

**Welcome to Mount Vernon First Christian  
Reformed Church!**

**Pastor John Knoester**

**Oct. 30, 2022—Morning Service – 10:30 AM**

\* Please stand in body or in spirit

*“We sing the mighty power of God  
that made the mountains rise,”*

Prelude

Welcome

\* Call to Worship (Based on Psalm 47):

Leader: Let us worship the eternal God,  
the source of love and life, who creates us.

**People: Let us worship Jesus Christ,  
the risen one, who lives among us.**

Leader: Let us worship the Spirit,  
The holy fire, who renews us.

**People: To the one true God be praise in all times  
and places, through the grace of Jesus Christ.**

\* Opening Hymn of Praise: LUYH #19 v. 1-5

*“For the Beauty of the Earth”*

1. For the beauty of the earth,  
for the glory of the skies,  
for the love which from our birth  
over and around us lies,

*Refrain*

*Christ, our Lord, to you we raise  
this, our hymn of grateful praise.*

2. For the wonder of each hour  
of the day and of the night,  
hill and vale and tree and flower,  
sun and moon and stars of light,

*Refrain*

3. For the joy of ear and eye,  
for the heart and mind's delight,  
for the mystic harmony  
linking sense to sound and sight:

*Refrain*

4. For the joy of human love,  
brother, sister, parent, child,  
friends on earth, and friends above,  
for all gentle thoughts and mild,

*Refrain*

5. For yourself, best gift divine,  
to the world so freely given,  
agent of God's grand design:  
peace on earth and joy in heaven,

*Refrain*

Words: Foliott S. Pierpont, 1864, alt., P.D.; Music: Conrad Kocher, 1838; adapt.  
William H. Monk, 1861, P.D.; CCLI #678905

\* God's Greeting/We Greet Each Other

*"That spread the flowing seas abroad  
and built the lofty skies."*

Announcements

Ministry Opportunity: Olive Crest: Strong Families, Safe Kids  
- Mr. Todd Hobart

Call to Confession (Based on Colossians 3:1-4)

Since you have been raised up to be with Christ,  
you must look for the things that are above,  
where Christ is, sitting at God's right hand.  
Let your thoughts be on things above,  
not on things that are on the earth, because you have died,  
and now the life you have is hidden with Christ in God.  
But when Christ is revealed—and he is your life—  
you, too, will be revealed with him in glory.

—Colossians 3:1-4, NJB

Prayer of Confession

Words of Assurance:

**Leader:** While it is true that we have sinned,  
it is a greater truth that we are forgiven  
through God's love in Jesus Christ.  
To all who humbly seek the mercy of God I say,  
in Jesus Christ your sin is forgiven.

**People:** **Thanks be to God.**

God's Will for our Lives (Heidelberg Catechism Q&A 113-115)

**Leader:** What is the aim of the tenth commandment?

**People:** **That not even the slightest desire or thought  
contrary to any one of God's commandments  
should ever arise in our hearts.  
Rather, with all our hearts  
we should always hate sin  
and take pleasure in whatever is right.<sup>1</sup>**

**Leader:** But can those converted to God  
obey these commandments perfectly?

**People:** **No. In this life even the holiest  
have only a small beginning of this obedience.  
Nevertheless, with all seriousness of purpose,  
they do begin to live according to all,  
not only some, of God's commandments.**

**Leader:** Since no one in this life  
can obey the Ten Commandments perfectly,  
why does God want them preached so pointedly?

**People:** **First, so that the longer we live  
the more we may come to know our sinfulness  
and the more eagerly look to Christ  
for forgiveness of sins and righteousness.  
Second, so that we may never stop striving,  
and never stop praying to God  
for the grace of the Holy Spirit,  
to be renewed more and more after God's image,  
until after this life we reach our goal: perfection.**

Hymn of Thanksgiving: LUYH #675 v. 1-5

*“By Grace We Have Been Saved”*

1. By grace we have been saved through faith  
and not by keeping law.  
God’s saints believed by what they heard  
and not by what they saw. (*Ephesians 2:8*)

*Refrain*

*Oh, how I love Jesus! Oh, how I love Jesus!  
Oh, how I love Jesus, because he first loved me.*

2. For all have sinned and fallen short.  
God’s plan not one obeyed.  
Christ has for all fulfilled the law.  
Believe, confess, be saved. (*Romans 3:23*)

*Refrain*

3. God gave to earth a perfect love  
through Jesus on the cross.  
While we were foes, Christ died for us.  
We gained by God’s own loss. (*Romans 5:8*)

*Refrain*

*Oh, how I love Jesus! Oh, how I love Jesus!  
Oh, how I love Jesus, because he first loved me.*

4. We know the wage of sin is death;  
thank God, we shall revive.  
For just as Jesus rose again,  
we too are made alive. (*Romans 6:23*)

*Refrain*

5. Set free, we now have peace with God.  
Salvation is secured.  
How beautiful the feet of those  
who share this gospel word. (*Romans 5:1*)

*Refrain*

*Words: sts. Rusty Edwards; © 1996 Selah Publishing Company; Music: North  
American traditional; arr. Sean Ivory © 2008 Faith Alive Christian Resources;  
CCLI# 678905*

Offering: General Fund

Offertory

*(Following the offertory the children are invited forward  
for the Children's Message)*

Children's Message – Mrs. Marjo Rouw

\* Hymn of Preparation: LUYH #749 v. 1-2 *"Spirit of the Living God"*

1. Spirit of the living God,  
fall afresh on me;  
Spirit of the living God,  
fall afresh on me.  
Melt me, mold me, fill me, use me.  
Spirit of the living God,  
fall afresh on me.
2. Spirit of the living God,  
move among us all;  
make us one in heart and mind,  
make us one in love;  
humble, caring, selfless, sharing.  
Spirit of the living God,  
fill our lives with love.

Words: st. 1 Daniel Iverson, 1926, © 1994 Birdwing Music, admin.

EMICMGPublishing.com; st. 2 Michael

Baughen, 1982, © 1982 The Jubilate Group, admin. Hope Publishing Company;

Music: Daniel Iverson 1926,

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*(During this song children ages 3-3rd grade  
are dismissed for Children and Worship)*

*"We sing the wisdom that ordained  
the sun to rule the day;"*

Scripture Readings: Exodus 20:17, Psalm 19:7-11,  
Philippians 3:12-24, 4:10-13

Prayer of Illumination

Message: ***"The Tender Commandments – True Contentment"***

Time of Prayer

*“The moon shines full at his command,  
and all the stars obey.”*

\* We Confess our Faith: Heidelberg Catechism Q&A #1

Leader: What is your only comfort in life and in death?

**People: That I am not my own, but belong—  
body and soul, in life and in death—  
to my faithful Savior, Jesus Christ.  
He has fully paid for all my sins  
with his precious blood, and has set me free  
from the tyranny of the devil.  
He also watches over me in such a way  
that not a hair can fall from my head  
without the will of my Father in heaven;  
in fact, all things must work together  
for my salvation.  
Because I belong to him,  
Christ, by his Holy Spirit,  
assures me of eternal life  
and makes me wholeheartedly willing and ready  
from now on to live for him.**

\* Hymn of Application: LUYH #781 v. 1-3 *“My Only Comfort”*

1. My only comfort, now, always,  
in both my life and death,  
is knowing I am not my own;  
I belong to Jesus Christ.  
My body and soul belong to him  
in life, in death, always.  
He is my faithful Savior, Friend;  
Jesus Christ, my Lord and King.
2. He fully paid for all my sins  
with his own precious blood  
and through his death has set me free  
from Satan’s tyranny.  
Without my heavenly Father’s will,  
not a single hair can fall.  
In fact, all things must work for good,  
for my salvation.

3. Since I belong to him alone,  
Christ, through the Spirit gives  
assurance of eternal life,  
and so I live for him.  
My only comfort, now, always,  
in both my life and death,  
is knowing I am not my own;  
I belong to Jesus Christ.

Words: Zacharias Ursinus and Caspar Olevianus, 1563; Heidelberg Catechism

\* God’s Blessing

\* Parting Praise: LUYH #964

*“Praise God, from Whom All Blessings Flow”*

Praise God, from whom all blessings flow;  
praise him, all creatures here below;  
praise him above, ye heavenly host;  
praise Father, Son, and Holy Ghost.

Words: Thomas Ken, 1709, P.D.; Music: Traditional Black Gospel;  
CCLI #678905

• Postlude

**Welcome!** The psalmist prayed: “Restore us, O Lord God Almighty; make your face shine upon us, that we may be saved” (Psalm 80:19). May all who have come to worship find restoration, inner peace and spiritual strength. After the morning service all are invited to the fellowship hall next to the sanctuary for a cup of coffee or juice and continued fellowship.

Tech Team	Today 10/30	Next Week 11/07
Sound:	Mardick S.	Henry H.
Projection:	Tim H.	Beth B.
Video	France K., Dick G.	Brandon S.
Offering:	General Fund Eve: Didachem Ministries	General Fund

# First CRC

## Bulletin Announcements

**October 30, 2022**

**OUR CHURCH FAMILY:**



**Get out your White-Out** and please take the home phone number for **Hank and Anjean Vander Veen** out of your directory, as they are now only using their cell phones.

Also the phone number for **Hans and Aileen Meischke** is incorrect. Please write in **(425)424-2044** as their “home” phone number. Thank you!

**Save the Date!** November 13 we will be celebrating the baptism of both Bailey and little Garrett Visser AND communion as well.

**GEMS NEED HELP WITH SUPPLIES FOR FATHER/DAUGHTER FUN**

**NIGHT:** Our girls and dads are looking forward to our first fun night since Covid, coming up on November 16. Can any of you help us with some specific (crazy!) needs? We are looking to borrow four tires, four wheelbarrows clean enough to sit in, and two gutters to be used as racetracks. We will return everything as close to the original condition as possible. Please contact Marjo Rouw with questions or if you can help us...or direct us to someone who can. Thanks in advance. Hopefully you have enjoyed the pictures we made with your generously shared magazines.

**We will be having a church potluck on November 6, followed by SAFE Church Training by Sherry Fakkema. If you are in an educational position or working with children** in our church, you are strongly encouraged to attend. We would like to get as many as possible to attend this informational training so we can get it done in one shot. We expect the meeting not to go over about an hour.



**The Cadet Pancake  
Dinner is November 9,  
from 5-7pm. Come and  
support our Cadets and  
eat some delicious  
flapjacks!**



***Worship Service YouTube  
Links:***

October 23: [https://  
youtu.be/RyZhAcQkp50](https://youtu.be/RyZhAcQkp50)

Tonight we are hosting our annual Reformation Day Evening Service at **6:30pm**. Our speakers are **Rev. Nick Rosas** and **Rev. Gilbert Kim**. Pastor Rosas is the new full-time CRC pastor at Oak Harbor CRC, and Pastor Kim is the leader of Didachem Ministries that our classis currently supports. There will be a time of refreshments and fellowship following the service.

*First CRC offers the option to give your offerings online, including setting up automatic and reoccurring donations. For information on this and other ways to give please check the "Give" page on the church's website: [https://firstcrcmv.com/?page\\_id=1509](https://firstcrcmv.com/?page_id=1509)*

Dear Friends in Christ,

Throughout this past year, your elders have been reading through a book entitled "*The Tender Commandments*" by Ron Mehl. I think it's fair to say that one of the most misunderstood passages in all of Scripture is that of the Ten Commandments. Many people in our world today view these commandments as a restrictive list of 'don'ts' rather than a love message from God!

In the weeks to come we're going to take a closer look at each of the commandments. Many of the illustrations I will be using will come directly from Mehl's book. In addition, I'll also make use of the Heidelberg Catechism which does an excellent job of summarizing the heart of each command. May God bless us as we make our way together through this important part of His Word! In His Grace, Pastor John

11. Oct. 30 AM – "*True Contentment*"

There are September copies of **Today's Christian Living** and other updates on the shelf underneath the Missionary Bulletin Board.

**CALENDAR:**

***Greeters:*** Today: Katie Junquist & Shirley Boonstra

Next Week, 11/6: Clarence & Eleanor Klunder

***Coffee Hosts:*** Clarence & Eleanor Klunder

Next Week, 11/6: Henry & Sharon Kuipers

Evening Service: Keith & Jean Rasmussen, Fellowship Committee

**Worship Team:** Greg & Beth B, Mandi D., Kayla & Ella VH

Next week, 11/6: Stan B., Julie, Adriana & Tessa S.

**Today:** Choir Rehearsal following the morning service

**Oct. 30, 6:30pm** – Area Reformation Service here

**This Week:**

**GEMS meets Weds., Nov. 3 at 6:30pm**

**Upcoming Dates to Notes:**

**Tuesday, November 1, 7pm** – Deacons Meeting

**Sunday – November 6 at 6:30pm** Women's Bible Study

**Tuesday – November 8 at 7:00am**

Men's Bible Study at Shari's Restaurant

**Nov. 6 Potluck following the am Service** – Safe Church Training afterwards

**Nov. 9, 5-7pm** – Cadet Pancake Dinner

**Nov. 13, AM Service:** Baptism of Garrett Visser and Communion

**Nov. 13 6:30pm** - Women's Bible Study

**Dec. 2, 7 pm** – Fountainview Choir Concert

**REQUESTED ANNOUNCEMENTS:**

**Save the date!** Back by popular demand! Hear the acclaimed NOËL ensemble in concert and celebrate the wonder of a medieval Christmas with Celtic and classical harps, flute, strings, and poetry. A freewill offering benefits New Earth Recovery. Warm yourself with song and story, support men and women in recovery, and prepare your heart for the season!

**Tuesday December 6, 2022 @ 7:00 pm Bethany Covenant Church 1318 S. 18th Street Mount Vernon, WA 98274**

## CRC COMMUNICATIONS

**I'll Be Praying for You** - Check out the kids' devotion at [www.kidscorner.net](http://www.kidscorner.net). Would you rather work in a group or work by yourself? One way we can work together and help one another is by encouraging through prayer as others go through difficult times. Listen now at [kidscorner.net](http://kidscorner.net) and check out all the new content.

**At-home Faith Formation Tip** - "Regardless of what a family looks like, its adult members can have a big impact on the development of children's faith. And they do that primarily by modeling faith in everyday moments. What do those moments look like? They are amazingly ordinary. Holding hands, praying at the table, going to bed . . . talking about a bad day at school—those moments all have the potential to form faith"—from *Dear Parent: A Guide for Family Faith Formation*, by Laura Keeley and Robert J. Keeley, available at [FaithAliveResources.org](http://FaithAliveResources.org). (Tip from Faith Formation; [bit.ly/CRCFaithFormation](http://bit.ly/CRCFaithFormation))



How can  
we  
**PRAY**  
for you?

People to be remembered with prayers, cards, letters & words of encouragement.

Email the office at [secretary@firstcrcmv.com](mailto:secretary@firstcrcmv.com) or call the church office at (336-2405) by 9:00 am Thursday of each week with your prayer items.

## CONTINUING REQUESTS:

**Hank Vander Veen** is home but weak and extremely grateful for all the prayers and concerns of our church family.

Please continue to pray for the **Ackermann** Family as they mourn the passing of Ben.

Please continue to pray for **Kevin Wigboldy** as he recovers from his stem cell transplant.

Please continue to pray for **Michael Hendricks**. He is home with his wife and three children. Please pray that God will continue with the healing by way of the therapies. The biggest concern right now is his vision.

Continue to pray for **Shirley Boonstra, Maxine Greidanus** and **Adelaida**

**Vega** as they continue to fight their cancer.

**SHUT INS:** *Nell Annema and Marion Ekkelkamp* at Birchview Memory Care in Sedro-Woolley; *Marcella DeVries* at Bethany Lutheran in Everett, *Marjean DeGroot* at Mountain Glen in Mount Vernon; *Mary Koopmans* at Where the Heart is in Burlington; *Hans & Aileen Meishke* at Kenmore Living in Kenmore, WA, *Adrianna Swanson*, and *Clarence Vander Griend* at Home Place in Burlington; *Sally Reehoorn* at Creekside in Burlington; *Bev Van Slageren* at family in Grandview, WA.

**OTHER REQUESTS: (CRC Communications)**

Monday October 24 - *ReFrame: Portuguese ministry*

Lilliana, one of our Portuguese-ministry listeners, recently moved to a new country after losing her eldest daughter. Pray that she will adjust to her new life there and feel God's peace. "I need a lot of prayers, and I have faith in our wonderful God," she shared.

Tuesday October 25 - *Resonate: Mexico*

Pray for Abraham, a young adult whom Resonate missionary James Lee is discipling in Mexico. Abraham has a servant heart, said James, and is passionate about sharing the gospel with friends. Ask the Holy Spirit to work in and through Abraham.

Wednesday October 26 - *World Renew: Disaster Response Services (DRS)*

Disasters such as the devastating floods that swept through communities in Kentucky in late July can cause more than structural damage. People who suffer loss are often left confused, hopeless, distressed, and feeling forgotten long after the disaster has passed. Please pray for the families in Kentucky still reeling from the impacts of flooding.

Thursday October 27 - *Raise Up: Global Coffee Break: Training*

Pray for the Engaging Spiritual Conversations workshop being hosted virtually today through Nov. 17. Participants and leaders will discuss how to have spiritual conversations with people around them wherever they are, and they will be practicing what they've learned each week. Pray for opportunities to share with people who need to hear God's hope.

Friday October 28 - *Resonate: Cohorts*

Give thanks for the many young adults who are participating in Resonate's discipleship opportunities, like cohorts in Detroit, Central America, and the Middle East. Pray for these participants as they explore what it means to join God on mission.

Saturday October 29 - *ReFrame: Chinese ministry*

Yijun still remembers the hopeless and suicidal feelings he had in his dorm because of pressures he felt as a student. Now, many years later, he is sharing his story in a collection of testimonies from our Chinese ministry team. Pray that these testimonies will reach many Chinese speakers with the hope of the gospel.

Sunday October 30 - *Calvin Theological Seminary: Peace*

Pray for students, faculty, and staff as they navigate school, families, and other obligations this semester. Pray that they may find healthy rhythms. Stress levels can get high, so please pray that they may be able to take time with the One who will give them rest (Matt. 11:28).