

October 2018

TIPS

A Newsletter From
Saint Timothy Evangelical Lutheran Church

Come and Worship!



Sunday Worship 9:00 & 10:30 am

Saturday Worship 6pm

395 Valley Road, Wayne, New Jersey 07470

sttimothynj.org

The Rev. Robert M. Mountenay, Pastor

395 Valley Road, Wayne, NJ 07470

Parsonage

Director of Music

Church Secretary

Church Office Email

Phone: (973) 694-8316

Phone: (973) 694-2036

Caroline Parody

Laurie Crowley








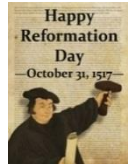
st.tims395@yahoo.com

Church Council

Robert Andersen	(973) 831-0326
Dr. Lori Bleeker	(201) 485-7384
Edward Cleaver	(201) 337-5411
Laura Dec	(973) 835-2348
Anthony DeStefano	(973) 694-1445
Lisa Fabian	(973) 835-4148
Fallon Goskowski	(862) 485-2651
Pat Kaplan	(973) 341-7920
Robin Koegel	(201) 939-5518
James Koppenal	(973) 406-7405
Barbara Westerberg	(973) 696-1471
Hannah Wantula	(973) 616-8330



October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>9 am</u> Mon Morn Crew <u>9:30 am</u> HHM Sorting <u>7:00 pm</u> WELCA Board	2 <u>11:30 am</u> Chair Yoga	3 <u>11 am</u> PrimeTimers <u>12 Noon</u> Musicales - Joybells <u>7 pm</u> : Choir <u>7:15 pm</u> : AAFH <u>8 pm</u> : Handbells	4	5 <u>7 pm</u> AAFH (AA in Fellowship Hall)	6 <u>6 pm</u> Worship with Holy Communion
7 <u>9:30 am</u> Worship with Holy Communion	8  Office closed <u>9 am</u> Mon Morn Crew <u>9:30 am</u> HHM Sorting	9 <u>11:30 am</u> Chair Yoga <u>7:30 pm</u> Council Meeting	10 <u>10 am</u> Angel Circle <u>12 Noon</u> Musicales – America! <u>12 Noon</u> Miriam Circle <u>7 pm</u> : Handbells <u>7:15 pm</u> : AAFH <u>8 pm</u> : Choir	11	12 <u>7 pm</u> AAFH	13 <u>9:30 am</u> Bookworms <u>6 pm</u> Worship with Holy Communion 
14 <u>9 & 10:30 am</u> Worship with Holy Communion	15 <u>9 am</u> Mon Morn Crew <u>9:30 am</u> HHM Sorting  TIPS Deadline!	16 <u>11:30 am</u> Chair Yoga <u>1pm</u> Knitting <u>7 pm</u> CEC Meeting	17 <u>12 Noon</u> Musicales – Duo <u>7 pm</u> : Handbells <u>7:15 pm</u> : AAFH <u>8 pm</u> : Choir	18 <u>10:30 am</u> Adult Book Group  Luke, Evangelist	19 <u>7 pm</u> AAFH	20 <u>6 pm</u> Worship with Holy Communion Oktoberfest 
21 <u>9 & 10:30 am</u> Worship with Holy Communion	22 <u>9 am</u> Mon Morn Crew <u>9:30 am</u> HHM Sorting	23 <u>10:15 am</u> Atrium Hymn Sing <u>11:30 am</u> Chair Yoga	24 <u>10 am</u> Angel Circle <u>7 pm</u> : Choir <u>7:15 pm</u> : AAFH	25	26 <u>7 pm</u> AAFH	27 <u>6 pm</u> Worship with Holy Communion
28 <u>9 & 10:30 am</u> Worship with Holy Communion Reformation Sunday 	29 <u>9 am</u> Mon Morn Crew <u>9:30 am</u> HHM Sorting  Simon and Jude	30 <u>11:30 am</u> Chair Yoga	31 <u>7:15 pm</u> : AAFH 			



Worship Participants

October 2018

Date	Altar Guild	Ushers	Acolytes	Reader	Communion Assistants	Coffee Hosts
October 7 Pentecost 20	Lori VanDerStad Lisa Fabian	Tom Sajban Bob Bartelt Craig Beyer Rick Beyer	Caroline Corbett Tyler Westerberg	Art DeRose	Intinction	Robert & Debbie Andersen
October 14 Pentecost 21	Debbie Andersen Karen Sajban	Justin Oosterwyk Chris Taranto Dave Taranto Amy Taranto	Jaclyn Langschultz Ava Serventi	Ilona Oosterwyk	Intinction	Carol Cook Hulda Ritz
October 21 Pentecost 22	Nancy Farina Debra Tanis	Doug Zangrilli Andrew Gaffney Cindy Gaffney Olivia Gaffney	Erik Lawson Bryan Lawson	Carolyn Russo	Intinction	Alice Huizinga Karen Kong
October 28 Reformation Sunday	Valerie McGrath Le Eckert	Jeff Riotto Alex Banu Bill Monsees Bob Bartelt	Madison Schloesser Tricia Kellstrom Jacob Dittmer Joshua Dittmer	Robin Koegel	Lori VanDerStad Carl Johnson Christian Wantula Hannah Wantula	The Riottos

From the Pastor

What do YOU think?

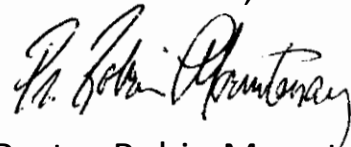
We don't usually think of the Bible as a place where we'd find opinion polls. In most cases, opinions don't count in scripture. God commands and creatures respond. Seldom does God consider public opinion before making a judgement. That's not to say that God doesn't listen; God hears the intercessions of Moses in the wake of Israel's rebellion (Exodus 32:7-90) and considers the queries of Abraham regarding the possibility of righteous individuals coexisting with the wicked in Sodom and Gomorrah (Genesis 18:22-33). However, the instances where God solicits opinions are few and far between.

One notable exception is found in Mark 8:27-30 and parallels where Jesus asks his disciples to gauge public opinion concerning his ministry. "Who do people say I am?" he asks. The disciples respond with what they've heard on the street: John the Baptist; Elijah; one of the other prophets. Then Jesus probes the hearts and minds of his disciples, asking, "But who do you say that I am?" Peter, of course, makes his statement of faith, "You are the Messiah." Peter's reaction seems to determine what Jesus says next. Realizing that the disciples will probably misinterpret the nature of Jesus' lordship, he foretells his death and resurrection the first time. Here opinion dictates the direction of Jesus' ministry.

Your opinion is important to the way we conduct ministry here at St. Timothy too. Many of you have responded to the Mutual Ministry Committee's request to evaluate our staff. Each year this group of dedicated volunteers sends out questionnaires regarding the performance of our musician, secretary, and yours truly, eliciting your opinions about how we do ministry. Your opinions matter, and we are guided by your assessment of our work in our service to God and this congregation.

Because your opinions matter, I'm hoping to find out what you think about directions our ministry may take in the coming years. Church life has changed greatly over the years, and it's important that St. Timothy respond to these changes. Programs that worked 60, 20, or even 5 years ago may no longer serve the needs of the congregation, grow the church, or glorify God. Over the next year or so, we will be looking for your input. We'll start with young families – those who attend the 9:00 service and hang out in the SonRise Bistro afterwards. We're going to try to utilize Survey Monkey or another online resource to survey respondents. Shortly thereafter, we'll widen the range of questions to the whole congregation. Please think and pray on what is your vision for ministry at St. Timothy; with God's guidance, we'll follow Christ into the future.

In Jesus' name,



Pastor Robin Mountenay



October 7	Robert & Debbie Andersen	November 4	Carolyn Russo Carol Nielson
October 14	Carol Cook Hulda Ritz	November 11	The Kaplans
October 21	Alice Hunzinger Karen Kong	November 18	<u>Angel Gifts</u> Karen Sajban Pat Spardel
October 28	The Riottos	November 25	The Brassels



10/5	Lisa Koppenal	10/24	Pam Richardson
10/9	Ron Kowalski, Jr.	10/24	Brianne Lindsrom
10/10	Kathryn Jones-Smith	10/25	John Steible
10/12	Debra Tanis	10/29	Daniel Gaffney
10/17	Terri Loftus	10/29	Andrew Herasimtschuk
10/18	Patricia Zangrilli	10/31	Connie Venturelli
10/20	Nathaniel Kaplan	10/31	Eileen Smith
10/21	Dorothy Bell	10/31	Casey Wright
10/24	Eleanor Germann	10/31	Jenna Wright



10/1	Debra & Wayne Tanis
10/10	John & Joyce Steible
10/11	Brian & Alyssa Stoffer
10/14	Steven & Nancy Van Horn
10/16	Chris & Cindy Gaffney
10/21	Julia & David Hayes
10/26	Tom & Karen Sajban
10/26	Claire & Larry Zimmerman

Should you be on this list, and you're not??
Please email Laurie at st.tims395@yahoo.com
or call the office at 973-694-8316!

MEMORIALS

Since August 15, 2018, gifts were given to the General Memorial Fund in memory of:

Rita Laubscher

John Lohse, father of Nancy Schwartz

Peter Bridge, father of Becky Kremen

to the George Laubscher Monday Morning Fund in memory of:

Rita Laubscher

and to the Angel Fund in memory of:

Rita Laubscher

During this month, the Music Memorial Fund has paid for the refurbishing of our set of Malmark handbells and for a new B3 bell. The Memorial Garden Fund has paid for trimming in the Garden. The General Memorial Fund has purchased five cases of Eternal Light candles.



No Memorial Garden pavers were purchased this month, so our paver total stands at 112. The price of a paver is \$300.00. Checks may be made to St. Timothy Memorial Fund, with the words “Memorial Garden” on the memo line. Pavers may be engraved with the names of deceased loved ones, or left blank for future engraving. Paver application sheets are available in the narthex. Please see

Pat Winters for further information or assistance. The Memorial Garden is self-supporting; gifts are welcome at all times!

We also welcome contributions to the fund for restoration and enhancement of our Church organ. The work is on-going and should be completed very soon. Checks may be made to St. Timothy Memorial Fund, with the words “Organ Repair” on the memo line.



We are grateful to all who have given to the St. Timothy Memorial Funds – the General Memorial Fund, the Music Fund, the George Laubscher Monday Morning Fund, the Memorial Garden Fund, the Eternal Light Candle Fund, and the Flanders/Schleer Scholarship Loan Funds – and for the faithful repayments to each loan fund. We welcome additional contributions to these Funds, that we may continue to assist families with the high price of college.

Adult Book Group ~ October 18th

New time: 10:30am

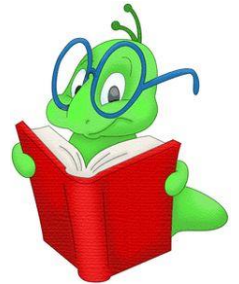


New time for our adult discussion group. This is a good time to join us. We have some pretty lively discussions and always good laughs. Our wonderful leader is Art DeRose. We will now meet the third Thursday of the month. We will continue reviewing *Reading the Bible Again for the First time* by Marcus J. Borg, Chapter 6.

Carol, Art, Sandy, Dolores,
Le, Pat, Nancy, and Barbara

Bookworms ~ October 13th

Our book list has to be adjusted. In October we will be reviewing both Mrs. Sherlock Holmes and Lilac girls. We invite anyone who likes to read books to join us. We meet at Barnes & Noble on the 2nd Saturday each month. Our next meeting date is October 13th at 9:30 am. Here is our reading schedule:



November - *Before We Were Yours* by Lisa Windgate

December - *Tortilla Curtain* by T. C. Boyle

January - *An Innocent Client* by Scott Pratt

February - *The Home for Unwanted Girls* by Joanna Goodman

March - *Behold the Dreamers* by Imbalo Mbue

Join us any time at the coffee shop in Barnes & Noble on Rt. 46. Happy reading.

Colleen, Pat, Nancy, Le, Dolores,
Carolyn, Elsie and Barbara

PRIME TIMERS

WEDNESDAY, OCTOBER 3RD • 11 AM

“WHERE THE HEART IS”

MEET IN THE PARLOR!



Our October Prime Timers presentation promises to be one of great importance to our age group. "Where the Heart Is" will cover many of the housing options for mature adults that have grown substantially over the years. Preparing to make changes in one's living arrangements can be a daunting task and

knowledge of what is out there is necessary. This program provides an overview of the various living options available and outlines ways to make this process more manageable. This is an important discussion to have as early as one's 50's. If you are making this decision now or have a parent who might be looking at changes in living arrangements, please join in this important and informative presentation.

The first Musicale is also scheduled for October 5. Therefore, we will be meeting in the parlor. The coffee pot will be on. The presentation will be informative. Join in the fellowship of Prime Timers on October 3rd.

Wayne Interfaith Network



Currently WIN is serving 118 clients and their families. The Food Pantry particularly needs toilet tissue and all paper products. It is in need of personal care products also. Food needs include peanut butter, jelly, canned fruit, pasta sauce and rice. There is **NO NEED** for canned corn, green beans, variety beans, soup or pasta.

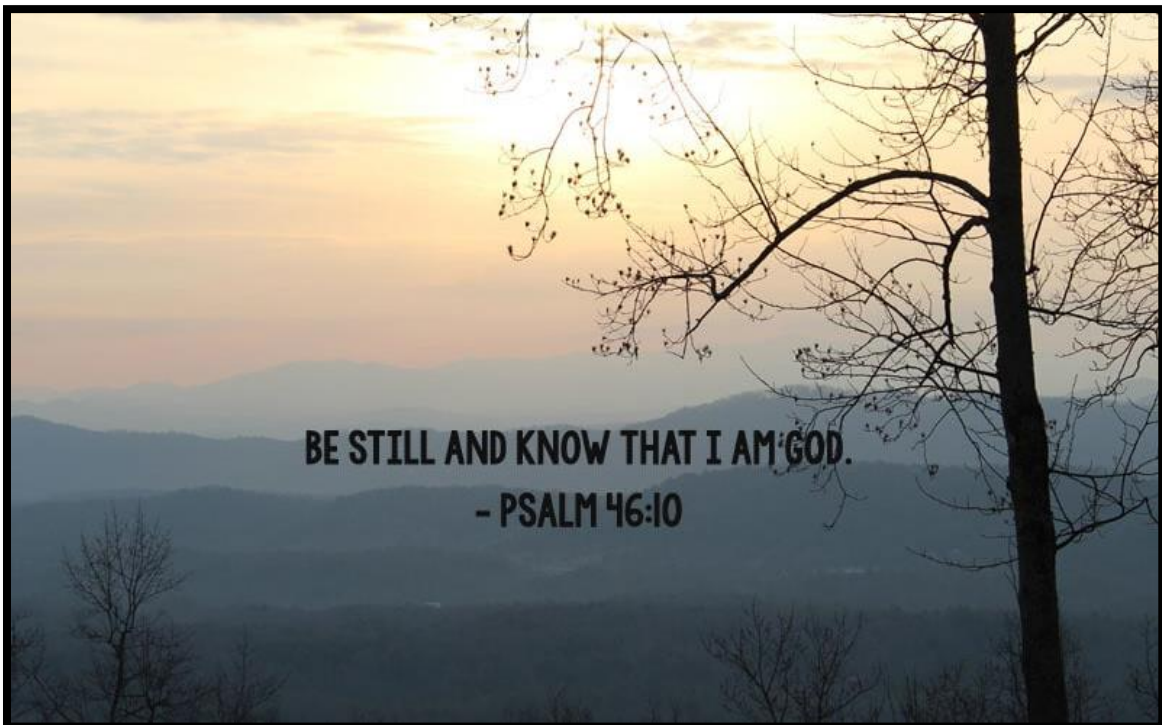
WIN distributed gift cards for Back to School outfits, shoes and backpacks to 68 children.

Thanksgiving Baskets will be packed on the Sunday before Thanksgiving. St. Timothy is supplying **5lb. bags of potatoes** and **bags of mixed nuts**.



Thank you for your generosity.

www.WinFoodPantry.org



Gifted by God

Celebrating the Diversity of God's Many Gifts

All Saints / Consecration Sunday, 2018:

We'll gather for worship on November 4 at 9:30 a.m. with a festival service celebrating the Feast of All Saints with special emphasis on the members and friends of St. Timothy who entered the life eternal since last All Saints Day. In thanksgiving for their lives of service, we'll have an opportunity at the end of the liturgy to pledge our financial support to God's work here at St. Timothy.



Following worship, we gather for a special pot luck luncheon in the Fellowship Hall. We invite you to bring your favorite **ethnic** food to share with your St. Timothy friends and family. It may be a dish that represents your own background or that of others in God's diverse household. Please bring enough to share. There will be sign-up sheets

on the Happenings bulletin board to indicate the number in your party, as well as what kind of dish you plan to bring.

Our entertainment at the luncheon will be two-fold. First, we're asking you to share a talent. Are you an amateur magician? Do you sing or play an instrument? Can you juggle or tap dance? Do you enjoy telling jokes (remember, it's a family gathering!)? We'd love for you to share your talent in a *brief* demonstration. You can also sign up for this on the Happenings Bulletin Board.

We'll also celebrate the many ministries of St. Timothy with entertaining demonstrations and games in which you'll learn something about what it takes to be the people of God in this place.



Please join us for an excitingly new take on one of St. Timothy's favorite annual events!



All I can think of is the devastation from Florence in North and South Carolina and the wonderful responses. What an example of people helping people. So many stories of this in the bible. The Good Samaritan just pops up automatically.

Let's not forget our friends in the Carolinas in the months to come. They will have a long recovery time as they have lost all their material goods. How fortunate we are that we missed it.

As I write this Pastor just spoke on Sunday of being saved by faith and our mission here is to help others. I hope I got that right. As Christians we will continue to help those that have just lost so much.

On another subject, look for a new daytime group starting in the new year. This is open to all and should be fun as well as helpful. As a clue it is something I'm always recommending for us all to do but find I need a push to do as well as others I've spoken too. More hints next month.

"Humble yourselves, therefore, under God's almighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you." 1 Peter 5:6-7.

More "Make Life Easy" next Tips,
Barbara Westerberg

Angels Circle



The Angels will not meet on October 10th. Please plan to attend the Musicales.

We will meet on October 24th at 10am.

Barbara Kaplan

Heart 'n Hands Mission



The Heart 'n Hands Mission Columbus Day of Service will be held on Monday, October 8th from 10 am until 1 pm in the Fellowship Hall. We will be collecting, sorting and preparing fall and winter clothing for our monthly distributions. All are welcome.

Heart 'n Hands Mission volunteers will assemble Blessing Bags on the evening of Tuesday, November 13, at 7:00 pm in Fellowship Hall. Come out and help us fill 200 Blessing Bags. The deadline for Blessing Bag donations is October 30th so we can complete our shopping and preparations for November 13th. If you are planning to donate a completed Blessing Bag, please deliver it to us by November 11th.

For more information about Blessing Baff items, and our activities and events, please visit us on Facebook and Like our page, go to our website at www.heartnhandsmission.org, or contact us by email at info@heartnhandsmission.org. Thank you all for your continuing support.

Lord, we ask that you watch over those in need, that they may find shelter when they seek it, food when they are hungry, clothing and comfort when they are cold, and Your grace and loving encouragement in their darkness.

St. Timothy Lutheran Church

The Good Steward Award, 2018

In 2007, as a part of our fiftieth anniversary celebration, we established a new tradition at St. Timothy, the annual presentation of the Good Steward Award. The award is given to a member of the congregation who best exemplifies the principles of Christian stewardship: the gracious giving of time, talent and treasure; selfless devotion to serving Christ and his people; faithfulness to the Christian disciplines of prayer and worship; a strong commitment to the ministry of St. Timothy Church. Our first Good Steward Award recipient was Dolores Monsees. Joe Suarez was Good Steward in 2008. Debbie and Robert Andersen were 2009's Good Stewards. Anne Loffredo received the honor in 2010, Grace Flanders in 2011, Kathy Gormley in 2012, Eileen Smith in 2013, Cliff Konnerth in 2014, Robin Koegel in 2015, and Art and Sandy DeRose in 2016, and Bill Monsees last year. Now it's time for you to make your recommendation for our eleventh annual Good Steward Award. Please fill out the attached form and return it by October 28. Recommendations will be considered by St. Timothy's Congregational Council who will decide on the award's worthy recipient. The Good Steward Award will be presented at our 10:30 service on Christ the King Sunday, November 25, 2018.

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Please detach this form and return it to the church office no later than October 29, 2017.

My recommendation for Good Steward, 2018 is:

(Name)

Please summarize in one or two sentences why you make this recommendation:



Save the dates – Wednesdays

October 3 October 10 October 17

Mark the place –

St. Timothy Lutheran Church
for
“The Sounds of Music”



Note the time –

12:00 noon to 1:00 PM (*Once again, it's "Musicales at Noon!"*)

We are delighted to invite one and all to our exciting thirty-fifth season! Each Musicale will feature acclaimed artists in a one-hour program. Do plan to bring your friends – we promise a refreshing break in your day.

THANKS TO OUR “MUSICALE PATRONS” – YOU MAKE IT ALL POSSIBLE!

We are grateful to our Patrons for underwriting the costs of this quality musical series. Through Patron generosity in the past, we have presented outstanding artists in interesting and varied programs. We ask your support once again.

To be a Musicale Patron, please make your check payable to “St. Timothy Musicales.” You may mail it to the Church, place it in the offering plate, or hand it to Peg Gerding or Anne Loffredo. Your name will appear in TIPS and the concert programs, and you'll be participating in a much-appreciated community outreach.

Contact Peg Gerding at (973) 646-8659 or Anne Loffredo at (973) 956-0026 for information about the series or about becoming a Patron – and thanks!



OUR FALL 2018 SERIES WILL OFFER:

Wednesday, October 3, at 12 Noon

THE JOYBELLS!

Very Special Handbell Choir

Wednesday, October 10, at 12 Noon

FRANCINE EVANS, VOCALS

JOEL ZELNIK, KEYBOARD

"This Is My Country" – a Celebration!

Wednesday, October 17, at 12 Noon

ANDREW HUGHES, VIOLA

YIKYUNG DIANA HUGHES, PIANO

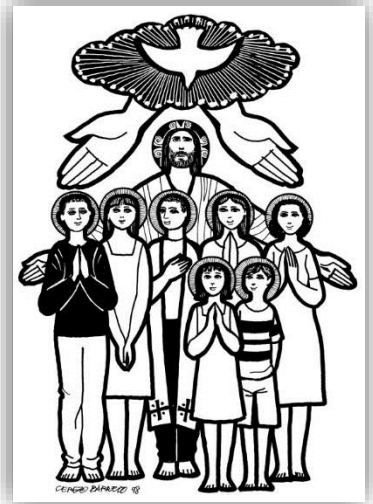
Mother and Son Duo

DON'T MISS THEM!!

(P.S....IT'S A WONDERFUL TIME TO BE A PATRON!)

ALL SAINTS SUNDAY - November 4th

On Sunday, November 4th, we will once again remember in prayer all the saints who departed this life during the past year. We will also remember, in the booklet, our loved ones who died in the past. If you would like a loved one remembered on All Saints, may we ask you to print the name of your loved one(s) and indicate the date of death and your relationship to the person. Please return the form to the church office by Monday, October 29th.



Your Name:		
Name of Deceased	Date of Death	Your Relationship To the Deceased

A memorial table will be set up in the narthex for photos of those loved ones **who departed this life *during the past year*** (since our last All Saints commemoration). We invite you to bring a photo of your loved one who died *in this past year* and place it on the table.

Jesus said .., “I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. John 11:25-26



Christmas at Sea

WELCA assembles and sends gift bags to the seafarers every year in October these gifts are then distributed through Seafarers International.

This year WELCA is asking for donations in the month of September to help in stuffing the gift bags for this Christmas season. Please look at the list below and see if you could donate some of those items, no matter how small. WELCA will have a box decorated with Christmas paper for your donations.

t-shirt (large or X-large)

sweat shirt (large or X-large)

can of nuts or large chocolate bar

white crew socks





St. Timothy's Sunday School is in full swing! We welcomed 4 new students to the Pre-K and K class. Our Pre-K thru 3rd graders all get to enjoy part of the 9am service with Pastor having a weekly sermon just for them sitting up on the Alter. And, I know that the adults like it too.

Did you know that an animal could make a world of difference for a family in need? Animals provide food to eat, fertilizer to grow crops and offspring to sell on the market. With one gift, you could help a family escape the cycle of poverty and hunger for good. God's Global Barnyard, part of the ELCA World Hunger Appeal, can help this need. All of our Sunday School and Catechism students will learn about this very important outreach mission on Sunday Oct. 14. A children's sermon during the 9am service will explain how they can help others in need. They each will receive a very cute Barn Bank for this collection. The collection will end on Sunday Nov. 18. Let us all help them to give a gift to a family/families in need. If I remember correctly we raised around \$700 the last time we had participated in this great cause. Let's see how much more we can collect this year.

In His Name,
Laura Dec

Dates to Remember:

Oct. 14 – God's Global Barnyard appeal starts

Nov. 4 – Daylight Savings time ends – turn clocks back 1 hour

All Saints/ Consecration Sunday

9:30 Combined Service – No Sunday School – Potluck Luncheon

Nov. 18 – God's Global Barnyard appeal ends – Banks due back

Nov. 21 – Thanksgiving Day

Nov. 25 – Sunday School **HAS** Classes

Dec. 16 – Sunday School Christmas Program at 9:30 – No Snow Date

Dec. 23 – Sunday School **HAS** Classes

North Jersey Interfaith Cares (NJIC)

It was a quiet summer for much of NJIC's activities. Many of our refugee families have relocated to other areas of the country to better their employment opportunities and living situation. We keep them in our prayers.

The summer went out with a fling! NJIC hosted about 100 individuals at the YMCA on August 26 for a picnic. Much fun and food was had by all. In addition the backpack drive was a great success, thank you to all who donated. Special thanks to Laura Dec, Craig and Marie Beyer and Nancy Konnerth for their help at the picnic.

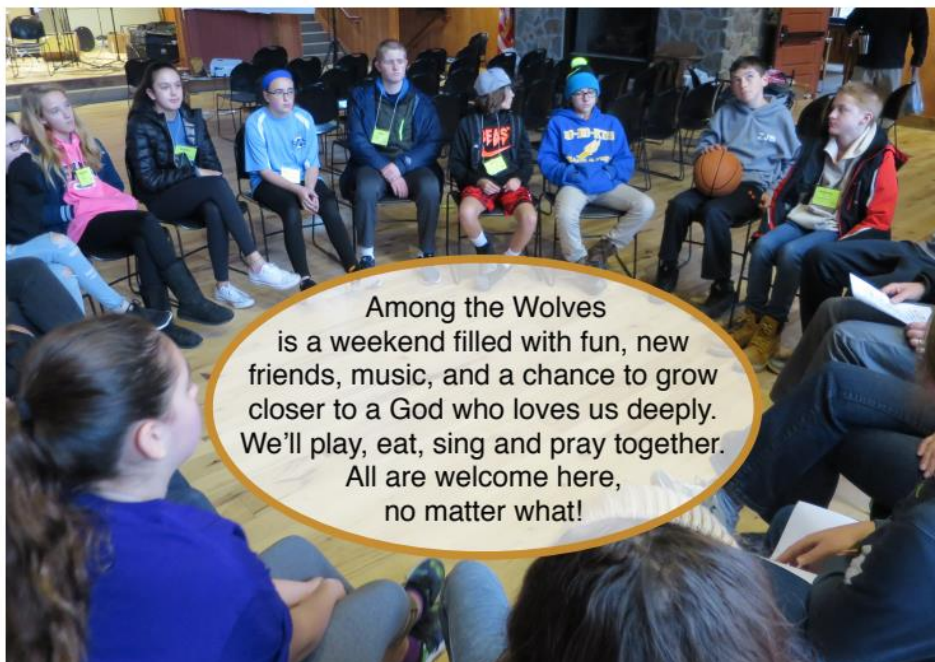
At this time the ESL program is very limited and there is no request for additional volunteers. NJIC is now focusing on fundraising and researching other service opportunities.

I have stepped down as St. Timothy's representative. If anyone is interested in assuming this role please contact me I will let you know what is involved. At this time Pastor and St. Timothy will be kept apprised of NJIC events and service opportunities.

In His Name,
Cliff Konnerth



See Cliff Konnerth for details



Among the Wolves
is a weekend filled with fun, new
friends, music, and a chance to grow
closer to a God who loves us deeply.
We'll play, eat, sing and pray together.
All are welcome here,
no matter what!



Register by 10/29, cost is \$125

Among the Wolves

NJ Synod Middle School Retreat



Nov. 16-18, 2018



@ Fairview Lake YMCA Camp
Stillwater, NJ
www.fairviewlakeymca.org

For youth in grades 6-9 & their adult leaders.
Can you bring friends? Yes!

Music led by the Synod Youth Band and Larry Olson!

Register 9/15-10/29, cost is \$125

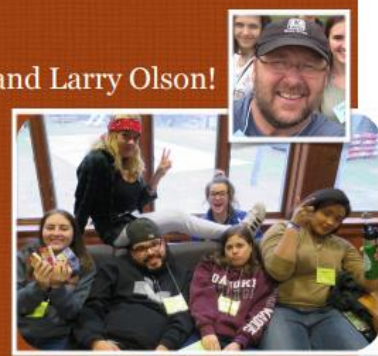
Register 10/30-11/5, cost is \$145

Registration opens 9/15

Scholarship \$\$ available!

More info & registration link:

www.njsynod.org/atw



SUCCESSFUL AGING

by Elizabeth Geiling, MSED, LMHC: <https://www.lccny.org/aaaastaff-bio-pages/elizabeth-geiland/>

We have all heard that "60 is the new 50!" What this popular adage is communicating is that most of us are going to have a longer life expectancy than previous generations. Developmental psychologists refer to this as the "rectangularization" of the population. Simply put, more people are going to live into late adulthood with the variability of the age of death being tighter. The face of our society will be an equal distribution of young and old.

As most people will acknowledge, a long life is a mixed blessing. On the positive side, successful aging involves a longer connection to loved ones, good physical and mental health and the financial resources to live comfortably throughout retirement. Conversely, aging has significant losses attached to it and helping people to cope with these challenges is somewhat uncharted territory for our society. However, there are many ways to navigate the losses that are inherent to late adulthood.

- 1) **Loss of loved ones:** Enduring the loss of a spouse, child, sibling and dear friends is indeed the hardest part of aging. Although it is a natural and expected part of life, we are deeply wounded and a part of us dies when we lose our loved ones. The Harvard Study on Happiness reports that the quality of our relationships is going to determine how happy we are and how we manage the losses in life. Be intentional about making friends and keep relationships strong. It is especially important to stay connected to younger family members. This ensures that your loved ones are all ages and are involved in many aspects of daily living. **Commit to staying engaged.**
- 2) **Loss of relevance:** Some older people feel like they live in a world that has moved past them and they are being left behind. Perhaps you don't understand the latest social media app, but get out there and do something! There are many opportunities to connect and share your expertise. **Volunteer** to help at a church, museum, or food bank. Assume that others are looking for things to do, and join them in new experiences.
- 3) **Loss of movement:** As the body ages there are many less than desirable physical experiences. Many people experience pain and difficulty moving. Simply walking around the neighborhood each day has proven to be physically and psychologically helpful. With a doctor's approval, a regular work out schedule can be beneficial. **Move it or lose it!**
- 4) **Loss of positive attitude:** Many of the changes of late adulthood cannot be controlled. Neuroscience reports that our remarkable brain is constantly rewiring based on repeated experience. Feeling sorry for yourself or regularly engaging in negative thoughts changes our brain and makes us less able to meet the challenges of daily living. Commit to positive self-talk and believe in resilience. Successful engaging involves a **CAN DO ATTITUDE**. At any age, life's challenges can be overwhelming. Please keep in mind that there are many places, especially The Lutheran Counseling Center that can help you manage the rough patches.

For more information or to set an appointment, please call the Lutheran Counseling Center (www.lccny.org) at 1-800-317-1173 or e-mail us at Center@lccny.org. LCC has nine counseling sites over the New York metropolitan and surrounding area.

OCTOBER LECTIONARY

Monday, October 1	Zechariah 6:9-15	1 Peter 1:3-9	Psalm 5
Tuesday, October 2	Zechariah 8:18-23	1 John 2:18-25	Psalm 5
Wednesday, October 3	Zechariah 10:1-12	Matthew 18:6-9	Psalm 5
Thursday, October 4	Genesis 20:1-18	Galatians 3:23-29	Psalm 8
Friday, October 5	Genesis 21:22-34	Romans 8:1-11	Psalm 8
Saturday, October 6	Genesis 23:1-20	Luke 16:14-18	Psalm 8
Sunday, October 7	Genesis 2:18-24	Hebrews 1:1-4; 2:5-12	Mark 10:2-16
Monday, October 8	Deuteronomy 22:13-30	1 Corinthians 7:1-9	Psalm 112
Tuesday, October 9	Deuteronomy 24:1-5	1 Corinthians 7:10-16	Psalm 112
Wednesday, October 10	Jeremiah 3:6-14	Matthew 5:27-36	Psalm 112
Thursday, October 11	Deuteronomy 5:1-21	Hebrews 3:7-19	Psalm 90:12-17
Friday, October 12	Deuteronomy 5:22-33	Hebrews 4:1-11	Psalm 90:12-17
Saturday, October 13	Amos 3:13—4:5	Matthew 15:1-9	Psalm 90:12-17
Sunday, October 14	Amos 5:6-7, 10-15	Hebrews 4:12-16	Mark 10:17-31
Monday, October 15	Obadiah 1-9	Revelation 7:9-17	Psalm 26
Tuesday, October 16	Obadiah 10-16	Revelation 8:1-5	Psalm 26
Wednesday, October 17	Obadiah 17-21	Luke 16:19-31	Psalm 26
<i>Thursday, October 18</i>	<i>Isaiah 43:8-13</i>	<i>2 Timothy 4:5-11</i>	<i>Luke 1:1-4; 24:44-53</i>
Friday, October 19	Isaiah 47:1-9	Revelation 17:1-18	Psalm 91:9-16
Saturday, October 20	Isaiah 47:10-15	Luke 22:24-30	Psalm 91:9-16
Sunday, October 21	Isaiah 53:4-12	Hebrews 5:1-10	Mark 10:35-45
Monday, October 22	1 Samuel 8:1-18	Hebrews 6:1-12	Psalm 37:23-40
Tuesday, October 23	1 Samuel 10:17-25	Hebrews 6:13-20	Psalm 37:23-40
Wednesday, October 24	1 Samuel 12:1-25	John 13:1-17	Psalm 37:23-40
Thursday, October 25	Jeremiah 23:9-15	Hebrews 7:1-10	Psalm 126
Friday, October 26	Jeremiah 26:12-24	Hebrews 7:11-22	Psalm 126
Saturday, October 27	Jeremiah 29:24-32	Mark 8:22-26	Psalm 126
Sunday, October 28	Jeremiah 31:7-9	Hebrews 7:23-28	Mark 10:46-52
<i>Monday, October 29</i>	<i>Jeremiah 26:[1-6] 7-16</i>	<i>1 John 4:1-6</i>	<i>John 14:21-27</i>
Tuesday, October 30	2 Kings 6:8-23	Acts 9:32-35	Psalm 119:17-24
<i>Wednesday, October 31</i>	<i>Jeremiah 31:31-34</i>	<i>Romans 3:19-28</i>	<i>John 8:31-36</i>

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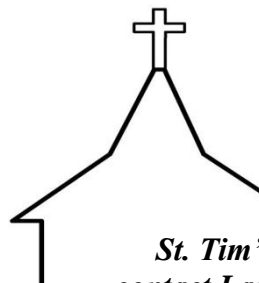
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