



Love, Connect and Serve on the Journey with Christ

connect with us...

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sundays at 8:15, 9:45, 11:15 am

november 6, 2016

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Welcome

WE'RE SO GLAD YOU'RE HERE! Thanks for joining us today! We don't want to miss the opportunity of connecting with you. So, whether you are visiting for the first time or are a regular attendee please take a moment to fill out the *Blue Connection Card* in the seat pocket in front of you. You may return it to the seat pocket or place it in the box on the back table.

If you would like to give toward the ministries of Crossroads Church, please place your gift in one of the Tithes and Offerings Boxes located at each Worship Center exit.

Looking for more information? If you'd like to learn more about something you heard during Crossroads announcements regarding upcoming events or the ministries at Crossroads, please visit our Welcome Center Kiosk located in the Connection Area or visit our website at www.crossroadsefc.com.

We wanted you to know that...

- Assisted hearing devices are available during our services at the Welcome Kiosk.
- Binders with printed lyrics are available on the back tables in the Worship Center.
- Once a worship service has begun, we ask that all entering and exiting the Worship Center use the east or west doors (not the center, please).

faith community nursing

November is Diabetes Awareness Month. One in eleven Americans have diabetes — that's more than twenty-nine million people. And another eighty-six million adults in the United States are at high risk of developing diabetes mellitus type 2.

Here are just a few ideas to bring about awareness:

Encourage people to make small changes, like taking the stairs instead of the elevator.

Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask their provider about their diabetes risk.

Ask doctors/providers and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk.

To help prevent type 2 diabetes:

Watch your weight, Eat healthy, & Get more physical activity

3 John 1:2 "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God."

announcements

- **Shoe Box Starter Kits are here!** What is a shoe box starter kit you ask? Well, a shoe box starter kit is exactly what it sounds like....the beginnings of a shoe box that has been started for you! Each starter kit will contain a minimum of 3 items (sometimes more!) along with a list of other items that need be purchased in order to complete a shoe box. You can pick up a starter kit at the Operation Christmas Child Table in the foyer and drop it back off at the same table all filled up and ready to ship by November 20th (that's the LAST DAY...don't be late!!) Stop by the table today and pick one up!!!
- **Friday, November 11 is Veteran's Day.** Be sure to express your gratitude to those who have served to protect our freedoms! Thank you, Veterans!!
- **Thank you** to everyone who expressed appreciation to our staff during the month of October! We're grateful for the opportunity to serve with such a wonderful church family!
- **Dive Student Ministry has two great opportunities coming up for students!** Feed the Fire Youth Conference is November 12th at First Baptist Church in Elkhart and only costs \$10! SpringHill Winter Camp is coming up January 20-22, 2017. The deadline to register for SpringHill is November 13th. For more info, registration details, and more talk to Pastor Rich, stop by the youth bulletin board in to foyer, or visit the Dive Student Ministry Facebook page!
- **Help Fight Hunger in Marshall County** by donating food items to the Marshall County Neighborhood Center. Donation items for the month of November are stuffing and boxed mashed potatoes. Please drop off your items at the Help Fight Hunger display in the Connection Area. Everything given counts! Did you know...the Center feeds over 300 families a month!
- **Parent of a teen?** Are you connected to the Dive Student Ministry email or text group? You should be! Text "@divepar" to 81010 to join Dive Parent Text for updates, reminders, newsletters, and more! To be part of the Parent Email List, email Pastor Rich rgamble@crossroads-efc.org and ask to join!

culver interest meeting

Plan to join us at the Culver Interest Meeting on Thursday, November 17th. It will be held at the Culver Railroad Depot in downtown Culver beginning at 7:00 pm. The meeting is for anyone interested in helping with the Culver Ministry. This will be a night of conversation, hearing about our vision for the ministry, and an opportunity for questions and answers!

town hall meetings

The budget season is well under way. Printed budgets are available on the information kiosk today. There is one more Town Hall Meeting available to attend to address any questions you may have: today during the third service in room #105.