



Weekly Connection Newsletter

Souderton Brethren in Christ Church

494 Cherry Road, Souderton, PA 18964

215-723-7452

churchoffice@soudertonbic.org

and find us on Facebook

July 3, 2024

www.soudertonbic.org

Office hours: Tues-Thurs 9am-1pm

Prayer Gatherings

Each Wednesday in person at the church office and on zoom @ 1:00 pm. Zoom meeting ID: 461 338 2306
Password: 6b0j8y. The zoom link is -
<https://us04web.zoom.us/j/4613382306?pwd=NU5Ra25uWmJ4bDJ0bFpXYmEzRUZ4QT09>

First Wednesday of each month @ 6:00pm in the prayer room (room 2), in partnership with Iglesia Cristiana.

Iglesia Cristiana Pastor: Rony Guerra
Contact: iglesiacristianasouderton@gmail.com

This Sunday

*NO Sunday School for the Summer
Worship Time – 9:30am!*

Join the livestream:

www.soudertonbic.org/stream
www.youtube.com/@soudertonbic

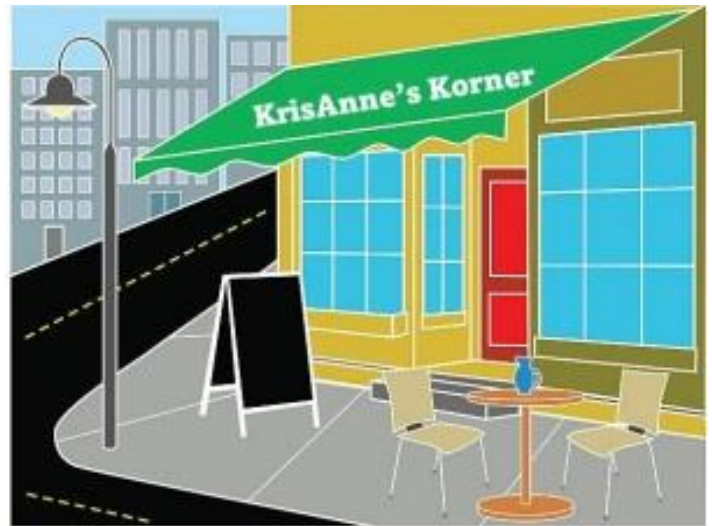
Thank you for your faithful giving!
Give in person at the offering box, by mail, or at our website.

Pastor KrisAnne's Korner

Since Easter, I've been going to a gym three mornings a week. I am not an athlete, and I've never enjoyed this kind of physical exertion. I'd much rather be making music, reading a book, taking a leisurely hike outside or enjoying a meal with friends and family. But I realize the deeper I progress into middle age how important it is that I take care of this body. So here I am, at 49, becoming a gym person.

Here is something I'm learning at the gym: our classes are often in Tabata format. For a certain number of seconds, you do a repetitive activity, and then you rest for a shorter number of seconds. Then you go back to doing exercise, then rest again. As a non-athlete, let me tell you, I have terrible endurance. My default thought, more often than not, is "I can't do this" or "I'm not strong enough." But Tabata is teaching me that I can. I mean, 40 seconds... That's hardly any time at all! Now I'm thinking, surely I can hold this position or lift this weight for less than a minute. Of course, by the eighth repetition, I'm starting to feel the fatigue, but the short bursts are super helpful for my mind. And yes, the toughest battle for me is definitely in my mind.

What does this have to do with this week's sermon? We're going to be talking about Esther and fasting. When she was faced with a choice - to take a huge risk and approach the king uninvited in order to try to save her people - her response was to fast and ask others to fast with her. Like working out at the gym, fasting involves endurance, and it is both a physical and mental discipline. And it's often not that fun, to be honest. It's a practice intended to focus our minds, hearts and souls on God. When practiced



periodically over time, it can strengthen our faith and connection to God; much like I hope my new gym practice will strengthen my aging body.

I would guess that not many of us give much thought to fasting or practice it very often. I hope the message this week encourages you to give it a try. In the next few days, consider giving the short book of Esther a quick read. There's a very interesting fact about the book that you may or may not notice. We'll talk about it Sunday!

Prayer Requests:

Send any prayer requests to:

Pastor KrisAnne at 215-254-8348 or
KrisAnne.Swartley@soudertonbic.org,
or your deacon,



RamPacks is a non-profit organization which provides food for Pennridge students on weekends and holidays. SBIC houses one of three pantries in the RamPacks organization. Many SBIC members help in different areas of food distribution. Here are some ways you could join in:

1. Join a packing team – usually scheduled once every 7 weeks.
2. Deliver the bins of food to three local schools on Friday mornings.
3. Pick up large food orders at Sam’s Club
4. Donate to RamPacks – monetarily, your time, or food items. Current needs: individual snack packs of Pepperidge Farm fish, chips, Fritos, pretzels, etc. Place items in the bin in the church foyer.

Contact Diana Moyer with questions or for more information.

Young Adults

Young Adult Meeting this week at 7pm

Youth Group

NO Youth Group for the summer.

Pictures from “Kids Time” on Sunday, June 30



Roxbury Holiness Camp Meeting 2024

August 2-11

“Called”

How will you respond to God’s call on your life?

Missions Day

Saturday, August 10

Summer Service Opportunity

Mark your calendar!

Intergenerational Activities

Wednesday, July 24:
HIS, Hands in Service
(near Calvary Church).
1pm-3pm. Come learn
about HIS & Common
Good and serve in the
warehouse for a couple
of hours!



Sign up via Signup Genius:

<https://www.signupgenius.com/go/409054FABAD28A64-49889307-summer>

Interested in hosting a simple summer gathering for the Youth Group?

Movie night? Pool party? Other? Let Diana know – email or call!

Coming in September!

Sweatshirt of HOPE

September 21 & 22, 2024

Darryl Strawberry, Ben Fuller, Matt Adams, Joes Nester, It Is Written, 3 Heath Brothers, Freedom in Christ – will all be there!

EVENT LOCATION

741 N County Line Rd. Souderton, PA
18964 (across from Jesse's BBQ)

Calendar:

- **No Sunday School until September**
- **New Summer Worship time – 9:30am**
No Kids Time this Sunday –kids stay with parents during Worship.
- **Worship with Iglesia at 1 pm**
- **Wed: Prayer on Zoom or in Person at 1:00 pm**
- **Wed: @ 7:00 pm – Spanish Bible Study with Iglesia Cristiana, Worship Team practice**
- **Wed. Prayer time in Room 2 @ 6pm**
- **July 12-15: General Assembly, Sharonville, OH**

Upcoming Events:

- **Jul 14: Guest Speaker Craig Sider**
- **July 18: Church Board Mtg @ 7pm**
- **Jul 24: Summer Service Opportunity @ H.I.S. Sign up on SignupGenius**
- **July 28: Worship and Picnic in the Park with Silverdale @ Souderton Park. Worship starts at 10am. Sign up! Guest Speakers – Francis & Audrey Sims.**
- **Aug 11: Communion**