

# Rev. Mark Tegtmeier

It's hard to image summer in Wisconsin without a BBQ party and a spread of delicious food. Out of His creative goodness, God has given us taste buds so that we can enjoy many types of textures and tastes of foods that are sweet, sour, bitter, or salty. But like any of God's good gifts, we can turn food into an idol that can dominate us and become the center focus of our lives. Fasting is a way to reset our taste buds—to learn what it means to "taste and see that the Lord is good..." (Ps. 34:8 NIV). If you feel your appetite for food is stronger than your appetite for God, maybe it's time to consider fasting from a meal and use that time to pray and "feast" on the promises and truths of God's word. Your heart won't go away hungry!

### **NOTES**

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# **SUPPORT GROUPS**

At AAC we offer a variety of support groups to assist our members through various life stages and changes.
These include Celebrate Recovery, DivorceCare, GriefShare, Men of Integrity, and Overcoming Relationship Dependency (for women).

For more information on Support Groups, visit aachur.ch/supt16

# XCEL SPORTS Celebrating 5 Years!

Saturday, Sept. 9 | 11:00 a.m.-2:00 p.m.

You're invited to the Xcel Sportsplex for a 5-year anniversary celebration! Enjoy free admission, food, bubbleball, dunk tank, yard games, and lots of fun!

#### 2017 Fall Season

Fall leagues, sports, and fitness classes begin in September. Membership costs, league registration information, and fitness schedules can be found online at xcelsports.org

### CHILDREN 2017-18 Awana

Tuesday nights, Sept. 12-April 17 6:30 p.m. | AAC Register at **discoveryland.org** 

See what all the excitement is about! Awana is a fun-filled program with openings for Kindergarten through sixth grade that challenges kids to memorize Scripture and apply it to their lives.

# WOMEN Fall Bible Studies

Begins Sept. 19 | Monday-Thursday mornings and Thursday evenings SMC | Costs and times vary More info at aacwomen.org

Looking for real growth, real answers, and real connection with real women? Find this and more starting Sept. 19 at women's weekly fall Bible studies. Register by Sept. 10 to avoid late fees on books and Kid's Bible Time.

#### mom&me

Begins Sept. 6 | 9:00-11:00 a.m. First and third Wednesday of the month Cost: \$20 per child or \$5 per child per visit Register at **aacwomen.org** 

We begin with a play date and end with discussion time while children are in childcare. Register by Monday, Aug. 28 to guarantee a spot.

### MEN

# Men's Frat: Forgotten God

Begins Oct. 9 | Monday evenings or Wednesday mornings SMC | Cost: \$15 Register at aacmen.org

All men desire friendships, a sense of brotherhood, and the chance to be themselves. We do life together, finding the place to start and encouraging men to do the right thing. This fall, reclaim your true source of power with breakthrough author, Francis Chan.

## WELCOME We're glad you're here!

Stop by the Welcome Center in the Hub. We have a gift for you and would love to connect with you. Find out what's happening at AAC at appletonalliance.org

APPLETON ALLIANCE CHURCH — Connecting People with God and One Another

920-968-0700 | 2693 W Grand Chute Blvd, Appleton WI | appletonalliance.org

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Sunday Services: 8:00, 9:30, and 11:00 a.m.