

Sunday, May 18, 2014

### Nursing Home Today!

Meet in the GC  
after church!



### Upcoming Prayer Opportunity

#### Living Water Healing Ministry

If you or someone you know needs healing,  
it would be our honor to pray for you.  
5/27 | 6:30 - 8:30 PM | The Gathering Center

Michelle - [michmac1@msn.com](mailto:michmac1@msn.com)



### Events of Interest

#### Book Club

5/19 | 7 PM | The Orchard | *A Light Between Oceans*, by M.L. Stedman

Sheila - [mincer@comcast.net](mailto:mincer@comcast.net)

#### Community Forum on Mental Health Wednesday | May 28 | 6 - 8:30 PM | RFHS

This will cover a wide area of mental health  
issues in our valley. Including:

- \* Suicide Awareness & Prevention
- \* Panel discussion and Q&A on mental health issues
- \* Personal testimonials from individuals who have struggled with mental illness and live courageously.
- \* Suicide intervention tips and "how to's" for helping loved ones.

Presentation by Anika Neal, president of the National Alliance on Mental Illness (NAMI), local RF Affiliate

Bob Bennet - [56bbennett@gmail.com](mailto:56bbennett@gmail.com)

#### Grief Recovery Method Summer

##### Program ~ A Program for Moving Beyond Death, Divorce and Other Losses

Wednesdays | Starting June 4 | 6 - 8 PM

The Gathering Center

The Grief Recovery Method is a 9 - week directed and supported process, each week building upon the last for all losses.

Presented by HomeCare & Hospice of the Valley . To register:

Jennifer Bouchet - 970-456-7026

### The Daniel Plan: 40 Days to a Healthier Life

Faith | Food | Fitness | Friends | Focus

#### This Week's Calendar of Events

Be sure to sign up for events that have an RSVP so that we have supplies.

**ALL ACTIVITIES ARE FREE UNLESS OTHERWISE NOTED**

All events subject to cancellation due to lack of RSVP's

#### TODAY's Activities

10:45 AM Seminar Group - Room 206

10:45 AM Fly Fishing Clinic

#### Monday May 19 Activities

6 AM GWS Walking Group with Melissa Miller. Meet at the Parking lot next to Mtn. Market.

6 PM Home Style Healthy We are going to recreate some Comfort Food Favorites but cut the fat, calories, and give them a nutrition boost! This class will be lecture and dinner with a little hands on. (Includes Dinner) **\$5 Adults \$3 Kids up to age 12 Sign up at the Activities Table so we have enough food!**

#### Tuesday May 20 Activities

6 AM Summit Conditioning with Kara Montie at Carbondale Rec. **(Drop in fee or pass required)**

4 PM Carbondale Walking Group with Amy Self. Meet at The Orchard.

5 PM Hike up Mushroom Rock with Scott Robinson. Meet at Mushroom Rock Parking Lot.

#### Wednesday May 21 Activities

8:30 - 10:30 AM Hiking Group with Roz Fowler in GWS. Call Roz at 945-8940 for location.

Noon Walk with Pastor Daniel. Meet at The Orchard

5:30 PM Fitness Class with Jon Lip, owner of Sopris Crossfit. Meet at The Orchard

6:30 PM Seminar Group - Room 206

#### Thursday May 22 Activities

8:30 AM- Seminar Group in Glenwood | 0108 Mountain Shadows Drive

Noon Summit Conditioning with Kara Montie at Carbondale Rec. **(Drop in fee or pass required)**

6 PM - Love of Nuts & Seeds! **\$4 per person Please sign up at the Activities Table so we have enough supplies.**

#### Sunday May 25 Activities

10:45 AM Seminar Group - Room 206

11:00 AM Hike up Mushroom Rock with The Orchard Pastors (be sure to bring a snack & water)

#### Monday May 26 Activities

All Activities Cancelled ~ Enjoy Memorial Day!!!

Join the Face Book Group! Search The Orchard's Daniel Plan Group or

<https://www.facebook.com/groups/240881386095631/>

**THE DANIEL PLAN**

GOD'S PRESCRIPTION FOR YOUR HEALTH [www.danielplan.com](http://www.danielplan.com)

Jenny - [jenny@theorchardlife.com](mailto:jenny@theorchardlife.com)

Melissa - [melissa@theorchardlife.com](mailto:melissa@theorchardlife.com)

#### Biblical/Spiritual Counseling Available

Doug Self, Pastor Emeritus, is on our staff to provide help for you when you face life's problems or a desire to grow spiritually. This consultation opportunity also includes helping people with relational difficulties, especially marriage/family challenges. Or, you may be struggling with your faith or have questions about the Bible, other religions, etc...

Doug Self - [Peakdog@theorchardlife.com](mailto:Peakdog@theorchardlife.com)



**FAITH | FOOD | FITNESS  
 FOCUS | FRIENDS**

## **Godly Goals** **Philippians 3:17-21**

Do you ever hear these questions, "Is it OK for me to have personal goals or does that mean am I not trusting God?" or "Personal goals are a worldly thing and we just need to be Spirit led? When we think of the words "God" and "Goals" there is much confusion.

In the message this Sunday we will sort these questions out and see what God thinks about us having goals and we will give you some practical things you can do to accomplish change.

These 5X5 verses apply to next weeks' sermon. Study with these verses before next Sunday and then bring your insights from your study .

### 5X5 Daily Bible Readings

Day 1: Acts 2:42-47

Day 2: Acts 3:1-10

Day 3: Acts 3:11-26

Day 4: Acts 4:1-22

Day 5: Acts 4:23-37

### Growth Group Questions:

Did you ever have a star chart as a kid or something like it, where if you acted accordingly and got enough stars you got something big? If not, what is something big that you really saved up for in your youth?

Name a long-term goal you have achieved? How did it go? Describe the kind of work did it take to make it happen.

Do you have any goals right now that are written down?

Are you a person that is more likely to plan or a person who's more likely to go with the flow and hope for the best? Describe how this has affected your goal setting?

What does **1 Corinthians 9:24-27** say about how we are to live? Discuss this passage in terms of what goal setting and living on purpose look like in your life.

Describe the simple GOST method of accomplishing goals?

What do you think the difference is between a godly goal and a worldly goal? How can a worldly goal become a godly goal?

Do you agree that goal setting is a spiritual discipline?

What's the difference between a dream and a goal?

Are you good or do you need improvement about celebrating victories in accomplishing goals? How could you be better and what is one accomplishment lately you can celebrate?

Have you ever set a goal that is bigger than you can possibly accomplish? What were the emotions that went along with it and how did it go?

Anytime you have a goal that is worth your life there will be opposition and reasons to quit. **READ James 1:2-4** and discuss what is happening inside of you as you persevere towards fulfilling a godly goal?

Each person discuss what areas of their life they need to set up some godly goals and what BHAG God might be asking you to step up into.

### Notes:

**S**cripture \_\_\_\_\_

**O**bservation \_\_\_\_\_

**A**pplication \_\_\_\_\_

**P**rayer \_\_\_\_\_

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#### A Note On Funding The Orchard's Vision & Mission

The offerings of the people committed to the Vision & Mission of The Orchard are what support our Ministry. We do not "pass the plate". An offering box is located in front of the stained glass and at the rear of the auditorium or if you would like to give by credit/debit card there is a Giving Kiosk in the Gathering Center Entrance.

You may also give on-line or complete an envelope if you wish to give via credit/debit card.

<b>May Total:</b> \$27,825	<b>YTD Received:</b> \$269,082
<b>April Budget:</b> \$64,500	<b>YTD Budget:</b> \$322,500