

Dear Friends,

This month allows us to observe Lent that will culminate in Easter!

Have you ever wondered about the name and why we as Christians observe it?

Lent is actually a forty day preparation where we remember in varying stages Jesus Christ's sacrifice and withdrawal into the desert for 40 days. It prepares us for the Easter celebration and Christ's resurrection! It also gives us a period where Christians reflect on how we have been given freedom from sin.

Sometime ago, I had to take a trip that differed from my usual route home to Sully! I believe it was a detour because of the spring flooding on the Missouri river that began this adventure.

In the middle of the night, flashed a road closed sign. Away we went on an unknown road in the dead of night. My navigator, also known as my wife, guided me expertly through twists and turns in the road. Unmarked county roads not listed on the Google map app met us on a regular basis!

We encountered road construction, one lane bridges, gravel roads that were supposed to be paved and bad coffee!

What a relief it was to finally pull into our Sully driveway and our home!

Our life experiences are paved with twists and turns, roadblocks and experiences that test our faith!

Lent reminds us that Christ paved the way for us by experiencing the temptations and trials we face! He was God and yet man! Jesus was the incarnate son of God!

We can face tomorrow with certainty because our Lord Jesus Christ paid the price with his death and resurrection!

Thomas declared to Jesus, "We don't know where you are going? How can we know the way? Jesus replied, "I am the way, the truth and the life."

I hope you will be able to reflect on Lent and its meaning to our Easter celebration! It will remind you of where you have been and where you are going! Home! Lost no more!

Have a Blessed Lenten season!

In Christ.



Youth & Ed Director— Jeff Knouse

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& Sunday's

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Facebook page: www.facebook.com/sullyfrcyouth/



FAITHWALKERS meet at 6:27 pm in the Well All 9th - 12th Grade invited Upcoming Events:

March 1—Live Like This Series

March 8—Live like This Series March 15— Live like This Series

March 22—Spring Break- No meeting

March 29—9:30 am—Faithwalker Worship
6:30 pm Live Like This

Faithwalkers Youth Group (9th—12th) meets every Sunday evening from 6:30—7:30 pm in the Well

Leaders: Jeff & Alison Knouse, Shawn & ChyAnne Huyser & Cody & Kelly Kesling

Prayer Breakfast
Free Jesus, and donuts.

Every Friday morning at 7:30 am all 9th—12th grade are invited to come for donuts, chocolate milk, orange juice and prayer. Invite your friends! It's a great way to end the school week! Only one

date in March—March 13





Who: ALL 6th—8th graders
Impact Youth will be meeting
EVERY SUNDAY at 4:59 pm in the
WELL throughout the year!

March Dates:

March 1—Spiritual Growth Series
March 8—Believe it or Not Series
March 15—Spring Break—No Meeting
March 22—NO IMPACT—Spring Break
March 29—Believe it or Not Series
IMPACT Youth Group (6th-8th) meets Sunday
evenings from 4:59—6pm in the Well
Leaders: Jeff & Alison Knouse, Denny & Donna
Liekweg & Caden Dunsbergen

JUSt a NoTe



IMPACT YOUTH—
April 3—5
Middle School Retreat is a FUN weekend for middle school students and their

adult leaders! The MSR will be at at Hidden Acres Christian Center in Dayton, IA (about a 1/2 hr south of Fort Dodge). Synod Youth Ministries partners with Northwestern College students to plan an AWESOME weekend of worship, large group sessions, youth group time and of course recreation and games!

ROCKY MOUNTAIN HIGH

JULY 25-29 | 2020

ESTES PARK, CO

What is Rocky Mountain High?

Rocky Mountain High is an event held every three years and is sponsored by the Synod of the Heartland Office of Youth Ministries. It is geared towards high school students entering grades 8-12 for the 2019-2020 school year and their adult leaders.

This year we have 15 students and 5 leaders attending Rocky!



Children's Ministry Director—

Julie Van Manen

Office Hours: Wednesdays

Email: julievmfrcsully@gmail.com Office phone: 641-594-2935 ext 5 Cell phone: 641-521-7951

Living the Fruit of the Spirit

STARS - On Ash Wednesday, the STARS children had an opportunity to rotate around to six different prayer stations, where they read a Bible verse, completed an activity, and prayed. Each student also went home with a Lent devotional, Do You See the Savior? Wednesday, March 11 will be the final STARS night. A family meal will be served and immediately following the children will present a short program on the Fruit of the Spirit and highlights of the year will be shared.

Not simply learning the Fruit of the Spirit, but being able to discuss how our lives exhibit the Fruit of the Spirit has been a learning experience for all. During the prayer station time, I was able to observe a crew of boys share what fruit each felt good about in his life

and which fruits needed improvement.

As adults we also need to be reminded of examples where we exhibit the Fruit of the Spirit. Here is my story on one of the fruits that I experienced this month. I wanted to print some pictures off of my phone for church. Several people told me to use the app on my phone. Well, after several failed attempts of that, I decided I would just go to the store. When I walked into the store, the pictures downloaded. The clerk assisted me; however, she was trying to answer the phone and do other things as well. I wanted to know when my pictures would be ready so I could plan accordingly. So, I kept trying to ask the clerk; she turned to me and said, "Patience." I laughingly replied, "That's ironic, I am teaching the children at church about the Fruit of the Spirit and just last night we talked about patience." Believe me, at that point in time, I certainly wanted to react in another way that would not have demonstrated several of the fruits - love. patience, kindness, and self-control to name a few. Continued.....

This is just one example, but it did remind me of how important it is that if we are truly Christians and believe that we serve a risen Lord and Savior that our lives need to show it each and every day especially as we live in a world that tries to tell us otherwise more than ever. So, as we enter the season of Lent let us be living examples of the Fruit of the Spirit each and every day!

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things! Galatians 5:22-23 (NLT)



Looking ahead—the Primary Sunday School Department (1st-4th grade) will be singing on Palm Sunday, April 5 during the morning worship service. Our last day of Sun-

day school will be Sunday, May 17.



SAVE THE DATE! Vacation Bible School will be held July 6-9 from 6-8 pm. Our theme this year is "Rocky Railway...Jesus Power Pulls Us"



March Scripture Writing Plan

THIS SCRIPTURE WRITING PLAN IS DESIGNED FOR CHILDREN AGES 4-10. EACH OF THE SCRIPTURES BELOW SHOULD TAKE TEN MINUTES TO JOURNAL YOU CAN USE THIS PLAN IN CONJUNCTION THE ADULT WRITING PLAN AS A FAMILY DEVOTIONAL. FAMILY BIBLE STUDY, OR HOMESCHOOL CURRICULUM, WE HOPE YOU ENJOY THIS TIME LEARNING ABOUT JESUS AS YOU INSCRIBE THE WORD!

AMAZING GRACE!

Day 1: John 1:16-17

Day 2: Romans 11:6

Day 3: James 4:6 1 Corinthians 15:10 Day 4:

Hebrews 4:16 Proverbs 3:21-22 Day 6:

Day 7: Proverbs 3:34

Day 8: Romans 6:1-2 Day 9: Romans 6:15

Day 10: Titus 2:11

Day 11: Ephesians 2:4-5

Day 12: Ephesians 2:8 Day 13: Romans 1:5 Day 14: Romans 5:20

Day 15: Galatians 5:4 Day 16: 2 Corinthians 12:9 Day 17: Hebrews 13:8 Day 18: Jeremiah 31:2

Day 19: Acts 4:33 Day 20: Acts 20:32 Day 21: Romans 3:23-24

Day 22: Ephesians 1:6 Day 23: Acts 20:24

Day 24: 2 Corinthians 8:1 Day 25: 2 Timothy 1:9

Day 26: Luke 2:40 Day 27: Jude 1:4

Day 28: Colossians 4-6

Day 29: 1 Peter 5:10 Day 30: Hebrews 12:15

Day 31: Philippians 4:23



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Jason & Bailey Huyser

Birthdays: Jason—12/27/1979

Bailey—8/23/1989

Anniversary: August 3, 2019

Jason and Bailey Huyser met when Jason came into the Dental office where Bailey worked at the time. They were married in Pella on a beautiful day in August of 2019 and currently live on a farm northwest of Sully.

Jason is a life-long resident of Sully, graduating from Lynnville-Sully High school. His parents are Dale and Minnie Huyser and he has two brothers; Steve (Newton) and Kent (Sully). He is a dairy farmer at their family's farm on the west edge of Sully.

Bailey grew up in the Newton area, graduating from Newton Senior High School and going on to graduate from Iowa Central Community College. Allen Smith and Danielle Smith are her parents and she has three brothers, one being her twin Beau Smith (Newton); Brandon Smith (Malcolm) and Brady Smith (Newton). If you go in to Recker Dental Care in Pella to have a checkup, you will see Bailey working as a Dental Hygienist there.

When Bailey first started coming to First Reformed, one of the special memories she has is sitting in the pew with Margaret Vande Krol, Jason's grandma.

Thank you Jason and Bailey Huyser for letting us "Get to Know You" Better!









PRAY

- That people come to know God's love through the CEPAD staff and their efforts to reduce rural poverty in Nicaragua.
- For the EMI Nicaragua office to be united and effective in their work and gospel witness.
- For grace and guidance as Phil transitions into EMI and continues to study Spanish.
- That God sets a strong foundation in Phil and Olivia's marriage, rooted in their identity in Jesus Christ.



About the ministry

Community and family are the foundation of life in Nicaragua. Half of rural Nicaraguan families face extreme poverty, with lack of access to food, basic services, and education. Phil and Olivia work with local partners to help meet Nicaraguans' physical and spiritual needs.

Olivia facilitates church partnerships and volunteer opportunities for the Council of Protestant Churches of Nicaragua (CEPAD). Through faithbased leadership development, pastoral training, and food security programs, CEPAD ministers to the marginalized and helps communities break the cycle of hunger and poverty.

Phil serves as an associate structural engineer for Engineering Ministries International Nicaragua (EMI). He designs for Christian projects and disciples young professionals. EMI desires to see people restored by God and the world restored through design.

To learn more or support this ministry, visit:

www.rca.org/lekel olivlalekel@rca.org plekel@rca.org







March 11

Kendall & Darci Jansen—32 years

March 12

John & Julie Roozeboom—27 years

March 17

Randy & Nancy Huyser-48 years

March 23

Andy & Jamie Dunsbergen—7 years Craig & Barb Maasdam—41 years

March 26

Gene & Eleanor Jansen - 56 years

March 1

Dale De Penning ~ Brenda Jansen Ryan Mortvedt

Danis Hedrick (84)

March 2

Duane Brand (83)

March 3

Brevin Hansen

Bailey Vander Molen

March 4

Carol Ver Ploeg

March 5

Ryanne Jansen

March 6

Deb Johnson

March 10

John Roozeboom

March 11

Krystal Van Dyke

March 13

Baylee Jansen ~ Russ Rozendaal Hailey Scandridge ~ Alma Terpstra

March 14

Kendall Rozendaal

March 15

Eric Brand ~ Julie Keen Hannah De Penning

March 16

Chase Jansen ~ Loren Vos

March 17

Brent Rozendaal ~ Corrina Rozendaal

March 18

ChyAnne Huyser ~ Christine Van Wyk

March 19

Carrie Mortvedt ~ Maury Van Der Wilt

March 20

Jan De Goey

March 21

Andy Dunsbergen

March 23

Stephanie Rozendaal

March 24

Kendra Fikse

March 25

Doyle Ver Ploeg ~ Rory Vos

March 26

Jade De Hoedt

March 27

Barb Maasdam ~ Payton Scandridge Felix Torres ~ Ellington Dunsbergen

March 29

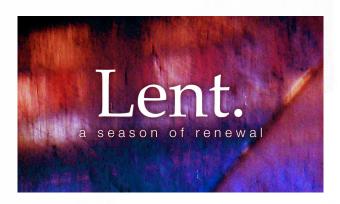
Zachary Dykema Julie Roozeboom

March 30

Jennifer Kramer

March 31

Tammy Vos ~ Cole Henkle Clarence Wyma







Each of the scriptures below takes ten minutes or less to copy out. Commit to spending ten minutes each day listening to God's voice as yoù simply copy these texts out of your Bible.

Monday, March 23—Save the date—Bible League Spring Luncheon at 11:45 am at Trinity in Pella, IA with keynote speaker, Brian McLemore

Sunday, March 29, 9:30 am—Faithwalkers Morning Worship Service

Sunday, March 29, 6:00 pm—Gospel Singers Male Chorus at Sully Community Church

Sunday, April 5, Palm Sunday, 9:30 am—The Primary Sunday School Department will be singing

Sunday, April 12, 8—9:15 am—Easter Morning Breakfast in the Gathering Place followed by Easter Morning Worship at 9:30 am and Celebration Coffee time

James 1:13-18 Day 6- Ephesians 2:4-10 Day 7- Ephesians 4:22-28

Joel 2:12-14

3- James 1:2-8

4- James 1:9-12

Day 2- Joshua 1:5-9

Daŭ

Day 8- Ephesians 4:29-32 9- Romans 15:1-6

Day 10- Psalm 91:1-4 Day 11- Psalm 91:5-8

Day 12- Psalm 91:9-13 Day 13- Psalm 91:14-16

Day 14- Galatians 5:13-15

15- Galatians 6:1-6

Day 16- Galatians 6:7-10 17- Psalm 62:1-5 Day

18- Psalm 62:6-10 Day Day 19- Psalm 20:1-5

Day 20- Psalm 61:1-5 Day 21- Isaiah 43:1-7

Day 22- Hebrews 6:13-16

Day 23- Hebrews 6:17-20 Day 24- Matthew 5:13-16

Day 25- 1 Thessalonians 5:12-1 26- 1 Thessalonians 5:16-22

Day 27- 1 Thessalonians 5:23-28 Day 28- Matthew 21:21-22

Day 29- James 3:13-15

Day 30- James 3:16-18 Day 31- Choose Your Own Verse

Open my eyes that I may see wonderful things in your law.







LENT IS THE 40 DAYS BEFORE EASTER. IT BEGINS THE DAY AFTER SHROVE TUESDAY (PANCAKE TUESDAY) AND ENDS ON PALM SUNDAY.



Christians celebrate
LENT to remind them
of the time Jesus
fasted in the desert.

The symbols OF LENT

Remind us that God created us from dust.

PALM LEAVES

Were laid upon Jesus path as he entered Jerusalem, for goodness and health.

PURPLE

The colour worn by royalty and associated with mourning.

Why do we FAST? What is ALMSGIVING?

ALMSGIVING IS THE
ACT OF PUTTING
OTHERS FIRST AND
GIVING TO THOSE LESS
FORTUNATE THAN US.

During LENT we focus on prayer and almsgiving.



FASTING FOR 40 DAYS REMINDS

US OF WHEN
JESUS FASTED
IN THE DESERT.

This is an important time when we give up something important to remind us of the sacrifices Jesus made for us.

Shrove TUESDAY

THE LAST TUESDAY BEFORE LENT BEGINS.

In the past Christians used this day to eat the food that wouldn't last through LENT.

Pancakes used up the milk, egg and fat, just by adding



Also called PANCAKE TUESDAY

ach WEDNESDAY

THE FIRST DAY OF LENT



Ashes are placed on the forehead as a sign of the dust from which God made us. It also symbolises the confession of our sins.

Family Activity for Lent: Making Pretzels

By Marcia Floding

Pretzels have an important meaning during Lent. Pretzels were made in the fifth century as a Lenten food in Austria, Germany, and Poland. People began to make them on Ash Wednesday, the very first day of Lent. The word "pretzel" is a German word meaning "little arms." The dough was shaped in such a way to look like two arms crossed in prayer. Pretzels were made to take the place of bread, since milk, eggs, and fats were not used during Lent. On certain days during Lent it was the custom to give pretzels to the townspeople who were poor.

As a family, make some pretzels. Two variations for making pretzels are included at the bottom of this sheet. Enjoy the pretzels and let them remind you that Lent is a time of prayer. Before you eat the pretzels, say a prayer together:

Dear God, we ask you to bless these pretzels which we are about to eat. Each time we eat them may we be reminded that this is the season of Lent, a time of prayer. Help us to remember to pray for those who need our prayers each day. Keep your loving arms around us, O God, to protect us. In Jesus' name, Amen.

Adapted from "Pretzel Prayer," A Time of Hope: Family Celebrations and Activities for Lent and Easter, Morehouse-Barlow Co., Inc., 1979 (out of print).

Bread Pretzels

1 1/4 cups water (85°)

1 tablespoon dry yeast

1/2 teaspoon sugar

4 1/2 cups flour

1 egg yolk

1 to 2 teaspoons water or milk Coarse salt

Let yeast and sugar dissolve in water for one hour. Add flour to yeast mixture and beat until smooth. Knead mixture for seven to eight minutes. Place in a greased, covered bowl and let the dough rise until double in size. Divide the dough in half; then divide each half into smaller pieces of equal size. Roll each piece in your hands to make pencil shapes twelve (12) to fifteen (15) inches long. Shape each length of dough into pretzels (see the diagram). Place on a greased baking sheet. Brush with egg yolk and water or milk mixture. Sprinkle with coarse salt. Bake at 325 degrees until lightly browned on top.

Frozen Bread Dough Pretzels

Thaw one loaf of frozen bread dough. Let the dough rise according to directions on the package. Divide the dough in half and place on a floured board. Cut each half into eight (8) equal pieces. Roll small pieces into strips about eighteen (18) inches long. Shape into pretzels (see the diagram). Place on a greased baking sheet. Brush the tops of the pretzels with beaten egg yolk mixed with one (1) tablespoon of water. Sprinkle with coarse salt. Bake at 350 degrees for twenty (20) to thirty (30) minutes or until lightly browned on top.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Loren & Tammy Vos	2 Meldon, Eloise, Marissa, Mari- ah, Meleisha, Majesta & Mandeesa Vos	3 Steve & Rita Vos	4 Chris, Kara, & Raelee Warrick & Alyssa & Brayden Bassett	5 Mason & Cayla Wichhart	6 Dave & Karla Winegar	7 Clarence & Lynn Wyma
8 Mark, Justine,	9 Nathan &	10 Darrell &	11 Murray &	12 Ileen Zegers	13 Derrick,	14 Henry & Betty
Ethan & Ashlee Wyma	Stephanie, Skyler & Slater Young	Linda Zegers	Judy Zegers	neen Zegers	Annette, Georgia & Sadie Zimmerman	Zuidema
15	16	17	18	19	20	21
Rod Zuidema	Mike & Kathy Zylstra	Nicole Anania	Ervin & Linda Arkema	Craig & Sheryl Baarda	Marvin & Iva Baarda	Shaun, Kristy & Brooke Baarda
22	23	24	25	26	27	28
Shirley Baarda	Nick & Kate Beyer	Sandy Beyer	Susan Beyer	Corky Boat	Kyle & Mikayla Bonnema	Audrey Brand
29	30	31		\mathcal{C}		
Charles Brand	Duane & Donna Brand	Eric, Faye, Carter & Abigail Brand		CLOSEF	IS A TIME	

First Reformed Church

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 am Pastor Wayne Sneller 10:45 am Sunday School 5 pm IMPACT Youth 6 pm Royce Spoelstra 6:30 pm Faithwalkers	2	3 9 am LAST Sewing Days	4 5:45 am Promise Keepers 3:30 pm STARS 5:30 pm Family night meal 6:15 pm 6th—8th 6:45 pm 9th—12th	5	6 No Prayer Breakfast	7 8—2 pm Shower in the Gathering Place
8 9:30 am Pastor Wayne Sneller 10:45 am Sunday School 5 pm IMPACT Youth 6 pm Pastor Mike Holleman 6:30 pm Faithwalkers	9 6 pm LS Boys Basketball Ban- quet	10	11 5:45 am Promise Keepers 3:30 pm LAST STARS 5:30 STARS Family night meal 6:15 pm 6th—8th 6:45 pm 9th—12th	5 pm LS Girls Basketball Banquet	13 7:30 am Prayer Breakfast	14 11—5 pm Shower in the Gathering Place
9:30 am Pastor Wayne Sneller 10:45 am Sunday School 5 pm IMPACT 5:30 pm Young Cou- ples Bible Study 6 pm Bob Hammann 6:30 pm Faithwalkers	16	17 SPRING	5:45 am Promise Keepers 6:30 pm Elders Mtg. 6:45 pm Deacon Mtg 7:30 pm Consistory	19 – 20	20 No Prayer Breakfast	21
22 9:30 am Pastor Wayne Sneller 10:45 am Sunday School 6 pm Bob Hammann NO YOUTH GROUPS	23	24	25 5:45 am Promise Keepers	26	27 No Prayer Breakfast	28 12—5 pm Shower in the Gathering Place
29 Building Fund Offering 9:30 am Faithwalkers Service 10:45 am Sunday School 5 pm IMPACT No Evening Worship 6 pm Gospel Men's Chorus at Sully Community Church 6:30 pm Faithwalkers	30	31				