



# HOPE CHURCH NEWS

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

Volume 61, No. 9

October 2018

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## Inserts:

- *October Calendar*
- *Wisdom of the Wounded Calendar*

The deadline for the November newsletter is **Tuesday, October 16.**

## 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



## Wednesday Evening Fall Series & Retreat

St. Teresa of Avila once wrote "The tree that is beside the running water is fresher and gives more fruit." If ever there was a time when we needed to be well-rooted, it is in this demanding and polarizing climate. It seems like there is always an argument to counter, a social media post to question, and a rally to march in. If our energy is finite, where do we spend it? If you are feeling the need to water your roots in order to bear fruit in areas of societal stress, you are not alone. There are two upcoming opportunities to learn and engage in guided spiritual practices in the month of October. First, our fall Wednesday night series will focus on spiritual restoration. On October 3, 10, 17, and 24 we will meet at 5:45 to share a light supper, before we listen to facilitators explain a different spiritual practice. They will then guide us in a time of group and

individual practice, before concluding at 7:30. Mary VanAndel, Kim Mulder, Linda Graham, and Rhonda Edgington are scheduled to lead us.

Then, consider joining us for a time of retreat at the end of the month. On the evening of October 26 and during the day of the 27th, Spiritual Director Rev. Mary VanAndel will guide us in an intentional time of filling up our spiritual wells. We will meet at the retreat center Bethabara, 3767 Sixty Fourth Street Holland, Michigan from 6-9 PM on Friday and 9-4 on Saturday. The cost is \$25 and includes dinner on Friday and lunch on Saturday. There is a sign up in the gathering area and you can contact Pastor Beth with questions. Sign up deadline is October 18.

## World Communion Sunday, October 7: Rice Offering

Katherine Alen Williams, who worked as a missionary in Mizoram in far eastern India in the late nineteenth century, remembered the teaching that Jesus is the unseen guest at the table. She followed the lead of Khasi Christians there who put aside a handful of uncooked rice for Christ at every meal. After all, who would miss one handful of rice?

At the end of the week, she had two pounds of rice which she sold in the market and gave the proceeds to support a poor woman evangelist.

She shared this tradition with other Christian communities in the area, and the custom caught on with great enthusiasm — from 1910 until today!

Hope Church will join the century-old rice offering. Please bring bags of rice — not handfuls! — to worship on World Communion Sunday. The grain we collect will be distributed to local food pantries.

## Stewardship Update

The Stewardship and Finance Ministry

A brief note regarding the annual Hope Church stewardship campaign.

As we approach the start of the annual stewardship campaign, the Stewardship & Finance Ministry would like to make you aware of these upcoming milestone dates.

- **October:** Mailing of the 2019 annual budget draft and pledge forms to Hope Church households
- **Sunday, November 11, 2018:** Stewardship Sunday – you are invited to bring your pledge form to church, or you can return it to the church office by this date.
- **Sunday, January 27, 2018:** Congregational meeting – vote to approve the annual 2019 budget



As you consider your 2019 annual pledge for the future of Hope Church, be aware of the power of your role in building up the body of Christ at Hope Church. Your pledge is important for sound financial planning as we build the 2019 Hope Church operational and benevolence budgets.

Sincerely,  
The Stewardship and Finance Ministry

Financial Update as of 9/19/18: Income YTD - \$541,184 Income Budget YTD - \$546,239 Expense YTD - \$582,992 Expense Budget YTD - \$594,748
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## Adult Education: October

Sundays, 9:40-10:40 am

### October 7: Jim Wallis's *America's Original Sin: Racism, White Privilege, and the Bridge to a New America*

Judy Parr leads a discussion about Jim Wallis's book on slavery, racism, civil rights, and social justice. Those attending class are encouraged—but not required—to read the book before class. Those wishing to purchase the book can do so via Amazon.com.

### October 14: Wade Hoag's Story of Overcoming Severe Injury

In 2015 lacrosse athlete Wade Hoag was enrolled to begin his studies at Hope College. While working at a summer construction job, installing a third-story window, the construction platform collapsed. Wade became paralyzed from the waist down. After six months in rehabilitation he joined the freshman class. Now finishing his studies at Hope with degrees in accounting and English, he works with the lacrosse team and has started two companies.

### October 21–28: Christians and Politics

Fred L. Johnson III, associate professor of history at Hope College and host of the PBS series "Inventing America," will present.

**October 21:** What factors led to today's acrimonious political climate? How much influence did those factors exert in Donald Trump's 2016 presidential victory? Two chaotic years later, why does Trump continue to maintain his base?

**October 28:** In addition to voting, what can or should Christians do to change the current political climate?

## 10 Year Celebration for Pastor Jill Russell

On Sunday, October 28 at 12:15 PM during Pizza Sunday in the Commons, we will be celebrating Pastor Jill and her 10 years of ministry at Hope Church! We hope you will join us after the 11 AM service to offer our gratitude and love for Pastor Jill. Starting on Sunday, October 7, there will be a large card available in the Gathering Area for members of the congregation to sign and write notes to show their appreciation for Pastor Jill.

## Family Time Together: October 19

Jocelyn Van Heest, Children's Ministry Director

It is time for another fun family event. The Christian Education Ministry will host a time of fall activities that we hope will be of interest for everyone in your family. On Friday, October 19th you can come for a simple meal and enjoy the games, crafts and activities. Come when you are able between 5:30 – 7:30 pm. Look for more information in the weeks to come and sign up in the Gathering Area or at the top of the stairs.

## Kristine Bradfield Memorial Project: Prodigal Son Painting by Joel Tanis

Christian Education Ministry

The Christian Education Ministry is sponsoring a memorial project for Kristine Bradfield who died last June. The plan is to purchase a framed painting by Joel Tanis which depicts the parable of the Prodigal Son. This was one of the parables of Jesus that was most meaningful to Kristine, and this painting is a wonderful creative presentation of the Prodigal Son story.

Kristine was a Children In Worship storyteller for many years, and the painting will be displayed in the CIW area in the Education Wing. The cost of the painting and framing is \$1500, and the Christian Education ministry invites contributions for those who wish to be a part of this memorial project. Gifts can be directed to Financial Administrator Karla Kammeraad-Bos, with checks made out to *Hope Church* and a memo for the *Bradfield painting*.

## Healing Prayer Service: October 28

A healing prayer service will take place on Sunday, October 28, during the 11:00 am Worship Service. The liturgy at the 11am service will focus on the need for healing from God in our lives, in the lives of those we love, and in our world. During the service, there will be the opportunity for the congregation to offer prayers for healing and to receive a blessing of healing oil as a symbol of God's healing touch. If you are unable to attend the 11am worship on October 28 and would like a particular prayer for healing to be included, please contact Pastor Jill Russell, Pastor Gordon Wiersma or the church office to let your prayer request be known.

## Kids Hope: The What of Who, What and Why

Vicki Rumpsa, Kids Hope USA Director



Last month's news article on Kids Hope listed the Who? a list of names of which I am sorry if I missed listing yours, the What? that explained that the list was of members of Hope Church who have been involved with Kids Hope, and the Why? to thank so many of you who have contributed your time and prayers to Kids Hope. This month I thought I would elaborate on the What? and tell those of you who are not acquainted with this program, just what Kids Hope is all about.

Kids Hope is a program that matches mentors in a church with students at a local school. They meet once a week at the school for about an hour.

The church sponsors the program as an expression of service to the community and as a link to local families Kids Hope USA is established at several local churches as well as through out Michigan and Nationally.

Hope Church began its affiliation with Kids Hope 15 years ago with the generosity of the Mulder and Haworth families and under the leadership of Judy VanderWilt. Since its beginning Hope Church has mentored over 200 children and is funded through the Community Ministry.

Hope Churches partner school is Vanderbilt Charter Academy. At Vanderbilt 75% of its student body is eligible for free and reduced lunch so the students we mentor there come from families who are poor and whose children are at risk. Hope Church mentors have been crucial in building relationships with these children and providing them help with homework and general encouragement. Our mentors are supported through prayer by our Kids Hope Prayer Partners and the mentors schedules are supported by Kids Hope Substitute Mentors when the regular mentor is unable to be there. Overall the program is run by a Church Director (me) and in our case Third Reformed Church has joined our partnership and they also have a Director (Beverley Rannow).

Beyond weekly mentoring, Kids Hope sponsors activities for the students as well as for the teachers and mentors throughout the year. In the Fall we host an Activity Day after school for the kids followed by a dinner that their parents and families are invited to, a Winter Mentor Appreciation Dinner, in the Spring a bowling outing and Teacher Appreciation Breakfast and finally at the end of May the End Of The Year Celebration Dinner and Award Ceremony. As for our mentors, they receive Kids Hope training as well as opportunities to attend workshops or hear speakers on topics that help them better understand the environment that the children they mentor come from. The mentors are supported by their director and by support staff from the national office.

The impact that Kids Hope makes has been studied and the results show that 95% of the children served show change and growth in attitude, behavior, academic performance and attendance. Kid Hope mentors do make a difference and the statistics prove it.

If after reading this, you want to get involved? Great! Our program always needs more mentors, prayer partners, substitute mentors and help with special events. There are sign ups sheets on the bulletin board near the office. Thank you for considering being a part of this great organization.



# Trauma Informed Care for Victims/Survivors of Domestic Violence

Jane R. Dickie, on behalf of Community Ministry

October is National Domestic Violence Awareness Month. This designation by the National Coalition Against Domestic Violence helps bring awareness to the issues faced by battered women and their children. Every home should be a safe home. But what happens when it is not?

Beth Larson, the CEO of the Center for Women in Transition recently wrote of the importance of a trauma informed approach for those who have experienced violence in their lives. She related her own traumatic car accident to illustrate the point. This is what Beth said:

I've been well versed in trauma-informed care for some time as it relates to working with individuals and families exposed to violence.

That being said, I visited my primary health care physician (PCP) following a recent car accident when the headaches continued beyond the first few days. When he came into the exam room, he asked me what I recalled happening. As I began to explain, it became clear I didn't recall if I was completely stopped

or slowing down as I approached the cars in front of me. I had no idea what position I was in when the impact happened or what I was doing. Then he asked "What do you remember hearing? Smelling? Feeling?" I answered explicitly. The memories were as vivid as if I were right there in the moment.

That is trauma brain. Our primal brain kicking in. The one that remembers the smells. The sights. And the sounds. As if you are right back there in the moment.

I applaud my doc for being so in tune with the latest research even when it wasn't a serious criminal case.

I say all this because this week at work we had yet another situation where we spoke of victims of sexual assault and how they are often scrutinized for their "sketchy recollection" of events. When reports are made to law enforcement, the details don't add up. Chances of bringing a reliable witness to testify are slim. So many assume they are lying.

What if we approached domestic violence victims as my PCP had done to me following a relatively minor incident? What if we took the time to train our first responders so they understood what would elicit meaningful reports?

If you're in a position where you can learn more about being trauma-informed, I recommend you take the time to educate yourself and others. Our collective society will be better for it.

And finally, in your thoughts, prayers and actions:

- Mourn those who have died because of domestic violence
- Celebrate those who have survived
- Connect with those who need help
- Let your members of Congress know that you support funding for domestic violence prevention and treatment
- Support those who work to end violence, particularly the trauma informed staff of the Center for Women in Transition – CWIT.

## Update on Unity Build

Anne Saliers, Community Ministry Member

The Glidewell home is nearly complete! Kitchen and bath cabinets, appliances, sinks, and faucets have been installed. Watch the Hope Church Facebook page for the Open House and Dedication dates. Thank you for your support of Lakeshore Habitat for Humanity's 2018 Unity Build!

Do you know of a family that has an income, but needs some assistance in obtaining affordable housing? Refer them to Judi Hill, Homeowner Services Manager, 616.393.8001 x102, at Lakeshore Habitat for Humanity. Homeowner applications are being accepted.



## ministry/committee HIGHLIGHT

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

### Art Committee

Kyle Vohlken, Art Committee Chair

The Art Committee grew out of a need the Worship Ministry saw for the care and management of the Hope Church Art collection. Hope Church's use of liturgy and the liturgical year calendar results in a variety of visual changes to correspond in a meaningful way with changes in the liturgical year. Banners, hanging art, bulletin covers, visual enhancements in the Sanctuary, and 3D art, all need attention throughout the year. This is probably the most important focus of the Committee.

Another focus is to respond to those who would like to donate art to Hope Church, or who request the use of 2 or 3 dimensional art to promote educational offerings, the activities of a specific ministry, or generally seek to give suggestions regarding visual offerings at Hope Church.

This is a BRAND NEW committee, with a policy statement not yet fully written! But volunteers are always needed to help set up or take down art and installations used in the Sanctuary and throughout the church. This is not a committee with regular meetings! If you would be interested in adding your name to a (currently) short list, please contact Kyle Vohlken or Kari Miller Fenwood, or come see us at the Worship Ministry table at the Ministry Fair!

*The next Ministry Highlight will feature the Facility Strategy Committee.*

### Washington School Neighbors

Lisa Kasten, Neighborhood Connector

#### Fall Celebration

Saturday October 20th- 4 to 5:30 PM

WSN 10th Street Garden

Pumpkin Patch to pick a pumpkin to carve/decorate, cider and donuts and games.

A great time to gather as neighbors and celebrate Fall.



**Washington  
School Neighbors**

[WashingtonSchoolNeighbors.com](http://WashingtonSchoolNeighbors.com)

[Facebook.com/WashingtonSchoolNeighbors](https://Facebook.com/WashingtonSchoolNeighbors)

# Poetry Corner

hosted by Randy Smit and Rhonda Edgington

Early in my tenure at Hope Church, I signed up for a class that was being facilitated by Rachelle Oppenhuizen, Randy Smit, and Sharon Arendshorst. It was based on the book *The Artist's Way*, and we meet weekly in the garden lounge, summer of 2012. This was my first introduction to both Sharon and Randy, and I know we all have strong and fond memories of the sharing that happened in that space - both finished works, as well as the struggles, and revelations of creative work in process. I came to know Sharon as a gifted poet, before I knew her other many talents. She has an observant poet's eye, and a way to hit us as readers in the gut with her keen observations. Thanks to Sharon for sharing the fruits of those gifts with us all this month.

~Rhonda (for R&R)

I began reading and writing poetry in retirement. Poetry invites me to slow down and to pay attention to the world around me, to my inner thoughts and feelings; to explore past experiences; or to let my imagination take wings. I find I often write to new understandings or to surprise endings. I enjoy the process of editing, where I play further with words and sounds and rhythms and pare the poem down to its essence in order to paint a picture or evoke a feeling. The following poem was written this summer, but re-members a moment when I was in Sudan during Sudan's civil war.

## In Southern Sudan 1992

Black flies, swarming in the horrid heat,  
circle the Nuer mother, her two daughters,  
and young son lying in the sub-Saharan dust of Watt.  
Knobby knees stick out of skeletal frames,  
bear witness to their flight from war and famine.  
The small boy wears only a string of beads.  
The orange highlights in his patchy hair glisten in the sun.  
He hunches over a gourd of relief corn,  
his outsized-head hanging over his protruding belly.  
He's too weak to wave away the flies sucking  
moisture from his parched lips and watery eyes.  
A bloated fly flies from his lips  
to mine as if to wake me with a kiss.

*by Sharon Nelson Arendshorst*

The following poem (in a very different tone) by early 20th century poet e.e. cummings is one of my favorites.

## i thank You God for most this amazing

i thank You God for most this amazing day:  
for the leaping greenly spirits of trees  
and a blue true dream of sky; and for everything  
which is natural which is infinite which is yes

(i who have died am alive again today,  
and this is the sun's birthday; this is the birth  
day of life and of love and wings: and of the gay  
great happening illimitably earth)

how should tasting touching hearing seeing  
breathing any—lifted from the no  
of all nothing—human merely being  
doubt unimaginable You?

(now the ears of my ears awake and  
now the eyes of my eyes are opened)

*by e.e. cummings*

## Events and Announcements

### Women's Circle Meetings

**Circle 1** will meet at the home of Norma Killilea October 3, at 9:30 A.M.

**Circle 2** will meet on Weds. October 3 at 9:30 A.M. in Commons 2.

**Circle 4** will meet on Wednesday, October 10 at 7 P.M.

### Orientation to Hope Church Class

An Orientation to Hope Church Class continues on October 7 and October 21 at 9:40 a.m. in Commons 2. Please contact the church office (392-7947) if you would like more information. For those who are interested in joining Hope Church, a dessert meeting with the Board of Elders will occur on November 12 at 6:30 pm. A public reception of new members will take place during 11:00 a.m. worship on November 18. You are cordially and warmly invited to attend these orientation classes whether you are interested in membership at Hope Church or simply wanting to learn more about this congregation.

### Coffee Time at Resthaven - 32nd St.

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 Resthaven - 32nd St. on Tuesday, October 9, 2018, at 10:30 a.m. Mark your calendar, and come for an hour, all are welcome!

### Ministry/Committee Fair: Oct. 14

Join us for a Ministry/Committee Fair! Where: Gathering Area at Hope Church. When: Sunday, October 14 after the 11 AM service. What: All are invited to find out more about the ministries, committees and groups of Hope Church. There will be tables in the gathering area with information available about what is happening at Hope Church and where you can plug in!

### Hope Church Readers

Hope Church Readers will meet on Wednesday, October 17th, at 1:00pm in Commons 2. We will be discussing the book, *Exit West*, by Mohsin Hamid. Our discussion leader will be Jean Martin, and our hostesses will be Linda Rynbrandt and Barb Osborn. New members are always welcome! For more information call Lauren Heyboer.

### October Pizza Sunday

The next Pizza Sunday is scheduled for October 28.

### Cleaning Up the Church Gardens

This task needs to be completed soon! If you or a group you belong to have "adopted" a section of the church gardens, we need you to clean up your plot for fall. City curbside pick-up (of leaves only) will be from September 29 through November 18. Please bring your own clippers, rakes, etc. If you love to rake leaves, please

feel free to share that gift with Hope Church. If you are uncertain about what needs trimming, please contact David VanHeest.



### Sign Up for Email Giving Statements

Opt in to receive your Hope Church giving statements by email instead of by mail! All you need to do is fill out the online form with your name and the email address you'd like the statements emailed to by going online to: <https://tinyurl.com/emailgiving>.

## Hope Church Events on Website

Did you know you can find up to date event information about Hope Church events and community events on our website at [hopechurchrca.org](http://hopechurchrca.org)? Hover over "Events" at the top of the page, and then click "Church Events" or "Community Events." On these pages, you will find a listing of upcoming events. If you click on the title of most events, it will also take you to a page with more information. Under "Events" you can also click "Calendar" which will take you to our church calendar, which is now completely online!



## Thank You

*Michael and I would like to thank everyone for the kindness and support received upon the passing of his father. We give special thanks for Pastor Gordon, for the time he spent talking with Michael and I when we first heard the surprising news of Michael's father's death. What a blessing it was when we arrived at the funeral home and found the plant arrangement from the Children in Worship family of Hope Church. Michael was so happy to see that friends from here were thinking of him. We so appreciated the dinner from the REST group when we returned home, along with the two bags full of goodies for Michael which greatly intrigued him, and provided some new (and some healthy) snack alternatives. And the many cards from, and conversations with our Hope family meant so much to us, and there are no words that can appropriately express our appreciation for the love and support you provided us at this difficult time.*

*~Michael DeVries and Marge DeBlaay*

*Belated thanks for help in Ed's recent knee replacement surgery. We appreciated the visits of our pastors and friends. The meals were delicious.*

*We are thankful to be part of such a caring community.*

*Thanks so much.*

*~Ann and Ed Anderson*

*Dear Hope Church Congregation,*

*It is with some regret that we, members of Holland Friends Meeting (aka Quakers), take leave of Hope's generous hospitality which welcomed our use of Hope's facilities for over a year while Western Seminary completed the classroom portion of their remodeling.*

*You may recall we came to Hope in the Summer of 2017 expecting to be back into a remodeled classroom in October of that year. Given your recent renovations you can appreciate how plans and expectations are regularly "adjusted." But change can also provide opportunities to grow and we all appreciate how worshiping in your beautiful new chapel space led to greater cohesion as a worship group, deepened spirituality, and even an increase in membership.*

*Beginning with our next Meeting for Worship on September 30 we will gather at the seminary in a classroom in the East wing off 13th St. at 10:30 am. If you have any questions about our sojourn at Hope or Quakerism in general please feel free to contact Larry Dickie (lawrencedickie@gmail.com).*

*Being a former member of Hope Church, I know that an open arm welcome to all is just who you are but we are nonetheless very grateful. Thank you.*

*Sincerely,*

*Larry Dickie, Clerk, Holland Friends Meeting*

### OCTOBER BIRTHDAYS

29      Elsie Howard

31      Hank Telgenhof

### Snowbirds!

Please call the church office at 392-7947 to let us know when you'll be leaving and what your temporary address will be so that you can continue receiving the Hope Church News and other church mailings.

If you are 75+ years old and would like to be listed in the birthday column, please contact the church office at (616) 392-7947 or [office@hopechurchrca.org](mailto:office@hopechurchrca.org)

## At Home With the Word

Sunday Lectionary as Daily Bible Readings

### October 1-7, 2018

Monday Job 1:1, 2:1-10  
Tuesday Psalm 26  
Wednesday Genesis 2:18-24  
Thursday Psalm 8  
Friday Hebrews 1:1-4, 2:5-12  
Saturday Mark 10:2-16  
**Sunday Twentieth Sunday after Pentecost**

### October 8-14, 2018

Monday Thanksgiving Day (Canada); Joel 2:21-27  
Tuesday Job 23:1-9, 16-17  
Wednesday Amos 5:6-7, 10-15  
Thursday Psalm 90:12-17  
Friday Hebrews 4:12-16  
Saturday Mark 10:17-31  
**Sunday Twenty-First Sunday after Pentecost**

### October 15-21, 2018

Monday Job 38:1-7  
Tuesday Isaiah 53:4-12  
Wednesday Psalm 91:9-16, 104:1-9, 24, 35  
Thursday Job 38:1-7  
Friday Hebrews 5:1-10  
Saturday Mark 10:35-45  
**Sunday Twenty-Second Sunday after Pentecost**

### October 22-28, 2018

Monday Job 42:1-6, 10-17  
Tuesday Jeremiah 31:7-9  
Wednesday Psalm 34:1-8, 19-22  
Thursday Psalm 126  
Friday Hebrews 7:23-28  
Saturday Mark 10:46-52  
**Sunday Twenty-Third Sunday after Pentecost**

### October 29-October 31, 2018

Monday Ruth 1:1-18  
Tuesday Deuteronomy 6: 1-9  
Wednesday Psalm 119:1-8

## *and finally*

In 1998, I could hardly get out of bed. I didn't care about my appearance, I couldn't eat, and though I had just given birth to a precious baby girl, the all-encompassing joy that had accompanied the birth of my previous son, was muted. Something was wrong. Thanks to the attentiveness of my family doctor, I was referred to a psychiatrist where I learned I had depression and generalized anxiety disorder, which began post-partum. Though I have struggled with low grade depression and anxiety for most of my adult life, medication and therapy manage most of it, for which I am so grateful. Add in enough rest, eating well, and exercising, I feel even better.

I am far from alone. Studies show that almost 20% of American adults have a mental health illness and the most recent Ottawa County Youth Assessment Survey reveals that just under 30% of teenagers, grades 8th through 12th, struggle with depression alone. This means that on any given Sunday, we are worshipping with, sharing fellowship coffee with, and making apple pies with multiple people with a mental health struggle, if not ourselves.

What can we do? How can we be a better community? How can we love those struggling (and ourselves) better? I am far from being a mental health professional and while I work hard to educate myself on identifying warning signs, I am not equipped as a pastor to offer the professional care required. But there are two things I can do and I wonder if more of us can do the same. First, I am sharing my own story of depression more. As much as we have evolved as a society, stigma regarding mental health is still very real. Perhaps if those of us whose experiences are not raw spoke more openly about our struggles past or present, those who feel more vulnerable and are fighting hopelessness would feel less isolated. I admit that sharing my story doesn't always feel natural, as I sometimes worry I will be viewed as broken or unstable, but the payoff is more people let me in on their pain or ask for a mental health professional referral.

This leads me to the second way I try to connect. I offer friendship. Now a word about loving those with a mental health illness. Friendship does not mean trying to solve someone's problem. It is not ever to replace a therapeutic relationship with a health professional. It is not to offer advice, unless it is requested, or you suspect the person is in a potential emergency situation. Friendship is deciding I will not let my discomfort with mental health be a reason to avoid them. Friendship is being a listening ear when someone is ready to talk. Friendship is checking in on friends on occasion with a phone call, an encouraging card, or even a simple text message. Friendship is offering a hug if your friend wants it. Friendship is offering to help with a meal or household chore. Friendship is holding your friend in prayer and not taking it personally if they cancel on you last minute because today ends up being a bad day. Friendship is keeping confidentiality, but also pulling in a professional if a life-threatening crisis seems imminent. And just like any other illness, friendship can mean visiting them in the hospital, if they desire your presence and the health professionals feel it to be helpful. Essentially, being a friend to one with a mental health struggle looks pretty similar to being a good friend to anyone, perhaps with a bit more intentionality.

And finally, a word to those reading this who feel alone, unlovable, and hopeless. We, the three pastors, love you. We know God is at work in you and through you and we welcome the opportunity to remind you of this when you need it. We don't want you to feel alone and would love to meet with you to listen and/or to connect you with recovery resources. If you need immediate help, call the National Suicide Prevention Lifeline at 1(800)273-8255. Thank you for the gift of being your pastors and for allowing Hope Church to be your family.

Peace,  
~Pastor Beth

Hope Church  
77 West 11th Street  
Holland MI 49423



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# Hope Church News

October 2018



## Early Worship

Karmen Kooyers, Early Worship Ministry Member

This fall, Early Worship services are focusing on ancient and modern saints from the early church. The focus will lead up to All Saints Day, celebrated this year on November 4. Traditionally, Early Worship celebrates All Saints Day by naming and honoring saints from our families, friends and Hope Church members who have passed before us. This year, we will extend our celebration of saints through each Sunday in the month of November to offer fuller remembrances of that person's life and service in the church or in their faith. Do you have a beloved saint from your family/friends or from Hope Church you would like to have remembered in Early Worship during the month of November? Perhaps that person had a favorite hymn we could play during the service or a favorite piece of scripture we could read. Or maybe she or he wrote a meditation or created a piece of art related to their faith. Or you may have another thought. Everyone at Hope Church is welcome to share ideas with us, and of course, all are welcome to join us any time for the services. Please let Karmen Kooyers, Kay Hubbard, or any of the pastors know by October 16 if you'd like to have a favorite saint of yours remembered.

# October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 5 pm Executive Committee 6:15 pm Stewardship & Finance	<b>2</b>	<b>3</b> 6:15 am Men's Breakfast 9:30 am Circle 1 9:30 am Circle 2 5:30 pm Community 5:45 pm Fall Series 6:15 pm Carillon Choir 7:30 pm Chancel Choir	<b>4</b> 2-4 pm Hope Church Nurse 7 pm Volleyball (FUMC Gym)	<b>5</b>	<b>6</b>
<b>7</b> 8:30 am Early Worship, <i>Linda McFadden</i> 9:40 am Church School (children, adults) 9:40 am Chancel Choir 9:40 am Orientation to Hope Church 10:45 am Nursery 11 am Worship, <i>World Communion</i> <i>Gordon Wiersma, preaching</i> 11:15 am Children in Worship 6 pm Fish Club & High Hopes - Bowling	<b>8</b> 11 am REST Support Group 5:45 pm Spiritual Formation 7 pm Consistory & Board of Elders & Deacons	<b>9</b> 10:30 am Coffee at Rest-haven - 32nd St.	<b>10</b> 6:15 am Men's Breakfast 7:35 am Discerning our Future 5:45 pm Fall Series 6:15 pm Carillon Choir 7 pm Circle 4	<b>11</b> 2-4 pm Hope Church Nurse 7 pm Volleyball (FUMC Gym)	<b>12</b> <div>Diners Club Weekend</div>	<b>13</b>
<b>14</b> 8:30 am Early Worship, <i>Jill Russell</i> 9:40 am Church School (children, adults) 9:40 am Chancel Choir 9:40 am Parenting Class 9:40 am 6th & 7th Grade Sunday School 9:40 am G.I.F.T. Class 9:40 am High Hopes Unshowered 10:45 am Nursery 11 am Worship, <i>Jill Russell, preaching</i> 11:15 am Children in Worship 12 pm Ministry/Committee Fair 12 pm Second Sunday Snacks	<b>15</b> 12 pm Facility Strategy 4 pm Outreach & Hospitality 5 pm Fellowship 6:30 pm Christian Education 6:45 pm Congregational Care & Health 7:30 pm Reconciliation	<b>16</b> 1 pm Early Worship	<b>17</b> 6:15 am Men's Breakfast 12 pm Building & Grounds 1 pm Readers 5:45 pm Fall Series 6:15 pm Carillon Choir 7:30 pm Chancel Choir	<b>18</b> 2-4 pm Hope Church Nurse 7 pm Volleyball (FUMC Gym)	<b>19</b> 5:30 - 7:30 pm Family Time Together Event	<b>20</b> Time TBD Night Hike and Camp-fire
<b>21</b> 8:30 am Early Worship, <i>Gordon Wiersma</i> 9:40 am Church School (children, adults) 9:40 am Chancel Choir 9:40 am Orientation to Hope Church 10:45 am Nursery 11 am Worship, <i>David Alexander, preaching</i> 11:15 am Children in Worship 12:15 pm Blood Pressure Clinic 6 pm Fish Club & High Hopes	<b>22</b> 11 am REST Support Group 6:30 pm Personnel	<b>23</b>	<b>24</b> 6:15 am Men's Breakfast 5:45 pm Fall Series 6:15 pm Carillon Choir	<b>25</b> 2-4 pm Hope Church Nurse 7 pm Volleyball (FUMC Gym)	<b>26</b> <div>Restorative Prayer and Spiritual Practices Retreat</div>	<b>27</b>
<b>28</b> 8:30 am Early Worship, <i>Judith Boogaart</i> 9:40 am Church School (children, adults) 9:40 am Parenting Class 9:40 am 6th & 7th Grade Sunday School 9:40 am G.I.F.T. Class 9:40 am High Hopes Unshowered 10:45 am Nursery 11 am Worship, <i>Healing Prayer</i> <i>Jill Russell, preaching</i> 11:15 am Children in Worship 12:15 pm Pizza Sunday 12:15 pm Pastor Jill 10 Year Celebration 12:30 pm Caring for Creation	<b>29</b>	<b>30</b> 9:30 am New-sletter Assembly	<b>31</b> 6:15 am Men's Breakfast 6:15 pm Carillon Choir			