

In This Issue:



Message from
Pastor Mark
Church Directory
Women's Ministry
Birthdays and
Anniversaries
Calendar



SAD?

By the time March rolls around many of us are sick of winter. Some people actually suffer a real state of depression called Seasonal Affective Disorder. It is usually managed with light therapy. And although this is a serious struggle, the sadness related to loss can be even more extreme.

Even Jesus wept when his friend Lazarus died. The Psalmist had great grief as recorded in Ps. 6:6.

In Ps. 147:3 the Psalmist says: "He (God) heals the broken hearted and binds up their wounds."

That is an encouraging truth that we as Christians cling to when we experience "great grief." Yet, there are times when Christians are immobilized by extreme loss; it becomes too much to bear and they fall into a deep pit of grief. It is a deep hurt and there are so many different ways that individuals respond to that kind of pain: isolation, anger, uncontrolled weeping, fear, etc. But we're also told in scripture that God has allowed others to go through similar experiences so that they might be of help when we battle the pain of loss. If you or a loved one is struggling with grief and depression, beware of isolating yourself; instead, seek the help of others.

If you have a friend or loved one going through a grief you may not know how to respond. The best response is to simply be there to listen. Avoid telling them how they should act or what they should do unless they ask for that advice. Make frequent contact without being pushy or overwhelming them with your own sadness.

Whether you are suffering from grief or are trying to help another who is grieving; seek the help of God through prayer and His word.

Pastor Mark

People You Should Know...

Jon and Shelby Waba live in Madison, South Dakota. While Shelby grew up on the Palmquist family farm in Winfred, Jon grew up in Madison. The two both attended high school in Madison. They met in the early years of high school as Jon was a wrestler and Shelby was a wrestling cheerleader. The rest is history! Following high school, Shelby attended South Dakota State University for nursing and Jon went to MTI for Architectural Design.



Shelby spends her days working as a nurse at **Madison Regional Health System**. She recently switched from the hospital to the clinic side. Jon is a carpenter for **Greg Ordal Construction**, where he spends his days building and remodeling houses.

In her spare time, Shelby enjoys coffee dates and girls' days with friends, time with family, watching movies and shopping. On a day off Jon might be found bow hunting deer, hunting geese or ice-fishing. In the summer, he enjoys playing baseball. Together they enjoy spending time outside, camping and playing games.

Shelby has been attending Sun Prairie since she was born and she treasures her church family. She enjoyed all of the activities growing up. Jon and Shelby both love Pastor Mark's sermons and how they guide them as a couple to dig deeper into God's word. Even though it is a commute, Sun Prairie was a natural choice for them!

I think everyone would agree that Jon and Shelby Waba are definitely **People You Should Know!**



Women's Bible Study

beginning on
Wednesday, March 6th
at 9:30 am and 7:00 pm

Life often looks so very far from the reality we long for. **Lysa TerKeurst** deeply understands. But she's also discovered that whether we're dealing with daily disappointments or life-altering loss, we can find unexpected strength as we wrestle well between our faith and feelings. In six video-driven sessions, ***It's Not Supposed to Be This Way*** offers fresh biblical insight, and life-giving perspectives for living in between Eden and eternity. With grit, vulnerability and honest humor, Lysa will challenge us and help us as we navigate the struggle! Everyone is welcome. Bring a friend! **Free childcare is provided for the evening session.**



March Birthdays & Anniversaries

3 Roland Palmquist
6 Chloe Hansen
6 Jeff Heumiller
8 **White & Megan Olson**
10 Mark Hofer
10 Karen Knudsen
14 Anthony Hidalgo
18 Lyndon Kolbeck
18 Russ Tennant
21 Phil McCormick
21 Justin Palmquist
23 Christie Wobig
24 Marcia Anderson
25 **Roy & Theda Wilsey**
26 Caitlyn Palmquist
27 Christina Jimenez
27 Jason Lunders

27 Bentley Palmquist
27 Mariah Palmquist
28 Ruby Anderson
28 Richard Wobig
29 Samantha Hidalgo
29 Deanna Knudsen
29 Nancy Palmquist
30 Tim Matthaei
31 Clayton Knudsen



March 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 7 am Men's Breakfast and Bible Study 
3 9:30 Sunday School 10:30 Worship	4	5	6 9:30 Women's Bible Study 6:15 pm Supper 6:45 Adventure Club 7:00 MS, HS Adult Bible Study 8:00 Deacon Board Meeting	7	8	9 7 am Men's Breakfast and Bible Study 
10 9:30 Sunday School 10:30 Worship Daylight Saving Time Begins 	11	12	13 9:30 Women's Study 6:15 pm Supper 6:45 Adventure Club 7:00 MS, HS Adult Bible Study	14	15	16 7 am Men's Breakfast and Bible Study 
17 9:30 Sunday School 10:30 Worship 	18	19 9:00 am MomTime 6:45 pm Union Gospel Mission	20 9:30 Women's Study 6:15 pm Supper 6:45 Adventure Club 7:00 MS, HS Adult Bible Study	21	22	23 7 am Men's Breakfast and Bible Study
24 9:30 Sunday School 10:30 Worship	25	26	27 9:30 Women's Study 6:15 pm Supper 6:45 Adventure Club 7:00 MS, HS Adult Bible Study	28	29	30 7 am Men's Breakfast and Bible Study 
31 9:30 Sunday School 10:30 Worship						

Women's Retreat at Lied Lodge

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