

# TOOLBOX FOR LIFE: SKILLS YOU NEED TO THRIVE— How Exercise Strengthens Your Mental Health

# Welcome! July 2, 2022



## CALL TO WORSHIP

Presiding Pastor: We come to this place of rest to be renewed.

## People: So that we might be comfort and peace for others.

Presiding Pastor: We come to this place of nourishment to be fed,

## People: So that we might be bounty for others.

Presiding Pastor: We come to this place to become people of God.

## SABBATH SCHOOL

SONG SERVICE Benie-Safari Dushime

WELCOME Phil Giddings III

**FEATURE** "Undercover in the Camp" with Ryan Proctor

LESSON STUDY "The Shepherd's Crucible"

THEME SONG "Lift Up The Trumpet" • 213

#### SUNSET TODAY 9:26

SUNSET NEXT FRIDAY 9:24

#### OFFERING

**07 • 02** Pioneer Operating Budget

07 • 09 World Budget

## Something New for Summer

join us starting July 6

more info on announcements page

#### PIONEER PULPIT

**07 • 09 Ben Martin** "Toolbox for Life: Skills You Need to Thrive—How to Thrive Mentally: Part One" **07 • 16 Prescott Khair** "Toolbox for Life: Skills You Need to Thrive—How to Thrive Mentally: Part Two"

## **WORSHIP** 9:00 & 11:45\* AM

### OPENING MUSIC

"Allegro Maestoso" • Felix Mendelssohn "Fanfare" • Jacque Lemmens

#### WELCOME & CALL TO WORSHIP

Lindsey Pratt, Associate Pastor

#### HYMN OF PRAISE

"We Praise Thee With Our Minds" words of 642, melody of 250

#### CONGREGATIONAL PRAYER

Prescott Khair, Associate Pastor "Spirit of the Living God" • 672

#### WORSHIP IN MUSIC

"Be Thou My Vision" • Brenton Offenback

#### CHILDREN'S STORY

"Great is Thy Faithfulness" • arr. Brenton Offenback Robby Raney, Pioneer Member

#### SCRIPTURE

Genesis 2:7 Ana Agustina De La Cruz Mateo, Pioneer Member William Nordgren\*

#### MESSAGE

"Toolbox for Life: Skills You Need to Thrive—How Exercise Strengthens Your Mental Health" Rodlie Ortiz, Associate Pastor

#### HYMN OF COMMITMENT

"Not I, But Christ" • 570, st.1, 4 "Trust and Obey" • 590 st. 1-2, 5\*

#### BENEDICTION

#### **CLOSING MUSIC**

"Toccata" • Charles-Marie Widor

Organ: Brenton Offenback

Presiding Pastor: Lindsey Pratt, Associate Pastor

Worship in Music: Jason Marquez, clarinet; Brenton Offenback, organ

The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring. -Isaiah 58:11

## PIONEER FAMILY

### **Fellowship Dinner**

Please join us in the Commons on the lower level following the second service for fellowship and a delicious meal. Visitors are welcome!

Pioneer members who are specifically invited to attend this Sabbath's fellowship dinner are last names A – B. Members C – E have received email invitations to attend the July 9 dinner. If you do not have an email address, you may call the church office at 269-471-6565 to reserve a place. If you would like to attend the dinner but are not part of the invited group, you are welcome to bring a dish to share and join the fellowship.

### Something New for Summer

WEDNESDAYS • 7:00 PM PIONEER YOUTH CHAPEL BEGINS JULY 6

After two plus years as a Zoom gathering, House of Prayer returns to an on site, face to face and side by side prayer fellowship. You're invited to bring your Bible and join your Pioneer elders and friends, as they lead a new mid-summer House of Prayer Bible study in the Pioneer youth chapel Wednesday's 7:00 PM (beginning July 6). "Call on me and come and pray to Me, and I will listen to you" (Jeremiah 29:12).

### Something in Common

SATURDAYS • 10:30-11:30 AM PIONEER ROOM 141

From Anger to Intimacy with Gary Smalley DVD series:

July 2 – "Crafting the Perfect Apology" July 9 – "Roadblocks to Forgiveness" July 16 – "Forgiving the Difficult, Addicted, or Cheating Spouse"

### **Prayer Team**

If you enjoy praying for others, join one of our Prayer Teams which meet in person at the church during the 9:00 AM and 11:45 AM services (your choice). Teams will rotate on a scheduled basis. A monitor in the Prayer Room allows the teams to hear the congregational prayer and the sermon. For more information, text "PRAY" to 269.281.2345.

### 2022 VEC Report Updates

The Second Reading Report of the Volunteer Engagement Committee represents the best information that the Committee had at the time of printing. It is expected that there will be some changes in leadership/membership and simple errors in communication between the Committee, the Ministries and their members. Thus, throughout the year, the Committee will be communicating these changes from time to time. Here are the latest updates:

Melissa Poua — Beginners Assistant Director

Gregg Nicholas — Deacons, Pre-Service Preparation

Xiaoming Xu — Welcome Ministries Associate Director

Lynn Staniszewski — Welcome Ministries Coordinator

Darlene Puymon — Welcome Ministries Member Dorothy Carscallen — Welcome Ministries Member Fran McMullen — Fellowship Dinner Member

Al McMullen — Fellowship Dinner Member

Rhonda Tomenko — Baptism Assistant

Judy Nelson — Funeral Dinner Member

Dave Nelson — Funeral Dinner Member

Lori Covrig — Floral Committee Member

Duane Covrig — Harbor of Hope Governance Committee Chair

Larry Schalk — Prayer Ministry Pre-Service Coordinator

John Press — Sabbath School Materials Member

Carlene Johnson — Removed: Welcome Ministries Coordinator

Yijie Niu — Removed: Welcome Ministries Member

To submit or read more announcements visit pmchurch.org/announcements

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