



NAMI (National Alliance on Mental Illness) will meet on Tuesday, September 2 at the **Sioux Center Public Library**. An **Educational Program** from 7 to 7:45 pm is open to anyone who is interested in the subject:

NAMI: In Our Own Voice presented by NAMI members Kir Cosgrove and Nate Huyser. From 7:45 to 8:45, individuals affected by mental health conditions, and their family/friends will meet for a time of mutual support.



For information, call Shirley at 722-4462 or Nate at 402-916-0008 or natehuyser93@gmail.com.

Join the Hope Haven Distribution Trip to Costa Rica!

We're inviting volunteers to be part of a life-changing mission trip with **Hope Haven**, happening **October 21-28, 2025**. This trip focuses on distributing wheelchairs and sharing the love of Christ with communities in need across Costa Rica.

Deadline to sign up: September 1

If you feel called to join or want more details, please contact Kelly TeSlaa at kteslaa@hopehaven.org or 605-332-8300. Let's be the hands and feet of Jesus—one wheelchair at a time.



Coffee Break

Coffee Break Bible Study is excited to start the fall session and women of ALL ages are encouraged to come and explore God's Word together! Registration will be Tuesday, Sept. 9th, from 10 to 11 AM at First CRC in Rock Valley. Come pick up your Exodus study guide and if you have young children, you can register them for Nursery, Little Lambs, or Story Hour! We meet on Tuesdays with our first lesson on September 16th. Light snack & coffee time starts at 9:45 AM with small group study from 10 to 11 AM. For questions or more information, please contact Ruth Vermeer or Tricia Mulder at 605-310-5708. Come be a part of something special in our community while growing in the knowledge and faith of our Lord!

Mon. September 1:

No School - Labor Day/No Scrip



Wed. September 3:

2:30pm dismissal

You are invited! The Triumphant Quartet is coming to Trinity CRC on Sunday, Sept. 7, at 6pm for a special concert! They deliver the powerful message of the Gospel through word and song that engages audiences of all ages. Invite your friends and neighbors!

JOIN MOMCO



THE MOMCO

Rock Valley MomCo will begin September 3. You can register at either meeting in September.

YOU ARE RAISING
THE NEXT
GENERATION

WHEN WE MEET: 1st and 3rd Wednesdays 9-10:30am

WHERE WE MEET: Trinity CRC in Rock Valley

CONTACT: Lindsay Den Hartog 712-470-5286

GROUP CODE: Contact Lindsay for registration

themom.co

Hull's Tombstone Tour 2025 will be September 6 at 3:00pm at the St. Paul Lutheran Church. The presentation will be given in the fellowship hall of the church, with a self-guided walk in the cemetery after the event.

Donations of \$10 will benefit the Hull Historical Society.

Questions? Contact Chuck Brunsting at 712-441-4045.



MEMORY LOSS SUPPORT GROUP

on the topic of:

Walking with Dementia

Next group:
Wednesday, Sept 3, 2025
10:00 - 11:00 a.m. in the
Hegg Learning Center



CONTACT MELINDA FABER, LBSW AT 712-476-8068 TO RSVP