

# Let us get to know you!

Name \_\_\_\_\_  
 m  f  
 Home Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Birthdate \_\_\_\_\_  
 Marital status  single  married  \_\_\_\_\_  
 Spouse \_\_\_\_\_  
 Spouse Cell Phone \_\_\_\_\_  
 Spouse Email \_\_\_\_\_  
 Birthdate \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_

**New info, please update.**

**I am a:**  New visitor  
 Returning visitor  
 Regular attender/member

### How did you hear about Westwood?

- Friend/Neighbor/Relative  Newspaper Ad  
 Website/Social Media

### I'd like more information about:

- |   |   |
|---|---|
| <input type="checkbox"/> Saying YES to Christ                     | <input type="checkbox"/> Single Adults 30+ Ministry                 |
| <input type="checkbox"/> Children's Programs (Birth-5 Grade)      | <input type="checkbox"/> Adults 60+ Ministry                        |
| <input type="checkbox"/> Child Dedication                         | <input type="checkbox"/> Women's Ministry                           |
| <input type="checkbox"/> Student Programs (6-12 Grade)            | <input type="checkbox"/> Men's Ministry                             |
| <input type="checkbox"/> Programs for special needs kids/students | <input type="checkbox"/> Worship Arts Ministry                      |
| <input type="checkbox"/> Joining a Small Group                    | <input type="checkbox"/> Outreach/Missions Ministry                 |
| <input type="checkbox"/> Joining a Support Group                  | <input type="checkbox"/> Wellspring Ministry/Leadership Development |
| <input type="checkbox"/> One-to-One Mentoring                     | <input type="checkbox"/> Online Giving                              |
| <input type="checkbox"/> Becoming a member at Westwood            | <input type="checkbox"/> Receiving the E-newsletter                 |
| <input type="checkbox"/> Baptism                                  | <input type="checkbox"/> Serving in:                                |
| <input type="checkbox"/> Young Adults Ministry                    |   |

Please place this card in the offering.

## Children

Our Pre-K, K's and 1st graders are focusing this summer on serving families, friends, neighbors, communities & Jesus! Along with the curriculum, children will participate in a neighborhood litter pick-up project, community food drive and clothing drive. Children are learning to love God with all their heart, soul, mind and strength!

**Aug 16-17:** Summer SLAM (grade 5)  
 8:30am Friday to 8:30am Saturday  
 Cost: \$25. \*Register online.

## Students

On Friday, nine middle school students and two leaders returned from serving in Green Bay. This weekend 25 high school students leave to serve; 19 in Chicago, and four in Minneapolis. They all will work with children and serve at soup kitchens, food shelves, care centers and thrift stores.

**Aug 7:** Rockin' the Wagon (grades 6-8)  
 Drop-off (6:00pm) and pick-up (9:30pm) at Westwood. Cost: \$15. \*Register online.

## Adults

**Pick up our monthly publication, Volume One, for more of what's coming up.**

**AUG 13: Christian Family Program** Tuesdays, Aug 13-Oct 15, 6:30-8:30pm, Room A112  
 Research supports that, for every individual addicted, four individuals are adversely affected by that person's behavior. The Christian Family Program is a 10-week (2-hour sessions) course designed to educate, inform, and support one another in the principles and practices helpful in recovering from the effects of being in relationship with a person in active addiction. Each session includes a talk, Bible study, discussion, and homework. Presenter: Brad Herman, Licensed Addiction Counselor. \*Register online. Cost: \$100 INFO: Joyce, 952.224.7322

**AUG 15: Living the Life class** Thursday evening, 6:30-8:00pm, Room B100  
*Living the Life* is a workshop for anyone who has, or is currently experiencing anxiety, depression, fear or stress. Discussion will be based on the causes, symptoms and treatments that have proven effective, including the latest research. Important strategies for management and healing will be presented. \*Register online. INFO: Barbara Mackintosh, 612.618.2205

**AUG 15 & 22: Membership Seminar** Thursdays, 7:00-9:00pm  
 If you are ready to step into membership at Westwood, please join us. During each session, participants will learn about the values, mission and beliefs of Westwood in this essential step toward membership. \*Register online. INFO: Sabrina Downey, 952.224.7314, [sabrina.downey@westwoodcc.org](mailto:sabrina.downey@westwoodcc.org)

**Your check donation** authorizes Westwood Community Church to electronically process (deposit) your contribution.

**If you have a medical emergency while here,** please inform an usher and the Medical Support Team will be contacted.

\*[www.westwoodcc.org/links](http://www.westwoodcc.org/links)



3121 Westwood Drive, Excelsior, MN 55331  
 952.224.7300 • [www.westwoodcc.org](http://www.westwoodcc.org)  
[www.facebook.com/westwoodchurch](http://www.facebook.com/westwoodchurch)

Weekend of July 20 & 21

## MORNING Services

Sundays 8:30, 9:45, 11:05am

### Worship in Singing

Pastor Mark Nelson  
 "Tis So Sweet to Trust in Jesus"  
 "My Hope is in You"  
 "You Never Let Go"

### Welcome

Pastor Dave Trautmann

### Worship in Giving

"The Greatness of Our God"  
 Karen Bjorlin, Mike Gearman  
 and Elizabeth Nelson

### Message

"Worry and Anxiety"  
 Pastor Brian Suter

### FaithStory

Cindy Cole Nelson

## ELEMENTS Services

Saturdays and Sundays 5:00pm

### Music

Ben Rosenbush and  
 the ELEMENTS Band

### Community News

Rebecca Petersen (Saturday)  
 Josh Miller (Sunday)

### Message

"Worry and Anxiety"  
 Pastor Brian Suter

### Story

Cindy Cole Nelson



the heat is on

weathering  
 everyday  
 problems  
 (temptation)

## Welcome to Westwood!

### We're glad you are worshipping here today!

Stay for coffee and conversation afterwards (the coffee is on us for first-time visitors). Visit the Welcome Center near the main entrance where your questions will be answered and you will be given a free coffee voucher!



**Getting Acquainted:** Newer to Westwood? Join us the third Sunday of the month for a casual gathering. Over light refreshments you'll meet staff, ministry leaders and others new to Westwood. **Getting Acquainted is this Sunday, July 21, at 9:45am in the Prairie Room!** Children's programming (birth–grade 5) is available. \*Register online.



**Praying for each other:** We'd love to support you in prayer at the end of the service. In the morning, the Prayer Team members are at the front of the Worship Center; at the ELEMENTS services a prayer station is located inside the right entrance of the Worship Center. You are also welcome to use this area as a place of personal prayer.



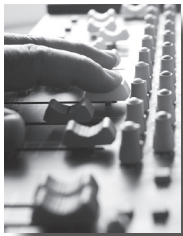
**Online community:** We'll email you a weekly newsletter—just let us know of your interest on the response card. Connect with others on **The Table** ([westwoodcc.org/table](http://westwoodcc.org/table)). Download our App (search “Westwood Community Church” in your App store) to access Westwood messages and content on your phone or tablet.



### Volume One: Your one spot for all the July happenings

Stay connected by picking up a Volume One at the exit doors. Westwood's many ministry teams are listed alphabetically, and it includes all July events. Take a look at some new photos, including bios on our summer associates and interns.

View a colorful version online at [www.westwoodcc.org](http://www.westwoodcc.org).



### Calling all camera operators, video directors and more!

Over the summer months Westwood is making a significant investment in updating equipment to, this fall, begin projecting the speaker on the Worship Center screens at all services. This will prepare us for multi-venue and multi-site worship in the future. We are looking for experienced (or willing to be trained) camera operators & video directors to join our volunteer team.

INFO: Andrew Gustafson, [andrew.gustafson@westwoodcc.org](mailto:andrew.gustafson@westwoodcc.org)

## Life Events

**Employment Openings:** Student Ministry Associate (grade 9) and multiple openings for Childcare Room Leaders. View job description and apply online at [www.westwoodcc.org/employment](http://www.westwoodcc.org/employment).

## Today's Message

## Worry and Anxiety

Pastor Brian Suter

*Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?*

*And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow thrown into the fire, will he not much more clothe you – you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

Matthew 6:25-34

### The impact of worry

### The reminders of Scripture

### How can we partner with God to battle worry?

## Info Card

July 20 & 21

Here is my:

- Comment    Prayer request for:
- Prayer Team
  - Pastoral Staff only

*Include name and contact information for follow-up by ministry staff*

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The Table is another great place to post a prayer need and to pray for others in our community. Join The Table at [www.westwoodcc.org/table](http://www.westwoodcc.org/table).