



No nursing home this week.

They will head over 5/18.

Seed Bucks This Week!!!

We are collecting to help a teen from our community stay enrolled in an Ozarks Teen Challenge Christian Rehabilitation Program.

Give what you can - Together we make a difference!!!



Kara - kara@theorchardlife.com

Date Night!

Kid's Night Out @ The Orchard ~ AKA Date Night!!!

Friday | May 16 | 6-9 PM
An evening of fun for kids age 3-10
Games, Crafts, Movies & More!
Donations benefit the Dream Center Missions Team



Please sign up at the table in the GC on Sunday

Kara - kara@theorchardlife.com

Upcoming Prayer Opportunity

Living Water Healing Ministry
5/27 | 6:30 - 8:30 PM | The Gathering Center
Michelle - michmac1@msn.com

Sunday, May 11, 2014

**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
- 1 PM Mother's Day Mile
- 2 PM Mother's Day Mile Potluck at Sayer Park Picnic Shelter. Bring a Daniel Plan Dish to Share.

Monday May 12 Activities

- 6 AM GWS Walking Group with Melissa Miller. Meet at the Parking lot next to Mtn. Market.
- 6 PM Kitchen Utensils & Basic Knife Skills Bring an apron and a cutting board (Includes Dinner)
\$5 Adults \$3 Kids up to age 12 Sign up at the Activities Table so we have enough food!

Tuesday May 13 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 14 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 15 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 - Crazy for Coconuts! Come and learn how cooking with coconut will actually help you burn fat. We will snack on organic gluten-free popcorn made with coconut oil and learn how easy it is to make homemade coconut milk. **\$3 per person Please sign up at the Activities Table so we have enough supplies.**

Saturday May 17 Activities

- GWS MS Walk (No Name Rest Area to Grizzly Creek and Back. | Breakfast sponsored by GWS Kiwanis Club | Live Music | Support a great cause!!!
Go to http://walkcoc.nationalmssociety.org/site/TR?fr_id=23575&pg=entry for details.

Sunday May 18 Activities

- 10:45 AM Seminar Group - Room 206
- 11 AM Learn to Fly Fish (all ages) This is a class for all ages, toddler to adult. Learn the basics of fly fishing with some of the valley's top experts that have been fly fishing for generations.

Join the Face Book Group! Search The Orchard's Daniel Plan Group or
<https://www.facebook.com/groups/240881386095631/>

Jenny - jenny@theorchardlife.com
Melissa - melissa@theorchardlife.com



www.danielplan.com

GOD'S PRESCRIPTION FOR YOUR HEALTH



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

Happy Mother's Day!

The Daniel Plan Week 2: Lasting Change

Can you imagine being able to truly change those areas of your life that you've been stuck on for years?

Learn to make Lasting Changes in your life and you'll never be the same. Today we talk about making changes that last in all areas of our life.

So whether you are Daniel Planning or not, this message is for you!

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: Luke 14:28-35
- Day 2: Psalm 37:3-7
- Day 3: John 6:25-51
- Day 4: Psalm 20:2 | Proverbs 16:3 | Proverbs 21:5
- Day 5: 1 Corinthians 9:19-27

Growth Group Questions:

Infomercials; they promise to change our lives in 3 minutes a day. Talk about something you've bought off an infomercial and how it panned out OR something you want to buy off an infomercial!

Talk about The Daniel Plan and your involvement in it this past week. Have you adjusted anything and what's the immediate results you're seeing?

What is a resolution or life change that you decided to make that you actually have seen true, lasting change in?

What is a resolution or life change you have decided to make that you couldn't keep?

Be honest, if you could make a lasting transformation in two areas of your life, which would you choose?

Discuss Daniel's sermon this week, what stood out?

Read Romans 12:1-12 and discuss how these verses give a road map to lasting life change.

Once again, what life changes do you *truly* want in your life? Based the teachings from Sunday and in Romans, what is it you need to begin to adjust to see this become a reality?

Write these down as a group & pull them out often for discussion. Record how you are doing and celebrate small wins as a group. Close in prayer for specific changes.

Notes:

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.

April Total:	\$61,128	YTD Received:	\$235,010
April Budget:	\$64,500	YTD Budget:	\$258,000