

The Union Avenue News

www.federatedff.org

church@federatedff.org

October 2015



New Pictorial Directory Coming Soon!

Thank you for the tremendous response in signing up for a photo session for the new pictorial directory! If you haven't yet signed up, please do so now! There are still a few openings remaining. Go to www.federatedff.org or contact the church office to sign up. Photos will be taken on Wednesday, Oct. 21 – Saturday, Oct. 24.

The Federated Church Fall Pie Festival

Sunday, October 18th
10:00 A.M. - Fellowship Hour

Enjoy a piece of your favorite pie during fellowship hour, between services.

Thanks to those of you who volunteered to bring delicious pies to make last year's pie festival a success! We need your help again this year. If you can bring a pie or two, put your name on one of the signup sheets in the fellowship hall or on the bulletin boards. Let us know what kind of pie(s) you think you will be bringing and how many. Please bring them to the kitchen by 9:30 on Sunday, October 18th. Thank you for helping to make this a fun, social event!

DATES TO REMEMBER

Friday/Saturday, Oct. 2 –3

7th –9th grade Confirmation Lock-In
7PM—10AM

Wednesday, Oct. 7

First day of confirmation
7th/8th grade - 3:30PM
9th grade - 6:30PM

Sunday, Oct. 11

Youth Group Picnic & Hiking at
Maplewood
12:30PM

Tuesday, Oct. 13

Leadership dinner
5PM

Sunday, Oct. 18

Pie Social
10AM
Dr. McKay Piano concert
2PM

Wednesday—Saturday Oct. 21-24

Pictorial Directory photo sessions

Friday, Oct. 23

Bowling at Northern Aire Lanes
7PM

Sunday, Oct. 25

Consecration Sunday
Worship 10AM
Brunch 11AM

Friday, Nov. 6

Food Drop at the Armory
9AM—1PM
Sr High Youth Lock-in
8PM—10AM

Federated Church
224 N. Union Ave.
Fergus Falls, MN 56537

ADDRESS SERVICE REQUESTED

Non-Profit Organization
U.S. Postage Paid
Permit #285
Fergus Falls, MN 56537

Time Sensitive
Information
Please deliver by
September 30

Worship Schedule

9:00am Contemporary Worship
9:45am Education Hour
10:00am Coffee Hour
11:00am Traditional Worship

First Sundays of the Month

Communion served at each service.

Blood Pressure clinics held during the Fellowship hour by the Parish nurse.

Know your Neighbor Sunday Name tags distributed before each service.

First Sundays with Pastor Doug. From October to May, Join Pastor Doug the first Sunday of each month for an in depth look at some exciting and eclectic topics.

Ministry Nite

Committees meet the 2nd Tuesday of the month at 6:30pm.

Reminder: Committees do not meet in July

Other Meetings

Men's Bible Study meets every Monday at noon in the parlor

Women's Bible Study meets every Thursday at 10:30am in the parlor

Deacons & Elders meet the third Thursday of the month at 6:30pm.

Stephen Ministry meets the first Tuesday of the month at 5:30pm.

Call the Church office if you
have any questions!
218-739-3227



Growing together in God's love...
From generation to generation.

Come as you are...
Visitors expected

The Federated Church is
a joint ministry of
The Presbyterian Church (USA) and
The United Church of Christ



"For I was hungry, and you gave me something to eat; I was thirsty, and you gave me something to drink; I was a stranger and you welcomed me in... Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." [Matthew 25:35, 40]

The meaning of the phrase "refugee crisis" can be hard to grasp – until you see the photographs. A Syrian toddler, dead on a Turkish beach, after the boat in which his family was attempting to flee to Europe capsized at sea. Desperate families crowding a Hungarian train station, their children sleeping on floors and sidewalks, fearing Hungary will intern them in sinister-sounding "camps." Greek tourism towns filling with tents and with humanitarian workers, to accommodate the rickety boats of refugees that arrive daily at the shores.

Today, more than 19 million people have been forced to flee their home countries because of war, persecution, and oppression, and every day an estimated 42,500 more join them. Many, though not all, head for Europe which is why the crisis there can appear most acute.

There are, as I understand it, two layers to this crisis and why it has grown so dire. The first is the sometimes-overlapping web of wars and crises that has forced millions of people from their homes in the Middle East, sub-Saharan Africa, and elsewhere. These conflicts opened, ever so slightly, a previously closed route to Europe where the refugees appear on television and now receive global interest.

The second, and less discussed reason, is the increasingly anti-refugee politics in Western and other wealthy countries that are best suited to take them. Fear over the effects of immigration and long-held ideas about national identity are driving political decisions that contribute to the crisis. The result is that at a time when more people than ever need help, wealthy countries are more reluctant to help them – putting thousands or millions of innocent refugee families in peril.

The biggest driver of the crisis is Syria. Four million people, nearly one fifth of Syria's population, have fled the country since the war began in 2011. It's not hard to understand why: Bashar al-Assad's regime targets civilians ruthlessly, even resorting to the use of chemical weapons; ISIS subjects Syrians to murder, torture, crucifixion, sexual slavery, and other appalling atrocities; and other groups such as Jabhat al-Nusra have tortured and killed Syrians as well.

Most of these Syrian refugees end up in underfunded and crowded camps in neighboring countries. But seeing little future for their families in the camps, and knowing they may never be able to return home, many have decided to set out on the dangerous and uncertain journey for a better life in Europe.

But it's not just Syria. Older, longer-running conflicts have displaced 1.1 million refugees from Somalia and 2.59 million from Afghanistan. Many families in Eritrea are fleeing the dictatorship there that is sometimes called Africa's own North Korea. In Myanmar, a Muslim minority group known as the Rohingya has endured brutal violence and ethnic cleansing, sometimes with the tacit support of the Myanmar government. Fleeing Rohingya made headlines in recent months after thousands became stranded at sea, marooned in dangerous boats because neighboring countries refused to take them in. Meanwhile, in Central America, gang violence and lawlessness made thousands of families so desperate for their children's safety that they sent those children on a perilous journey north toward what they hoped would be safety in the United States. Many of their futures remain uncertain.

This summer, the European Union, the United States, and Kuwait respectively pledged \$1.2 billion, \$507 million, and \$500 million for aid to refugees. That's a good start, but still far short of the \$5.5 billion in aid the United Nations says is needed for the European refugees and the \$2.9 billion needed for displaced Syrians within Syria.

Truly, the numbers are overwhelming. So many displaced people. So much money needed to help them. It's easy to throw up our hands and ask, "What can I do about it?" Not one of us can fix this problem or alleviate all the suffering out there; but each one of us can make a difference.

Jesus speaks metaphorically of a King who commends those who helped the hungry, the thirsty, and the stranger. And Jesus sums up his narrative with the words "when you did it for one of the least of these brothers and sisters of mine, you did it for me." Not all of them, mind you, but at least one hungry person, thirsty person, or alien person. Not all. Just one. Each of us has the means to help one other person, to hold another in prayer, or to educate ourselves about the plight of the refugees.

Jesus calls on each of us to do what we can do to ease the trouble of another. It's not really asking that much when we consider how God went to bat for us when we were strangers: Abraham traveled to a strange land; Joseph and his family were aliens in Egypt; God brought the Israelites out of slavery in Egypt and into the Promised Land (which was filled with Canaanites); the disciples spread out into foreign lands and cultures; and the Gospel of Jesus expanded to include Cornelius (a Roman soldier), Lydia (a Turkish merchant), and Aquila and Priscilla (Jews living in Rome). God calls on us to have a special care for the widow and the orphan and the alien in our midst.

So what can we do? Lots of things. Just do something! I developed a **R-E-F-U-G-E-E** response list to help you:

Reflect. Who among us has not felt like a stranger at some point in our life? What must it be like to be uprooted from your home and way of life? Think about a time when you traveled outside of the United States: how did it feel to be a stranger in a strange land? As you reflect on the situation of the refugees, consider what your compassionate response will be.

Educate yourself about the current refugee crisis. Watch the television news, listen to the political pundits on the radio, get more information off the web, and be able to speak knowledgeably about this unfolding situation.

Facebook. Weigh in on this issue and raise awareness among your friends and contacts. Follow the news agencies coverage and our denomination's responses via Facebook. Keep the conversation going; don't let the refugees be forgotten.

Use Your Freedom. We live in a country of free speech and free elections with representatives who should listen to their constituents. Use the political power you have! Write to politicians urging them to do something to help. Sign petitions urging Congress and the President to spend more on aid or allow refugees with legitimate reasons to enter our country. Lobby for action.

Give. Both the Presbyterian Church (USA) and the United Church of Christ have sites established to contribute to the cost of feeding and housing the refugees. The easiest way to give is online at www.pda.pcusa.org (Presbyterian Disaster Assistance) or www.cwsglobal.org (Church World Service). If you prefer, you may write a check to The Federated Church with 'Refugee' on the memo line and we will send it on to the appropriate agency.

Entreat. Pray for all who have fled their home seeking safety in unfamiliar lands that they may find courage, strength, peace and welcome. And pray that those who provide shelter may find courage, strength and not be overwhelmed in their outreach.

Exhibit Hope. One person can make a difference. And with God all things are possible. Working together we can provide what God's children need: food, water, shelter, safety, love, and hope.

I don't usually weigh in on political issues, but the condition of 19 million refugees who need the basics of food, water, and shelter is worthy my attention and your attention.

Thanks for listening and caring and acting.

Blessings!

Pastor Doug

Ministry Nite!

October 13th is Ministry Nite. The leadership dinner will be at 5:30PM that night, followed by committee meetings at 6:30PM in the fellowship hall. Please email your minutes to church@federatedff.org. If you are unable to attend, contact your chairperson. If your committee does not make a quorum, please schedule a time for your committee to meet before the next Ministry Nite. Reminder: Committees do not meet in July.





K-12 Youth

Karen Anderson, Interim Director of Christian Education

"There is a time for everything, and a season for every activity under heaven." Ecclesiastes 3:1

Life is picking up again with Sunday school, youth group, confirmation class, and Kids Club! Our fall is rich with activity and energy. Hopefully everyone had some down time over the summer. I know we are ready for the cool and reflective days of fall. Take some time on one of those perfect autumn days to thank God for His miraculous beauty—the multicolor leaves, the smells of baking apples, the return of the routines of daily life! And be sure to check out our Sunday school classes for children, as well as for adults!

Sr. High Youth Group

Our senior high youth group started on September 23rd, with a whole new look! It sure feels good to have a freshly-painted room to gather in on Wednesday nights! The group will be working together to put the finishing touches on the walls—with youth-selected framed scriptures and other decorating ideas. The main focus for our group this fall will be on people's faith stories, as we will be using the faith stories of musicians, actors, and other famous individuals. We hope to know better how to understand our own faith stories as well as learn from each other. We always have fun getting together for food, games, and discussion. Other events this fall include:

- Sunday, Oct. 11th** Picnic and hiking at Maplewood (leave the church building at 12:30PM)
- Friday, Oct. 23rd** Bowling Night at 7PM
- Friday, Nov. 6th** Food Drop at the Armory 9AM-1PM,
followed by a lock-in that night 8PM-10AM Saturday

In other fun youth news, our own Rachel Westra was selected to be part of the Homecoming Court here in Fergus Falls! Congratulations, Rachel! If you have awesome news to share about your middle school or high school student, please let us know in the office. Our church family loves to hear about the great things that our youth are doing!



CONFIRMATION

Confirmation Lock-in: Friday-Saturday, October 2-3, 2015 at The Federated Church (7PM-10AM). Youth in 7th-9th grades are invited to join us for a pre-class party, complete with snacks, games, a visit to Union Avenue Pizza (bring \$5), and pancakes!

Confirmation classes begin Wednesday, October 7th! Hope to see you there. Come right from school, have a snack and some game time before class begins. Together we'll explore our part in God's great plan for the world.



Kids Club

Kids Club kicked off on September 23rd, with the theme of "Bible Blunders and How God Fixed Them!" We plan to have lots of fun learning about God's providence and grace through the stories of Adam and Eve, Cain and Abel, Pharaoh, Elijah, Paul, and the disciples. The session runs through November 18th with one week off during MEA weekend, Oct. 14th. The school bus pick-up has been arranged as in years past, and as with other after-school activities, if school is cancelled due to weather, Kids Club will also be cancelled. Please consider including your children in this time of fellowship! If you feel called to help out in any capacity, please feel free to come and join us! Thank you to everyone who has signed up for snacks and/or dinners! You will get a reminder call early in the week that you are signed up. Snack ideas include cheese and crackers, fruit, summer sausage, cookies, juice, chips and salsa, etc. Feel free to be creative! The kids LOVE it! If you are stuck on dinner food ideas: hot dogs, sloppy joes, spaghetti, pizza, hot dishes, are just some of the past well-received meals. If you have questions, please feel free to call the church office.

Sunday School

Sunday school started on September 20th, with teachers in all the classrooms on board to teach our kids! We are trying a new curriculum this fall that we will assess throughout this season. Jona Brown and Madalyn Dent will be working together in the K-1 classroom, teaching stories and using crafts and other activities to illustrate God's word. Paige Westra and Abby MarFarlane are teaming up to inspire our 2nd, 3rd, and 4th graders. Once again, the 5th and 6th graders will be blessed with the instruction and encouragement of Karen Bush. We will have a short gathering each week for music and prayer at about 10AM during the Sunday school hour, led by Tommy Bowman, Maren Hatling, Jordan Schiefert, and Pastor Karen. This is a good time for the classes to feel a part of the whole group! It looks to be an exciting year!

Six students received a Bible this year as part of the Rally Day Sunday School kick-off! Students included Jonathan Dent, Arianna Hedrick, William Nuss, Fiona Rundquist, Benjamin Rundquist, and Amelia Trosvig.



Nursery

After considering different options concerning the nursery, the Christian Education committee has decided to offer nursery **during the 11AM service only for the time being**. This change has eased the challenge of finding volunteers to serve. We have now found help for nearly every Sunday through November! Thank you to all who are willing to help, and please get the word out that nursery IS available during that service!

On another nursery note, I am excited to report that we are developing a once-a-month parent and child preschool (ages 0-5) Sunday school class, beginning October 4th! **Carri and Steve Thompson** are visioning a time for parents and kids to share a Bible story, music, and activities, in the youth room space. Thank you to both of them for their willingness to be mentors and encouragers to our younger parents. This is what being a church family is all about!

On a not-just-Christian-Education note, a **Women's Fellowship event is planned for Friday, January 22, 2016. Mark your calendars now for a "Winter Garden Party"!** We have made arrangements with Gallery-on-the-Go, a travelling art-teaching business, to do a painting night here at Federated Church. Plan on getting together with the women of the church for food, devotions, and painting fun! I will provide more information in the next month.

Men's Bible Study

Men's Bible Study meets on Mondays at noon for one hour. All the men of the congregation are invited.

Our first study will be *WWII: D-Day and the Providence of God*. This seven session, DVD based series will provide a thoroughly Christian overview of the men and the movements that led to D-Day, the commanders and soldiers who engaged in battle there, as well as the results of the invasion.

Oct. 5 th	Discussion of Episode 2
Oct. 12 th	Episode 3: The Theology of Leadership on D-Day
Oct. 19 th	Discussion of Episode 3
Oct. 26 th	Episode 4: Deception, Intelligence, and Spying for D-Day
Nov. 2 nd	Discussion of Episode 4
Nov. 9 th	Episode 5: The Decision to God
Nov. 16 th	Discussion of Episode 5
Nov. 23 rd	Episode 6: The Men of D-Day and the Meaning of Manhood
Nov. 30 th	Discussion of Episode 6
Dec. 7 th	Episode 7: The Aftermath
Dec. 14 th	Discussion of Episode 7
Dec. 21 st	No Men's Bible Study
Dec. 28 th	No Men's Bible Study



Women's Bible Study

Women's Bible Study meets on Thursdays at 10:30AM in the church parlor. Our first topic will be "One For All: Experiencing the Exclusive Claim of Christ." This study is open to all the women of our congregation and community.

First Sundays

"First Sundays" is a monthly forum for biblical and topical studies led by Pastor Doug Dent. We begin with a light lunch after worship (Noon) followed by the study. All are welcome!

Oct. 5 th	Seasons of the Church Year
Nov. 1 st	What Do Jehovah's Witnesses Believe?
Dec. 6 th	Serve, Not Rule: What is our role as human beings regarding nature?
Jan. 3 rd	Meet George Washington: a look at the faith of our first President
Feb. 7 th	Meet Abraham Lincoln: a look at our greatest President's faith
Mar. 6 th	Does God Demand Blood?
Apr. 3 rd	Listening for God's Call
May 1 st	Pentecost



October Service Group Group #9

Dale Anderson
Mark and Lisa Becker
Grant and Mariah Davenport
Tim and Desta Hunt
Wayne and Patti Link
Chuck and Linda MacFarlane
Lynn Oxley
Mae Reich
Ben and Tessa Schierer
Jo Schmidt
David and Molly Stoddard
Beth Strom
Matyas Sundheim
Gail Welle
Jim and Arlene Worner

November Service Group Group #10

Kym Christiansen
Doris Enderson
Joel Enderson
Gail Green
Terry and Cheryl Harrington
Gerri Hilden
Jim and Janet Knapp
David and Mary Lundeen
Millie Pearson
Paul and Bev Richter
Mark and Sheila Rodning
Heather Rundquist
Wade Ugstad
Randy and Marian Wasvick
Perry and Peg Werner
Linda Wolfe

Greeters and Coffee Hosts

October 2015

Sunday, October 4

9AM— Matyas Sundheim and Dale Anderson

11AM— Chuck & Linda MacFarlane

Sunday, October 11

9AM— David & Molly Stoddard

11AM— Grant & Mariah Davenport

Sunday, October 18

9AM— Mark & Lisa Becker

11AM— Tim & Desta Hunt

Sunday, October 25—Consecration Sunday

10AM— Gail Welle and Jo Schmidt



SERVICE

****Reminder, you are also the coffee hosts for that Sunday. If you are unable to do it the Sunday you are assigned, it is YOUR responsibility to find a replacement. Check your email for information on greeter and coffee host duties. Please add church@federatedff.org to your safe senders list. If you don't use email, please check the bulletin board in the narthex for the information.**

Our Condolences to...

✝ The Rose family on the loss of Debbie.

Thank you to...

☺ Tami Collins for embroidering all our new kitchen aprons with "Feed My Sheep". They look great!!

☺ All who helped spruce up the church on the BoM Clean-up day!

Happy Birthday!...

Come and celebrate Ruby Whipple's 90th birthday before she heads south for the winter! There will be a birthday celebration for Ruby on Oct. 10th from 2-4PM at The Federated Church. (Her actual 90th birthday is January 10, 2016).

To Debbie Rose's Federated family:

Thank you for all your support, prayers, and gifts to Debbie throughout her life. She always appreciated everything. Thanks for all your visits while in the hospital and health care facilities. We appreciate the cards, words of sympathy, and prayers as we go through this time of grief. Our wonderful memories are a great help. Thanks to Reverend Doug and Dr. Reverend Ed and all those who provided food, prepared and served the lunch and attended her celebration of life. God bless you all. -Carol & Duane Rose, Pamela Schauff and family

October Birthdays



10/01 Dorothy Porter

10/01 Tami Collins

10/02 Terry Haas

10/03 Evan Westra

10/04 Joyce Stock

10/04 Tanya Sundberg

10/04 Don Westra

10/07 Doris Enderson

10/07 Grant Davenport

10/09 Jaden Beck

10/13 Kym Christiansen

10/14 Austin Nygaard

10/14 Caitlyn Nygaard

10/16 Kathy Zimmerman

10/16 Jo Kohlhase

10/16 Heidi Lien

10/17 LaVane Ugstad

10/18 Louetta Hanneman Savoy

10/19 Phil Kugler

10/19 Courtney Meis

10/20 Nate Donoho

10/21 Dennis Bowman

10/23 Drew Johnson

10/25 Mary Moe

10/25 Tyler Harthun

10/26 Jon Steinbrenner

10/27 Carol Rose

10/28 David Lundeen

10/28 Joshua Whipple

10/28 Alexis Nelson

10/29 Beatrice Schierer

10/31 Angelo Griego, Jr.

We apologize if we missed your birthday! Please email your birthday information to church@federatedff.org!

Grocery Receipts

Kathy Zimmerman

Doesn't volunteering give you a wonderful feeling? Well, here is an opportunity for you! I have been doing the volunteer job of adding up all of the grocery receipts for three years now. I will be retiring from this on December 31, 2015. Please consider volunteering! You can let Elizabeth or myself know about your decision to help.

Please bring in your Sunmart and Service Food receipts. **Service Food receipts from June 8 through Sept. 6, 2015 totaled \$22,880.39** and are given to the public schools to help them with educational needs. Sunmart receipts from June 8 through Sept. 6, 2015 totaled \$3,629.38. The running total for the **Sunmart receipts from Nov. 14, 2013 to Sept. 6, 2015 is \$38,623.01**, working toward the goal of \$150,000. When we reach that goal The Federated Church receives a percentage of the total.

Thank You,
Kathy Zimmerman



Mark your calendars! The Mission Dinner will be on Sunday, November 15th at 11AM. All proceeds from the dinner will go towards the Boxes of Blessings – Look for more info in the November newsletter.



Stephen Ministry

Our congregation is blessed with a very committed team of Stephen Ministers who are having a tremendous impact on people's lives. We are looking to grow this ministry and hope that you are ready to explore this opportunity to serve others.

The next Stephen Ministry training course begins October 5, 2015 and runs through early March. The class will meet weekly on Monday evenings (6:30-9PM) at Calvary Free Lutheran Church.

For more information or to ask questions, please contact Stephen Leaders: Pastor Doug Dent, Char Zielin, Rebecca Jorgenson, or contact the church office (739-3227).

We are in the early stages of planning our next mission trip to the House of Hope in Zacapa, Guatemala, February 13-20, 2016. Trip cost is approximately \$1,600. We'd like to reserve the airline tickets soon, so need a head count. Wherever you may be in the process, please look to the Holy Spirit for direction. If you would like to join us, spend time with some great kids, share God's word, and work for God's kingdom in Guatemala, talk to Mike or Michelle Loomer or to Pastor Doug.

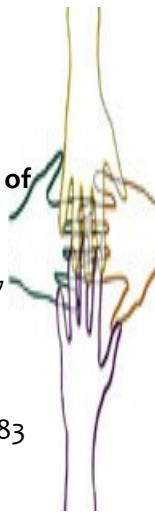


HOUSES OF HOPE
INTERNATIONAL

Stewardship Report

General Fund Report—as of August 23, 2015

Revenue— \$35,514
Expenditures— \$50,497
Year to Date Pledge Offering
Budgeted — \$224,697
Actual received— \$209,883



Thank you for your continued generosity with the Local Mission Fund!

There is much need in our community. Funds go out as soon as they come in! Donations can be put in the offering plate with *Local Mission Fund* in the memo line or dropped off in the church office.

Local Mission Fund Report

August	As of Sept. 23rd
3 families or individuals helped with \$190 towards food, rent or utilities	0 families or individuals helped with \$0 towards food, rent or utilities

Worship at The Federated Church

Sunday, October 4, 2015 – World Communion Sunday

9AM & 11AM

“Free to Be Rich”

Sacrament of The Lord’s Supper & Home Communion

Pastor Doug Dent

Luke 6:38

Sunday, October 11, 2015

9AM & 11AM

“Free From Uncertainty of Riches”

Pastor Doug Dent

Luke 12:13-21

Sunday, October 18, 2015

9AM & 11AM

“Free to Take Hold of Life”

Pastor Doug Dent

Matthew 6

Sunday, October 25, 2015 – Consecration Sunday

10AM

“Things to Keep While Changing

Congregational Brunch following worship

The Rev. Dr. C Edward Morgan

Philippians 3:4-14

Matthew 21:33-46

Special Sundays! One Sunday each month we will worship together at 10AM and celebrate a special event in the life of our faith family. Please mark your calendars – you won’t want to miss this!

October 25th

Consecration Sunday

Brunch following worship

November 15th

Mission Dinner

Meal following worship

December 20th

Kids’ Christmas Pageant

Coffee Hour following worship

December 27th

Christmas Sunday

Coffee Hour following worship

January 24th

Annual Meeting

Meal following worship

February 28th

Confirmation Sunday

Reception following worship

March 20th

Palm Sunday

Coffee Hour following worship

March 27th

Palm Sunday

Coffee Hour following worship

April 17th

Senior Brunch

Brunch following worship

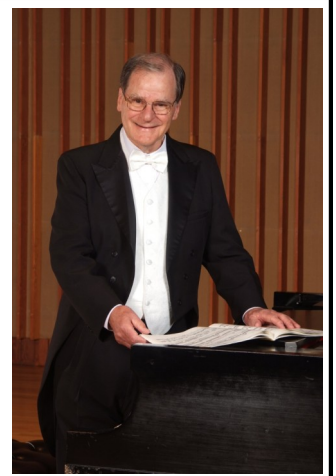
May 15th

Ice cream social

Sundaes following worship

Piano Concert at The Federated Church

John McKay, professor emeritus of music at Gustavus Adolphus College, will present a piano program of Bach, Beethoven, Brahms, and Debussy at The Federated Church on **Sunday, October 18, 2015 at 2PM**. This concert is free and open to the public. Dr. McKay is graciously donating all proceeds from a free will offering to The Federated Church’s ‘Box of Blessings’ initiative which provides compassionate care kits to patients at the Lake Region Cancer and Research Center in Fergus Falls, MN. Join us for an afternoon of marvelous music. Bring a friend!



Newsletter Deadline

Articles and announcements for the monthly newsletter are due on the 15th of each month. Please send them in electronic form (email) whenever possible. The church staff reserves the right to edit articles for content and space.

Parish Nursing Notes
Connie Seltz, Parish Nurse Coordinator

I am pleased to have Dr. Jill Iverson of Fergus Falls Chiropractic as a guest writer this month! The following article is from her July newsletter.



It is back-to-school time, and with that brings stress on the spines of kids from overweight backpacks. Too much weight will cause the spine to compress and lean over its natural center of gravity, causing stress and pain to the neck and lower back.

There are a few simple tips to help prevent backpack injuries:

- 1. Wear both shoulder straps evenly to properly distribute backpack weight.
- 2. Get the correct size backpack for your child. Do not pack too much weight.
Follow the guidelines set by the American Chiropractic Association, American Physical Therapy Association, and American Academy of Orthopedic Surgeons:

Weight of Child in pounds	Maximum backpack weight
60	5
60-75	10
75-100	15
100-125	18
125-150	20
150-200	25

- 3. The backpack should not extend below the lower back
- 4. Lighten the load and put the heaviest items in first, keeping them close to the body.
- 5. Lift the backpack with your legs and place it on one shoulder strap at a time.
- 6. Choose a quality backpack that has wide, well-cushioned shoulder straps with a lumbar support/padding.
- 7. Do not leave backpacks on the floor where they can become a tripping hazard.

If your child is experiencing any discomfort, remember that they, too, can get adjusted. Babies and children respond very well to chiropractic care throughout life to help alleviate biomechanical issues and to encourage proper posture as their spines are growing.



Bell Choir Members Needed

The fun and exciting Federated Bell Choir is in need of three more members to have a full choir and be able to use all five octaves of our bells. We need two people who can read the bass clef to play the low bells and we need a player for some of the high bells. We practice on Wednesday nights from 6:15 to 7:30. We'd love to have you come give us a shot. It's a lot of fun! Contact Doris Enderson, the bell choir director (770-4692) or Patty Shol, bell choir member.

Consecration Sunday is October 25, 2015



Live Free

TAKE HOLD OF THE LIFE THAT REALLY IS LIFE

1 TIMOTHY 6:18-19

It seems if one attaches the word ‘free’ to a few select words people are bound to sit up and take notice. I mean, who doesn’t welcome the implications and benefits accompanying word pairings such as tax free, interest free, worry free, debt free, and trouble free?

So, based on this idea of ‘free’ being ‘good’, when the Apostle Paul invites us to ‘live free’ in the last chapter of 1 Timothy, there might be a certain favorable appeal to this invitation. However, the challenge and the opportunity come when we set about exploring exactly what this might mean in congregational life.

The biblical notion of freedom holds two distinct but related trajectories in tension simultaneously: freedom from and freedom for. The people of Israel were set free from enslavement in Egypt by the action of God. This same God made them free for a covenant relationship that purposed them to observe the Torah and to be a “light to the nations.” Through the life, teaching, death, and resurrection of Jesus, God set creation free from the power of sin and death. This same God has set followers of Christ free for life and witness to the good news of the reign of God.

Unlike our common notions of freedom as something to be won and fought for, something that gives us license to do whatever we want, or even something enshrined in the Constitution, the biblical and theological understanding of freedom is that of a gift, secured and offered by God. It involves rescue and sending, deliverance, and missional purpose. Living free, then, has to do with inquiring from what we need to be rescued and delivered as well as for what we are purposed to be and to do as Christians and as congregations.

This, then, is our stewardship emphasis: what do we need to be freed from, in order to be free for what God has in mind for us as Christians and as The Federated Church? What bad habits must we jettison in order to embrace the new direction God is leading us? What programs must we let go in order to embrace other programs that better meet the needs of our community? What faulty ideas about ‘our money’ must we re-think in order to see everything as ‘God’s gift’?

Over the next month we’ll be exploring what it means to Live Free in Christ through sermons and Bible studies. And we encourage you to ask about your own life: what do I need to be rescued from in order to be free for what God intends for me?

Consecration Sunday is October 25th with worship at 10AM and a congregational brunch to follow. Pastor Ed Morgan will share some thoughts about living free that morning, and you’ll be invited to live free by making your commitment to our congregation’s ministries and missions in 2016.