



From Pastor David

Discipleship Pathway

Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.” -Hebrews 5:13-14

October is a great month to get back into your healthy, holy habits of growing spiritually.

United Methodists follow the Wesleyan way of a “methodical” spiritual life pattern. We live by the Three General Rules (do you remember them?): 1. Do no harm, 2. Do good, and 3. Attend the ordinances of God. By “attend the ordinances of God,” John Wesley meant to regularly and consistently do those spiritual practices—both works of piety (that grow us) and works of mercy (that help others)—that keep us growing spiritually. As followers of Jesus, we are on a life-long path of maturing in faith; the Bible calls this sanctification. As Peter exhorts Jesus’ disciples, “Grow in the grace and knowledge of our Lord and Savior Jesus Christ!” (2 Peter 3:18)

Yes, we are saved by grace: in the work that Jesus did on the cross. But we respond to that grace by faith: faith that is trust (accepting Jesus as our personal Lord and Savior) and faith that is practice (living lives of increasing holiness in our behaviors). That’s why Paul says in Philippians 2:12 to “work out your own salvation with fear and trembling.” We are on the road, as Wesley says, “to holiness of heart and life.”

Over the past year many of us started slipping away from our regular spiritual patterns and habits that kept us growing in holiness. Well, October is a great time to start putting back in place some of those habits! In a sense, this October is “spiritual growth month” for our church:

1. We have started again our (free!) Wednesday Community Meals at 5:30 p.m. Come for food and Christian fellowship.
2. We have Echo for kids and their parents: Kids learn about the Bible and parents learn about Bible-based parenting.
3. We have Confirmation and Youth Group for youth: Engage the Bible and peers in faith.

Monthly Church Events

Oct 1	8:00 am - Grow Group 12:00 pm - Feed My Starving Children
Oct 2	9:00 am United Methodist Men
Oct 3	Holy Communion 8:45am - Grow Group 10:00am - In-person and online Worship Service
Oct 4	8:00am - Monday Morning Men, Quilters and Prayer Knitters 5:00pm - Confirmation
Oct 6	10:00am - Grow Group 5:30pm - Dinner 6:15pm - Grow Groups, Echo & Youth Group 7:30pm - Sanctify Rehearsal
Oct 7	10:30am - Book Club 12:00pm - Sarah Circle
Oct 8	OFFICE CLOSED 8:00am - Grow Group
Oct 10	8:45am - Grow Group 10:00am - In-person and online Worship Service
Oct 11	8:00am - Monday Morning Men, Quilters and Prayer Knitters 5:00pm - Confirmation
Oct 13	10:00am - Grow Group 10:00am - Birchwood 11:00am - Romeos & Juilets 5:30pm - Dinner 6:15pm - Grow Groups, Echo & Youth Group 7:30pm - Sanctify Rehearsal
Oct 14	1:00pm - UMW Meeting 6:30pm - AMT Meeting

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Pastor David Cont.

4. We are offering our fall Grow Group cycle: starting October 3, we have 8 different grow groups for people to join to learn about God, the Bible, and how to live as Christians. Groups are offered both in-person and remotely.
5. We are launching a Spiritual Health Assessment Tool on Oct. 12 (watch for an email!). Answer 40 questions to see your strengths and weaknesses in your spiritual maturity.
6. We are packing Feed My Starving Children food packets at the Mobile Pack Site at Hosanna Lutheran Church Sept. 30 and Oct. 1. Sign up for a slot!
7. We are hosting Trunk-or-Treat on Halloween to reach out to kids and families in our own neighborhood.
8. Of course, as always, we offer excellent Sunday worship, both live and by video recording.
9. Each Friday we offer a recorded video devotional (watch your email for the link).
10. We also continue to offer all the other regular religious activities of church life, and they are all helpful ways to grow spiritually.

So, this October, make a point to get fully engaged into our church's Discipleship Pathway. Our Discipleship Pathway is a three-pronged approach: Love.Grow.Serve. We 1. (Love.) are in worship when in town (either in person or via remote viewing), 2. (Grow.) join a grow group when offered and other "grow" opportunities), and 3. (Serve.) take part weekly in reaching out to help and bless others in tangible ways. Again, this is a weekly cadence (in the past we called this "worship + 2") of each disciple doing at least one form of each of these three.

I'll leave you with a quote from one of the books I'm reading: "Attention and intention of discipleship leads to maturing disciples building a maturing congregation who, in turn, disciple others who mature into discipling disciples themselves. This is how vital churches grow their spiritual depth." (pages 71-72 from Being the Church in a Post-Pandemic World: Game Changers for the Post-Pandemic Church by Kay Kotan, 2021) Or, Hebrews 5:13-14 puts it even better (check above!)

So, in October, as our trees, lawns and gardens seem to slip into hibernation, let's you and I make a point to wake up and get growing!

Pastor David

Oct 15	8:00am - Grow Group 2:00pm - Unload Food Truck
Oct 16	6:00am - Set up Community Care 8:00am - Community Care
Oct 17	8:45am - Grow Group 10:00am - In-person and online Worship Service
Oct 18	8:00am - Monday Morning Men, Quilters and Prayer Knitters 5:00pm - Confirmation 6:30pm - CMMT Meeting
Oct 19	10:00am - Rebecca Circle
Oct 20	No Wednesday Program for kids or Teens - MEA Break, Grow Groups may meet.
Oct 22	8:00am - Grow Group
Oct 24	8:45am - Grow Group 10:00am - In-person and online Worship Service
Oct 25	8:00am - Monday Morning Men, Quilters and Prayer Knitters 5:00pm - Confirmation
Oct 27	10:00am - Grow Group 5:30pm - Dinner 6:15pm - Grow Groups, Echo & Youth Group 7:30pm - Sanctify Rehearsal
Oct 29	8:00am - Grow Group
Oct 30	9:00am - FALL CRAFT & VENDOR SALE
Oct 31	8:45am - Grow Group 10:00am - In-person and online Worship Service 5:30pm - Trunk or Treat

Feed My Starving Children

Way back in 2019 we raised money for the Feed My Starving Children Mobile Pack being held at Hosanna Lutheran Church. Then COVID happened at we had to put the pack on hold. We have EXCITING NEWS! It is back on this fall! Just a heads up that volunteering looks different. We need people to sign-up- we are calling them TEAMS of TEN- and you team will stay together to pack at a "T" station. ONLY 9 "T" stations will be set up so only 90 people per shift. Each group of 10 will pack together and will be safely separated from the other groups- so be sure folks sign up with those they want to pack with.

As a church we have agree to fill two timeslots **Tomorrow- 9/30-- 6:30-8:00pm and Friday- 10/1- 12 Noon- 1:30pm**. Please call the office to sign up.

Grow groups starting in Oct.

Grow Groups will be starting back up Oct. 3rd! Sign ups are in the lobby or online. Lots of topics and times to choose from.

Fall Craft / Vendor Show and Luncheon

Save the Date: Oct 30th 9-3pm will be our annual craft sale. You have three ways to participate! You can drop off items in Oct. to be sold at the UMW booth, you can rent a booth as an independent vendor and you can make soup or baked good to be sold during the sale itself. Proceeds from UMW, food and booth fees will be divided between Forest Hills Ministries.

We need volunteers! There are numerous ways to support this sale.

First, we need crafts for the UMW Booth, drop them office in the office.

Second, we need people willing to make soup (recipe provided) and baked goods. Sign up for both in the lobby.

Thirdly, we need women to work the booth and food sales the day of. Talk to Pastor Cassi, Sue L or Kay B.

Thank you,

Pastor Cassi



Lots of vendors and crafts: Embroidered Towels, Art Prints, Keychains, Stickers, Dog Collars, Leashes, Quilts, Color Street Nails. Beautycounter Knitted Scarves, hats, Dog Mats, and SO MUCH MORE! During the sale we will be selling tasty baked goods and our FAMOUS beef vegetable soup for lunch. In the morning, we will be serving Carmel rolls...so come for a mid-morning snack, shop a bit, and stay for a hot lunch!



It's that time of year again!

My neighbor has already decked his house out with orange lights and bed sheets in the trees. We've all seen the fun sized candy bags for sale in four parts of the same store. More and more it seems Halloween will just not wait.

We join in the anticipation as we prepare for our Trunk or Treat event on Sunday Oct. 31 st . We invite everyone in our church to bring their vehicle, plenty of candy and wear a costume as we join with our community in the largest candy distribution ever known!

We can help provide a fun, safe place where families can enjoy Halloween night, but we also get to introduce them to our church, We can let them know what Jesus followers are like. We can meet people where they are, encourage them and invite them into so much more than a bag full of confectioned sugar.

Join us for Trunk or Treat Halloween night from 5:30 -7:30pm. Contact the office if you would like to host a trunk, donate some candy to the cause and let your neighbors know the best place to get candy this year: Forest Hills Church!

For the King,

Pastor Andrew

P.S. There is a sign up in the lobby for hosting a Trunk! We are also looking for someone who would be willing to man the food station. We will be having pulled pork and chips! If you are willing please contact the office or talk to Pastor Cassi.

Spiritual Assessment Tool

On Oct 12th, you will receive the survey via email with links and instructions to help you complete this helpful questionnaire. We ask each participant to answer honestly with where they are at currently. Your responses will be kept anonymous unless participants would like to include their email for future scoring reference. This is completely optional.

Thank you in advance and we look forward to participating with you in this endeavor!

Action Ministry Team

Youth Group

Youth Group has started off with a good group! We have one new teen which is exciting. We are finishing up our King series next week. Then we will have a one off message Oct 13th called "I want to Believe but.... Jesus is Boring" Lots of people believe in misconceptions about the Christian faith. Teenagers, even church attenders, believe that Jesus is real, but want to get serious about following Him later in life. This sermon will help students understand that Jesus is not a fun-killer and that He turns our "have to" list into our "want to" list. Luke 19:1-10 serves as the backdrop to unpack how Jesus met Zacchaeus where he was. After meeting Jesus, Zacchaeus wanted to change his life; he didn't have to. The teens will be challenged to view Jesus through a different lens: that Jesus came to give life, not take it away.

Then make sure to remember there is no Youth Group Oct 20 for MEA. But, make sure to come back because Oct 27th BETHEL UNIVERSITY is coming to run a whole night of programing!

We also have some chances to serve this month. Tomorrow there is Feed My Starving Children and Oct 31st is Trunk o Treat!

Join in classes and service projects this month.

Pastor Cassi

Fall Women's Retreat

Join us at beautiful Lake Koronis for a weekend of reconnecting with God, being refreshed and renewed in His presence. The retreat is being led by Pastor Melissa (Geving) Deuel and friends on November 5-7, 2021. See Reese for more information.



**Come away to
reconnect
with God and
experience
refreshing
"sister"ship!**



November 5-7
Contact **Reese** soon
for info/registration
Cost ~ \$135

Oct Birthdays

May your special day be blessed and filled with joy! If your birthday isn't listed, please call the office and let us know so we can add you to the list!

Nancy Fredrick 10/4	Bev Johnson Zuppon 10/7
Delores Ford 10/10	Roy Pope 10/11
Kay Bergerson 10/12	Nathan Werner 10/12
David Werner 10/16	Erik Kargel 10/16
Silas Bonsell 10/18	Mason Lindholm 10/18
Shane Kargel 10/25	Julianne Benson 10/26

