

SPRING | MAY '25



## Youth + Family. Life. & Ministry of Care

### SEASONAL NEWSLETTER

Yikes! It's the fifth month of the year! If you fall into the majority, you're busy. If you're outside of the majority, you're *surrounded* by busy. Wherever you find yourself in this season, the goal here is to inform and encourage you through a wide range of topics that are dear to my heart and my role on staff at First Reformed. As you proceed into the busyness or alongside someone else's, believe with me that God is *for* you. If that is difficult to trust or you have doubts about it - let's connect!

For Him,

Anita Van Veldhuizen

Family, Life, & Ministry of Care Provider | Youth Ministry Director  
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On May 11, our Sunday School classes wrap up the first year using **Answers Bible Curriculum (ABC)**, published by Answers in Genesis. A few unique aspects of ABC include: 1. All ages (Pre-K – Adult) were learning the same thing each Sunday! 2. ABC teaches the Bible in chronological order. 3. Students completed the first 3 Units (30 lessons) of 20 Units (200 lessons). 4. Answers in Genesis is also the foundation of the Ark Encounter in Kentucky. 5. There are Family Devotionals available for families to use at home between Sundays as a way to “bring home” what is being taught and learned Sunday mornings. **If you are a parent, student, or teacher with feedback about this past year of Sunday School, please share that so we can offer the best Bible education we can for our church family.**

-avv



**Answers**  
BIBLE CURRICULUM

## YOUTH MINISTRY OVERVIEW



7TH & 8TH  
GRADES



9TH - 12TH  
GRADES

All youth programs have concluded and will resume in late August/early September. If you have a student entering 7<sup>th</sup>-12<sup>th</sup> Grade for the '25-'26 school year, please connect with me so I can add them (and you) to my communication list(s)! -avv



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= Youth Ministry at Inwood FRC

2025

## FAITH & FAMILY DAY

JUNE 4TH AT 6:35PM



Take advantage of this **FREE** Sioux Falls Canaries game! Sign up by the mailboxes or email/call/text me to get your free tickets! -avv

## GriefShare®

Sundays | August 3 – October 26 | 5-7 P.M.  
Inwood First Reformed Church

My journey with grief began when I was 14 years old. As I have aged, I've begun to comprehend the confusion, complexity, and changes of grief that I have wrestled with. Likewise, everyone who grieves the loss of someone dear to them wrestles that balance of grieving loss and living life. I am pleased to begin offering GriefShare for you, your family, friends, and our neighbors. More information will come your way soon but mark your calendars and set aside the time to navigate your loss and grief through a support group to gain clarity and find answers to your questions as you walk through the grief process.

-avv

# Am I a Bad Christian if I see a Counselor?

Jesus is all you need. You... just need to have more faith. You need to pray more. You need to worship more. You need to go to church more. You *definitely* need to read the Bible more. Wait. *Whaaat??*

I hope I caught your attention. Because if I can do anything for you, I hope I can bust this myth that generates more damage than it does support for the person who receives it. Now, I absolutely agree that Jesus is all you need. Strip away everything else and if you *only have Jesus left*, then yes - you have what you need.... for salvation, for eternity in heaven, for fulfillment and peace, and for freedom from the shackles of sin. *Absolutely.*

But if you are in the presence of someone struggling through any given hardship, it is really unfair to deal them a card which suggests s/he must achieve a level of "enough-ness" in order to avoid or escape life's hardships, hurts and struggles. Quick reminder: there is no escape from trouble in this world. Jesus said so in John 16. And while Jesus certainly is the way, the truth, and the life as we are told in John 14, He provides us with resources and supports to cope through everything we face day to day.

You see, as believers, we get to proclaim: YES, Jesus is all I need! He is my all-in-all **AND**, in my struggles, He has provided me with a pastor, a counselor, a therapist, a specialist, a doctor, a nurse. God created and provides each one of these people to support and strengthen who I am and who He's created me to be in the face of really heavy and painful circumstances and challenges.

Did you catch what I said there? Did you catch the **AND**? Did you make the connection that the Lord is enough AND He uses His people to speak life, hope and peace into every situation you're in? Loving the Lord with all your heart, mind, soul and strength does not exempt you from physical, emotional, mental, spiritual, or any combination of battles; those are the result of being born into this very broken, sinful world. Loving the Lord, however, *does* mean that there is an entire Body of Christ, created with gifts and talents to support the weaker parts; and never - do the parts ever - function on their own apart from the **body** which is headed by our savior, Jesus Christ.

What I want you to catch today is this: 1). Jesus is enough - **AND** - 2). He has equipped people to walk with you through the storms, through the fires, floods, the droughts, through every single thing that comes at you in your life. That is specifically why I fill the role of Family, Life, & Ministry of Care Provider here at First Reformed. In my brokenness, I'm here in *this* place, so that I can walk you through yours; and that *maybe* I can give space for you to share in a confidential, judgement-free zone, using my experiences, education and practice to support you for as long as you need.

I am praying the Lord gives you the courage and the strength to reach out. And if not you, perhaps you will encourage your hurting friends and family to take the step to connect.

He is for you,

*Arlene Van Vez*



“ It’s hard enough to ask for help; finding help shouldn’t be.

- Dr. Tim Clinton ”