

ON-GOING CONNECT GROUPS

ZUMBA with Megan - Get fit, stay fit. Burn calories while having fun at the best exercise class ever. Costs is \$3 per session. No sessions currently - will resume in June.

Hand2Hand - Hand2Hand is an organization that works to bring food to children over the weekends and extended breaks. At Laketon Bethel, we serve over 240 students in the Reeths-Puffer school district through this program. Contact: Maureen Mussman

Supper House: Supper House is a cooperative effort among 28 Muskegon area places of worship. Every Monday through Friday (from 2:45pm – 5:30pm), these congregations work together to provide an evening meal in the gymnasium of Temple United Methodist Church. Contact: Dave DeBoer

MADHOUSE - MADHOUSE exists to "REACH lost teens, CONNECT them to positive relationships, INTRODUCE them to God, help them GROW in their FAITH and DISCOVER God's purpose for their life." Contact: Dave Nordstrom

LBC Bands - Come join our 1st and 2nd Service band practices. On Monday nights, we practice singing hymns of praise for our 9:00am classic service. On Tuesday nights, our 2nd Service band practices newer songs of praise. Contact: Shelly Deblock

Food Truck - LBC has been feeding hungry families for over 15 years using food obtained through Feeding America. Come help us once a month by assisting with organizing, passing out food and clean-up. Contact: Jill Mouw

Community Yoga Class: A beginner's Yoga class appropriate for all ages. Suggested donation is \$5 per session. Classes are led by Courtney Jackson, a certified 200 hour Yoga teacher.

Women's Monday Morning Bible Study - Material used will be "*Women of the Bible - 52 Bible Studies for Individuals and Groups*" Contact: Maureen Mussman

POUND: Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Pound incorporates cardio, Pilates-inspired movements, and plyometrics into a rock out workout that is suitable for all fitness levels. Text 231.730.1270 or send an email to heidibolemafitness@gmail.com if you have any questions. You will need to bring a yoga mat and water bottle. \$10 per session.

OUR 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 teachings of Jesus, contained in the Bible, are the final authority for faith and practice. We will study these teachings 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.

UPCOMING EVENTS

Youth Group The Youth Group, grades 6 - 12, will meet on April 14th and April 28th at 5 -7pm for a meal, a lesson and some fun activities.

LBRC Golf League The LBRC Golf League is forming for the 2024 season. We are seeking golfers of all abilities to join our league of men and women. We golf Tuesday afternoons at Hickory Knoll from May 7th-August 27th. We have at least one person seeking a partner for the season and we have room for many more. We are looking for subs also. If you would like to join the league or want more information, please send an e-mail to LBRCTUESDAYGOLFLEAGUE@COMCAST.NET or contact Doug Dolislager

For items on next month's calendar contact:
Steve Mussman

PASTOR SHERWIN'S 10 REASONS FOR GOING TO CHURCH EVERY SUNDAY

RENEW - Everyone goes through times where enthusiasm for life melts away. We all have times where our faith diminishes. Worship on Sunday renews faith and energizes attitudes for all of life.

LAUGH - Yes, we laugh. Humor is a valuable part of worship; most of it is unplanned. Sherwin's brother told him years ago that: "People aren't laughing at you because you're funny, they are laughing because you are so stupid..."

PRAY - Face it. You don't pray much. Church services remind you of the importance of prayer. They jump start your prayer life. You learn more about prayer. When your family is with you, they see you praying and that is an example that changes lives.

SING - Songs of faith can move mountains of despair. You probably won't like all the songs. But some of them will change your life.

HELP - You will often find ways to help in your community. When you help, it reduces inherent narcissism. You think less of yourself and more of others. You become more grateful for what you have. You become a better person and a happier one.

GIVE - Yes. Put in some money. Do something with your cash for God instead of for yourself. Don't expect anything back and you will be surprised at how blessed you are. We all waste money. Here you have an opportunity to do something positive with it.

MEET - Connect with other people. Laketon Bethel accepts everyone, including you. Many friendships are made on a regular basis. We have great coffee and cookies, which help in all sorts of discussions.

LEARN - The guy up front is trained and experienced and often knows what he is talking about. You will learn something every Sunday.

GROW - When you put what you learn into practice, you will find positive changes in your life. You will have unstoppable growth in ways you don't always expect.

Jesus - The church exists because of Jesus. When you participate in it regularly, he is pleased. One day you will meet him face-to-face. If you regularly connect with him through weekly worship services, that meeting will be happy.

April 2024

Laketon Bethel Church

1568 W. Giles Rd., Muskegon, MI 49445
 231 744-1749 lbrcoffice@gmail.com
 www.laketonbethel.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i> POUND 6pm	<i>3</i> YOGA 5:30pm	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i> Worship 9 & 11am Deco-TEC Meeting 2:30pm	<i>8</i> Women's Bible Study 9:30am Food Truck 5pm 1st Service Band Practice 6:00pm	<i>9</i> POUND 6pm 2nd Service Band 6:30pm/ Praise 7pm	<i>10</i> Supper House 2:45pm YOGA 5:30pm	<i>11</i> Hand2Hand Delivery 4pm MAD House All Students 6pm	<i>12</i>	<i>13</i>
<i>14</i> Worship 9 & 11am	<i>15</i> Women's Bible Study 9:30am 1st Service Band Practice 6:00pm	<i>16</i> POUND 6pm Hand2Hand Packing 2:30pm 2nd Service Band 6:30pm/ Praise 7pm	<i>17</i> YOGA 5:30pm	<i>18</i> Hand2Hand Delivery 4pm MAD House Staff & CORE 6pm	<i>19</i>	<i>20</i>
<i>21</i> Worship 9 & 11am	<i>22</i> Women's Bible Study 9:30am 1st Service Band Practice 6:00pm	<i>23</i> POUND 6pm 2nd Service Band 6:30pm/ Praise 7pm	<i>24</i> YOGA 5:30pm	<i>25</i> Hand2Hand Delivery 4pm MAD House Finale - All Students 6pm	<i>26</i>	<i>27</i>
<i>28</i> Worship 9 & 11am	<i>29</i> Women's Bible Study 9:30am 1st Service Band Practice 6:00pm	<i>30</i> POUND 6pm 2nd Service Band 6:30pm/ Praise 7pm Hand2Hand Packing 7pm				