

**Sunday,  
Mar 22<sup>nd</sup>,  
2026**

**Volga Christian Reformed Church**  
Pastor: Joshua Carpenter - Phone: 269-271-8603  
**Sunday, Mar 22<sup>nd</sup>, 2026**

**Morning Worship 9:30 AM:** Worship Leader: Pastor Joshua Carpenter  
Organist: Ellie Vanden Berg  
Pianist: Geraldine Runia

Prelude

Welcome & Call to Worship - Ps. 117

Silent Prayer of Preparation

**Song - PH 624 Hear our Prayer, O Lord**

**\*Song - PH 253 Praise to the Lord, the Almighty (Verses 1 & 4)**

\*God's Greeting

\*We Greet Each Other

Responsive Reading of God's Law - As a Rule of Gratitude (PH pg.1017)

**Song - PH 479 I Will Sing of My Redeemer**

Congregational Prayer

Offering: Option 1 & Budget

Children's Message

**\*Song - RB 303 Open My Eyes That I May See (Verse 1)**

Scripture Lesson: **Proverbs 23:19-21 & Philippians 3:17-21**

Text: **Proverbs 23:19-21 & Philippians 3:19**

Message: **Putting Off Gluttony, Putting On Self-Control**

Prayer of Application

**\*Song - PH 420 Breathe on Me, Breath of God**

Heidelberg Catechism Lord's Day 18 (Q & A 46-49) & Apostles' Creed

\*God's Blessing

**\*Doxology: PH 638 Praise God, from Whom All Blessings Flow**

Postlude

\* Please stand if you are able

**WELCOME:** We rejoice in the presence of all who have come to worship the Lord. May God's grace rest upon us and prepare us for the week ahead. Everyone is invited to stay after the morning service for coffee and fellowship.

**Ushers for March:** Clyde Ulvestad, Gene Volkers; Alternate: Jerry Runia  
**Elevator Attendant for March:** Cyndi Ulvestad

### **Calendar:**

Today: 9:30 AM Morning Worship  
10:45 AM Preschool-5<sup>th</sup> Grade Sing  
11:00 AM Sunday School  
6:30 PM Lenten Service CRC  
Wed: 5:30 PM Food & Fellowship  
7:00 PM Prayer Day Service  
7:00 PM Senior High Youth Group  
Thurs: 3:45 PM GEMS

### **Prayer Concerns:**

- Please keep **Marge Kleinjan** in your prayers as she was in a car accident this past week. She is in the hospital and is recovering well. Please pray for strength and relief from pain.
- May we keep in prayer our shut-ins: **Betty Vander Zee**
- Please keep **Brian and Andrea Vanleer** in your prayers. Brian was diagnosed with two inoperable tumors on his brain. He is currently working with Mayo Clinic and using radiation trying to shrink them. Brian is a friend of Jerry Runia and others in the congregation.

### **Announcements:**

- **Potluck** – Today, **Sunday, March 22nd**, there will be a potluck held over at the Westside Apartments in the community room for whoever would like to join. The meal will begin at **12:30 PM**.
- **2026 Evening Lenten Services** - This week continues our combined evening Lenten services. Throughout this season, we're joining with Calvary OPC and First Reformed Church for evening worship services. This year, we're exploring the theme: God's story of redemption, taking a look at the overarching narrative of the Bible, beginning with creation, moving on to the fall, and then our redemption in and through Christ. Worship will begin at **6:30 PM**. The schedule for which church hosts each week and times of fellowship are as follows:
  - **March 22<sup>nd</sup> - Volga CRC**
  - **March 29<sup>th</sup> - First Reformed Church (Fellowship)**
- **Food and Fellowship Wednesdays - Wednesday, March 25th**, is Food and Fellowship Wednesday! It will run from **5:30-7 PM**. Swing on by for some food and fellowship; bring a friend, a neighbor, someone we can share the light and love of Christ with! Carry-out will also be available. March Menu: Baked Potato Bar and Dessert.
- **Prayer Day Service** - Following Food and Fellowship on **March 25th**, we'll have our annual Prayer Day Service, starting at **7 PM** where we'll spend some time reflecting on the topic of prayer as well as coming before God's throne of grace in prayer together regarding various aspects of life.
- **Senior High Youth Group** - Senior High Youth Group meets this week, Wednesday at First Reformed Church, starting at **7 PM**. Hope to see you there and bring a friend!

- The **Rehoboth Christian High School** band invites you to attend their concerts while they are touring in your local area.
  - **March 26:** Shalom CRC Sioux Falls, SD 5:00-6:30 PM Navajo Taco Meal, 7:00 PM Concert
  - **March 27:** Dordt University, BJ Haan Auditorium 7:00 PM Concert
  - **March 28:** Calvary CRC Orange City, IA 5:00-6:30 PM Navajo Taco Meal, 7:00 PM Concert
  - **March 29:** Trinity CRC Rock Valley, IA 9:30 AM Service Participation
  - **March 29:** Luverne CRC. Luverne, MN 6:30 PM Concert
- \*\*All concerts are free to attend with a free-will offering taken. For more information visit <https://www.rcsnm.org/admissions/schools/finearts.cfm> or email Laura Blystra at [lblystra@rcsnm.org](mailto:lblystra@rcsnm.org).
- **The MINNIKOTA YOUTH (& DU STUDENT LEADERS) 16th ANNUAL JR HIGH RETREAT** is April 17-19 at Inspiration Hills. Our theme this year is "TRUTH" from John 8:31-32 'Jesus said, 'If you abide in my word, you will know the truth, and the truth will set you free.'" Join other local Jr High Students (6th, 7th, and 8th grade) at this retreat designed especially for you. Growing your faith, prayer time, worship through songs, student speakers sharing from their hearts, large group games, community service time, a Leader lead talent show, fun with old friends and new, and small group time will be on the agenda for the weekend! For more information or to register, email Lee at [degrootlee@gmail.com](mailto:degrootlee@gmail.com) or [mikyouthnetwork@gmail.com](mailto:mikyouthnetwork@gmail.com) or check us out on our Facebook page Minnikota Youth where you will find a picture of our Leaders for the weekend and the registration form. HOPE TO SEE YOU THERE...& as always....INVITE A FRIEND!
- **Denominational Survey** - Have you been heard? Our congregation has a once-in-five-year opportunity to participate in the 2025 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/6684](http://crcna.org/survey/6684) to answer the survey questions by March 31.
- One of the ministries of **Volunteers in Mercy (VIM)** is to provide transportation for people in the SW MN area who don't have ways to get to appointments. We are in need of a vehicle for that purpose. **If you have a good used vehicle** that you might be in a position to donate or sell at a reasonable price, please contact Dennis Kroll at **507-220-4231**. Thanks for your support for this ministry.

### Looking Ahead:

- The **Volga Christian School** will be having an open house on **Monday, March 30<sup>th</sup>** from **4:00-6:00pm**. This event is a great opportunity for families to tour the school, meet the teachers, and learn more about the Christ-centered education they provide for students from K-Prep through 8th grade. They will also be sharing information about scholarships and opportunities for new families who may be considering Christian education.
- **Good Friday Service** will take place on **Friday, April 3<sup>rd</sup>**, at Volga CRC at **6:30pm**. We will celebrate **The Lord's Supper** during this service.
- **Cornerstone Prison Church Council, Board and Congregation** would like to invite you to our **Annual Benefit Banquet on Monday, April 13<sup>th</sup>, 2026** Trinity Christian Reformed Church, Rock Valley, IA at 6:30 p.m. Doors will open at

6:00 p.m. Save your spot by Thursday, April 9 by calling Trinity CRC at 712-476-5292 or go to our website [www.cornerstonepcsd.org](http://www.cornerstonepcsd.org).

### **Advance:**

- **Dakota Sun Ministry for Apr 5<sup>th</sup>:**

- In charge: Sunday School (Pre – 5<sup>th</sup>) / Christy van Heerde (Musician)
- To visit: Top Family, Arlan Tekrony

\*If you are unable to attend your assigned day, please find someone to go in your place

- **Ushers for April:** Jacob Post, Jerry Runia; Alternate: Preston Top
- **Elevator Attendant for April:** Brenda Volkers

### **Notes From Council Meeting:**

- Council approved dates for the following:
  - Baptism of Ryker Van Norden: April 19<sup>th</sup>
  - Gideon Sunday: May 3<sup>rd</sup>
- Council Meeting dates for May & June will be moved ahead one week to May 6<sup>th</sup> and June 3<sup>rd</sup>

### **Offerings received in February:**

General Fund.....	\$9,920.76	Building Project.....	\$804.00
Cadets.....	\$513.00	Volga Christian School.....	\$1,363.00
Option 1.....	\$776.00		

### **Offering Schedule:**

- Mar 22<sup>nd</sup>: Option 1 & Budget
- Mar 29<sup>th</sup>: Building Project
- Apr 5<sup>th</sup>: VCS & Budget
- Apr 12<sup>th</sup>:

### **Nursery Schedule:**

- Mar 22<sup>nd</sup>: Fey Family
- Mar 29<sup>th</sup>: Runia Family
- Apr 5<sup>th</sup>: Top Family
- Apr 12<sup>th</sup>: Triebwasser Family

### **Sermon Resources for Further Study:**

- *Glittering Vices: A New Look at the Seven Deadly Sins and their Remedies* by Rebecca Konyndyk DeYoung
- *Proverbs - Wisdom that Works* by Raymond C. Ortlund Jr.
- *Proverbs: The Tree of Life* by Graeme Goldsworthy

“Gluttony, like the other capital vices, grows out of pride. How do a spiritual sin like pride and a vice as physical as gluttony go together?...When we are gluttonous, our excessive desire is a marker of our need to fill ourselves, to provide for our own happiness and pleasure.” - Rebecca DeYoung

“Fasting reveals the things that control us.” - Richard Foster

“Eating is not merely a physical act for us. It is a human act and an identity-forming one - a social and symbolic one.” - Rebecca DeYoung

**March 22, 2026 | Putting Off Gluttony, Putting On Self-Control | Proverbs  
23:19-21 & Phil 3:19**

**Theme:** \_\_\_\_\_ on the Lord for help in \_\_\_\_\_ in \_\_\_\_\_ and spir-  
itual \_\_\_\_\_.

**1. \_\_\_\_\_ Different \_\_\_\_\_:**  
**F**

**R**

**E**

**S**

**H**

**2. Gluttony's \_\_\_\_\_ Lethality:**

**3. What are We to \_\_\_\_\_ \_\_\_\_\_ in Its \_\_\_\_\_?:**

**Weekly Reflection: Which facets of gluttony are you commonly tempted by? How can we help encourage one another in growing in self-control, even as we look to the Lord for His grace and strength?**