

## In this Issue:

### Articles

- Competition Stress
- Setting an Example
- Youth Ministry Summer Prayer Requests

### Messages

### Events

- VBS
- Summer JAM

### News

## ARTICLES

### Competition Stress

By Pastor Kevin Van Wyk

Welcome back competitive sports season! We've been restricted for a long time, and clearly many are thrilled to get out and watch or play ball, and soccer, and tennis, and golf...

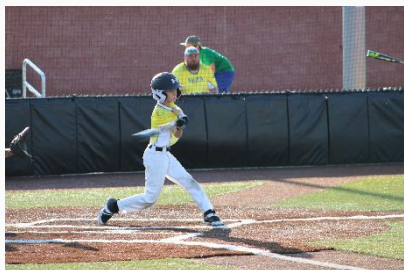


Overwhelmingly, there seems to be a joyful spirit at the baseball fields. We're just grateful to be among friends and family. While I've not made it out a lot, it seems there is a bit less competitive anxiety right now, but I don't see that lasting.

As the season moves forward, the stress rises. Expectations begin to swell and

hopes of a trophy begin to gleam in our eyes. **Our ability to overlook the bad call at home or the blunder at first base gets harder and harder.**

I remember the parents of Ian's 10U travel team being so frustrated



with kids crying during the game. Tears from striking out. Tears from bobbling a ball in the field. These kids really wanted to win... or maybe they just felt the parent's desire to win. Either way, they could not handle it and emotions too often undermined their efforts.

**I remember losing it myself** and shouting some



obscenity during a tennis match. I was so frustrated with my own play; it was burning me up inside and eventually erupted over the court and spewed on to my opponents. The sad thing was it's not like I was playing a varsity match for the high school. It was doubles with my parents and brother. We were out there purely to have fun, but it became way too important for me to win.

Paul challenged Titus to teach the people of Crete to be self-controlled. Five times, Paul calls believers to control themselves, to not let their emotions lead them to sin. This is so much more difficult than we tend to realize, but it is also essential to our witness.

Paul urged the church in Colosse, "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters..." (Col. 3:23). So, our heart and emotions should be involved in leading us to do good and that means rejoicing even in suffering.

I've seen this particularly in one coach from our church who keeps smiling and encouraging his players. He broke the tension and stress with joy and peace. We need more of this in baseball and all of life.

When it comes to big league baseball, Ian recently introduced me to one guy who knows how to have fun with the game. Adrian Beltre is known for making the game fun. Whether it's putting his helmet on backwards, going into other's territory and pretending to catch the ball, or some goofy base running, he makes it fun. You might enjoy watching some highlights. [www.youtube.com/watch?v=2n](http://www.youtube.com/watch?v=2n)

[ai3gTvVUI](#)

I don't know where Adrian stands regarding Jesus, but he certainly challenges me to take a more light-hearted view on sports and to enjoy the moment more. I'm sure some are critical of his behavior and a high school ball player would probably get benched for messing around if he acted this way, but there is a lesson for all of us in this.

**So, here's my prayer as we head to the ball diamond, may "grace and peace be yours in abundance." (1 Peter 1:2)** May we be filled with the Spirit of God that grace, peace and joy flow from our hearts into our words and actions.

**PRACTICAL ACTION:** I urge you to saturate your mind with God's Word this summer. Re-read Titus. Dig into 1 Peter and 2 Peter as Doug teaches on those letters and read through the letter from John as I will hit those this summer. Let God's word renew your spirit.

## Setting an Example

By Pastor Doug Shotsky

**Titus 2:7-8** - 7 In everything set them an example by doing what is good. In your teaching show integrity, seriousness 8 and soundness of speech that cannot be

condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

I wanted to reiterate the primary message from my sermon on Titus 2 from Sunday, May 23rd. I was really trying to drive home the idea that Paul was writing to Titus that one of the primary ways of teaching others is to show them how. There's no doubt that we have to use our words to teach others, but teaching one thing and doing another leads to confusion, frustration, and often to behavior in those you are teaching that is more in line with what you're doing, than what you're teaching.

It's important for all of us to continually invite the Holy Spirit to show us areas of our lives where we are out of line with what we would want to be teaching to others. Following the service on Sunday, I had a friend who was being introspective that made the comment, "I have really been taking a look at things that I've just been letting slide for a long time." It's so easy in a sinful world that isn't holding us accountable to God's standards to "let things slide" that are okay with the world, but not okay by the Word of God.

My encouragement for all of us is to remain moldable, teachable, and willing to receive feedback and correction from

those who have our best interest in mind, and especially to the prompting of the Holy Spirit. I implore you to use these words from David in Psalm 139:23-24 as your constant prayer:

*23 Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.*

## Youth Ministry Summer Prayer Requests

By Jessa Ter Beest

Please pray that more coaches would come forward for middle and high school youth group for Fall. That God would be working in their hearts and they would have the courage to respond.

- Please pray for the kids' decision-making over the summer. That they would continue growing in their faith and honor God with their choices.
- Please pray for our mission trip to Wisconsin Rapids in July - for the children that we will teach and build relationships with through VBS and that we would be an encouragement and support to the church and teams already established there.
- Please pray for our Monday night Bible studies this summer as we

work through more of our tough questions about the Bible and God with a video series, NUA, from RightNow Media.

- Please pray for our relationships to grow in healthy ways this summer whether that is in youth group, with families, with friends, at work, or with sports teams. Pray that we would be bold and loving enough to share with others why we need a Savior and how Jesus' love has made all the difference in our lives.

Thank you for your continued prayer and support!

## MESSAGES

Gerald & Dorothy Mills are announcing that they are moving to Wisconsin Rapids on June 5, 2021. They will be moving to an assisted living facility.

Gerald & Dorothy Mills  
Renaissance Assisted Living  
1500 Pepper Ave, Unit 179  
Wisconsin Rapids, WI 54494

Many thanks for your generous \$1514.20 donation. Your contribution enables us to meet the needs of those in our community who can use a helping hand. We appreciate you!

-Waupun Area Food Pantry

We would like to say thank you so much for your love and support thru your prayers, kinds words, phone calls, and cards during the passing of our father and grandfather. We are so blessed.

-Larry, Erin, Lawrence, Ruth Brewer

Breanna Vande Zande

5/9/21 - Collin James, son of Nate & Jenna Bille

## EVENTS

ALTO REFORMED CHURCH  
VACATION BIBLE SCHOOL

**Bible  
BLAST PAST**  
Discover God's Everlasting Love!

**JUNE 21-25**

**9:00-11:30 AM**

REGISTRATION OPEN THE MONTH OF  
MAY FOR ALL 3 YEAR OLDS THROUGH  
INCOMING 5TH GRADERS

LOOK TO OUR CHILDREN & FAMILIES  
RESOURCE CENTER FOR VOLUNTEER  
OPPORTUNITIES, DONATION NEEDS,  
AND MUSIC CD'S.

All 3 year olds through incoming 5th graders...

Join us for  
**SUMMER JAM**  
(Jesus & Me)

When?: During the service every 2nd  
Sunday in June, July, and August

What?: Games, activities or crafts focused  
around a Bible lesson just for kids!  
(split into PreK and Elementary groups)

## NEWS

### Baptisms

5/9/21 - Colbie Lynn, daughter of Ryan &