



# OCTOBER 2016 NEWSLETTER

Celebrating 40 years

1976 ~ 2016

## Sunday Schedule for October

We continue our fall worship sermon series in the books of 1 & 2 Peter. Peter is writing to the church during a difficult time of severe persecution with their faith. Unlike then, we today all need an encouraging word from time to time. Life is tough. For some, life's circumstances have been crushing. Peter wrote his letters to encourage the church in every age and generation to remain faithful. Join us as we gather for worship with these ancient words of Peter that continue to guide and direct the Church – a Church upon the confession of Peter (Matthew 16:18). Because of the eternal hope we have in Christ, we can look beyond our current troubles and rest in God's power. Join us on Sundays as we explore together what it means to be 'salt' and 'light' in the midst of trials and life's difficulties. Again, personal study guides are available on the back table for continued study and reflection (suggested donation: \$10).

Oct. 2: 1 Peter 3:1-12 "Living in Relationship" **LBW Liturgy Service**

Believers honor God through healthy relationships.

Norfolk Rescue Mission Sunday – Ed Felgate preaching

Oct. 9: 1 Peter 3:13-22 "Always Ready" **Rejoice Service**

Believers honor God by sharing His hope with others.

Oct. 16: 1 Peter 4:1-11 "Equipped to Live" **LBW Liturgy Service**

Believers honor God by loving others in all circumstances.

Oct. 23: 1 Peter 4:11-19 "When Ridiculed" **Rejoice Service**

Believers honor God by faithfulness through persecution.

Oct. 30: 1 Peter 5:1-11 "Alert Living" **Reformation Service**

Believers must humbly depend on God's strength to overcome Satan.

## Change the World School of Prayer

Mondays (Oct. 17, Nov. 14, Dec. 12) @ 7PM

Our next Change the World School of Prayer teaching session will be held on Monday, Oct. 17, beginning at 7 PM. We will be reviewing and discussing Lesson Five: *The Prayer Warrior's Prayer Program* where we will be cultivating a one-hour, 12-step prayer plan. In November we will return to the 2<sup>nd</sup> Monday. Dick Eastman (founder of Every Home for Christ) has taught his "Change the World School of Prayer" for 40 years and is putting his teaching sessions online. We gather at the church to listen to his teachings each month and pray after each of his three segments. We have participated in three of his seven teachings. You are welcome to come to any of the teachings. If you cannot attend, you can watch his teachings online at [www.ehc.org/CTWSOP](http://www.ehc.org/CTWSOP) and click "Watch on Demand" and listen to each session. You can either download a lesson or order a student book. We are watching these videos in preparation for our 40<sup>th</sup> anniversary as a congregation. (We also encourage you to take a postcard in the back of the church and begin praying for revival in our congregation and region.)

### **Fundraisers and Activities**

The month of October is FULL of activities and opportunities for service, fellowship, and community-building. Please notice the opportunities and dates!

Saturday, Oct. 8 – **Teen Mom Childcare Pancake Feed at CTS.** Join us between 7:00 – 11:30 a.m. to help raise funds for a special project for the daycare. Invite your friends to join us as some of the mothers and families will be helping with the fundraiser.

Sunday, Oct. 9 – **Potluck brunch after worship** as a part of our Welcome Back Pastor Matt Day.

Sunday, Oct. 16 – **“Pack Away Hunger” Day** at the DeVent Center. Teams of 8-10 will be formed by CTS members. First shift is 12 noon and if that shift is filled, another will be formed at 2:00 p.m. Suggested donation to offset costs is \$10 per person.

Saturday, Oct. 22 – **21<sup>st</sup> annual Holiday Boutique** from 10 a.m. to 2 p.m. Volunteers are needed during the day as well as food items for the soup, breads and pies. Check the back table to sign-up.

Sunday, Oct. 23 – Trip to **Pumpkin Patch/ Corn Maze** at Camp Fontanelle which is located a few miles north of Fremont. Watch for more details as we will leave from the church after worship.

### **Adult Sunday School Class**

“Testing of Your Faith” – Sundays @ 9AM  
Pastor Steve will be leading a DVD series and discussion on the testing of our faith (in conjunction with our Fall Sermon Series on the messages of 1 & 2 Peter). This class meets weekly during the Sunday school hour in the sanctuary as we explore the Biblical truths about what happens when God sends a test of faith into your life, and how to stand firm and allow God to bless you through these tests when they come. In this study you will discover transformational truths about: 1) why we

are tested, 2) the five wrong responses to tests, 3) how we are to live while being tested, 4) how to trust God and have peace during trials, 5) how every Christian can build his or her faith during a test, and 6) how to success-fully pass a test of faith. Each person will receive a participant’s book (suggested donation: \$10).

### **Monthly Senior Ministry**

The Seniors, 16 total, held their first meeting on Sept. 13 to discuss their interest in having a monthly get-together. After sharing a potluck meal there was a time of brainstorming on what the group might do together. We shared ideas concerning things we could do at church, in the community, and possibly short road trips. We decided to meet on the **first Tuesday of each month at 11:30.** A planning group is being formed to plan a monthly schedule. Additional ideas are welcome. We are hoping this group can become a significant ministry in our church and beyond.

### **21<sup>st</sup> Annual Holiday Boutique**

Plans are underway for our 21<sup>st</sup> Annual Holiday Boutique at Christ the Servant. This fun-filled day of fellowship, crafters, food and hospitality is set for Saturday, Oct. 22, from 10 AM to 2 PM. Mark your calendars and plan to come to eat and share in the day. Invite your neighbors, friends and co-workers! Again, the key to our success is you getting the word out and volunteering to donate food items and sign up to help during boutique hours. Watch for sign-up sheets to come in the next weeks. Once again, Mary Lund is in charge of planning the day. She can be reached at 379-2365 for any questions or you can call and tell her that you will volunteer. Thanks!

## PASTOR STEVE'S LETTER: "LIVING TRUTHFULLY SUSTAINS COMMUNITY"

Last month I shared four critical practices that make living in community not only necessary but when expressed make for a beautiful community that attracts others. While many practices are helpful, Christine Pohl in her book "Living in Community: Cultivating Practices That Sustain Us" defines the most significant four – (1) Truth-Telling, (2) Gratitude, (3) Promise-Keeping, and (4) Hospitality. I would like to share her insights in this month's newsletter article on the first practice: Truth-Telling (the other three will follow in the next three newsletters). "In this psalm, David prays with gratitude to walk in God's truth with 'an undivided heart.' His words capture the wholeness of a way of life shaped by the transforming experience of God's steadfast love. Communities of people who love truth, live faithfully, and respond gratefully are rare, but they embody much of what the church is called to be and to do." As a result many Christians yearn to live in a community of faith that takes on the vibrant congregational life as seen in the book of Acts where the first Christian communities gathered in homes, devoted themselves to teaching and prayers, ate together, and live in a way that thousands came to faith in Jesus. Their teaching was bold and effective, accompanied by signs, wonders, healings, and a generous sharing what they had with others in need. Led by the power of the Holy Spirit, these early Christian communities had a "powerful outreach, life-changing preaching, and miraculous healings." But even in the early church deception and lying moved directly into the heart of community life (read about Ananias and his wife, Sapphira, in Acts 5).

Deception, lying, and half-truths endanger all communities and undermine our best efforts – they have from the beginning. Large or small, they have the same results – they break up communities, distort our relationship with God, and separate us from one another. Because we want to be good or at least appear to be good, we often come up short and cannot admit it so we are prone toward "hypocrisy, duplicity, and deception." So when we are in close communities, "the pressure can be significant to keep up appearances, enhance our spiritual image, and cover our failures or perversions." And because we live in a culture of false promises and false speech, it is easy to see why there is a "significant loss of public truthfulness." But as a community of faith we are "called to live a different life."

So what does a community or congregation look like that loves truth or lives truthfully? Philosophers and theologians tend to explore truthfulness with discussions on whether a person should ever lie. These discussions often become quite narrow in scope as if truth-telling is telling someone something they don't want to hear. The importance of truth-telling is much bigger than these issues. To live truthfully means we "fully embrace the purposes of God, experience the Holy Spirit of truth guiding us into truth, and as we know Jesus, who is full of grace and truth" (John 1:14). When we allow God's grace, truth, love, and righteousness to be our framework for interpreting community life we are in a much better position to address our sins and failures. Because of grace, we can "see more clearly and acknowledge more truthfully the gap between our goodness and God's. We can also more confidently face our need to repent and change."

As a result of this direction and understanding, we can become a community who "builds up" others rather than using truth-telling to tear another person down. This approach is more about affirming what is right and good. But unfortunately, this does not happen enough and we end up worrying "more about appearances than we do about truth." Truth-telling is not necessarily neat and tidy -- it requires "forbearance, forgiveness, mutuality, and patience." So our task is simple but difficult to achieve: "how do we speak the truth in love that does not seek to tear down but to build up?" The key is to remember that there is a relational component to truth-telling. We don't simply confront or attack but we share

PASTOR STEVE'S LETTER: *(CONTINUED)*

with a purpose. We always need a “knowledge” of the facts before we speak as well as a “narrative” knowledge of the person’s story and experience. As hard as it might be to practice biblical truth-telling, to live without it has far more damaging and dividing consequences. Ask the Holy Spirit to teach you how to “speak the truth in love” with one another. Truth without love is hurtful and love without truth is deceptive. But “truth with love” is able to create a community where honesty, love and integrity grow daily!

Seeking to Live In a Truth-Telling Community,

**Pastor Steve**

Welcome & Hospitality Committee Overview  
Monday, September 12, 2016  
6:30 PM

Will be getting with Worship Committee to plan Hospitality Sunday which is Oct 9<sup>th</sup>  
40<sup>th</sup> Anniversary- going to hand deliver invites on Sunday Oct 9<sup>th</sup>, then mail the rest

-A-P bring sides, Q-Z bring dessert, church provide meat

Wednesday Night Alive- planning on 8 teams of 3 people

-will be asking for others in congregation to help

Lion’s Day Parade- will not be in parade, came upon us too fast

2<sup>nd</sup> Sunday Potluck (Oct 9<sup>th</sup>)- A-H Side Dish, I-P Dessert, Q-Z Main dish

Pastor Appreciation Month- in conjunction with potluck w/ cupcake reception

- Thank you cards will be provided for members to write

Thanks/appreciation to each Pastor

Fall Outing: Camp Fontanelle Pumpkin Patch/Corn Maze Sunday Oct. 23<sup>rd</sup> information coming

Trunk or Treat: Not planning at this time

Directory Pictures: Starting Sunday September 25<sup>th</sup> Sign up for a time.

Board of Administration Meeting  
August 15, 2016

Present: Steve Jessen, president; Richard Hillrichs, administration; Warren Bennett, at-large; Wanda Muhs, property; Jan Puls, church finance; Pat Witte, Membership/Stewardship team

Richard opened the meeting with prayer. The minutes of the last meeting were approved electronically.

Financial report: Steve distributed copies of the monthly income & expense report and income statement prepared by Christensen-Brozek-Faltys. Savings account balance is \$11,187.29 (this figure does not include the money in endowment account); checking account balance is \$31,726.43.

Income	\$169,674.71	Expenses	\$158,996.73		<u>\$4,385.50</u> YTD
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Motion by Warren to accept the financial reports, seconded by Richard. Motion carried.

Property: Wanda reported that concrete work is being done outside. Sod is recommended where the sidewalk was removed. It was noted that October is the best time to lay sod. Also the parsonage bathroom is done, but the basement windows still need to be finished. The quote for three basement windows and one slider is \$1,570. Steve Jessen will get a quote for same, plus installation, from Scranton.

Richard offered a motion that all bills for repair and maintenance be brought to this board for approval prior to being paid, seconded by Pat. Motion carried.

Membership/Stewardship report: Attendance pads in the sanctuary have been replaced, information has been updated and visitor cards are in the pew railings. Pledge cards will go out in September. This committee is also looking at the Time & Talent sheets that Pastor Steve has. Pastoral visits going well.

Administration: The staff review committee will meet with the pastors four times a year. On or about Oct. 1, they will conduct pastor evaluations (a letter to all members asking them to evaluate the pastors), the results of which will be shared with the pastors in November.

Church Finance: Our lease with Toshiba on the office copier is set to expire Sept. 14, and they require 30-days' notice to renew or cancel the lease, although it can be extended a month at a time. The cost to return the machine would be approximately \$500. An email and spreadsheet from Greg Moen was distributed. Motion by Richard to table this decision until we have a bid from Elite Office Products, seconded by Steve. Motion carried.

We discussed a request to purchase a third wireless headset. Motion by Jan to table this discussion until the end of the year, seconded by Wanda. Motion carried.

Next meeting: Monday, Sept. 19, 6:30 p.m. Motion to adjourn by Warren, seconded by Richard. Meeting adjourned at 8:40 p.m.

## CTS CHILDCARE PROGRAM UPDATE

A quick update on the childcare. God is Amazing!!

I have 14 kids enrolled with two on a waiting list. Jesse comes 4 days a week while his parents attend school at the high school. Gracelynn comes 5 days a week while her mom student-teaches at the high school. Matthew returned from last year and attends 5 days while his mom attends high school. Eric attends 5 days while his mom works at Midwest Health, she is a teen mom that works. Giovanni attends 5 days part time in the morning while his mom does the fast track program at the high school. Victoria attends 5 days while her mom goes to school at the high school. Fallon and Rhea come 3 days a week while their foster mom goes to classes at the college. David and Levi attend 5 days a week while their mom works at Burger King. Kayline comes 4 days a week in the afternoon. Wrex will start out part-time but then move to full-time when his mom's position at work changes. Rueben will come when other babies have off while Kristy is working to give Grandma a break. Avery is registered as a drop-in for when his normal daycare is closed. There are three pregnant teens at the high school right now.

I currently have one part-time and one full-time employee and three volunteers. October 10 will be our first Embrace Grace meeting. I am having a fundraiser October 8<sup>th</sup> for new carpet. The Battle Creek newspaper will have an article about our programs: the Teen Mom Childcare, Mentor Moms, and Embrace Grace. The Norfolk Daily News will also have an article about Embrace Grace.

I feel God has chosen me to be the permanent director, and I would love to continue with the program if you would like me to. It amazes me how everything fell into place and people have come to me and said they would love to help in some way or another. Not only have I been blessed but the church and the childcare as well.

I have also been searching different grants/options to help fund a new building if/when it comes to that.

God Bless,

Danita Broders

## "EMBRACE GRACE"

I am excited to tell you that, along with Linda Cyboron and Katie Ferguson, we are starting another mission called Embrace Grace. It will start October 10, and it is a 12 week program to show young/single girls that a church is a safe place to go in a time when they need support and to feel loved. We are the first church in the state of Nebraska to offer this program.

God is such an amazing God! When He wants to get someone's attention and woo a girl closer to Him, He might just use a baby to do it. He might just bless them with the sweetest face they've ever laid eyes on, so they can finally get a tiny glimpse of just how big His love is for each one of us.

What if we thought differently about people; looked past their sins and looked at the actual person? What if we made the church a safe place for girls to take refuge for their weary hearts and pointed them to the foot of the cross and helped inspire a passionate relationship with Christ?

It costs \$30 for each girl to get signed up for Embrace Grace, which includes a study guide, a bracelet and a tiara. We also will throw a baby shower, a special day called "Princess for a Day," and a banquet meal. If you feel it upon your heart to help out by sponsoring a girl to pay the \$30 and pray for them during and after their pregnancy, please let me know. Or if you like to plan big parties and would like to offer your talents that way, also let me know.

Thank you for supporting the missions of the church!

Danita Broders

Women of Christ the Servant  
Meeting Minutes  
September 8, 2016

*“Since we live by the Spirit, let us keep in step with the Spirit.” Galatians 5:25 NIV*

Present: Julie Freese, President; Fern Zechmann, Vice President; Jo Roberts, Treasurer; Linda Shaffer, Secretary were present at the home of Fern Zechmann

August 5, 2016 minutes were approved online by President Julie Freese.

Jo opened the meeting in devotion and prayer. Jo presented Treasurer’s report showing a balance of \$1,781.48, the same amount as the previous month. Fern moved that the Treasurer’s report be accepted and Linda seconded the motion. Motion carried

Old Business

Secret Sisters: Julie has put the form in women’s mailboxes and she holds the master copy.

Fall Gathering: The fall gathering is scheduled for September 10th and will be from 10:00AM to 12:00PM. Food will be egg bakes, fresh fruit, muffins and coffee prepared by Nell Finkral. The theme for this year is “Hang On To The Old Rugged Cross”. There will be a donation box for the Food Pantry, women of the church can put their donations of canned food items. Thank Offering Jars will also be available, and will be returned on Thank Offering Sunday

Holiday Boutique: Holiday Boutique is October 22nd and the Women’s Group will be selling the “Keep Christ In Christmas” magnets for \$5.00 each and coffee. They will be for sale at a table by the baked goods.

Decorate the Sanctuary: Decorating the sanctuary on December 3rd, enjoy fellowship and pizza together.

Women’s Night: Because we are headed into the busy season, it was decided by unanimous decision to hold off discussion of this until the Spring Gathering.

Mercy Meals: Will be pushed back to February

New Business

Women of Christ the Servant email

There was discussion of which email account to use, there is an email [womenofcts@gmail.com](mailto:womenofcts@gmail.com) we can use if we want or we can use the [christtheservant@cableone.net](mailto:christtheservant@cableone.net) and this will be brought up at the Fall Gathering.

The Belong Tour: Jo Roberts and Linda Miller attended “The Belong Tour” at the Pinnacle Arena in Lincoln. Linda Miller ordered the DVD and the Women’s Board asked them to share their experience with all the ladies at the Fall Gathering.

The meeting was adjourned with prayer.

2016/2017 Events:      December 3-Decorate Sanctuary  
                                 March 4-Spring Gathering  
                                 May 6- Bless & Be Blessed Rummage Sale  
                                 June 3-Annual Meeting

## CTS KITCHEN FUNDRAISER HAPPENINGS FOR OCTOBER

During the month of October and at the Holiday Boutique, we will be taking orders and collecting money for the Village Piemaker pies. Pies can be picked up in the fellowship hall on Sunday, Nov. 13, after worship from 11 a.m. to 12:30 p.m. Sign-up sheets are on the Kitchen Fundraiser cart. So plan and order your holiday pie needs now. Pies are \$12.50 each.

NOTE: If anyone plans to bake and donate pies for the Holiday Boutique, there is a separate Special Order sign-up sheet if you wish to purchase and bake a Village Piemaker pie. REMEMBER for this only you must order (sign up and purchase) these pies between October 1st through 9th. Pick-up for these pies only will be Sunday, Oct. 16, in the fellowship hall after worship from 11 a.m. to 12:30 p.m.

During the month of October and at the Holiday Boutique, we will be selling raffle tickets for several items including one mixed quarter of Nebraska beef and one 7 cu. ft. Frigidaire freezer. Raffle drawings will be Nov. 1 through 4th and winners notified. Tickets are \$10 each or 3 for \$25 (contact Louise Skoglund).

Stop and see us at the CTS Kitchen Fundraiser display during the Holiday Boutique. We will have items for sale, hold drawings, sell raffle tickets, and accept donations.

**WE NEED YOUR HELP (Please)**

Someone has put money in the Purchase \$ Jar; however, we have no idea if a purchase was made because no order slip was completed as needed so we can correctly record this money. If the money was meant as a donation, it needs to go in the Donation Jug marked DONATIONS.

We are also missing two Cookie Cookbooks and no money or order slip was placed in the Purchase Jar. We have been using the honor system; however, we truly need to pay and account for items. So please, help us to accurately record and pay for items as they are removed from the display.

We know the Kitchen Fundraiser will be a marathon and not a sprint; however, your support is needed to keep us moving forward. Please help us continue the honor system.

Louise and I continue to pray for God's guidance and we wish to convey our heartfelt thanks for all your contributions in this fundraising endeavor. Please contact us if you have questions.

Continuing in His service,

Joan Falke (402) 664-3057

Louise Skoglund (402) 379-4268

### **BRIGHT HORIZONS**

(Jan/Mar/May/July/Sept/Nov)

Items needed: Yellow ruled pads, steno pads, sticky notes; deodorant, children and adult Tylenol, cough medicine, Band Aids, diapers (all the larger sizes); disinfectants, paper towels, toilet tissue, facial tissue; napkins, hair picks, shampoo, dishwashing liquid, laundry detergent, fabric softener, dryer sheets; gas cards, phone cards, Wal-Mart gift cards, grocery store gift cards.

### **RESCUE MISSION**

(Feb/April/June/Aug/Oct/Dec)

Items needed: Facial tissue, toilet tissue, paper towels, cleaning products, disinfectants, dishwashing liquid, laundry detergent, fabric softener, dryer sheets, diapers (all sizes), deodorant, toothpaste, toothbrushes, combs, soap, shampoo, Band-Aids, Tylenol, antibiotic ointment, coffee, creamer, sugar, disposable plates and cups, sugar, salt, pepper, flour, cornstarch, ketchup, mustard, chili powder.

## OCTOBER BIRTHDAYS & ANNIVERSARIES

<b>BIRTHDAYS</b>		<b>ANNIVERSARIES</b>	
10-1	Danita Broders	10-2	Steve & Julie Freese
10-2	Steve Morton	10-5	Jeff & Connie Petersen
10-4	Dorothy Schiermeier	10-12	Steve Morton & Jo Roberts
10-11	Wendell Muhs	10-17	Nevin & Tara Peters
10-12	Kay Jaeger	10-22	Todd & Mary Weber
10-13	Roger Peters	10-24	Dean & Doris Hoffart
10-16	Delilah Broders; Mary Ann Knee	10-25	Orlin & Carol Olson
10-17	Cherlyn Hillrichs	10-26	Ron & Korrie Hall
19-18	Dylan Hall	10-26	Jeremy & Sharel Olson
10-20	Pastor Steve; Pat Witte		
10-22	Ethan Olson		
10-24	Lawson and Layton Gerdes		
10-29	Hailey Roberts		
10-31	Justin Jones; Jerry Shaffer		

*God's blessings to everyone celebrating this month!  
If your birthday or anniversary is not listed, please  
provide the church office with the month, day and year.*

Dear Christ the Servant Family, Thank you so much for your constant support for my trip! Thank you for your financial gifts and prayers. I will miss you all very much and have been blessed by you in so many ways! Thank you!  
Emily Svitak

A special thank you to all who helped us celebrate our 50th wedding anniversary at our open house and also to those who couldn't attend but were kind enough to send cards. We love and appreciate you all.  
Richard & Cherlyn Hillrichs

Thank you to Warren Bennett for his generous donation in memory of Sheryl Bennett. At Warren's request, his gift was used to purchase the Toshiba office machine that we had been leasing.

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- ⇒ Has your address, phone number, or e-mail address changed in the last year? Please make sure the church office has your current contact information. An updated directory will be coming soon!
- ⇒ We are still in need of two people to count offerings the 4th Sunday of each month. Please notify the church office if you are interested. Training will be provided.
- ⇒ Christmas Day is on Sunday this year, as is New Year's Day. If you are on the volunteer list and will NOT be available on those Sundays, please notify the church office as soon as possible.
- ⇒ Remember your gluten-free friends when planning menus; your thoughtfulness will be appreciated!
- ⇒ Did you know? Outside the doors to the fellowship hall is a white magnetic board and cards that read "Serve One Another." If you need help with something, just fill out a card, attach it to the board, and someone will get in touch with you. Thank you to Scott and Gina Krohn for helping Marilyn Nickels with her recent kitchen project!
- ⇒ Thank-Offering jars will be collected in November.
- ⇒ Help us save money on postage! Check your mailbox in the fellowship hall on a regular basis.

## HEALTH MINISTRY

"I pray that everything may go well with you, and that you may be in good health, as I know you are well in spirit." (3 John 2)

*Since I am not renewing my nursing license (going inactive), this will be the last Health Ministry column. I hope that some of the tips I presented improved your health. Things to remember: get regular check-ups, know your numbers, and take your medications as directed. I will continue to put the Kleenex and hand sanitizer in the pews, as well as collect the empty medicine containers.*

*Stay healthy!*

*Linda Miller*

### "Is it Arthritis or Joint Pain?"

Do you have an ache in your wrists, knees or ankles that makes it difficult to do simple things like type or walk up stairs? Everyone experiences some type of joint pain in their lives, but is it arthritis? Though you may associate arthritis with older people, it can affect anyone at any time in life, even children. The most common type of arthritis, osteoarthritis, will affect 1 in 6 people in their lifetimes.

**If you are experiencing joint pain**, here are ways to manage the symptoms and live a normal life:

*Exercise and move around the right way.* Though you may believe otherwise, inactivity can actually make the pain and loss of movement experienced with joint pain or arthritis worse. Low-impact activity, stretching, and exercise like yoga or walking keeps your joints loose and improves blood flow to damaged tissue.

*Avoid repetitive motion.* High-impact activities like running, or repetitive motions like swinging a tennis racket can make pain worse. Instead, do gradual strength-building exercises to build muscle around the joints.

*Try massage and hot/cold therapy.* Massage can help relieve symptoms and lift your mood, so a monthly session can be beneficial. Try a heating pad or hot bath or shower to help ease pain as well. Ice packs can help with swelling after exercise.

**If you've been diagnosed with arthritis**, there are ways to ease the pain:

*Pain medications* that also reduce inflammation (NSAIDs) can help. Check with your doctor for other available options.

*Reduce pressure on painful joints.* Buying a better mattress, losing a few pounds, and being careful to do the right exercises to reduce the strain on your joints can all help.

*Keep your body healthy* with a diet including fish twice a week, nuts (1½ handfuls a day) and olive oil (2-3 tablespoons a day) which contain omega-3 fatty acids to help reduce inflammation.

### Simple Ways to Improve Your Health Today

Forget the excuses. Just for today, focus on the many ways you can improve your health. This list is by no means complete but a starting point to get you making your physical, emotional and spiritual health a priority in your busy life. And once you do these health upgrades today, do them again tomorrow. Before you know it, you'll be living a healthy lifestyle with virtually no effort.

- 1) Drink more water.
- 2) Go for a brisk walk.
- 3) Better yet, take your brisk walk in nature.
- 4) Hug someone you love.
- 5) Eat 2 or 3 pieces or servings of fruit.
- 6) Eat a large salad.
- 7) Meditate.
- 8) Deep breathe for at least 5 minutes.
- 9) Snack between meals on healthy snacks like almonds, veggies, hummus and whole grain pitas.
- 10) Drink a freshly made juice — preferably with green veggies.
- 11) Stop and smell the flowers, literally.
- 12) Write down at least 10 things for which you are grateful.
- 13) Eliminate at least one item from your life that contains toxic chemicals (for essential items, choose a natural option instead).
- 14) Do something nice for someone.

"Text neck" — the change to the spine curvature caused by looking down frequently to text, check email or play games on your smartphone. Yes, it's a real thing, according to research published in the journal *Surgical Technology International* by Kenneth Hansraj, MD, chief of spine surgery at New York Spine Surgery & Rehabilitation Medicine. Looking down puts more weight on your spine, which can stress it prematurely. Try holding your phone at eye level instead, or practice keeping your chin up and using just your eyes to glance at the screen.

*Remember to recycle your empty pill containers (remove labels).*

## October worship servants

	<b>Communion Assistants</b>	<b>Greeters</b>	<b>Ushers</b>	<b>Acolytes</b>	<b>Lector</b>	<b>Coffee</b>
<b>2</b>	No Communion	Amanda and Linda Cyboron	Chuck & Jeanne Nicholson	Colin and Zachary	Brian Anderson	Andersons
<b>9</b>	Michelle & Micheyla Anderson	Steve and Julie Freese	Jeremy & Sharel Olson	Emilee and Elizabeth	Blake Olson	Mary Lund
<b>16</b>	Scott & Gina Krohn	Mike and Nell Finkral	Kevin Piske, Dallas Puls	Katelyn and Elizabeth	Judy Carstens	Jaegers
<b>23</b>	Margaret and Lonnie Svitak	Roger and Karen Peters	Doug and Pat Witte	Zachary and Colin	Gina Krohn	Holly Heller
<b>30</b>	Becky Bahnfleth, Tara Peters	Steve Morton and Jo Roberts	Al Boelman, Greg Moen	Elizabeth and Katelyn	Kay Jaeger	Skoglunds

Altar Guild/communion bread\* — Sharon Koeppel, Linda Cyboron\*

Membership Care — Jo Roberts, Linda Miller

Please make your own trade if you are unable to serve when scheduled, then notify the church office. THANK YOU!

## November worship servants

	<b>Communion Assistants</b>	<b>Greeters</b>	<b>Ushers</b>	<b>Acolytes</b>	<b>Lector</b>	<b>Coffee</b>
<b>6</b>	Linda Cyboron, Louise Skoglund	Doug & Pat Witte	Steve & Julie Freese	Elizabeth & Colin	Lu Carter	Boelmans
<b>13</b>	Bob Lutz, Charlie Skoglund	Rich & Kay Jaeger	Steve Morton & Jo Roberts	Zachary & Colin	Patrick Olson	Finkrals
<b>20</b>	Gary & Mary Weich	BJ & Sharon Koeppel	Margaret & Lonnie Svitak	Elizabeth & Katelyn	Greg Moen	Skoglunds
<b>27</b>	Becky Bahnfleth & Gina Krohn	Rich & Deb Olson	Warren Bennett, Wendell Hahne	Katelyn & Emilee	Connie Atkinson	Andersons

# October 2016

## Pastor Appreciation Month

Sun	Mon	Tue	WEDNESDAY NIGHT <b>Alive</b>	Thu	Fri	Sat
			5PM FLYTE Confirmation 6:30 Meal 7PM Worship 7:30 Youth group Senior choir			1  Crafting Together Simultaneously 8 AM to 8 PM
2 <i>Pentecost 20</i>  8:45 Sunday school 10:00 Worship 11:15 Fellowship	3  7 PM Walk & Talk	4  11:30 Seniors Ministry 6:30 Childcare committee mtg. 6:30 WCTS mtg.	5  <b>Wednesday Night Alive!</b>	6  9 AM Piece-Makers Quilting	7  5:30 Girl Scouts	8  7:00-11:30AM Pancake Feed Fundraiser
9 <i>Pentecost 21</i>  8:45 Sunday school/9:00 Adult Sunday school 10:00 Worship 11:15 Potluck	10  6:30 Welcome & Hospitality team 6:30 Embrace Grace 7 PM Walk & Talk	11	12  9:30 Membership Stewardship team  <b>Wednesday Night Alive!</b>	13  9 AM Agape Circle	14	15
16 <i>Pentecost 22</i> 8:45 Sunday school/ 9:00 Adult S. School 10:00 Worship 11:15 Fellowship/ Thrivent workshop; Pack Away Hunger at noon	17  6:30 Embrace Grace 6:30 Board/Admin 7 PM School/Prayer 7 PM Walk & Talk	18  6:30 Board/S.O.	19  <b>Wednesday Night Alive!</b>	20  2 PM Card Club  6:45 MOPS	21 <i>Deadline for newsletter</i>  SET UP FOR BOUTIQUE	22  10 AM to 2 PM Holiday Boutique
23 <i>Pentecost 23</i>  8:45 Sunday school/9:00 Adult Sunday school 10:00 Worship 11:15 Fellowship Fall Outing to Camp Fontanelle	24  6:30 Embrace Grace 7 PM Walk & Talk	25  7 PM Worship Committee mtg.	26  <b>Wednesday Night Alive!</b>	27	28	29
30 <i>Reformation Sunday</i>  8:45 Sunday school/9:00 Adult Sunday school 10:00 Worship 11:15 Fellowship Thrivent workshop	31  6:30 Embrace Grace 7 PM Walk & Talk  		<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: 0 auto;"> <p>MARK YOUR CALENDARS! November 20th CTS 40th Anniversary Celebration</p> </div>			<b>OFFICE HOURS</b>  Monday-Friday 8:30 to 3:30 (closed for lunch 12:30 to 1:30)