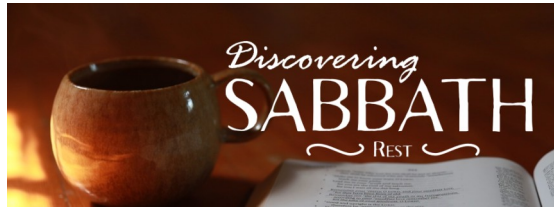


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- **Prayer Gathering** — No prayer time on Monday, September 6.
- **Teen Kick-off** — Wednesday, September 8, at 6:30pm.
- **Diving Deeper** — Join others for more discussion on the sermon series; Wednesday, Sept 8 at 6pm; Sunday, Sept 12 at 9:30am
- **Waffles & Widows** — Saturday, September 11, at 10am
- **Short-Term Missions Trip Fundraiser** — Sunday, September 12 at 11:am. Come & enjoy a Taco in a Bag and show support to those who have chosen to participate in the missions trip to Costa Rica.
- **Northern Options for Women** — is holding their Walk for Life event on Sunday, September 12, beginning at 2pm at the center
- **Baptism** — September 12 — If you are interested in being baptized, please let Pastor Seth know.
- **Bible Study** — Phyllis Holm will begin her Bible Study on September 20. *Don't Give the Enemy a Seat at Your Table*, by Louie Giglio, will be the topic. Sign up in the lobby by September 6!
- **Ladies Bible Study** — with Miss Penny Zoupas. Join other ladies each Wednesday at 1pm in Room 200, beginning September 15. We will begin our study by going through 1 Peter.
- **Kids Club** at South Falls is done for another summer. Thank you for your prayers. Also, thanks to Joe Griffith, Marco Griffith, Elaine Johnson and several teens for helping. Continue to pray for the kids who came.
- **Prayer Chain** — Do you have a heart for prayer? Would you like others to pray for you? Please contact the office or send an email to prayer@ifalls covenant.org to learn more about the Prayer Chain and the guidelines to participate in it.
- **Celebrate Recovery** — Tuesdays at 7pm in Room 200.
- **Young Adults** — Thursdays at 7pm in the lower level.

## Discovering Sabbath: Rest

Mark 2.23-28

<sup>23</sup> One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. <sup>24</sup> And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?” <sup>25</sup> And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him: <sup>26</sup> how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?” <sup>27</sup> And he said to them, “The Sabbath was made for man, not man for the Sabbath. <sup>28</sup> So the Son of Man is lord even of the Sabbath.”