

Ogden Dunes
Community
Church

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Ogden Dunes Community
Church seeks to joyfully
lead people to the
transforming love of
Christ.

The deadline for the next
Dunes News is Aug. 15th

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July and August
Refreshments

After the 9:00 a.m. service, refreshments, including coffee, will be available in the Fellowship Hall following worship. If your last name begins with the letter of the day, please provide snacks of your choice.

Sunday, July 7 P,Q,R,S,T
Sunday, July 14 U,V,W,X,Y,Z
Sunday, July 21 A,B,C,D,E
Sunday, July 28 F,G,H,I,J
Sunday, Aug. 4 K,L,M,N,O
Sunday, Aug. 11 P,Q,R,S,T
Sunday, Aug. 18 U,V,W,X,Y,Z
Sunday, Aug. 25 A,B,C,D,E



“Church
Chuckles”



The sermon this morning: “Jesus Walks on the Water.” The sermon tonight: “Searching for Jesus.”

The peacemaking meeting scheduled for today has been cancelled due to a conflict.

The Pastor will preach his farewell message after which the choir will sing: “Break Forth Into Joy.”

Don’t let worry kill you off —let the Church help.



Ogden Dunes Community
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The Dunes
News

Summer Edition
July and August 2019

www.ogdenduneschurch.org



Inside
this
issue:

- Summer Schedule
- Prime Timers programs for July and August

Special
Points
of
Interest:

- ◆ News from the Church Office
- ◆ Church Picnic



The Pastor’s Pen
“Depression”

Recently, we heard the sad report of famous and wealthy people committing suicide at the height of a successful career. This scenario is not new. It is how you handle depression. Unfortunately, the dark shadow of hopelessness overshadows their souls with no solution in sight.

Many biblical characters like Moses, Elijah, David and Jonah struggled with the “dark night of the soul” - those desperate feelings of hopelessness. Even Jesus Himself had that feeling in the Garden of Gethsemane.

More than anything, the depressed person needs Hope. Webster defines that four-letter word: “to desire with the expectation of fulfilment.”

It is not uncommon for a depressed person to question God’s love, character and plan. There is always a sense of disappointment in God. As a result, Self-Pity follows. Self-Pity often comes when the person has established an unrealistic standard and then failed to match it.

I have found that the very first step a depressed person should take towards a solution is to determine whether the problem is Biological, Emotional/Mental, Physical or Spiritual. As a pastor, my advice to those suffering with depression is to “turn to God!” After all, He has made our bodies and understands our framework better than we do ourselves. Reassurance of God’s love for us is a critical counter to overwhelming circumstances (2 Corinthians 4:8-11). Here are some actions which will attack depression:

- Establish a daily routine.
- Don’t succumb to your desire to stay in bed.
- Get out of the house.

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Church Picnic (Please Note)



Our summer church picnic will be on **Sunday, September 8th**. It will be on "Rally Sunday" which is the first Sunday of our church year, as well as the beginning of our Fall Schedule.

THE SACRAMENT OF HOLY COMMUNION WILL BE CELEBRATED ON...



Sunday, July 7th

Sunday August 4th

Sunday, September 1st

News From The Church Office

- The church office will be closed on Thursday, July 4th in honor of Independence Day.
- All articles for the September Dunes News are due in the church office by August 16th. All articles must be submitted by email.
- We have a large church calendar hanging in the office to help people stay informed. You can submit information that you would like on the calendar to the office. Please do not write on this calendar. Thank you!

Summer Church Schedule

This summer there will be only one service at 9:00 a.m. in the Garden. This is due to updates that need to be done in the Sanctuary .

PARENTS KINDLY NOTE...A nursery attendant will be provided during the service.



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- Look at your diet and exercise.
- Understand your feelings but focus on your behavior.
- Join a support group.
- Share your feelings with someone you trust.
- Pray and read the Bible.
- Realize there is hope.

Remember that we are wholly in God's hands. What we are going through is redemptive. It's not lost time, wasted life, a parenthesis on real living. No — for "the dark night of the soul" is an experience designed to transform, elevate, and move us on. It is something God in His wisdom and mercy uses for good, in spite the maelstrom of evil that surrounds us.



PRIMETIMERS NEWS

July 16 at noon, Greg Hertzlieb, director of the Brauer Museum at Valparaiso University, will bring the latest updates about the current displays and events at the museum. He is noted for his interesting and informative presentations.



August 20, at noon, Dustin Ritchea, promotions director at the Indiana Dunes Visitors Center, will discuss the State of Tourism in Northwest Indiana especially in light of the new National Parks designation. He will make us aware of the "bigger picture" of this renaming.

One is never too young to attend Prime Timers. Break out of your routine to find out what we are all about. Good food, good company and surprises are in store for all. The more, the merrier! To reserve your place, call Jayne Mann at 219-218-3670 or Judy Petrou at 763-2186 no later than the Sunday before the event. Charge is \$9.00 per meal payable at the door, Again---no age