

# Welcome to Christ Lutheran Church!

Announcements for November 9, 2014

Please join us after the worship service for fellowship with coffee and refreshments.

## This Week at Christ Lutheran Church November 9-16, 2014

### Today

9:00 a.m. Traditional Worship Service  
10:15 a.m. Sunday School  
10:15 a.m. Adult Bible Study  
10:30 a.m. Praise Team Rehearsal  
11:15 a.m. Contemporary Worship Service  
1:00 p.m. Sudanese Worship  
5:00 p.m. New Member Class  
6:00 p.m. Mosaic Faith 'n' Fun

### Monday

5:00 p.m. Personal Care Pantry  
6:00 p.m. TOPS  
6:30 p.m. Bell Choir Rehearsal  
6:30 p.m. Finance Meeting  
8:00 p.m. Bell Choir Rehearsal

### Tuesday

7:00 p.m. Council Meeting

### Wednesday

7:00 a.m. BNI Team Meeting  
11:30 a.m. Keen Agers Potluck Lunch  
6:15 p.m. Junior Choir Rehearsal  
7:00 p.m. Worship Choir Rehearsal  
7:00 p.m. Confirmation Class

### Thursday

9:30 a.m. Adult Bible Study

### Friday

6:00 p.m. Wedding Rehearsal  
7:00 p.m. Women's Bible Study (in homes)

### Saturday

Wedding here at CLC  
9:30 a.m. Mosaic Service Project  
5:45 p.m. Degage Ministry

### Sunday

9:00 a.m. Traditional Worship Service  
10:15 a.m. Sunday School  
10:15 a.m. Adult Bible Study  
10:30 a.m. Praise Team Rehearsal  
11:15 a.m. Contemporary Worship Service  
1:00 p.m. Sudanese Worship  
5:00 p.m. New Members' Class

## Serving Our Congregation Sunday, November 16, 2014

### **Council:**

9:00 a.m. Jennifer Buddemeier  
11:15 a.m. Kelli Vandenberg

### **Altar Guild:**

9:00 a.m. Gaye Snyder  
11:15 a.m. Jean Wisinski

### **Welcome Center:**

9:00 a.m. Addy Laurent  
11:15 a.m. Aimee Paulson

### **Acolyte:**

9:00 a.m. Sydney Hudson  
11:15 a.m. Margie Evele

### **Worship Assistant:**

9:00 a.m. Jim Ward  
11:15 a.m. Dave Westover

### **Coffee:**

9:00 a.m. Harry & Annette Wendland  
11:15 a.m. Peggy McCourry

### **Ushers:**

9:00 a.m. John & Mary Deherrera, Harry Wendland,  
Mary Whitehead  
11:15 a.m. Don Groeneveld, Troy & Angelina Anderson

### **Communion Assistants:**

9:00 a.m. Steve & Vicki Blubaugh, Pete Van Gessel  
11:15 a.m. Sarah McKenney, Julie Menacher, Deb Park

### **Reader:**

9:00 a.m. Rich Jaeschke  
11:15 a.m. Steve Kauffman

### **Nursery:** Kim & Meghan Zeitter

### **Greeters:**

9:00 a.m. Chris & Kimberly Boes  
11:15 a.m. Dave & Deb Park

### **Counters:** Jennifer Breymeyer, Annette Wendland

### **Sprouts Teacher:** Raechelle Huston

### **Video Operator:** Jason Tierney

### **Sound Board:**

9:00 a.m. Matt June  
11:15 a.m. Mike Siebelink

### **Last Week's Response November 2, 2014**

#### *Attendance*

1<sup>st</sup> Service: 171    2<sup>nd</sup> Service: 153

#### *Budget Information*

November offerings to date: \$10,178  
Amount needed per month: \$35,250

# WEEKLY PRAYER REQUESTS

## Prayer Requests from November 2

- † Prayers of healing for Tanner Powell, who has a heart problem.
- † Pray for William Dutkiewicz who is having surgery next Friday.
- † Prayers of safe travel home from Hawaii for Bob & Fimmy Hosler.
- † Pray for Carter Wiseman who is having major surgery on November 24.
- † Prayers of comfort for a coworker and his family after the passing of his father-in-law.

## Prayer Requests from October 26

- † Prayers of healing for Aneda Thorpe who recently had open heart surgery.
- † Prayers of recovery for Tom Seras, who is battling cancer.
- † Prayers of healing for Tom, who had eye surgery.
- † Pray for Theresa Asta.
- † Prayers of healing for Carrienne Evele's brother, Ron.
- † Prayers of healing for Isaac Burns, a classmate of Cora Evele, who is dealing with complications after his appendix burst.
- † Prayers of comfort for the family of Renee Stanford, who died in an accident this morning.
- † Prayers for all the people of the parish who are sick and hurting.
- † Pray for Gene McNamara, that she has a successful surgery and the spot on her kidney is benign.
- † Prayers of thanks for successful cancer for 3-year-old Eli, the great-nephew of Bill & Toni Steele.
- † Pray for all those who are connected in some way to the Ebola outbreak.
- † Prayers of healing for Kevin who has heart trouble.
- † Pray for Ryan who is figuring out how to find money for college.
- † Pray for Mike to overcome his depression.

## Pray for Those Serving in the Military

Andrew Groeneveld  
Samantha Tierney  
Cmdr. Roger Bouma, friend of Larry and Mary Knappen  
Brandon Westbrook and Cody Westbrook, grandsons of David Barrenger  
Casey Gort, grandson of Larry and Joan Gort and Jack and Shirley Reminga

Jeff McCullough  
Adam Lundquist  
Jesse Cunningham, grandson of Howard & Muriel Andrews

*\*\*\*If you or a friend/family member would like to be remembered in prayer, please contact the church office (532-2774 or [office@clcwyo.org](mailto:office@clcwyo.org)) by Friday at 10:00 a.m. to have your request printed in this portion of Sunday's bulletin. Of course, you can let Pastor or the church office know at any time that you wish prayers for someone.*



Altar Flowers are given at the 9:00 worship service to the glory of God.

Altar Flowers are given at the 11:15 worship service to the glory of God.



**Thank you** to the Bell Choir for participating in worship this morning. At the 9:00 their prelude is "Here I Am to Worship" arr. Larson. Later in the service they will present "Everlasting God with Majesty," arr. Peggy Bettcher. At the 11:15 service they will present "Processional on All Things Bright and Beautiful," arr. Page.

**Christmas Program Practice** is taking place each Sunday during the second service. We'd love to see all Sunday School aged kids at 11:15!

**Are you thinking of becoming a member at CLC?** The New Members class is being offered at 5:00 p.m. on November 9 and 16 for all of you who are interested in more information on becoming a member here at Christ Lutheran. Most of you have probably been in contact with Patrick Blanchard, our Outreach Coordinator. If you are interested in joining this class but have not talked to Patrick, please contact him at 209-7092 or [patrick@clcwyo.org](mailto:patrick@clcwyo.org). (Please note: if you received a letter of invitation recently, incorrect dates were listed for the class. Class starts tonight!)

**Keen Agers:** The Keen Agers is a fellowship group of Senior citizens here at Christ Lutheran. We will be having a potluck luncheon on Wednesday, November 12, at 11:30 a.m. in the fellowship room. Please bring a dish to pass and if you wish, one that reflects your national heritage. Also bring a wrapped item from home that you no longer need or use. Coffee, rolls, and table service will be provided. It would be helpful if you would contact Arlene Slagh (534-5726), Joy Johnson (457-8828), or Pat Potter (583-1617) to let one of us know if you plan to attend. See you Wednesday!

**Office Reminder:** The deadline for bulletin announcements is 10:00 a.m. on Friday. The worship bulletins are printed on Wednesday. If you have music information to add to a service, please submit it by Tuesday afternoon. Please email information to Audrey at [office@clcwyo.org](mailto:office@clcwyo.org) or leave it on her desk if she isn't there. Also, the December Branch deadline is Wednesday, November 19.

**Personal Care Pantry:** Items needed this week: combs, toothbrushes, and toothpaste.

**Advent By Candlelight:** It is almost time for our 3<sup>rd</sup> annual Advent By Candlelight, which will be held on Sunday, December 7, at 6:30 p.m. We only have 4 tables that need a hostess to decorate them! There is a table in the narthex for you to sign up. ALL women please sign up to come. If you have any questions, please call Karen Owens (532-5301) from the Fellowship Committee. Don't forget to wear your 'Sunday Best' and bring a gift for your Secret Sister.

**Thanksgiving Food Baskets for 20 Families:** Please bring your donations by next Sunday. We are collecting the following food items to supply Thanksgiving dinner for 20 families. Delivery will be Sunday, November 23. Donations may be left on the table in the Narthex.

Cake mix	Olives (jar or can)	Crackers (box)
Pickles (jar)	Cranberry Sauce	Pie Filling
Evaporated Milk	Pudding	Frosting
Pumpkin (canned)	Fruit (canned)	Stuffing (boxed)
Gravy	Vegetables (canned)	Instant Potatoes
Yams (canned)	Jell-O	
Dinner Rolls (donated on the last week, placed in the freezer)		
Frozen pie crusts (placed in freezer)		



If you wish to contribute cash/check to cover the cost of perishable items (turkeys/hams, butter, milk, eggs) or want to avoid shopping, please use the pew envelope and write "Food Basket" on the envelope.

**Christmas Store:** Our church, along with several other churches, will once again be participating in The Wyoming Christmas Store held at Grace Reformed Church on Saturday, December 6. The concept of the Christmas Store is to offer low-income families a way to obtain gifts for their children in an affordable manner. Rather than shower families with charitable gifts from strangers, parents involved in the Christmas Store can buy quality gifts at one fourth the retail value. Beginning today, a Christmas tree is set up in the narthex with gift tags. Please take a tag off the tree, purchase a gift and return the unwrapped gift with the price written and tag attached to the gift. Gifts need to be returned no later than Sunday, November 30. Further information and age appropriate gift suggestions are on the table by the tree. Any questions, please contact Carol Peters at 616-531-4896 or [b\\_cpeters@att.net](mailto:cpeters@att.net). Thank you for your participation.



**Mosaic:** Tonight is Faith 'n' Fun. See you at 6:00 p.m.!

**Mosaic:** Please plan to join us on Saturday, November 15 for our service project at The Salvation Army's Little Pine Island. Meet at church at 9:30 a.m., dress warm and bring a rake!

**Save Your Cans:** The High School Youth are collecting pop cans AND aluminum cans to help fund the 2015 National Gathering trip. All donations can be placed in the bin located next to the youth table in the Narthex.

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The logo for Christ Lutheran Church features the word 'Christ' in a large, black, serif font, with a black, curved swoosh underneath it. Below the swoosh, the words 'Lutheran Church' are written in a smaller, black, sans-serif font.

**Christ**  
Lutheran Church

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**Minister of Music:** Gary Sironen

Email: [gary@clcwyoing.org](mailto:gary@clcwyoing.org)

**Organist and Handbell Choir Director:** Marilyn Burgard

Email: [burgardm@sbcglobal.net](mailto:burgardm@sbcglobal.net)

**Junior Choir Director:** Haley Hildebrandt

Email: [hildebrh@mail.gvsu.edu](mailto:hildebrh@mail.gvsu.edu)

**Contact for Church Council**

Email: [council@clcwyoing.org](mailto:council@clcwyoing.org)

**Today is Healthy Tasting Day!** Please join us in the Gathering Space between services to sample the following great recipes.

### Whole Wheat Cranberry Banana Bread

1 ¼ cups whole wheat flour	2 tsp. baking powder
¼ tsp. salt	1 Tbsp. oil or butter, melted and cooled
1 egg	2 tsp. vanilla extract
½ cup + 2 Tbsp. mashed banana (about (1) 9" banana)	2 Tbsp. plain nonfat Greek yogurt
2 Tbsp. Honey	1/3 cup chopped cranberries

1. Preheat the oven to 325° and coat an 8 x 4" loaf pan with nonstick cooking spray.
2. In a medium bowl, whisk together the flour, baking powder, and salt. In a separate bowl, whisk together the oil (or butter), egg, and vanilla. Stir in the mashed banana, yogurt, and honey. Add in the flour mixture, and stir just until incorporated. Gently fold in the cranberries.
3. Spread the batter into the prepared pan, and bake for 35-45 minutes, or until a toothpick inserted into the center comes out clean. Cool in the pan for 10 minutes before turning out onto a wire rack.

Yield: 1 loaf, 8 slices Serving size: 1 slice

Notes: Dried cranberries may be substituted for the fresh. Add them to a microwave-safe bowl, cover with water, and tightly top with plastic wrap. Microwave on HIGH for 45-60 seconds, and let the bowl sit for another 20-30 minutes to allow the dried berries to continue absorbing liquid. Discard any remaining water, and continue with the original recipe.

A 9 x 5" loaf pan may be used instead. The bread will bake faster with more surface area, so begin checking for doneness around 25-30 minutes.

### Sweet Potato and Black Bean Chili

2 large sweet onions, chopped	2 Tbsp. chili powder
1 tsp. ground cumin	4 cups vegetable broth
4 medium sweet potatoes, peeled & cubed into ¾" pieces	2 (28 oz.) cans diced tomatoes in juice
2 (14 oz.) cans of black beans, rinsed and drained	4 tsp. orange zest or juice from one orange

Salt and pepper  
Toppings: green onions, cilantro

Heat some vegetable broth over medium heat, add onion and cook about 5 min. until softened. Stir in chili powder and cumin, then add sweet potatoes and broth and stir well to combine. Bring to a gentle boil, cover and reduce heat to low. Simmer for 15 minutes until potatoes are tender. Add tomatoes and beans and continue to simmer, uncovered, until mixture is heated through and slightly thickened. Stir in orange zest and salt and pepper.

## Oh-So-Good Granola Bars

*\*\*nuts were not added for our Tasting, in case of allergies*

1 cup quick-cooking rolled oats  
¼ cup whole wheat flour  
½ cup Grape-Nuts cereal  
1 beaten egg  
¼ cup honey  
2 Tbsp. canola oil  
2 Tbsp. sunflower seeds  
¼ cup dark-chocolate chips

¼ cup all-purpose flour  
2 Tbsp. ground flaxseeds  
½ tsp. ground ginger  
1/3 cup unsweetened applesauce  
¼ cup packed brown sugar  
1 16-oz. pkg. mixed dried-fruit bits  
½ cup chopped walnuts

1. Preheat oven to 325°. Line an 8 x 8 inch pan with aluminum foil and coat with cooking spray. Set pan aside.
2. In a large bowl, combine oats, both flours, ground flaxseeds, Grape-Nuts, and ginger. Add egg, applesauce, honey, brown sugar, and oil; mix well. Stir in fruit bits, sunflower seeds, walnuts, and chocolate chips.
3. Spread mixture evenly in prepared pan. Bake for 30 to 35 minutes or until lightly browned around edges. Cool completely on a wire rack. Use edges of foil to lift cooked granola from pan, and cut into bars.

Yield: 24 bars

Nutrition facts per bar: 155 calories, 3g protein, 28g carbohydrate, 5g fat (1g saturated), 2g fiber