

## Family Information

### From The Elders & Minister

Next Phase of Covid Adjustments: We still have a lot of adjustments to plan - Bible classes, Wednesday activities, church events, communion supplies, etc.

Here are the continued precautions we are taking: 1) Face coverings are now optional. 2) Regarding the Lord's Supper: We will have individual cups with bread on top packed and ready for each of you. 3) We will have a contribution plate alongside the communion table as well as immediately inside the auditorium near the doors. 4) In place of the invitation song, an Elder will be at a table in the foyer for you to come to and submit any prayer requests.

### Sunday Morning Class Resuming On November 7

Classroom E44 is now ready for use, as the elders and others have completed numerous renovations. The Sunday morning adult Bible class will resume meeting in-person on Sunday November 7, at 9:00 AM. Until then, the on-line Sunday afternoon class will continue; we're also looking into possible ways to continue providing a study for those who aren't comfortable with meeting in-person or who are unable to come.

## On Line Bible Studies

### On-Line Sunday Afternoon Bible Class

In the Sunday afternoon on-line Bible class, this week we are beginning a new series, "How Much The Lord Has Done For Us" (based on Mark 5). The studies are being taught by Mark G., Phil S., Steve C., and Leon N. This week, Mark will teach the class, beginning at 2:00 PM, and everyone is welcome to join.

### More On-Line Studies

Every other Friday at 7:00 PM (next session October 15) - TGIF Bible Study led by Mike Evans. Contact him for details.

Mondays at 7:00 PM - Women's prayer group, hosted by Peggy Kaiser. Contact her for details. If you aren't able to join, you can e-mail prayer requests to Peggy.

Tuesdays at 7:00 PM - Women's Bible study, "Abide In Christ", led by Karen Susenna. Contact her for more details.

Contact Caleb Dillinger if you would like to have free access to RightNow Media, a digital collection of faith-based videos.

### Contribution

	Last Week	Average YTD
<b>General:</b>	\$6301	\$4481
<b>Designated:</b>	\$227	\$103

### Adjusted Service Times

10:00 AM Sunday Morning Worship  
12:00 PM Sunday Ghana Worship  
3:00 PM Sunday Spanish worship

*Classes and devotionals are  
Currently meeting on-line*

**Minister:** Caleb Dillinger  
**Elders:** Mike Evans, Jeff McVicker, Jim Robbins  
**Deacons:** Lynn Champney, Perry Coate, Glenn Culler, Darrell Estep, Jack Evans, John Lindsay, Don Milnor, Art Silva  
**Spanish Ministry:** Luis Valdez

## The Knowledge Of God Is...

### The Knowledge Of God Is Pleasant To Our Souls

*Indeed, if you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the Lord and find the knowledge of God. - Proverbs 2:3-5*

The Lord is always near, and he patiently teaches us whenever we open our minds and hearts to him. Our Heavenly Father is full of compassion and understanding and knowledge, his vastness and his splendor transcend human understanding, yet he delights in being with those who walk humbly by faith, and he tells us deep truths that human minds couldn't have thought of - *For the Lord gives wisdom; from his mouth come knowledge and understanding. - Proverbs 2:6*

Animals that live in the ocean face a constant dilemma: water is essential to the life of every creature; yet while salt is also necessary, the level of salt in seawater is much too high for animals, and could dehydrate them quickly. Similarly, as we see the beautiful things that God has made and see the ways he cares for us, we must also constantly see and hear this world's distractions and its harsh voices and its uproars.

Our Creator gives sea animals the ability to handle this situation in their own ways, and we can learn from each of them. For example, fishes' gills filter oxygen from water, so saltwater fish have no choice other than constantly taking in large amounts of seawater. So they are designed differently from freshwater fish (this is one of the reasons why most fish can only live in one type of water).

God equips most saltwater fish with specialized cells in their gills that constantly filter out excess salt, and their bodies can also hold a necessary reservoir of desalinated water. Similarly, our Father in heaven gives us guidance whenever we call on him, and he gives us his Spirit who lives within us and helps us understand God's truths and his ways. God cares for us and protects us from spiritual foes every step - *For he guards the course of the just and protects the way of his faithful ones. - Proverbs 2:8*

Another example is dolphins, who breath air and can get most of the water they need (in some cases, all of it) from their food; and the outer layer of their skin is 10-20 times thicker than that of humans, to protect them from dehydrating. Marine biologists have also observed some dolphins learning to choose foods lower in salt. As God shows dolphins his care, he provides us with spiritual food, and he calls us to let it nourish our souls, instead of following this world's thinking.

For when we seek wisdom from our Heavenly Father in prayer, and when we seek understanding from his words, God writes his truths on our hearts, and they will be pleasant to our souls - *For wisdom will enter your heart, and knowledge will be pleasant to your soul. - Proverbs 2:10*

The earth is full of the glory and understanding of our Heavenly Father, and there is none other like him.  
- Mark Garner



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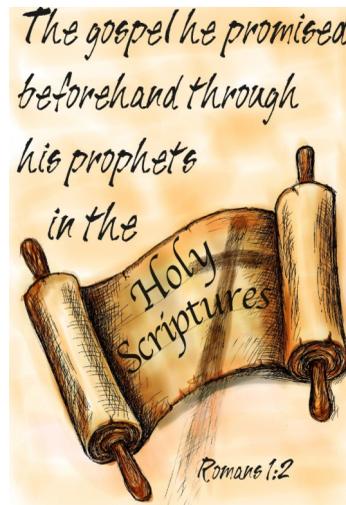
Website  
ncocfamily.org

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## Keep Thou My Heart, O Lord

Keep Thou my hand, O Lord,  
Within Thine own,  
And keep my wandering thoughts,  
On Thee alone.  
Keep Thou my heart, O Lord,  
For I am weak,  
Yet all my fears depart,  
If Thou but speak.

- Frances Jane Crosby, 1820-1915



## Come, O Creator

Come, O Creator, Spirit blest  
And in our souls take up Thy rest;  
Come, with Thy grace and heavenly aid,  
To fill the hearts which Thou hast made.

Great Comforter, to Thee we cry;  
O highest gift of God most high  
O fount of life. O fire of love.  
Send sweet anointing from above.

Not in the upper chamber,  
But at the cross alone,  
The lowest depth was fathomed  
Between Thee and Thy throne.

Mary Artemesia Lathbury, 1841-1913

## A Sure Foundation For All Our Times

Whether we are in times of hope or fear, joy or sorrow, peace or confusion, God and the message of Jesus are always a sure foundation. This week, Caleb Dillinger writes about what God's everlasting foundations mean to us.

### Everlasting Foundations

My mom and dad recently bought a home as they moved from my childhood home of 21 years into a new place and new ministry. While they looked for homes, I remember my dad sharing all his concerns and worries about what kind of house to buy. It wasn't just about the set up of the rooms, the paint on the walls, or the updated kitchen appliances. He was concerned with foundations. The foundations of a home that he wanted must be secure, not falling apart, able to last.

It fascinates me sometimes to consider the way we think about "lasting" structures. The pyramids, for instance, have stood the "test of time" in lasting. Other structures, like the Leaning Tower of Pisa, have had their struggles enduring the years of history because of the foundation it was built upon. Foundation is important if you want something to last.

There's a beautiful depiction of the everlasting foundations we will come to call home in heaven one day. The apostle John writes these words in Revelation 21:19.

*The foundations of the wall of the city were adorned with every kind of jewel.*

He goes on to describe the jewels themselves, impressing upon its beauty. This was a structure designed not just to last, but also to amaze. God is certainly concerned about an everlasting foundation - but our God is also so incredible that he made his everlasting foundations the most beautiful foundations imaginable! Here's the truth we can rest comfortably with: if we maintain our faith in the Lord Jesus, trusting him as our foundation of faith, then we will one day spend eternity in a place with the most beautiful foundations our minds can fathom. That's the promise of Scripture, and it's a promise that never fails.

- Caleb Dillinger