



Lighthouse of Iowa

Keeping in touch with Iowa's Churches of Christ

May 2021

Minimum Daily Requirement (MDR)

Jay Graham

The phrase “minimum daily requirement” is a method of the health community measuring whatever amount of nutrients our bodies need to survive. It often refers to the smallest amount of sugar, calories, vitamins, etc. that our bodies need to ingest in order to be healthy.

As I was considering the MDR list on a package of food recently I considered what our MDR to be a Christian was. I compared what I believe to be the minimum amount to what many in the religious community might consider the barest minimum to be a Christian was.

What would you say was the minimum that most religious people might consider essential? Perhaps it would include attending a religious service once a week, praying at meals, doing a good deed, and not committing a “really bad sin”.

As I considered the question, I came to the conclusion that there is a minimum daily requirement in order to be a Christian, but it might surprise you. What does one do to achieve this goal?

How many times would they attend the meeting of the saints? How much Bible would they read and study? How many good works should they perform? How many times should they resist sin? These questions are truly absurd, for what

does God expect from us? He expects everything!

Romans 12:1 sums up what I believe the minimum daily requirement to be a Christian is: God desires a “living sacrifice”. He expects nothing more, for what more can we give, and certainly nothing less.

He does not want our time, money, or vehicles. He wants our lives. If He has our lives, He has everything that we have in this life including our time, money, vehicles, etc. He has everything that we are stewards of.

Unfortunately, it is human nature for us to seek out the least possible way to achieve a goal, even a goal as vital as eternal life. Consider how often we seek the least possible allowance to accommodate a law of the land or sometimes the minimum daily requirement to please an employer.

Consider the popular notion of attempting to step as close to sin as possible without stepping over the line. How many times has this lie of Satan trapped unsuspecting Christians?

The point is that when we seek out the minimum daily requirement for being a Christian we are truly seeking out damnation, for it is as if we want to give God only what He asks and keep the rest to ourselves.

Consider some various passages and ask yourself-- “What is God demanding of me? Is He demanding part of my life or all of my life?”

How can I consider these verses in the light of a minimum requirement in order to please God?”

☆ *Romans 12:1-2 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

☆ *Matthew 16:24-25 Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it."*

☆ *Luke 16:13 No servant can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.*

☆ *Phil. 4:8-9 Finally, brethren, whatever things are true,*

*whatever things are noble,
whatever things are just,
whatever things are pure,
whatever things are lovely,
whatever things are of good
report, if there is any virtue and
if there is anything
praiseworthy—meditate on
these things. The things which
you learned and received and
heard and saw in me, these do,*

*and the God of peace will be
with you.*

Let us not worry about the least we must do to serve and please our Lord. Let us keep the “MDR” philosophy on cereal boxes and not attempt to apply it to living the life of a Christian. Let us endeavor to give Him our entire lives to His service, for in so doing, we will

give Him the one thing that He asks and wants—*“a living sacrifice, holy, acceptable to God, which is your reasonable service.”*

We should not be interested in how little we can give Him but in how much.



Chariton

Meeting times: Sundays: 10:00 a.m. (no evening services)

Location: Call for information.

For information call: Albert Schreck (641) 535-2381 or Brian Schreck (641) 203-2137

“No news this month.”



May Birthdays

★ None

May Anniversaries

★ None

Dean Avenue

Meeting times: Sundays: 9:30 a.m. & 6:00 p.m. • Wednesdays: 7:00 p.m.

Location: 2907 Dean Ave., Des Moines, Iowa / P.O. Box 57398, Pleasant Hill, IA 50327

For information call: John McNeece (515) 263-9428

- Yvonne Coe has congestive heart failure and is being cared for by hospice at Trinity Center At Luther Park.
- John McNeece’s brother, Laverne McNeece, passed away. John and Donna attended his funeral in Kansas City, MO.
- Bill and Shirley McNeece celebrated their anniversary in Branson, MO.
- Visitors: Candy Meek, Piper Whitlatch, Cam Quijano, Chloe Prenosil, Shawn Head, Ruth Sharp, Brita, Charlie and Maverick Head.
Ill: Mary and Emily Dobberke, Don and Cathy Meek, Jim and Candy Meek.



May Birthdays

- ★ 20 Emily Dobberke
- ★ 26 Linda Head
- ★ May Anniversaries:
- ★ 15 John & Jessica Chapman

May Anniversaries

- None

Fairview

Meeting times: Sundays: 10:00 a.m. ♦ Wednesdays: 7:00 p.m.
Location: 1001 S. 22nd St, Clarinda, Iowa 51632
For information call: Richard Negley (712)542-3728 or Marvin Negley (712)542-2792

- “Rather a quiet month.”



May Birthdays

- ★ 29 Becky McCoy

May Anniversary

- None

Martensdale

Meeting Times: Sundays: 10:00 a.m. & 1:00 p.m. ♦ Wednesdays: 7:00 p.m.
Location: 10985 44th Lane, Prole, Iowa (1.5 miles east of Martensdale, IA on Hwy. 92)
Website: Martensdalechurchofchrist.org
For information call: Duane Proudfit (515) 961-4470 or Mike Penick (515) 681-0279

- Marlene Bown fell and cut her arm. Please continue to remember her in your prayers.
- Tad & Joanna Morris and kids worshipped with us while they were visiting Rodney and Alena Ingle.
- Stephanie Stevens and kids attended worship services while visiting family.
- Jordan Bown and Evan Haas worshipped with us while visiting family.
- Cheyenne Gardner (Tom & Dianne Collier’s youngest daughter) and newborn granddaughter Galla worshipped with us while visiting from Montana.

May Birthdays

- ★ 6 – Theron Ingle
- ★ 14 – Jenna Wheeler
- ★ 27 – Allen Bown

May Anniversaries

- ★ Rodney & Alena Ingle – May 9, 2009
- ★ Drew & Courtney Tegtmeyer – May 21, 2011

Pleasant Hill

Meeting Times: Sundays: 9:30 a.m. ♦ Wednesdays: 6:30 p.m.
Listen from your car at FM station 100.9
Location: 5091 E. University, Pleasant Hill, Iowa
Website: pleasanthillchurchofchrist.org
Contacts: Mike Warner 515-967-4529 / Marty Williamson 515-556-2394 / Marc Hermon 515- 554-3567

Praise & Prayers:

- Bud Fillman ~ Hallelujah! came home on April 22nd after a month of rehabilitation in the hospital after suffering a stroke. He is doing well and very happy to be home! Thank you for your many prayers and encouragement to both Bud and his daughter Brenda Bohall.

- Tom Brady ~ has started hemodialysis. It is a fairly exhausting procedure. Please continue prayers and send cards of encouragement to both he and Fred.
- Tom Pritchard (Dan’s father) ~ is getting along well recovering from surgery (removal of some tumors in his bladder). He has an appointment in Iowa City in a few weeks to discuss other treatment options. Please continue to pray for Tom and his family. If you would

like to send a card of encouragement his address is:
P.O. Box 64, Callender, IA 50523.

- Jay Graham blessed our congregation the weekend of April 17-18, speaking to us on Saturday evening as well as Sunday morning. He reminded us of how blessed we are to be a part of Christ's Kingdom. If you were unable to attend, we encourage you to listen to the recordings (located on our Pleasant Hill CofC website).

Upcoming Meetings:

- ITBS ~ Lord willing, plans are to meet on May 22, at 4:00 p.m., at Destry & Charity Klein's home. Please bring your Bible and a dessert to share.
- Diamond & Dominique Blackman would like a ride to and from Iowa City to Des Moines area so they can attend ITBS meetings; one person or couple of people to share coming and going. Let Marc or Ginger Hermon know if you are able to do so.
- VBS with Wade Stanley ~ scheduled for week of June 20-25. The children will be studying, "God's Builders" and the adults will be studying, "Lord, Build Your Kingdom."

- Visitors this past month: Justin Brown has been a regular visitor this past month and we are encouraged by his attendance! Other visitors were Lacy Davenport, and Brittney Dowdy (from Vandalia Church of Christ).



May Birthdays

- ★ 2 - Fred Brady
- ★ 10 - Lisa Williamson
- ★ 16 - Ava Brady
- ★ 18 - Isaac & Marcus Needham
- ★ 19 - Alivia Pritchard
- ★ 20 - Nora Lee Ingle
- ★ 27 - Maisie Pritchard
- ★ 27 - Kinnick Ingle
- ★ 29 - Shirley Warner

May Anniversaries

- ★ 5 - Dan & Amy Pritchard
- ★ 22 - Tom & Fred Brady
- ★ 25 - Steve & Nancy Brady

Vandalia

Meeting Times: Sundays: 9:30 a.m.

No Sunday evening or Wednesday evening services until further notice

Location: 2.5 miles east of Runnells, Iowa on F70, then 1 mile north on 131st St.

For information call: Greg Ingle (515) 994-2824 or Charles Ingle (515) 966-2537

Website: <https://vandaliacoc.com>

*** ANNUAL JUNE MEETING ***

The weekend of June 12-13.

Saturday 3:30pm. Services followed by a meal and recreation and/or fellowship.

Sunday 9:30am. Services followed by a meal, and then an afternoon service at **2:00pm.**

*A flyer with the schedule
will be sent out to congregations soon.*

- **For more information**, such as housing contacts and the list of who is speaking, please visit our website at www.vandaliacoc.com.

- We would also appreciate if those planning on attending could **please RSVP** on our website, so we can get an idea how many people will be attending, to help us get an estimate for food preparations.
- We hope to see you all there for a weekend of spiritual edification and uplifting fellowship!



May Anniversaries

- None

May Birthdays

- None

Copies of the *Lighthouse of Iowa* can be found at the following two Church websites:

Vandalia Church of Christ: <https://vandaliacoc.com/lighthouse-of-iowa.html>

Pleasant Hill Church of Christ: <http://www.pleasanthillchurchofchrist.org/library.php>

(select *Iowa Lighthouse* under the Library tab)

God Sent a Great Flood Maze

Find a way for the animals from each of the four corners to get to Noah's Ark.

