

**Global Missions: Vision Trip to Peru**

Free Wheelchair Mission provides wheelchairs to the impoverished disabled around the world, sharing the Gospel with each recipient. You will have the opportunity to serve on a wheelchair distribution team and witness lives transformed through the gift of mobility. **Trip dates: September 8-14, 2019 (Approx.)**  
**Registration deadline is May 15.**  
 Contact Kelsi McCormack: [kmccormack@mdpc.org](mailto:kmccormack@mdpc.org)

**Millennials Do Church!**

Meet other 20s & 30s who worship at MDPC by coming upstairs for a taco, cup of coffee, and small groups. We're single and married, we are students and professionals. We don't bite, but we can't promise we are never awkward. We'd love to meet you!  
**10:45-11:00 AM: Tacos & Coffee**  
**11:00 AM-12:00 PM: Bible study/discussion time**  
**Upstairs above Sanctuary Courtyard, Room 219**  
*Questions? Text Christyn Knoop: 281-734-0914*

**Summer MOPS for Moms**

Gather with other Mothers of Preschoolers (MOPS) for coffee, connection, and learning more about the Christian faith. We'll ask lots of questions as we get to know the basics of the Bible together, plus plenty of conversation about how faith can help us in our busy lives today!  
**Alternating Thursdays, May 23-August 15**  
**9:30-11:00 AM | Room 116 | Free childcare!**  
*Register: [summermops.mdpc.org](http://summermops.mdpc.org)*

**Volunteer Opportunity**

MDPC's Clothes Closet needs two volunteers! If you like to sort, organize, and repurpose donations, laugh a lot, and have a lot of fun this vol opp is perfect for you. Also: No meetings, it's a job that you can't do wrong, and it is helping others.

**Wednesday Mornings at MDPC**

Contact Karen Cole: [ksuecole@me.com](mailto:ksuecole@me.com), 713-532-0966

**Sugar, Sugar! Marriage Retreat 2019**

Come spend the weekend with your sweetie! Longtime marriage educators Brett and Kellie Hurst of Home Encouragement lead a fun and intentional getaway

weekend focused on your married life. This special experience includes a comfortable atmosphere, excellent food, a one-on-one date night, and expert teaching.  
**Sept. 28-29 | Sugar Land Marriott | \$220/couple**  
*Register: [marriageretreat.mdpc.org](http://marriageretreat.mdpc.org)*

**C-O-L-L-E-G-E Students!**

Finals are in the rearview mirror and sunshine is ahead. Stay connected to your faith and your church this summer with MDPC's Summer College Bible Study. We'll meet for breakfast, coffee and community every Sunday, starting today!  
**10:45-11:00 AM | Breakfast & Coffee**  
**11:00 AM-12:00 PM | College Bible Study | Rm 217**  
*Questions? Text Trevor Harris: 713-446-8388*

**Women's Dinner & Discussion Bible Study**

Join women in their 20s & 30s for a home-cooked meal, a glass of wine, and discussion as we dig into the Bible. Sarah Stone tells a different Bible story each week, with added historical and cultural context, followed by a conversation about the relevance to our lives. Any stage of faith (including skeptics) welcome!  
**Alternate Tuesday Evenings | The Heights**  
**Upcoming Dates: May 14, 28, June 18**  
*Contact Sarah Stone: 832-605-8129 (text or call)*

**MDPC Ministry Partner Martha's Way**

Martha's Way helps low-income women increase their earning potential by training them to operate their own residential housekeeping businesses. Its innovative curriculum provides basic business skills and residential housecleaning skills to professional standards. *Martha's Way graduates are ready to work! To hire a graduate, contact Ana Tappan: 713-961-3993 x210*

**Host Homes Needed for Counselors**

Families are needed to host college-age counselors for Kanakuk Kampout, providing a place to stay plus breakfast and dinner each day. We also need medical volunteers for the week (CPR and First Aid trained).  
**Host commitment Aug. 3-9, medical vols Aug. 5-9**  
*Contact Alicia Boykin: [aboykin@mdpc.org](mailto:aboykin@mdpc.org), 713-490-9261*

**Today's Chancel Flowers are given by**

John and Susanne Wege, in memory of Esther Wege on Mother's Day.

**This week's Ministry Partner prayer focus:**

**MDPC Food Pantry** provides an important food resource to those in need. The Pantry serves approximately 200 families every Saturday with bagged groceries, produce, and bread. It is considered one of the more generous giving pantries in the Houston area.  
*[fuente.mdpc.org](http://fuente.mdpc.org)*

**The Gathering of Men** brings disciples to maturity in Jesus Christ through outreach and service. The ministry continues to grow by word of mouth as participants bring men in their lives that are important to them. Events range in size from five to 1,000, with attendees coming from all walks of life.  
*[houstongathering.org](http://houstongathering.org)*

**Faith In Practice** works to improve the physical, spiritual, and economic conditions of the poor in Guatemala through short-term surgical, medical, and dental mission trips and health-related education programs. The doctors, nurses, and dentists who volunteer on these missions are called by God to demonstrate the love and compassion that is a sign of His presence among us.  
*[faithinpractice.org](http://faithinpractice.org)*

**The White Rose is in memory of MDPC members**

- Jim Kepner, who passed way April 13, 2019.
- Margaret Smith, who passed away May 5, 2019

**WEEKLY FINANCIAL UPDATE**

at 5/5/19

2019 Annual Budget	\$12,240,000
Actual Income to Date	\$3,461,609
<b>Needed to Meet Budget</b>	<b>\$8,778,391</b>



**MDPC** Loving God. Proclaiming Christ. Living Generously. Engaging All.  
 11612 Memorial Drive | Houston, Texas 77024 | [mdpc.org](http://mdpc.org) | 713-782-1710



Sunday, May 12, 2019

# THE Antidote FOR Anxiety



**Protected • Psalm 23:4**  
 Alf Halvorson preaching

\* Please stand if able.

CCLI # 182374

**8:30 AM BLENDED & 9:45 AM CONTEMPORARY****\*PRAISE & WORSHIP****BAPTISMS (9:45)**

Brooklyn Emilia Beasley, daughter of Robert and Jennifer Beasley  
 Hayes Kilgore, son of Jeffrey and Carli Kilgore  
 Benjamin Ashcroft Miller, son of Andrew and Laura Miller

**\*CONFESSION (prayers.mdpc.org)****MESSAGE****GIFTS OF GRATITUDE+**

+ In the 8:30 Service, *Gifts of Gratitude* precedes the message. Musicians in these services: Meliza Gómez and Michael Middleton, worship leaders; Daniel Amaya, bass; George Heathco, guitar; Daniel Martinez, keys; Asher Pudlo, drums

**11:15 AM TRADITIONAL**

<b>PRELUDE</b>	<i>Petite Suite</i>	Léon Boëllmann (1862-1897)
<b>CHORAL INTROIT</b>	<i>Rise Up, O Men of God</i>	Kenneth Jennings (1925-2015)
<b>*HYMN OF PRAISE</b>	<i>The Church's One Foundation</i>	#442; Vs. 1, 5   AURELIA
<b>*PRAYER OF CONFESSION AND ASSURANCE</b>		
<b>BAPTISMS</b>		
Brittney Carter Stockard Catherine James Stockard, daughter of Travis and Brittney Stockard		
<b>ANTHEM</b>	<i>Omnia Sol (Everywhere Light)</i>	Z. Randall Stroope (b. 1953)
<b>OFFERTORY</b>	<i>Leaning on the Everlasting Arms</i>	arr. Russell Robinson (b. 1948)
<b>MESSAGE</b>	<b>The Antidote for Anxiety: Protected</b>	Alf Halvorson
<b>*HYMN OF RESPONSE</b>	<i>I Love Thy Kingdom, Lord</i>	#441; Vs. 1, 3, 5   ST. THOMAS
<b>POSTLUDE</b>	<i>Prelude in F Major</i>	Dietrich Buxtehude (1637-1707)


Musicians in this service: Charles Hausmann, conductor; Kathryn White, organ/piano; Sanctuary Choir

**We Cry Out**

Without prayer, we feel any goal MDPC sets is a fruitless endeavor. It is up to us, God's people, to pray for the Holy Spirit to move! We need your help in raising a specific petition to God. Learn more at [WECRYOUT.MDPC.ORG](http://WECRYOUT.MDPC.ORG).

**SATURDAY, JUNE 8**  
**6:00 AM-9:00 PM • CHAPEL**






**HUNGER INITIATIVE**

Help provide healthy food to students who would otherwise go hungry on weekends. We'll ride the bus from MDPC (meet at 8:00), spend a few hours volunteering at Houston Food Bank, and return by noon.

**Monday, May 13 • 8:00 AM-Noon**

Learn more and sign up to serve: [hfb.mdpc.org](http://hfb.mdpc.org)



## June Canned Food Drive

to benefit East Spring Branch Food Pantry

Summer donations are critical for Spring Branch students who will be without the benefit of school food programs.

**Items Needed (cans, please):**  
Soup, Fruit, Diced Tomatoes, Tomato Sauce, Chicken, Tuna

**Collection dates:**  
Sundays, June 2, 9, & 16






## Savvy CAREGIVER COURSE

**Are you caring for someone with memory issues?**


Are you concerned about what lies ahead and how to manage? To learn more about dementia/Alzheimer's and how to have a better quality of life with your loved one, join us for this free course.

**Weds, May 22-June 26 • 9:30-11:30 AM • Summit Room**

Contact Sharon Cantrell for details and to register:  
[scantrell@amazingplacehouston.org](mailto:scantrell@amazingplacehouston.org), 713-440-8177

Taught by our friends from Amazing Place





## Temptation, Tragedy, and Triumph


C.S. Lewis' *The Screwtape Letters*

**Wednesdays through May 15 | 6:30-7:30 PM | Summit Room**

Lewis scholar Dr. Clay Brown unpacks this timeless classic. As a senior demon mentors a junior demon in the best ways to lead his "patient" into the clutches of Hell, our own struggles, challenges, and joys receive fresh light and wisdom. Purchase and read the book outside of class.

Learn more: [lewis.mdpc.org](http://lewis.mdpc.org)

## Summer MOPS




**Free childcare!**  
Sign up your child when you register.

Gather with other Mothers of Preschoolers (MOPS) for coffee, connection, and learning more about the Christian faith.

**Alternating Thursdays, May 23-August 15**  
9:30-11:00 AM • Chapel Bride's Room

Register: [summermops.mdpc.org](http://summermops.mdpc.org)



**MDPC YOUTH WANTS YOU!**

## WE NEED VOLUNTEERS!

Just showing up and handing out donuts can make a difference.

Learn more & get involved:  
[YOUTH.MDPC.ORG](http://YOUTH.MDPC.ORG)

- MISSION TRIP CHAPERONE
- SODA BAR WELCOMER
- CONFIRMATION LEADER
- VAN DRIVER
- DONUT PICKER UPPER
- & LOTS MORE!

Questions? Contact Laura Miller: [lmiller@mdpc.org](mailto:lmiller@mdpc.org)



## Married Life Prep

A fun, free, four-week Marriage Course

Engaged couples and those married 5 years or fewer are encouraged to come!

**Sundays, July 7-28 • 10:00 AM-Noon**

To register or learn more: [mlp.mdpc.org](http://mlp.mdpc.org)


Questions? Contact:  
Anna Vickers, [avickers@mdpc.org](mailto:avickers@mdpc.org)




## Visit MDPC's Community Art Gallery

MDPC and Houston-area artists recently had the opportunity to participate in a five-day intensive workshop, held here at MDPC, led by internationally acclaimed artist Huihan Liu. May's Community Art Gallery exhibit features paintings composed and completed by the attendees.

View the exhibit between MC 122 & The Nook.



## Donate Blood

Your donation can save the lives of up to 3 patients!

**Blood Drive Sunday: May 19**  
8:00 AM-2:00 PM | Fellowship Hall

Walk-ins are welcome, but pre-registering helps the Blood Center send enough techs to keep waits short: [giveblood.org](http://giveblood.org)

**Save Lives**





## DISCOVER MDPC

**Sunday, June 2**  
10:45-11:10 AM  
The Nook  
[membership.mdpc.org](http://membership.mdpc.org)

Join Pastor Dave for a casual conversation about MDPC and its ministries. No commitment required! It's an engaging opportunity to learn about this church and explore what it means to be part of our faith community.

**Discover MDPC** is a great first step to see if the June 7-8 **NEW MEMBER CLASS** is right for you! Details: [membership.mdpc.org](http://membership.mdpc.org)



# *The Many Stages of Mothering*

To those who gave birth this year - *we celebrate with you.*

To those who are pregnant with new life, both expected and surprising - *we anticipate with you.*

To those who have lost a child - *we mourn with you.*

To those who are in the trenches with little ones every day and wear the badge of food stains - *we appreciate you.*

To those who experienced loss through miscarriage, failed adoptions, or abortion - *we remember them and you on this day.*

To those who placed children up for adoption - *we commend you for your selflessness and remember how you hold that child in your heart.*

To those who walk the hard path of infertility, fraught with pokes, prods, tears, and disappointment - *we walk with you.* Forgive us when we make things harder for you.

To those who are foster moms, mentor moms, and spiritual moms - *we need you.*

To those who have warm and close relationships with your children - *we celebrate with you.*

To those who have disappointment, heart ache, and distance with your children - *we sit with you.*

To those who have lost their mothers - *we grieve with you.*

To those who experienced a pain-filled relationship with your own mother - *we acknowledge your experience.*

To those who lived through driving tests, medical tests, and the overall testing of motherhood - *we are better for having you in our midst.*

To those who are single and long to be married and mothering their own children - *we pray with you as you wait for the life that you long for.*

To those who will have emptier nests in the upcoming year - *we grieve and rejoice with you.*

To those who step-parent - *we walk with you on these complex paths.*

To those who envisioned lavishing love on grandchildren, yet that dream is not to be - *we grieve with you.*

This Mother's Day, we walk with you. Mothering is not for the faint of heart and we have real warriors in our midst. *We remember you.*

## **We Have a Gift for You!**

Ladies, as a celebration of you, we have created **need-specific encouragement cards** that we hope will speak to you wherever you are on your mothering journey. Pick up as many cards as are appropriate for your individual needs at this time in your life. For the cards and also a **complimentary flower**, please stop by the Mother's Table in the Chapel Hallway or Sanctuary Breezeway this morning.



**We  
Love  
Mom**

# THE Antidote FOR Anxiety

PSALM 23

PROTECTED • Psalm 23:4

Alf Halvorson preaching

This is the third in our post-Easter sermon series on anxiety and fear.

After focusing last week on the necessity of rest and taking a Sabbath (one out of every seven days), verse four moves our attention to the challenges that we face physically emotionally and spiritually as we walk through life.

1. Read all of Ps. 23 again, then read verse 4 a second time. Do you notice anything grammatically? Why would King David switch in this verse and the following verses from the third-person references for God in verses one and two to the second person (from “He/His” to “You”)? What, in regard to intimacy and trust, does this convey? Do you refer to God in prayer or conversation that personally?
2. The NRSV uses the phrase “walk through the darkest valley,” and the KJV uses the words, “walk through the valley of the shadow of death.” Literally, the Hebrew is “walk through *deep darkness*.” The given is that we will as human beings walk through dark places and times. What does that do to the “Prosperity Gospel” folks who suggest that if you follow Jesus you will be healthy, wealthy, and wise?
3. I mentioned in my sermon some crucial things to remember in Dark Valleys, according to Scripture. I contended that, for the most part, valleys are inevitable, unforeseeable, impartial, temporary, and (can be) purposeful. Discuss how that has been true or seemingly untrue for you.
4. According to the text, why does David not need to fear? How does knowing that God is with him change everything? After my explanation of the use of the rod and staff by a shepherd at that time in history, how might God’s rod and staff work in your life today? Share parallel examples.
5. Why would a rod and staff comfort him? What happens to animals or children (or people in general) if they do not have a rod and a staff in their lives? Why or how might a rod and a staff comfort you at this stage in your life?
6. Overall, what do you think antidote #3 is from verse 4 of Psalm 23? Have you incorporated the previous two antidotes into your day and life—God as the Good Shepherd, and rest? How will you add this third one, which I would describe as “the realization that, as a believer, God is with you; and God’s presence and provisions can give you confidence to face whatever valley is right around the corner”? Do not face troubles without facing God!

