

The COURIER

First Christian Church (Disciples of Christ), Minneapolis



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JPCOMING Events:

Blood Pressure Checks, Sunday, November 13, noon

FCC Board Meeting, Tuesday, Oct. 18, 7 pm

FCC Book Club, Monday, November 21, 7 pm @ Sandy Morgan's

Sanctuary Moving Day, Monday, November 21, 10am

Second Voices Conference begins Friday



Rev. Sarah Griffith Lund, keynote speaker for this weekend's conference on "Mental Health and the Faith Community's Response," speaks and writes about mental health issues. In a recent blog, she wrote, "Unknown to me are the people in the audience who show up to a talk I'm giving about mental illness. I do not know 99 percent of the people for whom I share my story. I look out into the tent or the church or the room or the web camera and I have never seen most of these people before. Yet what I do know is that chances are good that their lives have

been impacted by mental illness: a friend, a lover, a family member, and/or themselves."

Lund and other mental health care workers and community partners will be speaking and leading workshops Friday evening, November 11, and Saturday, November here at SpringHouse for this second Voices conference.

Registration opens at 5:30 on Friday, and 7:45 on Saturday morning. Don't miss this opportunity to explore how our faith community can be a safe haven where those struggling with mental health issues will feel welcomed, loved and cared for.

Rev. Lund will lead a discussion during the Sunday School hour on Sunday, November 13, and will be the guest speaker during worship.

Thanksgiving meal, worship on Nov. 20, 24

SpringHouse will have its **traditional Thanksgiving dinner** on Sunday, November 20. Reservations are requested by Tuesday, November 15, for this meal where turkey, dressing, mashed potatoes and rolls will be provided. Sides and desserts are potluck.

First Christian Church members are invited to join with members of other Minneapolis Downtown congregations for the **annual Interfaith Thanksgiving worship** service. The "celebration of abundance with gratitude" will be Thanksgiving Day, Thursday, November 24, 10 am, at Plymouth Congregational Church. The worship service will feature a dialogue sermon shared by Tim Hart-Andersen, Senior Pastor at Westminster Presbyterian Church, and Jim Bear Jacobs, Pastor at Church of All Nations. Music for the service will be led by the Plymouth Choir with organist-choirmaster Philip Brunelle.



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

*For June Andrix who recently
celebrated her 100th
birthday*

*For Jen and Jon Kregel,
expecting their second child*

Prayers of Concern

*For those with medical
concerns including Max
Hurlocker, Deb Murphy,
Barb Creighton, Ana
Wilson, Jean Smith, Chris
Shearer*

For Luc Morton as he travels

*For Pamela Cook as she
seeks a chaplaincy position*

*For all our homebound
members including June
Andrix and Donald Ulm*

Prayers for the World

*For the Water Protectors at
Standing Rock and for our
pastors and other faith
leaders who join with
Native Peoples for justice*
*For people all around the
world suffering from war,
terrorism, natural disasters
and tragic accidents*

**Voices and Views****Ann Antus**

Small steps. Ever since I found data points more interesting than trend lines, I've found small steps to be most meaningful. I even use a quote from Helen Keller as my e-mail closing: "I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble. In my many roles – grandparent, parent, student, teacher, sister, friend, colleague, hobbyist – taking small steps at times has proven to be most difficult, yet very satisfying. Small steps - never perfect yet constantly shaping behavior towards a goal, a standard or an ideal. But constant striving can be wearing. To ease that we are reminded (if we take time to listen) to be gentle, patient, not only with ourselves but with each other, as we consider those next small steps.

*I am as the child-
Without words,
Using hands, eyes, actions
to convey meaning.
Words? Fail me 'til later,
Meanings stuck. Plow ahead.*

*I learn as a child –
It takes time, but I learn.
Discrete steps, fall back,
try again.
Discover, overreact,
correct, try again.*

*I am that child –
In need of patience, especially
at the point of new discovery.
Awakening to self, there is joy in discovering boundaries.*

*That child needs patience,
to venture out, to be,
understanding in taking first steps.
As that child, I will figure this out!*

BUT, I need your patience.

A.D.A. - 2005

Meet new members Ron and Alice Keith



We joyfully welcome Ron and Alice Keith as our newest members. They attended Spirit of Joy before coming to us. Ron is an ordained Disciples pastor (was in school at TCU with Bryan!); he and Alice have served congregations in Texas, Kansas and Iowa. Ron is now a hospice chaplain for Allina. Alice has worked as an administrative assistant and both have served the DOC regional and national offices. They have two children, 5 grandchildren and 1 great grandchild. They both enjoy reading and listening to and making music. They are grateful to have found a Disciples congregation to connect with. Please welcome Ron and Alice when you see them.

Cooking Class for healthful holiday desserts

The holidays are right around the corner, with all of its joyous celebrations and family gatherings. For most of us, this is a time to let go of our dietary inhibitions and indulge in all of the decadent sweets and desserts that abound at this time of year - pumpkin pie, Christmas cookies, rich chocolates, and gooey puddings and cakes.



Unfortunately for some of us eating these sugary treats causes very unpleasant side effects...digestive upsets, mood swings, and a general feeling of sluggishness. And for people who suffer from celiac disease or gluten intolerance, they aren't able to enjoy many of these foods at all, so they feel left out of the fun. Wouldn't it be wonderful to be able to prepare sweet treats EVERYONE at your gathering can eat without suffering any painful consequences?

Chef Amy Nadeau, owner of Amy Nadeau Food and Nutrition, is offering a two-part cooking class featuring healthful and delicious desserts all of your holiday guests can enjoy. The Tuesday evening classes are held on November 15 and 22 from 5:30-8 pm.

In the first week, learn to make a chocolate pudding with a creamy secret ingredient, a spicy and sweet pumpkin dessert, and more! The second week focuses on velvety and scrumptious European style chocolate truffles suitable for giving away as gifts.

Cost: \$125.00 for both classes or \$80.00 for one of the series. All recipes are included as well as multiple tastings. Location: SpringHouse Ministry Center, 610 West 28th Street, Minneapolis MN. To register: contact Chef Amy at chefamynutrition@gmail.com, register online at www.chefamynutrition.com/teaching-lessons, or call Amy at 612-239-7525.

Health at First

Julie Andrix, Faith
Community Nurse



November is Alzheimer's Disease awareness month and it is helpful to recognize the difference between normal age-related memory loss and signs of Alzheimer's. If a person is noticing more signs of Alzheimer's in themselves or a loved one, then it is a good idea to see the primary physician for an assessment.

Some possible reasons for concern include being unable to do daily tasks you once did because you can't remember how, consistently forgetting names and appointments, often forgetting words or replacing them with inappropriate words, not knowing what your keys are for or putting them in inappropriate places, becoming lost in your own neighborhood, and making poor judgments about money or what kind of clothes to wear.

Some normal age-related memory loss includes occasionally forgetting names, appointments, why you walked into a room, sometimes having trouble finding the right "word", misplacing keys, wallet or glasses at times, slight personality changes and more trouble with abstract thinking/ math.

Some tips on improving memory include paying attention, repeating things as you converse to reinforce ideas or to remember where you put things, associate something familiar with what you want to remember. For lists and reminders, have one calendar and use it consistently, use a notebook for making lists for groceries or errands, continue to enrich your brain with stimulating activities (mental or physical). Either way, find something that you enjoy doing and continue doing it. See you in church!

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

Before Worship

Children's Classes, 9:15 am
Hearthstone Class, 9 am
Joint Adult class 9:30 am

After Worship

Fellowship Time 11:45

**Narrative Lectionary
November 13: God Calls Isaiah
Isaiah 6: 1-8**



Purification of Isaiah;
Cathedral relief
sculpture, Amiens,
France

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

Reflections on the Word

*Isaiah 6: Then I heard the voice of
the Lord saying, "Whom shall I
send, and who will go for us?" And
I said, "Here am I; send me!"*

*I the Lord of snow and rain,
I have borne my people's pain.
I have wept for love of them,
They turn away.*

*I will break their hearts of stone,
Give them hearts for love alone.
I will speak my word to them.*

Whom shall I send?

*God of heaven and earth, As you
prepared Isaiah to proclaim your
world to the world, prepare us, so
that we may know your bidding and
carry out our callings with
eagerness and urgency. Amen.*

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

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