

After contemplating several topics for a devotional, I have chosen to share a life experience of mine with you. Throughout my life, shared information and experiences have helped shape my beliefs, so I offer my story to add to your repertoire so you can continue to develop your own thoughts, attitudes, perspectives and beliefs.

After nine years of marriage and on the brink of our 30's, my husband and I wanted to become parents. Since many acquaintances had problems conceiving, I mentally prepared for this. This was not to be our challenge, but instead maintaining pregnancy was. I miscarried; I had two spontaneous abortions.

I was not prepared for this at all. Even though both were very early in the pregnancies, the miscarriages were gut-wrenching—the process, the loss, the confusion, the devastation. Why did I feel so horrible? So empty? Like a failure? What did I do wrong? How do I deal with this? It was so consuming—thoughts, emotions, energy, desires—all swirled around an outcome I had no say about.

I turned to my college and parenting texts. Weren't these just a lumps of tissue, malformed, problematic, and best to slough off? Shouldn't I be fine with the fact that they had ended so soon, and be thankful to be spared future heartache?

As the days turned into weeks and months, these arguments were not helping. I could not convince myself. Others noticed. "Why is Gelene so sad?" And later upon knowing, "She sure is taking a long time to get over this," which only added to feelings of wrong-doing, guilt, and anger.

I needed to find another route; a route that traveled through the pain instead of around it in an attempt to avoid and escape it. My sister-in-law shared a 24-page booklet with me, Miscarriage A book for parents experiencing fetal death. "The book is dedicated to all miscarried babies, their parents who loved them, and the caring people who recognize the unique grief of this experience." I read and re-read. Here I could relate. Here the tears could flow, affirmed, supported, for there was reason for my depth of reaction. The miracle of life had begun within me, and it had been snuffed out. Our hopes, our dreams, had been cruelly, suddenly taken away. It felt helpless. It felt hopeless.

My changed course moved from the path of "a lump of tissue expelled" to "my babies I lost; my babies died". The gate to grief, the natural reaction and emotion to loss, was opened. My Friend, I Care The Grief Experience and Don't Take my Grief Away served to help travel this new course through arduous grief work. I cried, I journaled, I listened to music, I relived the experiences, and with time, they released their consuming exhausting hold. Doing intentional work though grief over time, I could be at peace with my miscarriage experiences. The experiences ironically offered depth of meaning to life and living.

Psalm 139:13-16, "For Thou didst form my inward parts; Thou didst weave me in my mother's womb. I will give thanks to Thee, for I am fearfully and wonderfully made; wonderful are Thy works, and my soul knows it very well. My frame was not hidden from Thee, when I was made in secret, and skillfully wrought in the depths of the earth. Thine eyes have seen my unformed substance; and in Thy book they were all written, the days that were ordained for me, when as yet there was not one of them."

Currently, the nation is grappling with the issue of abortion. As each one of us continues in a personal unique spiritual journey, may we form opinions and positions in prayer and with scripture, and perhaps with others willing to share their true-life stories.

Prayer: Lord God our Heavenly Father, Creator, Redeemer, Counsellor, and Healer, Thank you for the gifts of spring and new life. May we learn more from You in how to worship You and honor and respect gifts of life. Amen.



Youth & Ed Director—

Jeff Knouse

Office Hours: Tuesday—Friday & Sunday's

Email: jkfrcsully@gmail.com phone: 641-594-2935 ext. 3 Facebook page: www.facebook.com/

sullyfrcyouth/

Youth Group News

Sweet, sweet summertime.

A time to rest after the busyness that Spring brings with it. For our education department it means releasing a large exhale of gratitude for another wonderful year of Sunday School, STARS,

youth groups, and more.

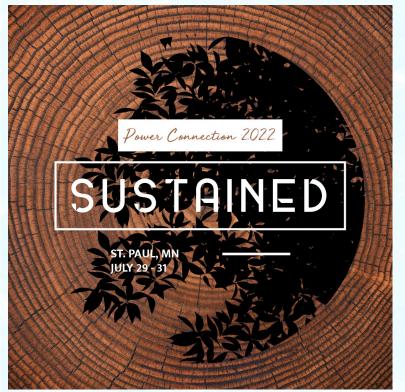
But while our programs have come to an end for a little while, that does not mean that learning of Jesus does. We are called to be lifelong learners of all the things surrounding God, we are to know God and make Him known.

So whether you're a parent, grandparent, a child, teenager, or young adult, don't take the summer off from Jesus. Continue to make time to sit with the Word and in prayer, continue to attend worship and praise God with the congregation. I know we look forward to Power Connection at the end of July to get to worship with so many junior high students from our region.

Get out in nature, take a walk, enjoy the warmth, and never stop drawing close to God.

Power Connection 2022 is THIS SUMMER!

With speaker Heather Flies Band Orchard Hill Collective Illusionist David Wood





Julie Van Manen, Children's Ministry Director's last day was May 1, 2022. Julie served in this area for the past 5 years. During the children's message the kids were asked to say a prayer over Julie. We will continue to see Julie around as she helps out with VBS this summer as well as in worship.

Faye Brand and Eloise Vos have agreed to help fill the void in our Children & Worship Activities area and STARS Afterschool program until another Children's Ministry Director is hired!

If this is ministry you would like to learn more about, please reach out to Jeff Knouse at jkfrcsully@gmail.com or Julie at julievanmanen@gmail.com and they can give you all the information you would need! The job description and application is available online at http://sullyfrc.org/resources/employment-opportunities/



Join Right Now Media Today! So many great videos and studies for kids and families! If you haven't joined please go to http://sullyfrc.org/resources/rightnow-media/ to sign up for free!

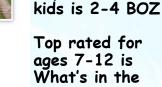












Some of the top rated kid videos for ages 4—7

are Superbook, 3–2–1 Penguins & Ryan Defrates

Top rated for

Sully CRC & Sully FRC present:



Vacation Bible School
July 11-14 • Ages: (entering) K-6th grade

Supper served from 5:30-5:45PM VBS activities from 6:00-8:00PM

Supper, drop off & pick up at First Reformed Church

We need volunteers, sign up to help out today!

To Register, scan the QR code or go to http://sullyfrc.org/resources/monumentalvbs-volunteer-sign-up-2022/



BBLE

SCHOO

Check us out on Facebook!



VBS 2022

Supper Menu

(All meals are served with milk or water)

Monday: Hot dogs or loose meat sandwiches,

green beans, & peaches

Tuesday: Pancakes, sausage, & strawberries Wednesday: Walking tacos & applesauce Thursday: Pizza & assorted fruits & veggies

*Salad bar offered every evening

Snack Menu

Monday: chocolate chip cookies/bars

Tuesday: rice crispy bars

Wednesday: Oreos

Thursday: puff corn

*gluten free equivalent will be offered each night

Offering being collected for:

Sukup Safe T Homes! Help us raise money to

provide a home for a family! Can we raise \$7,500? Let's give it a go!





Written on Our Heart: Write one or two verses in white crayon on white paper. Using watercolor paints, paint over the words and watch the verse appear! Talk about how when we read, learn, and focus on Scripture, those words are "written on our heart" meaning even though we can't see them (like the white crayon on white paper) the words are still within us for when we need help remembering God's love, direction, and purpose for us!





Skyler Young – graduated from Central College on May 14 with a degree in Elementary Education.

Brittney Hansen— graduated from DMACC with a degree in Photography

Emily Van Gorp—graduated from Iowa State University on May 14 with a degree in Human Development and Family Studies. She has accepted a job at Agape Pregnancy Resource Center in Des Moines and is getting married to Ross Van Wyk in June.

Shaleah James—graduated from DMACC on May 4 with an Associates Degree in Nursing. She works full time as an RN at St. Francis Manor in Grinnell

Josh Dunsbergen— graduated cum laude from Buena Vista University with majors in criminology and psychology and will be attending Drake University Law School this fall.

Jesse Van Wyk—graduated from Northwestern College on May 14 with a degree in Accounting and Ag Business

Makayla Hansen— graduated from University of Northern Iowa, Cedar Falls on May 14 with a degree in Business Management with an emphasis in Business Administration and will be working at TrueNorth in Cedar Rapids

Mariah Vos— graduated from Iowa State University on May 14 with a bachelor's degree in Agricultural Studies and a minor in Agronomy. She will be working for Heartland Co-op in Kellogg as a Sales Agronomist.

Cheyanne Collins— graduated from Ellsworth Community College with a degree in Agri Business



First Reformed Church

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www.sullyfrc.org
Our morning service is livestreamed
through our website



Justin & Jayme Deal

Birthdays: Justin—10/22/80

Jayme—7/29/84 Connor—4/07 Chase—9/25 Caulen—10/24

Anniversary: August 9, 2007

Justin Deal grew up in the Lytton, Iowa area, graduating from the Rockwell City-Lytton High School. His parents are William Deal and Terra Siever and he has three siblings; Brad and his wife live in Lincoln, Nebraska; Kenley and his family live in Sloan, Iowa; and Shawn and his family live in Rockwell City, Iowa. Justin is an Inventory Control Specialist at Janco Industries in Sully.

Colorado, around the Akron and Centennial areas, is where Jayme Dannen was raised. Her parents are Paul Dannen and Linda Schippers. She has one brother John who lives with his family in Parker, Colorado.

Jayme is a graduate of Cherry Creek High School in 2002 and went on to get a Bachelor's degree and a Master of Science degree from APUS/AMU in 2016 and 2020 respectively. She now works as the Senior Property Manager/Compliance Coordinator at Artisan Management Group/Optimum Real Estate Management.

Justin's younger brother Shawn and Jayme were friends while Jayme lived in Ames, Iowa. Justin was deployed and was home on leave in June of 2006, when Shawn had a BBQ at his house. He introduced Justin and Jayme and as the old saying goes, "The rest is history!" They were married in Hopkinsville, Kentucky and now live in Sully with their three boys, Connor, Chase and Caulen.

With the kids in sports and school activities, their family schedule can get pretty hectic, so they really enjoy having a quiet night at home. Having a movie night or a pizza night or spending time as a family is a rare treat at their house!

Their best memories have been created as adults when it comes to First Reformed church. As kids, they didn't understand the true meaning of "church family" until they moved to Sully. The amount of love and support that is always available from the church community is amazing!

Thank you Deal Family for letting us "Get To Know You Better!"



Felipe & Janelle Silva Family Luca (5), Janelle, Mila (almost 3). Felipe and Sofia (4)

Email: janelle_silva@new-horizons.ro One of the biggest encouragements for Felipe and I personally this year was the RCA church planting conference in Ireland. We gathered with 50 others at a castle in Ireland to hear the stories of the church planting initiatives in Europe. We were also able to meet some of the church leaders and members from the USA that support our ministry. It was so inspiring for Felipe and I to hear the stories of church plants in Germany, Holland, Hungary, and Portugal, and share our own story from here in Romania. Our vision was enlarged, our hearts were strengthened, and our eyes were open to new ideas and strategies. We left praising God for His heart and work so evident in Europe and for all the new partners and friends we met.

"And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God." Phil 1:9-11



Our mailing address is: Fara Limite Sala de Catarare Strada Tineretului #14 Lupeni 335600

Romania





June 1
Tre Harthoorn ~ Kendall Jansen
June 2

Brooke Hardeman

June 4

Lysandra Newell

Henry Zuidema (87)

June 5

Curtis Maasdam ~ Hailey Huyser Alison Knouse ~ Lane Van Wyk

June 7

Velda Dunsbergen ~ Lisa Foster Kennedy Kesling

June 8

Dave Foster

June 9

Gary Creasy ~ Drew Shinkle

June 10

Melvin Van Genderen Asher Schechinger

June 12

Abigail Brand ~ Paisley Vos

June 13

Chet Schnell

June 14

Elaine Droppert ~ Donna Liekweg Kemper Lukehart

Marilyn Rozendaal (88)

June 15

Reda Daniels

June 16

Brooke Baarda ~ Tyler Van Zante



June 17

Denise Horman ~ Velma Rozendaal Denamae Maasdam (83)

June 18

Tyler Jansen ~ Marla Van Rees

June 19

Jacob Van Manen

June 21

Ashton Rozendaal

Dave Winegar (82)

June 22

Eileen Gruver

June 23

Caleb Vander Molen

June 25

Evelyn Kelly

June 26

Deb Van Wyk

Cam Jansen

June 27

Gale Horman

June 28

Jill Van Dyke

June 29

Sheryl Baarda ~ Larsyn Van Der Wilt

June 30

Randy Rozendaal ~ Tammy Sneller



Day 1: Psalm 5:11
Day 2: Psalm 16:11
Day 3: Psalm 30:5
Day 4: Psalm 32:11
Day 5: Psalm 84:2
Day 6: Psalm 95:2
Day 7: Proverbs 10:28
Day 8: Proverbs 12:20
Day 9: Proverbs 15:23
Day 10: Proverbs 17:22
Day 11: Isaiah 49:13

Day 20: John 15:10-11
Day 21: John 16:20-21
Day 22: Acts 8:7-8
Day 23: Acts 15:3
Day 24: Romans 15:13
Day 25: II Corinthians 8:1-3
Day 26: Philemon 1:7
Day 27: Hebrews 10:33-35

Day 16: Luke 2:9-11

Day 18: Luke 15:6-7

Day 17: Luke 6:22-23

Day 19: John 3:28-30

Day 12: Jeremiah 15:16 Day 27: Hebrews 10: Day 13: Matthew 2:9-10 Day 28: James 1:2-3 Day 14: Matthew 13:44 Day 29: I Peter 1:7-9

Day 15: Luke 1:43-45 Day 30: III John 1:4

Commit to spending 10 minutes every day to meditate and reflect on God's Word. Write down what you have gleaned from each day's scripture.





June 1

Doyle & Karna Ver Ploeg-49 years

June 2

Jeremy & Becky Rozendaal—10 years Melvin & Shirley Van Genderen—50 years

June 4

Pastor Wayne & Tammy Sneller — 46 years

June 5

Chad & Lynnette Fikse—23 years Warren & Alma Terpstra—53 years Brevin & Makayla Hansen—1 year

June 6

Joel & Heidi Van Wyk—30 years Jerry & Lorna Elscott—47 years

June 8

Kevin & Julie Van Wyk—38 years
Corey & Shelby Van Der Wilt—3 years

June 10

Teryl & Carol Ver Ploeg—45 years
Blake & Cathryn Dunsbergen—5 years

June 11

Chet & Alison Schnell—17 years Nate & Lindsay Nees—6 years

June 12

Dick & Joyce Ver Ploeg—69 years Craig & Sheryl Baarda—48 years

June 14

Duane & Donna Brand—65 years
Josh & Suzanne Rozendaal—19 years

June 17

Don & Karen Jansen—62 years
Doug & Shawna Maasdam—28 years

June 19

Jerry & Linda Jansen—57 years

June 20

Cole & Shelly Vos—13 years
Doug & Sheri Huyser—47 years
Braden & Emily Larson—2 years

lune 21

Bryce & Katelyn Doane—8 years Rod & Dana Rozendaal—25 years

June 22

Austin & Lysandra Newell—3 years

June 24

Duane & Joni Collins—34 years
Dennis & Lisa Dunsbergen—39 years
Kendall & Marlene Rozendaal—34 years

June 25

Steve & Rita Vos—40 years

June 26

Nick & Amy Harthoorn—18 years

June 27

Chris & Jodi Hansen—24 years
Curtis & Chadera Maasdam—2 years

June 28

Chuck & Deb Johnson—19 years

June 30

Chris & Kara Warrick—10 years



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Gerald & Elaine Droppert	Andy, Jamie, Christian, Ellington, Siara & Gloria Dunsbergen	3 Beryl & Velda Dunsbergen	4 Blake, Cathryn & Penelope Dunsbergen
5 Brandon, Nicole & Kennadi Dunsbergen	6 Bruce, Lynn & Ellie Dunsbergen	7 Caden & Brenna Dunsbergen	8 Dennis & Lisa Dunsbergen	9 Dustin, Dana, Josh, Carter & Reese Dunsbergen	10 Kenton, Kayla & Brody Dunsbergen	11 Mason Dunsbergen
Melvin & Shirley Dunsbergen	13 Ron & Julie Dunsbergen	Shannon, Edna, Zayleana & Langston Dunsbergen	15 Tim, Nicole & Carson Dunsbergen	Dan, Stephanie, Emily, Will, Zachary & Jacob Dykema	17 Gelene Evans	18 Glenn & Rhonna Fiihr
19 Chad, Lynnette, Evan, Kendra & Laura Fikse	20 Dave, Lisa & Cale Foster	21 Joan Gose	22 Eileen Gruver	23 Jamie, Acea & Callista Hackert	24 Ken & Verna Hackert	25 Brevin & Makayla Hansen
26 Chris, Jodi & Brittney Hansen	Tim, Desiree, Brayden, Brooke, Bryson & Bristol Hardeman	28 Tyler, Kaila, Abel, Cale & Colt Harsselaar	29 Carroll & Norma Harthoorn	30 Joel, Liz, Joah, Major, Tre, Hope, Grace & Faith Harthoorn	1 Kurt & Arloa Harthoorn	Nick, Amy, Kate, Brooke, Aubrey & Colton Harthoorn



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 8:30—3:30 Rental in the Well	2	3 Van Gorp/Van Wyk Rehearsal	4 Van Gorp/Van Wyk Wedding	
9:30 am Pastor Tom VandeBerg	6	7	8 Ge	9 neral Synod—.	10 Stanton/ Dunsbergen Rehearsal June 9-14 at C	11 Stanton/ Dunsbergen Wedding	
9:30 am Pastor Tom VandeBerg and Daniel & Sarah Zagami	13	14	6:30 pm Elders 6:45 pm Deacons Mtg. 7:30 pm Consistory Mtg.	16	17	18	
9:30 am Pastor Tom VandeBerg	20 Lake View Da	²¹ ny Camp—June	22 20-22	23	24 Vos/Vande Voort Rehearsal	25 Vos/Vande Voort Wedding	
				Lake View Elementary camp—June 23-25			
Building Fund Offering 9:30 am Jeff Knouse— Communion	27	28	29	30	July 1	July 2	