FIRST *Lutheran Church* THINGS

October 2015

Chosen by Christ ~ Empowered to Serve

200 E 5th St • Morris, MN 56267 • 320-589-3242 •

Fall Worship Schedule

Worship Services
at 8:30am & 10:30am

Coffee Hour at 9:30am

Education Hour at 9:40am

UMM SUNDAY

Join us on **Sunday, October 11th**
at the 10:30am Worship
Potluck meal following worship!

We welcome UMM students every Sunday, but on this special day, let's practice our hospitality! Spread the word and invite a college student!

Affirmation of Baptism Sunday

will be held on Sunday, October 18th at the 10:30am worship service.
Make sure you come out to support our confirmands at this important moment in their faith journey!
Join us for a special coffee hour from 9:30-10:15am to meet the confirmation students.

NEW! WEBSITE!

Our new website is up and running at www.flcmorris.org!

Everything you need to know about what's happening at First can be found on our website. Worship service info...upcoming events…youth events…worship servant listings… newsletters… bulletins… and more! AND it is mobile friendly….
check it out on your smartphone or tablet!

Ink from the Interim

October 2015
In This Issue

2) Ink from the Interim
3) Scandinavian Heritage Dinner
4) Youth & Family News
5) First Things & Etc.
6) Council Highlights
7) Church Without Walls
8) October Worship Servants
9) Time & Talent form
11) Parish Nurse News
12) October Birthdays & Missionary for the Day
13) October Calendar

The leaves are falling already. I was surprised the other day, standing out in front of the house and I realized the curbs and gutters were already starting to fill with leaves. I know that this is allegedly fall… but it seems like it shouldn't be here yet. As if there's more to do before the ice comes, more to finish before settling down a little during the winter.

I feel the same way about my work here at First Lutheran. It has been a golden time and a fruitful time, just like the summer we've had, and suddenly I am planning the last few worship services and talking with the synod about future possibilities. I'm looking at the mess of stuff in my office and thinking about how and when to start cleaning it all out. And how can it be that time already? There's more to do, more to accomplish, more to consider before I settle into a new situation.

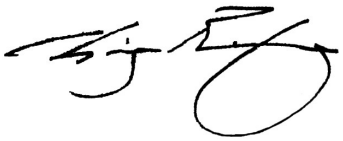
I've heard similar reflections from all of you about the upcoming school year, the change of the seasons, and about change in life in general. It makes me wonder…how is it that we humans seem, for the most part uncomfortable with change even though it is the one thing that is a constant all around us?

I have read that historically our current cultural movement into the future is much more sudden and displacing than at most other points in human history. In a small village in the middle ages you might expect a new building here and there every so many years, but for the most part, life stayed the same and flowed in the seasonal rhythm without any sudden changes in technology or lifestyle. Families might live somewhere for generations. A farm or a mill might function for hundreds of years. These days its a big deal for a TV show to last more than 5 years let alone for a business to last for a decade or more. A multigenerational business or farm is seen as something special to be honored rather than as a practical accommodation to the realities of life and the difficulty of building infrastructure and gathering resources.

And we are the Church. We are the body of Christ. Grace has not changed. Faith has not changed, the Word has not changed, and yet *we have* changed. We live at a different pace, communicate in new ways, have more learned knowledge and more access to knowledge than at any other point in human history. Even though faith has not changed, how we express it today may have. Even though the Word remains the same, the people we are and the situations we live in are different as we approach the Word. Grace is still grace, but maybe we are more capable of fooling ourselves into believing that we don't need help from God, that we can do this life on our own.

In short, its easier than ever to imagine that we are individual things, that the weather, the land, the rhythms of life no longer bind us as humans. It's easy now to believe that all those things in our lives that slow us down are simply inconveniences to us, stopping us from getting done the things we know we can accomplish. But this is contrary to our true need for Jesus Christ. It is contrary to our need for our neighbor, and our commitment to love and serve one another.

So as I mark the season's change this year, and as I think about all this, I am endeavoring to be less accomplished and be more human. I'm endeavoring to be slowed down by life. To stop for pedestrians and lemonade stands, to have full conversations and slowly prepared meals. I'm endeavoring to take my time going through the old bulletins from the last 3 years, the notes, the cards, the pictures too. I'm hoping to ask thoughtful questions without clear answers and then plan on great conversation. I might even spend some quality time daydreaming and see what comes of it all, not for productivity's sake, no. Rather, to remember that at its core, the Gospel was given to us by God as a human who called us to be human and respect, love, and serve the humanity of all. Christ's Peace to you all.



First Lutheran Church
200 East 5th Street
Morris, MN 56267
Phone: 320-589-3242
website: www.flcmorris.org
email: office@flcmorris.org

Worship Schedule
8:30am Worship
9:30 Coffee Hour
9:40am Education Hour
10:30am Worship

Televised Services:
3:00pm on Monday and Thursday on Channel 6 or 8

Mark your calendars for the

Scandinavian Heritage Dinner

and Silent Auction

Wednesday, November 4th
serving from 3:30-7:00pm

Serving: Lutefisk with butter, Swedish Christmas Ham, Potatoes, Klub, Baked Squash, Cranberry Sauce, Lefse, Rye Bread, Rommegrot, Rice Cream, Fattigmann, Almond Cake with Rhubarb Compote, Rosettes, Spritz and Krumkake.

Tickets—Lutefisk & Ham Dinner
Adults: $16
Youth (under 12): $10
Children (4 & under): Free

Tickets—Ham Dinner
Adults: $14
Youth (under 12): $8
Children (4 & under): Free

WE NEED YOUR HELP TO MAKE THIS A SUCCESS!

There are many ways to help with the Scandinavian Heritage Dinner! Cooking and baking starts the previous Friday with cookies, lefse will be made on Saturday, rice cream and squash on Sunday, rommegrote and almond cake on Monday, ham and potatoes on Tuesday, and lutefisk on the day of the dinner. Many workers are needed for the day of the dinner. Please sign up to help out on the board located in the Narthex.

Silent Auction

Congregational Life will also be sponsoring the annual Silent Basket Auction, which will conclude the night of the fall dinner. Put your creative hats on and consider donating a basket or two. Items can include (but are not limited to) crafts, food items, services for hire, gently used items, etc. ***Auction items can be brought to the church starting Monday, October 19th. All items must be at the church before Sunday, October 25th.*** When dropping off your item, we hope you will fill out a bidding sheet with a description of the item and a suggested minimum bid. And of course, once items are in place we will need your bids as well!

Bidding will open on Sunday, October 25th and will conclude the night of the Scandinavian Heritage Dinner on Wednesday, November 4th.

Youth & Family News

Even though the weather is cooling off, our youth activities are heating up! We have lots going on in October! Call Chris if you have any questions about this month's schedule! cell# 218.209.9016

JrHY

JrHY is our 6th-8th Grade Youth Group! We meet every other Wednesday between confirmation Wednesdays from 3:30-5:00pm. Check out the confirmation schedule for dates.

SrHY

SrHY (9th-12th grade) Grab your friends and join us for the SrHY Kick-off Gathering. Sunday, October 11th at 5:00pm at Faith Lutheran. Food will be served. Come help us brainstorm ideas/events for the upcoming year!

kidsCLUB

KidsCLUB is our K-5th Grade Wednesday get-together! AND WE STARTED SEPT 30TH! Every other Wednesday from 3:30-5:00pm, kids can ride the bus after school to the church (Faith Lutheran for the first half of the year, First Lutheran for the second half) where we meet for snacks, crafts, bible stories, activities, games and music. Friends are welcome too! Sign-up forms are available online at www.flcmorris.org. IT'S NOT TOO LATE SIGN UP!

JUNIOR HIGH YOUTH GATHERING

6th, 7th and 8th graders will be attending this year's Southwest Minnesota Synod Junior High Youth Gathering in Willmar, on November 20-21.

This event is an overnight retreat with all sorts of fun, music, speakers and planned events for youth. Make sure to sign up in you are interested. More information can be found on our website at www.flcmorris.org under the "Youth" tab. Contact the church office if you wish to sign up!

UPCOMING EVENTS:

Sun., Oct 4	1:00-8:00pm 9th Grade Retreat at Luther Crest (meet at Faith)
Sun., Oct 4	9:40am Usher/Greeter Training
Wed., Oct. 7	Confirmation at Faith 3:30-5:00pm: 7 & 8 grade 5:30-6:30pm: 6 grade
Sun., Oct 11	9:40am Usher/Greeter Training
Wed., Oct 14	3:30-5:00pm: kidsCLUB & JrHY
Wed., Oct. 21	Confirmation at Faith 3:30-5:00pm: 7 & 8 grade 5:30-6:30pm: 6 grade
Wed., Oct. 28	3:30-5:00pm: kidsCLUB & JrHY
Wed., Nov 4	First Lutheran Fall Dinner! (All First Lutheran 6-8th gr. help)

First and Faith Lutheran Kids Club Kick-off: September 30th at 3:30pm

***KIDS CLUB** is an afterschool program every other Wednesdays that allows kids to learn Bible stories, have fun, and develop friendships. It is held from 3:30pm–5:00pm every other Wednesdays beginning September 30 and running through April 13.

*Please fill out the registration form below along with a $10 registration fee. ***PLEASE MAKE CHECKS PAYABLE TO FIRST LUTHERAN***. This money will be used for supplies and snacks. If the $10 registration fee is a problem, please indicate it on the registration form.

*Kids can ride the school bus from the school to church. The bus that takes you is usually towards the end of the line and says "Church Bus" in the front window.

*The dates for Kids Club are:
(at Faith Lutheran) Sept 30, Oct 14, Oct 28, Nov 11 *(at First),* Nov 25, Dec 9
(at First Lutheran) Jan 13, Jan 27, Feb 10, Feb 24, March 9, March 30, April 13

Registration forms are available online at www.flcmorris.org or by calling the church office.

Zipporah Bible will be held on Thursday, October 15th at 2:00pm at Common Cup Coffee House; the hostess will be Sylvia Yarger.

Women's Bible Study (Christus House Bible Study) will meet on Tuesday, October 20th at 6:00pm in the *First Lutheran Church Fireside Room.* For more information on the Women's Bible Study group, please contact Sharon Ehlers or Emilie Brustuen.

SOMEPLACE SAFE

We're moving back! Starting September 30, you can find us at 206 Atlantic Ave (next door to our old location).

Also, due to training and other meetings, the Someplace Safe office in Morris will be closed the following times. (Thursday, September 24, Thursday, October 1, Friday, October 2). If help is needed one these days, you may reach our toll free crisis line at 1-800-974-3359. We apologize for any inconvenience this may cause for you and those you serve.

MUSIC SCHOLARSHIPS

Applications are now being taken for our Music Scholarships and is open to all 9th through 12th graders. Applications can be downloaded from our website or picked up at the church. Deadline to apply is Sunday, October 4th.

Soap Drive—Lutheran World Relief Commercially wrapped soap needed! This soap is used over-seas for schools, hospitals, clinics, households and refugee camps. This is an ongoing drive, so please continue to donate. A collection basket is located on the table in the lower Narthex area.

Calling all singers! The First Lutheran Choir rehearses on Wednesday nights at 7:00pm in the Fireside Room. Come and be a part of this community of faith, fellowship and song! For more information, contact Ana Miller at anagenevamiller@gmail.com, 320.585.6855 (home) or 612.220.6595 (cell).

A LOOK AT OUR BUDGET

AUGUST 2015

Budget	$ 26,920.12
Actual	$ 15,588.94
Needed Weekly	$ 6,730.00

USHER/GREETER TRAINING

Sunday, October 4th and 11th at 9:40am

All adults and students are encouraged to attend one of these important sessions!
Pick which date works best for you!
(6th graders are *required* to attend one of these sessions)

Women of the ELCA Glacial Ridge Conference Fall Gathering

Monday, October 5, 2014
at Our Savior's Lutheran Church in Chokio

Registration begins at 4:30pm
Gathering begins at 5:00pm
$7 registration fee to be paid at the door

"Don't abuse foreigners who live among you, remember you were foreigners in Egypt" ~Exodus 22:21

Lutefisk & Turkey Supper Wednesday, October 7th at Zion Lutheran Church in Appleton. Serving from 4:30-7:30pm. On the menu: Turkey, Lutefisk, Dressing, Real Mashed Potatoes and Gravy, Glazed Carrots, Coleslaw, Homemade Lefse, Homemade Pie. Tickets are $15 for adults, $7 for ages 4-12, FREE for ages 3 & under.

Check out the September issue of The Lutheran Magazine. It has an article and many pictures from the Detroit Youth Gathering. Pick up a copy in the church Narthex before they are gone!

THANK YOU

Thank you to everyone who helped us celebrate our 50th Wedding Anniversary. It was a great day!!
—Al & Liz Harris

Council Minutes Highlights

First Lutheran Church Council Meeting
September 16, 2015

The September meeting of First Lutheran's Church Council was called to order by President Al Monroe. Present: Doug Ehlers, Al Monroe, Laurie Feuchtenberger, Jill Van Kempen, Doug Moe, Dennis Johnson, Emilie Brustuen, Kellie Hentges, and Dick Smith. Absent: Ryan Watzke and Randy Staples. Staff present: Minister Chris Richards. Minister Chris gave a short message for devotions.

Secretary's Report: With no corrections or additions, the minutes were approved as printed.

Treasurer's Report: As of today we are doing fine, but that's with an insurance bill paid out of the Lovig funds. Going forward, we could have some trouble if the weekly giving remains the same. August giving was lower than anticipated. Doug will speak to the congregation at both services on Sunday regarding this matter. It was moved by Dennis and seconded by Dick to approve the Treasurer's report. Motion carried.

Staff Report: Minister Chris said confirmation is up and running, going good. Steve Just is helping with the youth group program this year. He has the worship schedule done through Oct. 25, his last day. He will be gone on Oct. 11. He mentioned that we are very fortunate to have the staff we do; they are good to work with. They do a tremendous job, one most people have no idea of all they do. Chris is intending to be ordained here, maybe in November.

Committee Reports:

- **Call Committee:** The process is in the "paperwork" part. Waiting on the background check, but the process has begun.
- **Property Management Committee Report:** The infrastructure for the WiFi is complete. Steve Lein will be back at the end of the week to finish his part and then the electricians will be back next week for the final step. Steve Wagner and Skip Maanum looked at the floor beams beneath the organ and determined that there is a significant problem that will need to be addressed in the near future. The beams need to be beefed up, which could be quite expensive, or we need to consider get a smaller organ. The courtyard has the pavers back in place, the fence up and painted and is finished. No date has been set for a church deep cleaning event.

Old Business

- **Church Without Walls**: Emily thanked Jill for helping and everyone for participating. The number of projects and participants were all up from last year. She has had good feedback and one suggestion for a clean-up crew after the lunch.
- **LCM**: LCM is transition right now. Chris has been helping them some. Our church has been asked to host one meal for their $1 Dinner. Mission & Evangelism committee will do this but is looking for congregational members to help make and take the meal to them.
- **First/Faith Youth Coordinator Update:** Faith is currently advertising a part-time position. We feel we need to wait before committing to anything until our new Pastor arrives.
- **Usher Training**: Bob Heck will be training ushers on Oct. 4 and Oct. 11 at 9:40.
- **Rental Fee Policy**: Our current policy was last updated on 12/31/2000 and hasn't been used at least since 2008. Will give this to the Property Management Committee to revised and update with Babe's help.
- **Sunday Service Schedule:** Worship and Music committee felt that the schedule should remain with the 8:30 and 10:30 services, with Sunday School and coffee hour in between, beginning September 20.

New Business

- **Fall Dinner:** The dinner is set for November 4 and the committee members assigned to each task agreed to find their own help for their parts of the dinner and its preparations.
- **Rally Sunday/Sunday School:** It will be held on September 20, with the Sunday School kids inducting the teachers at the 2nd service.
- **UMM Sunday:** It will be held on October 11, with a potluck to follow the second service. LCM and the Gideons will both be there to give a little talk. Chris is handling the publicity on campus for the event. October's service group will take care of the details for the potluck.
- **Pulpit Supply:** Chris will be gone on Oct. 11 so Dennis will see about getting someone to fill in for that day.
- **Going Away Party for Chris:** There will be a special coffee hour to honor Chris and say our goodbyes between services on Oct. 25. The council will host the coffee hour. Nadine Heck will supply the cake. Laurie, Emily, Jill and Kellie will work out the details with the rest of the council helping that day.
- **Nominating Committee:** Emily, Doug M. and Doug E. (filling a vacated position) will be going off the council. They will actively seek other members to accept a position on the board.
- **Council Meeting Time:** With Ana Miller assuming the choir director's position, the time for practice has been changed to 7:00pm on Wednesdays. This conflicts with many of our board member's schedules. It was agreed to move our meeting time to 8:00pm to accommodate their schedule.

It was moved by Dick and seconded by Doug M. to adjourn the meeting. Motion carried. The meeting was adjourned at 8:00 p.m. followed by The Lord's Prayer.

Respectfully submitted,
Laurie Feuchtenberger, Secretary

Thank you for the great participation in this year's Church Without Walls Sunday! Did your service spark new thoughts or ideas for needs around us? How can First Lutheran Church be a light showing God's love like a city on the hill? If you need help to follow up on any continuous service/outreach ideas for our local community and fellow church members, active or inactive, please seek out the Mission & Evangelism Committee. We would love to help you organize to implement the ideas for His kingdom work!

Church Without Walls Sunday

God's work. Our hands.

serving others....

serving our community....

serving our neighbors....

so we rolled up our sleeves...and got to work!

October Worship Servants

Sunday, Oct 4

LECTOR: **8:30am**—Lauren Carlson **10:30am**—Kent Swenson
USHER: **8:30am**—(H) Al Harris, Steve & Jill VanKempen, Gage Wevley
10:30am—(H) Steve Just, Matt Mortenson, Linda & Becca Holland
GREETERS: **8:30am**—Liz Harris & Morgan Wevely **10:30am**—Cathy Anderson & Greta Hentges
ACOLYTES: **8:30am**—Riley Decker & Meyla Pappenfus **10:30am**—Gwyneth & Jacob Hanson
COMM PREP: **8:30am**—(silver tray) Laurie Feuchtenberger ***SERVERS:*** **8:30am**—Cheryl Higgins & Ward Voorhees
NURSERY: **10:30am**—Lindy Ekola & Dave Jungst ***VIDEOGRAPHER:*** **10:30am**—Todd Staples
COFFEE HOUR: **9:30am**—Doug & Sharon Ehlers

Sunday, Oct 11

LECTOR: **8:30am**—Raelene Reimers **10:30am**—Kristin Ohren
USHER: **8:30am**—(H) Barry & Nancy Erdahl, Jon & Jacob Ulrich
10:30am—(H) Dick Smith, Paul, Sandy & Anna Grove
GREETERS: **8:30am**—Shana & Andrew Ulrich **10:30am**—Mike Odello & Eli Grove
ACOLYTES: **8:30am**—Kellen Erdahl & Brock Krusemark **10:30am**—Hunter Ketterling & Denner Dougherty
COMM PREP: **10:30am**—(silver tray) Jane & Solomon Johnson ***SERVERS:*** **10:30am**—Doug & Sharon Ehlers
NURSERY: **10:30am**—Amy Dougherty ***VIDEOGRAPHER:*** **10:30am**—Marty Ohren
COFFEE HOUR: **9:30am**—Roger & Joan Boleman

Sunday, Oct 18

LECTOR: **8:30am**—Elizabeth Harris **10:30am**—Steve Just
USHER: **8:30am**—(H) Bob Heck, Jon & Andrew Ulrich, Mick Rose
10:30am—(H) Dick Smith, Kellie Hentges, Jim Krosch & Aidan Lebrija
GREETERS: **8:30am**—Shana & Jacob Ulrich **10:30am**—Jone Anderson & Karli Siegel
ACOLYTES: **8:30am**—Hallie & Cole Watzke **10:30am**—Morgan & Gage Wevley
COMM PREP: **8:30am**—(pouring chalice) Roger & Joan Boleman ***SERVERS:*** **8:30am**—Dave & Yvonne Evenson
NURSERY: **10:30am**—Mike Odello ***VIDEOGRAPHER:*** **10:30am**—Jacob Just
COFFEE HOUR: **9:30am**—

Sunday, Oct 25

LECTOR: **8:30am**—Ward Voorhees **10:30am**—LeAnn Dean
USHER: **8:30am**—(H) Steve & Jill VanKempen, Todd Staples, Jacob Just
10:30am—(H) Skip Maanum, Jim & Jacqui Hills, Claire Reed
GREETERS: **8:30am**—Christopher Just & Jeanne Richards **10:30am**—Robi & Emma Bowman
ACOLYTES: **8:30am**—Riley & Durgin Decker **10:30am**—Ryan Bowman & Karli Siegel
COMM PREP: **10:30am**—(pouring chalice) Vicki Maanum ***SERVERS:*** **10:30am**—Judy Buro & Vicky Dalager
NURSERY: **10:30am**—Kent & Erica Swenson ***VIDEOGRAPHER:*** **10:30am**—Steve Hokanson
COFFEE HOUR: **9:30am**—

Thanks to the Faith Service Group for their upcoming help during the month of November as coffee hour servers, or any other special potluck.

Eugene & Cathy Anderson
Lloyd & Janet Anderson
Ryan & Alisha Anderson
Sarah Buchanan
Dennis & Sandy Furhman
Greg & Naomi Fynboh
Don Geiszler
Amme Gibson
Glen & Kahla Gillespie
Paul & Sandy Grove
Tim & Kristin Grove
Mark & Mary Heubner
Ray & Jane Johnson
Dave Jungst & Lindy Ekola
Mike & Rhonda Lair
Paul & Christine Mahoney
David & Dorothy Minners
Diane Nelson
Mike & Denise Odello
John & Jean Schultz
Sarah & Colby Schultz
Cathy Solvie
Jo Solvie
Randy & Bobbi Jo Staples
Scott Staples
Robert & Joanne Thompson
Mary Jane Utech
Sally Utech
Jim & Sharon VanAlstine
Jim & Peg Wellendorf
Neil & Pam Wiese

Your help is much appreciated. Please take a moment to sign up on the bulletin board near the church office. Others are always welcome to serve if they wish. Please extend an invitation to your friends and family!

FIRST LUTHERAN CHURCH, MORRIS, MN *"CHOSEN BY CHRIST, EMPOWERED TO SERVE"*

Name_____

Address:_____City_____State_____ZIP_____

e-mail:_____

home phone: _____cell/text: _____

Please check the areas where you are willing to serve, and return the completed sheet to the church office!

WORSHIP

____ Usher
____ Lector (Bible reader)
____ Communion Preparer
____ Serve Communion
____ Altar Guild
____ Nursery
____ Greeter

LEARNING

____ Sun. School teacher
____ Music leader
____ Christmas program
____ Adult Education
____ Vacation Bible School
____ Confirmation mentor
____ Acolyte training

FELLOWSHIP

____ Fall Dinner
____ Soup Suppers
____ Luther's Eatery/Food Stand
____ Senior Events
____ Co-chair a service group
____ seasonal decorating

MISSION/OUTREACH

____ Worship videographer
____ Holiday meals
____ Habitat for Humanity
____ Telephone visitors
____ Computer/sound system
____ In home visits
____ Care Core Shepherd/Herder

PROPERTY & OFFICE

____ Office Volunteer
____ Lawn/Yard Work
____ Building Maintenance
____ Kitchen Cleaning
____ Snow removal

COMMITTEE WORK

____ Worship and Music
____ Education/Youth
____ Property Management
____ Stewardship
____ Congregational Life
____ Mission & Evangelism Outreach

MUSIC MINISTRY

____ Choir
____ Contemporary Group
____ First Lutheran Band
____ Special Music
____ Accompanist

YOUTH MINISTRY

____ Transportation
____ Chaperone
____ New Wine
____ Senior High Youth
____ Junior High Youth
____ Elementary Youth

DELEGATE/REPRESENTATIVE

____ Synod Assembly
____ Glacial Ridge Conference
____ Luther Crest Bible Camp
____ Women of the ELCA
____ Augustana/Gustavus College

PLEASE COMPLETE AND RETURN TO THE CHURCH OFFICE BY NOVEMBER 15

9.2015

BANISH THE BELLY FAT

Look up "flat abs" on the Internet and you'll find about 200,000 ways to tighten your tummy, from exercise machines to books and diets to supplements.

But while you may be most concerned about the belly fat you can see, the real health risk is a bit deeper. It's the fat that lies inside the abdomen and surrounds abdominal organs. Known as visceral fat, this type of fat increases with age and raises your risk of many health problems, including heart disease and diabetes.

Ab strengthening alone won't eliminate visceral fat, or the fat that hangs over your belt, for that matter. Instead, it takes a healthy diet and exercise program. A recent study found that a diet including whole-grain foods, rather than refined grains, can lead to a decrease in abdominal body fat.

As for exercise, there's no magic formula for flat abs. You need to expend energy to help reduce body fat with aerobic exercises such as bicycling, walking or strenuous yardwork. Some research suggests that strength training can also help trim tummy fat. And although you can't "spot burn" belly fat, exercising your abdominal and low back muscles is good for your overall exercise routine. It helps strengthen your core muscles, which are necessary for most physical activities. And yes, it can also help flatten your tummy.

For deeper abdominal muscles—
Abdominal hollowing

Get down on all fours and let your tummy hang down as you take a deep breath. Exhale. After you exhale, gently draw your bellybutton inward and upward towards your spine. Hold for 10 seconds, then rest for 10 seconds. Work up to 10 repetitions. Eventually, you'll be able to do this exercise standing up.

Lower abdominal muscles—Pelvic tilt

Lie on your back on the floor with your knees bent. Tighten your abs and bend your pelvis up so that your back is flat against the floor. Hold for 5 to 10 seconds. Repeat five times and work up to 10 or 20 repetitions.

Information taken from the Mayo Clinic Health Solutions newsletter.

Feeling Sick?

Virus VS Bacteria

Viruses are particles that invade your body's cells, and contain genetic material and a protein coat. They take many shapes and are much smaller than bacteria.
Bacteria are one-celled organisms that take several shapes (spheres, rods, spirals). They are found everywhere (in food, dirt, and on our bodies). Most bacteria are good, such as those that help with digestion, but some can cause infection.

Viruses cause diseases such as the common cold, many sinus infections, acute bronchitis and most sore throats. The body fights against viral infections by producing a fever or inflammation.
Bacteria causes infections such as strep throat by invading the body's cells. The body fights against bacteria by producing a fever or inflammation. Symptoms of bacterial infections are similar to those caused by viral infections.

Viruses cannot be killed with antibiotics and will not stop the spread of viral infections to others. Taking antibiotics for viral infections can also increase the chance of an antibiotic-resistant infection later on. Instead, get plenty of rest and drink fluids. Relieve symptoms with over the counter medications and call your doctor in your symptoms worsen.
Bacterial infections usually need to be treated with antibiotic medication. If you are prescribed an antibiotic, be sure to take all the medication as directed even if you feel better. Do not share antibiotics or save them for the next time you are sick.

12 October Birthdays

2) Lindy Ekola
3) Irene Fuhrman, Jackie Thymian
4) Bobbi Siegel
5) Judy Bluth, Bella Brustuen, Leroy Fahje, Nina Overland
6) Peter Sarlette
7) Lane Hoberg
8) Arlene Fellows, Aidan Lebrija, Eleanor Pochardt
9) Jennifer Bockoven
10) Laurie Feuchtenberger, Mark McCormack
11) Bonnie Ask, Marion Fahl, Jackie Krosch, Jo Solvie
12) Chris Brustuen, Tom Tomlin
13) Randee Hokanson
14) Michael Hammond, Barbara Stevenson
15) Natasha Mortenson, Mary Anne Peterson, Pierce Richards
17) Lowell Rasmussen
18) J. Allan Anderson, Nicole Knochenmus, Eleanor Moses
19) Kellie Hentges, Hunter Ketterling
20) Grace Sherod, Sally Utech
21) Corrie Erdahl, Noah Grove, Mackenzie Just
23) Joe Holland
24) Eugene Anderson
27) Shirley Tullos
28) Scott Hentges, Ashlyn Hintz, Amanda Barsness, Mark Nemmers, Mark Smith, Jill Van Kempen
29) Ryan Anderson
30) Trevor Mace, Arora Nemmers

Your Christmas Greetings to our missionary family, the Leiseth's, are needed. Over the next few weeks you will have an opportunity to sign a card which will then be sent snail mail to them in South Africa. If you also wish to include your personal greeting/picture/letter, you may do so. Simply place it at church with the corporate signature card. The mailing will be made mid-November.

Missionary for the Day

Support Missionary For A Day

and honor a loved one ~ $15.00/day

Pastor Tessa Moon-Leiseth and her family are ELCA missionaries serving in Pietermaritzburg, South Africa. Through our support they are able to share the Word and support families and friends in West Africa!

Sept 1 In honor of service to First Lutheran by Jim & Nina Overland
Sept 2 In honor of Pastor Don & Helen Berheim
Sept 3 In memory of Keith Hoffart from Marilyn Smith
Sept 4 In memory of Keith Hoffart from Evelyn Warnes
Sept 5 In memory of Charles on his birthday from Arlis Kloos
Sept 6 In memory of Jeffrey Jacobson from Arlis Kloos
Sept 7 In memory of Keith Hoffart from Charles & Marlene Seip
Sept 8 In memory of Keith Hoffart from Sylvia Yarger
Sept 9 In honor of Al & Liz Harris' 50th Wedding Anniversary from Cheryl Higgins
Sept 10 In honor of Al & Liz Harris' 50th Wedding Anniversary from Jean Ekern
Sept 12 In honor of Emily & Ben Ehlers' birthday from mom and dad
Sept 14 In honor of service to First Lutheran by Jim & Nina Overland
Sept 15 In honor of Pastor Don & Helen Berheim
Sept 16 In loving memory of Dennis Warnes from Evelyn and family
Sept 17 In memory of Sarge Pochardt on his birthday from Eleanor, Bob, Jack, Deb & Don
Sept 18 Happy Birthday Rochelle Anderson from Jo Solvie
Sept 19 Happy Birthday Rochelle Anderson from Cheryl Higgins
Sept 20 In memory of Kathryn Krogsrud from Emilie Brustuen
Sept 21 In memory of Doryce Olson from Emilie Brustuen
Sept 22 In honor of service to First Lutheran by Jim & Nina Overland
Sept 23 In honor of Pastor Don & Helen Berheim
Sept 24 In memory of Sarge Pochardt from Eleanor
Sept 25 In memory of Jamie on her birthday from Arlis Kloos
Sept 27 In memory of Sarge Pochardt Eleanor
Sept 28 In memory of Helen Rose Olson
Sept 29 In loving memory of John Solvie from his family

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 8:30am Worship with Holy Communion 9:30am Coffee Hour 9:30am Women of First Meeting 9:40am Education Hour 9:40am Usher/Greeter Training 1:00-8:00pm 9th Grade Confirmation Retreat at Luther Crest	5 5:00pm Glacial Ridge Women's Fall Gathering at Our Savior's Lutheran in Chokio	6 7:00am Common Cup Mtg 3:00pm Staff Meeting 7:00pm Mission/Evang Mtg 7:00pm Property Meeting	7 12:00pm Care Core 3:30-6:30pm Confirmation Classes at Faith 4:00pm Worship & Music 7:00pm Burgers, Beverages & Blessings 7:00pm 9th Grade Confirmation Photos 7:00pm Choir Practice	8 8:30am Share & Care *(quilting group)* 3:00pm Chris at West Wind Village	9	10
11 8:30am Worship 9:30am Coffee Hour 9:40am Education Hour 9:40am Usher/Greeter Training 10:30am Worship with Holy Communion (UMM SUNDAY) 11:30am Potluck meal 5:00pm SrHY Youth at Faith Lutheran 5:00pm Boy Scouts	12 7:00pm Cub Scouts	13 3:00pm Staff Meeting	14 3:30-5:00pm JrHY Youth & KidsClub at Faith 7:00pm Burgers, Beverages & Blessings 7:00pm Choir Practice	15 2:00pm Zipporah Bible Study at Common Cup 2:00pm West Central Christian Homes Bible Study 6:00pm Endowment Mtg	16	17
18 CONFIRMATION SUNDAY 8:30am Worship with Holy Communion 9:30am Coffee Hour 9:30am Executive Council Meeting 9:40am Education Hour 10:30am Worship with Affirmation of Baptism	19 12:00pm NEWSLETTER ARTICLES DUE	20 3:00pm Staff Meeting 6:00pm Women's Bible Study at First Lutheran (Fireside Room)	21 3:30-6:30pm Confirmation Classes at Faith 7:00pm Burgers, Beverages & Blessings 7:00pm Choir Practice 8:00pm Council Meeting	22 8:30am Share & Care *(quilting group)*	23 7:00pm Movie (title to be announced at a later date)	24
25 REFORMATION SUNDAY 8:30am Worship 9:30am Coffee Hour in honor of Chris Richards 9:40am Education Hour 10:30am Worship with Holy Communion	26 7:00pm Cub Scouts	27 3:00pm Staff Meeting	28 2:00pm Chris at Skyview 3:30-5:00pm JrHY Youth & KidsClub at Faith Lutheran 7:00pm Burgers, Beverages & Blessings 7:00pm Choir Practice	29	30	31

FIRST LUTHERAN CHURCH
200 EAST 5TH ST
MORRIS MN 56267
Address Service Requested

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
MORRIS MN
PERMIT #83

FIRST LUTHERAN CHURCH
Chosen by Christ
Empowered to Serve

First Lutheran Church (ELCA)

Chosen by Christ; Empowered to Serve

Interim Minister Chris Richards	chris@flcmorris.org
Rita Bye—Office Manager	office@flcmorris.org
Babe Taylor—Custodian	babetaylor@flcmorris.org
Nadine Heck—Financial Secretary	finsec@flcmorris.org
Pastor Tessa Moon Leiseth & family—Missionaries	leisethfamily@gmail.com
Deb Mahoney—Organist	
Ana Miller—Choir Director	anagenevamiller@gmail.com
Vicki Maanum, RN—Parish Nurse	