

SECOND'S MATTERS

February 2, 2022



**Second Church
of Fremont**

Knowing Christ, Making Christ Known

From Your Interim Pastor's Desk

You may have heard that passed out last Sunday morning in the church building after the morning service. I had a major vasovagal syncope. This happened to me a couple of times before, once about 10 years ago in an early morning Vision Advisory team meeting in Pella; and before that, about 18 years ago, in a worship service in East Paris CRC in Grand Rapids -- during a baptism no less. (Fortunately I was saying the last word of the actual baptism before I fell over, fortunately into the arms of family members who were standing alongside me.

In all three cases the people around me were concerned I might be dying. But here I am.

I've learned that these episodes can happen at unpredictable times to perfectly healthy people, and that they return to full health within hours after it happens -- although the resulting fatigue might last a day or two.

The main triggers are dehydration and stress. I've been taking Benadryl quite regularly during my Covid illness, which I've since learned causes dehydration; and I wasn't careful enough about drinking enough water yesterday morning. I also wasn't completely recovered from my covid illness, and that puts stress on the body. I also drink a lot of regular coffee in a typical day, which is dehydrating but normally not a problem. Preaching and leading worship services is also stressful, but normally not stressful enough in itself to trigger a vasovagal attack. I customarily drink 4 glasses of water during a worship service during the songs, but haven't been doing that at Second CRC, probably because it's unusual to do so, and I haven't asked for that much water to be available in the pulpit. But that just changed.

Looking back, I see that I started the worship service in a dehydrated state, which got more and more pronounced as the service proceeded. I was having more and more difficulty focusing during the service, and when the service was over, I was feeling stress because I was worried the service had gone too long. This attack was developing gradually, but I was trying to focus on what I was doing (or trying to do) and not paying any attention at all to how I was feeling. Pretty stupid.

I'm explaining all this in some (excruciating?) detail so you can be assured that I understand why this happened, and what I need to do differently going forward so it won't happen again.

I've decided to change my schedule, so that I drive up to Fremont on Wednesday morning, stay overnight, work in Fremont on Thursday, and drive home Thursday evening. Then I will work at home on Friday, quit later in the afternoon, do things with my family Friday evening and Saturday morning, and drive to Fremont again after lunch on Saturday. I'll check into the motel early afternoon, prepare for Sunday morning until I go to bed, and I'll be in good shape and in Fremont on Sunday morning to preach.

This schedule would have the added benefit of allowing Mary to be in Second CRC on Sunday. My current schedule makes for a Sunday morning which would be far too tiring for her.

For the time being, however, Mary won't be able to meet you all on Sunday morning, because she recently tested positive for Covid.

Praise the Lord, anyway!

From Your Student Ministries Desk

Part of my role here at Second has me serve as the Church Partner/Team Leader for Fremont Young Life. One of the things Young Life does really well is offer summer and weekend camps for students to get outside of the "normal" and be in a place designed for them to meet God. I have served as Camp staff during the last few years on the weeks when our Wyldlife (Middle School) program goes to camp. I often serve as a head leader, which is our term for the person who gets to be the bad guy when kids are misbehaving. I have a love/hate relationship with the experience because I love getting to support really excellent leaders, but also... middle school boys can be... special. This last weekend was no exception to that rule.

Joking aside, I think there is something beautiful about Middle School students and how they engage with the world, other people, and faith. This weekend we saw the worst of these kids, but we also saw some beautiful examples of inclusion and kindness to people with whom these students wouldn't normally be seen. I think this is true about the church too; we can keep repeating the mistakes of previous experiences or create a place of beloved community. I say this about the church universal as much as Second Fremont. How often do we hear another story of a church gone bad? Too often. After this week with Middle School students, I have myself wondering, how can the church, how can we, how can I help make this a place of loving-kindness? How do we follow in Jesus' footsteps and build community, not just for those we like but all?

Sunday Worship, February 6, 2022

Pastor Dan's sermon "The Prayer We Don't Pray" is based on Psalm 139.

Our Church Family

Second church is a caring and compassionate community of believers, and once again, we were recipients of that kindness. Thank you for your prayers, phone calls, and cards. Your prayers sustained us; your calls and cards gave us encouragement. God is Faithful! - **Jud and Evie Afman**

Our Christian sympathies go out to **Vern Machiele** and his family in the passing of his wife, Delores, on Monday, January 31. Vern and Delores were summer attendees for over 20 years.

Please remember **Ken Wolffis** in your prayers this week. Ken will be having hip replacement surgery on Friday.

Community Announcements

Wednesday Bible Study, February 2

Beginning today, we will meet every Wednesday at 2:30 pm in the old nursery room next to the kitchenette area in the lobby. At 2:00 pm coffee and cookies will be available for those who arrive early. We will end at 3:30 sharp so that those who need to go somewhere can do so. Of course, there may be others who choose to stay and visit together after the Bible study is done.

We plan to study I Timothy, starting with 1:1-18. We won't have a published study guide. No preparation is necessary, and it won't be a problem if you have to miss a session or two – just attend again when you have the next Wednesday afternoon free for it.

SAVE THE DATE: Winter Fun

The Discipleship Team invites you to an afternoon of fun, games, and food on February 27 at the Branstrom lodge. We will serve a hot dog lunch at 12:30, followed by a time of sledding on Branstrom Hill and board games and fellowship inside the lodge. This event will be open-house style, so feel free to come and go as needed – we hope to see you there

Council Nominations

Our Council is currently seeking names for potential council nominees for the term beginning July 1st, 2022. If you're interested in serving on the council, please get in touch with any current council member for more information.

Baby Shower Crib: The Love Family

Congratulations to Mike and Heather Love on the birth of a son, Lucas, on Friday, January 7. The crib will be set up in the lobby until February 14 to welcome Lucas to the Second Church family and 'shower' him with gifts.

Insight Pregnancy Services Baby Bottle Fundraiser

Insight has started its baby bottle fundraiser drive for 2022. If you wish to participate, grab an empty bottle from the display in the lobby and fill it with change, paper money, and/or a check. Return the baby bottle to church by February 20. Last year the bottles raised over \$20,000, and Insight hopes to reach that goal again.

District #10 Health Department COVID Reminder

Due to an increase in the current COVID positivity rate in Newaygo County, the Newaygo County Health Department and the CDC recommend using masks in indoor spaces.

Offering Information

Our Deacons encourage our support to our congregation's financial obligations through our offerings. Donations can be mailed to the church at 600 Apache Drive or submitted online via bank account or card at this link: [Online Giving](#). If you wish to give to Christian Education or Faith Promise online, then download the "GivePlus" app.

Special envelope offerings are: February 6, 2022 – Fremont Young Life
February 13, 2022 – Bethany Christain Services
February 20, 2022 – Kid's Hope
February 27, 2022 – Community Closet

Stock the Pantry

For February, the requested food items are macaroni and cheese and canned meat. Donations can be dropped off at church or directly at TrueNorth.

The Prayer Corner

As you pray, this week praise God for the Spirit's intercession on your behalf.

"And pray in the Spirit on all occasions with all kinds of prayer and requests. With this in mind, be alert and always keep on praying for all the saints."

- Ephesians 6:18

"God Himself, who dwells within us
in the person of the Holy Spirit, intercedes
for us in our weakness.

Not with flowery or powerful words,
but with groans that words cannot express.
How empowering in our weakest moments,
when we don't know how to express our overwhelming needs,
to cling to the words of God."

Sue Richards
from the book Prayer PowerPoints
compiled by Randall Roth

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