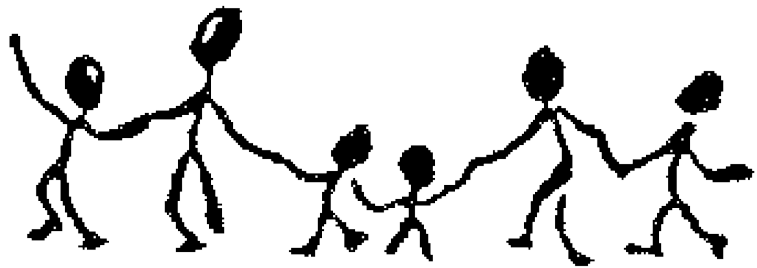
### Vote on Capital Campaign

We revealed the proposed renovation floor plans and scope of work at the congregational meeting on August 24, but consistory has moved the vote for those plans to a separate congregational meeting to be held on **Sunday, September 21st.**

Consistory has heard your helpful feedback that you would like an opportunity to see the plans and have time to reflect on those plans before voting. The consistory will be sending a congregation wide mailing in advance of the meeting. The mailing will include a copy of the floor plan which was revealed at the August 24 congregational meeting, a capital campaign budget, and a recommendation from the consistory to be considered and voted upon on September 21st. **Please plan to attend!**

# Connections

Christian Education  
Music Groups  
Fellowship Groups  
2014-2015



"...for I handed on to you as of first importance what I had in turn received..." I Corinthians 15:1

Take a look at the graphic for the Connections theme: several figures holding hands. But what if that's just part of the picture, with the line actually extending far beyond in both directions? Imagine that, and then imagine this too: these figures linked together not just in a place, but also connected across time, stretching from past to present to future. Perhaps that's a bit much to get out of a simple graphic! But it's not too much to find in the theme of Connections.

The Apostle Paul writes that the Good News he shares is simply the message he has received and knows the importance of passing on - now think of that graphic! - all the way to a community called Hope Church. Person by person, generation by generation, that is the picture: people connected to Jesus Christ by those who have handed on the Good News and a community called to make new connections as we share God's grace with others. So look for yourself in this simple picture - you're there! - and know that God is connecting others into the picture too.

Pages 2-5 highlight the Christian Education offerings starting with Fall Kick-off Sunday on September 7.

## WORSHIP AND MUSIC

Chancel Choir (High school - Adults)

**Brian Carder, Director**

**Rehearsals:**

**Sundays, 9:40 a.m.**

**1st & 3rd Wednesdays of each month, 7:00 p.m.**

We love to sing and enjoy the art of making music together. Rehearsals begin on Wednesday, September 3 at 6:30 p.m. with a shared dinner and casual rehearsal at the Miller-Fenwood home & studio. For more information, check online or contact Brian at [BCarder@hopechurchrca.org](mailto:BCarder@hopechurchrca.org).

Children's Choirs

Children's choirs gather seasonally, Advent & Christmas, Palm Sunday & Eastertide. Watch for additional announcements in newsletters, bulletins regarding startup times.

Carillon Handbell Choir (High school - Adults)

**Rhonda Edgington, Director**

**Rehearsals:**

**1st & 3rd Weds. of each month, 5:30 - 6:45 p.m.**

Rehearsals begin on Wednesday, September 10 (in Sept. only, meetings will be on the 2nd and 4th Wednesdays). New members are always welcome. For more information, contact Rhonda Edgington.

Instrumental

Hope Church values the talents and skills of its members and friends. Piano, guitar, wind, brass, or string; anyone wishing to participate should make his or her talents known to Brian Carder.

## ADULT EDUCATION

Sundays, 9:40–10:40 a.m. in Commons I

### **September 7–November 23: Lectionary-based Bible study led by WTS intern Paige Convis**

All are welcome to join for this weekly study of the lectionary texts used in our worship services, reflecting creatively on the connections of scripture to our individual and communal life.

### **September 7: Rowland and Jane VanEs, Missionaries to Kenya**

Rowland and Jane are longtime RCA missionaries serving at St. Paul's University in Limuru, Kenya, and they are also longtime members of Hope Church along with their daughters Jenna and Michelle. Rowland and Jane will be giving an update about their ministry in Kenya and their perspective on the broader socio-political context in Kenya and the African context.

### **September 14: Dr. John C. Knapp, President of Hope College**

The twelfth president of Hope College assumed his duties July 1, 2013. He will reflect on his first year as Hope's president and discuss his vision for the college's future. There will be an opportunity for questions and answers following his talk.

### **September 21–28: Community Ministry -Hunger Issues**

Most of us are grateful to take for granted that we'll have enough to eat. Hear about access to healthy food here in our community on the 21st. On the 28th, hear about how national and international factors affect hunger from Carol Myers, board member for Bread for the World.

For a full schedule of Adult Education classes being offered through November, see the Christian Education 2014-2015 Brochure, available at the church and online at [www.HopeChurchRCA.org](http://www.HopeChurchRCA.org).

## WEDNESDAY EVENING FALL SERIES

Wednesdays in October (1, 8, 15, 22, 29), 6:45 p.m.

Pastors Jill Russell and Gordon Wiersma will lead this time of study and discussion.

Watch the bulletin and Hope Church News for further details.

After starting with dessert at 6:45 pm, we will move into our separate groups.

One group, led by Andrew Spidahl, will be comprised of those who decide to commit to shaping our experimental 9:30 a.m. Alternative Worship hour during the Advent season, and will be a creative exploration of texts and worship planning possibilities.

## YOUNG ADULT/TWENTY-THIRTY MINISTRY

The Young Adult/Twenty-Thirty Ministry seeks a variety of ways in which it might create space for church and community members from the ages of 18 - 30 to encounter God and one another in spiritually rich ways. Some ideas include times of worship, weekend trips, movies and conversation, exploration of spiritual disciplines, and service opportunities. A specific schedule for this program year is yet to be determined. Please see the website for up-to-date information, or contact Andrew Spidahl: [aspidahl@hopechurchrca.org](mailto:aspidahl@hopechurchrca.org).

## NURSERY AND YOUNG CHILDREN

Nursery (Infants through 2 years old)

**9:40 a.m.–12:15 p.m. Room 103**

Caring adults and youth are scheduled as caregivers, and volunteers are needed. Please contact Jocelyn if you are interested in volunteering.

Parents and Children Together (PACT)

Playgroups often consist of story time with a simple snack (provided), an optional craft, free play, and time to talk with other parents while playing with the kids. Look for specific dates, events, and times in newsletters, bulletins and on the Hope Church website.

## CHURCH SCHOOL

Church School (Preschool through 5th grade)

**9:40 a.m.–10:40 a.m. Room 204**

Classes will be using the “Kid Connection” curriculum, inviting the children to connect with each other, their leaders, the Bible stories, and their families. Children will begin each Sunday morning together for an exciting presentation of a Bible story, then divide into smaller groups by age to continue to learn about the story with age-appropriate activities and ways to connect the story to their lives.

Family Church School

**2nd Sunday of each month beginning in October**

## CHILDREN IN WORSHIP

Children In Worship is a walk-out program for ages three years through 5th grade during the 11:00 a.m. worship service. During worship, children will be invited to come to the front of the sanctuary for “A Word with the Children.” From there, Children In Worship leaders will escort the children to the worship centers.

Children In Worship transforms ordinary time and space into sacred time and space. Our children enter sacred time in order to experience and praise God by being with God, talking with God, listening to God, and hearing the stories of God.

**Ages 3, 4 & 5**

**Room 202**

*A parent may be asked to stay with young three year olds until the child is comfortable in the center and is ready for worship*

**Kindergarten and 1st grade Room 204**

**2nd and 3rd grades Room 206**

**4th and 5th grades Room 208**

This fall’s offerings will be given to support a school in Martinpur, Pakistan. If you have any questions about the children’s opportunities, contact Jocelyn VanHeest, Children’s Ministry Director.

## YOUTH CHURCH SCHOOL

6th and 7th Grade

**Sundays, twice a month at 11:00 a.m. (leaving with Children in Worship)**

**Library**

This class follows the “Dwell” curriculum, developed out of a desire to provide children and young teens with less noise and more time to experience God. “Dwell” creates an environment for entering into God’s story, and then living into and living out of it together.

8th and 9th Grade: G.I.F.T.

**Sundays at 9:40 a.m.**

**Youth Room**

G.I.F.T. (Growing in Faith Together) class is a focused time for participants to explore faith in God and their connection to the church and faith. The broader idea of G.I.F.T. is that it is a unique experience at an important age to deal with issues of faith and life as a part of the church. The group often visits other places of worship and ministry.

10th - 12th Grade: “Unshowered”

**Third Sunday of each month at 9:40 a.m.**

**Garden Lounge**

A three-year cycle leads each student through a year of thinking about their faith (theology), exploring how to live their faith in very practical terms (Christian practices), and how to sustain a lifelong commitment to study of God’s Word (Bible study). All high-schoolers are welcome, showered or not!

## YOUTH GROUPS

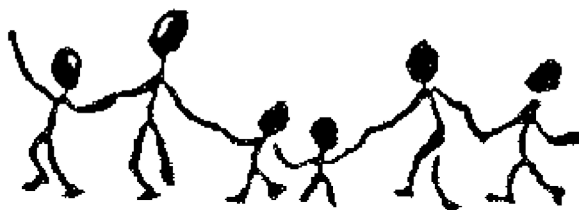
### Fish Club (Middle School)

Fish Club seeks to provide a close Christian community of friends for our middle school students, while forming relationships with adult sponsors in the church. A variety of programming is offered to take a close look at ourselves, our faith, and our world. Service projects are an important part of the group's community ministry as well. Fundraisers enable us to plan some very special events, like retreats, and a trip to the Appalachian Trail.

### High Hopes (High School)

High Hopes is a youth group for 9th – 12th graders. There are a variety of social, service, and learning opportunities throughout the year. The activities are designed to build and strengthen relationships among the youth and sponsors as part of a community of faith. There will also be fundraising for a mission trip planned for the summer and service work right here in our community. All high school youth are welcome!

Both groups typically meet on Sunday evenings. Watch for special joint events with First Presbyterian Church & Grace Episcopal Church youth groups. Updated schedule information is available on the Hope Church website. Contact Youth Ministry Director Beth Jarvis with any questions.



For more information on the Hope Church Christian Education offerings this program year, pick up a brochure in the Gathering Area or go to [www.HopeChurchRCA.org](http://www.HopeChurchRCA.org).

## Building Relationships with Children in Need

*Barbara Joldersma & Anne Duinkerken, Kids Hope USA Co-Directors*

To build successful relationships with at-risk children, the Hope Church Kids Hope Team needs all of the following: one child, one mentor, one prayer partner, one hour, one church, one school. We have the children, the school and the support of the Hope Church congregation. We need mentors, substitute mentors and prayer partners. *Will you give the gift of your time and attention to a child this year?*

For more information, please call Anne Duinkerken or Barb Joldersma or talk with Anne or Barb at the sign up table in the Gathering Area, September 14, 21 or 28. Training for new mentors and substitute mentors is tentatively scheduled for the last week of September. Our work with at-risk children at Vanderbilt Charter Academy begins in October and ends just before Tulip Time. It would be wonderful NOT to have a waiting list of children this year. Please prayerfully consider

mentoring a child. The at-risk children of Vanderbilt need YOU.



# ministry HIGHLIGHT

*This series of highlights on ministries at Hope Church is intended to be sure our members are aware of how things happen and their opportunities to engage with the ministry of the church.*

## The Community Ministry

*Lois Maassen*

The Community Ministry informs, engages, and supports Hope Church members as we live our mission statement, specifically “to be a servant to the human community.”

Our focus is to encourage Christian action and mission: to unleash the gifts that Hope Church can give to others and relationships that can be formed outside of Hope Church. We aim not only to spread the Word, but to make our world a more loving and caring place. In collaboration with the Board of Deacons and the Reconciliation Ministry, the Community Ministry manages benevolent giving on behalf of our congregation, in addition to planning events and ongoing programs.

Our community giving is typically to local ecumenical and cooperative agencies that address needs for food, housing, healthcare, education, and more, including, for example:

- Good Samaritan Ministries and Community Action House for housing, hunger, and other issues

related to economic well-being and independence; Lakeshore Habitat for Humanity and Jubilee Ministries for housing

- The Holland Community Health Center, Free Health Clinic, and Lakeshore Parish Nurse Program for health care
- Center for Women in Transition for domestic violence prevention
- Special Education Ministries and Camp Sunshine for support of those with disabilities
- The Kids Hope mentoring program and the CASA after-school tutoring program for education

The Community Ministry is Hope Church’s liaison to Washington School Neighbors, launched through Good Samaritan’s Neighborhood Connections program and seeking to build community, safety, and engagement. You’ll see updates through the newsletter or can learn more at [WashingtonSchoolNeighbors.com](http://WashingtonSchoolNeighbors.com).

The Community Ministry also provides the Hope Church home for the Caring for Creation Task Force, which provides means to learn about and engage with our environment. They also provide resources so that we can consume more responsibly to nurture and enhance God’s creation.

Opportunities for participation with the Community Ministry occur throughout the year, often announced through the newsletter, bulletin, website, and the volunteer blog, [LifeofHopeChurch.Wordpress.com](http://LifeofHopeChurch.Wordpress.com).

The Community Ministry also loves to hear from members about their own community-building work, which informs us, helps us set priorities among all of the many choices that must be made, and occasionally enables us to support a special event or project. Contact any of the Community Ministry members: Doug Abell, Peter Boogaart, Kathy Brownson, Judy Bultman, David DeBlock, Lois Maassen (chair), David Myers, and Anne Saliers.

*The next Ministry Highlight will feature the Outreach and Hospitality Ministry.*

## Adult Education is Looking for Your Interest and Ideas

This fall plans are under way for a lectionary-based Bible study, for Rowland and Jane VanEs to speak about their experiences as missionaries in Kenya, and for and Dr. John C. Knapp to talk about his first year as Hope College president. In addition Hope Church’s Community Ministry, Outreach and Hospitality Ministry, and Health Ministry will be

presenting classes.

The Adult Education Committee of the Christian Education Ministry, after the retirements of three dedicated leaders—Marlin Vander Wilt, Ed Anderson, and Keith Derrick—is looking for additional members and some new ideas. If you have interest, questions, ideas, topics or speakers

which might appeal to members of Hope Church, you are invited to a meeting on Monday, September 29, from 6 to 8 p.m. A light supper will be provided. So that we can plan the meal, please add your name to the sign-up list in the Gathering Area on Sunday September 14, 21 or 28. For more information, contact Milt Nieuwsma.

## Youth Ministry

It is with great excitement that the consistory introduces Beth Jarvis as our new Youth Ministry Director. Beth will begin in her new role on August 25th and will be more formally introduced during worship on Sunday, September 7th.

Beth Jarvis graduated from Hope College in 1996 with a degree in Theatre and Music and is currently pursuing her Masters of Divinity at Western Theological Seminary. She

loves teenagers, her favorite two being her son Josiah and daughter Natalie, who both are students at Black River High School. Beth enjoys running, the luxury of reading books not required by professors, live music, blogging, and posting wacky life musings on Facebook.

Look for opportunities in the coming weeks to meet and welcome Beth and her children to Hope Church!

*Fish Club and High Hopes schedules will be sent out to families - also check the church website for updated information.*



## Children's Ministry

Jocelyn Van Heest, Children's Ministry Director

### Church School Kick Off: Making Connections

The children will gather together each Sunday morning at 9:40 in Room 204. This first week the children will be celebrating the start of an exciting year and starting our year of growth together in our connections to God, our families, our teachers, our community, our world and to the other kids at our church. Each week the children will meet together as a large group and be introduced to the stories of God and then participate in a variety of activities to connect the story to their lives and to respond to the story. Families will be connected to the children and the things they are learning by doing activities at home. Each child's family will receive a magazine full of suggestions that

encourage discussion and interaction with the other family members.

It is an important benefit to our children that Hope Church provides both Church School at 9:40 a.m. and Children in Worship during the 11 a.m. worship service. If your children haven't been involved before, this fall plan to take advantage of all there is to nurture our children's faith. We are continuing Family Church School events on the second Sunday of each month beginning in October. Each session is designed to allow families to spend time learning and exploring together.

### Children in Worship

Children in Worship begins on September 7 during the 11 a.m.

service. Children age 3 through 5th graders will worship in their centers using the same order of worship that is being followed in the sanctuary. They will Approach God (through greetings and songs of praise), they will hear God's Word (through storytelling and Bible reading), they will Respond to God (through wondering, reflection or working with the stories or art materials), they will give Thanks to God (through prayer, sharing of gifts, and the sharing of a feast), and they will Go in God's Name. Each week the story for each worship center is printed in the bulletin. The children become aware that they are an important part of our congregation when their worship lessons are included. Remember the children that are worshipping in their centers in your prayers as you worship.

## Go & Glow

Julia Brown, Seminary Intern



*"The glory of God is the human person fully alive!" -Irenaeus*

Your friends and support team from Health Ministry hope that you have enjoyed being active this summer! Thanks to all who participated and turned in fitness goal cards. Whether you reached your goal or not, we encourage you to keep moving and to enjoy the new activities that autumn

brings. The winner of the prize drawing will be announced at the kick off picnic on Sunday, September 7th. It's never too early to start thinking of and working towards a goal for next summer! Blessings of happiness and health!

## Events and Announcements

**Circle 1** will meet on **September 3** at 9:30 AM at Norma Killilea's House.

### Flexibility and Balance Class

This class is targeted toward older adults and accommodates people who might find exercise too strenuous. The class meets for several eight week sessions throughout the year on **Thursdays at 1:30 p.m. in Commons I starting September 4.**

### Coffee Time at Freedom Village

This is a caring outreach and fellowship opportunity for residents and their friends at different locations to meet with the pastors and other congregation members and staff. The next Coffee Time will be at **Freedom Village on Tuesday, September 9, 2014, 10:30a.m.** Mark your calendar, and come for an hour, all are welcome!

### Hope Church Readers

Hope Church Readers will begin the fall season discussing *The Orphan Train* by Christina Baker Kline. The meeting will be held on **Wednesday, September 17, at 1 P.M.** in Commons 1. Jean McFadden will lead the discussion. New Members are welcome. Book lists for the coming year may be picked up at the Welcome Desk, and directories as well.

### Organ Concert

Rhonda Edgington will be performing a concert in Kalamazoo on Friday, **Sept 26 at 7pm**, in St. Augustine's Cathedral. She will be playing Olivier Messiaen's innovative and evocative cycle *Les Corps Glorieux*: seven meditations on resurrected bodies. This will be a unique experience, in that accompanying Rhonda's organ playing will be a dance piece, choreographed and performed by

the Kalamazoo dance group Farrell Ballet Theatre. This will be a very unusual experience - both to hear this complete piece by a genius of modern organ composition, and to see how the Farrell company joins that music to dance.

### New Member Class

On Sunday, September 28, at 9:40 a.m., a New Member Class will begin for people who are exploring possible membership at Hope Church. The class will meet on three Sunday mornings, **September 28, October 5 and 12 at 9:40 a.m. in the Garden Lounge.** A meal and a meeting with the Board of Elders for those wishing to join Hope Church will occur on November 2 after the 11:00 a.m. worship service. Public reception will take place during 11:00 a.m. worship on November 16. Please contact Pastor Jill Russell or the church office (392-7947) if you would like more information. Please know that attending the class only indicates your possible interest in joining our fellowship, not your actual decision to do so.

### Handbell Choir

Anyone who is interested in playing, on a regular, or irregular basis, with the handbell choir, is welcome to speak with a current member, or our director, Rhonda Edgington. We will be meeting the first and third Wednesday of the month, from 5:30-6:30pm (with the exception of Sept., when we will meet the second and fourth Wednesdays!) Newcomers are always welcome.

## September Birthdays

03	Ruth Hoekstra-Telgenhof Care Group: 5
03	Martha LaBarge Care Group: 3
10	Jane Park Care Group: 1
15	Peggy Fitzgerald Care Group: 5
16	David Alexander (missionary) Care Group: 7
17	Earl Laman Care Group: 7
19	Jane VanEs (missionary) Care Group: 7
23	Eloise Van Heest Care Group: 4



## Events and Announcements continued

### Diners Club

Diners Club is a wonderful opportunity for fun and fellowship with members and friends of Hope Church. This year's dinner dates will be:

**October 10 or 11, 2014**

**January 16 or 17, 2015**

**April 17 or 18, 2015**

From the sign-up sheets, groups of seven or eight are randomly formed with 'hosts' (or co-hosts) listed at the top of each group. The hosts are responsible for selecting the time and the menu, contacting group members, and assigning parts of the meal. Look for the sign-up in the Gathering Area. Deadline for sign up is September 21.

### Brim Brunch

Brim Brunch will meet 5 times in 2014-2015. On **October 23**, Paul Elzinga will speak about the DeZwaan windmill and its restoration. On **December 18**, a Christmas quartet will sing and also lead a carol sing-a-long. On **February 26**, Rich Cook will talk about strategic materials. On **April 23**, Debbie Schakel will delight us with "Poems We Love to Hear." On **June 25**, Marlin and Judy VanderWilt will help us experience summer camp. All meetings include dinner. We meet at Hope Church at 6:00 pm. Brim Brunch does not discriminate against age. You are never too young to join us.

## Thank You

*It was just over a year ago that Paul and I asked that our grandson Andrew's name be placed on the church prayer list. Andrew had been involved in a serious car accident in which his good friend was killed and Andrew was left with a traumatic brain injury. After awakening from his coma at Spectrum, he was transferred to Mary Free Bed where, with intensive therapy, he began his long journey back to health first as an inpatient and then, last November, as an outpatient as he and his mom and sister moved in with us. Many of you have followed his Care Page and have been so kind in remembering him in your prayers and asking us for updates on his recovery. We would like to keep Andrew's name on the Prayer List for a little while longer because this fall begins a significant chapter in his life. He is back at Hope College and his mom and sister have moved back to their home in New York. So while our prayers for the physical healing of his body continue, we also ask for prayers for the wisdom, patience, and grace needed in this new chapter. While there are many challenges ahead, we all take each day as a gracious gift from God. Thank you again for remembering Andrew and our family.*

*-Janet and Paul Elzinga*

*Thank You Hope Church!*

*Camp Sunshine offers significant experiences for both campers and counselors. Yet it takes a village to make it happen! Deepest thanks to all Hope Church members who assisted in moving all the "stuff" into camp and out of camp. Both your muscles and your smiles are really appreciated every year.*

*-Camp Sunshine*

*Thank you, Musicians.*

*Many thanks to the many members and friends of Hope Church who participated in summer worship services: Paul Pearson, Jim Brownson, Tim Cook, Tim Pennings, Bob Johnston, Judi Boogaart, the Summer Choir, Dave and Barb Schmitt, John Roe, Laurie & Randall Braaksma, Andrew Spidah, Julia Brown, Ellen & Gary Rizner, Tom Mullens, and Mary Hilledore. What a blessing you are with your wonderful talent.*

## Consistory Corner

At the Consistory Meeting of August 11, 2014 the following Motions were passed:

- To accept changes to the Non Ordained Staff Employment Policy Guidelines to clarify that full time employment is defined as 40 hours per week and to provide for a 2 week pro-rated vacation benefit for part-time staff. (For example: a staff member working 10 hours a week will receive 20 hours of paid vacation time per year.)
- To make an offer of employment to Beth Jarvis to serve as the Youth Ministry Director.
- To ask the Endowment Board to release \$2000 in accumulated

income from the Scholarship Fund to replenish the Christian Martin Fund to support camp scholarships.

Also noted at the meeting was a letter from a representative of the Holland Area Pride Event thanking Hope Church for its participation.

## Asthma

Donita Robards, RN, Parish Nurse



The physical life of humankind began with the breath of God. Since the moment that God breathed into the nostrils of Adam, and he became a living being (Genesis 2:7), all living humans have required air to sustain life. Everyone knows that, but most of us take it for granted. Sufferers of asthma do not have that luxury. Lack of oxygen, due to an asthma attack, can be a frequent threat on their life.

Asthma is an inflammation and swelling in the airways that prevents air from getting through. The airways also spasm which narrows them even more. To make matters worse, the airways become clogged with thick, sticky mucus, so the already

narrowed airways have even less room for the much needed oxygen to travel through the bronchioles, into the air sacs and then throughout the rest of the body.

What triggers an asthma attack? Smoke, aerosol sprays, dust, pollen, air pollution, changes in air temperature or humidity, and odors from paints or furniture polish to name a few. Your potential for an asthma attack also increases with illness such as cold or sinus problems, exercise, emotional bursts such as crying or laughing excessively and some medications. No two people are alike, so it you need to know your own triggers. Avoid those situations when you can.

If you have never had an asthma attack before, the most important thing is to stay calm. Anxiety will make the asthma attack worse. Do this exercise: Breathe in slowly through your nose for 1 count. Purse your lips like you are going to

whistle. Breathe out slowly through pursed lips for 2 counts. Let the air come out on its own. Do not force it. If you feel dizzy, slow down your breathing. This is called pursed lip breathing. For those who have had asthma attacks in the past, it is a good idea to practice breathing exercises before you need them. It will be easier to do them in an emergency.

If you are new to this disease, keep a diary of your triggers so you can avoid future asthma attacks. Asthma can be managed with diligence on your part and with the care of your provider. If you have concerns or difficulty managing this disease, be sure to schedule an appointment with your healthcare provider for more information. You may also contact your Parish nurse. Breathing is too important to ignore.

## Hope Church in the Community

Keeping you informed of the agencies Hope Church supports through the Community Ministry

Doug Abell, Community Ministry Member



One of the community programs supported by Hope Church is CASA (Children's After School Achievement), which is an outreach

program run by Hope College. CASA was started in 1987 at First United Methodist Church by community members who wanted to help minority children with academic support at the elementary level. In 1989, the program became an outreach of Hope College and moved to their campus where it remains today, providing at-risk children in grades 1 – 8 with the tools to succeed in school. Children

are referred by their teachers and are given one-on-one tutoring during the school year. A summer program is also offered for grades 1 – 5 in which students receive individualized teaching and other personal enrichment opportunities. If you are interested in volunteering or want more information, their website is [www.hope.edu/casa](http://www.hope.edu/casa).

### *and finally...*

“And let us consider how to provoke one another to love and good deeds...” -Hebrews 10:24

Sometimes in life (and especially in service) you can wonder if your work is really worth the effort. I had a specific experience like that in Detroit with the High Hopes group this summer.



On our third full day of work we were led to a vacant lot where the grass had grown too high. And underneath the grass, matted and packed in, were various items of trash and large fallen branches. Young trees and shrubs that had been cut poked their stumps up occasionally just high enough to catch a mower blade. We had one

push mower, a weed whipper, some pruning equipment, and some waning enthusiasm. A couple tries on the lot and Anne and I agreed that a Brush Hog or some other heavy equipment could do more in fifteen minutes than we could do in three hours--with less damage to the machinery. But, this is what we were given to do, so we got to work.

Not long after we started a middle-aged woman, a neighbor, stopped by to see what we were up to. When she found out we had some tools, she asked if she could borrow our pruning shears to clear the sidewalk that had overgrown by her house. We gladly loaned her the shears. Later, a man pulled in a car to find out more, and he told us that he tries to keep the intersections clear of tall weeds that impede vision for drivers and pedestrians. He admitted it had been awhile since he last did, and that he should get on that. “God bless you,” he told us before pulling away.

I realized that even though our

efforts were in one way meager and inefficient, in another way they were gathering people's attention and prompting them to take action towards a better neighborhood. We were “provoking them to love and good deeds.” In the end, our physical efforts in the city would be a small, temporary step -- grass would grow again, more trash would likely accumulate. But if by our efforts we could join those who were provoking love and good deeds around Detroit, we would have added to a spiritual force capable of transforming everything!

This, I believe, is God's work. And that's why, I've found, it is worth the effort.

“So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.” -1 Cor 15:58

Peace,  
*Andrew Spidahl*

Hope Church  
77 West 11th Street  
Holland MI 49423



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# Hope Church News

September 2014



## Alternative Worship Advent Experiment

Would you like to help envision an alternative worship series during the Advent season?

Early Worship, which meets Sunday mornings at 8:30am during the program year, has long served Hope Church's pioneering mission by providing a place for alternatives to the traditional worship forms of the 11am service and has developed a ministry to those who appreciate them. The Early Worship Task Force and the Board of Elders, in thinking about how to continue and reinvigorate this aspect of Hope's mission and ministry, would like to form a group to plan a series of special Advent liturgies during the 9:30am hour. Early Worship at 8:30am will take a hiatus during Advent in order to focus the congregation's efforts toward alternative worship on a new time and a new effort, though one that remains true to the history of Early Worship.

This planning group will pray together about how the Holy Spirit is leading Hope Church in its mission of providing worship communities, will plan the Advent series, and will seek to discern afterwards what might come next. Please consider whether you would like to participate. The group will be led by pastoral resident Andrew Spidahl with help from elders Cindi Veldheer DeYoung and Curtis Gruenler, each of whom would be happy to talk with you. An initial meeting to talk about the whole idea is scheduled for Wednesday September 10, and further meetings to dig into planning the series will follow.

We are looking to find what kind of Reformed worship, in addition to the 11am service, might best serve both current members of Hope Church and others whom God might be leading us to serve. Is God perhaps leading you to help? Thank you for considering this request.