

May 1, 2016



Sunday Worship Service 10:45am
10:15am "Community Time"

"Pursuing and sharing the life-changing reality of Jesus Christ!"



The Psalms—INTERACTING WITH AN AWESOME GOD
Today—Psalms 42-43
"Dealing with Depression"

Thiessen Roadhouse Ministries
8th Annual Ladies Luncheon & Tea

FUNDRAISER

Saturday, May 14th, 2016

INVITES/TICKETS/INFO/CONTACT:
Linda Wiles Thornton . 503.719.1114

All-Church Prayer Gathering
Saturday, May 14 @ 10 am
Please come pray for your ministry!



Special Guest Today:
Joanne Eggimann
from
HOPE 360
Pregnancy Clinic
in Oregon City!!

Saying Goodbye is HARD.....



But we must say farewell to
Jerry & Glenda Plumb (moving to Salem)
and to **Willy & Patty Hall & Meredith Killinger** (moving to Tennessee).
So join us for a Sunday potluck lunch on
May 15 right after the church service!

Looking Ahead:

All-Church Prayer May 14
TRM Ladies' Tea May 14
Farewell Potluck for
Plumbs, Killinger, Halls May 15
M.A. Harrison Concert May 22
Carradine/McRae Wedding Jun 25
Youth Retreat Aug. 19-21
Men's Campout Sept. 16-18

Marriage On The
ROCK
God's Design For Your Dream Marriage

THIS TUESDAY @ 7pm
Childcare will be provided

HOPE NOW FUNDRAISER!!

Michael Allen Harrison
in concert

Sunday * May 22 * 4pm
Zion Lutheran Church
720 Jefferson St. Oregon City

tithes and offerings

please make checks payable to "two rivers church"

	received	budget	percent
Year to date	\$ 61,939	\$ 61,036	99%
April	\$ 24,123	\$ 15,259	158%

donations

You can now make on-line gifts on our web-site—even auto-pay through PayPal. www.tworiverschurch.net



- **Every Sunday morning at 10:15am** we will "circle up" in the auditorium for a brief, but essential time of seeking God. Please join us!!
- **Every 2nd Saturday at 10am** We meet here at the bldg. interceding for the people and ministries of this church.

ALL ARE INVITED TO THESE PRAYER TIMES!!

MAY Birthdays

Patti Bentley 01
Shelly Kellams 01
Aimee Johnson 03
Aidan Barrow 09
Tylor Johnson 09
Kemp Warrilow 10
Lynnda Gage 11
June Jones 11
Patty Gagnet 14
Bob Carstensen 20
Angela Barrow 19
Sierra Brenton 21
Willy Hall 29
Andrew Classen 31
Raelynn Goodall 31

ANYONE ELSE??

LUNCH BUNCH HOME GROUP !!

It's not too late to join in.
Tuesdays at **11:30am—1pm. BYOL!!**

Sunday Snack Schedule

May 8 Jones
May 15 Scharbach
May 22 Meuser
May 29 Kramer
June 5 Lunch Bunch
June 12 Barrow

Thanks to all the Home Groups!!

Jr. High / Sr. High—
Wednesday Nights

Youth Group !!!!!!!

this Wednesday at 6:30pm

2RC—Where real people with real problems experience real love and forgiveness in Christ Jesus!

Through relationships of grace and trust, we will help each other grow into Spirit-led, Christ-following disciple-makers!

We are on-line !!! www.tworiverschurch.net

HOME GROUPS

two rivers is not a church with home groups, we are a church of home groups

These communities are the most important thing we do at 2RC **ARE YOU CONNECTED??**

Sundays	- Led by Mike & Jenny (503-701-6791)	Meet at Wolverter's home - 1318 Sherri Ct. in West Linn - 1pm
Tuesdays	- Led by Rob & Team (503-819-0971) -Young Adult Group	Meet at Church, Room 7—11:30am "Lunch Bunch" Meet at Church, Room 7—6:30pm
Wednesdays	- Led by Ellis & Luanna (503-651-3116) - Led by Melanie (Single Women) (971-201-5239)	Meet at Meuser's home—2140 N Maple in Canby—7pm Meet at Scharbach's home— 14360 Woodland Way #5 in Milwaukie—7pm
Thursdays	- Led by Barrows (971-303-2430) - Led by Kramer (503-919-1083)	Meet at Barrow's home—6357 SE Hull Ave. in Milwaukie—7pm Meet at Samuelson's home—12020 SE 37th Ave. in Milwaukie—7pm

Sermon Notes: "Dealing with Depression"

Psalms 34 & 35

Rob Classen

Psalm 34 & 35 are really one psalm with 3 "stanzas" ending with the same great chorus.

God wants to help you deal with your depression by:

- Remembering how God blessed you in the past
- Being honest with God about how you feel today
- Learning to put your complete hope in God by seeking him

1. Remember how God blessed you in the past (42:4-6)
2. Be honest with God about how you feel right now (42:5; 42:11; 43:5)
- symptoms of depression
3. Learning to put your complete hope in God by seeking Him – 5 "P's"
 - A. Seek the **person** of God (42:1)
 - B. Seek the **presence** of God
 - C. Seek to **praise** God (42:5; 42:11; 43:5)
 - D. Seek the **precepts** of God (43:3)
 - E. Seek the **people** of God

Home Group Discussion & BIBLE STUDY for this week:

- If you could speak another language, which would you choose and why?
- Read **Psalm 42 & 43**. What strikes you about the strong emotions in this song? How can you be honest about your inner pain or depression and still praise God like the Psalmist did?
- What are the different viewpoints about this topic: Should Christ-followers take anti-depressants? How does it differ from taking Advil for a headache?
- Read **Philippians 4:4-20**. As a group try to come up with **8-10 Behavior Patterns &/or Attitudes** that might help decrease anxiety and depression (e.g. Divert attention from yourself onto others—vs. 10).
- Which of the list you created do you most identify with, or realize that you need to work on? Pray for each other about these things.

two rivers church

16083 SE McLoughlin Blvd.
Milwaukie, OR 97267



Mailing Address

P.O. Box 68647 Milwaukie, OR 97268

www.tworiverschurch.net

Pastor Rob Classen—rob@tworiverschurch.net

Worship Service—**Sundays, 10:45am**

Prayer - 10:15 am

Community Time -10:15am