

# The Anointing

Bethany Reformed Church Monthly Newsletter/ January 2024

## Allow Yourself to Rest

*Cast all your anxiety on Him because He cares for you. --*  
1 Peter 5:7

You need to rest, but you keep pressing forward, hoping that somehow, someday you'll catch up on your sleep. But how long have you been telling yourself you'll rest, only to find that — months later — you're still trying to catch up? To finally get the rest you're craving, you must first allow yourself to rest.

Rest looks different for everyone. For some, it's taking a sabbatical or extended vacation. For others, it's a nap or an hour of solitude. You know your needs and your limits — what would good, adequate rest look like for you? Make a plan, write it down, and commit to it — perhaps even ask a friend or your spouse to hold you accountable.

You need rest — we all do. It's not a sign of weakness; it's simply part of being human. Give yourself a break. Decide when and how you will rest and then allow yourself to do it.

*And my God will meet all your needs according to the riches of His glory in Christ Jesus. — Philippians 4:19*

When you look over the course of your day, are there times for rest? Are there moments you can catch your breath, sit down, and reflect? Or are you going, going, and going until you drop into bed an hour later than you'd hoped?

It might seem productive to rush around nonstop, but your body, mind, and soul were not created to function that way. Daily rest is needed, just like daily bread. If you skip eating, your body ends up depleted. In the same way, skipping rest leaves your body weak and deeply weary.

Take time each day to rest, incorporating it into your daily routine. Follow the example of Jesus, who made an effort to rest even when thousands of people were looking to Him to be fed. Yes, He fed them with loaves and fishes, but then He also fed Himself with solitude, prayer, and rest (Matthew 14:23).

Excerpted from 365 Devotions for Finding Rest by Christina M. Vinzon, copyright Zondervan.

## Bethany Reformed Church

[bethanyreformedchurch@gmail.com](mailto:bethanyreformedchurch@gmail.com)

[bethanyrcsd.org](http://bethanyrcsd.org)

**605-987-5645**

### Office Hours

Monday – Thursday

8:30a.m.-5:30p.m.

Friday 8:30a.m.-12:30p.m.

### Worship Service

Sundays 9:30-10:45a.m.

Discipleship Classes (Sept.-May)

11:00-11:45a.m.

### Koffee with Kevin

The first and third Wednesday of every month from 10:00-11:30a.m.

### Staff

Kevin Schneider, Pastor

Jill Devitt, Office Administrator

Mary Tegarden, Custodian

Maddy Schneider, Youth/Worship

Carol Van De Stroet, Treasurer

Shelly Swift, JAM Preschool



# JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>Church Offices Closed</b>  Pastor Kevin Schneider	<b>2</b>  Jackson Wiersma	<b>3</b> <b>Koffee with Kevin 10:00-11:30AM</b>  <b>Midweek 6:15-8:00PM</b>  Sam Peterson	<b>4</b>	<b>5</b>	<b>6</b>  <i>Ray and Kaylee Schroder</i>
<b>7</b> <b>9:30AM Worship</b>  <b>Installation of Elders and Deacon</b>	<b>8</b> <b>Food &amp; Friends 5:30-7:00PM</b>  <b>Consistory Meeting 7:00PM</b>	<b>9</b>	<b>10</b> <b>Midweek 6:15-8:00PM</b>  Brian Van De Stroet	<b>11</b>	<b>12</b>	<b>13</b>  Brenda Van Zee
<b>14</b> <b>9:30AM Worship</b>	<b>15</b>	<b>16</b> Donna Wiersma Doug Van Zee Virlene Schneider	<b>17</b> <b>Koffee with Kevin 10:00-11:30AM</b>  <b>Midweek 6:15-8:00PM</b>	<b>18</b>  Jessica Jarman	<b>19</b> Carol Van De Stroet  <i>Wendell and Virlene Schneider</i>	<b>20</b>  Lexi Schriever
<b>21</b> <b>9:30AM Worship</b>  <i>Rick and Patty Gehr</i>	<b>22</b>	<b>23</b>	<b>24</b> <b>Midweek 6:15-8:00PM</b>	<b>25</b>  Matt Heeringa	<b>26</b>	<b>27</b>
<b>28</b> <b>9:30AM Worship</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>Midweek 6:15-8:00PM</b>			

**“Come to me, all you who are weary and burdened, and I will give you rest.”**  
**Matthew 11:28**

**Installation of Elders and Deacon will be Sunday, January 7, during the Worship Service.**

Elders: Brad Peterson and John Van De Stroet

Deacon: Arlen Zomermaand

Thank you for accepting the call to be leaders in our church!

Thank you, John Haverhals, Jerome Van De Stroet, and AJ Nelson, for serving on the consistory the past three years. We appreciate your guidance and leadership.

**Consistory meeting Monday, January 8.**

Anyone seeking membership: profession of faith, reaffirmation, or baptism, please contact Jill in the office to schedule a time. Elder's meet at 6:30p.m. The Deacon's meet at 7:30p.m. Full consistory at 8:00p.m.

**Retreat Opportunities for 4<sup>th</sup> – 8<sup>th</sup> graders!**

Inspiration Hills Winter Retreat is February 16 - 18 for students in 4<sup>th</sup> – 6<sup>th</sup> grade. Activities will include sledding (snow pending), Worship and Chapel, large group games, good food. Deadline for registration is February 9. Contact the church office for scholarship forms.

The Middle School Retreat in Dayton, IA is April 12 – 14 for students in 6<sup>th</sup> – 8<sup>th</sup> grade. Registration opens February 1<sup>st</sup>. This year's theme is "Nothing Else".  
*"Nothing Else" is all about putting Jesus and the gospel message above everything else. It means that nothing is more important for a Christian than following the teachings of Jesus and understanding the gospel. This theme encourages students to strip back their faith to just Jesus, making him and the values he taught the most important thing in their lives.*

Students will receive more information from their youth leaders about registration soon.

**December Giving Report**

(December 1 – December 29)

General Fund: \$22,298.10

Deacon's Fund: \$1,180.00

Youth Group: \$3,889.48

Thank you for your generosity!

Bethany church offers individuals and families an End of the Year Giving Statement, available upon request. Contact Jill Devitt in the church office if you'd like one at [bethanyreformedchurch@gmail.com](mailto:bethanyreformedchurch@gmail.com) or 605-987-5645.

**Love INC Backpack Program**

Love INC Ministry provides food items in student's backpacks each Friday to assist families who are struggling to make ends meet. The Ministry provides supplemental food for students who would otherwise go without for the weekend.

During the month of January, volunteers from Bethany church will be packing and delivering food items for students in the Canton schools.