

The Rays of Sunrise

Sunday, May 16, 2010

FROM TIM'S LAPTOP...

Last Saturday, I spent a couple of hours doing something I've never done before – I served as an official pacer in the Fifth Third Riverbank Run's 25,000 meter event.

The job of a race pacer is to keep a group of runners on a steady, predetermined pace toward the finish line. It's not always an easy thing to do. Boosted by adrenaline and last night's fettuccine alfredo, many runners have a tendency to giddyup too quickly out of the starting blocks. The pacer's job at this point is to mellow them out. 13 miles into the course, when most runners' tongues hang abnormally out of their mouths, the pacer's job is to invite them forward with the same steady steps toward the finish line.

What I found, though, is that a few of the folks in our group wanted a little more than just the presence of a pacer; as the race wore on through the grueling later miles, they wanted a diversion from their toil.

"Just keep saying stuff to me," they said. "It's a good distraction."

So for the second half of the race, I did my best to stand in for an AM radio. I pointed out things along the road (*Hey it's a squirrel! And he looks mad!*). I reminded people of how far they'd already come (*12 miles already! That's almost a dozen!*). I brushed off the impact of the deteriorating weather conditions (*Nah, that's not snow, that's just really fluffy rain!*).

People asked me if I was a rodeo clown or something. I said, "No, a pastor."

"Well, that makes sense too."

All of this mindless chatting seemed goofy to me, and I'm sure it was kind of annoying to some of the runners. But for others, those lighthearted words were just what they needed to turn their minds away from the searing sensations in their hamstrings. Somehow, they received the slapstick as *encouragement*.

The author of Hebrews, who saw running as a metaphor for Christian living, noted that we have been blessed with the ultimate and perfect "pacer" as we travel the long road of discipleship:

Let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

Hebrews 12:1-3

Both in the patient obedience of his life on earth and in his eternally echoing words of grace, Jesus sets the rhythm and vision for our journey toward eternal life. Seeing how he overcame the obstacles of his many challengers ought to spur us on to the final Finish Line.

Each day, let us fall more and more into step with Him. To finish this race is all that is required to claim the prize – life everlasting!

Pastor Tim

Today's Rising...

Teaching Pastor: Tim Breen

Sermon Title: *A Firm Foundation: The Key To Confidence Is...*

Sermon Text: I John 4

Sunrise Schedule for this week...

Today:

KidZone will meet during the morning worship time.

High School Youth Group meets – 6:00 p.m. at David & Heather Breen's home.

Tuesday:

Board of Directors meet – 7:00 p.m. at the church office.

Sunrise Tomorrow meeting with the pastors – 6:00 p.m. at Josh & Lindsey Broek's home.

Saturday:

Dance practice – 9:00 a.m. at the church office.

From the Board of Directors...

The offering collected on May 9th was \$2,799. Our budget for 2010 is \$4,198 per week. Totals for the month of May are: Budget \$8,396, Actual \$6,835. Average giving per week for the year has been \$3,757. The Board of Directors wants to thank you for support of Sunrise Ministries and to continue to remember Sunrise as the busy summer months approach.

Outdoor Service/Church Picnic...

Next week Sunday is our special outdoor service and church picnic. Here are the details:

- We will hold our morning worship service at Spring Grove Park in Jamestown, with a church picnic to follow. **Please note time change of service: our service will begin at 10:45 a.m.** The Board of Directors will host the *Sunrise Cook Out*, grilling hot dogs and hamburgers, after the service. All you need to bring is a lawn chair.
- Games and activities after the service are being planned for the KidZone kids. **Cupcake donations are needed for one of the games. Please sign up by the information table if you are willing to bring some. Also, please sign up to help with games.**
- Sunrise Fundraiser Opportunity... Rachele Gelder with RGelder Photography has offered to take your family photos at the park during and after the picnic! Purchase 15 minutes of session time for \$15.00 and \$10 will go back to Sunrise. You will receive a photo CD with copy-right release with-in the following 2 weeks. A sign up sheet with time-slots will be available the day of the picnic. This park is beautiful to get your pictures taken, don't miss this great opportunity! If you would like to see Rachele's work, check out www.RGelderPhotography.zenfolio.com.

Our Church Family...

We are thankful that Rich Honholt has returned home from the hospital. Please pray for him as he continues to deal with health issues. We are also thankful to report that Paul Erffmeyer's experience with a kidney stone last week has been resolved!

High School Youth Group...

The high school youth group will meet tonight for a fun night of yard games. Please join us at David & Heather Breen's home at 6:00 p.m.

Ladies Thursday Morning Bible Study...

The Ladies Thursday Morning Bible Study will meet on Thursday morning, May 27 to discuss the first half of Beth Moore's new book "So Long Insecurity". We'll discuss chapters 1-9 when we get together at 9:00 a.m.

2010 Graduates...

Don't forget to mark your calendars for June 6, when we will honor all graduates during our morning worship service. If you haven't already, be sure to let Barb know your graduation information and future plans.

Children Needed for June 13 Service...

We would like to invite Sunrise children to participate in the worship service on June 13. If your child has a gift in scripture reading, music, or dance that would be appropriate for a worship service, please contact Pastor Dave at 915-2388, or email him at davidpbreen@comcast.net.

Children's Dance Group for June 13 Service...

Krissy Wallinga will lead a children's dance group that will participate in the June 13 worship service. Practices continue to be held on Saturday mornings. The practices will be held from 9-11 a.m. at the church office.

Sunrise Vacation Bible School...

Please continue to pray where God may use you and your family during our VBS this year! The dates are July 12-16 and this year's theme is Jerusalem Marketplace. Join us in making the Bible come alive as each participant is engaged in Bible time themes and activities while learning about the walk of Christ. Check the information table for further details on where we need help and where you may fit. If you are interested in joining the VBS committee this year, please sign up today!

Food Distribution on June 26...

Another date to mark on your calendar is Saturday morning, June 26. There will be a food distribution truck in the parking lot of Allied Mechanical from 9-11 a.m. and Sunrise volunteers will be needed to pass out food to those in need. More details and sign up to come soon.

Words for Wellness...

It is important for your heart health to know what your blood pressure is. As soon as your numbers become higher than 120/80, they put your heart health at risk. Blood pressure numbers can become high without warning and often without any symptoms.

Grace Bosma, Parish Nurse



Birthdays this Week

Tuesday – Dan Nieuwkoop
Friday – Aubrie Doorn

Anniversaries this Week

No anniversaries to report this week

Sunrise Volunteer Schedule...

Trailer Transportation:

Today: Kevin Meyer
Next Week: Dan Nieuwkoop

Refreshment Servers:

Today: Pat & Bealynn Dooling
Next Week: Rick & Gail Golenbiewski

KidZone This Week:

Zone 1:
Zone 2: Mike Doorn
Zone 3: Jerilyn Zylstra
Zone 4: Jessica Verburg

KidZone Next Week:

KidZone Year End Celebration
following the worship service at Spring
Grove Park. **Please volunteer to help!**
Call Deb at 669-6081.

Greeters:

Today: Ty & Laura DeWitte
Next Week: Gary & Lori House
Pat Rhodes

Nursery Care:

Today: Mary Henderson
Hannah Hultink
Next Week: JD & Kim Harris

Want to know more about Sunrise? Our website, www.sunrisemin.org, is loaded with information about our ministries. You'll be able to explore our mission and vision, learn more about our staff, download audio and video clips, and scan past editions of the *Rays*. Bookmark it and check back often!

Sunrise Ministries PO Box 186 Hudsonville, MI 49426 616-669-7865