MVCF

September 2026 Newsletter

Pastor's Pen

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God" (Exodus 20:8-9).

Most people have a long weekend for Labor Day, and for anyone who is traveling over the holiday weekend I hope you have a safe and wonderful trip! But as I reflect on this upcoming holiday weekend, I am struck by the irony of this holiday. Most people have a day off from work; a day to be with family, a day to have fun, a day to rest. But Labor Day comes at a time of year where everyone seems to be getting busier and everything is picking up steam after the summer. Kids are back in school and new routines are being established. Here at the church, our small group Bible studies are starting up after a summer break. This time of year feels like the onramp to a freeway; constant acceleration and looking around for obstacles (bad drivers)! And yet in the middle of this busyness, we have a holiday where we are supposed to rest. Those two things don't seem to go together!

Rest is built into the very fabric of creation itself. The second chapter of Genesis says that God rested on the seventh day after his work of creation. And God implements that same pattern of work and rest for his people. The fourth commandment is explicit: "Remember the Sabbath day by keeping it holy." Sabbath rest gives us a break from our work, it helps us refocus our minds and our hearts towards Jesus, and it simply helps us to trust God. It is a reminder that God is our provider, and like the manna for the Israelites in the wilderness, God can produce twice as much on one day of the week so that we can rest and not have to strive and toil for our survival.

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Worship Schedule:

- 8:30am Sunday Adult Sunday School
- 9:30am Sunday Worship Service
- 10:00am Sunday Children's Bible Adventure

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But in our culture, rest is often considered a bad word. Even among Christians, rest is often thought of as synonymous with laziness, as if resting in obedience to God's command means that somehow we have no ambition or desire to work hard. So we are conditioned to think that rest is bad or even un-American.

In general, I think there are three reasons why we give into the cultural pressure to not rest and instead keep on going and going and going. One reason is a simple lack of valuing God's command to rest. In the words of Bon Jovi, "Until I'm six feet under, baby, I don't need a bed; gonna live while I'm alive, I'll sleep when I'm dead." Going without stopping is seen as a virtue, rather than disobedience to God.

Second, and I think this is the reason for most people who struggle to stop and rest, the deeper issue is not valuing rest, but simply not seeing how rest is possible. I have too much on my plate. If I stop, I'll lose this client, or the kids will tear down the house, or I won't make enough money, or I'll let someone down. Our lives are so full and busy that taking any time to stop seems impossible. When we have that much on our plate, it is hard to trust God to take time to stop.

The final reason is that we're afraid of what might happen if we do stop. Work and busyness is often a distraction from having to deal with the struggles and hardships we face. If we stop and rest then we're alone with our thoughts and trauma and pain, and who wants to do that? Of course God is the one who can meet us and comfort us and heal us in the midst of our pain, but often it is simply easier to keep going and distract ourselves rather than allow God to do that healing and restorative work in us.

But whatever the reason that keeps us from rest, God's command remains, and that command is good for us. Sabbath rest makes a difference! When I first began my doctoral dissertation, my advisor gave me some profound wisdom when he told me, "make sure to build practices into your life that will help this writing process be life-giving instead of soul-crushing." I took those words to heart. I committed to read through the Bible the year I was doing my research and writing. Yes, that took a lot of time, but it was wonderful to simply read the Bible for the nourishment of my soul rather than for research or writing purposes. But I also committed to rest. I stopped writing at a certain time in the evening; if I wrote too close to bedtime then my mind would still be racing and I couldn't sleep. I only did work on my dissertation on certain days so that I could be fully focused on my work as a pastor and be present with my family. And I committed to taking one day completely off to rest, so that I did not work and did not write.

I can easily say that those practices helped me get across the finish line. But I did not follow those commitments perfectly. And when I failed, I paid the price for it. There was one week where I was up against a self-imposed deadline, and I broke my Sabbath practice and wrote on a Saturday, which was my day off. I stayed up pretty late in the evening. To be sure I did get a lot of work done that day! But I also struggled to sleep that night, and I was tired at church the next day. Not resting hurt me in other areas of life and ministry.

Clearly none of us can magically make our lives less busy. But in the midst of the busyness,
how can you rest? Taking a day off to rest during the week is a wonderful practice. Unlike the Pharisees of Jesus' day, we shouldn't be legalistic about it, but try to fill that day with activities that are both restful and that help redirect your mind and heart towards Jesus. And then during the week, take moments to have mini-Sabbaths, where you have moments of silence and solitude where you can meet with God. I often find I need a few minutes in the car when I get home to be still before God, and ask him to help me transition from work to home, so I can be fully present as a husband and father. Those mini-Sabbaths do wonders as I balance a lot of different priorities in my life!

Sabbath seems impossible for many. And yet God still commands it. On this Labor Day weekend, may we truly rest and meet with the one who is Lord of the Sabbath. As for me, I am writing this at the end of a very long and busy week. I'm tired. I think I know what I need to do!

Blessings,
Pastor Steve

SEPTEMBER CELEBRATIONS

Ann Madden	9/9
Paul-Michael Dekker	9/12
Admasu Agiro	9/18
Raylynn Stone	9/20
Terri Foster	9/26

Senyo & Sabina Adjibolosoo	09/02
Admasu & Etalemahu Mahu Agiro	09/18

Psalm 126

When the LORD restored the fortunes of Zion,
we were like those who dreamed.
Our mouths were filled with laughter,
our tongues with songs of joy.
Then it was said among the nations,
"The LORD has done great things for them."
The LORD has done great things for us,
and we are filled with joy.

Restore our fortunes, LORD,
like streams in the Negev.
Those who sow with tears
will reap with songs of joy.
Those who go out weeping,
carrying seed to sow,
will return with songs of joy,
carrying sheaves with them.

Small Groups:

Monday

1:00 p.m. Afternoon Bible Study at MVCF

7:00 p.m. Women's Bible Study at MVCF

Tuesday

9:30 a.m. Bible Study at MVCF

6:30 p.m. Prayer Meeting Online

Wednesday

5:00 p.m. Picnic

7:00 p.m. Youth Group at MVCF

Church Work Party
Every Fourth Saturday of the month

8:30 a.m. to 11:00 a.m. refreshment will be provided.

For more contact:

Frank Romeo

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6:30pm Zoom Prayer Group	2 10am-1:00pm SM Food Pantry 5:00pm Picnic	3	4	5
6 8:30am Adult Sunday School 9:30am Worship Service	7 Labor Day Office closed	8 9:30am Bible Study 6:30pm Zoom Prayer Group 7:00pm Council Meeting	9 10am-1:00pm SM Food Pantry 5:00pm Picnic	10	11	12 1:00pm John Wilkens Memorial
13 8:30am Adult Sunday School 9:30am Worship Service	14 7:00pm Women's Bible Study	15 9:30am Bible Study 6:30pm Zoom Prayer Group	16 10am-1:00pm SM Food Pantry 5:00pm Picnic	17	18	19
20 8:30am Adult Sunday School 9:30am Worship Service	21 1:00pm Bible Study 7:00pm Women's Bible Study	22 9:30am Bible Study 6:30pm Zoom Prayer Group	23 10am-1:00pm SM Food Pantry 5:00pm Picnic	24	25	26 All Church Work Party
27 8:30am Adult Sunday School 9:30am Worship Service	28 1:00pm Bible Study 7:00pm Women's Bible Study	29 9:30am Bible Study 6:30pm Zoom Prayer Group	30 10am-1:00pm SM Food Pantry 5:00pm Picnic			

Declaration of Authority, Purpose, and Identity

I Am a Child of God

- I declare that I am born of God, and I have been given the right to be called His child because I believe in the name of Jesus (John 1:12).
- I declare that I have not received a spirit of fear or slavery, but I have received the Spirit of adoption, by whom I cry out, "Abba, Father!" (Romans 8:15).
- I declare that the Spirit Himself bears witness with my spirit that I am an absolute child of God, and if a child, then an heir—an heir of God and a joint-heir with Christ (Romans 8:16-17).
- I declare that I am deeply, unconditionally loved by the Father, who has lavished His affection upon me and called me His own (1 John 3:1).

I Walk in Divine Authority

- I declare that Jesus has given me authority over all the power of the enemy, and absolutely nothing shall by any means hurt me (Luke 10:19).
- I declare that I am seated with Christ in heavenly places, far above all rule, authority, power, and dominion (Ephesians 2:6, 1:21).
- I declare that the weapon of my warfare is not carnal, but mighty through God to the pulling down of strongholds and casting down arguments that exalt themselves against the knowledge of God (2 Corinthians 10:4-5).
- I declare that whatever I bind on earth is bound in heaven, and whatever I loose on earth is loosed in heaven, because I carry the keys of the kingdom (Matthew 16:19).

I Am Aligned with My Purpose

- I declare that I am God's masterpiece, created in Christ Jesus for good works, which God prepared beforehand that I should walk in them (Ephesians 2:10).
- I declare that God’s plans for me are for good and not for evil, designed to give me a future, a hope, and an expected end (Jeremiah 29:11).
- I declare that the purpose of the Lord will stand in my life, and He will perfect everything that concerns me (Proverbs 19:21, Psalm 138:8).
- I declare that I am called according to His purpose, and because I love God, He is working every single thing together for my ultimate good (Romans 8:28).

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Col. 3:12

Mission Village Christian Fellowship

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Website: www.missionvillage.church

Council Members

Pastor	Steve de Vos
Moderator	Ronda Adams
Clerk	Joanna de Vos
Financial Secretary	Jean Fortanas
Treasurer	June McCollough
Children's Ministry	*Michele Quion*
Student Ministry	Ray Jensen
Grow	***Open***
Stewardship	Frank Romeo
Care	Jenny Fiori
Reach	Matt Davis

Sunday Schedule

Worship & Children's Sunday School……..9:30 a.m.

Nursery & Toddler Care is Available During Worship Service

Service will be live on YouTube or Facebook

Elders

Pastor /Elder……Steve de Vos
Administrative Elder ……Tony DaVee
Elder…… Carl Jensen

Staff

Administrative Assistant……Judy Yacob
Nursery Attendant……Hannah French