

The COURIER

First Christian Church (Disciples of Christ), Minneapolis



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Guest preacher to speak on Gathering Sunday

Sunday, September 11, will be our SpringHouse Gathering Sunday Joint Worship Service in the South Sanctuary at 10:30 a.m. The service marks the start of the Sunday School year with a new children's curriculum called "Water – WOW!"

Our guest preacher will be Pastor Danny Givens. Pastor Givens is the



founder of [Above Every Name Ministries](#) in Saint Paul, a ministry in the Twin Cities created to be a "Church for the People." He is also one of six founders of [Black Clergy United for Change](#), a collective of black clergy committed to the work of racial justice and social transformation in urban communities and abroad.

Pastor Givens will be in the Gathering Space at 9:30 to talk with SpringHouse folk and answer any questions people have. Everyone is invited to this pre-worship gathering.

You will not want to miss this Gathering Sunday!
And don't forget to bring your water!



Nicaragua Mission Trip info meeting on Sept. 18

An informational meeting has been set for ANYONE interested in finding out more about the SpringHouse trip to Nicaragua through Project Minnesota-León next summer.

Information on the trip, which is being planned by the three SpringHouse pastors, will be shared on **Sunday September 18th at 1 pm** in the Garden Sanctuary. This trip is an inter-generational trip open to both youth and adults - so make sure to come and hear how everyone is welcome to take part in this once in a lifetime trip.

Tentative dates will be July 24 through the first week of August of 2017. We are very excited to begin talking about what this trip will look like and getting as many people to go as possible.



Project Minnesota-León logo

UPCOMING Events:

Sanctuary Moving Day,
Monday, Sept. 12, 10 am

FCC Board Meeting,
Tuesday, Sept. 20, 7 pm

Women's Retreat, Sept.
23-25, Paynesville, MN

In Our Prayers. . .**Prayers of Joy**

*For new members Ann Antus,
Wendy Manuel and
Elizabeth Larson*

*For Lu and Mike's friend
Nikki who has found a
house for her family*

Prayers of Concern

*For Nancy Curry's mother
For Jimmy Burnett*

*For all our homebound
members including Elaine
Glore and Elaine Moe*

Prayers for the World

*For citizens of Italy suffering
from earthquake
devastation*

*For the Wetterling family
and all their supporters
around the state and nation*

*For people all around the
world suffering from fires,
floods and other disasters*

*For people of Standing Rock
Reservation and other
communities fighting for
justice for their people and
preservation of their land*



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Voices and Views**Peter Everwine****The Girl on the Bullard Overpass**

The girl on the Bullard overpass
looks happy to be there, getting soaked
in a light rain but waving her hands
to the four o'clock freeway traffic
in which I'm anything but happy.

You might think she's too dumb
to come in out of the rain, but rain
or shine, it doesn't seem to matter.
She's there most every afternoon,
as if she does this for a living.

Some living, I'd say. Doesn't she ever
get bored, or wish someone would stop
and say, "Where to?" and her life would change?
That's how I'd be, hating the noise,
the stink of exhaust, the press of people.

I can't imagine what her life is;
mine is confused and often fretful.
But there's something brave about standing alone
in the rain, waving wild semaphores
of gladness to impatient passersby

too tired or preoccupied to care.
Seeing her at her familiar station
I suddenly grin like a fool, wave back,
and forgive the driver to my right,
who is sullen and staring as I pass.

I find her in my rear-view mirror,
then head for a needed drink and supper.
I don't know where she goes, but I hope
it's to a place she loves. I hope the rain
lets up. I hope she's there tomorrow.

*Peter Everwine is a California poet. This poem is from his book
Listening Long and Late. Courtesy of American Life in Poetry.*

Meet two new FCC members:

Wendy Manuel joins church on August 28



Wendy Manuel is originally from Kansas but has lived in five different states over her lifetime. She moved to Minneapolis to get her CPE (Continuing Professional Education) certification at Park Nicollet after completing her Master's in Divinity at the U of Texas. Wendy also has a Master's in Public Health. Her main career, however, was working

at Apple and then at Dell for 23 years. Wendy chose to become a Disciple after being a Presbyterian, a Lutheran, and a "non denominational". She is exploring becoming ordained as a Disciples pastor. She has an adult daughter who lives in Minneapolis. Wendy enjoys reading, writing, researching, bird watching and travel. Please greet Wendy when you see her!

Elizabeth Larson places membership September 4



Elizabeth Larson is studying for her Masters in Professional Counseling at Grand Canyon University. She is also teaching preschoolers at Zion Lutheran Church in Hopkins. Elizabeth grew up in Eden Prairie and her home church was Plymouth Creek Christian Church. She graduated from Central Christian College of the Bible in Missouri and then moved to Forth Worth where she was active with youth work in the University Christian Church. After completing her Master's

degree, she is aiming for seminary for a chaplaincy ordination. Be sure to seek her out and welcome her to FCC.

Still time to register for Women's Retreat

Registrations can still be made for the annual Women's Retreat for the Christian Church of the Upper Midwest. *Breaking the Chains, Breaking Free, Being Empowered* is this year's theme. The retreat is from Friday evening September 23 through Sunday afternoon, September 25, at Lake Koronis, in Paynesville, Minnesota. You can register (and pay!) online or print out a form at

<https://docgeneralassembly.webconnex.com/womensretreat2016>

Printed forms are also available from the office. The deadline is Friday, September 9th. After that, add a \$25 late fee.

Card Shower for Beverly Singewald

Former member Shirley Thill is organizing a card shower for Bev's birthday on Monday, September 12. Her address is: Rm 212, The Willows of Ramsey Hill, 80 N. Mackubin Street, St. Paul, MN 55102/

Health at First

Julie Andrix, Faith
Community Nurse



I want to look at healthy aging as a good way to start the fall season. There is some good news about getting older in that vocabulary and comprehension skills improve with age- as long as we are taking care of our bodies that God gave us.

There are several keys to successful aging. Included are exercise, nutrition, social connections, learning, sleep and spirituality. Research has shown that exercise (30-45 minutes/day) can prevent severity of many diseases and reduce risk of Alzheimer's disease.

A balanced diet that includes vitamins, minerals and fatty acids can impact thinking and memory function. Include olive oil, flax seed, whole grains, fish, walnuts, almonds, berries and dark green vegetables in your diet.

Social connections and learning also have an impact on brain health. Reading, starting a new hobby, playing scrabble or puzzles, staying informed about current events, and music can boost health. Being more social engaged can slow the rate of mental decline.

Having enough sleep (7-8 hrs) has an effect on the brain. Sleep is important for storing memories, doing math and having adequate blood flow to the brain. This has to do with the ability to think and make decisions.

Spirituality is important for coping with stress, feeling at peace, having fellowship, friends, social connections and learning about the meaning of God in our lives. People also tend a better recovery after illness if religion is important to them. Here's to healthy aging! Also, don't forget your flu shot this fall.

Julie Andrix

*Sundays at First Christian Church
Worship at 10:30*

Before Worship

Children's Classes, 9:20 am
Hearthstone Class, 9 am
SpringHouse Adult class 9:30 am

After Worship

Fellowship Time 11:45

**Text for Gathering Sunday,
September 11
Matthew 16: 13-19**



*First Christian Church (Disciples of Christ), Minneapolis,
is a partner church at SpringHouse Ministry Center*

Reflections on the Word

Matthew 16: 19 – "I will give you the keys of the kingdom of heaven. . ."

Jesus is talking to Peter and the other disciples, but we read this verse knowing that Jesus is also talking to us. If Jesus has given us the keys to the kingdom, what does this mean? What do we have the power to open? What treasure is ours to share or to hoard? How can we let ourselves in to the kingdom of heaven?

Holy One, Thank you for your gifts. Give us understanding and discernment to know how to use your gifts in the world. Amen.

*A Welcoming Community of Faith in
the Heart of the City*

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