



## VBS 2022 Recap

*from the desk of Pastor Paul*

It was a joy to gather together for VBS this year! It was a special time to serve side-by-side, have fun, and point kids to the truth of God's Word! I am thankful to the Lord that He provided the opportunity for us to host a weeklong VBS. For this VBS, the campus was decorated with an archeology theme. Each evening we enjoyed singing together with live music and our drama team presented a skit to help reinforce the Bible lesson. After the opening session, kids rotated in teams through four stations where they played games, learned about the Bible, made crafts, and enjoyed snacks while learning about various archeological discoveries that reinforce the biblical stories.

This year's theme was ***Digging Deeper: Discovering the Value of Life*** with Psalm 139:14 as the theme verse ("I praise you, for I am fearfully and wonderfully made.") It was our goal to highlight the

truth that every person is made in the image of God and that life is precious. Not only that, but we also discussed the devastation that sin brings and how we all need God's forgiveness which comes through the gospel of Jesus Christ alone. Those who repent and trust in Jesus are forgiven of all their transgressions and given eternal life with a new mission to go and make disciples. Over the five lessons we looked at **Genesis 1 & 2; Psalm 139:14; John 3:16; Romans 10:9; and Matthew 28:19-20**. The children were also challenged to memorize various Bible verses that went along with the lessons.

It was encouraging to see such zeal around the campus with over 60 kids moving about the various stations. Thank you to all who volunteered to help. It was a team effort; we couldn't have done this without you. Thank you to all the parents who trusted us with your children

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and gave us the opportunity to teach the Bible to them. May the Lord bless you all! We look forward to seeing you at VBS next year!



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## GAME TIME



## CARING FOR OUR LITTLE ONES



*More VBS photos on pp. 7, 8*

## Family News

*Welcome to Our New Members*

Eastridge warmly welcomes the following people into church membership:

Larry Farr

Andrey & Mary Tiginyanu (children are Riley, 11 & Tamara, 9)

Ilya and Mila Kukhar (children are Theodore, 3, and Elias, 10 mo.)

# Anxiety and Panic Attacks: Trusting God When You're Afraid by Jocelyn Wallace

A Book Review by Tracey Hunt

Ryan was wondering how much more stress he could take. **“What if** my boss isn't happy with the reports I prepared? **What if** I end up costing the company thousands of dollars? **What if** that mistake gets me fired?”

**“What if...”** can be a fun game of imagination, or a way to practice problem solving skills, but clearly Ryan wasn't having fun nor was he solving problems. Mia could relate, but on a more extreme level. Her panic episodes began with a racing heart and difficulty breathing. Her vision would blur and the world grew suffocating. She was afraid and did not know why. Her question wasn't **“What if...;”** hers were **“What is wrong with me? Why am I such a mess?”**

The author describes how anxiety and panic play out and take a toll on both Ryan and Mia by weaving their stories of struggles throughout the booklet.

You can tell that God understands anxiety when you read in His Word that “Anxiety in a man's heart weights it down, but a good word makes it glad.” (Proverbs 12:25) Consider also God's invitation to “cast all your anxieties on Him.” (1 Peter 5:7)

The author urges the reader to “trust the God who cares for you, “seek God first” and, although not easy, encourages those who struggle with anxiety to take a closer look at their desires, their beliefs, and their thoughts. She makes three significant points:

1. Anxiety points to what you most want
2. Anxiety points to what you really believe
3. Anxiety points to what you really think

She concludes with several practical ways to deal with anxiety since anxiety and panic are “practical problems in your real life.” She suggests the

following while giving a nice balance to spiritual and physical aspects:

1. Keep short accounts
2. Give control to God (He is in charge anyway)
3. Pay attention to internal questions – like “What If...?”
4. Focus on growth during calm moments
5. Take care of your body

This is just one of a vast array of stand-alone mini books that provide simple, quick and biblical input for some of life's greatest challenges. If you want a fresh perspective and hope for yourself or someone you care about, be sure and checkout the foyer display. For a deeper dive into the subject of anxiety and panic, try “*Overcoming Fear, Worry and Anxiety*” by Elyse Fitzpatrick. For more mini book options, visit: [www.NewGrowthPress](http://www.NewGrowthPress).



# Ladies' Fireside Fellowship

Friday, August 12, 2022

7:00—9:00pm

At the home of Keren Goheen

Watch for sign-up  
information in the bulletin  
and on Realm

## School Supplies Drive for East Hill Elementary

With summer in full swing, it's time to think about taking advantage of the school supply sales and pick up some items to donate to the children at East Hill Elementary. We are partnering with the school again this year to ensure that all students are equipped with the supplies they need to be successful learners.

Joan Johnson, Welcome Room Coordinator at East Hill, provided us with this list of most-needed supplies for the coming school year:

- \* plastic containers to hold supplies - this is the first thing to run out...
- \* pencil sharpeners with cases
- \* glue sticks
- \* blunt scissors
- \* bottom pocket folders in a variety of colors
- \* colored pencil sets
- \* colored marker sets
- \* wide rule composition notebooks
- \* spiral notebooks
- \* #2 Pencils *sharpened* (this is really helpful!!!)

A donation bin will be available in the foyer beginning mid-July through the end of August. If you have any questions about the school supply drive, please contact Cathy Mickelson at [camickelson@msn.com](mailto:camickelson@msn.com).

## September 2022

Sunday, September 4	Monthly Prayer Meeting	6:00pm (Auditorium)
Wednesday, September 7	Adventure Club Begins	6:30pm (Auditorium)
Tuesday, September 13	Missions Prayer Ministry	10:00am @ Alaire Irish's
Saturday, September 24	Ladies' Titus 2 "Adorned" Study	10:00am-12:00pm (Aud.)

*Our small groups start up in September/October. Watch for more information about these groups in next month's newsletter.*

## October 2022

Sunday, October 2	Monthly Prayer Meeting	6:00pm (Auditorium)
Tuesday, October 11	Missions Prayer Ministry	10:00am @ Alaire Irish's



## AUGUST

### Birthdays & Anniversaries

#### Birthdays

Ashley Small 8/1  
 Lauren Thompson 8/2  
 Kilian Keating 8/3  
 Noah Schedrin 8/3  
 Tamara Tiginyanu 8/7  
 Timothy Agafonov 8/9  
 Grace Hansen 8/10  
 Ron Sandelius 8/12  
 Don Hunt 8/13  
 Annette Koenig 8/13  
 Andrew McInnis 8/14  
 Cathy McMinn 8/14  
 Carol Iverson 8/15  
 Chrissy Mickelson 8/18

Stephen Mickelson 8/19  
 Emily Goheen 8/22  
 Sean Kelsey 8/23  
 Annika Mayes 8/24  
 Joey Willis 8/25  
 Clement Eng 8/26  
 Nicole Dudley 8/28  
 Nazar Brichka 8/28  
 Josiah Graham 8/29  
 Ziva Freeman 8/30  
 Henry McArdel 8/31  
 Tom Noller 8/31  
 Lydia Dudley 8/31

#### Anniversaries

Aaron and Kaylea Merrill 8/2  
 Sal and Shannon Guevara 8/3  
 Ryan and Rebecca Pogue 8/4  
 Tom and Lisa Horne 8/11  
 Steve and Judy Peltekian 8/12  
 Samuel and Shannon Blakey 8/15  
 Brian and Loye Reas 8/16  
 Daniel and Raquel Turner 8/17  
 David Dantzcher and Noelle Ahlstrom 8/18

Nazar and Lily Brichka 8/23  
 Brian and Karen Johnson 8/24  
 Mike and Valerie McCafferty 8/25  
 Stephen and KayLee Groot 8/26  
 Matt and Amy Hurst 8/27  
 Marco Domingo and Danielle Tuanquin 8/28  
 Don and Jane Allen 8/31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 10:00am Ladies' Bible Study 6:30pm Youth Group 6:30-8:00pm Kid's Summer Bible Study 6:30pm Ladies' Bible Study	4 7:00pm Young Adult Bible Study	5	6
7 <b>6:00pm Prayer Meeting</b>	8	9 10:30am Missions Prayer Ministry (@ Alaire Irish's) 5:00pm-8:30pm Taekwondo	10 10:00am Ladies' Bible Study 6:30pm Youth Group 6:30pm Ladies' Bible Study	11 7:00pm Young Adult Bible Study	12 <b>7:00pm Ladies' Fireside Fellowship @ Goheen's house</b>	13
14	15	16 5:00pm-8:30pm Taekwondo	17 6:30pm Youth Group	18 7:00pm Young Adult Bible Study	19	20
21	22	23 5:00pm-8:30pm Taekwondo	24 6:30pm Youth Group	25 7:00pm Young Adult Bible Study	26	27
28 <b>Communion</b>	29	30 5:00pm-8:30pm Taekwondo	31 6:30pm Youth Group			

# SNACKS



# SKITS



# CRAFTS



*"I praise you because I am fearfully and wonderfully made." Psalm 139:14*

# SONGS



# TEACHING TIME

*because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. Romans 10:9*



# VBS FUN & FRIENDS!



*"For God so loved the world, that he gave his only son, that whoever believes in him should not perish but have eternal life." John 3:16*



**EASTRIDGE**  
BAPTIST CHURCH