



# HOPE CHURCH NEWS

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

Volume 62, No. 4

April 2019

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## Inserts:

- April Calendar
- Lectionary
- Restorative Circle Facilitator List

The deadline for the May newsletter is **Monday, April 15.**

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

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(616) 392-7947  
HopeChurchRCA.org



## Worship During Holy Week

### Palm Sunday, April 14

**8:30 a.m. Early Worship Palm Sunday Celebration**

**11:00 a.m. Palm Sunday Celebration**

We begin the journey through Holy Week with a Palm Sunday processional, liturgy, preaching, and song.

### Maundy Thursday, April 18

**6:00 p.m. Seder Dinner**

This traditional Jewish meal remembers the events of the Passover told in the book of Exodus. There will be a pot luck meal as part of the Seder so please bring a dish to pass. Sign up for the Seder in the Gathering Area or by calling the church office (392-7947).

**7:45 p.m. Tenebrae Service (Service of Shadows)**

The service follows the path of Jesus' passion through the Last Supper and crucifixion and includes communion, prayer, scripture & music.

**Transportation:** *If you need transportation to the Seder Dinner or Tenebrae Service, please indicate that on the sign-up sheet in the gathering area.*

### Good Friday, April 19

**12:10 p.m. Community Good Friday Service at Maple Avenue Ministries**

Maple Avenue Ministries will host a community ecumenical Good Friday service, in cooperation with several downtown Holland congregations: Hope Church; First United Methodist; Third Reformed; Holland UCC; Grace Episcopal; First Presbyterian; and Calvary Reformed. The liturgy of scripture, song and prayer will focus on the seven last words of Christ on the cross, and will be led by participants from the various congregations.

### Easter Sunday, April 21

**8:30 a.m. Early Worship Service**

**9:40 a.m. Easter Brunch ~ please bring a breakfast item to share!**

**11:00 a.m. Worship Service**

Celebrate the Risen Lord! Pastor Gordon Wiersma, preaching, and Pastors Beth Carroll and Jill Russell, liturgists; with choirs and brass under the direction of Brian Carder. Church School will not be held.

## Easter Offering for Haiti Foundation Against Poverty

Ben Sikkink, Senior Deacon

For several years Hope Church has been supporting the Haiti Foundation Against Poverty, and in particular their Gift of Hope program which offers employment to women enabling them to keep their families together by providing a steady income for them to provide food, housing, medical care and other essentials for their families. For many of these women this is what has allowed them to keep and raise their own children rather than place them in orphanages or watch them suffer from malnutrition or other easily treatable conditions. The political situation in Haiti remains dire, however, and in mid-February there were ten straight days of violent demonstrations. The large scale disruptions have since lessened,

but there has been continuous gang fighting and other issues. One writer compared the situation to being in a room with many jacks-in-the-box, having no idea when or where one is going to pop open and cause a return to the more violent, large-scale demonstrations.

Because of this situation, the women in the Gift of Hope program have seen their incomes reduced. At first this was because it was often unsafe for them to travel to work. Secondly, many mission groups, both those intending to work directly with HFAP and others with other missions, have canceled their trips. These groups would travel to the Gift of Hope Boutique to purchase the products. The reduced

sales have also meant a reduction in work and subsequent loss of income. Because of this HFAP issued an appeal for gifts to be given to create a special fund that would guarantee that these women will have income enough to cover their basic needs and keep their families intact. The Board of Deacons decided to designate the 2019 Easter Offering to this fund. Gifts can be made at any time in April by using the special Easter Offering envelope or by denoting Easter Offering on the memo line of your check.

Another way to support these women is to visit [giftofhopehaiti.org](http://giftofhopehaiti.org) and purchase their products online.

## Join Us for Fun, Music, and Fellowship

Community Ministry

We hope you've marked your calendars for April 27, 5 p.m., for Think Hope! It's an evening of food, fellowship, fun, and fundraising. Join us for

- Social time and the opportunity to bid on items reflecting the talents, skills, and interests of fellow Hope Church members
- A delicious dinner, featuring grilled chicken and continued fellowship
- Musical entertainment featuring Little Sip, a ukulele and guitar trio (Bob Johnston, Dan Smith, and Steve Wessels) that performs traditional folk, gospel, and favorite rock songs.

You can buy tickets in the Gathering Area on April 7, 14, and 21, or through the church office during regular hours. Auction donation forms are also available through the office, and auction items can be delivered to church between April 14 and 21.

Given events in our community, Community Ministry, in consultation with the pastors, has shifted the beneficiary of Think Hope funds raised to the Escape Ministries Youth Summer Employment program. Following the violent death of a youth in our community in February, community groups have collaborated to increase the support for the safety and thriving of all our Holland youth. One important need identified has been summer youth employment, and the program that Escape Ministries administers is in need of significant financial support. This program offers work experience, income, and mentorship to youth with otherwise limited constructive options. Hope Church has supported this program in the past; Think Hope is an opportunity for Hope Church to offer tangible support for this expressed community need. We look forward to your creative donations, attendance, and generosity.

Don't miss it! Think Hope has become an important festive occasion in our lives together.



## Staff Retirement: Ric Beltran

Personnel Committee

Ric Beltran will be retiring from his position as custodian and set up manager on June 1. Ric has been an integral part of Hope Church's staff and a valued team member for ten years. We have appreciated his service to Hope Church and will dearly miss him on staff, but we're grateful he remains an active member of the Hope Church congregation. A reception to celebrate Ric's service is planned for Sunday, May 19.

## Adult Education: April

Classes meet in Commons I on Sundays from 9:40 to 10:45am. They are free and are open to young people and adults.

**April 7 and 14: How and Why are Religiousness and Spirituality Related to Health?** Classes will be led by Alyssa Cheadle Pearson, who is an Assistant Professor of Psychology at Hope College. She earned her PhD in Health Psychology at UCLA after completing a Master of Theological Studies degree at Harvard Divinity School. Week 1: A growing body of research suggests that religious and spiritual people enjoy better health. Alyssa will review these relationships and we will discuss the evidence. Week 2: Alyssa will guide a discussion of why religiousness and spirituality are related to health including psychological, social, behavioral, and physical links between body and spirit.

**April 21:** Easter - No Adult Education Class.

**April 28 and May 5:** The Creation Care Ministry will be offering a review of the Climate Change issue. The presentations will first cover the science and implications of climate change and then consider ways of responding.

## What is Creation Care?

Steve Bouma-Prediger, Hope Church member

Creation care refers to the theology and the practice of caring for the earth and all its creatures. More exactly, creation care focuses on the proper treatment of people and all the more-than-human aspects of the natural world—animals, plants, soils, ecosystems—that grace us with their beauty, complexity, and mystery.

While the modern Christian environmental movement can be traced back to the work of pioneering Lutheran theologian Joseph Sittler in the 1950's and 60's, the term "creation care" is of relatively recent provenance, having come into common parlance only since the 1980's. An important catalyst among North American Christians was the publication in 1980 of *Earthkeeping: Christian Stewardship of Natural Resources*, edited by Loren Wilkinson and co-authored by 6 other scholars. Republished in an updated version in 1991 as *Earthkeeping in the 90's: Stewardship of Creation*, this volume gave voice to the growing sense that Christians ought to serve

and protect the earth (Gen. 2:15).

Since the early 1980's Christians have formed creation care groups of many kinds: local gatherings of like-minded people from different churches, such as Holland Creation Care; national organizations, such as the Evangelical Environmental Network; educational non-profits, such as the Au Sable Institute for Environmental Studies. Writings on creation care have been penned by Protestant pastors and leaders, e.g., Wesley Granberg-Michaelson, Eastern Orthodox patriarchs, e.g., Bartholomew I, and Roman Catholic popes, e.g., John Paul II, and more recently Pope Francis.

The main claim of those who advocate for creation care is simple: authentic Christian faith includes care for the earth and its plethora of creatures. Earthkeeping is integral to Christian discipleship. Such a claim is embedded in what we sing and pray and confess. For example, in the second line of the doxology we sing "praise God all

creatures here below." In the Lord's Prayer we pray that God's will be done "on earth as it is in heaven." And in the opening line of the Apostles' Creed we declare "I believe in God the Father almighty, maker of heaven and earth" and in the second to last line we confess that we believe "in the resurrection of the dead." In other words, a theology of creation care is embedded in our music and liturgy and confessions, but we often do not notice it or give it the attention it deserves.

Such a theology is also in the Bible, from the very first chapters of Genesis to the very last chapters of Revelation. Scripture begins and ends with rivers and trees and a God who creates and sustains and will bring to perfection heaven on earth. We are called to be caretakers of this good (though abused) earth. In a world of increasingly large and pressing environmental problems, this is gospel--good news indeed.

## Witness to Reconciliation

Kristyn Bochniak, Hope Church Member

My name is Kristyn Bochniak. I was pleased and honored to be asked to speak today on reconciliation; specifically how I see reconciliation in my work. I am the Associate Dean for Residential Life and Education at Hope College. In this role, I oversee all the students living on campus and all the staff working in the halls, cottages, and apartments. While I've been at Hope 4 years, I have been engaged in residential life work at different colleges and universities for about 18.

A couple understandings you need to know about this work, and ultimately me, before I talk about reconciliation.

Everybody wants to belong. While I was in graduate school, I was struggling to write a paper about diversity in the classroom. It was Sunday, and my husband said leave it and let's go to church. Grumpily I went. That day the main theme to the sermon was: "behind every face is a story; And within every story is a search for belonging." This turned into the thesis of my paper and really a cornerstone of my work and life. So if people feel the need to belong, they need and desire to be in community.

The core role of Residential Life is to form community and give students a place they feel like they can belong. We will never accomplish this. We know that, but this doesn't mean that we will ever stop trying. And in the midst of community and trying is broken promises, harsh words, unintended discrimination and bias, actions done as a result of peer pressure, lack of action from fear of judgement, and many under-developed-brains making underdeveloped choices. Which all leads to hurt, brokenness, conflict, and MANY opportunities for reconciliation.

As I have thought about this, I have

gotten insights from colleagues and students. What emerged was not a single story of reconciliation but lessons we have learned about reconciliation.

Each one of these lessons I have anchored in a comment/belief that a Hope student made after being a part of a reconciliation retreat facilitated by one of my colleagues a few years ago. Each lesson is accompanied by a story with changed names and details.

1) "I believe Hope can be a mode of reconciliation when we choose to lament, choose to forgive, choose to act and practice resurrection."

Choice - People have the power of choice. They have the power to do things that will cause hurt, and they have the power to choose to move through a process of reconciliation. Sometimes people are not ready to move through that process. That is okay and that is hard.

Joe had a judicial meeting that my colleague didn't feel comfortable doing on his own. I agreed to join him for what I thought would be a 30 minute meeting. 2 hours later Joe had heard how he scared and hurt one of his closest female friends, and he wasn't allowed to have contact with her until this situation worked through the judicial process. He had gone through a gauntlet of emotions, he was planning on going home for the weekend, and we had a follow up check in meeting scheduled for the Monday morning.

A lot of processing and three check in meetings later, all Joe wanted to do was talk with her and clear things up. Reluctantly, Joe realized he might be ready to choose to start that reconciliation process, but she was not. They both have the power to

choose and both have to be ready to engage to move into reconciliation.

2) "I believe that in relationship we find forgiveness through grace. A residue of pain remains, yet people are set free."

Internal reconciliation - Many of my stories of reconciliation begin with a painful walk alongside students who first need to recognize, process, react, lament, and reconcile something within themselves before they can reconcile with another person. A process that leaves a "mark", but ultimately "frees" the person to seek reconciliation and have comfort with themselves.

Sue has a mental illness. Sue was newly diagnosed, was struggling with cultural stigmas around mental illness, and saying and doing things that were taking an unfair emotional toll on her friends. I talked to Sue about her impact on her friends and community members and that she needed to move because of that impact.

Over 3 years, Sue and I continued to meet, checking in, ensuring she was connected to the mental health resources she needed, processing what it meant for her to live with and understand her mental health in the context of living in community. With the help of her counselor, she struggled through understanding her illness, what she needed to do to manage it, the responsibility she had for the impact on the community and the broken relationships and friendships along the way, so she could seek reconciliation with the people she needed to.

3) "I believe that reconciliation is an active process not an abstract idea. It changes cultures, transforms lives, and broadens perspectives."

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Process and time - As all of these quotes and stories say or suggest, reconciliation is a process that takes time. Often there are many different choices, emotions, and experiences that need to be made, felt and had before you can move into reconciliation. Sometimes that does go relatively quickly, but other times that can take years. What is true is that people need to go through their process and it will take time.

Jamal was a RA. I watched him grow as a student and in his identity as a gay man. His supervisors processed with me the hurt, and resentment of his family's disapproval of him being

gay. From a distance, I saw how this impacted how he viewed himself, presented himself to others, and how he was involved on campus. Jamal is also a science minded person, so he approached his understanding of himself and his relationship with his family intellectually and analytically which has looked very different than many others I know who have made this journey. As a senior, I developed a relationship with Jamal and heard from him his years of not being happy with himself, years of trying to figure out what his identity meant to him, years of trying to understand his relationship with his family, and the new found peace he discovered for

himself and his family.

Lastly, "I believe that pain is real, that anger is justified, and that response is necessary. But most of all, I believe in the driving force of Hope."

Ultimately, belonging is a need, community is necessary, but it is messy and hurtful. Reconciliation is a vital way we can help pick up the pieces and repair the holes in our communities and ourselves and give us hope.

Thank you.

## Kids Hope

Vicki Rumpsa, Kids Hope USA Director

I have been busy this month getting to the parents of our Kids Hope students information and registration forms for Camp Geneva. For those of you who did not know this, Camp Geneva has a program for Kids Hope kids that allows them to attend Camp Geneva for about 1/3rd of the cost. For 2019 it now costs anywhere from \$385.00 to \$435.00 for a child to attend camp for 5 days. Whew! That has gone up a bit since I went to camp back in the 60's. Thanks to Larry and Karen Mulder who contribute to a fund set up to help our Kids Hope kids attend camp, our campers only pay \$25.00 and Camp Geneva and the Mulders pick up the rest. This is truly amazing!

This year we have 3 students who are planning on attending. 2 have been there in previous years and 1 is brand new to the camp experience. They will all be in for a great week of camp that promises a variety of experiences including worship, splashing in the pool, dancing to songs and skits and creating meaningful relationships with other campers and with the Camp Geneva staff. A typical day looks like this:

7am Wake up and Polar Bear plunge in Lake Michigan (optional)  
8:30am Breakfast  
9:15am Songs and Skits  
10:15am Bible Study  
11am Cabin Activity  
12pm Lunch  
1:30pm All Camp game  
2:30pm Free Time (store open)  
4pm Interest Groups  
5:30pm Supper

7pm All camp activity  
8pm Evening Worship  
9pm Snacks, cabin time and Bed

Bring back any memories for those of us who attended in our youth? What is also great about their daily schedule is that the Camp Geneva Staff prepare a specific curriculum, written by them, that is used for the Bible Study. They do this by first picking a Bible verse that speaks to them and then they come up with a theme that grows out of that verse. This year they chose 1 John 4:10; "This is real love - not that we loved God, but that He loved us and sent His Son as a sacrifice to take away our sins." As they read this they thought "that's wild!" and thus made WILD the theme for this summer. It will be interesting to hear how they carry out that theme not only in Bible Studies but also in the activities the campers participate in.

So if this has perked your interest you may want to visit Camp Geneva again. They have 2 Open Houses planned with one for Kids Hope campers and another for the general public. The general public one is on Sunday, May 19 from 2-4pm. I would encourage those interested to go and see all the changes that have occurred and relive some of those memories. The pool is open for a dip, the paths are still there to lead you around and the amphitheater where we got our camp photos is still in the same place. It was such a great time going to Geneva and now thanks to the generosity of the camp and the Mulders, kids that could not normally afford to go to camp will be able to go and thus experience the WILD love of God on the beautiful shores of Lake Michigan! Thanks be to God.



## Kitchen Spring Cleaning

This is a heads-up that some volunteers will be deep cleaning the kitchen the week of **April 22 to 26**. If you or a group you represent have food, utensils, containers, or other items that are important to keep stored in the kitchen, please contact Joyce Teusink or Lisa Denison. We will be coordinating these needs with the office. If you are interested in volunteering to help clean, contact Joyce or Lisa. Thanks!

## Poetry Corner

hosted by Randy Smit and Rhonda Edgington

I was reminded by fellow poet Francis Fike last Sunday, while eating the pancake feast that Karmen and her husband Duane had spearheaded, that April is Poetry Month. Karmen has shared with us her love of poetry this month, highlighting two fellow poets whose works she has taken to heart. We all can celebrate this month the many and varied ways poetry impacts our lives. In honor of Poetry Month, and with thanks to Karmen, enjoy some poetry today! ~Rhonda (for R&R)

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Water can evoke many images and emotions. We drink it, bathe in it, swim in it, play with it, stand by its shores and breathe in the healing beauty of it. We are baptized with it.

My cousin Barbie and my brother Greg both drowned in lakes. When I think of them, I try not to dwell on their last moments in the waters that took their lives. Still, I cannot forget. Given this sorrow, and yet somehow defying logic, some of the happiest times of my life have been spent on the shores of lakes. Lake Macatawa, close enough to walk to from my home. Houghton Lake, where my grandparents once had a cottage. Hamlin Lake in Ludington, where Duane and I have sailed and camped. Lake Champlain, which we crossed in a ferry. Lake Michigan, where I stare in wonder at the waves.

No wonder the two poems I share with you here are so powerful for me. They stir up an eddy of emotions and memories. To me, they speak of courage and hope. *Deep Water* was written by Bruce ten Haken and shared with Early Worship years ago when he led one of our services. *Now, When the Waters are Pressing Mightily* was written by Yehunda Amicahi and sent to me by one of my classmates from Vermont College. It is translated from the Hebrew by Leon Wieseltier.

I hope these poems hold meaning for you, too.

~Karmen Kooyers

*Now, When the Waters Are Pressing Mightily* by Yehunda Amicahi,  
translated from the Hebrew by Leon Wieseltier

Now, when the waters are pressing mightily  
on the walls of the dams,  
now, when the white storks, returning,  
are transformed in the middle of the firmament  
into fleets of jet planes,  
we will feel again how strong are the ribs  
and how vigorous is the warm air in the lungs  
and how much daring is needed to love on the exposed plain,  
when the dangers are arched above,  
and how much love is required to fill all the empty vessels  
and the watches that stopped telling time,  
and how much breath,  
a whirlwind of breath,  
to sing the small song of spring.

*continued on page 7*

*Deep Water* by Bruce ten Haken

I am walking out into deep water, uncertain of my destination.  
I feel the undertow and see the riptide.  
Below me is shifting sand, first shallow, then deep, shallow, then deep.  
The last safe sandbar is behind me.  
67 people have died in this water; they did not know the limits I have found.

The deep water has only surface to my eyes;  
going into that blue, I must close them, take one long deep breath  
and dive down into the darkness,  
searching what is unknown,  
finding my way without direction,  
reaching for what can't be seen.

But, maybe I am mistaken.  
Maybe, in the darkness, when I can go no deeper,  
when my breath is gone and lungs have shrunk,  
in that pause,  
my only choice  
is to look above me and pull myself toward the light.

This morning, as the water crashes down around me, trying to swim,  
I feel the current above, around and beneath me.  
The forces pull at my arms and chest,  
push at my legs and lungs.  
And in that pause,  
of opposing force,  
I know  
what I must do.

I know because,  
it is Life  
that calls me out into the Deep Water,  
it is Life  
that makes my lungs burn with each breath,  
it is Life  
that makes my muscles sore with each kick and stroke,  
it is Life  
that reaches for what is living in me and alive in this world.

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## Holland-Zeeland Walk

Judith Boogaart, Hope Church CROP Walk Coordinator

**Saturday, April 27, 8 AM**  
**Holland Christian High School**

**Sunday, April 28, 1:30 PM**  
**Beechwood Reformed Church**

You can register at the walk, and bring non-perishable food to help restock our local food pantries.

You can donate by check to Hope Church (write CROP Walk in the memo line) and put it in the offering during April

Sundays. If you want to donate online, go to <https://www.crophungerwalk.org/hollandmi/Donate>. Choose "TEAM," type in "Hope Church Holland," and follow the prompts.

Thank you for helping  
end hunger in our  
community and  
around the world!



## Events and Announcements

### Women's Circle Meetings

**Circle 1** will meet at Freedom Village on Wednesday, April 3 at 9:30 am.

**Circle 2** will meet in Commons 2 on Wednesday, April 3 at 9:30 am.

**Circle 4** will meet on Wednesday, April 10 at 7 pm at Barb Bright's home.

### Coffee Time at Resthaven - 40th 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-40th St. on Tuesday, April 9, 2019 at 10:30 a.m. Mark your calendar, and come for an hour, all are welcome!

### Hope Church Readers

Hope Church Readers will meet on Wednesday, April 17th, at 1:00pm in Commons 2. We will be discussing the book, *Lilac Girls* by Martha Hall Kelly. Our discussion leader will be Barbara Bright, and our hostesses will be Bette Williams and Janice Fike. Come

and share your love of books with us! New members are always welcome! For more information contact Lauren Heyboer.

### Church Office Closed: April 22

The Church office will be closed Monday, April 22 as an Easter Holiday.

### Brim Bunch

The April meeting of Brim Bunch will be held on Thursday, April 25 at 6:00 pm. It is "Poetry Month" and Deborah Schakel will not only present some interesting poetry but tell some stories as only Deb can do. Her topic is "JUST THIS". Deb is a long time member of Hope Church and is known for her unique programs. The meal prior to the program will be catered. Reservations will be made via email, telephone to the church office (392-7947) or the signup sheet in the Gathering Area. You will not be telephoned as in the past. Come and enjoy the camaraderie of friends and good words strung together to make us smile!

### Congregational Meeting

Nominations for a new class of consistory members are in. A brief congregational meeting to elect officers will be held after worship in the sanctuary on **April 28**.

### April Pizza Sunday

The next Pizza Sunday is **April 28**.

### Spring Yoga!

Spring is a time of waking up. The earth wakes up and our bodies long to breathe, stretch and move, too. Come to yoga on Friday mornings! This a wonderful practice designed to move in a way that increases flexibility and strength in the body, focuses the mind and opens the heart to what is present on the mat and in our lives. Mats and props are available. Fridays, 8:15-9:15 am. April 12 – June 7. No class on May 10. Fee is \$10. You can drop in any time!

## Children's Ministry

Jocelyn Van Heest, Children's Ministry Director

### Prayer PALS: Prayers Always Lovingly Said

On Sunday, April 28, we will celebrate the Children's Sabbath, a day when we as a congregation promise to nurture and pray in support of the children of Hope Church as well as those children with special concerns around the world. We want to celebrate all children on this Sunday and each day that follows.

The congregation will have the opportunity to select names of children to support and pray for in the coming year. The names of all the children in each family will be included on the Prayer PALS sheet. Along with the names there are some suggestions and more information about how you can make a meaningful connection to those children through prayer and/or involvement with the family. The sheets will be distributed during the worship services on April 28 and they will also

be available in the Gathering Area for a few weeks after the Children's Sabbath. We will also provide cards that may be sent to the family to introduce yourself to them.

The children age 3 through 5th grade have created posters about themselves and they will be posted along the Commons hallway. Check them out and learn more about your Prayer PALS. Our children are an important and valuable part of our congregation as they share their joy and energy with each of us and we celebrate them.

### Peace Camp – June 24-28

For the past two summers, Hope Church has participated in a weeklong Peace Camp with other churches and organizations in Holland. The adults who volunteered and the children who attended learned practices to help encourage peace and were introduced

to many different ways to make peace in our own selves, homes, and in our part of the world. If you would like to be a part of this amazing experience, please contact Jocelyn Van Heest, [jvanheest@hopechurchca.org](mailto:jvanheest@hopechurchca.org). We are in need of leaders, food helpers, craft helpers and anyone enthusiastic about teaching children how to make the world a more peaceful place for everyone including themselves. There are so many ways you can help to encourage these young children in making a peaceful future. Families will be sent information about the camp and how your children can participate. This year the camp is for children entering 2nd grade through those entering 8th grade. Through many methods including art, music, movement, discussion and listening they will get excited about making peace and not breaking peace with others.



## Thank You

*Dear Hope Church friends,*

*I cannot adequately express in words my gratitude for the care and love that I have felt around my surgery and subsequent recovery. The stack of cards I have received, the many meals delivered, the emails, and various other expressions of concern have been overwhelming and greatly appreciated. I felt surrounded by your love and prayers and it made such a difference in my experience of this unexpected time of disruption and then healing. I am very grateful to the consistory for providing me with medical leave to have the space for healing and recovery. I am very grateful to the staff and ministry leaders for picking up all kinds of slack from my absence. And I am very grateful to Pastors Gordon and Beth for all that they have shouldered in this time that I was away. Thank you from the bottom of my heart! Showing up for each other in times of vulnerability and need are indeed some of the more precious ways the grace of God shows up in the flesh!*

*~Peace, Pastor Jill*

*I am filled to the brim with gratitude to our congregation for all the support Duane and I received during the February Pancake Lunch fundraiser. For the crew who helped set up and those who helped flip pancakes,*

*for those who cleaned counters and washed dishes and stayed for hours to help, for those who put away all the tables and chairs, for Ric and his cheerful assistance, for the musicians who serenaded us, and for the congregation, showing up to eat our feast in a snowy windstorm and donating so generously (we raised \$2250 to put towards our renovation mortgage!) – thank you so much! When I dreamed up the idea for this fundraiser, I trusted that others would step in to help us. This trust I have in our church, knowing we will support and come through for each other, means more than I can express. Through the years, during so many times of fellowship and working with others in our Commons and our kitchen—because we do love to gather around food—I have been struck by how much we genuinely like to be with each other and how well we work alongside each other. Thank you, Hope Church. Bless you all, every one!*

*~Karmen Kooyers*

*I have so appreciated the support from Hope church members during my long recovery from injuries sustained in a fall late last year. Thank you for the cards, visits, food, rides and of course prayers.*

*~Judy Bos*

### APRIL BIRTHDAYS

03 Char Laman

09 Gerard VanHeest

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)

## Tulip Time - Parking Lot Volunteers Needed

We are in need of volunteers to help staff the Hope Church parking lot on three different days during Tulip Time, on which we will be collecting a \$5 fee for parking. Proceeds will go towards reducing mortgage expenses for our completed church renovations. There will be a sign up sheet in the gathering area starting in mid-April. Please sign up if you are able to help out during one of time slots listed on the sign-up sheet on May 4, 8, or 9.

## Tulip Time Organ Concert at Hope Church

Rhonda Edgington, Associate Director of Music and Organist

For the third year in a row, Rhonda Edgington will be playing an organ concert during the first weekend of TulipTime, on Sunday, May 5 at 7:00pm. This year's theme is "From the Oude Kerk to Playing it Cool!" - referring to both the famous Dutch composer and organist of Amsterdam's Oude Kerk, Jan Pieterszoon Sweelinck as well as works by living Dutch composers, such as Ad Wammes' piece from 2012

titled Playing it Cool! The program will involve organ music from the Netherlands from Sweelinck's era (the 16th century) to modern composers.

As in previous years, this is a ticketed event - you can purchase your \$15 tickets either at the door, or online at <https://www.tuliptime.com/events/dutch-organ>. Local performer Geneieve Beaulieu will be joining the

program for a set of pieces based on Dutch hymn tunes, for organ and bassoon. Rhonda also promises this year to appear in Dutch costume!

Take a break from eating elephant ears and hiding at home, avoiding the tourists to hear a concert of organ music.

## Congregational Care & Health Ministry

Ginger Clark, R.N., Hope Church Nurse

There are mobility and personal assist aids that you may need on occasion—following a surgery or dealing with an illness that affects your physical abilities. At Hope Church we have a medical equipment closet that provides temporary use of these items at no cost. Please call the church office or Parish Nurse, Ginger Clark for availability. If you have an item you

no longer use we would appreciate the donation to this great cause. Here is the current list of available items: wheelchairs, walkers, canes, crutches, commodes, shower chairs and benches, raised toilet seats, ortho boots, seat cushions, sitz bath, sock aids, knee scooter, bed rail, and ETAC sit to stand device.

We also have first aid kits located in the main office, room 206, youth room, kitchen, narthex and the church van. An AED (automatic external defibrillator) is located in the gathering area on the wall near the coat closet.

## Discovering Ways to Enjoy Physical Activity

Kim Mulder, Spiritual Director and Yoga Teacher

Movement is important for healthy living because of its impact on our physical, mental and emotional wellbeing. It enhances the function of our joints, muscles, heart and more while also being a resource for clearing our minds, relieving stress, calming anxiety and more. Movement is also important to our spiritual wellbeing. When we practice mindfully moving our bodies we are fully engaged, connected to ourselves and God and the present moment.

Two things seem critical here: finding the activity we enjoy and doing it mindfully. Let's begin with what you like to do already. Do you like to walk, run, cycle, garden, practice yoga, clean, dance, play with your kids or grandkids, swim? If you find it easy to move, awesome! Keep it up! If you find yourself naturally inclined to sit, how can you support more movement in your days? I suggest starting with a pause. Huh? Aren't we supposed to be moving? Yes! A pause helps us to remember what we really want. At the beginning of your day or whenever you feel sedentary, take a couple of breaths, close your eyes and ask yourself, "What do I really want today (or right now)?" Allow your heart to respond. Chances are you want health, wellbeing, movement, connection. You may hear the small, but sure voice within sound, "I want to go for a walk!" or perhaps a visual

image comes to mind of playing with the kids in your life or dancing to a favorite tune. You still have to get up and follow the desire of your heart, but the connection to your desire provides the motivation you are looking for! It takes the guilt and the "should" out of it, leaving us to nurture our body from a place of love and connection.

Enjoying our physical activity mindfully adds connection between body, mind and heart. I'd call that a spiritual connection. We can be present, fully aware of our body sensations, our thoughts and our emotions. In that presence, we can feel a sense of wholeness with ourselves, nature and God. Begin an activity with a few full breaths and notice what it is like to prepare for the activity. How do your feet feel as you slip on your shoes? How do you feel as you sit on the bike seat and wrap your hands around the handle bars? What emotions arise? Do you feel excited or reluctant today? If you remember, check in with yourself during the activity. How do I feel? What am I thinking about? What does it feel like to pay attention to just what is happening now? And then take a few moments when you finish the activity to breath. Notice how you feel differently now than when you began. Has the activity influenced what is happening in your body, mind and heart? To notice where we feel happiness, satisfaction, clarity and

the energy rising adds to the joy of moving our bodies. If you forget to check in as you are active, you can always look back at the activity later, taking some time to imagine doing it and remembering what you felt.

Not all movement has to be big. You may find yourself limited by age, illness, disability or mood. At these times small movements in our bodies may encourage the health we are pursuing. When limitation is present or when you feel bored, disengaged, or anxious, see if moving your body can become a form of prayer for peace, patience or courage. Subtle movements of lifting and opening the chest can make us feel open and brave. Opening our arms wide or raising them up as we inhale a breath and bringing them back in as we exhale can support a feeling of possibility and moves stagnant air from our lungs. And perhaps moves some stagnant thoughts or emotions, too! Gently turning the head side to side may encourage us to see something we missed or get a good look at the whole scene. Circling the ankles or wrists or tapping the fingers to music may be the dance you are looking for today. Paying attention to small movements can offer us a gateway to ease and joy.

Be curious and be willing to be surprised! May you discover joy in moving your body today!

## and finally

How can I connect scripture to my life today? This might be one of the most common discipleship questions we ask. While we might believe that God speaks to us today through the words of ancient Hebrews, this doesn't mean that finding methods to make those words resonant and relevant today is easy. There are many ways we can steep ourselves in the word and one exercise is to take scripture passages and insert words or ideas that connect with us, right here, right now. This exercise is one in which our youth participated recently with the Beatitudes in Matthew 5 and Psalm 23. We discovered that though circumstances are different than those thousands of years ago, the feelings are very much the same. I have included several examples our youth wrote and I hope they speak to you in the meaningful ways they spoke to us.

### Matthew 5

Blessed are those who are criminals and murderers,  
for they shall be blessed by God in forgiveness.  
Blessed are those who suffer from depression,  
for they shall be comforted in the arms of God.  
Blessed are those who cause trouble for others because they want to feel good,  
for they shall find forgiveness by God and be showered with holiness instead of hatred.

### Matthew 5

Blessed are those who remain selfless,  
for they shall hold the kindest of hearts.  
Blessed are those who no longer see a reason to live,  
for they shall live the worthiest of lives.  
Blessed are those who become the victims of society,  
for they shall experience love greater than hate.

### Psalm 23

The Lord is my father I shall not want.  
He brings me peace.  
He leads me beside the crowd.  
He restores my soul.  
He leads me in the right paths  
For he is the Lord.  
Even though I am surrounded by darkness, evil and sin, I have no fear, for you are with me;  
your strength and your will, they protect me.  
You lay out my fate before me  
in the presence of my enemies;  
you bless my soul;  
my cup overflows.  
Surely goodness and mercy shall follow me all the days of my life,  
and I shall dwell in the house of the Lord my whole life long.

### Psalm 23

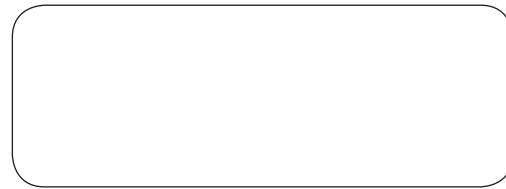
When the Lord leads us, we will not want anything else.  
She lets us rest in good places.  
She does not let us go thirsty.  
She restores my soul.  
The Lord shows us the right path,  
even when things aren't going the way we want.  
We don't give up hope.  
The Lord is always with us.  
The Lord doesn't let us go hungry.  
We belong to God.

Peace,  
~Pastor Beth



# Hope Church News

April 2019



## 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.*

### Hope Church's Engagement through Community Ministry

David Myers, Community Ministry member

The mission of Community Ministry is to inform, engage, and support Hope Church's outreach, via its members and its benevolent giving. Its members are Lois Maassen (chair), Judy Bultman, Dave DeBlock, Barbara Joldersma, David Myers, Vicki Rumpsa, Anne Saliers, and Pastor Gordon Wiersma (staff support).

#### Benevolent Supports

Giving through the Community Ministry focuses primarily on local ecumenical and cooperative agencies that offer security and connection within our community. These include:

- *Housing, hunger, and economic independence:* Community Action House, Good Samaritan, Neighborhood Connections,

Lakeshore Habitat for Humanity, Lighthouse Immigrant Advocates, HomeCor, and Jubilee Ministries

- *Health care:* Holland Community Health Center, Free Health Clinic and Lakeshore Parish Nurse Program
- *Domestic violence prevention:* Center for Women in Transition
- *Inclusion of those with disabilities:* Special Education Ministries and Camp Sunshine
- *After-school child support:* Kids Hope mentoring program, CASA, & Escape Ministries

#### Volunteer Support

Community Ministry also encourages and supports social, economic, and environmental justice work

undertaken by Hope Church members. These include volunteers engaged with local organizations that meet needs for food, health, housing, education, and a sustaining environment. Kids Hope and Washington School Neighbors find connection through Community Ministry. The committee itself is exploring community housing needs, including for those with disabilities.

#### Think Hope Auction

April 27th—mark your calendar! This is a time for Hope Church people to enjoy and get to know one another... and also to support a local need, which this year is Escape Ministries Youth Summer Employment program.

# April 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	<b>1</b> <b>5 pm</b> Executive Committee <b>6:15 pm</b> Stewardship & Finance	<b>2</b>	<b>3</b> <b>6:15 am</b> Men's Breakfast <b>9:30 am</b> Circle 1 <b>9:30 am</b> Circle 2 <b>5 pm</b> Community <b>6:15 pm</b> Carillon Choir <b>7:30 pm</b> Chancel Choir	<b>4</b> <b>2-4 pm</b> Hope Church Nurse <b>7 pm</b> Volleyball (FUMC Gym)	<b>5</b>	<b>6</b>
<b>7 ~ Fifth Sunday in Lent</b> <b>8:30 am</b> Early Worship, <i>Jill Russell</i> <b>9:40 am</b> Church School (children, adults) <b>9:40 am</b> Chancel Choir <b>10:45 am</b> Nursery <b>11 am</b> Worship, <i>communion</i> <i>Beth Carroll, preaching</i> <b>11:15 am</b> Children in Worship <b>4:15 pm</b> Jubilate Choir Rehearsal <b>6 pm</b> Fish Club & High Hopes	<b>8</b> <b>11 am</b> REST Support Group <b>6:30 pm</b> Centering Prayer <b>6:30 pm</b> New Members & Elders Meeting <b>7:45 pm</b> Consistory	<b>9</b> <b>10:30 am</b> Coffee at Resthaven 40th St.	<b>10</b> <b>6:15 am</b> Men's Breakfast <b>7:35 am</b> Discerning our Future <b>3 pm</b> Bible Study <b>6:15 pm</b> Carillon Choir <b>7 pm</b> Circle 4	<b>11</b> <b>2-4 pm</b> Hope Church Nurse <b>7 pm</b> Volleyball (Central Park Church)	<b>12</b> <div>Diners Club Weekend</div>	<b>13</b>
<b>14 ~ Palm Sunday</b> <b>8:30 am</b> Early Worship, <i>Beth Carroll</i> <b>9:40 am</b> Church School (children, adults) <b>9:40 am</b> Chancel Choir <b>9:40 am</b> 6th & 7th Grade <b>9:40 am</b> G.I.F.T. Class <b>9:40 am</b> High Hopes Unshowered <b>10:45 am</b> Nursery <b>11 am</b> Worship~ <i>Jill Russell</i> <b>11:15 am</b> Children in Worship <b>12 pm</b> Second Sunday Snacks <b>12 pm</b> Reception of New Members	<b>15</b> <b>4 pm</b> Outreach & Hospitality <b>6:30 pm</b> Christian Education <b>6:45 pm</b> Congregational Care & Health <b>7:30 pm</b> Reconciliation	<b>16</b>	<b>17</b> <b>6:15 am</b> Men's Breakfast <b>12 pm</b> Building & Grounds <b>1 pm</b> Readers <b>5 pm</b> Seder Prep <b>6:15 pm</b> Carillon Choir <b>7:30 pm</b> Chancel Choir	<b>18~Maundy Thursday</b> <b>2-4 pm</b> Hope Church Nurse <b>6 pm</b> Seder Dinner <b>7:45 pm</b> Tenebrae Service <b>7 pm</b> Volleyball (Central Park Church)	<b>19</b> <b>12:10 pm</b> Community Good Friday Service	<b>20</b>
<b>21 ~ Easter</b> <b>8:30 am</b> Early Worship, <i>Gordon Wiersma</i> <b>9:40 am</b> Easter Brunch <b>9:40 am</b> Chancel Choir <b>10:45 am</b> Nursery <b>11 am</b> Worship <i>Gordon Wiersma, preaching</i> <b>11:15 am</b> Children in Worship	<b>22</b> <b>Office Closed for Easter Holiday</b> <b>11 am</b> REST (offsite) <b>6:30 pm</b> Personnel <b>6:30 pm</b> Centering Prayer <b>7 pm</b> Worship	<b>23</b>	<b>24</b> <b>6:15 am</b> Men's Breakfast <b>3 pm</b> Bible Study <b>4 pm</b> Adult Ed. <b>6 pm</b> Youth Sunday Rehearsal <b>6:15 pm</b> Carillon Choir	<b>25</b> <b>10 am</b> Disability Concerns <b>2-4 pm</b> Nurse <b>6 pm</b> Brim Bunch <b>7 pm</b> Volleyball (Central Park Church)	<b>26</b>	<b>27</b> <b>5 pm</b> Think Hope Auction
<b>28</b> <b>8:30 am</b> Early Worship, <i>Judith Boogaart</i> <b>9:40 am</b> Church School (children, adults) <b>9:40 am</b> 6th & 7th Grade <b>9:40 am</b> G.I.F.T. Class <b>9:40 am</b> High Hopes Unshowered <b>10:45 am</b> Nursery <b>11 am</b> Worship~ <i>Youth Sunday</i> <b>11:15 am</b> Children in Worship <b>12 pm</b> Congregational Meeting <b>12:15 pm</b> Pizza Sunday <b>12:15 pm</b> Blood Pressure Clinic	<b>29</b> <b>7 pm</b> Spiritual Formation	<b>30</b> <b>9:30 am</b> Newsletter Assembly				