

stay connected

We connect people to Jesus and help God change their lives.



The Lord is Good *by Pastor Nate Crandall*

My Family in Christ,

“Praise the Lord! Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!” (Psalm 106:1)

You will recognize the words of Psalm 106:1 from our prayer time this fall. I hope that these words still resonate in your hearts and fill your mind, for we have so much to thank the Lord for. He is good! His steadfast love is an endless sea which we will be enjoying and exploring forever! Oh that we would be steadfast to praise Him in the highs and lows each and every day of our lives!

We have had some real lows this year. Cancer has continued to attack our family. I don't know if our church has more cases of

cancer than others, but it certainly feels like it. Yet, in the midst of this burden I have seen the Lord's heart of caring for one another rise to new heights. Along with other health issues, emotional, mental and spiritual challenges, the Lord is working in you all to respond with the heart of God, and it is wonderful to see. I do wish that more people who are without Christ and don't know the power of being a part of God's family would see just how good it

is. May the Lord open the eyes of those whom he is calling to be a part of this spiritual family!

In my mid-year report I highlighted a number of things to celebrate from the first part of 2019. I will not detail the great number of ministry successes from the second part of the year, but I will give a broad overview. The ministries which the Lord has entrusted to us are being led by the Spirit and are accomplishing God's purposes. I am so thankful as I see your continuing faithfulness in serving the Lord by serving through the ministries of our church family.



Spiritual growth is taking place in every area. In many ways this growth is not very visible, but there are some areas where this was

very evident. During our camp season, for example, we had a number of children either trust Christ or testify to a changed heart of repentance and turning back to the Lord. As I have been working more closely with the youth ministry this year, I have seen an ongoing softness of heart toward the Lord in our youth. From time to time I hear reports from Awana where a child “gets it”

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The Lord is Good, *continued*

and you can just see how God is at work in their heart. I know of major spiritual breakthroughs that have occurred in others these past few months. Others have responded to needs in the church family and have stepped forward to fill those needs. All of this is cause for giving great praise to the Lord! He is doing the things that make a difference!

To that end, I believe the time is coming soon where we must take the opportunity to give praise to God for what He has done in our lives. The pastors are working on how best to do a testimony service where we can share with one another what great things God has done in our lives. We would welcome your input as we plan for it.

You may have noticed that my schedule shifted quite a bit this fall. I had the opportunity to travel for three ordination services (Greg Olson in Minneapolis, Phil Lawton in New Jersey, and JR Shick in Michigan). It was a blessing to be

asked to speak and to help celebrate with these pastors. I also had the opportunity to take part

in the Frontline Church Planting conference in Colorado in November as well as the Evangelism Leaders Fellowship at Wheaton College in December. These were significant events which I believe will be very helpful as we consider our role as a church in developing new churches. It is one of our goals this coming year to develop a vision for church planting, and the ideas presented at these conferences in addition to the networking and fellowship will all be useful for me as I help lead the church in this area.

As a part of what God is doing and going to do in the area of church planting, I felt led to become a part of the SDB



Council on Ministry with a focus on the Church Planting Task Force which is one of its sub-committees. I would ask that you pray for me in this role and pray for the Lord's will among SDBs in regards to planting new churches for His glory!

Pray for me also as this season has been and will continue to be a busy one for me. There are some key leadership roles (e.g. Camp Program Coordinator) which need to be filled and which I have stepped into for the time being to fill the gap. This combined with added denominational responsibilities has left me stretched thin. I am confident that the Lord is providing and will provide for all my needs as well as all the needs of the church. It's His church after all.

He loves you,
and I love you too!
Soli Deo Gloria!

Pastor Nate

Devon Diaper Drive

Our church is collecting diapers – sizes 3, 4 and 5 – and baby wipes for Devon Oasis starting February 15 and ending March 21st. From our experience last year, sizes 4 and 5 were in big demand. Devon Oasis is a ministry serving the people of the Little India neighborhood of Chicago, many of whom are refugees. Our church has been praying for the Rohingya and Devon Oasis serves Rohingya people!

Our church has formed a partnership with Devon Oasis. How can we help?

Learn! For details on Devon, go to: <https://www.devonoasis.org/>.

Pray! For the work of Devon Oasis and for the Rohingya people.

Act! Give financially. Give of your time. Give in tangible ways – right now with diapers! Place them in the Welcome Center area. Thank you!

2020 Goals Approved at Our Annual Meeting

Written by the Ministry Leaders

Leadership Development

- Implement or update Evaluation and Debrief process for all ministries.
- Use *The Compelling Community* to train Ministry Leaders at our quarterly meetings.
- Develop and implement Camp Director in Training program.

Youth Ministry

- Develop youth staff in leadership roles.
- Train youth on how to talk about Jesus with their peers.
- Grow in our desire to love God and love people.

Prayer Ministry

- Provide resources and/or learning opportunities to our families on developing or revitalizing their family prayer times.
- Do a *Church Prayer Assessment* in order to discover what we are doing well and where we need to improve.

Camp Wakonda

- Develop and implement Camp Director in Training program.
- Counselor in Training status added and training developed.
- Camp Director binder updates completed.
- Start Strategic Vision process for Camp Wakonda.



Outreach

- Pursue a ladies' Q Place in summer 2020 to be held in a community or business location.
- Develop team to lead and manage year-round outreach for East Side Story.
- Continue to pursue relationship with Rohingya refugees in Milwaukee Al Rahman mosque in partnership with Devon Oasis.
- Dedicate one church service to how God is using our congregation to reach Milton.
- Seek the Lord for a vision for new church development.

Communications

- Move Collision web pages to the church web site.
- Continue to develop church media team.
- Implement a version of the newsletter for better web presentation.
- Solidify social media goals and best practices.

Caring Ministries

- Continue to clarify roles and structure of deacon ministries.

- Explore ways to partner with the Safe Families for Children Program as an extension of our Deacon Ministries.
- Facilitate a way for the congregation to connect with members who live at a distance.
- As opportunity arises, send 1-3 people to Janesville Mobilizing for Change's seminar on teen mental health.
- Provide education to enable the congregation to become a dementia friendly church.
- Continue to explore the opportunity to partner with other churches in providing a Memory Café.
- Implement a pastoral card ministry.

Awana

- Encourage clubbers to increase inclusiveness of all children who attend this Awana club through: modeling the love Jesus showed, teaching about how Jesus included all, pointing out opportunities and behaviors which help others feel included and welcome.
- Continue to seek and begin following God's direction in how we can be an "oasis" for children and families in the Milton area.

Continued on page 4

2020 Goals, *continued*

Spiritual Growth

Teach Bible Study Skills to upper elementary school -aged children (work with camp board to meet this goal).

Brainstorm and explore possibilities for primary Grow Group programming to reach more children with bible-based lessons, preschool – 6th grades, on a consistent basis.

Be prepared to begin 1-3 new Bible studies as interest arises.

In addition to the current Bible studies and Grow Groups, provide a wider variety of teaching methods such as video, and more serious theological training.

Church Family

Develop and implement a means of tracking church attendance and follow-up with people.

Develop and implement a ministry for greeting and supporting new attenders.

Worship

Hold “Yes God” services for four weeks leading up to Easter.

Dedicate one service to how God is using our congregation to reach Milton (in collaboration with Outreach).

Pastor Nate

Clarify my role in church planting vision.

Develop Foundation of Missions in Local Church course.

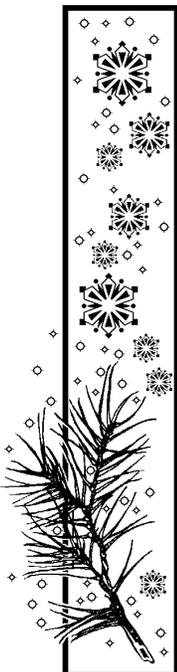
Lead to Christ and mentor 1-2 men.

Pastor Liz

Pray through and develop the “making space” ministry of coaching and counseling people. Mentor one or two people in spiritual and personal growth.

Church Administrator

Create pictorial church directory. Adopt newsletter to online format (work with Joel). Insurance policy review with Church Mutual representative.



Church Cancellation Policy Due to Bad Weather

The second Sabbath in January we cancelled church service because we wanted to keep our church family safe. The ice in the parking lot was too dangerous to ask you to come out. We rarely cancel! We did our best to notify everyone, and apologize if you didn't get the message. We want to clarify how we will get word out in the future:

- 1) Notice will be posted on the church website and Facebook page.
- 2) We will send an all church email.
- 3) We will notify all people directly involved in leading or support at that worship service, Grow Group Teachers, and Nursery staff individually via text, Messenger, Slack, or email.

If you have any feedback about this, please let us know in the church office or speak to Pastor Liz.

Highlights of the Annual Meeting

On January 19th our annual church meeting was held with 25 members in attendance. If you were not able to be at the meeting, here are the highlights and the decisions which were made.

1. Our Church Goals for 2020 were approved. These have been included in the previous pages for your reference. Please keep these goals in prayer during the year. We set goals as a church because to the best of our ability we sense that the Lord is directing us to accomplish these objectives. We will need God's grace, wisdom and power to see them to completion.
2. During Pastor Nate's yearly report presentation, prayer cards were handed out to all in attendance. We encourage you all to pick one up at the Welcome Center and to pray according to the daily emphasis which is taken from the book of Colossians. The goal of these daily prayers is to prepare our hearts for personal revival in our relationship with the Lord along the lines of Hosea 6:3. "Let us know; let us press on to know the Lord."

3. The Elders recommended and it was voted to approve the removal from membership of the following people due to either inactivity for more than 3 years or by their own request.

- ◇ Linda Bentz
- ◇ Mark Bentz
- ◇ Josh Calhoun
- ◇ Milton Davis
- ◇ Ellen Hahn
- ◇ Beth Heilman
- ◇ Steve Heilman
- ◇ Danielle Hintz
- ◇ Kerith Hintz
- ◇ Jeff Hintz
- ◇ Karen Lee
- ◇ Darlene Leitel
- ◇ Brian Lippincott
- ◇ Leroy Loofboro
- ◇ Sarah Malhotra
- ◇ Kennedy Ochs
- ◇ Jessy Polzer
- ◇ Cathee Sager
- ◇ Sera Sager
- ◇ Ruth Van Horn
- ◇ Lois Watson

In addition, we recognized those members who this past year have transferred their membership to heaven: Pastor Don Richards, Ronda St. Clair, Beverly Thorngate and Jane Leach. We thanked the Lord for the blessing in all our lives which they have been and for His grace to us through them.

Congregational Meeting



4. The Budget for 2020 was approved as presented in the annual report. Here are the general categories.

Income:

Contributions \$197,500
Designated Income \$44,800
(includes rentals and camp registrations)
Interest Anticipated \$9,450

Expenses:

Facilities & Human Resources \$220,276 (includes Church, Camp, HR, IT and Communications)
Ministries \$42,378 (includes Awana, Collision, Camp Program, Outreach, Prayer, Worship, Caring, Education, Church Family, and Leadership)

5. It was voted on and approved to recommend to the SDB General Conference in July 2020 to renew Nick Kersten's accreditation as a Seventh Day Baptist minister.



Prayer Focus – Press on to Know the LORD

by Renee Sanford, Prayer Coordinator

In January we focused on seeking God's guidance. As we prayed for God's Guidance at Third Thursday Prayer, we noted

- Our need for God's guidance – daily and long-term
- God's passionate desire to give us His guidance – through His word, His spirit and each other
- Seeking God's guidance requires our time and focus – God deserves our undivided attention
- We need to follow God's guidance not just hear it

So what's next? How do we learn to give God our undivided attention? How do we develop the discipline to listen for and follow His guidance?

Like Israelites in 2 Chronicles, we need to humbly admit that sometimes *we don't know what to do, but our eyes are on Him.*

Like Paul in Romans, we need to confess that – *I do not understand my own actions. For I do the very thing I hate...For I do not do the good I want, but the evil I do not want is what I keep on doing.* Sometimes, we know God's guidance, but we don't follow it.

Like the writer of Hebrews, we need to *throw off everything that hinders and the sin that so easily entangles – let us run with perseverance the race marked out for us – fixing our*

eyes on Jesus, the author and perfecter of our faith.

The prophet Hosea challenges us – *Oh, that we might know the LORD! Let us press on to know him. He will respond to us as surely as the arrival of dawn or the coming of rains in early spring.*

Another translation of this passage says: **He will revive us...He will raise us up, and we shall live in his sight. We shall know, and we shall follow on, that we may know the Lord. His going forth is prepared as the morning light, and he will come to us as the early and the latter rain to the earth.**

This effort to press on and know the LORD is never in vain. He WILL make himself known – *for everyone who seeks, finds!* (Matthew 7). We WILL come to know Him better

– *then we will see face-to-face. Now I know in part; then I shall know fully, even as I have been fully known* (1 Corinthians 13).

We not only need God's guidance; we also need hearts to follow it. Pastor Nate has challenged us to pray for our spiritual heart health – for renewal and revival of our hearts. A tool for this is the handout we shared at the Annual Meeting – Personal Prayers from Colossians. There are 31 verses, 31 prayers – one for each day of the month (ok, extra ones for February). You can pick up a copy in the Welcome Center, and we will also be sharing the daily prayers on the church website and Facebook. (See format below.)

What richness of knowing God better awaits us. So as a church, let's do this - **Let us press on to know the Lord!**



DAILY PERSONAL PRAYERS

from Colossians

Lord, help me to be faithful to whatever You have called me to, and help me fulfill it in faithfulness

"See that you fulfill the ministry that you have received in the Lord."

Colossians 4:17b ESV

Excerpted from Pray! Magazine issue #22. © 2002 by Terry Gooding



Invites everyone to our

BOARD GAME NIGHT

SAT., FEB. 1

6:00 - 8:00PM

GAMES AREA (FELLOWSHIP HALL)



STARTS WITH A BIG BINGO GAME

Then, LOTS of board and card games to choose. Fun for everyone!

We'll have popcorn and lemonade, too!



February	
5	Club - Flapjacks and Flannel Night
12	Club - Sweet Treat Night
19	Club - Movie Night
26	Club - Paul's Mission unit begins

Our God is So Big! *by Angie Mullen, Awana Director*

We serve a God who can do – and does – immeasurably more than all we can ask or imagine. He’s doing things in our lives and answering prayers that, sadly, in our humanness, we don’t always recognize. But when we DO get a glimpse of his work, of his power and might, we can’t help but share it. And I think you’ll enjoy hearing this!

Each week at Awana we have a short missions minute where we learn about children in another part of the world and pray for them. We follow the prescribed missions lessons in our Awana handbook. In the months of Oct. and Nov. we read each week about a girl named Angelique in Rwanda. We learned that this country has faced violence, including wars which have caused poverty and loss of property. Many people have had to leave their homes and take refuge in other countries. We learned that Angelique was able to attend an Awana club in Rwanda where



she learned about and began to trust in Jesus, met other kids, and then lived in a way so that her family wanted to meet Jesus, too. We prayed for other children in Rwanda who don’t know Jesus. We asked God for them to have a chance be able to come to an Awana club or church to get to know Jesus and his love for them, just like Angelique. We prayed for the leaders and other missionaries there to be able to share the truth of Jesus with them.

At this same time in Oct. and Nov. we were in the middle of our annual Operation Christmas Child missions project. While our church family was gathering items and preparing to pack shoe boxes, our Awana children were also donating items for the boxes while we taught them how God uses their gifts and these shoe boxes to help give children all over the world hope and the opportunity to learn about Jesus. We prayed for the children who would receive these shoeboxes; that they would come to know Jesus and be blessed by his hope.

By now, you may have heard

the report we recently received from Samaritan’s Purse about where the very shoe boxes we packed were delivered. And if so, you already know where this is going. All 256 of our shoe boxes were given to children in....wait for it... .. RWANDA!!!!

I was so excited to share with our Awana clubbers what God had done here. I don’t believe for even 1 second that this is a simple coincidence! God not only delivered these boxes of hope to children in Rwanda, he also showed children here in Milton that HE is in control; HE hears and answers their prayers. They had been praying for children in Rwanda and he delivered the shoe boxes they helped to prepare to those very children.

Thank you, Jesus, for blessing these children in Rwanda and thank you for encouraging our Milton clubbers. May they ALL come to know you as their Savior and very best friend. OUR GOD IS SO BIG AND SO STRONG AND SO MIGHTY!!!!

February Items for Operation Christmas Child

Here is a list of items to donate for Operation Christmas Child for the “item of the month.” However, if you see an item at a bargain price, grab it. Place items in the trunk in the back stairway.

Winter Items: hats, gloves/mittens, scarves, socks

Homemade kits: fishing or sewing kits, clotheslines

Non-Liquid Hygiene Items: toothbrushes, small tissues, mild bar soap, wash cloths, brushes/combs, fun band aids, lip balms



2019 Operation Christmas Child *by Linda Lyke, Outreach Coordinator*

The 256 Operation Christmas Child boxes that our church packed on November 9th, 2019 were shipped to Rwanda on December 16th! Samaritan's Purse shared a story of a Rwandan whose life was changed through a simple shoebox.

Yves and A Scarf

A stranger loves me? How can that be, when neighbors in Rwanda had tried to kill us?

When my mother was eight months pregnant with me, our neighbors in Rwanda tried to murder us. My father, a pastor, was well-respected in the community. So, it was shocking when those who had lived down the road from them for 20 years came down that same road with the intent to kill us.

My family literally ran for their lives. I was born in a refugee camp in Congo. When conflict arose there, we sought safety in Kenya. But conflict arose there, too, so we had to move again. It seemed like everywhere we went, war followed us.

After the atrocities I'd seen, my heart was filled with hate – and not just for those who had committed those atrocities. I hated humanity because I had found little of it in people.

In Togo, we finally found a place to call home. My father began serving as a pastor again. Our community in Togo

was heavily influenced by witch doctors. They taught people to never step foot into a church. These villages were dangerous – some Christians who went there never came back. The villagers wouldn't come to church and you couldn't go see them. So, how could you reach them for Christ?

Through a shoebox.

The village children didn't go to school because they didn't have any school supplies. So, their parents were willing to come to the church to receive free school supplies from an Operation Christmas Child shoebox distribution. The witch doctors warned the villagers to stay away from the church, but many of them went anyway.

Thinking that there was no way we'd ever come in contact with these villagers again, one of our church's pastors preached an emboldened message emphasizing the supreme love and power of the Lord Jesus Christ. Many of the people from the villages were shocked to learn that such a God exists. They started to come to church to hear about the all-powerful God who is also ever-loving – even one of the witch doctors. When he made a profession of faith in

Jesus Christ, that opened the floodgates for the villagers to follow. The people said: If this powerful man needs Jesus, so do we. Three more churches were formed as a result.

As for me, my heart had been hardened by my early childhood as a refugee. I didn't understand why people hated other people enough to kill them just because they were different from them. I hated people, because they were capable of such blind violence – all people, except my family.



But when I received my shoebox at age 11, it changed everything. A stranger loves me enough to give me a gift? How can someone love me when they don't even know me? How is that possible, when our neighbors in Rwanda had tried to kill us? I thought I had the world figured out, and the shoebox turned my world upside down. In fact, it turned my life right side up. I put my faith in Christ later that year.

At the shoebox distribution, I had tried to trade one of my gifts for a soccer ball. I had received a wool scarf. I lived in the tropics. I had no idea what to do with this thing. But I had been taught to save everything and waste nothing, so I stored the scarf away.

Continued on page 10

Operation Christmas Child, *continued*

Three years later, years after our initial application, my family received refugee resettlement in Buffalo, New York. It's one of the coldest cities in the U.S. Was this a coincidence? No way. My precious scarf is still meaningful today. It is a promise to me that Jesus knew my past, and He knows my future and what I will need.

Jesus is always a step ahead, waiting at the end of the line to

keep me warm like a loving father does. The scarf not only kept me warm, it warmed my heart. To those whom God used to send me this gift—thank you for keeping me warm. Not only did the scarf keep me comfortable physically in the cold Buffalo weather, but it helped to thaw out my heart. I became brave enough to take a chance on people again.

I love people now. I want to

help them in Jesus' Name. In that vein, this summer I'll be helping to dig water wells at three village churches in Togo. These churches formed as a result of the spread of the Gospel through the shoebox distribution there more than 10 years ago.

[www.samaritanspurse.org/
operation-christmas-child/
shoobox-stories-yves-and-a-scarf/](http://www.samaritanspurse.org/operation-christmas-child/shoobox-stories-yves-and-a-scarf/)

Koinonia Youth Ministry *by Larry Schultz*

Dear Friends in Christ,
Welcome to 2020!

It's always interesting to see how people play around with numbers like this when we come to the change in years. I didn't pay much attention to it, but someone posted a play on it being a 20/20/2020 something or other. Anyway, I joined the game today just for the fun of it.

I looked at what would be the 20/20 verse in one of my favorite books in the Bible. John 20:20 said, When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord.

As amazing as it is at that point when Jesus had risen from the dead and showed His wounds to the disciples, I thought: 'Well, I didn't have a mysterious 20/20/2020 moment. But as the bible always works; "Man shall not live by

bread alone, but by EVERY WORD that comes from the mouth of God." Matt. 4:4. But, the last half of John 20:20 caught my attention.... 'Then the disciples were glad when they saw the Lord'.

It reminded me of what I asked you to pray for in a couple of my last letters. I had asked you and many others to pray that the Lord would Awaken hearts to be able see Him as the wonderful treasure He is as the Savior of the World. And like the disciples, be Glad!

We need to keep that prayer going as we enter into the 2020's. There are so many distractions in young people's lives, it sometimes makes it hard to see Jesus as a need and the treasure that He is. And as you've been praying, little by little the Lord is answering.



This Christmas break, a college student who had come on Koinonia Singers while in high school and then got distracted and drifted, contacted me to get reconnected with me, and especially reconnected with Jesus. It was good to hear from him that even though he had drifted, he knew the Lord was there for him.

So, going into 2020 I would like to remind all of us to keep praying that we, and any lost souls would 'See the Lord' and be Glad. In John 20:19 Jesus said: "Peace be with you." And in verse 21 He says: "Peace be with you. As the Father has sent me, even so I am sending you".

He's sending all of us off to His mission with Peace!

Lord Bless,
Larry

Inflammation *by Barb Green, Parish Nurse*

Inflammation is the process your body uses to provide the healing chemicals and nutrients needed to help repair damage due to injury or disease. There are two types:

Acute, a temporary helpful response to an injury or illness, and Chronic, a slow, creeping condition caused by a misfiring of the immune system that keeps your body in a constant, long-term state of high alert. Over time, chronic inflammation damages healthy cells.

Symptoms of acute inflammation include pain, redness, immobility, swelling and heat.

Symptoms of chronic inflammation present in a different way and include fatigue, mouth sores, chest pain, abdominal pain, fever, rash and joint pain. Chronic inflammation can start attacking the linings of your arteries or intestines, cells in your liver and brain or the tissue of muscles and joints. This cellular damage can trigger diabetes, cancer, dementia, heart disease, arthritis and/or depression.

Its slow and secret nature makes it hard to diagnose. Chronic inflammation's impact has been linked to dozens of health conditions. These include dementia, depression, Parkinson's, chronic fatigue, asthma, heart disease, inflammatory bowel diseases, obesity, metabolic syndrome, rheumatoid arthritis and allergies.

Chronic inflammation happens when something triggers the immune system and puts

your body in a state of stress and keeps it there. As a result, the immune system goes into attack mode with an inflammatory response.

There are four main causes of chronic inflammation:

- Infection that's hard to kill such as hepatitis C or Lyme disease
- Genetics – an inherited gene causes a misfiring of the immune system or is turned on by inflammation
- Environment – toxins and pollutants which trigger and sustain inflammation
- Lifestyle – obesity, unregulated stress, tobacco and alcohol misuse, lack of physical activity, poor sleep and diet. Belly fat, a highly inflammatory tissue, actively creates and releases inflammatory compounds. Chronic stress causes an increase in hormones like cortisol and adrenaline which directly trigger a rise in inflammation.

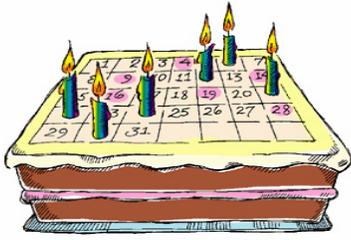
Aging increases inflammation because the older we are, the more exposure we've had to all the above causes. Aging also make it more difficult for our bodies to properly manage our immune systems, to extract nutrients from food and to shed extra pounds. As we age, all of us have some degree of inflammation. The key is to keep it at a flickering ember and not let it erupt into a forest fire. Prevention is a key to avoiding these chronic diseases.

The ways to reduce your chance of chronic inflammation are to eat a healthy diet, reduce stress, get good sleep every night, exercise, stop smoking and reduce alcohol use. Foods that spark inflammation include: white bread, deep fried foods, processed foods, bottled salad dressings. Foods that help reduce inflammation include: whole-grain bread, dark-colored fruits, vegetables and beans, yogurt, monosaturated fats (olive oil, avocado, nuts) polyunsaturated fats (fish, flax, oils) and big colorful salads. The vitamins and minerals found in fruits and vegetable are antioxidants and help fight inflammation.

Non-food reducers of chronic inflammation include yoga, improving your attitude and attending church. Mindfulness and prayer have been shown to help those who suffer from chronic inflammation. These lifestyle changes are not easy but isn't attacking one enemy – inflammation – a lot easier than worrying about dozens of them? If you have to pick one area to improve, focus on sleep, both quantity and quality. It not only lowers your inflammation levels, it also helps you do everything else better. When people give their body time to rest and lower stress, they have an easier time making smart food choices and getting exercise the next day. Anything you can do to reduce inflammation is a step to better health.

*Adapted from AARP Bulletin
11/2019*

Bulletin Board



Birthdays & Anniversaries

- 1 Karissa Bornemann
- 4 Joel & Allie Williams
- 5 Michelle Crandall
- 6 Nola Mae Gray
- 7 James Lima
- 7 Rylee Rotzoll
- 15 Annmarie & Ron Bennett
- 24 Doug & Jayne Lubke
- 25 Sawyer Harris
- 25 Mackynzie Rotzoll
- 26 Beau Gilmore
- 26 Bethany Crandall

Diaper Drive for Devon Oasis

**February 15 –
March 21**

See page 2
for further details.



Women's Bible Study

Join us for a new women's Bible Study on Thursday mornings at 9:30 at Perla Call's home beginning January 30. This is a 7 week video-based study by Lisa-Jo Baker **"We Saved You a Seat"** on finding and keeping lasting friendships. Join us for a good time of studying, sharing and praying together. If you have questions, please contact Pastor Liz.

February Scripture Memory Verse

Where there is no revelation [vision], the people cast off restraint; but blessed is he who keeps the law. Proverbs 29:18

Scout Sabbath: February 8th

Members of our Church chartered Scouting units will be joining us for worship. Everyone in the congregation who is a member of Boy Scouting or Girl Scouting is welcome to wear their uniform and join with us.

Third Thursday Prayer

February 20th
6:30 p.m., Parlor

A time to pray as the Holy Spirit leads – for our church, our families, our communities, the world. Prayers for God's will to be done are powerful!

Ladies Sit & Sip

Tues., Feb. 18th, 9:00 a.m.
Havana Coffee,
1250 Milton Ave., Janesville
All women are invited.

Men's Breakfast

All men are welcome to join in this time of study and fellowship. Led by Pastor Nate. Meets every Weds. at the IHOP Restaurant in Janesville at 6:30 a.m.

Breakfast Club

Sunday, Feb. 16, 8:30 a.m.
Cracker Barrel, Janesville
All are welcome!

Capital Campaign Update

As of December 31, 2019

Starting Balance	\$ 2,505.00
Total Income	\$27,184.24
Total Expenses	\$14,430.44
Fund Balance	\$16,268.80

Focus on Funds

as of December 31, 2019

General Fund Balance	\$15,581.98
Cash at Mem. Fund	\$66,046.77
Dec. Undesignated Income	\$13,469.10
Dec. Total Income	\$18,431.36
Dec. Expenses	\$18,260.91
Denomination Giving YTD	\$11,415.02

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
			<div style="border: 1px solid pink; padding: 5px;"> <p align="center">Sabbath Sunset Times</p> <p>Feb. 7 5:17 p.m. Feb. 8 5:18 p.m. Feb. 14 5:26 p.m. Feb. 15 5:27 p.m. Feb. 21 5:35 p.m. Feb. 22 5:36 p.m. Feb. 28 5:44 p.m. Feb. 29 5:45 p.m.</p> </div>			<p>1</p> <p>9:00 Grow Groups 10:00 Treats 10:30 Worship</p> <p>6:00 – 8:00 Board Game Night – Fellowship Hall</p>
<p>2</p> <p>Groundhog Day</p> 	<p>3</p> <p>8:00 TOPS – Library</p>	<p>4</p> <p>7:00 Scouts</p>	<p>5</p> <p>6:30 Men's Breakfast – IHOP 9:00 Women's Bible Study – Renee Sanford's</p> <p>6:25 Awana 6:30 Collision</p>	<p>6</p> <p>9:30 Women's Bible Study – Perla Call's</p>	<p>7</p>	<p>8</p> <p>9:00 Grow Groups 10:00 Treats 10:30 Worship – Scout Sabbath</p>
<p>9</p>	<p>10</p> <p>8:00 TOPS – Library</p>	<p>11</p> <p>7:00 Scouts</p>	<p>12</p> <p>6:30 Men's Breakfast – IHOP 9:00 Women's Bible Study – Renee Sanford's</p> <p>6:25 Awana 6:30 Collision</p>	<p>13</p> <p>9:30 Women's Bible Study – Perla Call's</p>	<p>14</p> <p>Valentine's Day</p> 	<p>15</p> <p>8:00 Men's Chorus Rehearsal 9:00 Grow Groups 10:00 Treats 10:30 Worship</p>
<p>16</p> <p>8:30 Breakfast Club – Cracker Barrel</p>	<p>17</p> <p>8:00 TOPS – Library</p> 	<p>18</p> <p>9:00 Ladies Sit 'n Sip – Havana Coffee</p> <p>7:00 Scouts</p>	<p>19</p> <p>6:30 Men's Breakfast – IHOP 9:00 Women's Bible Study – Renee Sanford's</p> <p>6:25 Awana 6:30 Collision</p>	<p>20</p> <p>9:30 Women's Bible Study – Perla Call's</p> <p>6:30 Third Thursday Prayer</p>	<p>21</p>	<p>22</p> <p>9:00 Grow Groups 10:00 Treats 10:30 Worship – Communion</p>
<p>23</p>	<p>24</p> <p>8:00 TOPS – Library</p>	<p>25</p> <p>7:00 Scouts</p>	<p>26</p> <p>6:30 Men's Breakfast – IHOP 9:00 Women's Bible Study – Renee Sanford's</p> <p>6:25 Awana 6:30 Collision</p>	<p>27</p> <p>9:30 Women's Bible Study – Perla Call's</p>	<p>28</p>	<p>29</p> <p>9:00 Grow Groups 10:00 Treats 10:30 Worship</p>

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Director of Children's Ministry:
Angie Mullen

Prayer Coordinator:
Renee Sanford

Outreach Coordinator:
Linda Lyke

Parish Nurse:
Barb Green

Camp Program:
Pastor Nate Crandall

Communications Coordinator:
Joel Osborn

FEBRUARY



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the connecting
church with
seventh day baptist

February
2020

Praise the Lord!
Oh give thanks to the Lord,
for He is good,
for his steadfast love endures forever.

Psalm 106:1