

ENGLEWOOD
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August 2022

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TOSSING AND TURNING

August Sermon Series

What keeps you up at night?

Is it indigestion from eating pizza after 8:00pm? Or are you trying to remember if you locked your car door, and you really don't want to get out of bed to go check? Okay, maybe you don't lose sleep over those types of things, but sometimes our minds can keep us up at night. Is it worry? Is it fear? Is it anxiety? Is it finances? Is it decision making? Stop tossing and turning and turn to the true source of peace - the Word of God. Join us during the month of August as we tackle what keeps us tossing and turning at night.

- August 7 - Fear
- August 14 - The Future
- August 21 - Finances
- August 28 - Choices

Join us for our final out and about of the summer!! Bring your whole family as we converge on a local restaurant for a great meal out together!



Thursday, August 4
6:00pm-7:30pm
4Rivers BBQ
on Baymeadows near I-95



Starting in September, we will no longer be mailing *The Echoes* to those outside of the Greater Jacksonville area. It is available on our website at eccjax.com, and we hope you'll continue to read it digitally!



TOSSING AND TURNING

AUGUST 2022

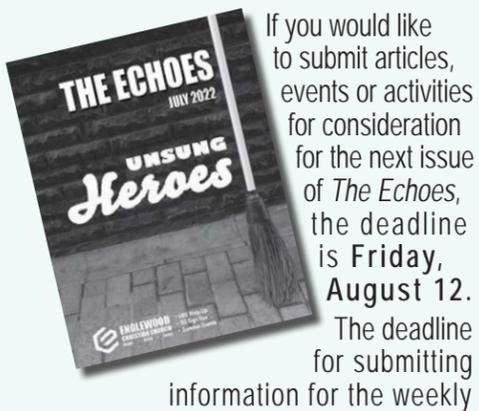
THE ECHOES



- Life Groups
- Christian Family Services Update
- Immerse Bible Reading Program

Worry. Fear. Anxiety. Decisions. Regrets. All things which tend to keep us up at night – tossing and turning, if not literally in our beds, figuratively in our minds. Enjoy this month's edition of *The Echoes* as our staff tackle these issues and more with the truth of the Gospel and the solid hope found in Christ.

DEADLINES



If you would like to submit articles, events or activities for consideration for the next issue of *The Echoes*, the deadline is Friday, August 12. The deadline for submitting information for the weekly

e-newsletter is each Wednesday at 5:00 pm. Please email all submissions to angelah@eccjax.com with any coordinating artwork or graphics.



Make sure you're checking your email each Friday afternoon for updates and registration links for events and groups. It's the best way to stay up to date with ECC!

DECISION

Vickie Miller
Baptism at camp
July 1



CHURCH OFFICE HOURS
Monday-Friday • 8:30am - 5:00pm

SUNDAY SCHEDULE
Sunday School • 9:00am
Worship Service/Children's Programming
10:30am

WEDNESDAY SCHEDULE
6:00pm Dinner
6:30pm Prayer Gathering
7:00pm Programming for all ages

Connect with Us Online!
www.eccjax.com
www.facebook.com/eccjax/
GET OUR APP!



WORSHIP
Every Sunday
@ 10:30am

Scan the QR code to check in on Sunday mornings – get the bulletin, prayer list, online giving and connection card all in one place!



Contributions July 24, 2022

General Fund
Week 8 Budget \$83,368
Week 8 Totals \$62,498
Faith Promise
Week 21 Budget \$73,500
Week 21 Giving \$67,187

ECC Statistics

Morning Worship	Sunday School	Wednesday Night
Sunday, July 3		
154	123	47
Sunday, July 10		
184	93	54
Sunday, July 17		
141	95	57
Sunday, July 24		
171	98	43

Totals include estimated online attendance

ECC Church Staff

Sherrie Boger, *TLC Director*
Josh Colvin, *Student Minister*
Serena Maerkl, *Children's Director*
Angela Martin, *Office Manager*
Karissa Mead, *Worship Ministry Director*
Pete Ramsey, *Senior Minister*



2022-2023 Deacons and Elders: Henry Pratt, Keith Vincent, Robert Lee, Chris Mead, Chris Krzaczkowski & Chris Kellar



CIY Boys Trip! Nathan, Trent, Spencer, Bryant and Brayden had a blast! Thanks for praying for us!



Lots of great friends, good food, laughter and fun! Thanks to Henry & Sally Pratt for hosting our ECC annual picnic.

ECC Vision

WORSHIP LIFESTYLE
HONORING ONE GOD
SACRIFICIAL STEWARDSHIP
GROWING ONE FAITH
PERSONAL EVANGELISM
CONSISTENT DISCIPLESHIP
LOCAL SERVICE
SERVING ONE WORLD
GLOBAL SUPPORT

UPCOMING EVENTS

- CWF Circles**
Tuesday, August 2/
Saturday, August 6
- Out & About**
Thursday, August 4
6:00-7:30pm
- Jumbo Shrimp Game**
Sunday, August 7
Previous sign up required
- High School Retreat at NFCSC**
Friday, August 12 - Sunday, August 14
\$120 * sign up at nfcsc.org *
- Promotion Sunday/
Teacher Dedication**
Sunday, August 14
- CWF/Men's Ministry Dinners***
Tuesday, August 16
7:00pm
- Prime Timers Kickoff Event**
Friday, August 19
Fellowship Hall
- Men's Ministry Breakfast***
Saturday, August 20
9:00am
- e-City Kids Survivor Night***
Friday, August 26
6:00-8:00pm
Warehouse
- Young Adult Bowling***
Friday, August 26
7:00-9:00pm
\$15 per person
- ESM End of Summer Extravaganza***
Saturday, August 27
6:00-9:00pm
\$5 per person

FAMILY D
IT TAKES A CHURCH



Family D (Dedication) is a time for families to publicly proclaim, commit, and promise to the church body and family to grow their family and raise their children in a Christ-centered home. All families with children not yet in kindergarten are invited to participate on Sunday, October 30.

Prerequisites for involvement are required.

Deuteronomy 6:4-9

Please contact Serena Maerkl, Julie Topping or Pete Ramsey for more details. Deadline to confirm participation is Wednesday, October 19.



e-City Kids SURVIVOR



YOUNG ADULTS' BOWLING NIGHT



END OF SUMMER EXTRAVAGANZA

* **SCAN THE QR CODE TO GET ALL THE DETAILS AND TO SIGN UP FOR ECC EVENTS**



Decisions, Decisions, Decisions!



by Pete Ramsey, Senior Minister

During the 1960s and 1970s, there was an infamous TV game show called, *Let's Make a Deal* with host Monty Hall. It has been relaunched several different times, but never to the level of success it had in its original format. The whole gist of the show was to pull random people from the audience and make them play a quick game (or produce a random object from their pocket or purse) and have them choose a prize. Now the prizes would vary from three choices concealed by small bags on a simple display table to the grandest display of huge doors on the stage, and the host would kindly ask, "Do you want what's behind door number one, door number two or door number three?" To add to this pressure was the slight chance there was a new car or all expenses paid trip to Lake Tahoe behind one of those doors OR it could be a membership to the "dog treat of the month club" or a new toothbrush collection. When confronted with this decision, visible anxiety and fear began to flood the faces of some contestants. They would literally freeze under the pressure of making such a decision.

In a much lighter circumstance, I find myself extremely hesitant if not frozen when it comes to following directions in the car when I don't have a map – and sometimes even when I have been to my destination before! I know the street I'm looking for, but prior to getting there, I start looking for landmarks or things that look familiar. I find myself hesitating, even slowing down, before realizing it's not the right place. Sometimes this leads to me eventually missing the correct turn because of my hesitation to find something familiar. I know you're thinking, Pete, you're smarter than that. But I can testify – every time I go to the home of Mike & Sandy Harbison (my brother's in-laws and former ECC members), I either turn too early or pass their street – every single time!

Decisions can sometimes cause us to lose sleep. For some of us it comes in the form of what to order off the restaurant menu or where to turn when finding your destination. For others, it can come in the form of larger choices like a potential job change, a choice regarding your kid's school, the end of a friendship or relationship or any large financial decision you are facing.

In the face of all this uncertainty regarding decisions and the multiple choices and implications we are confronted with on a daily basis, let's remind ourselves of the promises of God found in Psalm 23:4 – *"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."*

...no matter what the circumstances... He is with us!

In essence, what David is reminded of – which is true for us as well – is the continuous presence of the Lord no matter what the circumstances. When we face hard decisions – He is with us! When we make poor choices – He is with us! When we hesitate and miss the opportunity – He is with us! Even when we choose the wrong checkout line in the grocery store – He is with us!

Here is the bottom line – There will be bad choices regarding our career on our part, and there will be mistakes in relationships on our part, and we will have regrets about some of the financial decisions we make. Sometimes the consequences and repercussions of those choices will be difficult to overcome. But no matter what we decide, the Lord will be with us to help us pick up the pieces, to forgive us when we fail and to help us deal with the consequences. He will not leave you to handle it alone – and that is something which can put your mind – and your soul – at ease. So, whether you pick door number one, door number two or door number three – have no fear because the Lord will be near!



Into the Unknown

by Josh Colvin, Student Minister

Kids! Am I right? They are definitely a blessing, but as far as letting you sleep in, it's never going to happen. When I was in high school I could sleep in until noon easily on the weekends if my parents would let me. Now as a father of three daughters, I am lucky if I sleep past 8:00am. Either my body wakes me up or one, if not all of the girls will come into my room before I'm ready to wake up to ask me one of the most philosophical questions of all time, "Dad, can I go downstairs and watch TV?" This happens without fail, eight out of ten times, when I have the opportunity to sleep in.

Even without trying, kids have the ability to keep you up at night. Several years ago, Julie and I were in a deep sleep around 1:00am. Corinna, who was three at the time, had a bad dream and decided to come into the bed with us. But because she was so young and not very tall, she couldn't get up into the bed. As she was struggling to climb into Julie's side of the bed, her hair brushed up against Julie's leg which startled Julie into waking up and flailing all over the place. Because of Julie's flailing, she scared Corinna to the point of tears, and I had to try and take care of them both. All three of us were awake and didn't go back to sleep for a while. Julie woke up startled, not necessarily because Corinna trying to get into our bed, but because she was uncertain about what was brushing up against her in the middle of the night when everyone should have been sleeping. It was that uncertainty of the unknown which caused her to lose sleep that night.

Our minds race a million miles an hour, and we can't shut them off because of the stress that comes with uncertainty. Maybe it's not your frightened child crawling into bed keeping you up at night, but rather the uncertainty of what the future holds for you. All of us have had plans for our lives, but did not have any idea of how we were going to carry out those plans or how it would come to fruition. Maybe it's not plans, but a recent health diagnosis, and we have no idea what the next steps are which keeps us up at night. Maybe it's our finances and not knowing how the next bill is going to be paid or how we are going to be able to feed our kids. Whatever it may be, the uncertainty of the unknown can be something that keeps us up at night.

As I was putting all the pieces of this article together to write, I heard a song I've heard numerous times before, but it really didn't hit hard until then. Part of one of the verses says, "I love your voice. You have led me through the fire. In the darkest night, you are close like no other." And then the chorus says, "All my life you have been faithful. All my life you have been so, so good. With every breath that I am able, I will sing of the goodness of God."

"Goodness of God" is one of those songs which talks about God always being there no matter what circumstances we may be going through. This is a promise we can hold on to when we are going through uncertainty and the unknown. God has always been faithful and will always continue to be faithful to us. We have to continue to put our trust and our hope in Him through the unknown.

God has always been faithful and will always continue to be faithful to us.



Installation Dinner Tuesday, August 16 at 7:00pm

All ladies are invited to join us for the annual CWF Installation Dinner. Our theme for 2022-2023 is "We are family, we are sisters in Christ!" We will meet in the Fellowship Hall for dinner and then head to the Worship Center for the Circle Drawing.

The Men's Ministry has an opportunity to serve and thank CWF for everything they do by preparing and serving dinner this night. After the ladies have eaten and started their meeting, we will have the chance to enjoy dinner as well. Please sign up online to prepare the food, serve the food, or both.

If you need childcare for this evening, please register by Thursday, August 11th!

August 14

LEVEL UP
Sunday School Promotion

PreK: 314	4th-5th: 303
K-1st: 304	6th-8th: 206
2nd-3rd: 301	9th-12th: 205

On Sunday, August 14, ECC's under 18 crowd is leveling up! New Sunday School class assignments begin on this date, so check above to see if the change affects your child. If you have any questions, please contact Serena Maerkl or Josh Colvin.

Also, during our morning worship service that day, we will take the time to recognize and pray for those who give up so much to teach the children in our community and our church as they begin the 2022-23 school year.



Life Groups are our opportunity for fellowship, community and unity in prayer for all ECC members and visitors. Groups begin on August 28 (others may delay until September), and sign ups are open for several of our groups beginning August 7. Groups are open to anyone but many are specific to age groups, family status and/or locations. Be sure to find a group that best fits your schedule and specific needs. For more info, or if you are interested in hosting a group, please contact Pete Ramsey or Josh Colvin.

WORSHIP CHOIRS RESUME THIS MONTH!

Vocal Explosion
Wednesday, August 17 from 5:45-6:45pm
Room 209

If you are in 6th-12th grade and love visual interpretation, drama and music, we'd love to have you join Vocal Explosion. Sign up online!

Jesus' Worship Kids (JWK)
Wednesday, August 17 from 6:00-6:50pm
Room 301

In JWK, your K-5th grader will participate in gospel-centered stories, dramas and music. If your child is musically or dramatically inclined and would like to be a part of this group, sign them up!

Wee Praise
7:00-8:00pm
Room 314

Each week during Wee Praise, your preschooler will learn all about Jesus through stories, crafts and music! No sign up is necessary as this is part of our regular Wednesday evening programming.

Adult Worship Choir
Sunday, August 21 from 11:30am-12:45pm
Room 209

ECC's worship choir is open to anyone in 6th grade and older who loves to sing! This year we are preparing selections for our Homecoming and Christmas services. Sign up today if you're interested in being a part of these special programs.

Teacher Dedication **A+**

Sunday, August 14
10:30am Service

Mission Spotlight

Christian Family Services



With the recent overturn of the *Roe v. Wade* decision by the Supreme Court, there has been a more intense focus on “adoption agencies” and the support needed for mothers with unplanned pregnancies. Many opponents of this decision, feeling there will be a negative impact these women, have raised concerns about caring for mothers who carry their pregnancies to full term and give birth.

Englewood has been a supporter of Christian Family Services (CFS) for more than 25 years because they are much more than just an adoption agency. They are a ministry with, for and to all people involved in the entire process.

In a recent note from CFS, director Jerry Callens emphasized the focus of CFS: “The decision of the SCOTUS does not change the work of CFS – a Florida licensed Child Placing Agency. Nor does it change the need to serve women facing an unplanned pregnancy.” He then proceeded to identify nine key practices of CFS which include: the desire to answer as many inquiries as they can, a ministry mindset to all families involved – both the birth family and the adoptive family, build relationships in all circumstances, provide training and information to pregnancy centers, hospitals, churches and other organizations and the long term ministry with birth-mothers. In closing, Jerry emphasized, “CFS has never been focused only on the baby, but on helping each mom become all that God intended for her to be.”

As we continue to support CFS with our Faith Promise giving, may we also focus our prayers on all involved in their ministry.

I M M E R S E

The Bible Reading Experience™

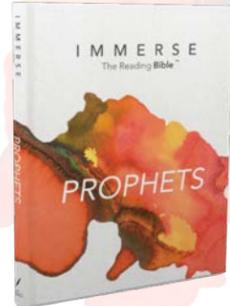
This is the last book in the five-book series of the Immerse Bible Reading plan. *Immerse: Prophets* will present the prophets in groups which generally represent different periods of prophetic history: before the fall of Israel, before the fall of Jerusalem, during the fall of Jerusalem and after the return from exile. Our reading program begins on Monday, August 22 and will continue for the following 16 weeks through December 11. You can pre-order through Sunday, July 31 through the church or on your own. Join us as we finish our three-year journey through the Bible together.

IMMERSE: PROPHETS WEEK 1 (8/22)

- Day 1 pp. A9-2
- Day 2 pp. 3-6
- Day 3 pp. 6-13
- Day 4 pp. 13-17
- Day 5 pp. 19-24

WEEK 2 (8/29)

- Day 6 pp. 24-32
- Day 7 pp. 32-36
- Day 8 pp. 36-39
- Day 9 pp. 41-48
- Day 10 pp. 48-54



Endless Possibilities



by Karissa Mead, Worship Ministry Director

Marvel has been releasing so many movies lately, and I have seen them all. This new phase of *Marvel* movies (after *Avengers: Endgame*) introduces the idea of a multiverse, which Marvel Cinematic Universe defines as “the aggregate of all dimensions and parallel realities in existence.” In other words, all these parallel realities exist simultaneously, but distinct from one another. The same people exist in all realities, but the outcomes of their lives might be different depending on what choices they made along the way and who they decided to be in that timeline.

Lately, this idea has me thinking regularly about how our lives can change on a dime based on the smallest factors: a word said to us, an action we take, a person’s influence on our lives, and so on. In particular, raising up a child whose life has not yet experienced any of these things has me thinking about all the potentials in his life that have yet to happen. It can be overwhelming in the best of ways and in the worst. Some nights I toss and turn thinking about how messed up this world is, and I spend time being actively afraid of what the darkness of the world will do to him. Other nights I can’t wait for him to arrive into this world because of all the good he will bring to it. I think of how one day our little man might be the reason someone else experiences the goodness of God; he may be the small factor in someone else’s life which changes their trajectory. And then I return to fear, because it’s certainly a lot of pressure to raise a child the right way, and there are plenty of opinions on how to do it.

There are two verses I return to when I need to meditate on the things of Heaven instead of the things of this world. The first comes from Proverbs 16:9, “*In their hearts humans plan their course, but the Lord establishes their steps.*”

The second is from Psalm 27:13-14, “*I remain confident of this: I will see the goodness of God in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord.*” These encourage me to believe first, no matter what I plan in my heart or dream about for my son, no amount of planning is going to establish the steps of his life. I don’t have that kind of power, which is both terrifying and comforting at the same time. They also remind me to be confident the goodness of God won’t be lost to the darkness of the world. In fact, I can be confident God’s goodness will exist even in the darkest moments. Why else would the psalmist encourage us to take heart if we wouldn’t see God come through in the most challenging of times?

I can be confident God’s goodness will exist even in the darkest moments.

The takeaway I have the most trouble with is the “waiting on the Lord” part. I even struggle with this command as I wait for my baby to grow! In my mind I know he needs time to grow before he makes his appearance, but my heart wants him in my arms yesterday! I just get impatient because I want to see all those possibilities I keep dreaming up for my boy happen already! I want to see who he’s going to grow up to be. However, I remain confident God is sovereign over our time. He is paving the way and establishing our steps long before the possibility of our feet touching the ground ever comes across our minds. It’s overwhelming in the best of ways because I don’t have to be overcome by endless possibilities. The path in step with the Spirit is one leading to life eternal. I know if I walk in it, the possibility of a wonderful future will not only be a possibility but an amazing reality.

Adult Sunday School Electives

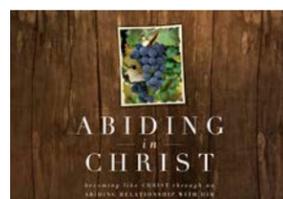
Our latest cycle of adult Sunday School classes begins next Sunday, August 7. Pre-registration is not required but is strongly suggested. Scan the QR code here or click on the link in the weekly e-newsletter to get full descriptions and to register. Class locations will be available at the link and in the e-newsletter on Friday, as well. We look forward to seeing you on Sunday mornings at 9:00am!



Avoiding Confusion -
Facilitator: Pete Ramsey



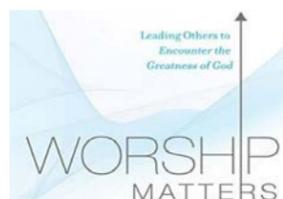
Abiding in Christ -
Facilitator: Joe Mize



The Godly Kings of Judah -
Facilitator: Keith Vincent



Worship Matters -
Facilitator: Karissa Mead





Look Ahead, Not Behind

by Serena Maerkl, Children's Director

Have you ever wished you had a do-over? Maybe it was something small like choosing something you don't like at a restaurant or even something bigger like missing out on that promotion you really wanted. I've had plenty of these moments throughout my life. I'm pretty good about letting these things go during the busyness of the day, but as soon as I lay down to sleep at night that nagging little monster of regret pops into my head. The events of the day start playing in my head like a bad sitcom. I start second guessing every single conversation I had and decide they were all embarrassing failures. Like the well-meaning but accident-prone TV character Steve Urkel looking at the chaos he just caused, I ask myself, "Did I do that?" Small, innocuous conversations with friends transform into social disasters. Why didn't I stop talking? Why did I say that? They're never going to want to talk to me again! I then find myself unable to sleep because of the emotional upheaval I've worked myself into. The rational part of me knows I can't change the past, yet I still find myself completely unable to stop the negative thoughts. Eventually I'm able to settle down to sleep, but it takes quite a bit of redirection and a whole lot of prayer.

I can't tell you how many times I've fallen asleep while praying. Distraction free moments are pretty hard to come by when you're a mom, so the middle of the night always ends up being the best chance I have to spend time with God. Unfortunately, that stillness also gives my brain a chance to overthink everything I kept pushing aside throughout the day. I find myself feeling

guilty because the time I should have devoted wholly to God was partially spent on a past event I couldn't change. So how do I stop myself from this crazy thought cycle? I remind myself of a few key verses.

John 1:16 - *"Out of his fullness we have all received grace in place of grace already given."* God shows us grace every day, and sent His son to save us. If He can forgive me of all my sins, then I can surely forgive myself when I make a few social blunders.

Isaiah 48:18-19 says this: *"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I*

am making a way in the wilderness and streams in the wasteland." When we are forgiven, the slate of our past is wiped fully clean. The mistakes of yesterday shouldn't be allowed to interfere with the plans God has for our future. I may not be

able to change what I may have said or done, but I can choose to do better the next time.

I have enough regrets to fill a lifetime of sleepless nights, but giving in to them means letting negativity win. It doesn't mean we should never have regrets because God can often use them to convict us when a change is warranted. But if we allow those regrets to consume us, we've transitioned into "I can do it myself" mode instead of trusting God to handle it. So, if you ever find yourself in a similar situation, just remember these two things. You are worth forgiveness, and as Pumba wisely told Simba in *The Lion King*, "You gotta leave your behind in the past." Stop looking back, because the future is so much better.

The mistakes of yesterday shouldn't be allowed to interfere with the plans God has for our future.

Up All Night



by Angela Martin, Office Manager

First, I want to thank everyone who prayed for me about back surgery. It worked! I'm feeling 100% better, and the pain I experienced for four years is gone.

Surgery wasn't an easy decision. I avoided it at all cost and tried everything I could including chiropractic care, medicines, physical therapy, ice, heat, cortisone injections, rest and anything else I could think of or anyone else suggested. And of course I prayed, and not as a last resort.

Additionally, it seemed like everyone had one opinion about back surgery. Don't do it. It's unpredictable. You might end up worse. It doesn't always work, and so on. Except my surgeon. He took one look at my MRI and basically said, "This is the surgery we need to do, and it has a 99.95% success rate. Call us in the morning if you want to schedule it."

Health. Whether it's our own or that of a family member, it can be quite the stress and worry inducing subject. Some nights the pain literally kept me awake at night. Other nights, like the night before my surgery, the fear and worry kept me awake. Even though I had to check in at the hospital at 5:15am, around 1:00am, I was still wide awake. I woke John up with my sighing and literal tossing and turning.

I even broke out in hives just before going to bed. Initially I thought it was from the medical wash they had me use to prepare for the procedure. Looking back, I know it was anxiety related, as it happened several times over the next few weeks.

When it comes to worrying specifically about health, I have just a few thoughts. I don't know if they are really all that biblical or even anything you don't already know. They're just practical things I've learned over the years, which I hope will encourage you.

Don't do stupid stuff.

For example, if you have back issues, don't jump on trampolines. Sometimes our health issues are because of accidents or just the fallen state of the world we live in. Sometimes they are because we are doing things we probably shouldn't be doing. Don't let a fear of missing out on fun (there's fear again...hmmm) create a problem for you. God did give us common sense, and we should use it.

Don't entertain everyone's opinions.

As I shared, it seemed everyone had an opinion or an idea about my back problems and back surgery. You have to do your own research and legwork. You have to talk to the right people. But don't let your research send you down rabbit holes which lead to more worry and fear!

Don't go through it alone.

On this one, I do have a Scripture. The Bible is clear in James 5:14, *"Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord."* When we're going through sickness or pain, we need people praying not just for us, but with us. I know many of you are single or divorced or widowed. Don't let yourself believe you're a burden to others. Ask for the support you need, especially when it comes to prayer.

Control what you can.

If there are things you can do to get healthier, then do them. You can control those things. It may take work – a lot of work – and time – a long time – but you are worth it! The legacy of your life and faith are worth it!

Let go of what you can't.

I recently heard a message about Philippians 4:6 which changed my perspective about that verse. In every situation, we come to God with prayer and petition. We keep it before Him. We don't do this because He doesn't know what's going on or because He forgot. We keep it before Him because it keeps us before Him.

Health concerns can keep us up at night, both from the symptoms and from the concern or worry. Keep bringing them to the Father. He never tires of hearing from you. Rest in His presence and His peace. It may not change your health situation, but it can change your attitude and mindset. When you find yourself up all night, tossing and turning, come to Him, again and again.

Rest in His presence and His peace.