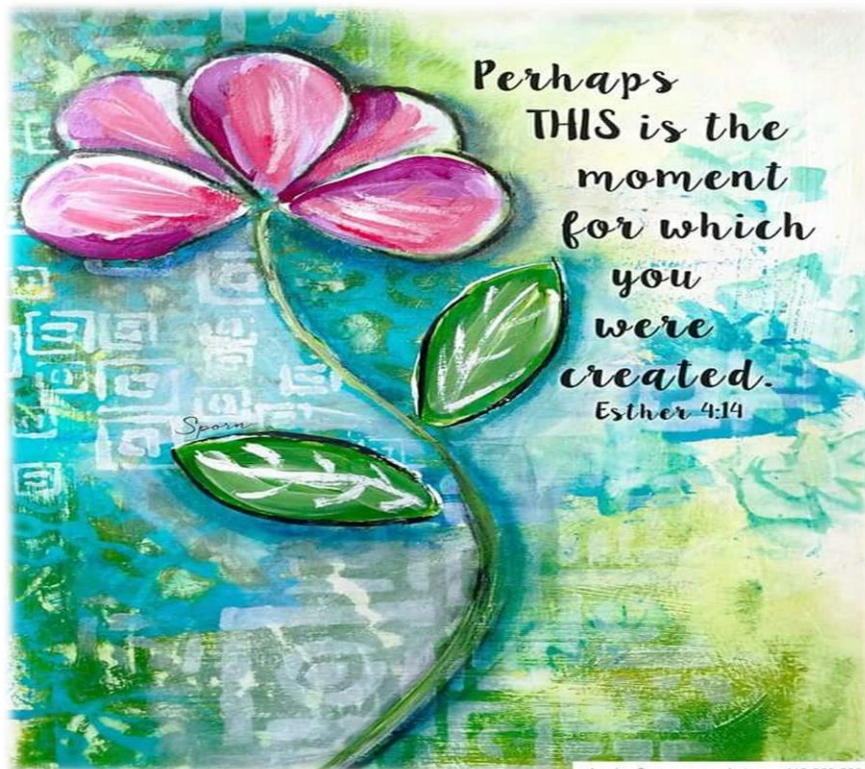


INNERGLOW

First Reformed Church
Boyden, IA

LaVonne Sietstra & Teresa Harms, Editors



April 2024



A Note from your Church Secretary

Here is an excellent article written by Gwen Smith. I've read this one many times.
I hope you like it.

Stop Doubting Your Worth

It's common for us to doubt our value and significance. Yet, in Psalm 144 David is struck by the mind-blowing reality that the God of all creation, the One who bids billions of stars to shine in the heavens and commands the powerful waves of the oceans to stop at the waters' edges, cares for wee-little humans like you and me. ... (O LORD, what is man that You care for him, the son of man that You think of him? Vs 3)

"Jesus had a lot to say about this topic. When it comes to knowing the value God places on us, and the way He cares for us, let's turn to Jesus's comments about sparrows. Do you know much about these little birds? They're a dime a dozen. Highly common. Highly overlookable. The way many of us ... might feel on any given day. Look at what Jesus had to say in reference to both ordinary little sparrows (and you): 'Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.' Luke 12:6-7)"

"For context, Luke 12:1 tells us that Jesus was addressing 'a crowd of many thousands' when He spoke of the value God sees in each person. Many thousands. The rich. The poor. The average. The misfits. The bland. The spicy. The employed. The unemployed. The talented. The crippled. The lonely. The well. The sick. The married. The widowed. The single. The stressed-out. The curious. The masses! This wasn't just a pep talk to encourage His besties! He was talking to the gamut of humanity. This is important because it makes those words He spoke that much more amazing."

"Think about what He said! *You know those sparrows that are sold in the marketplace for next to nothing? Those overpopulated little flyers? My Father doesn't forget even one of them! He remembers them all.* You know what this means, don't you? God remembers and sees YOU too. **YOU. HAVE. VALUE.** You are not forgotten by God."

"God sees everything about you – even your screw-ups, failings, fears and doubts – and He finds value. Parents don't love their children any more or less because of the way they dress or because of how well they can sing, throw a football, or pray publicly. God doesn't love you and me any more or less because of what we can or cannot do, or because of how good or bad we are either. He loves us because we are His. Made in His image. Fashioned by His heart."

"Believe it. Even if your life wasn't planned in the heart of your parents, it was planned in the heart of God. You are His, and He remembers you. By name. You, me and the stars. He knows us all by name. God cares for you and knows all about you. He knows how you like your coffee. He knows your weaknesses and insecurities. He knows all of the things that make you unique, even if you're an identical twin! He knows the things that make you tick, the quirky things, the things that cause you to beat yourself up, and the things that put a fire in your belly. And He knows how many hairs are on your head."

"... And Jesus didn't stop there. He looked those people eyeball to eyeball and told them, You...and you...and you...and you...and you...are worth more than a whole mess of sparrows! Because you are His. Handcrafted with divine devotion. Jesus made it clear: In God's eyes, you are valued. You are loved, cherished, seen, and adored. Don't doubt it for a second!"

Praise & Thanks for ...

- *the volunteers who made the Parent/Teacher Conferences Outreach event a success!**
- *the Bible and the answers and guidelines it provides**
- *celebrations of anniversaries and birthdays and joyous occasions**
- *all the Awana volunteers and leaders that make the program so amazing!**
 - *unexpected phone calls from an old friend**
 - *forgiveness of our sins**
- *the Lenten season and the celebration of Christ's resurrection! He is Alive!**
 - *the best kind of friend – a praying friend**
 - *God's faithfulness in supplying us with all we need**
 - *times of worship and spiritual development**
- *young people who express love for God, others and themselves**
- *the consistory and the work/decisions they do for the church**
 - *each member of Boyden FRC**

*Thank You
Jesus*



Pray for...

- *those in the hospital – Beverly Kooiker & Marv Heemsker – pray for healing and strength so they may return home soon**
- *Josh Hoekstra and others who have on-going health concerns for which they are seeking healing and relief**
- *those who mourn, who have lost loved ones whom they miss every day**
- *many volunteers to help on Saturday, April 6th at 9 am for the church & parsonage clean-up day – and for good weather that day!!**
- *all students, especially Seniors, as they finish their school year and seek God's will for the next exciting step in their lives**
- *open eyes and hearts to have other Outreach events for our community**
 - *peaceful thoughts in troubled times**
- *trust in God when we don't understand His plan or have fears about an unknown future**
 - *those who struggle with addictions or loneliness**
 - *those confined to their homes and care centers**
 - *Pastor Heath as he leads us in God's Word**



NUTRITION IN YOUR BACKYARD: BEING HEALTHIER WITH HOME GARDENING



For a \$1 of green beans seeds you can yield \$75 green beans crops per year.



Eating fruits and vegetables can reduce risk of a heart attack up to 25 percent.



Good fats like olive oil, guacamole, nuts, or seeds can help keep you full.



Gardening can help you burn up to **300 calories per half hour**



Since 2007, there has been a 20% increase in home gardening.



Growing fruits and vegetables for the family has been proven to encourage young children to eat them in larger quantities.



Store bought vegetables can lose up to 77 percent of their nutritional value en route from the farms to the stores.



On an average, a family of four can save about \$600 a year in produce by gardening.

HYMN OF THE MONTH:

“THERE SHALL BE SHOWERS OF BLESSING”

“I will cause showers to come down in their season; there shall be showers of blessing.”
Ezekiel 34:26 (NKJV)

“There Shall be Showers of Blessing” by Major Daniel Whittle is one of those songs which, if learned in childhood, is never forgotten. Based on Ezekiel 34:26, it uplifts us with the happy assurance of God’s unceasing blessing on our lives, even during our worst days.

When Howard Rutledge’s plane was shot down over Vietnam, he parachuted into a little village and was immediately attacked and imprisoned. For the next seven years he endured brutal treatment. His food was little more than a bowl of pig fat. He was frequently cold, alone, and often tortured. How did he keep his sanity?

In his book, *In the Presence of Mine Enemies*, Rutledge wrote, “I wanted to talk about God and Christ and the church. But in Heartbreak (his concentration camp), there was no pastor, no Sunday school teacher, no Bible, no hymnbook ... I had completely neglected the spiritual dimension of my life. It took prison to show me how empty life is without God, and so I had to go back in my memory to those Sunday school days in Tulsa, Oklahoma. If I couldn’t have a Bible and hymnbook, I would try to rebuild them in my mind.

“I tried desperately to recall ... gospel choruses from childhood, and hymns we sang in church. The first three dozen songs were fairly easy. Every day I’d try to recall another verse or a new song. One night there was a huge thunderstorm - it was the season of the monsoon rains - and a bolt of lightning knocked out the lights and plunged the entire prison into darkness. I had been going over hymn tunes in my mind and stopped to lie down and sleep when the rains began to fall. The darkened prison echoed with wave after wave of water. Suddenly, I was humming my thirty-seventh song, one I had entirely forgotten since childhood.

*Showers of blessing, showers of blessing we need!
Mercy drops round us are falling, but for the showers we plead.*

“The enemy knew that the best way to break a man’s resistance was to crush his spirit in a lonely cell,” Howard wrote. “In other words, some POWs after solitary confinement lay down in a fetal position and died. All this talk of Scripture and hymns may seem boring to some, but it was the way we conquered our enemy and overcame the power of death around us.”



There Shall Be Showers of Blessing 495

I will send down showers in their season—showers of blessing. Ezekiel 34:26

1. There shall be show-ers of bless-ing: This is the prom-ise of love;
 2. There shall be show-ers of bless-ing— Pre-cious re-viv-ing a-gain;
 3. There shall be show-ers of bless-ing: Send them up-on us, O Lord;
 4. There shall be show-ers of bless-ing: Oh, that to-day they might fall,

There shall be sea-sons re-fresh-ing, Sent from the Sav-ior a-bove.
 O-ver the hills and the val-leys, Sound of a-bun-dance of rain.
 Grant to us now a re-fresh-ing; Come and now hon-or Thy Word.
 Now as to God we're con-fess-ing, Now as on Je-sus we call!

Chorus

Show-ers of bless-ing, Show-ers of bless-ing we need;
 Show-ers, show-ers of bless-ing,

Mer-cy-drops 'round us are fall-ing, But for the show-ers we plead.

In Years Gone By...

50 YEARS AGO – April 1974

Congratulations were extended to Mr & Mrs Robert Sietstra for the birth of their daughter.

Sympathy wishes were extended to the family and friends of Ben Vander Veen.

A “Holland Service” (Dutch language) was held and officiated by Rev. John Hellinga from Orange City.

25 YEARS AGO – April 1999

Boyden Association of Churches sponsored a “Walk for Hunger.” Congregation members were encouraged to take part.

Sympathy wishes were extended to the family and friends of Jim Houtsma, brother to Frieda Smith.

Special offerings and prayers were held for Kosovo refugees.

10 YEARS AGO – April 2014

Chris & Holly Starkenburg made professions of their faith and their son Clayton Dean was baptized.

Sympathy wishes were extended to the family and friends of Glenda Van Fleet, sister to Rod Bolkema.

Congratulations were extended to Alvin & Clarella Van Marel who were celebrating their 50th wedding anniversary with cake after worship.

5 YEARS AGO – April 2019

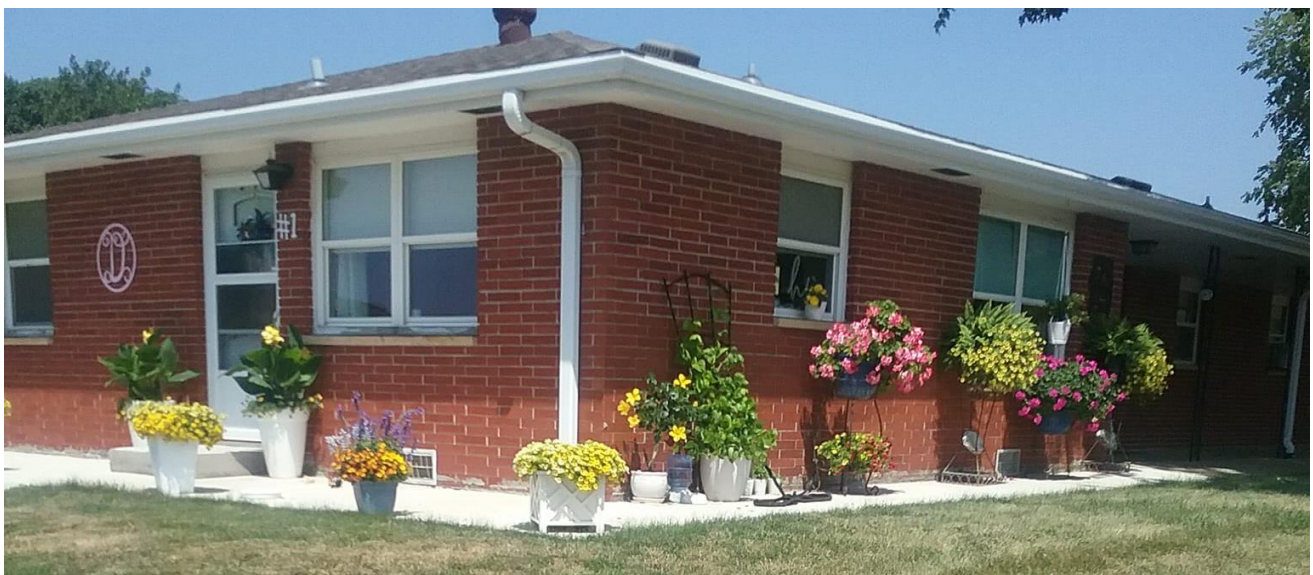
Congratulations were extended to Morgan Rosenboom who was inducted into the Kappa Delta Phi Honor Society in Education.

The “Praise Bags” for kids that are found in the entrances were introduced! The bags were made by Bobby Reuvers – Helen Reuvers donated the hall trees, Mark Heemskerk painted and refurbished the trees and Kathy Ver Meer filled the bags.

 **MEMORIES** 
TO LAST A LIFETIME

FUN WITH PICTURES!

I went on a deep dive in Facebook to find some pictures of gardens and gardening. Do you recognize these?



If anyone has a picture they would like to share with the church for the newsletter, please either get it to Teresa or email it to either tharms@frcboyden.com or frcboyds@premieronline.net. Thank you!

Fund Balances of February 2024

Awana	\$2,147.10
Benevolent Fund	\$19,455.76
Building & Repair Fund	\$14,576.59
Charity Fund	\$18.44
General Fund	\$49,953.31
Memorial Fund	\$8,623.32
Mission Fund	\$2,657.08



Spring Cleaning

CLEANSE YOUR HEART – Get Spiritually Health - The Bible encourages us to draw close to God and allow our hearts and bodies to be cleansed. We can't clean ourselves. We must draw near to God and ask Him to do the cleaning. Read Psalm 51:10 and Hebrews 10:22.

CLEAN OUT YOUR MOUTH – Deep Clean Inside and Out – Spiritual cleaning requires deep cleaning that goes beyond what others see and hear. It's a cleansing from within. As your heart gets clean, your language should follow – bad language, negative talk, even complaining and pessimistic thoughts contradict the Word of God. See Luke 6:45 and Philippians 2:14.

RENEW YOUR MIND – Take out the Garbage – Garbage in equals garbage out. We must feed our minds and spirits the Word of God instead of the garbage of the world. Read Romans 12:2 and 2 Corinthians 10:5.

REPENT FROM HIDDEN SIN – Clean out Your Spiritual Closets – Hidden sin will destroy your life, your peace, even your heart. Reach out for help and confess your sin to someone, and the heaviness and guilt from hidden sin will leave. See Psalm 32 & 35.

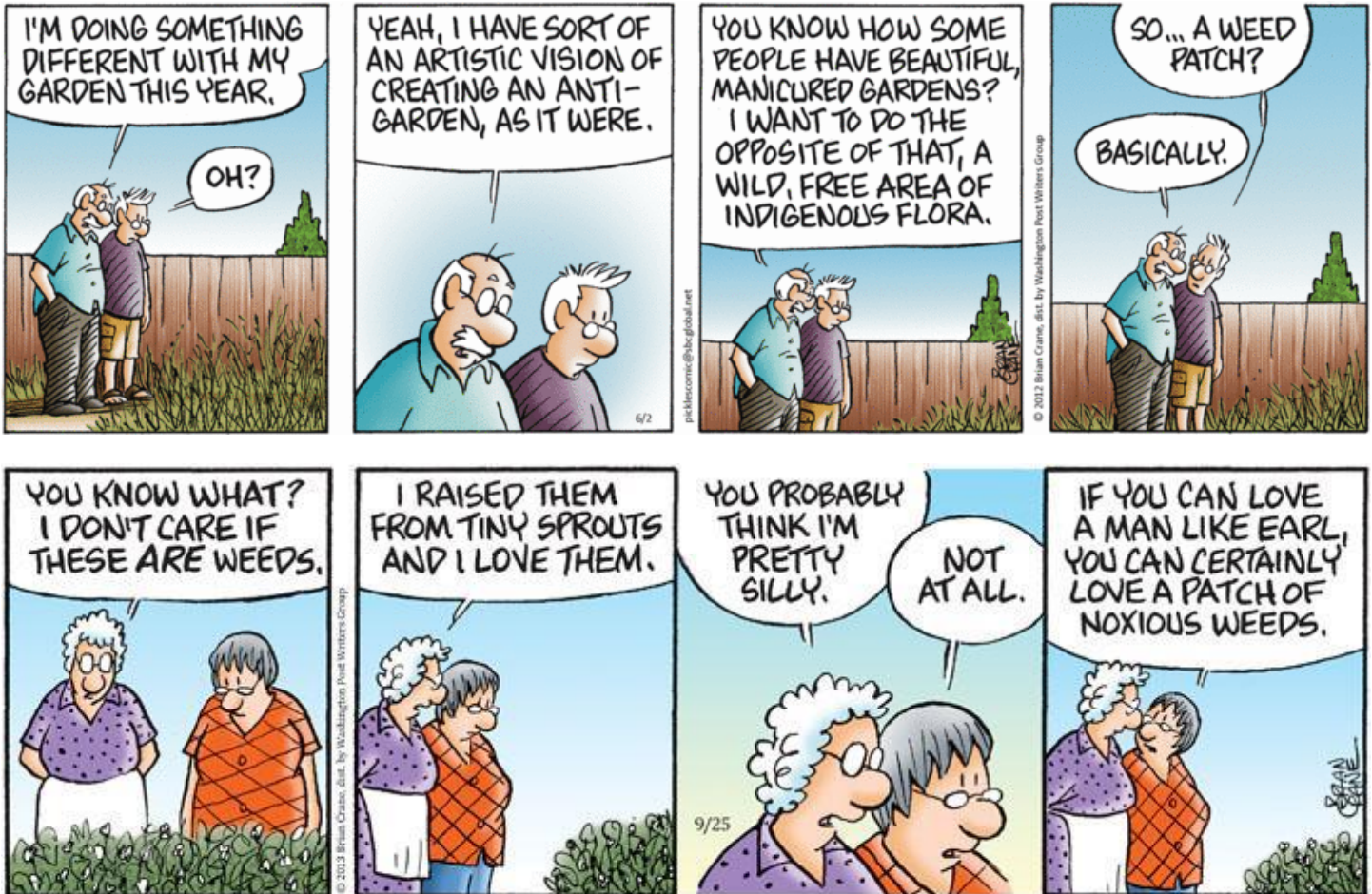
RELEASE UNFORGIVENESS AND BITTERNESS – Get Rid of Old Baggage – Long kept unforgiveness and bitterness is like old baggage in the attic you just can't seem to part with. You are so familiar with it you don't even realize how it is hindering your life. Read Hebrews 12:1 and Ephesians 4:31-32.

INVOLVE JESUS IN YOUR DAILY LIFE – Let the Son Shine In – God wants your friendship and to be involved in the big and small moments of your life. Open up and let the light of God's presence shine into every part of your life, and you'll have no need for a yearly spiritual cleaning. You'll have a moment to moment refreshing of the Spirit. See 1 Corinthians 1:9 and Psalm 56:13.

LEARN TO LAUGH AT YOURSELF AND AT LIFE – Some of us take life and/or ourselves too seriously. Jesus wants you to enjoy yourself, and learn to have some fun. God made you for His pleasure! Read Psalm 28:7 and Psalm 126:2.

HAPPINESS IS ...

Aspirin Cake - Preheat oven to 375 degrees. Turn down TV. Remove toys from countertop. Measure 2 cups of flour. Get baking powder. Remove Benjamin's hands from flour. Put flour, baking powder and salt into sifter. Vacuum mixture off kitchen floor that Benjamin spilled. Get an egg. Answer the telephone. Separate the egg and warm Baby Adam's bottle. Help Mary figure out a new Math problem (the old reliable way.) Grease pan; salesman at the door. Take $\frac{1}{4}$ inch of salt from greased pan and look for Benjamin. Put mess in wastebasket. Put dishes in the dishwasher. Call the bakery. Take an aspirin.



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Simple Joys

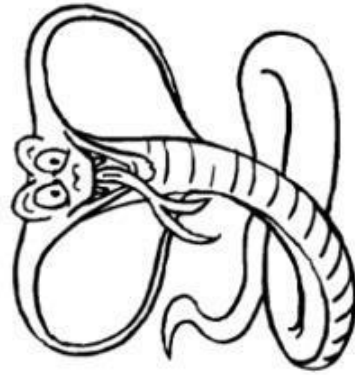
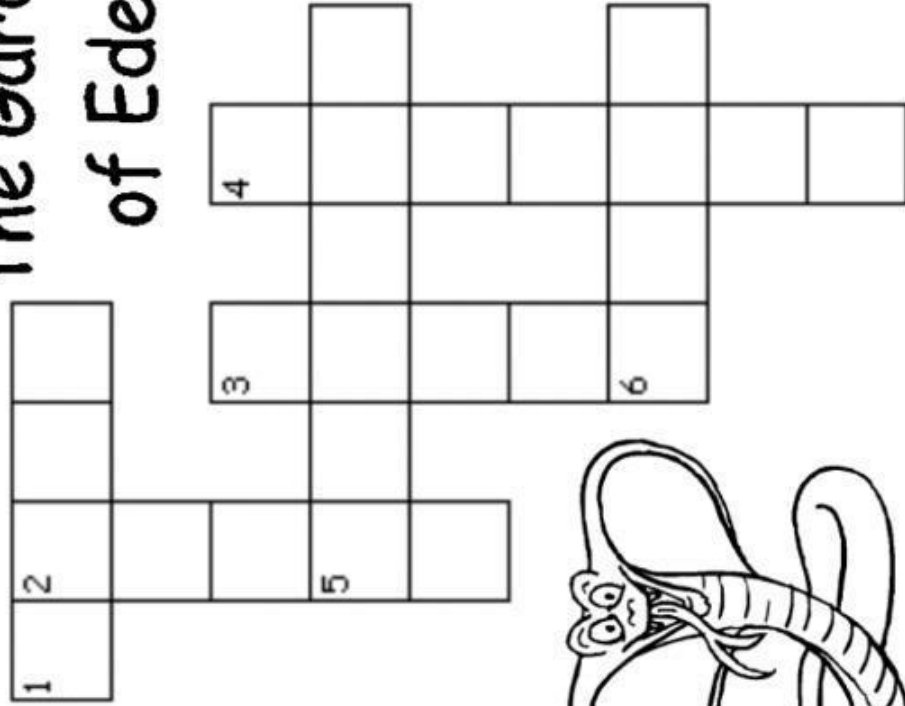
- *With your car – having your window all the way down on a warm day; singing to your favorite song on the radio; letting go of the gas pump exactly at the dollar!
- *Giving a gift to a loved one and watching their face light up as they open it.
- *And for Spring – feeling the sun on your face; fresh flowers; evening sun that streams through the windows; the smell of lilacs; walking barefoot; the smell of freshly mowed grass; listening to the rain; lying outside on your back watching the big fluffy clouds in the sky (but, if you're anything like me, having a plan on how you can get up again!)

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>let your joy burst forth... like flowers in the spring</p>	1 Dahson De Jong	2 Men's; Group 5:30 am Evening Ladies; 7 pm Carman Van Beek Trace Van Tilburg	3	4 	5 Jon Huls	6
7 Mission Offering	8 LuEtta Heemskerck	9 Men's; Group 5:30 am Ladies; Bible Study 9:30 am Evening Ladies; 7 pm Elders'/Deacons'; 7 pm Consistory 8 pm	10 Sam Wiertzema	11	12 Darin Maassen	13 
14	15	16 Shauna Neuman Roger & Lisa Nelson (41)	17	18 	19 Shirley Baartman	20
21 Elder Jeff Neuman Bldg & Repair Offering	22 Earth Day! 	23 Innerglow news; due! Jamie Koele	24 Jacob Guse	25	26 	27
28 Kathy Ver Meer	29	30				

NOTES:

The Garden of Eden

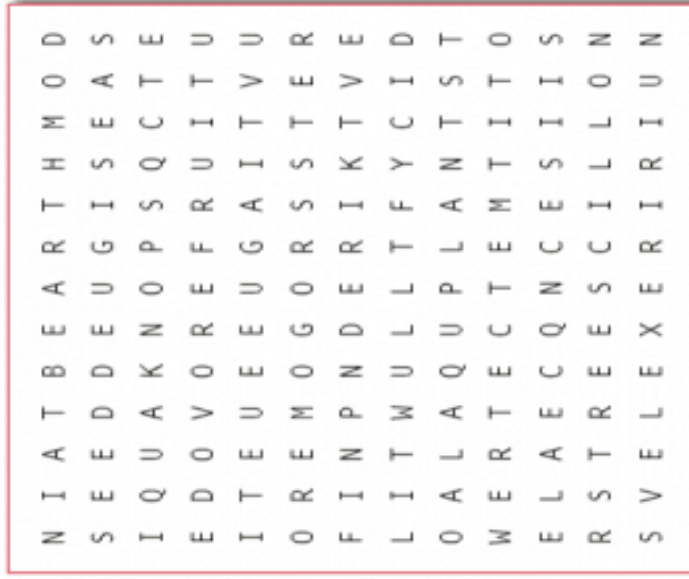


Across

1. God created woman from one of Adam's _____.
 5. Eden was a beautiful _____.
 6. The _____ of Knowledge stood in the center of Eden.
- Down
2. God created man in His _____.
 3. The snake tempted Adam and Eve to eat the forbidden _____.
 4. The _____ was the cleverest of all the beasts.

God Made the Plants Word Search

Find the words on the list that are hidden in the puzzle. The words can be left to right, up and down, or diagonally.



EARTH	SEAS	VEGETATION
FLOWERS	SEED	WATER
FRUIT	SKY	
PLANTS	TREES	