



When we talk about how to age well, we frequently focus on the same few ideas, often emphasized at the doctor's office: watch your cholesterol, exercise often, keep your mind sharp. These are good ideas, but they are not the only things we can do.

Countless studies from the last several decades point to two remarkably significant components for living not just a longer life, but living it with joy. One is how crucial it is that we spend time with friends.

It is good to talk with a friend, share an experience with someone you care about, and to connect with your neighbors. "It doesn't matter how long you live, or even how WELL you live from a cognitive and physical perspective, if you are miserable," explains author Dr. Peter Attia. Amen!

Another vital component in this conversation comes from a 2019 Pew Research study finding that people of faith tend to live longer, get sick less often, and are better able to cope with stress. This may account for the large number of 90-something-year-olds we have right now! Now, we know this is not revolutionary news, but it is a good reminder that as we get older we need to keep spending time with friends and keep our connection with God strong. We hope that our time on Thursdays helps you to do both. We love you and want you all to thrive!

~Pastor Colleen



Lunch Schedule this month:

Thursday, October 5th:

Did you know that **Pastor Nikki** is known as the “**Pickleball Pastor?**” She plays regularly and is pretty competitive out there on the court. Nikki has also developed good ideas about having a theology of play. Theology simply means ‘the study of God’ and so today’s talk is going to be about the importance of celebration and fun in the world as God’s children. We have a God who is not just serious and doesn’t expect us to be only focused on obedience, discipline, and sacrifice. This is going to be a fun time learning what it means to be made in God's image and you might learn a couple of things about pickleball too! For lunch, we will serve Italian fare: cheesy penne pasta with a rich meat sauce, melon and prosciutto, and a mixed green salad.

Thursday, October 19th:

Pastor Colleen will be at the dais today as we continue our conversation about the **Kingdom of God**. She will pick up where Pastor Dennis left off and we will be thinking about some Old Testament examples while using Psalm 8 as our guide. Afterwards, we will have one of our favorite autumn lunches: butternut squash with a browned butter sage sauce, chicken sautéed



Remember... All friends are welcome! You are encouraged to invite someone who might need a new place to belong!

Reminder: When you come into the room, after the program has started, please use a quiet voice. Our volunteers can help you find a seat and get you a beverage. However, be mindful of those who are trying to listen to the speaker; and for the speaker, for whom it is distracting when people talk loudly when they come in. Thank you!



F.F.F.

Our annual **Fall Family Festival** is coming up on **Saturday, October 28th!** It is a free, fun, and wholesome party we offer each year to our community. Invite your grandchildren or neighbors! Dressing up is encouraged. There will be games, carnival treats, bounce houses, music, and a lunch to purchase from Chef Michele. We will be in the church parking lot from 11:30am-2:30pm that day. All are welcome!



Coming up in November:

Music and Thanksgiving!



Tonight,

as the sun was setting, I stood for a long time and watched the most spectacular light show... all of God's making.

The clouds were various distances and of the most amazing shapes! And the colors! There were grays, blues, pinks, oranges. I simply couldn't take it all in. And then the thunder and lightening started and added it's own special contribution to the symphony of beauty, changing colors, and sound effects.

I was reminded of how our heavenly Father is the creator of all this drama. He created it all and had us in mind while doing so, knowing if we would stop long enough, that we could be awed by His splendor and creativity and take a moment to thank Him for His awe-inspiring love for us.

Juanita Collins

Another Fun Fall Puzzle... Enjoy!



APPLE CIDER
 APPLE PIE
 AUTUMN
 BACK TO SCHOOL
 CANDY
 CANDYCORN
 Caramel Apples
 CARVING
 CINNAMON STICKS

COATS
 COLOR CHANGE
 COOL WEATHER
 CORN
 COSTUMES
 DECORATIONS
 EQUINOX
 FAIRS
 FALL
 FIRESIDE
 FIRST FROST
 FOOTBALL
 FRIENDS
 FUN
 GHOSTS
 GOBLINS
 GOURDS
 HALLOWEEN
 HARVEST
 HAY BALES
 HOMECOMING
 HOT CHOCOLATE
 LONG JEANS
 MIGRATION
 OCTOBER
 PUMPKIN CARVING
 PUMPKINS
 RAINY
 RED LEAVES
 SCARE
 SCARECROW
 SEPTEMBER
 SHORTER DAYS
 SNEEZING
 SUNFLOWERS
 SWEATSHIRTS
 TRICK OR TREATING
 WINDY
 YELLOW LEAVES

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K	B	E	S	S	N	E	E	Z	I	N	G	I	R	Y	X	N	A	K	V	R	I	E
X	T	C	R	K	Z	G	C	I	R	U	R	A	Y	V	R	E	F	A	E	A	A	H
P	R	J	J	Y	C	P	E	E	Y	S	C	E	Z	O	J	P	E	D	U	U	F	C
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 Thank you!