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Special Points of Interest:

- October Monthly Meetings, Back Page
- October Birthdays and Anniversaries included with Calendar

Administrative Assistant

Office Hours

Mon. through Thurs.
9:00 am to 12:30 pm
Fri. 9:00 am to Noon



What Does the Bible Say About Rest and Self-Care?

1) We should enjoy our food and keep up with personal grooming.

Go, eat your food with gladness, and drink your wine with a joyful heart, for it is now that God favors what you do. Always be clothed in white, and always anoint your head with oil. (Eccl 9:7-8)

2) We need to take care of our body because it is the temple of God.

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. (1 Corinthians 6:19-20)

3) We need to make EVERY EFFORT to enter in a Sabbath-rest.

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience. (Hebrews 4:9-11)

4) Good health and the ability to enjoy life are gifts from God. We need to be good stewards of God's gifts.

*Moreover, when God gives any man wealth and possessions, and enables him to enjoy them, to accept his lot and be happy in his work—this is a gift of God. (Ecc 5:19)
Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. (3 John 1:2 NASB)*

5) It is implied in the bible that we are loving and caring for ourselves (it is OK to practice self-compassion).

*After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church—for we are members of his body. (Ephesians 5:29-30).
Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' Matthew 22:37-39*

6) Carry each other's burdens, but first, we need to be able to manage our own load. (Also, capable individuals should be encouraged to pull their own weight!).

Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks he is something when he is nothing, he deceives himself. Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load. (Gal 6:2-5)

(Continued on page 4)

Prayer Requests

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

Colony Court Memory & Care Suites: Ann Swenson

Colony Court: Ardella Draheim, Nina Youngberg, Leona Quast, Muriel Jenkins

Lakeshore Inn: Florence Gutknecht, Liz Corchran

Latham Place: George and Lucille Kubista, Elaine Westrum

Koda Living Community: Chuck Youngberg

Prayer Requests from Sunday Worship: Karen Keiper (from Texas), Gary and Linda Taylor, Leona Quast, Pastor Victor Waters, Mark Swenson, Sue Baldini, those affected by the storms/tornadoes



Administrative Assistant Hours

Stacy True, Administrative Assistant, will be out of the office on the following dates in October: October 1 and October 17 - 18.

Faith Crafters & Stitchers

Faith Crafters & Stitchers will meet **Thursday, October 11** from **1:00 to 3:00 p.m.** in the Fellowship Hall. We will be pricing craft items for Bazaar 2018 which will be held on Saturday, November 3. Call Sandy Voshell at 835-4122 with questions.

Guest Night - September 23, 2018



What an outstanding night we had with guest speaker, Heidi Becker from Austin, MN. At age 1 her son, Drew (meaning 'warrior') was diagnosed with Neuroblastoma (an inoperable brain tumor) - a year later he passed away and left an empty spot in the hearts of her husband, daughter Molly and herself.

Heidi and her husband began a Warrior Wagon ministry that same year; the concept came from a wagon that Drew received while hospitalized. The portable Warrior Wagons are full of comfort and helpful items for newly diagnosed pediatric cancer patients and their family as well as serving as a mode of transportation while the child is hospitalized. Heidi shared her story with us and how her faith in God kept her going through such a dark time in their lives. She believes that God led her to create these Warrior Wagons to help other newly diagnosed pediatric cancer patients. To date, they have given out more than 15 of these wagons (at a cost of about \$275.00 each) and are working with the Mayo Clinic to continue this important outreach program as well as promoting them to several other medical centers.

Those in attendance should be very proud that our offering totaled over \$300.00, which will buy another family a Warrior Wagon and then some! Thanks so much to those attending. We received a thank you note from Heidi who enjoyed the evening and said she was "so pleased to meet such wonderful people" and was so appreciative of our response.

Fellowship Event

October 14 - The artist Paul Detlefsen was born on October 3, 1899, in Copenhagen, Denmark. To celebrate his birth month there will be a display of his paintings in the Fellowship Hall following the church service on October 14. Come to fellowship and get to know about him and his talent. He produced well-known paintings, but few people recognize his name! The paintings have been collected by Roger Walker over many years.

Pumpkin & Rock Painting Event

On **Saturday, October 13 at 1:00 pm** we will combine our normal rock painting party with painting small pumpkins for Halloween! Meet in the Fellowship Hall and be sure to bring the kids and their friends! Snacks will be provided. *Hospitality Team.*

Hospitality Team

Hospitality Team will be meeting **Monday, October 8th at 10:00am**. We meet in the Lakeview Room and would like to encourage people to attend. You can see what we do and you may have some suggestions or ideas on how to continue to have Faith church being a welcoming church.

Soap Box Derby



On Saturday, September 1, 2018 Waseca Celebrated their 150th birthday with a city-wide celebration. Our neighborhood Masonic Lodge sponsored their "1st Annual Soap Box Race" and Faith Church was there as part of the celebration. It was considered a huge success by all with over 100 people in attendance. Our church passed out 97 bottles of complimentary water as well as greetings and well wishes for participants and their supporters. This was greatly appreciated as the day was very warm. Eight cars were entered in the competition and fun was had by all with activities such as face painting, bag and 3-legged races, free popcorn, fish pond and music entertainment which included the "Star Spangled Banner" before the race. I think there may just be some plans for next year. Stay tuned.

What Does the Bible Say About Rest and Self-Care

(Continued from page 1)

7) Resting is an act faith. We rest because God says we should/can. Trust that He will continue to work and take care of things even as we are resting.

It is vain for you to rise up early, To retire late, To eat the bread of painful labors; For He gives to His beloved even in his sleep. (Psa 127.2 NASB)

“Say to the Israelites, ‘You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy.’” (Exo 31:13 NIV)

TRUE REST AND PEACE COMES FROM GOD

“I will refresh the weary and satisfy the faint.” (Jer 31:25)

“My presence will go with you, and I will give you rest.” (Exodus 33:14)

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matt 11:26-30)

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (John 14:27)

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?” (Matthew 25-27)

Trunk or Treat

October 31, 5:00 to 7:00 PM - For the past several years we have been hosting Trunk or Treat in our parking lot. As the name implies we fill our parking lot with cars who have decorated their trunks and put candy in the trunks for the over 600 kids who come. We have created a “safe place” for kids in our community and their parents. If you are able to have a trunk, please come. If not, you can donate candy by the bag. Thanks for your help!



Fall Bazaar - November 3, 2018

It is never too early to begin planning for the 2018 Fall Bazaar! If you have a craft/stitching project you would like to donate to our bazaar or if you have ‘gently’ used items, baked goods, pies for the luncheon or anything else that would help us raise money for missions, please keep the date in mind.

Beginning October 7th and throughout October, we will have a sign-up sheet in the Narthex for you to complete offering ingredients needed for our delicious vegetable beef soup, volunteering needed in the Dining Room and in the Kitchen, as well as people to make pies for the luncheon. Be thinking where you would like to ‘plug in’ for this important yearly event! It is true, a lot of hands make lighter work! Again, the date is November 3rd. We will be open for shopping at 10:00 a.m. and the lunch will be served from 11:00 a.m. to 1:00 p.m. Please invite friends and neighbors to this popular once a year event.

P.S. - As in other years, we will have a cookie booth with the best cookies ever!

Thank You



Pastor Victor and Patrice would like to thank everyone for their prayers, cards and well wishes. It helped them to feel very encouraged.

UMW Unit Meeting Aug. 20, 2018

Welcome: Devotions by Sherry Scholljegerdes Pebbles in the sand and music, sea sounds.

Hostess: Elizabeth Circle served root beer floats and snacks.

Program: There was a short program on The Sacred Space of Rest and Self Care. There was a skit. We wrote bible verses on towels and decorated the towels.

Business Meeting:

Linda Griffin read the Secretary's report. Sandy Voshell read the Treasurer's report. There is a \$2919.74 balance. The Emma Norton and UMW pledge was paid. Shirley Hansen led the meeting.

Old Business:

Linda Griffin gave a report on Mission U Too.

New Business:

Guest Night will be on Thursday, August 23, 2018 at 7:00 pm. Heidi Becker will be our presenter from Austin, Minnesota.

September 15, 2018 is the UMW Gathering at The Cornerstone United Methodist Church in Marshall, Minnesota. There will be a Love gift of \$50 sent there. Birthing kits are made. Barb Friedl suggested that our UMW give \$64 for eight kits. It was seconded by Mary Jane Stauffer. It was approved.

The Annual Gathering will be held in Hastings, Minnesota on October 6, 2018.

A request has been made to use paper straws instead of plastic ones to help with waste.

Nominations for 2019 officers will be voted on at the November meeting.

The Fall Bazaar is on November 3, 2018.

The meeting was closed with a prayer.

Secretary,
Linda Griffin

Faith United Methodist Church Annual Mission Bazaar & Luncheon

Saturday
November 3

Vegetable Beef Soup
Freshly-baked Bread
Assorted Pies Coffee

Free-will donations accepted

Serving from 11:00 – 1:00

Bake Sale & Cookies

Gently Used Items

Gifts & Crafts

Open for shopping at 10:00

**The Church
by the Lake**

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Waseca**



Faith United Methodist Church

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Change Service Requested

Come Worship with Us
We have room.

MONTHLY MEET-UPS:

Elizabeth Circle

UMW Elizabeth Circle will meet **Wednesday, October 17 at 2:00 p.m.** in the **Lakeview Room**. Sandy Voshell will be our hostess with Mary Stauffer sharing devotions. Guests and visitors welcome.

Ruth Circle

UMW Ruth will meet **Tuesday, October 9** from **10:30 a.m. to Noon** in the **Lakeview Room**. All are welcome to attend.