# INNERGZOW

# First Reformed Church

# Boyden, IA

La Vonne Sietstra &, Teresa Harms, Editors



Never let evil get the

best of you:

Instead, overpower evil

with the good.

Romans 12:21





#### Changing of the Seasons

As the days keep getting shorter and shorter on daylight and the calendar gets ready to turn to October, we have officially changed over to the Fall season. Seasons can also come and go in our spiritual lives just like they do over the calendar year. For some time now I have been in a season of discipline in my spiritual walk with the Lord. I am grateful for the season I am in, but I will be the first to tell you it is not always fun or easy. During this season of discipline God is instilling in me Jesus-like character traits and attributes on a much deeper level. The whole reason for this season of discipline is so I can be "conformed to the image of his son" (Romans 8:29)

Over this season of discipline, I have found great solace in the words from Hebrews 12. Here is what it says in verses 4-10.....

In your struggle against sin, you have not yet resisted to the point of shedding your blood. And have you completely forgotten this word of <u>encouragement</u> that addresses you as a father addresses his son? It says, "My son do not write light of the Lord's discipling.

"My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines the one he <u>loves,</u> and he chastens everyone he <u>accepts</u> as his son"

Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness.

I want us to take note of the three words I have highlighted..... **encouragement, loves, accepts.** I am slowly but surely learning during this season of discipline the <u>encouragement</u> being disciplined brings me! For example,.... the root word for discipline is disciple. When I learned this, it encouraged me greatly because the God of the universe desires to disciple me. God desires to disciple me because he <u>loves</u> me. He loves me because He has made his grace irresistible in my life and I have accepted His free gift of salvation, which is found only by believing in the shed blood of His son, Jesus Christ, as the atonement for my sins. Having this salvation means he <u>accepts</u> me into his family of believers. Knowing He accepts me into His family of believers gives me great hope because someday I will be with him in Heaven for all eternity!

Verse 11 is one of my favorite verses in all the Bible which says..... "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

It is my hope and prayer this season of discipline will produce a "harvest of righteousness and peace for those who have been trained by it"

What kind of a season are you in right now?? It is my prayer for all of us, regardless of what season you may be in, to know it is God's desire to use this season to make you more like Jesus. Always remember.....God loves you and so do I!!!

Happy Fall y'all, Pastor Heath



\*the baptism of Elias James Schmith, son of Roger & Shayla – his siblings are Natilie, Oliver, Mavrick & Winston – May God bless this little one and his family!

\*the blessings of birthdays and anniversaries of many years

\*the opportunities to teach children about Jesus in Sunday School, Awana, LifeWise, Children in Worship and at home

\*Christ who is the center of everything we do

\*the change of seasons

\*volunteer EMTs, firemen and women who serve our community

\*Elders & Deacons as they give of their time

\*opportunities to worship

\*Pastor Heath – October is Pastor Appreciation Month! Make sure to pray for him and share some extra goodness this month!!

\*what God provides for us each day – we are so **BLESSED**!

Be present. Let the day flow with grace. Expect joy. Be positive. Serve with compassion. Speak only kindness. Impart only love. Never forget you're not alone. Give thanks for everything. See goodness in others.





\*healing, care, pain relief, recovery – those who have on-going health concerns for family members, especially Bev Kooiker, Cole Van Tilburg, Ken Hoogendoorn, Max Moret's son Galen and Nel Warntjes' nephew.

\*guidance in our nominations for Elders & Deacons

\*safety for our farmers during harvest and travelers on the road – be mindful of the tractors and equipment

\*forgiveness of our sins

\*our country as we get ready to elect a new president

\*all those in nursing homes, assisted living or those who struggle to leave their homes

\*others to know we are Christians by our love

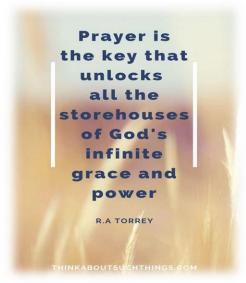
\*the life of the church

\*those who have drifted away from church

\*those who are missing loved ones and still getting used to life without them

\*Pastor Heath and the consistory as they make decisions for our church

\*personal family needs, concerns, disappointments





October is Pastor Appreciation Month. You can use the following guides to recognize and pray for Pastor Heath & Wendy!

Pra	y for	your	past	OP Post	t it out it up v each day	
1. Walk with God. May he have a close walk with God and love the Lord with all his heart, soul, and mind. (Matt. 22:37, Prov 3:5-6)	2. Passion for Scripture. May he delight in Your Word and meditate on it day and night. (Ps 119:15-16)	3. Prayer Life. May he be a man of prayer, devoting himself to prayer and communion with You. (Col 4:2)	4. Character and Integrity. May he be a godly man, having integrity of heart and being a faithful doer of the Word. (Ps 78:72, James 1:22)	5. Humility. May he be kept from pride and self-interest, remain teachable and humble to your instruction. (Gal 6:14-15)	6. Obedience. May he obey your commands and faithfully follow Your leading in his life. (John 14:15, Rom 6:16)	7. Health. Give him good health and help him to care for his physical body, for it is your temple of the Spirit. (1 Cor 6:19-20, 3 John 1:2)
8. Thought Life. May he hold every thought captive for Christ and be continuously transformed by the renewing of his mind (2 Co 10.5, Rom 12:2)	9. Peace and Joy. Grant him peace, joy, hope, and a deep trust in You. Help him to not be anxious, but to be thankful and prayerful in all things. (Rom 15:13, Phil 4:6)	10. Temptation. May his heart be kept guarded and pure. Keep him from falling into temptation of body or mind. (Prov 4:23, Ps 119:9, Matt 26:41)	11. Rest and Refreshment. Help him find the rest he needs, and may he find refreshment in your presence. (Ex 33:14, Matt 11:28-30, Mark 6:31)	12. Protection. Protect him and his family. Bless the work of his hands, delivering him from the schemes of the enemy. (Job 1:10, Ps 34:7, Ps 91)	13. Marriage. Establish his marriage and protect it. May they put each other's needs above their own. (Eph 5:22-33, 1 Peter 3:7)	14. Wife. May she love and respect him. May she walk with You and find support and encouragement to thrive in her unique position. (Eph 5-22-33)
15. Children. Help him to keep the way of the Lord in his household and train up his children to love and follow you. (Prov 20:7, Gen 18:19, Prov 22:6)	16. Finances. Provide for his needs and keep him from a love of money. May he be generous and a good steward. (Prov 3:9-10, 1 Tim 6:10-11, Heb 13:5)	17. Priorities/Time. May he seek your kingdom above all else. Guide him in setting priorities and managing his time. (Matt 6:33, Eph 5:15-17, Ps 90:12)	18. Love for Others. May he love others with the love of Christ. Help him to humbly put his love into action. (John 13:34, Phil 2:3-4, James 2:14-17)	19. Shepherd's Heart. May he have a heart for those you have placed in his care and an appropriate sense of responsibility. (Acts 20:28-29)	20. Heart for the Lost. May he proclaim the gospel with compassion and truth. Help him to have Your heart for the lost. (Mark 16:15, Matt 28:19)	21. Conflicts. Help him to handle conflict biblically and with love. Give him discernment in difficult situations. (Matt 18:15-17, Prov 15:1, 1 Cor 13)
22. Elders/ Leadership. May they be godly, unified in purpose, good examples to others, and serving You joyfully. (Heb 13:17, 1 Cor 1:10, 1 Peter 5:1-4)	23. Godward Focus. Help him to keep his eyes fixed on you in every effort and in the face of any challenge. (Prov 4:25-27)	24. Wise Counsel. May the scripture be his first counsel. Support him through godly counselors who strengthen and guide him with wisdom. (Prov 24:5-6, 19:20-21)	25. Encouragement. May his hope be found in You. Bring encouragers into his life to build up and support him. (1 Thes 5:11, Is 41:10, 1 Tim 5:17)	26. Discernment. May he listen to your voice as you direct his path. Grant him godly wisdom and understanding. (Isa 30:21, Prov 3:13-18)	27. Biblical Faithfulness. May he understand and hold firm to the truth, teaching it and rebuking those who contradict it. (Titus 1:9)	28. Sermon Preparation. Grant him the time and focus to prepare his message, and give him the ideas and words to present it clearly. (Col 4:5)
29. Teaching. May Jesus be exaited in every message. May he rightly divide the word of truth and may the hearts of your people be open to it. (2 Tim 2:15)	30. Vision. May he lead the congregation by the Spirit. Impart to him your vision for the church (Jer 3:15)	31. Blessing. May the he be blessed by the Lord and by the congregation. May it be received humbly and for your glory. (1 Tim 5:17, 1 Thes 5:12-13, Num 6:24-26)	feed you with I	e you shepherds knowledge and i er Calendar by Pro for TheRoa	understanding.	- Jeremiah 3:15

#### 31 Days: Praying for Your Pastor's Wife

\*Relationship with God (Matt. 6:33) \*Strong character & integrity (Prov. 4:23) \*Pursuing Jesus (2 Tim. 2:15) \*Growing in Discernment (James 1:5) \*A submissive heart (Eph. 5:23-24) \*Facing critics with grace (Prov. 15:1-2) \*Comforted in the Word (Psalm 119:53) \*Protection from evil (Psalm 91:9-15) \*Her marriage (Prov. 31:11-12) \*A guarded heart (Rom. 13:14) \*Deep friendships (Prov. 13:20) \*Prayer & Worship (Mark 1:35) \*A disciplined life (1 Cor. 9:27) \*Fearing God (Heb. 11:6) \*A Godly home (Eph. 6:4) \*A contented heart (1 Tim. 6:5-8) \*Stewarding finances (Prov. 23:4-5) \*Stewarding time (Eph. 5:15-16) \*Anchored to God (Psalm 9:9-10) \*Wise with words (Prov. 31:26) \*A servant's heart (Philippians 2:3-4) \*Ministry team unity (Rom. 14:19) \*Clothed with Christ (Prov. 31:25) \*A heart for revival (2 Chron. 7:14) \*The mind of Christ (1 Pet. 1:13) \*Seeking God's will (1 Sam. 15:22) \*Virtuous excellence (Prov. 31:30) \*A growing faith (2 Pet. 3:18) \*Counseled by the Word (2 Tim. 3:16) \*Growing in humility (Micah 6:8) \*Builds her home up (Prov. 14:1)

## HÝMN OF THE MONTH: *"I WILL SING THE WONDROUS STORY"*

### "Aren't two sparrows sold for only a penny? But your Father knows when any one of them falls to the ground." Matthew 10:29 (CEV)

The Lord of Creation is an animal lover. He made them, saved them during the flood, and often used them in the Bible. Remember Balaam's donkey? Peter's rooster? Jonah's whale? Elijah's ravens? The Lord expressed concern for the cattle of Ninevah (Jonah 4:11), and Jesus said that the heavenly Father notes the flight and fall of the smallest sparrow (Matthew 10:29). There's even a special verse in the Bible for pet owners - Proverbs 12:10: "A wise man cares for the needs of his animal." (NIV)

What does that have to do with singing this hymn?

Dr. Francis Rowley, dentist's son and star student, was born during the summer of 1854, in Hilton, New York. As a young man, he felt God's call into the ministry, and he was ordained in 1878. He pastored churches in Pennsylvania, Massachusetts, and Illinois.

Dr. Rowley later said, "We were having a revival at the First Baptist Church at North Adams, Massachusetts, in 1886, the third year of my pastorate there, which was one of the richest and most blessed experiences of my entire ministry. I was assisted by a young Swiss musician named Peter Bilhorn who suggested I write a hymn for which he would compose the music. The following night this hymn ("I Will Sing the Wondrous Story") came to me without any particular effort on my part."

In 1910, Rowley left the pastorate and became president of the Massachusetts Society for the Prevention of Cruelty to Animals. He served in that position until the age of ninety-one, when he was made chairman of the board. Under his tenure, the first motorized horse ambulance was purchased and the Angell Memorial Animal Hospital opened in Boston. Rowley was also instrumental in drafting a resolution that led to the first national "Be Kind to Animals Week." In 1917, he helped establish a permanent animal shelter designed to care for retired police horses, and in 1918, he led in the formation of the Jack London Club to enlist young people in the protection of animals. In 1922, the first Christmas Dinner for Horses was conducted, and in 1929, the Springfield Animal Hospital was opened, later renamed the Rowley Memorial Animal Hospital.

The Rowley School of Humanities at Oglethorpe University in Atlanta is also named for this hymnist whose watchword was: "Sing of your Redeemer - and be kind to His creatures!"



LIFE IN CHRIST



In Years Gone By ...

#### 50 YEARS AGO - October 1974

The Guild held a clothing drive for Annville, Kentucky,

The consistory members visited with each member of FRC for financial support for the costly repair of tuck pointing of the church. The Carrie Herwynen estate gave generously.

The individuals nominated for consistory were Gerrit Alons, Kenneth Baartman, Calvin Heemstra, Gerrit Kroon, Delmar Slykhuis, Leo Starkenburg, Vernon Ten Haken & Henry Van Aalsburg.

#### 25 YEARS AGO - October 1999

Rev. Barry Bruce, a missionary supported by Boyden FRC, from Way Out Ministries in Hawaiian Gardens, California, was here to share their mission story.

Jennifer Roos was welcomed as a member thru transfer.

The individuals nominated for consistory were Ken Baartman, Bill Noack, Tom Reuvers, Jack Slykhuis, Daryl Grooters, Steve Kleinwolterink, Rick Kruid & Kevin Van Roekel.

Sympathy wishes were extended to the family and friends of Gerrit Ver Meer.

#### 10 YEARS AGO - October 2014

A birthday Open House was held for Leona Ver Meer's 90<sup>th</sup> birthday!

Sympathy wishes were extended to the family & friends of Jean Doorenbos.

A 65<sup>th</sup> birthday & retirement party was held for Pat Harms.

#### 5 YEARS AGO – October 2019

Pastor Dave & Bonnie returned home!!

A potluck was held for Pastor Appreciation and to celebrate Pastor Dave's return home!

Gerald Harms had a heart attack and surgery for 2 stents put in. He made a full recovery.



# **FUN WITH PICTURES!**

Tom Reuvers submitted this page in memory of Bobby Reuvers.

#### YOU DON'T JUST LOSE SOMEONE ONCE

You lose them over and over, sometimes in the same day. When the loss, momentarily forgotten, creeps up, and attacks you from behind. Fresh waves of grief as the realization hits home, they are gone. Again. You don't just lose someone once, you lose them every time you open your eyes to a new dawn, and as you awaken, so does your memory, so does the jolting bolt of lightning that rips into your heart, they are gone. Again. Losing someone is a journey, not a one-off. There is no end to the loss, there is only a learned skill on how to stay afloat, when it washes over. Be kind to those who are sailing this stormy sea, they have a journey ahead of them, and a daily shock to the system each time they realize, they are gone, Again. You don't just lose someone once, you lose them every day, for a lifetime. Donna Ashworth



For anyone grieving, my book 'loss' may bring some comfort and hope, that whilst grief is a hard part of our lives, it came from love • love came first xx

Donna Ashworth

#### Fund Balances of August 2024

Awana	\$2,116.69
Benevolent Fund	\$23,310.36
Building & Repair Fund	\$10,317.43
Charity Fund	\$18.44
General Fund	\$32,448.00
Memorial Fund	\$8,623.32
Mission Fund	\$6,487.19
Women's Ministry	\$2,837.19
Youth Funds	\$2,382.10
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## The Protestant Reformation

Protestants recall the Reformation on October 31. On that day in 1517, Martin Luther posted his 95 Theses on a church door in Wittenburg, Germany.

Ultimately, the following five statements of belief became central to Protestant Christians:

- 1. Scripture alone is the final authority of Christian doctrine.
- 2. Christ alone is Lord and Savior.
- 3. God's freely given grace is central to salvation.
- 4. Sinners are justified by faith in Christ alone.
- 5. God alone is worthy of all the glory.

God does not need your good works, but your neighbor does.



~ Martin Luther





Honoring pastors has been a respected practice since the days of the early church. It reflects the mandate found in 1 Thessalonians 5:12-13, "Respect those who work hard among you, who are over you in the Lord and who admonish you. Hold them in the highest regard in love because of their work."

October is designated as Clergy Appreciation Month. Remember to say thank you to the pastors who serve in your local church. Whether you send a card, cook a meal or buy a gift, any expression of gratitude will let your pastors know they are truly appreciated.



"A pastor and each church member should go into every worship service as though it were the first ... as though it will be the very best ... and as though it might be the last. A true fear of the Lord will fuel this anticipation."

# HAPPINESS IS ...

While attending a marriage seminar dealing with communication, Tim and his wife Grace listened to the instructor say, "It is essential that husbands and wives know the things that are important to each other." He then addressed the men: "Can you describe your wife's favorite flower?" Tim leaned over, touched his wife's arm gently, and whispered, "It's Pillsbury, isn't it?" The rest of the story gets rather ugly, so I'll stop right there.



© Brian Grane



"Whence comes this idea that if what we are doing is fun, it can't be God's will? The God who made giraffes, a baby's fingernails, a puppy's tail, a crooknecked squash, the bobwhite's call, and a young girl's giggle has a sense of humor. Make no mistake about that." Catherine Marshall

#### **OCTOBER**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
nk you for all you dol thank you dol thank you for all you dol thank you dol thank you for all you dol thank you dol thank you for all you dol thank you dol thank you dol thank you for all you dol thank you dol thank you for all you dol thank y	stor eciation Your Service	1 Men's Group 5:30 am Evening Ladies 7 pm	2 Awana 6-6:30pm meal 6:30-8 pm program Twin Night!	3	4	5
		Cindy Warntjes		Heath Warntjes	Adalyn Diekevers	
6 WorldWide Communion! Mission Offering	7	8 Men's Group 5:30 am Evening Ladies 7 pm Elders Mtg 6:30 p Deacons Mtg 7 p	9 Awana 6-6:30pm meal 6:30-8 pm program	10	11 meet me at the Pumpkin Patch	12
13	14	Consistory 8 p 15	Brent Fedders 16	Greyson Kooiker 17	18	Grace Mouw 19
Rosie Diekevers	Columbus Day! Indigenous People Day!	Men's Group 5:30 am Evening Ladies 7 pm Bill & Peg Noack (41)	Awana 6-6:30pm meal 6:30-8 pm program		Andrew Neuman Bill Noack Norlan Van Roekel	
20 Rev. Doug Van Aartsen	21 Innerglow due!	22 Men's Group 5:30 am Evening Ladies 7 pm	23 Awana 6-6:30pm meal	24	25	26
	Lisa Nelson LaVonne Sietstra	Everly Diekevers	6:30-8 pm program			
27	28	29 Men's Group 5:30 am Evening Ladies 7 pm	30 Awana 6-6:30pm meal 6:30-8 pm program Wear Costume! Awards Night!	31 Happy Halloween! Trunk or Treat! 5-6:30 pm Casey & Beatrice Kooiker	The Lord is true to His promises; He will hold you up and guard you against the evil one. 2 Thessalonians 3:3	

PASTOR APPRECIATION	G L S Q W Y K R V P M G U G U O V U T Z X N F H R O C V Q L P C Y P A W S D O H E L U P W A Q Z V L M D H J I F O Q F R Q Y P G V E Z	Q X E   A O L D B S N R C I Y H A T C I J F R A T C I J S E E G N R A Y C I J S R A Y C I J S R A Y C I J S R A Y R R S R R S S R R S R R S R S S R R	UNDERSTANDING APPRECIATION PERSEVERANCE COMPASSION SUPPORTIVE GUIDANCE SHEPHERD STRENGTH THANKFUL COURAGE CARING LOVING MATURE WISDOM GODLY
Pumpkin Maze	Can you help the farmer find her way through the maze to pick a pumpkin?		

Date:

Name: