

Ogden Dunes Community Church

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Ogden Dunes Community Church seeks to joyfully lead people to the transforming love of Christ.

The deadline for the next Dunes News is Aug. 15th

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The Dunes News

Summer Edition July and August 2018

www.ogdenduneschurch.org



The Pastor's Pen

"Depression"

Recently, we heard the sad report of famous and wealthy people committing suicide at the height of a successful career. This scenario is not new. It is how you handle depression. Unfortunately, the dark shadow of hopelessness overshadows their souls with no solution in sight.

Many biblical characters like Moses, Elijah, David and Jonah struggled with the "dark night of the soul" - those desperate feelings of hopelessness. Even Jesus Himself had that feeling in the Garden of Gethsemane.

More than anything, the depressed person needs Hope. Webster defines that four-letter word: "to desire with the expectation of fulfilment."

It is not uncommon for a depressed person to question God's love, character and plan. There is always a sense of disappointment in God. As a result, Self-Pity follows. Self-Pity often comes when the person has established an unrealistic standard and then failed to match it.

I have found that the very first step a depressed person should take towards a solution is to determine whether the problem is Biological, Emotional/Mental, Physical or Spiritual. As a pastor, my advice to those suffering with depression is to "turn to God!" After all, He has made our bodies and understands our framework better than we do ourselves. Reassurance of God's love for us is a critical counter to overwhelming circumstances (2 Corinthians 4:8-11). Here are some actions which will attack depression:

- Establish a daily routine.
- Don't succumb to your desire to stay in bed.
- Get out of the house.

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Inside this issue:

- Summer Schedule
- Prime Timers programs for July and August

Special Points of Interest:

- ♦ Bible Readings for July and August
- ♦ Church Picnic



Church Picnic (Please Note)



Our summer church picnic will be on Sunday, September 9th. It will be on "Rally Sunday" which is the first Sunday of our church year, as well as the beginning of our Fall Schedule.

Mission



A Mission Opportunity to help the Presbyterians of south Louisiana rebuild flood damaged homes. For more information you can go to their website: pslfloodrecovery.com and you will link to a PDA. If you have any further questions, please contact Jill Wirth at 219-763-2882. Thank you.

Reading Through The Bible

Here are the Daily Readings for the Months of July and August:

July 1 Obadiah 1, Psalm 82-83	July 2 2 Kings 1-4	July 3 2 Kings 5-8	July 4 2 Kings 9-11	July 5 2 Kings 12-13, 2 Chronicles 24	July 6 2 Kings 14, 2 Chronicles 25	July 7 Jonah 1-4
July 8 2 Kings 15, 2 Chronicles 26	July 9 Isaiah 1-4	July 10 Isaiah 5-8	July 11 Amos 1-5	July 12 Amos 6-9	July 13 2 Chronicles 27, Isaiah 9-12	July 14 Micah 1-7
July 15 2 Chronicles 28, 2 Kings 16-17	July 16 Isaiah 13-17	July 17 Isaiah 18-22	July 18 Isaiah 23-27	July 19 2 Kings 18:1-8, 2 Chronicles 29-31, Psalm 48	July 20 Hosea 1-7	July 21 Hosea 8-14
July 22 Isaiah 28-30	July 23 Isaiah 31-34	July 24 Isaiah 35-36	July 25 Isaiah 37-39, Psalm 76	July 26 Isaiah 40-43	July 27 Isaiah 44-48	July 28 2 Kings 18:9-19:37, Psalm 46, 80, 135
July 29 Isaiah 49-53	July 30 Isaiah 54-58	July 31 Isaiah 59-63	Aug. 1 Isaiah 64-66	Aug. 2 2 Kings 20-21	Aug. 3 2 Chronicles 32-33	Aug. 4 Nahum 1-3
Aug. 5 2 Kings 22-23, 2 Chronicles 34-35	Aug. 6 Zephaniah 1-3	Aug. 7 Jeremiah 1-3	Aug. 8 Jeremiah 4-6	Aug. 9 Jeremiah 7-9	Aug. 10 Jeremiah 10-13	Aug. 11 Jeremiah 14-17
Aug. 12 Jeremiah 18-22	Aug. 13 Jeremiah 23-25	Aug. 14 Jeremiah 26-29	Aug. 15 Jeremiah 30-31	Aug. 16 Jeremiah 32-34	Aug. 17 Jeremiah 35-37	Aug. 18 Jeremiah 38-40, Psalm 74, 79
Aug. 19 2 Kings 24-25, 2 Chronicles 36	Aug. 20 Habakkuk 1-3	Aug. 21 Jeremiah 41-45	Aug. 22 Jeremiah 46-48	Aug. 23 Jeremiah 49-50	Aug. 24 Jeremiah 51-52	Aug. 25 Lamentations 1:1-3:36
Aug. 26 Lamentations 3:37-5:22	Aug. 27 Ezekiel 1-4	Aug. 28 Ezekiel 5-8	Aug. 29 Ezekiel 9-12	Aug. 30 Ezekiel 13-15	Aug. 31 Ezekiel 16-17	

Summer Church Schedule

Please come and join us for our Summer Services. We have two services Sunday.

- 8:30 a.m.— Service in the Garden



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- Look at your diet and exercise.
- Understand your feelings but focus on your behavior.
- Join a support group.
- Share your feelings with someone you trust.
- Pray and read the Bible.
- Realize there is hope.

Remember that we are wholly in God's hands. What we are going through is redemptive. It's not lost time, wasted life, a parenthesis on real living. No — for "the dark night of the soul" is an experience designed to transform, elevate, and move us on. It is something God in His wisdom and mercy uses for good, in spite the maelstrom of evil that surrounds us.



PRIMETIMERS NEWS

July 17th at noon, Brad Baumgartner, Indiana Audubon Society leader, will speak about "Birding the Indiana Four Seasons." A former Indiana state Park Ranger, he is an authority on the subject known to birders of Northwest Indiana for his thoroughly entertaining presentations.



August 21, at noon, Ogden Dunes Lion and Panther, Paul will entertain and enlighten his audience about the Lions sponsored trip to Mexico to pass out glasses and offer assistance to people there. He will be assisted by Tom Hendrix, another Ogden Dunes Lion.

One is never too young to attend Prime Timers at noon on these Tuesdays to find out what we are up to. Good food, good company and surprises are in store for all. The more the merrier. To reserve your place, call Jayne Mann at 219-218-3670 or Judy Petrou at 763-2186 no later than the