

Local Outreach Highlight

One Site for Seniors—North Idaho

April 7, 2024

The Heart of Dementia Care

Caring for a loved one with dementia is an act of love and devotion, but it also comes with its share of challenges and stressors. The emotional and physical demands of caregiving can be overwhelming, leading to caregiver burnout if not managed well. This update is dedicated to the caregivers, offering strategies to handle the stress and emotional toll of caregiving.

Acknowledging the Challenges

Caregivers often face daily stressors such as managing the changing behaviors of their loved ones, juggling caregiving with other responsibilities, and coping with the emotional pain of watching a loved one decline. Recognizing these challenges is the first step in managing them.

Strategies for Managing Caregiver Stress:

- **Seek Support:** Join caregiver support groups locally or online. Sharing experiences with others can provide emotional relief and practical advice.
- **Respite Care:** Utilize respite care services to take a break from caregiving duties. Breaks can restore energy and improve your ability to provide care.
- **Practice Self-Care:** Engage in activities that relax and rejuvenate you like reading, exercising, meditating, or pursuing a hobby.
- **Educate Yourself:** Understanding dementia and its progression can help in managing expectations and preparing for future challenges.
- **Set Realistic Goals:** Recognize your limits and set achievable goals. It's okay not to be perfect and ask for help when needed.
- **Prioritize Your Health:** Regular check-ups, a balanced diet, and adequate sleep are essential to maintain your mental and physical health.

Conclusion

The role of a caregiver is demanding but deeply meaningful. By taking steps to manage stress and prioritize your well-being, you can continue to provide compassionate care while maintaining your own health and happiness. Remember, taking care of yourself is not an act of selfishness; it's an integral part of being an effective caregiver.

Garden Gala

Please join us for our spring fundraising event:

Garden Gala

May 8, 2024 from 8:00 - 9:00 a.m.

CDA Inn, 506 W. Appleway Ave.

Coeur d'Alene, Idaho 83814

www.onesite4seniors.org

208.651.9060

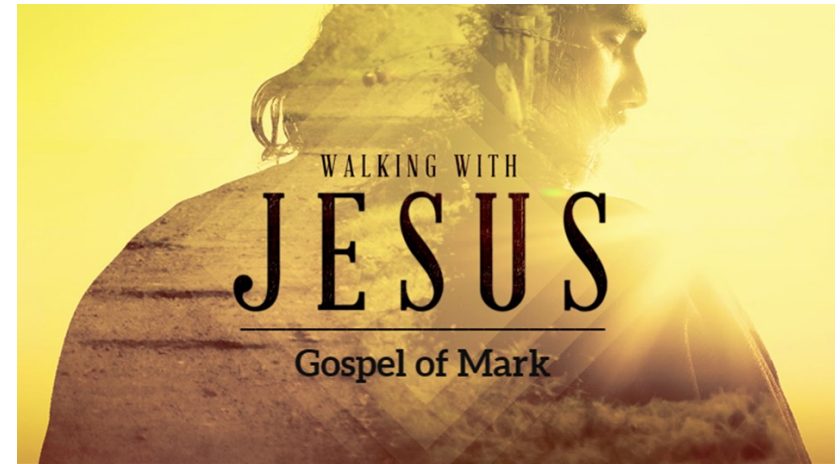


Send a gift



COEUR D'ALENE
BIBLE CHURCH

Weekly Prayer Guide



April 7, 2024

www.cdabible.org

5350 N. 4th Street • Coeur d'Alene, Idaho 83815 • 208.664.4883

— Prayer Requests and Updates —

Ken Robledo: Ken updated last week that he is still recuperating from surgery and hopes to return to the CDA in mid-May. If the Lord prompts you to reach out to Ken with encouragement, contact the church office.

Ron Hill: Ron's surgery was April 4. Please pray for healing and a smooth recovery from this planned surgery to correct issues with his heart. Please include his wife Dorain in your prayers.

Frank & Missy Korhummel.: Please continue in prayer for Frank and Missy as they work through some difficult medical issues and seek the Lord for healing. They are part of our Food Bank Ministry team and long to return to serving and worshipping with their church family.

Craig Hampton (wife Liane): Craig, who is serving as security for Samaritan's Purse in Ukraine is taking a two-car team that will join a small United Nations convoy heading southeast to the Donetsk Oblast. Please pray for the team members Alexi, Josie, Irena, Elanie, Ihor, and Craig. Also please pray for the people representing the UN, as they are likely not believers.

Annie Poetker's son Matthew: Please pray as Matthew has multiple interviews for a new job. Please ask the Lord to guide Matthew for this important change in his life.

Gabe Gonzalez: He is doing well after emergency surgery following a head injury at work. He was released on Easter Sunday. The family thanks you for prayers and support during this traumatic incident. Parents are Thomas and Sucel Gonzalez.

— A Word on Prayer from Our Pastors —

Here's our passionate encouragement: choose one or more of the prayer gatherings listed below and make it your habit to attend and participate. To add the discipline of prayer to your life can only bring benefit to your soul...and at the same time will have impact on the world around you!

- Pre-Worship Gathering Prayer Group - 9:45 AM
- After Worship Gathering Prayer Group - 12:00 PM
- Thursday Morning Prayer Group - 7:30 AM
- Thursday Morning Women's Prayer Group - 11:00 AM

Scan the codes below to share a prayer request or reserve the prayer room.



Prayer Request



Reserve Prayer Room

— Events, Ministries and Opportunities —

Discipleship Groups: Adults! Growing an intimate love for and trusting obedience to Jesus is one of our key values; we call this discipleship. We encourage our church family to find various forms of healing, meaningful community, and spiritual maturity demonstrated in love for God and others through discipleship. Discipleship Groups (D-Groups) of 4-6 people and other forms of mentoring are organized by mature, trusted leaders in our church towards this end. If you desire to belong to a D-Group, sign up in the lobby or email (zach@cdabible.org).

Rebuilding Foundations: CBC has a support group for separated and divorced women and offers an opportunity to gather and work towards rebuilding solid foundations. It's a place to form friendships and access resources from each other, the church, and the community. Every 1st & 3rd Saturday 9:30-11:30 a.m. in the YL. New members are always welcome.

Women's Coffee Fellowship: These gatherings are held on the 2nd and 4th Saturday of each month. This is a casual time of fellowship/conversation that takes place in the lower lobby from 8:30-10:00 a.m. Bring your own coffee, tea, hot chocolate, or H2O.

Sunday Morning Bible Study: Bible teacher Terry Harwood has been teaching the Bible since 1974. He invites adults to join a Bible study class every Sunday morning at 9:00 a.m. in the Gathering Room. They are studying 1 & 2 Kings, and all you need to bring is your Bible, pen, and paper. It's a great time in God's Word and also warm fellowship with your church family.

Lost and Found: Church family! The CBC Lost and Found is overflowing with your misplaced items including coats, hats, books, and misc. The church lost and found is located in the basement on the northside near the elevator.

Easter Breakfast Dishes: Thank you for sharing delicious treats with your church family on Easter morning! You may need to visit the kitchen to pick up your dishes, which are sparkling clean thanks to the ministry teams! Forgotten dishes will be donated to charity, so please pick up dishes today after church.

— Needs Giving —

The first Sunday of the month is designated for special needs giving. Offerings for this purpose are used for benevolence requests from within our congregation as well as from the community and through CBC-supported redemptive compassion local ministry, Love in the Name of Christ (Love INC). If the Spirit leads you to give to the needs fund, please write "NEEDS" on a white offering envelope and place your gift in one of the offering boxes located in the back of the Worship Center. Thank you!





MAN CAMP AT SHOSHONE

May 17-19, 2024

Don't miss out on this incredible time of food, fellowship, and outdoor fun. Adventures include:

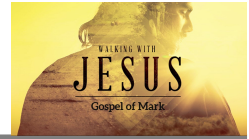
- Supervised on-camp shooting sports
- Mountain biking (bring your own bike)
- ATV/dirt bike/ORV motorsports (bring your own off-road vehicle). Must complete and bring the Off-Road Vehicle Release form.
- Hiking/ Fishing
- Shoshone's Rock Wall and Giant's Ladder
- Register: www.lutherhaven.com/event/man-camp/

Scan the QR code to learn more about cost, directions, speaker, accommodations, etc.



Significant Lessons from a Fig Tree

Pastor Kurt Staeuble Sunday AM April 7, 2024



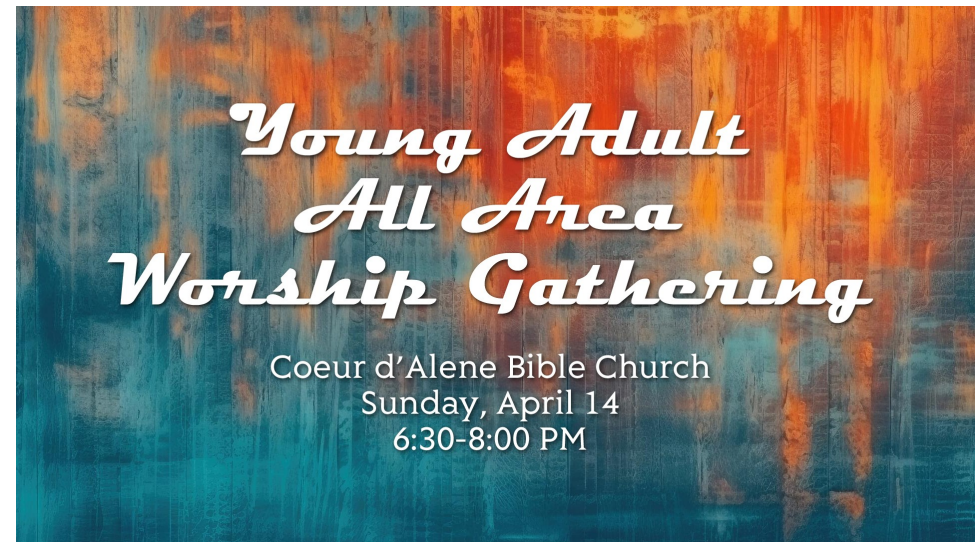
Mark 11:11-25

Message Notes:

- The Jewish religious system was spiritually b_____, keeping people from experiencing real r_____ with God.
- All the commerce taking place at the temple was set up to fill the c_____ of the temple and line the p_____ of the religious leaders.
- At the heart of following God is the presence and practice of f_____.
- We must seek to pray with our h_____ r_____ in order.

Message Review Questions

- Read Mark 11:11. Why did Jesus “look around at everything” in the temple?
- Read Mark 11:12-14. Why did Jesus “curse” the fig tree? Did He just lose His temper? Was there deeper meaning or a deeper lesson? What does the Bible say about believers, trees, and fruit? What is the definition of ‘fruitfulness’ in regard to a Christian? A church? A Christian denomination/organization?
- Read Mark 11:15-19. What drove Jesus to take such drastic actions? What does this teach us about His expectations for worship? How did the chief priests and scribes react? Why do you think they defended this practice instead of condemning it? The Court of the Gentiles had become crowded with sellers, buyers, and moneychangers. What types of things crowd out our hearts, making it hard to worship and pray?
- Read Mark 11:20-25. What does Jesus teach about faith in verses 22-23? What does Jesus teach about prayer in verses 23-24? Why do you think Jesus uses the example of a ‘mountain’ being moved? Might there have been some geographical and/or cultural reasons for that specific hyperbole? What are they? What does Jesus teach about forgiveness in verse 25?



ALL AREA YOUNG ADULT PRAYER + WORSHIP GATHERING

WHO: Any young adult is invited. This may mean you’re single, dating, or married. You may be just out of high school, in a career, or anywhere in between. We like to say “20-somethings,” give or take a couple of years on either end of 20.

WHAT: CDA Bible will join other like-minded churches to praise God and pray for his movement in our lives and city. We are excited to fellowship and get to know other young adults in our community.

Much of our time will be spent praising and worshipping God in song and in personal reflective prayer before God. We will read and meditate on Scripture, and we’ll also leave room for a time to pray for anything else the Spirit may lead us into while we are together.

WHEN: Sunday, April 14, from 6:30-8:00 PM

WHERE: CDA Bible Church Prayer Room
(Enter on the west sidewalk off 4th Street).

HOW: Bring yourself; the good, the bad, and the hidden. God desires to meet with you, speak to you, and draw you close to himself.

Invite your friends!
We’ll have some refreshments on hand, too.



July 28-Aug 2

**Youth Group MissionCDA:
July 28-August 2**

This summer the youth will be going on a mission in Coeur d'Alene. We will be partnering with local ministries in the area to serve, learn, talk about, and build relationships with people right here in the local community. We are seeking to learn about and experience what it is like to follow and imitate Jesus in slightly different ways each day. While, of course, we will

also enjoy fun summer activities together during this week, our prayer is that through a week of simple, practical engagement with living out our faith, God will move in all our hearts and lives to change us to be more like Jesus. Middle and High School students are welcome to sign-up.

Pricing is TBD as we look for host homes or large VRBOs in the area to use as our meeting and sleeping locations. If you have access to a large house in the area that you'd be interested in hosting youth for the week, please email Hannah or Robbie (harmelink@cdabible.org).



**Scan the QR code to view
our video all about CBC Youth
MissionCDA!**

