

To Know Christ
and
Make Him Known

Spiritual



Calisthenics

Laketon Bethel Reformed Church

December 25, 2011



THE PURPOSE OF LAKETON BETHEL:

To Know Christ and Make Him Known

Laketon Bethel's Core Values:

A. ACCEPTANCE:

Everyone, regardless of who they are, what they have done, or what they are doing, will be accepted here. Laketon Bethel will be a safe place to explore your relationship with Jesus.

B. BIBLE:

The Bible is the final authority for faith and practice. We will study it with open minds and the best scholarship available.

C. CONNECTION:

We invite people to connect with Jesus and with each other in all that we do.

ORDER OF WORSHIP – 9:00 SERVICE

Merry Christmas!

Worship in Song

Responsive Reading #160- “Messiah Brings the Kingdom”

Hymn #173 - “Joy to the World” - vs. 1,2,4

Hymn #174 - “Joyful, Joyful, We Adore You”-vs. 1,2

Hymn #175 - “O Come, All Ye Faithful”-vs. 1,2,3

Hymn #184 - “God Rest You Merry Gentlemen” -vs. 1,3,5

Congregational Prayer and Lord’s Prayer

Hymn #188 - “Child in the Manger” -vs. 1,2,3

Tithes and Offerings-Hymn #198 - “I Wonder, As I Wander”-vs. 1-4

Opportunities for Service

Message: “Spiritual Calisthenics”

Benediction

Hymn #171 - “Silent Night”-vs. 1,2,3,4



ORDER OF WORSHIP – 11:00 SERVICE

Merry Christmas!

Worship in Song

“Here Is Our King”

Congregational Prayer and Lord’s Prayer

“Joyful, Joyful We Adore You”

“Joy to the World”

Tithes and Offerings - Special Music

Opportunities for Service

Message: “Spiritual Calisthenics”

Benediction

PRAYER REQUESTS

Praise God! Two-year old Jenna Abel has been cured of her cancer!

Please Remember in Prayer our Friends and Members who are Battling Cancer:

Cathy Adamzack, Charlie Balmer, Betty Bonneville,
Donna Fauble, Brad Foster, Amy Fredericks, Steve Ganos,
Paula Greeley, Ralph Gustafson,
Bob Hanson, Scott Hladki, Peter Hosko,
Sheri Johnson, Amy Lindenbaum, Peter Luke, Avery Lynn,
Tom McKee Sr., Nancy McKinley, Aaron Rop, Gary Samples,
Ida Shealy, Gavin Sima, Sandy Streeter, Janet Wegner,
Amy Yarian, and Theresa Zahrt.

*If you would like to include a loved one on this list,
please call the church office at 744-1749*

Prayer Warriors available after each service for any prayer need or you may fill out a prayer request card.

Dorothy Bachellor

But Jesus beheld them, and said unto them, "With men this is impossible; but with God all things are possible." Matthew 19:26

SUNDAY MORNING VOLUNTEERS

THIS SUNDAY - December 25

9:00 am Coffee Servers: Jeff March

11:00 am Coffee Servers: Mark Cherney

9:00 am Greeters: Joan Zimmerman

11:00 am Greeters: Rod & Pat Runyan

NEXT SUNDAY - January 1

9:00 am Coffee Servers: Adonica Kunnen

11:00 am Coffee Servers: Tina Dadd

9:00 am Greeters: Jill Fielstra

11:00 am Greeters: Mike & Terri Forward

CHILDREN'S MINISTRIES VOLUNTEERS

THIS SUNDAY - December 25

Nursery: (1) Sue Vannette

Nursery: (2) Tina Dadd, Hannah Moss, Gannon Moss, Joann Petroski

Activity Time: Merry Christmas!

Activity Time: Greeter: Mark Sweany

NEXT SUNDAY - January 1

Nursery: (1) Amy Kunnen

Nursery: (2) Candy Miller, Michelle Smith, Joann Petroski, Kelly Toebe

Activity Time: Pat Peterson, Diane Brantsen, John Collier, Sue Erndteman

Activity Time: Greeter: Mark Sweany

Thank-you to all our volunteers!

ANNOUNCEMENTS

*“Sovereign Lord, as you have promised,
you now dismiss your servant in peace.
For my eyes have seen your salvation,
which you have prepared in the sight of all people,
a light for revelation to the Gentiles
and glory to your people Israel.” Luke 2:29-32*

Women’s Guild The Women’s Guild will reconvene Thursday, February 23rd. Have a very Merry Christmas and a Happy New Year!

Pumped! & Fusion Students The Pumped & Fusion Youth Groups are going on a Mission Trip to Joplin, Missouri this summer, June 17th-23rd, 2012. Any Jr. High and Sr. High school student interested, please see Sally Hendrixon, Tina Dadd or call the office at 744-1749.

LBRC Snowbirds We are updating our system and ask those who leave for the winter to contact the office at 744-1749 with your winter address and any mailing requests to be sent; tithing box, bulletin and/or CD of the service.

Pumped! We are having a lock-in over this Wednesday, December 28th. Bring your friends and get ready to have a great time! For any questions, please see Tina Dadd or call the office at 744-1749.

2012 Tithing Envelops The 2012 Tithing envelopes are available in the entryway. Also be sure to pick up a copy of the letter that outlines the envelop changes for 2012. If you currently do not have tithing envelops and would like to receive your own please contact the church office. The benefit of have the numbered tithing envelopes is that we will track your giving and send you a statement at the end of the year for tax purposes.

SERVICE OPPORTUNITIES

OPERATING BUDGET DEFICIT

Our General Fund provides financial resources which support *Children & Adult Education, Congregational Care, Worship, Outreach, and Church Operations*. Our Building Fund provides financial resources for the *Mortgage*. Please consider serving through your financial gifts. Help us erase our deficit and keep our ministries alive and well.

Tithing Commitment Cards are still available. They are located in the back of the chairs in the Worship Center. These Commitment Cards are a great way to plan out your tithing for 2012 and build it into your personal budgets.



For to us a child is born, to us a son is given; and the government shall be upon his shoulder; and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

Isaiah 9:6

Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2:9-11

Holiday Cheer

We are amazed at all the kindness and generosity our church family has shown for others; for those who are part of our church family and for those who are not. It is more pronounced during the holiday season, but is also prevalent throughout the year. We would like to share with you what has been achieved in the outreach areas for the year of 2011:

Community Chicken BBQ

Prayer Warriors

Meal Ministry

Service for Community/Rescue Mission Donations

Trick-or-Treat-So-Others-Can-Eat

Backpack Giveaway

National Back-to-Church Sunday

Hygiene Pantry Donations

Northside Feeding America Food Trucks

Coat Drive

Garage Sale

LBRC Food Trucks

Christian Care Visits with Sermon Delivery

Family Promise

Thanksgiving Basket Deliveries

Senior Ministry Dinners

HomeTouch Ministry

Secret Santa Shop

Adopt-A-Family

Pumped! Rake & Run

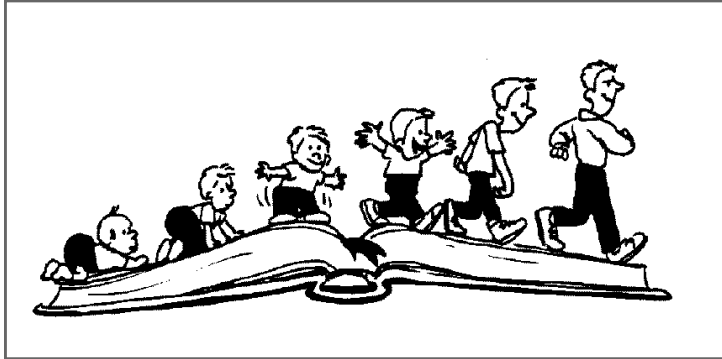
Many private donations to those less fortunate from anonymous donors

So much more!!!! Thanks to all those who have made outreach a success for the Glory of the Kingdom of God!



YOUTH MINISTRIES

Faith Weavers-Weaving Faith Into Families



Children's Church - Preschool thru 4th Grades:

- ◇ Christmas Party and Movie
- ◇ Merry Christmas and Happy New Year!

For any questions please contact Stefanie Sweany at 719-2252.

Fusion - 5th thru 8th Grades:

- ◇ We will enjoy the Christmas Service; kids may sit with Sally or parents.
- ◇ Merry Christmas and Happy New Year!

For any questions please contact Sally Hendrixon at 578-6247.

Pumped - 9th thru 12th Grades:

- ◇ Merry Christmas and a Happy New Year!
- ◇ Wednesday Lock-in and Holiday Party

For any questions please contact Tina Dadd at 744-1749.

CALENDAR EVENTS

THIS WEEK

Monday	Ensemble at 6:30 pm
Tuesday	Solid Rock at 6:30 pm Consuming Fire at 7:00 pm
Thursday	Volleyball at 6:00 pm

UPCOMING EVENTS

December 28	Pumped! Lock In
January 23	Food Truck

SERVICE OPPORTUNITIES

- | | |
|-------------------------------------|-------------------------------|
| *Children's Ministry/Nursery | *HomeTouch Ministry |
| *Family Promise | *Food Truck Ministry |
| *Greeter/Coffee Server | *Small Group Leader |
| *Bulletin Crew | *Prayer Group |
| *Music Ministry | *Meal Ministry |
| *Prayer Warrior | *Jr./Sr. High Ministry |

“...just as the Son of Man did not come to be served, but to serve...” Matthew 20:28

Sherwin's Recommended Reading List and Podcasts

Books

- ♦ *The Circle Trilogy - Black* by Ted Dekker

The first story of the trilogy, it's a story of an unlikely hero living between two separate worlds. Dekker is able to create a world that brilliantly parallels ours while showing the love of God for mankind and the great romance a person has with God.

- ♦ *Emotionally Healthy Spirituality* by Peter Scazzero

This book offers a new take on spiritual growth and that is: it's impossible to be spiritually mature while remaining emotionally immature.

- ♦ *Necessary Endings* by Henry Cloud

To quote Cloud, “Endings are a part of every aspect of life. When done well, the seasons of life are negotiated, and the proper endings lead to the end of pain, greater growth, personal and business goals reached, and better lives. Endings bring hope.”

Podcasts

1. Timothy Keller Podcast. This comes from the author of *The Prodigal God*, a Presbyterian pastor in Manhattan.
2. Willow Creek Weekend Podcast.
3. Woodland Hills Church. This is from Greg Boyd of St. Paul, MN

LAKETON BETHEL REFORMED CHURCH

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e-mail: lbrcoffice@gmail.com

Office hours: 9:00 am – 3:00 pm; Tuesday, Wednesday, Thursday, & Friday

Sacrament of the Lord's Supper Celebrated the 1st Sunday in February, April, June,

August, October, and December

OUR STAFF

Pastor – Dr. Sherwin Brantsen (Rockingrev@comcast.net)

Director of Ministries – Gary Gifford (garygifford4@gmail.com)

Worship Team Leader for 9:00 Service – Jan Reahm

Worship Team Leader for 11:00 Service – Shelly Deblock

Children's Church Team Leader – Stefanie Sweany

Junior High Youth Team Leader – Sally Hendrixon

Senior High Youth Team Leader - Tina Dadd

Nursery Team Leader – Joann Petroski

Bookkeeper – Pat Peterson

Secretary – Tina Dadd

Administrative Assistant - Joann Petroski

Technical Support – Scott Johnson

Organist – Deb Kuhns

OUR VOLUNTEER LEADERS

Family Promise Team Leader – Connie Maciejewski

Senior Ministries Team Leader – Jill Verhulst

Meal Ministry Team Leader – Art Jacobs

Women's Guild Team Leader – Donna Doctor

Food Truck Team Leader – John Wilke

Small Group Team Leader – Brian Scott

Home Touch Ministry Team Leader – Sharon Jacobs

Facility Upkeep Team Leader - Vicky Wierengo

OUR CONSISTORY

Administrative Elders

Lee Andrews, Jerry Critchett,

Adonica Kunnen,

Mike Lyons, Tom Peterson

Carolyn Smith-Gerdes

Deacons

Bill Kiracofe, Deb Tilton,

Jason Peterson, Gay Hudson,

Mary Salter, John Wilke,

Scott Halterman, Ed Kendall

Spiritual Life Elders

Paula Scott-Stewart, Connie Reahm,

Maureen Mussman, Brian Scott,

Connie Maciejewski, Donna Spytma

Spiritual Calisthenics

Decide to Persist

Review of the 7 Decisions for a Better 2012

1. Decide to accept responsibility for your past. (12/4)
2. Decide to trust Jesus. (12/11)
3. Decide to be happy. (12/18)
4. Decide to persist; the ultimate Christmas gift. (12/25)
5. Decide to seek wisdom. (1/1)
6. Decide to take action. (1/8)
7. Decide to forgive. (1/15)

A. Three Bible Characters Who Can Teach Us:

1. Jeremiah (29.11 nlt): ¹¹“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.”

2. Simeon: ²⁵At that time there was a man in Jerusalem named Simeon. He was righteous and devout and was eagerly waiting for the Messiah to come and rescue Israel. The Holy Spirit was upon him ²⁶and had revealed to him that he would not die until he had seen the Lord’s Messiah. ²⁷That day the Spirit led him to the Temple. So when Mary and Joseph came to present the baby Jesus to the Lord as the law required, ²⁸Simeon was there. He took the child in his arms and praised God, saying,

²⁹ “Sovereign Lord, now let your servant die in peace,
as you have promised.

³⁰ I have seen your salvation,

³¹ which you have prepared for all people.

³² He is a light to reveal God to the nations,

and he is the glory of your people Israel!” *Luke 2.25-32, nlt*

3. Anna: ³⁶Anna, a prophet, was also there in the Temple. She was the daughter of Phanuel from the tribe of Asher, and she was very old. Her husband died when they had been married only seven years. ³⁷Then she lived as a widow to the age of eighty-four. She never left the Temple but stayed there day and night, worshiping God with fasting and prayer. ³⁸She came along just as Simeon was talking with Mary and Joseph, and she began praising God. She talked

about the child to everyone who had been waiting expectantly for God to rescue Jerusalem.
Luke 2.36-38

B. How to “hang in there:”

Make a commitment and keep it:

Start small:

C. The 7 decisions depend on persistence

1. Decide to accept responsibility:
2. Decide to trust Jesus:
3. Decide to be happy:
4. Decide to persist (hang in there):

D. Spiritual Calisthenics: How to get stronger to “hang in there.”

1. What are “spiritual calisthenics?”
2. G.R.O.W. to a better place.
3. God’s plans for you depend on your working with him.

December 2011 Daily Bible Readings

DATE	DAY	OLD TESTAMENT	x	NEW TESTAMENT	x	SPECIAL PRAYER REQUEST
25	SUN	Joshua 18		1 Timothy 3		
26	Mon	Joshua 19		1 Timothy 4		
27	Tue	Joshua 20		1 Timothy 5		
28	Wed	Joshua 21		1 Timothy 6		
29	Thu	Joshua 22		2 Timothy 1		
30	Fri	Joshua 23		2 Timothy 2		
31	Sat	Joshua 24		2 Timothy 3		
1	SUN	Judges 1		2 Timothy 4		