

Highlights of Elders Meeting and Admin. Council Meeting

Highlights from the March 17 Elders' Meeting

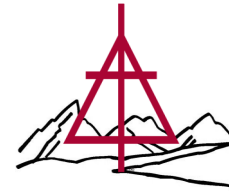
1. Some discussion on recent worship services.
2. The transfer of membership was received for:
Andrew and Delanea D.
Shaun and Maeghan M. and their daughters Aila, Autumn and Eva
Rhianna M. and daughters Drew and Charlie
We heartily welcome them into the church family and trust that we will be mutually blessed.
3. The idea from The Banner article titled, "Let's Do Lunch" was discussed. Watch the bulletin for more details on fellowship meals.
4. The length of the morning service was discussed. Some services are noticeably longer than others. Keeping all the elements of worship is important so no solution to a shorter service seemed evident.
5. Several Elder visits were made.
6. Pastor Natasha and Pastor Ken's reports were received and discussed.
7. Children's message format was brought up and will be discussed further at future meetings.
8. We discussed the idea of running a course on giftings.

Joel S., Clerk

Highlights from the March 19th Admin. Council Meeting

1. Some time was spent reflecting on the Thrive workshop held on Jan. 30.
2. Some discussion regarding the merit of having set terms for committee and program volunteers.
3. Correspondence: A group called Right Now sent us a letter asking us to help collect signatures on a petition to limit abortion to 20 weeks. This will be made available for people to sign.

Joel S., Clerk



FIRST CHRISTIAN REFORMED CHURCH

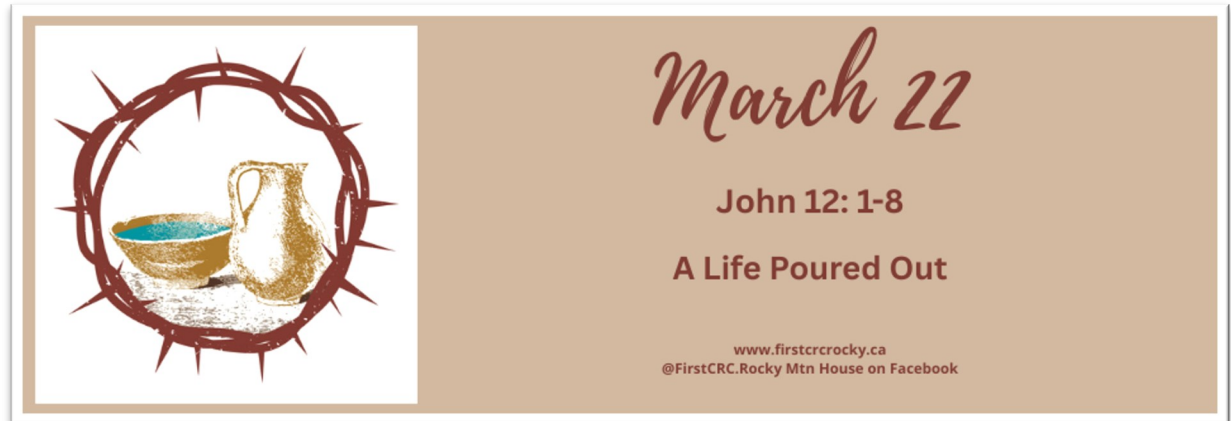
RR3 Site 4 Box 6, Rocky Mountain House, T4T 2A3 403.845.6067

Our **MISSION** is to worship God faithfully, nurture one another to grow in Christ, joyfully tell others about Jesus, develop our gifts to serve and pursue stewardship, justice and peace in every area of life.

Pastor Ken Douma – kgdouma@gmail.com 780.728.8148

Pastor Natasha Specht - pastornatasha@rockycrc.ca (Monday -Thursday)

Church Office: Tuesday — Friday 9:00am to 12:00pm office@rockycrc.ca



Morning Worship Service

Welcome

♪ Goodness of God

Call to Worship

God's Greeting/We Welcome One Another

♪ Ancient of Days

Call to Confession & Prayer

♪ Step by Step

Assurance of Pardon

♪ In Christ Alone

Baptism of Dayne Grant L.

♪ Build My Life

(Sunday School for Age 3 - Grade 5)

Announcements & Congregational Prayer

Offering for Local Church Ministries

Offertory

Scripture - John 12: 1-8

Message - A Life Poured Out

♪ Take My Life and Let It Be

Blessing

♪ Living Hope

Welcome to First CRC Rocky

If you are visiting we want to offer a warm welcome!
We pray you will encounter God today as you worship and bring Him praise!

Nursery is available for infants & small children. Sunday School for age 3 through Grade 5 during the service.
Join us for coffee in the fellowship hall following the service.

www.firstcrocky.ca or [FirstCRC.RockyMtnHouse on Facebook](#)

CHURCH FAMILY

“For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.”

Ephesians 3:14-19

† As a ministerial church, each church has been asked to pray for our brothers and sisters in our community, today we are praying for **Covenant Christian Reformed Church**.

† We pray for those at home **Sylvia D.** and **Joe & Lena V.** We also pray for our members at the local care facilities: **Joan S.** and **Tonia T.** We pray for all the caregivers who are able to assist those who require a little extra help and care.

† Please keep **all missionaries** in God’s care, wherever they may be serving. *“Finally, dear brothers and sisters, we ask you to pray for us. Pray that the Lord’s message will spread rapidly and be honored wherever it goes, just as when it came to you.” 2 Thessalonians 3:1 (NLT)* Obstacles must be removed to allow God’s Word to spread rapidly and freely, and missionaries need the strength to continue on in the face of opposition or difficulties. Just as Aaron and Hur supported Moses’ arms in the battle against the Amalekites (Exodus 17:12), you can strengthen the arms of missionaries by supporting them through your prayers. Pray ...

- For strength and stamina as missionaries encounter antagonistic spiritual forces (Ephesians 6:10-18).
- That people will resist Satan’s plans to obstruct the spread of the gospel (James 4:7).
- That God’s Word will indeed spread rapidly and be honored wherever it goes.

Check out the **Missions bulletin board**, in the social hall, for updates on the missionaries that we support.

If you know of anyone that we should be keeping in our prayers for various reasons,

Council asks that you please call Pastor Ken, Pastor Natasha, an elder or a deacon.

Elders are: Brenda B., Sheldon B., Alan H., Karl H., Cody L., John M., Nancy O., Richard O., Ernie S., Joel S. and Gary V.

Deacons are: Lorraine A., Ken B., Anneleen D., Jim D., Mark H. and Jacob L.

The Ministry of Self-Giving

Fifth Sunday of Lent

Fasting

- Self-deprecation—do you have a tendency to downplay or diminish the gifts you bring to the church, the work you do that shows your love for God and neighbour? Fast from this attitude. When you find yourself downplaying your efforts, either out loud or internally, say the following breath prayer: “[*breathe in*] all is done [*breathe out*] for the glory of God.”

- Pride—do you have a tendency to feel self-satisfied with your work in the body of Christ? Perhaps you are aware of a vital role you play in your congregation, and prideful thoughts intrude when you least expect them. When you find yourself admiring your own work or acts of service, use the following breath prayer to redirect your admiration to God: “[*breathe in*] all is done [*breathe out*] for the glory of God.”

Prayer

- Meditate on Isaiah 49:1–7. What does this passage reveal about what it means to be a servant of the Lord? Can you picture yourself like an arrow in God’s quiver? Ready to be sent out to do God’s will? Give over your successes and failures to God in prayer this week.

Around the Kitchen Table

- If you have a perfume or a fragrant essential oil in the house, dab it on a cloth and drape it over the Christ chair. Refresh the perfume periodically throughout the week so that the fragrance is always present at any family meal. When you smell it, remember Mary’s gift to Jesus and be inspired.

Ideas for Including Children

- Ephesians 5:1–2 says, “Imitate God, therefore, in everything you do, because you are His dear children. Live a life filled with love, following the example of Christ. He loved us and offered Himself as a sacrifice for us, a pleasing aroma to God” (NLT). Talk with children about good smells and bad smells. If you have time and inclination, you can even do a blind smell test where you try to guess what something is based on how it smells. Then introduce the Ephesians verse and talk about how Jesus’ sacrifice smelled good to God. Ask, “What can we do that is like Jesus so our lives smell good too?”

Weekly Calendar of Events

March 22	March 23	March 24	March 25	March 26	March 27	March 28
10:00am Worship Service 7:00pm Nehemiah Study	7:00pm Friendship	Office: Cheri-Lynn 9:30am Coffeebreak 7:30pm Full Council	8:30am Prayer Meeting 10:00am Revelation Study 7:00pm GEMS Invite Grandparents & Grandfriends for Tea 7:00pm Cadets/Catechism	12:00pm Bulletin Deadline 7:00pm Rocky Christian School Spring Musical - "Esther Ordinary Faith"	8:00pm Youth Lock-In	11:00am Youth Lock-In ends 4:00-5:00pm Swimming
March 29	March 30	March 31	April 1	April 2	April 3	April 4
10:00am Worship Service 1:15pm Clearwater Centre 2:30pm Westview Lodge 7:00pm Nehemiah Study No Youth	No Friendship Mtg.	Office: Cheri-Lynn No Coffeebreak 1:30pm Worship Prep. Mtg.	8:30am Prayer Meeting 7:30pm Men's Bible Study	9:15am Crafting	7:00pm Good Friday Worship Service	

All bulletins can be found online www.firstcrocky.ca

Check out our Facebook page (@FirstCRC.RockyMtnHouse) or website (firstcrocky.ca) for links to sermons.

HELPS HANDS

Thank you, for all you do!	March 22 Pastor Ken	March 23 Pastor Ken	April 5 - Easter Sunday Pastor Ken
Serving Elder	Brenda B.	Sheldon B.	Alan H.
Serving Deacon	Lorraine A.	Ken B.	Jim D.
Music Team	The Experience	Lifted Hearts	Six Track
Children's Message	Joel S.	Pastor Ken	Corinne S.
Sunday School Helpers	Aila M., Landon P., Allison B.	Reid D., Cadence B., Debbie S.	No Sunday School
Nursery	Mark & Jessica H., Janelle V., Lucas H.	Amber B., Corinne V., Marlene D., Travis A.	No Nursery
Coffee Host	Devon & Marisa P.	Aaron & Colleen T.	Mark & Jessica H.
Greeters/Coffee Cleanup	Ella V. & Cheryl T. Doug & Karen D.	Jamie & Rhianna M. Justin & Courtney D.	Dick & Rose W. Gordon & Bettie V.

Deacon's Corner ~ Lorraine A., Ken B., Anneleen D., Jim D., Mark H., Jacob L.

Upcoming Offerings

March 22 - Local Church Ministries

Local Church Ministries offerings to go cover all our budget commitments: staff, office expenses, power, heat, insurance, children's programs, mission support and ministry shares.

March 29 - Calvin Theological Seminary

Calvin Theological Seminary serves the Christian Reformed Church in North America and wider constituencies by preparing individuals for biblically faithful and contextually effective ministry of the Word and by offering Reformed theological scholarship and counsel. Students and faculty are blessed to be included this month on the Special Sunday Offering schedule. The funds contributed to this offering today go towards specific projects or programs that contribute directly to the church. Thank you for supporting the mission of Calvin Seminary.

Upcoming Services

Today

Baptism of Dayne Grant L. (Cody & Teagan)

Sunday, March 29

Worship services at Clearwater Centre (1:15pm) and Westview Lodge (2:30pm)
Pastor Natasha is hosting a **light lunch** at her house for those helping with the Clearwater and Lodge services. If you are available to join her at these two services to help with singing and would like to join her for lunch, you are welcome to come over to the parsonage after church.

Friday, April 3

Good Friday Service & Lord's Supper (7:00pm)

Prayer Ministry

Would you like prayer, but are unsure how or who to ask?

In the pews there are Prayer Request envelopes.

On the outside of the envelope - you can select who you would like to pray for you

Inside - there is a card for more details and contact information if needed.

In the foyer is a prayer request box for submitting these prayer requests.

Whatever you are going through - times of beauty or ones of trouble - we would love to pray with you.

Visit www.firstcrocky.ca (via the CONTACT link or Prayer Ministries link) to submit a request online.

From the Deacons & Treasurer

There are several ways to give to the church:

Coupons - Allow you to give to the weekly offerings, without having to use loose change. They come in \$2, \$5 and \$10 coupons. Coupons can be directly purchased from a Deacon, in the Council room, on Sunday's following the service.

Cheque - To "First Christian Reformed Church of RMH". If you wish to have your cheque allocated to a specific cause approved by the deacons or otherwise announced please indicate that cause on the memo line of your cheque.

E-transfers - Send to treasurer@rockycrc.ca On the memo please specify the cause you would like money allocated to.

Pre-Authorized Bank Withdrawals - Contact Marlene O. to sign up or get a form from the office.

Church Announcements

Attention to anyone interested in an 8-week Bible study! We have begun a new Old Testament Bible study on Nehemiah, on **Sunday evenings at 7:00 pm** here at First CRC. If you are interested in joining us, please feel free to speak with Pastor Natasha or John M.

The **annual Staff Performance Review** is in progress. Program leaders, Council members and a random sampling of various worshippers have been asked to complete a questionnaire. If you would like to take part in this, you can pick up a copy of the questionnaire on the foyer table. Please return all questionnaires by March 23.

You are invited - for a time of **swimming fun and fellowship** at the Rocky Pool on **March 28 from 4-5pm**. No need to sign up, just show up! Any questions, you can talk to Krystal H. or Cailyn B.



***"God is our refuge and strength, a very present help in trouble.
Therefore we will not fear though the earth give way,
though the mountains be moved into the heart of the sea...."***

~ Psalm 46:1-2 ESV

CUBA: Pastor Detained After Posting Video

Sources: Christian Solidarity Worldwide, Cuba Headlines, Evangélico Digital

Each week, Pastor Rolando Pérez Lora visits a park in Matanzas, Cuba, where public Wi-Fi is available, to film a series of Bible teachings for his YouTube channel. As he records, people often gather around to listen, sometimes asking him for prayer.

On March 15th, as Pastor Rolando was returning home after completing his latest video recording, two police officers approached the church leader and forced him into a patrol car. The pastor was then taken to the Playa Police Station and detained for three hours before being released. No official explanation was given for his arrest. This is not an isolated incident, for Pastor Rolando stated that he has been targeted by the authorities since becoming a pastor in 2011.

The Cuban Christians Alliance documented that Communist officials have committed 996 repressive actions against the country's religious leaders in 2024 alone, demonstrating a consistent pattern of harassment. This recent arrest comes during a time of significant civil unrest in Cuba, as demonstrations are being held throughout the country in the face of major shortages of food, medicine and fuel.

- **Prayerfully remember Pastor Rolando and other church leaders in Cuba who are faithfully sharing the Gospel message despite the increased opposition and unrest.**
- **Ask the Lord to provide national political leaders wisdom and guidance as they navigate how to effectively resolve the ongoing economic crisis.**
- **Pray for lasting peace to take place in this troubled country. In the process, may there be an end to the government's harassment of Christians who are diligently working to serve and support the Cuban people.**

ReFrame Ministries

Kids Corner Devotions: The Not-So-Triumphal Entry - Check out this week's kids' devotion, "The Not-So-Triumphal Entry," at www.kidscorner.net. Ever wonder why Jesus chose to ride a donkey? By selecting a donkey, He declared that He was there to get to work—God's work—and He wasn't threatening anyone. Donkeys aren't flashy. Check out all the great content at kidscorner.net, like KC's Lent and Easter Collection.

Groundwork: The Daughters of Jerusalem and Jesus' Crucifixion - At the ninth Station of the Cross, Jesus gave a warning to women He called "Daughters of Jerusalem." Then comes the tenth Station of the Cross: Jesus' crucifixion. Join Groundwork as we study Jesus' words in Luke 23:26-38 and Matthew 27:39-43 and discuss His meaning, what He accomplished on the cross, and what it all means for our lives today. Listen now at GroundworkOnline.com and subscribe to Groundwork's weekly emails for future episodes.

Thrive

Thrive Faith Formation Tip - This is the final week of Lent. Next week is Holy Week, during which Christians will mark the end of Jesus' journey to the cross. Those final hours of Jesus' life were extremely lonely, as Jesus was abandoned by family, friends, and even His heavenly Father. As Jesus' disciples today, we share in this suffering—but we are never alone. Colossians 3 describes the diverse community of believers, exhorting us to "bear with each other" as we support one another in faith. This week read and reflect on Colossians 3:11-14, and make time to connect with and encourage members of your church community.

Resonate Global Mission

Special opportunity to double your gift to Resonate - From March 13 until April 30, your gift to Resonate's Where Most Needed fund will be matched by a generous group of donors, dollar for dollar, up to \$275,000! Take advantage of this opportunity and donate now, while your gift will go twice as far! www.resonateglobalmission.org/double

Church Announcements

If anyone is interested in being part of a **New Members Class** this Spring, please talk to Pastor Ken or Pastor Natasha.

Men's Bible Study - All men are invited to come to the church every other Wednesday evening at **7:30pm** (the next one is April 1st) for a study based on the book, "*How to Pray - A Simple Guide for Normal People.*"

Grandparents and Grandfriends, you are invited to a tea hosted by the GEMS on **Wednesday, March 25th at 7pm**. We are excited to fellowship with you.

Please join **Rocky Christian School** students as they present their Spring musical, **Esther Ordinary Faith**, a retelling of the Old Testament story of Esther, on **March 26 at 7:00pm** at the Lou Soppit Community Centre. If you would rather attend an afternoon showing, we will also be performing a full dress rehearsal at **1:00 that afternoon** that you are welcome to attend.

Sonrise Camps (July 5-10 and July 12-17) and **Vacation Bible Camp (VBC)** (July 20-23) - The planning has begun and there are several opportunities to serve: Cooks, cook helpers, counselors, worship band, games person, craft person, bus drivers and laundry. We have a Director for July 5-10 and for Vacation Bible Camp, and we are looking for a Director for the July 12-17 week. If you are interested or want more information please talk to Marie A., Zachary B., Lydia B., Sheldon B., Cody L. or Cheri-Lynn B.

Hello Church Family, Easter Sunday after the service we will be gathering signatures for a **Pro-Life petition**. In November the National Post ran a story that late term abortions (after 20 weeks) are occurring frequently in Canada, which is paid for by your tax dollars. The petition is asking Parliament to pass legislation to ban late term abortion. I would encourage you all to take some time to sign the petition which will be set up in the foyer after the service on Easter Sunday. Thank you, Ken B.

Have you been heard? Our congregation has a once-in-five-year opportunity to participate in the **2026 CRC denominational survey**. This survey helps denominational leadership understand the concerns and needs of local congregations like ours. It is crucial that as many people from our congregation as possible participate. Please **visit crcna.org/survey/396** to answer the survey questions by March 31.

Join us on **Saturday, April 4, 2026 (Easter weekend)** from **2 to 4 pm** at **Redeemer United Church** in Lacombe for another opportunity to sing with Christian men from all over central Alberta. We will come together, Lord willing, to sing Psalms, hymns and spiritual songs, remembering Christ's suffering, death and resurrection. Invite your neighbours, colleagues, brothers, uncles, and friends to be part of this special time together. We invite and encourage women to enjoy the event via our YouTube livestream: www.youtube.com/@SingMenOfGod