



SEPTEMBER 2016 NEWSLETTER

Celebrating 40 years

1976 ~ 2016

Rally Day Kicks Off Fall Schedule

Our theme for Rally Day is "**You are the Salt and Light of the World**" taken from the very words of Jesus in His Sermon on the Mount (Matt. 5:13-16). While Jesus is the true light of the world, it's also true that He gave His light to his disciples and followers. We've been given the Spirit of Christ to reflect this same influence in the world in which we live. We'll be celebrating and introducing this important theme and message on **Sunday, Sept. 11**. The morning begins at 9:00 in the fellowship hall with songs, activities, and interaction for the whole congregation! Our morning worship at 10:00 will continue this theme as the Lifelong Learning & Living Ministry Team will share their vision with the congregation. During the fall months we will incorporate the **Kingdom of God** theme in Jesus' Sermon on the Mount (Matt. 5-7) with our Fall "Explore the Bible" series on 1 & 2 Peter.

We all need an encouraging word from time to time. Life is tough. For some, life's circumstances have been crushing. We need to know God is present and will comfort those who have been afflicted. Peter (who wrote these two letters) witnessed the persecution, arrest, crucifixion, and resurrection of Jesus. In these letters, he wrote to believers who were facing severe persecution for their faith, drawing on this experience with Jesus to strengthen them. Peter encouraged his readers to view their trials as a way to increase their faith. We need the same message. 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 (this theme will be explored in the adult Sunday school class as well). Again, personal study guides are available on the back table for continued study and reflection (suggested donation: \$10).

September 4 – Psalm 134 – "Blessing" **LBW Liturgy Service**

Conclusion of our Songs of Ascent Summer Sermon Series
Introduction of 1 & 2 Peter ("A Living Hope") – 1 Peter 1:3-9

September 11 – 1 Peter 1:13-25 – "Be Holy" **Contemporary Service/Rally Day**

Jesus' resurrection empowers believers for holy living
Rally Day Theme – "Being Salt and Light in the World" (Matthew 5:13-16)

September 18 – 1 Peter 2:1-10 – "Building Our Faith" **LBW Liturgy Service**

Believers mature both personally and as a community through God's grace

September 25 – 1 Peter 2:11-20 – "Living as Strangers" **Renew Service**

Believers honor God through good works

21st Annual Holiday Boutique

Plans are underway for our 21st 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 a.m. to 2 p.m.** Mark your calendars now 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 in getting the word out and volunteering to donate food items and sign-up to help during the boutique. Watch for sign-up sheets to come in the future 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 you will volunteer again. Thanks!

2nd Sunday Brunches after Worship

The Welcome and Hospitality Ministry Team has decided to continue our potluck brunches after worship on the 2nd Sunday of each month. Our next brunch will be held in conjunction with Rally Day on Sept. 11. In order to have a better balance of hot dishes, salads, and desserts, the Ministry Team is suggesting a rotation of food based on the alphabet. September's suggestion: A-H: Hot Dish; I-P: Vegetable or Salad; R-Z: Dessert.

Change the World School of Prayer

(Mondays — Sept. 19, Oct. 17, Nov. 14, Dec. 12 — 7 PM)

Our next Change the World School of Prayer teaching session will be held on Monday, Sept. 19, at 7 PM. We will be reviewing and discussing Lesson Four: *The Prayer Warrior's Prayer Mission* where we will be looking at the three levels of the prayer warrior's prayer mission. We will meet again on the 3rd Monday in October and then back to the 2nd Monday in November and December. 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 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 40th 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.)

Adult Sunday School Class

"Testing of Your Faith" – 12 Sessions (beginning Sunday, Sept. 18, at 9 AM)

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). The class will meet weekly during Sunday school beginning Sept. 18 until the end of the year (Dec. 18). The class will 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 successfully pass a test of faith. Each person will receive a participant's book (suggested donation: \$10).

Monthly Senior Ministry

2nd Tuesdays at 11:30 AM

Upon reflection with the Decade Gatherings that were held during May, June and July with Pastor Steve, it became evident that many of those in their 50s, 60s, 70s, 80s and beyond (those who are retired) wanted to gather monthly for fellowship, a meal, a time of discussion (perhaps a Bible study), and trips to local interest spots. So our first gathering will be in the fellowship hall on Thursday, Sept. 12 at 11:30 a.m. This first meeting will be a potluck lunch, so bring something to share, and will be a time of fellowship, brainstorming (listing several ideas and create a vision of what this monthly gathering might be and become), and organizing for future meetings. Pastor Steve will be leading this first meeting time. We are hoping that this monthly gathering can become a significant ministry for our retired members in our congregation and community.

PASTOR STEVE'S LETTER: "FOUR PRACTICES THAT SUSTAIN COMMUNITY"

One of the great benefits I have received in being connected with VantagePoint3 in Sioux Falls, S.D., are the great resources they continue to suggest to church leaders. VantagePoint3 has introduced me to a process of adult formation and discipleship that is truly extraordinary and life-giving and life-changing. VantagePoint3 has developed three processes to help make disciples who are equipped to make more disciples of Jesus. The first process is called *The Journey*, the second process is called *A Way of Life*, and the third process is called *Walking with Others*. Each process has three manuals with three stages, and each stage has a suggested book to read. All in all, if you take all three processes, you will have read nine excellent books (books VantagePoint3 has researched, read, and heard from others to read that supplement each stage of each process). I am in my final stage of the third year in *Walking with Others* (five CTS members are in this third process with me) and our last book reading is about Christian Community (a key that Jesus says defines who we are and who we are seeking to become). The book is entitled *Living into Community: Cultivating Practices That Sustain Us* by Christine Pohl. Notice the second word of the title, "into"; it does not say "in" which suggests living in Christian community is an ongoing activity and creation. It does not happen by chance; it has design, purpose and intentionality.

In her opening chapter, Pohl shares how the character of our shared life "has the power to draw people to the kingdom or push them away. How we live together is the most persuasive sermon we'll ever get to preach" . . . While "the beauty of loving communities does not replace the importance of the verbal proclamation of the gospel, Jesus explicitly linked His truth and message to our life together. The desire to be part of communities that are vibrant, caring, and faithful keeps us working at the task of building and repairing congregations. When folks enjoy being together, share celebrations, and walk through hard times with grace and love, the beauty of their shared life is deeply compelling. . . Unfortunately, experiences of moral failure, group meltdowns, personal pettiness, and partisan harshness in congregations and communities make us wonder if our efforts in building community are worth the trouble. We often invest great hope in our Christian communities, and when there are serious ruptures, it feels like part of the kingdom has been trampled. How is it that people who want closer relationships and deeper experiences of shared life sometimes find themselves in terribly difficult situations—sorting out betrayals, broken commitments, and creeping cynicism?" (pages 2-3)

Do any of her observations and comments sound familiar? Pohl goes on to say that "growing into the likeness of Christ and into the church as it's supposed to be cannot be separated from the messiness and disappointments that are part of human relationships. We can protect ourselves from such difficulties by cutting ourselves off from our relationships, and that is rarely a satisfactory option." Yet despite all the messiness and disappointments, we still have a yearning to belong and desire lasting relationships. Sadly, Pohl goes on to state that "the church and its culture has not given us the skills or virtues we need to be part of the very communities we long for and try to create. While we might want community, it is often community on our terms, with easy entrances and exits, lots of choice and support, and minimal responsibilities. Mixed together, this is not a promising recipe for strong or lasting communities." (page 4)

PASTOR STEVE'S LETTER: *(CONTINUED)*

Pohl went on to interview 60 Christian leaders and met with 12 pastors, three leaders of intentional communities, and three professors for three days of meeting twice year to discuss the challenges and difficulties of creating community. While our culture tends to use the language of psychology or therapy to interpret interpersonal difficulties and turn to management models and business language to figure out how to make relationships or institutions work, neither of these approaches are adequate for the challenges for building communities. What Pohl discovered, that while theories might provide insight, it was certain practices that were at the heart of communities ("things people do together over time to address fundamental human needs"). While several practices were evident, four practices had a stronger bond in holding communities together. Pohl states: "In general, practices are most powerful when they are not noticed, when they are simply an expression of who we are and what we do, a way of being in the world and relating to one another that seems 'natural.' But, for a variety of reasons, we can no longer assume that these practices are affirmed consistently in the wider society, nor can we assume that Christians always recognize their importance." (page 6).

So what are these four critical and important practices? They are: (1) **Promise-Keeping**, (2) **Truth-Telling**, (3) **Gratitude**, and (4) **Hospitality**. Pohl goes on to say that each practice is at the heart of God's character and activity. While these four practices have often been understood as duties or obligations and things we ought to do, they are much more than duties. They make living in community possible as well as good, sometimes even beautiful. When we see them primarily as duties, they can seem burdensome rather than life-giving. She concludes with these words: "Wisdom and experience teach us that what is noticed and celebrated is usually also repeated. To build stronger congregations and communities, we'll need to get in the habit of recognizing the practices that undergird our relationships and our life together. We can no longer afford to take them for granted. Instead, we'll need to become more attentive to what is good and how it is sustained, without overlooking the significance and impact of the deformations. As noted earlier, a lot is at stake. Our testimony to the truth of the gospel and to the life-giving power of the resurrection of Jesus stands or falls with the character and practices of our congregations." (pages 7-8)

For the next several months, each of our Ministry Teams will be sharing 10-15 minutes during our worship service on the 2nd Sunday of each month. Each of these practices will be shared and explained. On Rally Day (Sept. 11), the Lifelong Learning & Living Ministry Team will share the importance of the practice Promise-Keeping; on Oct. 9, the Welcome & Hospitality Ministry Team will share the importance of the practice of Hospitality; and on Nov. 13, the Membership & Stewardship Ministry Team will share the importance of the practice of Gratitude.

Seeking to Live Into Community,

Pastor Steve

Wednesday Night Alive is returning!

On Sept. 21 we will have a home-cooked meal starting at 6:30 p.m. At 7:00 we will have worship with a sermon teaser, which we will be learning about 1 & 2 Peter along with the Sermon on the Mount. Then at 7:30 the youth will meet in the youth room and the choir will be in the sanctuary. What will you need to bring, you ask? Bring your BIBLE, \$3 to help defray the cost of the meal, and of course your friends. We are looking forward to having a wonderful Wednesday evening that everyone can be part of. Looking forward to seeing you!

Lifelong Learning & Living Team
Welcome & Hospitality Team

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Youth Group

While Pastor Matt is recovering from surgery, Brian and Michelle Anderson have opened up their home for the youth to gather on Wednesday nights until Sept. 21. We will have some goodies and a book from the Bible that the youth will pick out. Please join them at 1808 N. 19th St. in Norfolk. Youth group will start at 7:30 and go until 9:30. On Sept. 21, Wednesday Night Alive will be returning. Come to the fellowship hall at 6:30 for a meal, 7:00 worship, and 7:30 youth group. Be watching for more information about the return of Wednesday Night Alive.

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Welcome and Hospitality

Welcome and Hospitality met on Monday, Aug. 8, at 6:30 p.m. in the church library. Those in attendance were Tara Bahnfleth, Louise Skoglund, Michelle Anderson, Linda Shaffer, and Deb Olson. Items discussed were the special worship service that will be on Sunday, Oct. 9. Looking at scriptures and songs to use. Michelle will report to Pastor Garry on the date that was set.

CTS brochure that the Lifelong Learning and Living team is putting together. We compiled what we thought should be included for the welcome and hospitality part.

40th Anniversary: we have decided that it will be a one-day event held on Sunday, Nov. 20. We will have a special worship service followed by a potluck. We will invite past members, with the invites to be mailed by Oct. 10.

2nd Sunday Potlucks: next one will be Aug. 14, which is also the Blessing of the Backpacks. Michelle is making the backpack tags. Our team was asked to help with phone calls on the Thursday before as a reminder to the families. We also talked about extending the potlucks to all year. We will be suggesting to the congregation what they could bring by their last names. Be watching in the bulletin as to the suggestion. The next one will be Sept. 11, which is also Rally Day.

Outdoor Movie Night will be in Neligh at the drive-in. Movies that are playing are “Pete’s Dragon” and “Big Friendly Giant.” Meet at the church parking lot and caravan over at 7:30.

Fall events: Tara will be looking into a place that has a corn maze. The Trunk or Treat dates were set for either Friday, Oct. 28, or Saturday, Oct. 29.

Next meeting will be Sept. 12 at 6:30 p.m. in the church library.

Respectfully submitted by Michelle Anderson

Women of Christ the Servant
Meeting Minutes
August 2, 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

July 5, 2016, minutes were approved online.

Fern opened the meeting in devotion and prayer. Jo presented the Treasurer’s report showing a balance of \$1,781.48. Fern moved that the Treasurer’s report be accepted and Linda seconded the motion. Motion carried. Julie and Jo went to First National Bank and signed the signature cards and removed Michelle Anderson and Kathy Rogers from the account.

Old Business

Secret Sisters: Julie discussed how to select Secret Sisters. Julie will use an Excel spreadsheet to choose names and put the name of your new Secret Sister in the mailboxes. Since Julie will hold the master copy of the spreadsheet, she will not participate in Secret Sisters.

Tablecloths: Instead of throwing the old stained tablecloths away, we unrolled them and looked them over. The old tablecloths were put in the kitchen pantry on the top shelf and can be used for craft projects instead of buying throwdown cloths. There were two tablecloths in good condition and they were put in the kitchen drawer by the fridge.

Installation: Installation of the Women’s Group Board Members was Sunday, July 10, at 10:00. Julie Freese, President; Fern Zechmann, Vice President; Jo Roberts, Treasurer; Linda Shaffer, Secretary. Since Fern was not able to attend the service, she was still installed as Vice President and Pastor Matt contacted her and let her know.

New Business

Fall Gathering: The fall gathering is scheduled for Sept. 10 and will be from 10:00 to 12:00. We are still planning this event. Thank Offering jars will be available.

Cookie Exchange: December 3rd is the cookie exchange. Jo suggested we do the cookie exchange at the end of the meeting. We are still planning this event.

Women’s Night: There was discussion about having a Women’s Night, and further details will be discussed at the September meeting on Sept. 8 at 6:30 PM at Fern Zechmann’s home.

Mercy Meals: Will be pushed back to February.

Holiday Boutique: Holiday Boutique is Oct. 22 and the Women’s Group will be selling the “Keep Christ In Christmas” magnets for \$5 each. They will be for sale at a table by the baked goods.

Membership Care: Julie discussed helping members with odd jobs needing done. Jo showed the “Serve One Another” board that was hanging in the sanctuary. We need to find out who hung it there and what we could do to help. Fern is going to meet with the Membership Care Team about it. Fern also discussed prayer shawls. She is going to look into patterns and making them for people in need of prayers.

The meeting was adjourned with prayer.

BOARD OF SPIRITUAL OVERSIGHT

Tuesday, August 16, 2016

Present: Pastor Steve, Brian Anderson, Michelle Anderson, Linda Cyboron, Charlie Skoglund, Greg Moen
Absent: Pastor Matt, Becky Bahnfleth

Pastor Steve opened with devotions and prayer.

July Minutes: Charlie made a motion to accept the minutes, Brian seconded. Minutes passed unanimously.

Agenda: Greg added update from Administration Board.

Child Care Update: Danita Broders gave an update. Starting August 22nd there will be a total of 6 children with 3 teen moms and 2 college students. We discussed the Mentor Mom program and that Mary Weich is organizing this. Danita is developing a wish list ready to post with items that the daycare needs. Charlie requested that there be a journal as to daily attendance, items needing fixed, etc. The Spiritual Board thanked her for stepping in as the interim director.

Pastor Matt Surgery: was successfully performed on Monday August 8th; will be a slow recovery process. His family left to travel to Ohio to attend his Dad's funeral. It was suggested that we give a \$50 memorial to two organizations as requested by the family.

Charlie (Lifelong Learning & Living) : thanked the Welcome & Hospitality team for making the backpack tags and making phone calls for a successful Back Pack for all school age youth after worship on August 14. The Lifelong Learning and Living Ministry Team is making final plans for Rally Sunday on September 11th. We are still looking for a Sunday School superintendent. Susan Thompson will be leading FLYTE while Emily is in Africa. Wednesday Night Alive: Michelle offered the Welcome & Hospitality team to work on the meals. Pastor Steve said he would help with lessons. Wednesday Night Alive will start September 21st. Sunday School: Still needing teachers for the Preschool/Kindergarten class. Other classes have at least one teacher. The Ministry Team will meet again on Wednesday, August 24.

Brian (Worship): There will be a worship meeting on Sunday August 21st following the service, no decision will be made at that meeting, mostly getting input. The worship team will be placing the cardboard church in the back for the congregation to place suggestions as to what they like and how the worship team can help them grow in worship. They will need to give their name and contact information. Pastor Garry suggested that the teams have a special Sunday service that will focus on their team; these will take place on the 2nd Sunday of each month. The Spirit-led service will be moving to the 2nd Sunday of each month for consistency. Looking to reach out to the TEC community, which there are a few coming to NECC this year. Scott Krohn is needing to have some preaching opportunities; he will start preaching every 3rd Sunday in rotation with Pastor Steve and Matt. The next worship committee meeting will be August 30th which is the last Tuesday of each month from now on, so they can help the teams with their special Sundays. While Pastor Matt is out there will be no Feast and Celebration.

Linda: Mailed out 13 packages from Blessing of the Backpacks to daycamp attendees. Michelle is making more for the congregation youth that did not get them. The Childcare will work on getting the Mentor Mom program running.

Michelle: Hospitality Sunday will be Oct 9th. Potlucks will continue on the 2nd Sunday each month, that there will be a suggestion for food to bring. 40th Anniversary, 1 day celebration, still inviting past members, going to have a potluck. 40th Anniversary shirts will be for sale again in September. Drive in movie night was Friday Aug 12th. Trunk or Treat scheduled for either Oct 28th or 29th.

Pastor Steve: Has been busy planning for the fall events and schedule. He will be teaching confirmation while Pastor Matt is recovering from surgery and is taking the lead in Wednesday Night Alive (WNA) in Pastor Matt's absence too.

Greg: Board of Administration update, handed out the monthly financial update, pointed out a praise God for the offerings to be up in June and July. The copy machine lease is up Sept 14th, planning on purchasing a copy machine instead of leasing and that will save us a good chunk of money. Greg asked to have budgets for committees ready. Asked about Pastor Garry coming back again, that we would only pay expenses.

Next Spiritual Board to meet September 20th at 6:30 p.m.

Brian ended the meeting in prayer.

Respectfully submitted by Michelle Anderson

Infant Childcare Ministry Update

Danita Broders, Interim Director

Our infant childcare ministry center opened on August 10 with Danita Broders as our interim director. Jessi Sherman, our previous director, resigned her position late summer due to health reasons. As the Oversight Committee met, Danita has graciously volunteered to be our interim director until we fill the position. Since school was starting so quickly, we needed to act fast, so Danita stepped forward to offer her expertise and skills. The Oversight Committee is meeting weekly as we proceed to meet the growing needs of our community. The following is Danita's report and update for the congregation:

Hello, my name is Danita Broders. Many of you may know me, but for those who don't, I will tell you a little about myself. I am currently helping out with the Teen Mom Program since Jessi stepped down. I graduated from Wayne State College in December of 2007 with a bachelor's degree in Early Learning Education. I have been running an in-home daycare since May of 2005. I have four children of my own: Elizabeth is 11, Colin is 9, Delilah is 7, and Kyle is 5. I have been married to Jeremy since 2004, who is taking care of the kids at my in-home daycare.

The Teen Mom Program opened on Aug. 10 with one child. When school started on Aug. 16, we gained three more babies. On Aug. 22 when the college starts, we will add two more kids (one 2-month-old and one 2-year-old). The first part of September a newborn and a 2-year-old will join our current friends. I talked to the counselor at the high school when she called to see how many spots were available and I told her three. The kids listed above are all full-time. We have a part-time 2-year-old that will start next week. Amazingly, since opening the daycare to not only teen moms and extending the ages, we have one working mom and the rest are college and high school students. I am blessed to be a part of this mission. If you have available time during the week and would like to come rock a baby, please come visit with me. The help would be greatly appreciated.

Wish List: Toddler forks, vacuum cleaner, CD player, rocking chairs, a bigger fridge, an outdoor toddler swing for the fenced-in area, and an iPad with a toddler case.

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.

BIRTHDAYS, ANNIVERSARIES & MORE!

BIRTHDAYS

9/1 Arlis Lind
9/2 Linda Shaffer
9/3 Lonnie Svitak
9/5 Marie Shafer
9/7 Dean Hoffart, Blake Moen
9/8 Gaylen Grunke
9/13 Doris Hoffart
9/14 Al Boelman
9/15 Wendell Hahne
9/16 Nicole Roberts
9/26 Matt Morton
9/30 Abbey Buettgenbach

ANNIVERSARIES

9/13 Joe and Kristy Rosberg
9/15 Duane and Shirley Theil
9/18 Richard and Cherlyn Hillrichs -- 50 YEARS!!!



*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.*

PASTORAL ACTS

Marriage:

Caitlyn Shaffer and Jesse Weis (August 6)

New Members:

Dorothy Monson and Harold Dunlap (August 28)

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PLEASE REMEMBER Pastor Matt in your prayers. Cards will reach him at 708 East Walnut Circle, Norfolk.

HAS YOUR ADDRESS or phone number changed since last fall? If so, please make sure the church office has your new contact information. An updated member directory will be coming out soon!

COUNTERS NEEDED: We are still in need of a counting team (or two) for 4th Sunday offerings. Training will be provided. If you can give 1 hour (or less) each month, please contact the church office. There could even be two 2-person teams who alternate months, so if any snowbirds are interested, please let us know.

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CARD OF THANKS

Dear Pastor Lund,

Thank you and your congregation for your generous donation of **\$275.00** to support the Military BibleStick program. As the 15th anniversary of 9/11 comes closer, let us remember to keep close to God -- the only One who can provide peace and comfort.

Active-duty servicemen and women, as well as veterans, are finding solace in listening to the Scriptures. They tell us things like:

Hearing the Word helps the Holy Spirit speak to me. My prayer life has become much stronger. Thank you.

-- Service member

Your support is invaluable!

Till all have heard,

Troy Carl
Vice President

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)

Remember to recycle
your pill containers
(remove labels).

Give the gift of life.
Give blood on Tuesdays.

Need your blood pressure
taken? Ask Linda Miller —
she will gladly do it.

The PATCH Health Fair
is Sept. 16-17 at
Northeast Community College.

ANOTHER REASON TO EAT FRUITS AND VEGGIES

You probably already know that snacking on sugar-laden or chewy foods that cling to your teeth can lead to tooth decay. But on the flip side, eating the right foods can actually boost your dental health.

Many fruits and vegetables help clean your teeth. They stimulate saliva production, which washes food particles from the teeth and prevents tooth decay.

Foods with calcium, such as cheese, spinach and almonds, as well as phosphorus-rich protein, such as meat and fish, may protect and rebuild tooth enamel.

Skip the soda and sugary lemonade to wash down your foods. Whenever possible, opt for water — the most dental friendly beverage available.

8 SLEEP SOLUTIONS FOR MORE REST

Millions of people rely on medication to go to sleep each night. To help avoid reliance on sleeping pills and get the sleep your body requires, try these ideas for common sleeping problems:

If you have trouble going to sleep ...

Exercise daily. Your body will be ready to rest at the end of the day. Some experts suggest light exercise a few hours before you try to sleep, but taking 20 minutes to slow down (reading or meditating) before you lie down. See what works for you.

Try Dr. Andrew Weil’s “4-7-8” breathing exercise. Search for the exercise (including a video) at www.medicaldaily.com

Maintain a consistent schedule (same bedtime and wake-up time).

Keep the bedroom cool (between 60 to 67 degrees) and dark. Your body associates sleep with a drop in temperature.

Avoid large meals (especially high protein), alcohol and caffeine before bedtime.

Put down the smartphone. The glowing light stimulates your brain. Set rules about electronics before bed for your kids, too. An exception: There are Android and iPhone apps that may help you evaluate your sleep (Sleepbot) or provide lulling sounds (Sleep Pillow) to help you nod off.

If you wake up in the middle of the night ...

After 15 minutes, get out of bed, go to another room and do something else (read, listen to music). Avoid your computer and TV, and don't watch the clock.

If worries keep you from falling asleep again, jot your concerns down in a notebook and clear your mind.

If you have chronic insomnia, which could be caused by disorders such as restless leg syndrome or sleep apnea, talk to your doctor.

Remember: washing your hands with soap and water stops the spread of germs!

September worship servants

	Communion Assistants	Greeters	Ushers	Acolytes	Lector	Coffee
4	Charlie and Louise Skoglund	Doreen and Mick Kullbom	Rich and Deb Olson	Elizabeth and Colin Broders	Connie Atkinson	Hoffarts
11	Linda Cyboron, Linda Miller	Chuck & Jeanne Nicholson	Mike and Nell Finkral	Colin Broders & Zach Cordner	Richard Hillrichs	Koeppe
18	Charlie Skoglund, Scott Krohn	Rich and Kay Jaeger	Wendell Hahne, Warren Bennett	Katelyn A., Emilee Olson	Ethan Olson	Boelmans
25	Lonnie Svitak, Bob Lutz	Bill Thoendel and Lu Carter	Dennis and Linda Miller	Elizabeth and Katelyn	Greg Moen	Finkrals

Altar Guild/communion bread* — Kathy Rogers, Becky Bahnfleth*

Membership Care — Doris Hoffart, Marilyn Woolard

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

October worship servants

	Communion Assistants	Greeters	Ushers	Acolytes	Lector	Coffee
2	Gary and Mary Weich	Amanda and Linda Cyboron	Chuck & Jeanne Nicholson	Colin and Zachary	Steve Morton	Andersons
9	Michelle & Micheyla Anderson	Steve and Julie Freese	Jeremy & Sharel Olson	Emilee and Elizabeth	Blake Olson	Mary Lund
16	Scott & Gina Krohn	Mike and Nell Finkral	Kevin Piske, Dallas Puls	Katelyn and Elizabeth	Judy Carstens	Jaegers
23	Margaret and Lonnie Svitak	Roger and Karen Peters	Doug and Pat Witte	Zachary and Colin	Gina Krohn	Holly Heller
30	Becky Bahnfleth, Tara Peters	Steve Morton and Jo Roberts	Al Boelman, Greg Moen	Elizabeth and Katelyn	Kay Jaeger	Skoglunds

Altar Guild/communion bread* — Sharon Koeppe, Linda Cyboron*

Membership Care — Jo Roberts, Linda Miller

SEPTEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Mark your calendars for the 21st annual HOLIDAY BOUTIQUE October 22nd</p>				1 9:00 Piece- Makers Quilting	2 5:30 Girl Scouts	3
4 Pentecost 16 No Sunday school 10:00 Worship (traditional) 11:15 Coffee & Fellowship	5 LABOR DAY Church office closed	6 6:30 Childcare Oversight mtg.	7 7PM Lifelong Learning mtg. 7:30 Youth group 7:30 Senior choir begins	8 9:00 Agape Circle 6:30 Women of CTS meeting	9	10 Women of CTS Fall gathering (10 a.m.--noon)
11 Pentecost 17 RALLY DAY 9:00 a.m. 10:00 Worship (contemporary) 11:15 Potluck brunch 3PM Meadow Ridge picnic	12 6:30 Welcome/ Hospitality mtg. 7PM School of Prayer 7PM Walk & Talk @ Skyview	13 11:30 CTS Senior Ministry	14 9:30 Member- ship/Steward- ship meeting 5PM FLYTE, Confirmation 7:30 Youth group; Sr. Choir	15 2PM Card Club 6:45 MOPS/ MOMSnext	16 5:30 Girl Scouts NEWSLETTER DEADLINE	17
18 Pentecost 18 9:00 Sunday school 10:00 Worship (traditional) 11:15 Fellowship 2-4PM Hillrichs 50th open house	19 6:30 Board of Administration 7PM Walk & Talk @ Skyview	20 6:30 Board of Spiritual Over- sight	21 5PM FLYTE, Confirmation 6:30 WNA kickoff 7:30 Youth group; Sr. choir	22	23	24
25 Pentecost 19 9:00 Sunday school 10:00 Worship (Renew!) 11:15 Coffee & Fellowship	26 7PM Walk & Talk @ Skyview	27 7PM Worship Committee mtg.	28 5PM FLYTE, Confirmation 6:30 WNA 7:30 Youth group; Senior choir	29	30 CTS Crafting Weekend	OCT. 1 CTS Crafting Weekend

Fridays are Pastor Steve's day off

Pastor Matt returns October 4

Emily Svitak leaves Sept. 22

BUCKET LIST: Pastor Steve and John will be in Minneapolis Sept. 26 thru Oct. 2 at the Ryder Cup