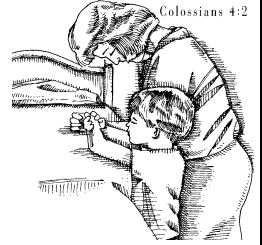


# Moose Lake Covenant Church

Sunday, November 22, 2009

8:15, 9:35 & 11:00 AM Service

Devote yourselves to prayer,  
being watchful and thankful.  
Colossians 4:2



Welcome

Call to Worship

I will remember the deeds of the LORD;

yes, I will remember your miracles of long ago.

I will meditate on all your works

and consider all your mighty deeds.

Your ways, O God, are holy. What god is so great as our God?

*Psalm 77:11-13*

8:15 AM Service:

Hymn # 38 "Worthy of Worship"

Hymn # 354 "My Faith Has Found a Resting Place"

9:35 & 11:00 AM Service Praise and Worship

Congregation in Prayer

Tithes and Offerings Randy Rice

Announcements

Message "More Prayer and Conversation" Pastor Todd

Colossians 4:2-6

Hymn # 579 "The Church's One Foundation"

Benediction

## Visitors and Newcomers

*Welcome to Moose Lake Covenant Church!  
Please fill out the Friendship Register in  
your pew so we can get to know you!*



## Today, November 22

**8:15 am Worship Service**

**9:00 - 11:00 am Coffee time in the gym -- Come join us!**  
(Sign up in the foyer to bring treats for the coming weeks!)

**9:35 am Worship Service**

Infant Nursery in the Multi Ministry Building (MMB)

Sunday School for all ages:

Ages 2 & 3: Toddler Nursery in MMB

Pre-K & Kindergarten: Downstairs

1st - 6th grade: CE building across street

Junior High: East Room

Senior High: Anderson House across street

Adult Class: Vintage Jesus (Fellowship Hall downstairs)

**11:00 am Worship Service**

Nursery in the MMB

Grandparenthood: More Than Rocking Chairs

Adult class (New Library/Conference Room) in the  
Multi Ministry Building. Coffee, treats, great video & discussion

**6:00 pm: Senior High Youth Group**



## *Gathering, Growing and Giving*

**Bulletin items for the November 29th bulletin** are due early this week  
-- by Monday afternoon, November 23.



THANKSGIVING  
SERVICE

**Thanksgiving Eve Service,**  
Wednesday, November 25, 6:30 PM

Please join your church family for a **Pie Fellowship**  
after the Thanksgiving Eve Service.

Please sign up today to bring a pie to share.  
The sign up sheet will be located on the counter  
in the foyer outside the sanctuary.  
If you have any questions or are able to  
help serve pie on Wednesday Evening, Nov 25th,  
please contact Sheila Butterfield at 218-390-6958.

**Congregational Meeting:** Monday, Nov 30, 6:30pm

Vote on the Council recommendation:

To withdraw the \$70,000+/- available on the construction loan and  
amortize the loan of \$1.8 million at National Covenant Properties over a  
20 year period with monthly payments of \$12,637.50.

The priority of the \$70,000 would be:- Water suppression system at full capacity

- Pay off loan to self
- Remodeling expenses



Michael Jason Edmond & Kristin Elizabeth Doucette  
Invite you, our church family, to join us in celebration as we exchange  
our marriage vows during the 11:00 AM Service on Sunday,  
the 29th of November at the Moose Lake Covenant Church.

Cake and Coffee to follow immediately in the gym

## Upcoming Events

### Double Latte (20's & 30's)

**Saturday, December 5th**, Potluck at 5:00pm

K-Z Bring meat dish                      A-J Bring side dish (salad, vegetables)

Dessert will be provided.

Following the potluck we will meet in the Sanctuary for a time of worship with Pyrosis and Pastor Drew. Childcare available during the worship time.

### Compassion, Mercy and Justice Team Meeting

Sunday, Dec. 6, 6:00 PM in the new library in the MMB



**Children's Christmas Program**: Sunday, Dec. 13, 4:00 PM.

**Attention parents:** Please return sheet to Pastor Wendy as soon as possible to let us know if your children will be part of this year's program. Parts will be distributed to children on November 22nd. Call Pastor Wendy with questions.

### Arco Coffee Sale

Orders will be taken for Arco Coffee at the Sunday Services in November. These monies will be used to purchase medicine or supplies for the Gonaives Medical Mission Trip planned for March of 2010. this is the same place the container of medical supplies was sent in the spring of 2005. Orders can also be placed with Haitian Team Members: Dan & Sandy Grindy, Kris Wallman, or Charlie & Marilyn Cluka.

### The True Woman Biblical Womanhood Conference via DVD.

Where: Moose Lake Covenant Church  
When: Jan. 15-16<sup>th</sup> 2010  
Cost: \$10-20 to cover meals and material  
Time: Approx. 6-9 Friday and 8:30-6 Sat.



## *This Week's Calendar*

### Sunday, November 22

*Pray for Pastor Todd, Jayne & family*

**8:15 AM, 9:35 AM & 11:00 AM** Worship Services

**9:00 - 11:00 AM** Coffee time in MMB gym

**9:30 AM** Sunday School for all ages

**11:00 AM** Adult Class in new Library

**6:00 PM** Senior High Youth Group

### Monday, November 23

*Pray for Ron & Chris Carlson*

**6:00 PM** CR Leadership Meeting in MMB Library

**7:00 PM** Women's Conference Leadership Meeting in East Room

**7:00 PM** Gambler's Anonymous (CE Building)

**Nov. 29 Bulletin items are due**

### Tuesday, November 24

*Pray for Jerry & Angie Clark & family*

**NO** After School

**5:45 PM** Celebrate Recovery

### Wednesday, November 25

*Pray for Charlie & Marilyn Cluka*

**6:30 PM** Thanksgiving Eve Service,  
followed by Pie Fellowship

### Thursday, November 26

*Pray for Jayme Cluka & family*

**Office Closed**

**6:30 PM** AA meeting (CE building)

### Friday, November 27

*Pray for: In the Service: Jacob Lind*

**Office Closed**

### Saturday, November 28

*Pray for: Staff: Robyn Spiess*

### Sunday, November 29

*Pray for Pastor Todd, Jayne & family*

**8:15 AM, 9:35 AM & 11:00 AM** Worship Services

**9:30 AM** Sunday School for all ages

**12:30 PM** Cake and Coffee Reception in Gym  
for Doucette/Edmond Wedding

**NO** Senior High Youth Group

## Youth Activities

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### Sundays

- ♦ Junior High Sunday School at 9:30 am in the MMB library
- ♦ Senior High Sunday School at 9:30 am in the Anderson House
- ♦ Senior High Youth Group at 6:00 pm in the C.E. building

### Tuesdays

- ♦ Afterschool Cookies and Games at 3:30 pm in the C.E. Building

### Wednesdays

- ♦ Junior High Youth Group meets at 6:30 pm in the C.E. building

### The Youth Afterschool Program

needs cookies/bars/goodies to be donated. There is a sign up sheet outside of Pastor Drew's office.

### Community M.O.M.S. needs Caregivers

to fill in twice a month from January through May. Please call Ramona Rice (485-8835) or Sarah Thompson (485-5734) if you can help! Thank you!

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**Can you donate yarn?** Marlene Waseen needs more yarn to knit hats, scarves, mittens. You can drop it off at the office.

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### **CHRISTMAS CARDS**



Sunday School is in need of **used Christmas Cards.** We will reuse and recycle them. Please put them in the box on the counter in the foyer

Sermon Notes

November 22, 2009

More Prayer and Conversation

Colossians 4:2-6

Pastor Todd



The Church's website is: [www.moselakecovenant.com](http://www.moselakecovenant.com)



## **Debunking Myths About the FluMist Vaccine**

With flu shots in short supply, another kind of flu vaccine is getting more attention this fall. The nasal spray vaccine prompted many questions during SMDC's H1N1 vaccination clinic last week.

The nasal spray vaccine, also known by its trade name FluMist, is a safe and effective option for both the seasonal flu and the H1N1 flu. Even though this type of vaccine has been around for about five years, there are still many questions about how it works and why you should get it for yourself or your children.

The nasal spray vaccine is for healthy people ages 2 to 49 who are not pregnant. It's not for older people, or for adults and children with medical conditions, such as chronic heart or lung disease, asthma, diabetes or other conditions that weaken the immune system.

People sometimes see this list and think FluMist must not be safe for anyone. However, clinical studies have found that the nasal spray is simply not as effective as the shot for people 50 and older. The Food and Drug Administration also wants to gain more experience with FluMist before approving it for pregnant women and those with chronic health conditions.

The nasal spray vaccine contains a live flu strain that is intentionally weakened during the manufacturing process. The virus is also "cold-adapted," which means it can live only at the cooler temperatures found in your nose, and not in your lungs where the temperature is higher. Because the nasal spray works in your mucus membranes, it stops the virus at what I call the "front door." The flu shot, which has a dead virus, builds protection in your blood.

One advantage of FluMist is that you don't get stuck with a needle. Another is that children have longer-lasting immunity after getting the nasal spray, even when compared to the injection. If you are concerned about preservatives, the nasal spray vaccine doesn't have any.

Some people report mild side-effects including runny nose, nasal congestion, cough, tiredness, sore throat and headache. You may be think that sounds like the flu, but these side-effects are mild and short-lasting compared to full-blown symptoms.

If you plan to get the nasal spray vaccine for both the seasonal flu and H1N1 flu, you need to get them at least 28 days apart. You cannot get either vaccine as a nasal spray or a shot if you are currently ill with fever or have a severe allergy to eggs.

I'm often asked if you can pass the virus to someone else after getting the nasal spray vaccine. The chance is very unlikely. I recently learned that for five years FluMist has been routinely given to caregivers at St. Jude Children's Research Hospital, a prominent pediatric cancer center where all patients are immuno-suppressed. St. Jude's only restriction is that those who get FluMist cannot work in the bone marrow transplant unit for a week.

Because we are seeing limited supplies of flu vaccine — both seasonal and H1N1 — I strongly encourage you to get the nasal spray if you are eligible.

I believe the nasal spray is safe and effective for the approved groups — and if it weren't, I would not be making this recommendation.

I want to thank everyone who turned out for SMDC's H1N1 vaccination clinic last week. We vaccinated about 2,500 adults and children in the four priority groups. I also want to thank those who didn't show up because they're not in the groups at highest risk of medical complications from the pandemic virus. Thanks for waiting for your turn.

**Flu Watch**, by Dr. Timothy Burke, *Duluth News Tribune*, November 15, 2009

## Women Ministries

### Community M.O.M.S.

No Meeting in Nov. 24  
 Next meeting is Tuesday, December 8,  
 at 10 am. Childcare provided.

### Coffee Fellowship

Monday, December 7, 2:00 PM  
 at Kenwood  
 Monday, December 21, 2:00 PM  
 at Oakview  
 Join us for Christmas Carols and treats!

### Covenant Quilters

Covenant Quilters will not meet  
 during the month of December.



### Financial Report November 15, 2009

General Fund	\$ 7253.78
Kids Against Hunger	10.42
Upon This Hill	6780.00
<b>Total</b>	<b>\$ 14,044.20</b>

## Information Request

We are excited to share information about our church.  
 Fill out the form below...

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

I would like information on:

- \_\_\_\_\_ ALPHA
- \_\_\_\_\_ Adult Small Groups
- \_\_\_\_\_ Celebrate Recovery
- \_\_\_\_\_ Children Programs
- \_\_\_\_\_ Youth Programs
- \_\_\_\_\_ Joining this Church family
- \_\_\_\_\_ Opportunities to serve
- \_\_\_\_\_ Women's Ministries
- \_\_\_\_\_ Would like a Visit
- \_\_\_\_\_ Would like a Call
- \_\_\_\_\_ from the Pastor
- \_\_\_\_\_ Other \_\_\_\_\_

Please tear off at the perforation and place your completed card in the offering plate.

Thank you!

## Prayer Request Card

Today's' date: \_\_\_\_\_

Your Name (optional): \_\_\_\_\_

What would you like us to pray for? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Would you like a staff member to know of this request? \_\_\_\_\_

Do you have a Praise or Answer to a Prayer? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

Please tear off at the perforation, fold and place in offering plate or in the Prayer Request box located on the counter in the foyer. All requests are prayed for by the Monday morning Prayer Team and are kept confidential.

*Please be sure to keep the Prayer Team updated with answers or changes to your request. Thank you.*

**Moose Lake Covenant Church** is about  
Living to the Glory of God by  
Gathering around Jesus  
Growing in Faith, and  
Giving of Ourselves.



**Moose Lake Covenant Church**  
PO Box 445, 700 5th St., Moose Lake , MN 55767  
**Church Phone: 218-485-4800**  
**Prayer Request Line: 218-485-8242**  
**Sonshine Closet: 218-485-5758**  
**C.E. Building: 218-485-4737**  
**E-mail address:** office@mooselakecovenant.com  
**Website:** www.mooselakecovenant.com  
Pastor Todd Van Zee

**Those Serving Us Today**

**8:15 AM Service:**  
**Ushers:** Chuck and Shirley Eckman,  
Bob and Ginger Spiess

**9:30 AM Service:**  
**Ushers:** Robin Mathews, Lorraine  
Thompson, Randy Juszczak  
**Nursery Care:** Scott & Kristine Salzer

**11:00 AM Service:**  
**Ushers:** Kris, Shelly, Kaia Wallman  
**Nursery Care:** Lori Orn & Barb Tvrdik

**Children's Bulletins** and colored pencils, as well as plain paper and pencils are located today on the table in the hallway going into the new building. Please return all the pencils after the service. Thank you.