

# I'm Fine

## But Not Really

Behind the Front — Where Honesty Meets Hope.



## First Reformed Church - August 10, 2025

**Welcome Visitors!** We are glad you are here, and we have been praying for you. Visit the Welcome Center and pick up a free gift, or connect with us at [frcoc.org/welcome](https://frcoc.org/welcome).

**Nursery** available (for infant to age 3).

**Busy Bags & Children's Bulletins** available at the Welcome Center.

**Worship Location Options:** If the sanctuary isn't the best fit for you or your family, the service is live-streamed in the following spaces:

- Fellowship Hall
- Prayer Room (just outside the north sanctuary doors)
- Mother's Room (back corner of the left side of the nursery)
- Legos in the Loft (a relaxed space for families during worship, with quiet activities for kids and a live stream for parents)

## Sunday Service (9:30 AM)

### Worship Songs:

*Rejoice*  
*Holy, Holy, Holy (Nicaea)*  
*Be Still My Soul (In You I Rest)*

*Yet Not I But Through Christ In Me*  
*Run to the Father*

**Message:** *When I Feel Regret*

**Text:** Psalm 130

**Speaking:** Pastor Fred De Jong

**Communion:** Communion will be served at morning worship today.  
*Gluten-free wafers will be available.*

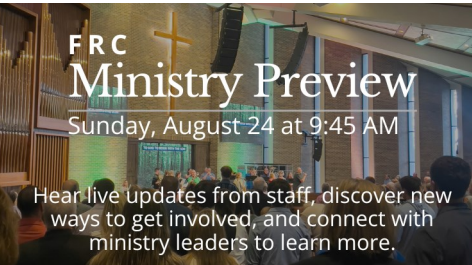
**ALL CHURCH POTLUCK**  
**TODAY @ 11:00 AM**  
FRC Fellowship Hall  
**BRING A DISH TO SHARE!**

**SUNDAY**  
**WORSHIP SCHEDULE**  
**Return to 2 Services**  
**AUGUST 17 - 8:30 & 10:30 AM**

**SUNDAY, AUGUST 17**  
**RAU'S COMMISSIONING**  
 During the Services  
**AND SEND OFF**  
 At 9:45 am  
 with Cupcakes  
 & Bouncy House



**FRC**  
**Ministry Preview**  
 Sunday, August 24 at 9:45 AM




Hear live updates from staff, discover new ways to get involved, and connect with ministry leaders to learn more.

**Blessing of the BACKPACKS**

**AUGUST 24**  
 during both services

Bring your backpack to church for a special prayer time.



## This Week at FRC

### Mon 8/11:

**6:00 PM:** Corn Creek Wood Splitting (Ron J. De Jong Farm)

**6:30 PM:** *How Much More* - Women's Bible Study (Chapel)

### Tues 8/12:

**6:30 AM:** Tuesday Morning Men's Bible Study (Library)

**8:30 AM:** Staff Meeting (Library)

**2:00 PM:** Tuesday Afternoon Women's Bible Study (Library)

### Wed 8/13:

**1:00 PM:** Block & Knots (Milly)

**5:00 PM:** NWC Athlete Meal (Fellowship Hall)

### Thu 8/14:

**2:00 PM:** Senior Adults (Fellowship Hall)

### Sat 8/16:

**7:00 AM:** Running Group (Windmill Park Shelter)

For more information on these activities please stop at the Welcome Center after the service, visit our website at [frcoc.org](http://frcoc.org), or call the church office at 737-4909.

## Stewardship & Giving

Offering 8/1/25 – 8/7/25: \$ 33,573

Weekly Offering Goal: \$ 33,462

Fiscal YTD Total Offering: \$ 178,612

Fiscal YTD Offering Goal: \$ 167,310

To give electronically go to [frcoc.org/give](http://frcoc.org/give)

or scan the QR code



## Coming Soon & Announcements

**FRC Produce Share:** On the table outside the office, share your extra garden produce. You are welcome to take fresh produce.

**Food Needed!** Help us feed the NWC Athletes supper on Wednesday, August 13. Sign up at the Welcome Center, [frcoc.org/volunteer-signup](http://frcoc.org/volunteer-signup), or call the church office if you are willing to bring tavern meat or salads.



**Senior Adults (65+):** "Starting Over in America: Anna Popova." Thursday, August 14, 2:00 PM.

**Kingdom Network Gathering:** Join us Tuesday, August 26 from 6:00–8:30 PM at Maurice Reformed Church for food, church updates, and a special presentation of Missions Upside Down, a global missions series by Aaron Baart and Mark Volkers. Please RSVP at the Welcome Center or [frcoc.org/KNRG](http://frcoc.org/KNRG).



**Brazil Vision Trip:** As part of our growing collaboration with Kingdom Network, Sara Van Zee and Pastor Fred will travel to Manaus, Brazil, August 29–September 5, to explore a potential new mission opportunity. They'll join an IPM Vision Trip that travels by medical boat to share the gospel with unreached people groups along the Amazon. This trip will help us discern how our church might be involved in future mission work in Brazil.



**College Breakfast Servers:** Please pick up your t-shirt in the Office Conference Room or stop by the church office throughout the week.

**KIDS' & YOUTH  
REGISTRATION  
FOR 2025-2026 IS  
OPEN**

Register at [frcoc.org/registration](http://frcoc.org/registration).



**Trout Lake Camp**  
High School Retreat November 7-9

 September 25 Deadline  
\$50 Per Student  
Register at [frcoc.org/retreat](http://frcoc.org/retreat)

**Volunteers Needed  
WOOD SPLITTING  
FOR CORN CREEK  
MONDAYS**  
July 14 & 28  
August 11 & 25  
AT 6:00 PM

RON J. DE JONG'S FARM  
@ 3536 450TH STREET, ORANGE CITY



First Reformed Church  
**RUNNING GROUP**

New Runners & Seasoned Pros Welcome  
**SATURDAYS  
@ 7 AM**  
Meet at the Windmill Park picnic shelter.  
**INVITE YOUR FRIENDS!**





## REGULAR WORSHIP BROADCAST SCHEDULE

**LIVE Sunday mornings at 9:30 AM.**

- Social Media & Website (Facebook, YouTube, [frcoc.org](http://frcoc.org))
- First Reformed Orange City App (Google Play, iTunes, Roku)
- TV Channels (Long Lines: Flight Ch 51; Premier: Ch 77/Premier TV 700)
- KSOU 93.9 radio - Sunday @ 9:30 AM

### **Replay**

- TV Channels - Monday, Wednesday, Thursday @ 7:00 PM
- FRC Orange City Podcast (Apple, Google, Spotify)

## CONTACT INFORMATION

**Address:** 420 Central Avenue NW, Orange City, IA 51041

**Office Phone:** (712) 737-4909 **Prayer Line:** (712) 737-8500

**Office Hours:** Mon - Thurs 8 AM - 3 PM, Fri 8 AM - Noon

**Web:** [frcoc.org](http://frcoc.org)

**FRC App** available in the app stores.

 [@frcorangecity](https://www.facebook.com/frcorangecity)

 [@frc\\_oc](https://www.instagram.com/frc_oc)

 [@firstreformedoc](https://www.youtube.com/@firstreformedoc)



**first reformed church**  
ORANGE CITY, IA