

OPPORTUNITIES FOR THIS WEEK...

- Monday, September 6**
Office Closed for Labor Day
- Tuesday, September 7**
6:30 PM Tuesday Evening Bible Study - Library
- Wednesday, September 8**
7:00 PM Sanctuary Choir Rehearsal - Music Room
- Thursday, September 9**
12:30 PM Men's Bible Discussion - Conference Room
12:30 PM Sisters Discussion Group - Library
7:00 PM Praise Band Practice - Community Life Center

CARE CORNER - Pastor Dennis J. DeWitt

Phyllis Ann (Lanning) Smith had surgery this past week at Holland Hospital.

Continued prayers for: anyone serving in the military, Pat Shipley, Kelsey Henyon, John Piggins, Kristin Slimmer, George Holmes, Jim VanBruggen, Glenn Nykamp, Everett Banker, Joyce Plummer, Ken and Beth Somers, Dan Springer, Lillian Wright, Florence Foster, Joyce Henyon.

To our church family - thank you for the many prayers and kindness extended to our family while John was undergoing treatment for throat and neck cancer. We are happy to report the power of those prayers worked and John's recent PET scan came back as clear - no sign of cancer! We know this journey would have been more agonizing without your prayers and support. Thank you!!

—John and Kathleen Piggins

OUR STATISTICAL REPORT

	Last Week			Year to Date		
	Needed	Received	%	Needed	Received	%
General Budget	14,113	7,730	55	493,955	372,633	75
Missions		5,036			41,789	
<i>Our Dream Lives On</i> (additional principal reduction)	1,385	947	68	48,475	57,624	119
Cost of 2002 expansion	5,000,000			Total Attendance		
Original Mortgage	3,738,543			Last Sunday = 340		
Applied to principal thru 8/2010	1,111,268					
Current debt	2,627,275					
Annual mortgage obligation (2010)	230,040					

Please let us know if you have directed a stock donation to Community Church so we may confirm receipt and express our appreciation for your generosity.



BACK BY POPULAR DEMAND !
3rd ANNUAL POTLUCK / LINEDANCING!
For all Ages

Saturday, October 16, 5:00 to 7:30PM
in our Community Life Center

More information is available in the September *Communicator*
Watch upcoming issues of the *CCD Weekly*

CCD Weekly

September 5, 2010

Communion Sunday

OPPORTUNITIES FOR TODAY...

- Nursery (infants - age 3) 9:45 AM to 12:15 PM
- 8:30 AM** Traditional Worship, in our Sanctuary
- 9:45 AM** *The Gathering* (Contemporary Worship)
in our Community Life Center
hjd connection
Pre-K through 5th Grade
(See inside for room assignment)
- 11:15 AM** Traditional Worship, in our Sanctuary
hjd connection
Pre-K through 5th Grade
(See inside for room assignment)
- 4:30 PM** A Study of Acts, in our Library

Coming Up:

- September 6** Office Closed for Labor Day
- September 12** Board of Trustees Meeting
Youth Groups Resume
- September 19** Missions Advisory Committee
- September 21** Young Families Picnic
- September 22** Fourth Wednesday Dinner
- September 26** CROP Walk

See inside for important message regarding
Communion for those with allergies.

Welcome!

If you are a new visitor, we would like to welcome you with a gift.
Please fill out the green Connection Card found in your pew or the
Friendship Register, and bring your card to the Information Center.
We would like to say hello with a gift and answer your questions.

Thank you for worshipping with us today!

Community Church of Douglas
P.O. Box 338 Douglas, MI 49406 269-857-1492
www.ccofdouglas.org
Office Hours: Monday through Thursday - 8 AM to 5 PM
Friday - 8 AM to Noon

Reminders from the Church Office:

Deadlines for publications are as follows:

CCD Weekly - Noon on Wednesday

Communicator - 15th of the month

Regretfully, any late submissions may not appear in publications.

Please verify room availability *before* scheduling your class, meeting or event.
Carol has the master schedule and will be happy to assist you. Call 269-857-1492.

Notary Public Services are available in the church office, Monday through
Thursday, 8:00 AM to 5:00 PM, and on Friday, 8:00 AM to Noon. This is a free
service offered by our church.

We can recycle ink-jet cartridges. You may bring them to the recycling box
in the church office. Please remember, however, that Epson and Cannon BCI
cartridges aren't recyclable...only cartridges with a print head. So, keep thinking
green and give some green back to the church!

Portions of our Contemporary and Traditional worship services are being
televised on MAC-TV (channel 24 or digital 916). Broadcast days and times are
Sunday, 8 PM; Monday, 11 AM.; Thursday, 9 PM and Saturday, 5 AM. Airtimes for
Saugatuck/Douglas cable (channel 21) are Sunday, 11 AM and 5 PM; Monday, 8 PM
and Friday, 10 AM.

Communion for those with Allergies: Please come to the Communion table as the ushers dismiss your row, where you will find separate elements carefully presented to prevent contamination. Ingredients in this bread are: Maize Meal 75%, Rice Flour, Salt, Emulsifier: Monoglyceride from vegetable. It is gluten-cholesterol-soy-peanut-milk-sugar-egg-GMO-trans fat and preservative-free. If you have a food allergy NOT accommodated by this bread, please call the church office so that a suitable substitute may be found.



**CROP Walk Sunday, September 26
2:00 PM from Community Church
(registration at 1:30 PM)**

“Every day, almost 16,000 children die from hunger-related causes – one child every 5 seconds.” (Church World Service) That’s 12 children in the hour we worship together on Sunday. Hunger related deaths are preventable.

How will you help? Will you pray? Will you walk? Will you sponsor a walker?

CROP – an awesome opportunity to serve right here at home in mission work that benefits those near* and far. Sign up TODAY and join others as part of our Community Responding to Overcome Poverty: Joe Brady, Julie VanBruggen, Nancy Knikelbine, Sharon Meengs, our Youth Group, Laurie Marcy, Jackie Ground, Terri Kunkel, Julie Lefler, Bob and Nicole Stenman & Family, Karen Bloss, Kelly Jacobsma, and the VanLoon Family. Donation checks also may be written to CWS/CROP and placed in the offering plate.

Contact Aimee Valentine, Victoria McCarthy or Nancy Knikelbine for more information or to get your walker’s envelope.

*25% of funds raised in our community walk support Christian Neighbors

YOUTH MINISTRY - Christina Tassoni, Leader

Youth Group Kick off: Sunday, September 12
Youth group meets Sunday nights, unless otherwise noted.

Middle School: 4:30-6:00 PM
High School: 6:30-8:00 PM



Thirty-five hundred years ago Moses came down from Mt. Sinai with a short list of rules that has shaped the values of people and nations for centuries. We know them as the Ten Commandments, but do we *really* know them? Many people believe that the rules are a condition for a relationship with God, things we must do to get in His good graces. But just the opposite is true. The relationship came before the rules. And the Commandments were meant to not only reveal God's heart, but to keep His people free.

To many, Christianity is about following a set of rules. If you asked them "Why?" they would point to a single source - the Bible. Specifically, they would probably mention the Ten Commandments. But what most people miss is the whole context for that list. God established a relationship with the Israelites long before He even gave them the rules. He wanted them to know they were His people. The reality is that following the rules will never make God love us more. In fact, when you try to live them out, you begin to see just how much you need Him. With God, the relationship always precedes the rules. Always.

E-mail youthministry@ccofdouglas.org or check out our blog <http://youthofdouglas.blogspot.com> for more information.

DISCIPLESHIP & SMALL GROUPS

Sundays

A Study of Acts - at 4:30 PM in the Library. All are welcome to join this informal group. Tony Allan facilitates.

Tuesdays

Tuesday Evening Small Group – 6:30 PM in our Library. Using the “Experiencing God” workbook by Henry and Richard Blackaby with Claude King, we will learn to step out in faith and join God in His work for miraculous results. Led by Nancy Knikelbine.

Thursdays


Sisters Discussion Group - meets 12:30 - 1:45 PM, in the Library. Women are welcome to join the discussion of *Live Intimately: Lessons from the Upper Room* by Lenya Heitzig and Penny Rose. Facilitated by Lois Miller.

Men’s Bible Discussion Group - 12:30 PM, in the Conference Room. Join Pastor Dan and this group of men as we explore the Bible passage that will be the basis for next Sunday’s sermon.

Other

Couples Discussion Group - Meets at 6:30 PM, on the third Sunday of the month for fellowship and dessert. Call Charlie or Edith Hancock at 269-543-4397.

THIRD ANNUAL YOUNG FAMILIES PICNIC
Tuesday, September 21, 6:00PM



Young families, join us for our Third Annual Young Families Picnic, Tuesday, September 21st at 6:00 PM. Picnic begins at 6:15. Pastor Dennis and Mary De Witt are again hosting us at the Saugatuck RV Resort campground. There will be games for the young ones, food and fellowship for all. You don't want to miss it! To sign up or for more information contact our church office or Marilyn Wettack, 857-8405 or mwettack@gmail.com.

CHILDREN’S MINISTRY

Kid Connection

9:45 AM PS - 5th: Responsibility in Room 6 with Becky DeBlaey and Glenn Kunkel
11:15 AM PS - 5th: Responsibility in Room 6 with Becky DeBlaey and Tony Allan

Under the Butterfly Tree - Summer Sunday Kids
"Stories from the Children’s Resource Room about friendship, obedience and responsibility"



Children will hear stories, watch videos and participate in activities related to the theme of the story or video.

Nursery Ministry

Serving in our Nursery today are:



9:45 AM Francie Underwood with Siara Underwood
11:15 AM Francie Underwood with Leslie Such

HEALTH MINISTRY - Beckie Haddock, Parish Nurse

Free blood pressure screenings are available every Wednesday from 10AM to Noon. No appointment is needed, just stop by.

FIVE QUICK TIPS — CHOOSING HEALTHY PROTEIN FOODS

1. Mix it up. Most reasonable diets provide enough protein for healthy people. Eating a variety of foods will ensure that you get all of the amino acids you need.
2. Go low on saturated fat. Beans, fish and poultry provide plenty of protein, without much saturated fat. Steer clear of fatty meats and use whole-milk dairy products sparingly.
3. Limit red meat - and avoid processed meat. Research suggests that people who eat more than 18 ounces a week of red meat have a higher risk of colon cancer. So make red meat - beef, pork, lamb - only an occasional part of your diet, if you eat it at all. And skip the processed stuff - bacon, hot dogs, and deli meats - since that has also been linked to higher cancer risk.
4. Eat soy in moderation. Tofu and other soy foods are an excellent red meat alternative. But do not go overboard; 2 to 4 servings a week is a good target. And stay away from supplements that contain concentrated soy protein or extracts, such as isoflavones, as we just do not know the long term effects.
5. Balance carbs and protein. Cutting back on highly processed carbohydrates and increasing protein improves levels of blood triglycerides and HDL, and so may reduce your chances of having a heart attack, stroke, or other form of cardiovascular disease. It may also make you feel full longer, and stave off hunger pangs.

PARENTS..... this one is for you!!!

On Wednesday, September 22, at 7:00 PM (following our 4th Wednesday dinner), Bettye Jo Bell will be leading a discussion in the Genesis Room.

Title: **"When I Was Your Age..."**

Parenting Teens When Times REALLY Have Changed!

If your goal is to raise interdependent, responsible, loving adults in a time when our society seems rife with blaming, divisiveness and a sense of entitlement, let us talk about that. If you are parenting or anticipating the days when you will be parenting teens in this secular tech-no-logical world, please join me for an evening of conversation about how to cope with attitudes, moodiness, occasional defiance and keep our teens as safe as we can.
—Bettye Jo Bell

I have taught you the way of wisdom; I have led you in the paths of uprightness. When you walk, your step will not be hampered; and if you run, you will not stumble.
Proverbs 4:11-12

We invite all who have teenagers and those who have up and coming teenagers to attend. Grandparents are welcome.

In conjunction, Christina will be opening the teen room to welcome back our regulars in the youth group and to meet and greet new teens who wish to join.



American RedCross

The following **American Red Cross blood drive** is coming to our community:

Grace of Douglas
243 Wiley Road
Tuesday, September 7, 2010
Noon to 5:45 PM