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**NOVEMBER  
2014**

*Faith United Methodist Church  
"Engage, Equip, and Empower!"*

**Volume 2014,  
Issue 11**

**Moving Day**

Who's afraid of the big bad wolf  
The big bad wolf, the big bad wolf  
Who's afraid of the big bad wolf  
Tra la la la

We remember these lines from the childhood story of the "Three Little Pigs". They sang this song bravely until the wolf appeared and huffed and puffed and blew the house of straw and sticks down.

We often put on a brave face until we are confronted with struggles and trials that threaten to overcome us or when we read headlines about ISIS or Ebola.

Fear is a prevalent emotion that runs through all levels of our culture. We have been so accustomed to living with some sort of fear that we have almost forgotten what it is to live a fear free life.

Jesus makes an amazing offer in *John 15:9-11* "As the Father has loved me, so have I loved you. Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full."

Henri Nouwen says, We live in one of two houses. The house of fear or the house of love. The world intimidates us, and people with power often pose fearful questions that are designed to drive us to the house of fear where they want us to look to them for deliverance?

Jesus invites us to live in the house of love, where He offers us through His great love the strength and power and freedom to live joy-filled lives.. He loves us as the Father loves Him with a love that is not dependent on our performance or our "good works". We move into the house of love by faith and Jesus' promise that as we live in the house of love we will bear fruit.

The house of fear makes us afraid of being close to others, afraid of their judgments, afraid of being vulnerable.

The house of love tells us we are already accepted, forgiven and in the process of being made new. We have nothing to fear from others because we are as broken as they are and we all need the saving grace of Jesus.

The house of fear makes us afraid to step out and try new things and new ideas. It keeps us sterile and unfruitful.

(Continued on page 2.)

**MONTHLY MEET-UPS:**

Elizabeth Circle  
UMW Elizabeth Circle will meet **Wednesday, November 19th, at 3:00 p.m.** in the **Lakeview Room**. Our hostess will be Norma Buland with Linda Lohse leading devotions. All guests and visitors are welcome.

Ruth Circle  
UMW Ruth Circle will meet **Wednesday, November 19th, at 9:30 a.m.** The location is to be determined.

Mary Circle  
UMW Mary Circle will be meeting at **5:00 p.m.** at **Church's Youth Room** right **before** the **Unit Meeting** on **Monday, November 17th.**

Men of Faith  
Our next Men of Faith Meeting will be on **Thursday, November 13th, at 6:30 p.m.** in the **Fellowship Hall** of Faith United Methodist Church. The meeting is open to all men. Bring a friend!  
*Roger Walker*

## Prayer Requests

Remember our church members & friends who are less mobile and are unable to join us as often as they would like, including:

**Koda Living Community, Owatonna:** Elaine Flathers

**Colony Court Memory & Care Suites:** Ann Swenson,  
Rosalind Peterson, Gerri Peterson

**Colony Court:** Millie Groh, Ardella Draheim, Nina Youngberg, Leona Quast

**Lake Shore Inn:** Florence Gutknecht, Hazel Henkensiefken, Don Lohse

**Latham Place:** Liz Corchran

**Morrow Home, Sparta, WI:** Marlene Rietfort

**Oaklawn Health Care Center:** Jim Keller

**Tower Light, St. Louis Park:** Darlene Lynch

**Those who also need our prayers:** Willie Mahler

**Prayer Requests from Sunday Worship:** Rodger and Vada Dahnert,  
Bruce and Deb Hering, Leona Quast, Jim Barber, Dave and Joann Eggness, Kookie, Wilda Smith,  
Jimmy Friedl, Deloris Asmus, Kelly Adams, Peter Fog, Patrice Waters



## Faith Crafters and Stitchers

Our Faith Crafters & Stitchers have their projects ready to sell at the Bazaar on Sat., Nov. 1st. See you at the Bazaar. The group will **take a break** from meeting until January.

## Thank You

Dear Friends in Faith,

Thank you all for your cards, prayers, thoughts, and visits following my recent surgery. What a blessing it is to be a part of our Faith community! I won't bore you with details, but the surgery was very successful.

Roger Walker

## Pumpkin Carving/Decorating

On Saturday, October 11<sup>th</sup> we had a pumpkin carving/decorating event at Faith UMC. Lots of pumpkins were carved and decorated and were on display in the fellowship hall on the Sunday after the event. It was great seeing the creativity; the girls appeared to be interested in the colorful and cute pumpkins and the guys got real creative with the more gory jack-o-lanterns. Everyone appeared to have a great time. We ended the event with hot chocolate, apple cider, cupcakes, cookies; orange pumpkin cookies with faces, peanut butter cookies, chocolate chip cookies with what looked like spiders on them and small bags of treats. It has been said that this was the '**Biggest and Best**' pumpkin carving/ decorating ever!!

(Continued from page 1.)

## Moving Day

The house of love gives us courage and confidence to step out in faith and be creative and bold.

Which house is your home? The house of fear or the house of love?

Remember the words of Jesus, *"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."* (Matthew 11:28-30)

Come to Jesus and live with joy in the house of love.

Pastor Victor

### Haiti Mission Trip

Thank you to all of you who have financially contributed to this medical mission trip. You have allowed me to provide care that would not have been otherwise.

Leslie Jaeger, MN, our team leader emailed us that there has not been a surgical team since last spring. We are to anticipate a large number of patients. Surgery is not done at Good Samaritan Hospital unless a surgical team comes in from outside.

Please keep our team and me in your prayers November 7th-15th, and of course, the Haitians who we serve.

Your Parish Nurse,  
Sherry

### Parish Nurse Notes

On October 8th, I attended a conference "The Habits of Happy People" presented by Dennis A. Marikis, Ph.D., sponsored by the Institute for Brain Potential.

One of the traits of happy people is GRATITUDE. I thought this would be particularly meaningful as we approach Thanksgiving.

The following are directly from Dr. Marikis' power point presentation:

#### Gratitude

- First, grateful thinking promotes the savoring of positive life experiences.
- Second, expressing gratitude bolsters self-worth and self-esteem. When you realize how much people have done for you or how much you have accomplished, you feel more confident and efficacious.
- Third, gratitude helps people cope with stress and trauma.

#### Gratitude

- Fifth, expressing gratitude tends to inhibit invidious comparisons with others. If you are genuinely thankful and appreciative for what you have ( e.g., family, health, home), you are less likely to pay close attention to or envy what the Jones' have.

#### Gratitude

- Fourth, the expression of gratitude encourages moral behavior. As I mentioned earlier, grateful people are more likely to help others (e.g., you become aware of kind and caring acts and feel compelled to reciprocate) and less likely to be materialistic (e.g., you appreciate what you have and become less fixated on acquiring more stuff).

#### Gratitude

- Sixth, the practice of gratitude is incompatible with negative emotions and may actually diminish or deter such feelings as anger, bitterness, and greed.
- Last but not least, gratitude helps us with hedonic adaptation. If you recall, hedonic adaptation is illustrated by our remarkable capacity to adjust rapidly to any new circumstance or event.
- Lyubomirsky, Sonja (2007-12-27).

So there you have it, practice gratitude and you will be happier. Studies have shown that if you write down 3 things you are grateful for each week, you will feel better for 6 months.

Galatians 5: 22-26

May Peace, Joy, and Gratitude fill your hearts.  
Your Parish Nurse,  
Sherry Scholljegerdes, RN



Faith United Methodist Church

*"Engage, Equip, and Empower"*

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## **Change Service Requested**

### **Men of Faith Meeting Minutes**

The Men of Faith meeting was October 9th, 2014. Those attending were: Wally Ruedy, Clair Voshell, Roger Walker, Ron Terrell, Pastor Waters, Les Wells, and Peter Fog.

The October meeting was hosted by Wally Ruedy assisted by Clair Voshell. Coffee and donuts were served. Devotion was by Les Wells. Pastor had the opening prayer.

Next meeting will be held on November 13th, 2014 at Faith United Fellowship Hall. It will be at 6:30 p.m. All men are invited to come.

Things brought up at the October meeting were:

1. The cross at the lake. The cross is now put together and will be installed in the month of October.
2. The dry-food shelf was not brought up but will be in operation this month. Thanks to Pastor Victor and Patrice. The dry food is a help for people who need some foodstuffs for an emergency.
3. The valet service will be talked about at our next meeting. The starting times and length of service will be discussed.

As I will be going south again, Les Wells has agreed to take over in my absence. Les will do a good job so help make it easy for him. *Wally*