

APRIL 2024

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Watch the website & current bulletins for updates on events!



SUNDAY WORSHIP SERVICES

In Person Services: 9:30am LiveStream: 9:30am Cable Channel 12: 5:15pm



IMPORTANT NOTE:

PLEASE be aware of the handicap parking areas on the south side of the church building! Extra handicap spaces are available for those that are in need of them. Please be respectful of those in need.

Phone: 712.472.3729

Email: frchurch@premieronline.net Website: www.rockrapidsfrc.org 512 South Union Street, Rock Rapids, IA 51246







LIBRARY NEWS



FIELDS OF BOUNTY by Lauraine Snelling. Book three of Leah's Garden Series. They must set aside their own plans and rely on their faith to bring their true destiny to light. Lilac Nielsen's dream has come true: handsome young Reverend Ethan Prichard has finally noticed her. Yet she must balance this new courtship with pursuit of another dream— the publication of her artwork in an New York paper. She has secretly been submitting a series of drawings under a pen name, and if anyone traces the drawings back to her and finds out where Lilac and her sisters settled, the entire Nielsen family could be in danger. As their family farm expands and Lilac's relationship with reverend grows, it's a time of new beginnings. But when a family crisis back in Ohio shakes the Nielsen sisters, can they continue to build the new life they've begun in Nebraska? And will Lilac be prepared for what God has in store for her?

A MIND OF HER OWN by Diane Brandmeyer. If only she could cook like Emeril, she might have a chance to win back her husband's love--or at least his presence at the table. Who knew making dinner could change your life? Louisa Copeland certainly didn't. But when the George Foreman grill falls out of the pantry onto her head, resulting in a bump and a mighty case of amnesia, Louisa's life takes a turn for the unexpected. Who is this Collin fellow, claiming she is his wife? And whose kids are those? Her name can't be Louisa. Why, is she the renowned romance writer Jazz Sweet, not a Midwestern mom of three. Struggling to put the pieces together of the life she's told she had, Louisa/Jazz may realize that some memories are better left alone.

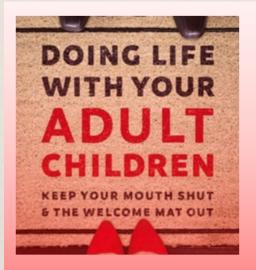
JUNE BUG by Chris Fabry. I believed everything my daddy told me until I walked into Walmart and saw my picture on a poster......For as long as she can remember, June Bug and her father have traveled the back roads of the country in their beat-up RV, spending many nights parked at Walmart. One day, as she walks past the greeter at the front of the store, her eyes are drawn to the pictures of missing children, where she is shocked to see herself. This discovery begins a quest for the truth about her father, the mother he rarely speaks of, and ultimately herself. But when her father's past catches up with them, forces beyond his control draw them back to Dogwood, West Virginia, down a winding path that will change their lives forever.

THE MERCY TREE by Sharlene Maclaren. It's 1955, when scandalous affairs are never talked about, divorce is rare, a wife is a "homemaker" more often than not, and every Christian home displays its family Bible front and center. Certainly, a well-respected pastor in the conservative city of Muskegon, Michigan, would never be caught in the middle of a heinous secret that could ruin his career and break up his beautiful marriage and family. Or would he? When Henry Griffin was stationed in occupied Japan in the mid-1940's, he met Rina Hamada, a Japanese woman who fell head over heels for him. Despite having a young wife and baby daughter waiting at home in the States. Henry had too much to drink one night, and one thing led to another..He knew it was wrong. He struggled with guilt and expressed his resistance, but she professed her love and continued t pursue him. Now, ten years later, a letter from Japan arrives and threatens to upend Henry's world. What to do and how to tell his wife are just the beginning of his troubles. Tough questions about faith, redemption, and preserving his reputation bring us here, under the shade of The Mercy Tree.

FRC News



For information about any of these opportunities contact the church office



Coming Soon!
One of our most
talked about studies.

April 7,14,21,28 1045am-1130am

Book Study, Discussion-Based Class



Midweek Menu:

April 3: Million Dollar

Lasagna

April 10: Hamburgers/

Hotdogs

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Save the Date: VBS June 5-8

FRC News



For information about any of these opportunities contact the church office

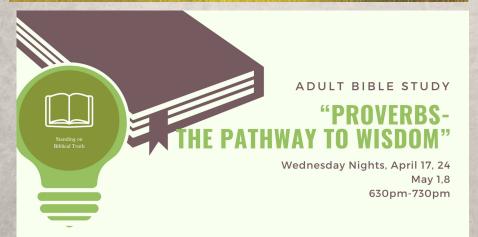
GRIEF SUPPORT GROUP

Help and encouragement after the death of a loved one

GriefShare is a special weekly seminar and support group designed to help you rebuild your life. We know it hurts, and we want to help.

Mondays 6:30pm – 8:30pm April 1- June 24 2024 First Reformed Church 512 S. Union - Rock Rapids Amy Ryals-Pastoral Care Director







Parenting your Parents' Workshop

Coming on March 28th @ 6:30pm (let Amy Ryals know if you have topic suggestions)

Save the Date: VBS June 5-8



Building on Faith FUNDRAISER

APRIL 28TH

First Reformed Church

JOIN US FOR:

HOT DOG/HAMBURGER MEAL~ PIE AUCTION~BINGO~ SILENT AUCTION









INFORMATION:

- The meal will begin after Sunday School (around 11:35), with Bingo to follow.
- Live Pie Auction will take place between Bingo rounds.
- Silent auction items will be available to view before/after the church service.

THIS YEAR'S PROCEEDS WILL GO
TOWARD THE PARKING LOT
PROJECT.

HOW YOU CAN HELP:

- Donate an item for the silent auction or a prize for bingo – contact Amy Sieperda 712-470-3619 or Amy Hartter 712-470-3518.
- Donate a homemade pie for the pie auction – contact Laureen Schram 712-472-3127.
- Help with serving the meal contact Audra Klinkenborg 712-470-6169 or Erica Groen 712-470-4699.
- Monetary Donation place in offering plate. Be sure to indicate "parking lot project" on your check.
- Attend this event.
- Pray for this event.





April 7, 15, 21, 28 10:45 - 11:30 AM



Bible Study

"Proverbs -

The Pathway to Wisdom"

April 17 & 24, May 1 & 8 6:30 - 7:30 PM



Noon to 3:00 PM

*see Pastor Steve, Cheryl Van Beek or an Elder for more information

New Roots Review

Is There a Commandment More Often Broken Than...?

by Fred Wilgenburg

God is clear in Exodus 20:16: "You shall not give false testimony against your neighbor" (New American Standard Bible). "No lies about your neighbor" is what is written in The Message's contemporary version. God made that one of His commandments, and I wonder if it is because



it is one of the biggest sins of us humans. While the commandment states that we are not to lie about others, lesus expands on it in Matthew 5:33-37: "...The ancients were told, 'You shall not make false vows, but shall fulfill your vows to the Lord.' But I say to you, take no oath at all... But make sure your statement is, 'Yes,

yes' or 'No, no'; anything beyond these is of evil origin" (NASB).

My wife and I watch reality TV shows like Survivor and The Traitors. The shows are entertaining, but I can handle only so much of them before I need to watch something else; so much of the contenders' ability to win or lose depends on their level of deception and lying to the other contenders. I know, "it's just a game," but that ability to deceive is clearly brought into the game, and probably also taken from it.

Lying was a major pitfall in the Bible. The devil himself started it, in responding to Eve in Genesis 3:4-5— "You certainly will not die! For God knows that on the day you eat from it your eyes will be opened, and you will become like

A.

I am very pleased to have Jean-Claude Diaminda join our team as a chaplain at Smithfield Foods. With his fluency in 7 languages, his education and experience in psychology, and his years of experience as a pastor, this former refugee of Congo is doing well for us.

God, knowing good and evil." Well, that was partially correct—their eyes were opened—but the lie was big in that by them eating the fruit of the tree, the consequence ultimately was death. (Please read through to eventual good, positive news, in the last paragraph. Honestly.) 64

Disciple Peter denied knowing his master, Jesus, after Jesus' arrest. That dishonest denial caused deep pain for Peter, and it required some rebuilding of their relationship. Ananias and Sapphira, in Acts 5:1-11, lied to the Holy Spirit and to the apostles about the money for some land that they sold. God took this dishonesty very seriously; they both died immediately as a direct result.

While there was often a sense of guilt and shame, and consequences, in those Bible stories, a sense of guilt and repentance seem largely absent in 20th century events, as well as today within societies where dishonesty has become rampant. My parents came to the US in the 1940s and 1950s largely because their home country of The Netherlands was severely imapcted by World War 2, which was begun by Germany. Its leader, Adolf Hitler, deceived his own people, and lied to fellow world leaders, in his insatiable hunger for power and world domination. His "giving false testimony against" others, especially Jewish people, caused the murder of millions.

New Roots Ministry is in existence because so many former refugees have come to Sioux Falls within the past thirty years. Many of them had to leave their home countries due to dangerous, uninhabitable situations caused by corruption, dishonest gains, and broken promises by political leaders. These refugees have come from the African countries of Ethiopia, Eritrea, Somalia, Sudan, South Sudan, Liberia, the Democratic

Donations are always appreciated! Gifts can be given through the mail, or through our website www.sfnewroots.com/ donate/

Fred Wilgenburg Director & Pastor 1915 E 8th St, Suite 104 Sioux Falls, SD 57103 phone: (605) 376-6330 sfnewroots@gmail.com

Desire' Jansen, Liaison Jean-Claude Diaminda, Chaplain

Facebook.com/SFNewRoots

Continued...

Republic of Congo, and Burundi, from the Mideastern countries of Afghanistan and Iraq, from the Asian countries of Burma (Karen people), Bhutan, Nepal, and Afghanistan, and from the European countries of Ukraine, Bosnia, and Kosovo. Besides refugees, many others have had exceedingly difficult times in their home countries, due to corruption, lies, and danger, and if not caused by political leaders, by drug gangs, causing them to flee their central American countries.

Today, there is a big influx of Ukrainian refugees, including some to this region, due largely to the lies of Russian leader, Vladimir Putin.

During the early years of his leadership twenty years ago, he said he recognized Ukraine as an independent country. Just over two years

ago, he declared a full-scale war on Ukraine, with the support of the majority of his Russian people because the state-controlled news stations tell lies to the people, though by now 31,000 Ukrainian soldiers have been killed, a much larger number of Russian soldiers have been killed, and numerous civilians have died.

But, dishonesty is in our country, too, isn't it, impacting all of us, and this insidious sin probably afflicts each of us, personally, to certain degrees. American politics seems to share many half-truths, about nation-

What is New Roots Ministry? It's "a springboard for new Americans & their churches." This is done through workplace chaplaincy (we provide chaplaincy at Smithfield Foods & we train & place bi-lingual chaplains on commercial farms), through Timothy Leadership Training, through hosting special educational events, through empowering new American pastors, leaders, and their churches, through offering unique Service Opportunities serve in, or visit, stores owned by new Americans, then hear their stories, through helping people navigate the American system and achieve their goals, like education, through driver training for new Americans, and through Everyday-Ambassadors Practicum.



Marlys (2nd from left) taught Vidya (left) to drive and get her license. The rest of us benefitted; out of appreciation, Vidya and her husband, Pratt, took us and our spouses to an Indian restaurant for some of their best cuisine—excellent! If interested in this fulfilling opportunity to help somebody drive, please let us know.

al debt and deficits, about climate change, about border control and migration of people, and about issues like abortion. And, which half of the truth you hear depends much on which leader or news outlet you follow.

Interestingly, sometimes deception comes through religion. While we Jesus-followers believe in a perfect God who does not deceive, and who tells us not to falsely testify about others, Islamic theology teaches that Allah is not bound by his own laws, and that he can deceive, and that he created the devil and demons. As well, Islamic theology does not have a doctrine of sinfulness or of sin. If "sins" are discussed, they are categorized as lesser or greater mistakes and disobediences with various determined punishments. And, mistakes and disobedience are not seen as an offense against Allah, but a violation against man. This is not to write bad about Muslims, some of whom are good friends of mine, but to just highlight some teachings of their faith.

Here's some great news: our perfect, holy, gracious, and personal God—Father, Son, and Holy Spirit—is about making all things new, including us. He doesn't deceive and He doesn't want people to deceive or be deceived. Romans 6:1-10 is a powerful, Lent/Easter passage. We can put our old self, and with it, slavery to sin, to death, with and through Jesus. And then, as Jesus resurrected from death, we can live new, redeemed lives through Him. So, the deception and dishonesty within our societies are not of God. He has much better for us

all! Happy Easter!!!

Prayer Warrior Annville Institute/Grace Covenant Ministries PO Box 340, Annville, KY 40402 Phone: 606-364-5151 Email: contact@gcmannvilleinstitute.com

Email: contact@gcmannvilleInstitute.com

March 2024

Spring and New Life

"For you have been born again, but not to a life that will quickly end. Your new life will last forever because it comes from the eternal, living word of God." 1 Peter 1:23 (NLT)

The signs of spring are emerging in Appalachia, with daffodils blooming, robins being observed, and peepers being heard. The arrival of volunteer groups on campus is a very welcome sight. This year's first group hailed from Justice For All (IA). They built a ramp for a lady who could not access her home without it. They also erected new signage around campus. Our thrift store also benefitted from their dedicated labor.

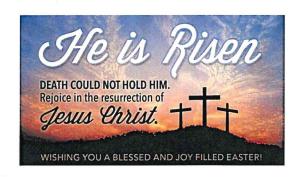
We thank you for helping us share Christ's love one opportunity at a time. Christ's love for us was evident on the first Easter. We hope that you will have an opportunity to share His love during your Easter Celebration. Together, let us share the good news that HE IS RISEN!!!



New Blooms



New Accessibility



New Everlasting Life

ATLAS of Lyon County Spring 2024 Newsletter

Director's Cut: Unite the Community

You have heard us talk of our desire to "Unite the Community." But, do you know why this is so important? And, how does Christ play a role in what ATLAS believes? Ezra Taft Benzon, a former Secretary of Agriculture, once stated, "The Lord works from the inside out. The world works from the outside in. The world would mold men by changing their environment. Christ changes men, who then change their environment. The world would shape human behavior, but Christ can change human nature."

Connecting with others is critical for us to experience life as God intended it to be lived. God called the church to be about creating environments where authentic community can take place- our casual connections to the world cannot provide the encouragement & love that a connection to Jesus is able to provide.

When we are connected to others, we become better versions of ourselves. Ecclesiastes 4:10 reminds us: *If one falls, his friend can help him up, but pity the man who falls and has no one to help him up!*

Our spiritual growth is nurtured when we have meaningful connections. It's when the best of us are united with the same purpose of sharing the joy and love of God.

God is responsible for our growth, as Paul tells us in 1 Corinthians 3:6 *I planted the seed, Apollos watered it, but* God has been making it grow.

At ATLAS, we believe strongly that when the community is united, that we are all better off for it. We invite everyone to join us in this effort- Be a part of a community that is reaching out, sharing the good news, and serving in a way that results in transformed lives and a transformed community. We envision legions of Christians truly serving and "Making a Difference" for Christ in our own community.



What Is a Boundary?

- A BOUNDARY is a definite place where your responsibility ends and another person's begins. It stops you from doing things for others that they should do for themselves.
- A BOUNDARY also prevents you from rescuing someone from the consequences of their destructive behavior that they need to experience in order to grow.

Our call to "Help the Hurting"

- Mentorships
- "Skill Series" Classes
- Foster Closet Program
- Meal Planning for your budget
- Employment Skills through partnerships
- Locating Resources
- Emergency Food Pantry
- Jail Ministry
- Connecting you to positive people within Christ's Family
- Bible Studies & Discussion

Lyon County is filled with people that have been defeated by hardship, habits, image problems, bad relationships, and other emotional or spiritual pains. The task for us is to foster the same love that the Good Samaritan has shown to the hurting man. ATLAS is a free, welcoming place for anyone to come.

ATLAS does not provide direct financial compensation. However, we are committed to working with you to identify the root cause of your hardship and developing a Christ-centered plan to stabilize your situation.



Please use this QR Code to link to our services!



TO OUR DONORS:

ATLAS of Lyon County is supported by many individuals, organizations, churches, and patrons that allow us to bring Christ into the lives of many people.

With each contribution you make, you're not just giving; you're investing in our shared mission to bring people closer to God. It's through your kindness that we're able to extend our reach, touching hearts and souls with the transformative power of spiritual connection.

Rest assured, every dollar you donate is a sacred pledge to nurture the seeds of faith, compassion, and love within our community. Together, we're creating a sanctuary where all are welcome to find solace, strength, and a deeper understanding of God's boundless grace.

Over the past year, our newsletters discussed the transition that we would be making to better fulfill our mission of "Equipping the Saints." We have been listening to all of Lyon County and have been gearing our programing to the needs of our residents. We have transitioned to an approach that emphasizes teaching life skills & connections to Christfocused groups and away from the approach of providing the "quick fix" to situations.

We pledged to our donors that ATLAS will have more of a community presence and I hope that you are seeing that pledge come through.

To learn more about "How to" donate, to see our "wish list," or how to bring items to our Lost, But Found Thrift Store, please use this QR code or visit our website.



ATLAS Bible Studies: (More info can be found on our website: www.atlasoflyoncounty.org)

Rock Rapids (Women) Thur. evenings George (Women) Mon. evenings Little Rock (Men) Thur evenings Inwood (Co-ed) Monday 10-12



ATLAS NEAR YOU!

Did you know that ATLAS is a ministry, rather than a "store?" ATLAS staff have been more involved in every community as of late, but we also are ready to roll out some great programming options to further Christ's Kingdom. These programs are FREE to attend and could not occur without our community partners & donors throughout the county.

<u>INWOOD</u>: Join us at the Inwood Healing Room for a Bible Study & fellowship! 10a-12p on the 2^{nd} & 4^{th} Mondays of the month.

<u>LITTLE ROCK:</u> Join us at Town & Country Park's South Shelter house from 6:15-7:30 on the 2nd & 4th Thursdays from May-Sept for a Men's Bible Study.

GEORGE: Take in the beauty of God's natural wonders as part of "Faith & Fitness" every Wednesday morning at 7:00AM. We will meet outside the Depot of Locker Pond, say a morning prayer & have a short time for fellowship. Afterward, you are encouraged to enjoy the beauty of the trail. Through prayer, meditation, or reflection during workouts, believers can strengthen their connection with God. This will run May-September.

ROCK RAPIDS: Our ATLAS Ministry Center on 113 First Ave (Across from the ATLAS office & LBF Thrift Store) has many exciting program opportunities coming up:

Daily Devotions: M-F, 9:15-9:45, open to all. This begins on April 1, 2024

Community Coffee: Tue & Thur, 10:00-12:00. Open to all (A great opportunity to fellowship, play pool or board games, and enjoy some coffee!) Runs year around, except on holidays. Skill Series: Each month, a different aspect of our life's journey is explored. These courses are free to the public and vouchers for our Christmas Store or our School Supply drives may be earned for active participation from the attendees.



112 First Avenue Rock Rapids, Iowa 51246



SKILL SERIES

All classes will be held at the ATLAS Ministry Center & are FREE to anyone that is wishing t work on their life skills. These courses allow participants to earn vouchers that can be use for NEW items during our school & Christma: programs.

April: 1,8,15,23 @ 2:30-3:30

Public Speaking: Whether in professional settings, social gatherings, or personal encounters, effective communication is the key to success. By honing your public speaking skills, you gain the confidence to share your ideas, engage your audience, and leave a lasting impression.

May: 6, 13, 20 @ 2:30-3:30

Healthy Boundaries: Setting boundaries is crucial for maintaining healthy relationships and safeguarding your well-being. By clearly defining your limits and communicating them to others, you establish mutual respect and ensure that your needs are honored. Boundaries empower you to prioritize selfcare, protect your time and energy, and foste a sense of balance in your life.

June: 3,10,17 @2:30-3:30

Learning to Budget: Budgeting empowers you to prioritize your spending, save for the future and avoid unnecessary debt. It's not just abourestricting yourself; it's about making informe choices that align with your values and aspirations.

July: 1,8,15,22 @2:30-3:30

Grief Recovery: Overcoming grief is a journey of healing and resilience. Each step forward, no matter how small, brings you closer to healing and reclaiming joy in life. You are stronger than you know, and with time, you will emerge from grief with newfound strengt and perspective.

Do you have a prayer request?
Use this confidential QR code and let us know how we can pray for you!



Common Ground (before worship)

- 7) Audra Klinkenborg
- 14) Girls League
- 21) Sawyer & Sara Hrdlicka
- 28) Scott & Amy Sieperda

Coffee Break (following worship)

- 7) Randy & Cindy Bosch
- 14) Girls League
- 21) Wendy Huisman
- 28) Rypkema Family

Nursery

- 7) Mariah Gerleman & Avery Harman
- 14) Nathan & Ashley Kruse
- 21) Alexis & Emory Lincecum
- 28) Kayla Van Wyhe & Jayda Pytleski

Sound System

- 7) Matt Kock
- 14) Keith Van Beek
- 21) Sawyer Hrdlicka
- 28) Curt Dieren

Video Taping

- 7) Eric Arnold
- 14) Justin Groen
- 21) Breyden Dieren
- 28) Brad Rypkema

Proclaim Presenter

- 7) Caitlin Huisman
- 14) Lincoln Kock
- 21) Thane Jansma
- 28) Berlyn DeWit

Medical Assistant

- 7) Nicole Larson
- 14) April DeWit
- 21) Jean Fick
- 28) Kristi Metzger

Greeters

7) N) Tate & Emily Anderson S) Tom & Kayla VanderLee SE) Mike & Ethanie Pulscher 14) N) Cody & Jen Hoefert S) Todd & Stacy Dieren SE) Dwayne & Sharon Postma 21) N) Lisa Vande Stouwe S) Dave & Heather Springer SE) Steve & Jessica Harman 28) N) Dalton & Kenzie Skidmore S) Chris & Jen Lincecum S) Greg & Sherri DeJong

Children & Worship:

- 7)Brenda Van Hofwegen-L Ashlyn Timmerman -H
- 14) Jess Drewes -L Brooklyn Timmerman-H
- 21) Taylor Bosch-L Alexis & Emory Lincecum-H
- 28) Ashley Rypkema-L Taylor Rypkema-H

Sunday School Cookies:

- 7) Barb Folkens
- 14) Karen Reemts
- 21) Rob & Brenda Van Hofwegen
- 28) Dwayne & Sharon Postma

Sunday School Prayer Leader:

- 7) Sarah Wilson
- 14) Paul Van Wyhe
- 21) Fred Tilstra
- 28) Lisa Vande Stouwe

Sunday School Hall Monitor:

- 7) Josie Moser
- 14) Myranda Moser
- 21) Katie Boender
- 28) Ashley Rypkema

Van Drivers:

- 7) Lucas Bouwman
- 14) Shawn Van Wyhe
- 21) Mike Klarenbeek
- 28) Dale Klarenbeek

Work Group #3

Alyssa Van Veldhuizen Amy Sieperda Ashley Schwartze Brittany VanDerWeerd Dawn Snuttjer Denise Roskam *Erica Groen Esther Altman Karol Hanson Katie Kelderman Kristi Metzger Shannon Klarenbeek *Sharon Postma Sharon Tilstra Valerie Krull Mandi VerBeek Michelle Koedam

Volunteer List: April 2024





April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	6:30pm Grief Share 7-8pm Mission Committee Meeting	6:30pm Women's Bible Study	9-11am MOPS 5:45pm 4th Grade Gospel Presentation 6am Men's Bible Study	2-4pm Game Afternoon 6:30pm Parenting your parents workshop	5 8am Men's Bible Study	6	C
7 10:45am Doing Life with your adult children	6:30pm Grief Share 7pm Young Adult	6:30pm Women's Bible Study	9am Staff Meeting 9:30am Joy Circle 6am Men's Bible Study	6:30pm Peace Circle	12 8am Men's Bible Study	13	,
9am Evangelism Committee Mtg. 10:45am Doing Life with your adult children 12-3pm New Member Retreat 5pm Girls League 5pm Guys Night	6:30pm Grief 15 Share 6:30pm Deacon/ Elder Meeting 7:30pm Consistory Meeting 7pm Young Adult Bible Study	16 6:30pm Grace Circle 6:30pm Women's Bible Study	7-8pm Family Fun Night *Air Madness* 9-11am MOPS 6am Men's Bible Study	18	19 8am Men's Bible Study	20	
21 10:45am Doing Life with your adult children	22 6:30pm Grief Share	23	24	25 6:30pm Parenting	26	27	
	7pm Young Adult Bible Study	6:30pm Women's Bible Study	6am Men's Bible Study	your parents workshop	8am Men's Bible Study	9am Women's Ministry Event	
28 10:45am Doing Life with your adult children 11:30am Building on Faith Fundraiser	6:30pm Grief Share 7pm Young Adult Bible Study	6:30pm Women's Bible Study					<u>C</u>

Sunday Morning Worship

@9:30am

*Livestreaming starts @

9:25am*

Cable Channel 12 @ 5:15pm

Praise team practices:

Sundays @ 8:15am & or Wednesdays @7pm

Youth practice: 6pm Wed.

SUNDAY SCHOOL:

Following Worship

Children & Worship

During Worship Club 512

Wednesday 2:30-5pm Meal to follow 5-6:15 Jr. RCYF 6:30pm

Sr. RCYF 8pm

Moms in Prayer

Traditional: Sundays @ 7pm **Traditional:** Mondays @

5:45am

College & Careers:

Mondays @ 5pm

College & Careers: Tuesdays

@8:30am

Traditional: Tuesdays

@8:30am

*Watch the website and bulletin for updates rockrapidsfrc.org