

October

CROSS OF CALVARY LUTHERAN CHURCH
1103 W Chestnut Ave
Olivia, MN 56277



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CROSS OF CALVARY LUTHERAN CHURCH

THE FOLLOWER



Cross of Calvary Lutheran Church

1103 W Chestnut Ave
Olivia, MN 56277

Phone: 320-523-1574
website: crossofcalvary.net
E-mail: crossofcalvary@gmail.com



God's Work. Our Hands.

Council: President— Brian Boen

Dave Altmann	Gordy Blem	Todd Gay
Natashia Johnson	Cindy Johnson	Sandra Whited
Keith Larson	Eric Skeie	Marie Rauenhorst
Michelle Jensen	David Torgelson	

Pastor: Rev. Matt Hausken

hauskenmatt8@gmail.com Office: 320-523-5857

Parsonage: 320-523-1282, Cell: 320-579-0839

Minister of Faith Formation: Chelsey Plumley

cocyouth@gmail.com Office: 320-523-1574

Administrative Assistant: Laurie Schultze

crossofcalvary@gmail.com Office: 320-523-1574

Music: Kathy Reese **Sexton:** Craig Boen

Sunday School Superintendent: Jill Hanson

Treasurer: Curt Sather

Facility Hours

Mon - Thurs 8:30 – 7:00

Fri- Sun 8:30 – 2:00

Need access?

Craig 522-0266

Laurie 522-1199

Office Hours

Mon, Tues, Thurs 8:30 - 4:30 Wed 8:30 - 7:30

Friday 8:30 - 2:00

October
2013



CROSS OF CALVARY LUTHERAN CHURCH

THE FOLLOWER

Pastor's Corner

If you could do something that was good for your spiritual health, your physical health and your emotional health, wouldn't you want to do it every single day? Well, you can! We are starting to use *Faith Five* at Cross of Calvary. The *Faith Five* was developed by Dr. Rich Melheim a few years ago. Melheim recently came out with a book "Holding your Family Together" in which he outlines, in very practical ways, how to develop this spiritual practice. Best of all, in our busy lives, you can do it in as little as five minutes. It will begin paying dividends quickly in your physical, emotional, and spiritual lives. Not only this, but it will begin to strengthen your relationships with others. If you wish to really dig deep into this amazing practice, you may purchase Melheim's book for \$15 through the church. He explains in very, very engaging ways how this practice can deepen your walk of faith, and he gives great, concrete examples of how to do it.

So, the *Faith Five* are: share, read, talk, pray, and bless. Sounds simple? They are! In as little as five minutes you can do this.

For the next five months I will lift each one up to you. This month is Share. If all you ever did was this, you would be miles ahead of the game. In this you share your high point of the day and your low point of the day with at least one other person. This moves us beyond asking the simple exchange, "How was your day? Good." Highs and lows force your brain to process and reflect. You start noticing the little things in your life when you have trained your brain to reflect and speak it out loud to someone. It is also a gift to have someone hear your triumphs and struggles on a daily basis. We begin to see the hand of God in those little things of life and begin to see his guidance during the difficult. So, my challenge to you is this. In conversation ask the other person what the best part of the day has been and what has been the hardest part. We will start with that for this month. May God bless your conversations!

God's blessings for a wonderful month of October!

Pastor Matt

Prayers

Prayer for	Submitted by	Prayer for	Submitted by
Chase Lykken	<i>S Kubesh</i>	Bob Sagedahl	<i>D Sagedahl</i>
Diana Adkins	<i>B Hennen</i>	Leslie Sagedahl	<i>D Sagedahl</i>
Justin Lothert	<i>2011 Classmates</i>	Maddy Travers	<i>K Barta</i>
Katelynn Rae Wahus	<i>S Alton</i>	Millie Larson	<i>K Larson</i>
Mary Page	<i>J Page</i>	Sarah Mallak	<i>L Schultze</i>
Leanne Miller	<i>K Grasmon</i>	Jane Grisso	<i>C Lund</i>
Delbert Wenzel	<i>M Hausken</i>		

Kevin & Rebekah Howell – Paraguay Missionaries

Jens Gylland, Anders Gylland, James Whitcomb and Logan – deployed to Afghanistan



Worship

Sunday morning 8:30 & 10:30am

Saturday evening 5:30pm

Sunday School 9:30-10:20am

Radio Broadcast of Service:

Sundays, 7:30am -K100FM

Faithful 15 Podcast

www.crossofcalvary.net

Volunteers in October

Communion 8:30—E Skeie 10:30—D Torkelson

Ushers 8:30 — N Cole, B Slagter, K Slagter, S Slagter

10:30— S Altmann, S/L Altmann

Altar Guild E Ziesmer, E Vogt, C Jandl

Acolytes L Adamski, C Weber

Coffee Hour and Altar Flowers – sign-up on the board



Sunday Volunteers Reminders for ushers, acolytes, communion servers, Altar Guild, readers, musicians, technology and staff.

PLEASE open and check the email.

Prayer List Information

Adding loved ones to the Prayer & Praise Lists:

- Please gain permission.
- Fill out a request form: found in the pews & office, or use the Prayer Page at crossofcalvary.net
- Names will remain on the list as indicated on the request form and then removed (max of one month).
- If you feel someone should remain on the list, please resubmit the name to the office.

Just Married!

Nick and Jena Bruns

September 7, 2013

Good to know...

IN CASE OF EMERGENCY - Pastor and the staff are always available, day and night, to take calls for emergencies and pastoral care. Simply call 523-1574. The answering system will direct you to the number for the staff member needed, and emergency numbers can be found there. Never feel as though you are bothering Pastor or the staff. We are here to serve as a comfort and as a resource.

HOSPITALIZED - The church/Pastor is not automatically notified. Please have a family member, friend or the hospital staff make the call.

November FOLLOWER deadline is Oct. 21

Assemble the Follower at 1pm on Tues, Oct 29

Weekly Bulletin Deadline is Thurs. by noon.

Food Shelf Donations – 27 pounds to the Renville County Food Shelf.

Thank you, donors!



ATTENDANCE

Aug 18—140	Aug 25—131	Sept 1—100
Sept 8—303	Sept 15—226	Sept 22—232

Welcome through Baptism

Regan Renee Helmer

Daughter of Steve and Dawn Helmer

Business



SNOW BIRDS

Please let the office know when you will be away this winter. The Follower can be sent to your warm address if you like.

Don't forget to let us know when you return to Minnesota!

The *FOLLOWER* is available on our website at crossofcalvary.net. Just click the tab that says Blog.

Sign up to get the *Follower* sent to your email address automatically.

- Go to our website at crossofcalvary.net
- Scroll to the bottom of the Home page
- Subscribe to our Blog by entering your email address

Be a Part of the Blessing for Confirmation Families

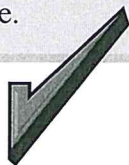
This year's 10th grade Confirmation families are looking forward to the Confirmation Banquet on Wednesday, October 23. Once again the congregation can take part in being a blessing for this event. A donations sheet will be posted on the YOUTH BOARD for dinner supplies. Consider making a pan of lasagna, provide the dressing for the salad, how about some French bread or a bag of romaine.



The Faithful 15 is our weekly podcast released on Wednesday of each week.

Listen anywhere in the world!
www.crossofcalvary.net

When needing to borrow anything from church, please check in with the office.



Christian Community Outreach Center After School Program

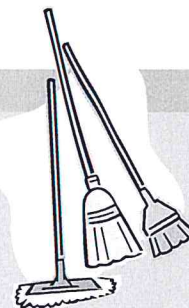
Children in grades K - 6 are invited to come to After School at the Center Mondays and Thursdays from 3:15 - 6:00 pm. Kids can ride bus #2 to the CCOC after school to enjoy a snack, get help with their homework, hear a Bible story, do activities such as games, art, music, and just hang out with friends. There will always be adults present and attentive to your child (ren). We'll also go to the BOLD Swimming Pool at least once a month. BOLD Schools will provide a shuttle bus to Bird Island and Lake Lillian, leaving the CCOC at 5 pm. If you would like your children to attend this free program or if you would like to volunteer please contact Sarah Hausken [320-523-6318](tel:320-523-6318), sarah@ccocmn.org

Christian Community Outreach Center High School Hang Time Students grades 7-12 are invited to High School Hang time at the CCOC every Monday BOLD has school from 6 - 7:30 pm. Youth can have supper, hang out with their friends, do homework (if they want), interact with caring adults and experience the love of God. Youth are welcome to come any time between 6 and 7:30 pm. Supper is served from 6 - 6:30 pm, High School Hang Time is hosted by the CCOC and adult volunteers from area congregations. If you have questions, please contact Sarah Hausken [320-523-6318](tel:320-523-6318), sarah@ccocmn.org

Christian Community Outreach Center Mentor Program

NEW THIS YEAR! An opportunity for a BOLD 7th-12th grader to be mentor-matched with a faithful adult in the BOLD community! For youth . . . an opportunity to have an additional adult in your world to listen, support, challenge, and encourage you! For adult mentors . . . an opportunity to share your life so a young person could be encouraged and supported to follow a faithful, healthy, successful path! Mentors and kids will meet at least 12 times during the 2013-2014 school year. Breakfasts and Hang-times are available for meeting times, but you can also meet on your own. Mentor training and support provided!

Contact info: Janelle Jacobsen
jah.jacobsen@gmail.com, 612-578-0094, www.ccocmn.org



Your
love
and
dedication and a
little elbow grease
made it possible!

Thanks to everyone who helped with Blue Jeans Sunday! A lot was accomplished in a short amount of time!

Tech-news

The new LED panel was up and running for Rally Day. What a wonderful addition to our worship service! A few questions were asked:

Does the LED fold back to the wall? *For services that do not require the use of the LED, it will fold flush to the wall.*

Is the print smaller? *The print is the same size as previously used, and is much sharper. Adjustments will continue to be made over the next few months.*

Will the swing arm be painted? *Yes*

Thank you for your patience throughout the installation process. We want to get everything right, so

taking our time with the task has helped us to avoid problems along the way.

FELLOWSHIP HALL—The new sound system has been installed. In October the screen and projector from the Sanctuary will be moved in place. And, with a little more wiring the project will be complete.

CLICKERS— We are always looking to train more clickers, those who advance the screens during worship. Laurie would love to visit with you, show you how the system works and give you a chance to give it a hands-on try.

Blessings

Comfort Meals. Cross of Calvary members are providing comfort meals for Jim and Mary Page on Tues. and Wed. evenings. There are two ways to sign up.

- Online by going to www.takethemameal.com
Recipient last name: page
Password: marypage
- Call Laurie at the office
523-1574 or 522-1199.

Our grounds continue to looked beautiful. Thank you to our volunteers! Fall is the perfect time to enjoy the gardens. Head out and relax!

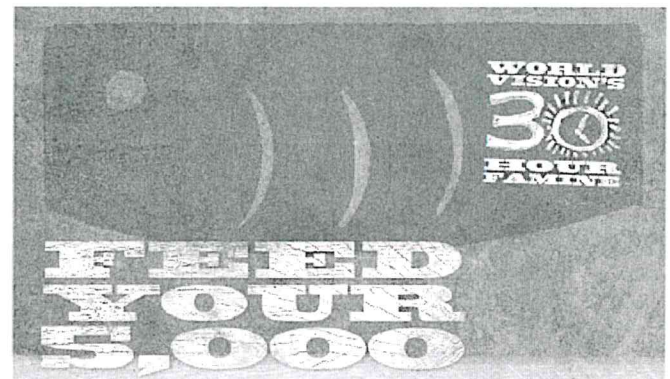


The Snowflake Bazaar is December 7 from 11 to 1.

When doing your Christmas baking and projects, please keep the bazaar in mind. We will also be doing the Christmas attic and progressive auction. These items may be brought to church library any time AFTER Nov. 17. Label them "For the Bazaar."

"A Change of the Guard?" The ladies that have chaired the Bazaar for the past 19 years have decided this will be their last year. They would be happy to assist anyone who is willing to take over. This is a very worthwhile event which brings fellowship to our church and also a considerable amount of money. Many projects have been completed throughout the church with this money, as well as tithing to community and school projects.

THANK YOU from the Olivia Cemetery Board to those who joined us on the Sept 16 work day. The 24 volunteers from the community really spruced up the grounds. We were blessed with your wonderful concern for our cemetery and are grateful for your time and efforts!!



Our youth group is doing World Vision's 30 Hour Famine. We're going hungry so others don't have to.

WHAT: We're going without food to understand the hunger millions face every day, and raising money to do something about it. Just \$30 can help feed and care for a hungry child for a month through World Vision!

WHY: Because we don't want to just sit around while as many as 7,000 kids die every day from hunger-related causes. Together, we can make a difference.

HOW YOU CAN HELP: Here are three ways you can come alongside us.

1. **Pray.** Ask God to work in and through our students.
2. **Volunteer.** Join us for an amazing Famine weekend!
3. **Give.** Write a check to our youth group and give it to Chelsey.

Our Famine dates: September 28-29th
Our goal: To raise \$2,000 throughout the Synod
Contact: Chelsey Plumley 522-3279

"You feed them." —Jesus (Mark 6:37, NLT)

World Vision 30hourfamine.org
1.800.7.FAMINE (1.800.732.6463)

World Vision is a Christian humanitarian organization dedicated to serving poor people, children, and other vulnerable communities. World Vision's commitment to ending poverty is based on the Bible. For more information, visit www.worldvision.org. © 2012 World Vision, Inc. 1040115-01 102 © 2012 World Vision, Inc.

Supporting Youth Programming— Sign up on the Board

WOW TREATS

Sept 25 Heather Thompson
Oct 2
Oct 9
Oct 23
Oct 30



Prepare for 30 kids

Drop off by noon

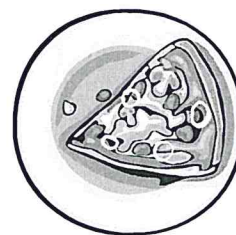
Ideas - bars, cookies, fruit, crackers, cheese, fruit, snack mix, veggies/dip - NO NUTS

BECAUSE OF YOU...

18 new Faith Chests were delivered to the church in September! Your donations to the Men's Group and their dedication to this ministry is a blessing!

CONFIRMATION SUPPER

Sept 25 Stacey Larson / Sarah Iverson
Oct 2 Jill Hanson
Oct 23 Confirmation Banquet
Nov 6 Stacey Bratsch / Tina Weber
Nov 13
Nov 20
Dec 4 Libby Revier / Teri Larson-Johnson
Dec 11
Dec 18
Jan 8 Emy Elbert / Melissa Sagedahl
Jan 15
Jan 22
Jan 29
Feb 5
Feb 12
Feb 19
Feb 26
Apr 23



Expect - 20 Confirmation students and 10 adults

Time - Serve from 5:45 to 6:20

Ideas - walking tacos, pizza, soups, enchiladas, BBQ, hot turkey sandwiches, spaghetti, hotdish

Beverages - sodas, milk (lemonade mix available at church)

Dessert - cookies, bars, ice cream treats

Bring - disposable paper products (or do dishes)

Optional - baby carrots, chips, salad, etc.

Renville County Hospice—Fall Grief Group

“Grieving Together” is a series of five sessions designed to help ease the pain and confusion that occur in a person's life after the death of someone close.

RC Hospital & Clinics
Willette Room
611 E. Fairview Ave., Olivia, MN
Tuesdays from 7:00 – 9:00 p.m.

1st Session: Oct 1 “What is This Pain Called Grief?” Paulette Svoboda, Licensed Social Worker, Renville Co Hospice

2nd Session: Oct 8 “Coping with Special Days” Barb Krogstad, LPN, Renville Co Heart to Heart

3rd Session: Oct 15 “Self-Care for Mourners” Jill Bruns PHN, Renville Co Public Health

4th Session: Oct 22 “In Search of Hope and & Comfort” Don Clasmann, Hospice Chaplain & Pastoral Administrator, St Johns Catholic Church, Hector

5th Session: Oct 29 “Looking for Hope – New Beginnings” Pastor Russ Jacobsen, United Methodist Church, Olivia

C of C Youth NEWS - October

Hey everyone -

Our fall Ministry is up and running....more like sprinting! We are so excited to see God moving through this month.

Check out the cool stuff below for the most current information.

Junior High Youth Gathering



"You did not choose me, I chose you." John 15:16

WHO? Anyone Grades 6-9 and all Confirmation Students

WHAT? Meet with area churches and almost 600 kids for an evening of music, worship, nightlife, prayer, friends and fun!

*The speaker is Eric Blake * The band is Lightswitch

(Since their inception, the internationally known alternative rock band, Lightswitch, has been rapidly gaining momentum. The 2007 release of their self-titled album (featuring their hit single "I wanna know"), has been followed by tours all across North America.)

WHEN? November 22, 4 pm- November 23, 1 pm

WHERE? Willmar Holiday Inn

COST? \$40 registration (small additional cost after all registrations are in.)

CHECK-IT OUT

- **Oct 3** – Breakfast Club
begins at 7:07 AM gr10-12
- **Oct 6** – Jr. High Gath
paperwork deadline
- **Oct 9** – NO CONFIRMATION
- **Oct 13** –First Communion
Students bake bread
- **CLOCK 6:10 pm** –Cross of Calvary
- **Oct 16** – NO Wednesday
programs – Have a fun and
safe MEA break!
- **Oct 23** – Confirmation
Banquet
- **Oct 27** – Confirmation
service 10:30
- **Nov 1** – First Communion

Coffee Hour Hosts:

Oct 13th -

E. Skeie,
K. Kubesh,
T. Prokosch
T. Wertish



WHAT'S GOING ON THIS MONTH?

Who	When	Where	What
Breakfast Club Grades 10-12 7:07 AM	Oct 3	Cross of Calvary	Come eat a delicious full breakfast and hear God's word as a beginning to your day. Every Thursday until May 15th
First Communion bake-a-thon 5 th grade students	Oct 13	Cross of Calvary	First Communion students will be baking the bread that they will break together on November 1
CLOCK Grades 10-12 6:10 pm	Oct 13	Cross of Calvary	Senior High youth group gather to talk, serve, grow and support one another in their faith. Once a month on Sunday evenings.
Confirmation Banquet and Service event	Oct 23	Cross of Calvary	The 8 th and 9 th grade Confirmation students will help to serve the 10 th grade Confirmands. This will take place in lieu of class.



Scrap/Craft/Quilt Retreat

*Countdown to
Christmas*

Oct 31–Nov 2, 2013

Thurs – Doors open at 5:30pm

Fri – 8AM to 10pm (or later)

Sat – 8AM to 7:30PM

What to bring:

- Personal Crafting Supplies
- Task light, extension cord (recommended)
- Comfortable task chair (optional)
- Snacks to share—participants will contribute to the coffee shop snacks supply (munchies, sweets, fruit, etc.)

- **Come and Go atmosphere** (*according to your needs*)
- **Breakfast & Lunch on Fri & Sat** (*Suppers are on your own*)
- **"Solid Ground Coffee Shop"** - coffee, tea, soda, water (*sweets and snacks shared among participants*)
- **Prayer and Praise time**

Just like last year...

Breakfast and Lunch will be catered in, and each participant will be assigned a meal time to serve and clean up. Be sure to indicate when you will be here for meals.

Location: Cross of Calvary Lutheran Church
1103 W Chestnut Ave. Olivia, MN

Contact: Laurie Schultze—church office

Phone: 320-523-1574

Email: crossofcalvary@gmail.com

Website: crossofcalvary.net

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit (Romans 15:12-13)."

Name: _____

Phone: _____

Email: _____



Type of craft _____

Est. arrival _____ dep. _____

Preferred soft drink _____

____ I will help set up at 4:00 on Thurs

Please check the meals for which you will be joining us:

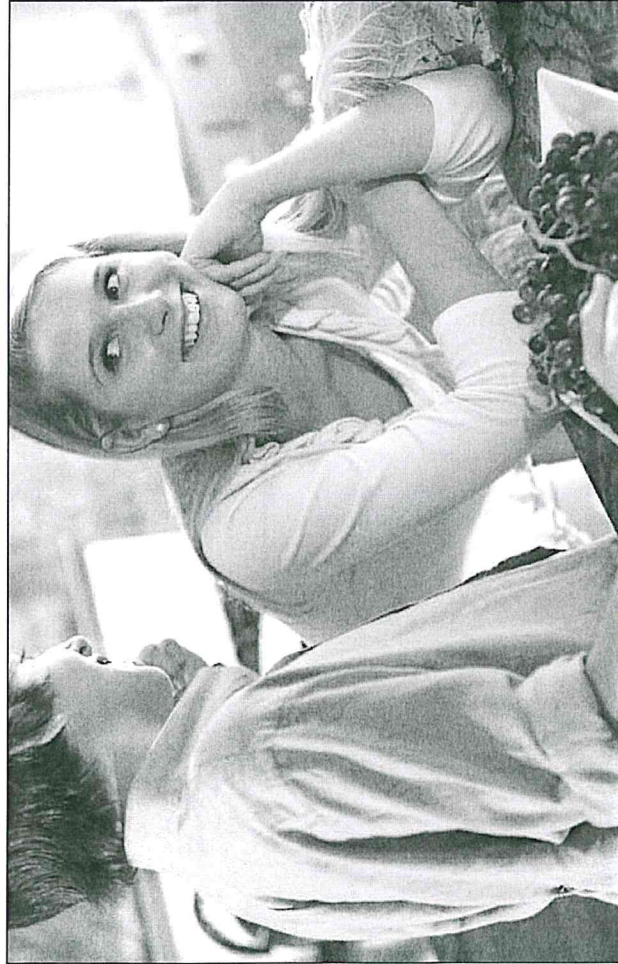
Friday _____ 9:30 Breakfast _____ 1:30 Lunch

Saturday _____ 9:30 Breakfast _____ 1:30 Lunch

Note: Even if you think you may be here at meal time, check it.
What to do if you didn't check a meal, and you will be around
at mealtime...eat with us! There's plenty! Really!!!

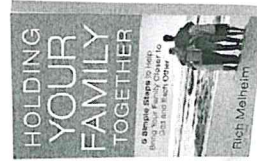
Registration and payment of **\$30**
are due by **October 15**

Please make checks to "Cross of Calvary." Registration can be dropped off or mailed to the address above.
Registration confirmation and follow-up information will be sent to you after your form and fees are received.



Excerpt from Chapter 1: Holding Your Family Together

The Psychology, Sociology & Neurology of Sharing Highs & Lows Every Night



CHAPTER 1: PART I - Sharing Highs

You've got to set the stage before you raise the curtain. You've got to till the soil before you plant the seed. Sharing a high opens the conversation by opening the kid. It also opens communication, hearts, attitudes and doors. But how can you get children into the practice of looking for the good in each day? Always begin your nightly check-in with a positive memory.

Mr. Capote's Advice

When I was a college student, I volunteered to help run a writers' conference where the Pulitzer Prize-winning author Truman Capote was keynoting. Following the event, the president of the university invited students and faculty who ran with the conference to a reception at his mansion. Excited to meet the strange little man, I cornered Capote in the den by the baby grand piano and asked a question: "Mr. Capote, how do you become a writer?" "I'll never forget his answer: "You write." I thought his response was brilliant. I had to run out right away and get a pen to write it down.

One learns to dance by dancing. One learns to paint by painting. One learns to shoot skeet by shooting skeet. One learns to share feelings by sharing feelings. One learns to listen by listening. If you want to raise children into a resilient adults who know how to handle any situation life can throw at them, you need to raise children who practice talking through their highs and lows every night.

The Psychology of Sharing Highs

Starting the night out on a high sets the stage for an overall positive experience. Sharing highs creates a feeling of well-being—even regarding what might have seemed to your children to be a terrible, horrible, no good, very bad day. Sharing highs validates both the person and the high: "Yeah, that was pretty neat!" It models healthy communication, engenders caring, fosters acceptance and teaches appreciation.

Sharing the positive triggers even more positive. Sonja Lyubomirsky, one of the world's leading researchers on happiness, believes that if you want to develop lifelong satisfaction, you need to engage regularly in positive thinking about yourself, share your happiest events with others, and savor every positive experience in your life.

Peri-Spective

Starting with a positive high reframes the entire day in a healthy and balanced way. Intentionally and consistently sharing the good first changes outlooks (how you see the world), "in-looks" (how you see yourself) and perspectives. The word "perspective" (peri-spect) literally means to "look around." So look around. Maybe today wasn't all bad. Look around. Maybe there was some good after all. Look around. If nothing else, you are still alive and, for some odd reason, these people love you. Look around.

See What You're Looking For

My friend John Lacey is an avid hunter and fly fisherman. When we would ride through the countryside, he would often see things I didn't see. "Look, there's a pheasant. Look, there's a bunny. Look, I bet that's a great stream for trout." John was able to find what he wanted to find because he had trained himself to see what he wanted to see.

If you are looking for the bad in a situation, a relationship, a job or a day, you are likely to see it. If you are looking for the good, you are likely to see that, too. Most people do. Train your children to look for the blessings in every day. The persistent practice and pursuit of positive perspective is a marvelous gift you can give to your children, yourself and the great-grandchildren you will never meet. The power of a positive outlook will ripple out like a stone thrown into a pond to bless distant shores.

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.

Herm Albright

The Sociology of Sharing Highs

A woman once told me in counseling, "I don't like any of my loved ones." I'm guessing there wasn't a lot of joy shared between them. Sociologically, sharing joy, laughter and the positive events of the day creates new bonds and strengthens old ones.

Sharing highs enhances both energy and synergy between you and your mates. It helps shed light on the experienced joys of others, turning mates and inmates into intimates. It gives insight as it gives insight into what other people's highs are. It deepens understanding about what is important to them. It multiplies affirmation as it builds depth into the relationship.

Multiplying Joy

Some say joy doubles when you share it. I say joy multiplies by the number of people whom you invite in on the sharing. Have you ever gone to a comedy movie alone? Everyone may have praised the film as hilarious, but you watched it alone and, as the credits rolled, you didn't consider it all that funny. However, if you had been with friends, the movie may have been a totally different experience. You would have chuckled and laughed more, ribbed each other and leaned into each other's joy. You might have enjoyed the film twice as much (or more) if only you had shared it with people you already enjoyed.



Attention Intention

The act of active listening is an acknowledgement that the other person is there and a silent statement that he or she matters to you. The gift of one's complete attention affirms the other person and confirms the value of the relationship. It validates both the giver and receiver and tells the receiver that he or she is worth being heard. Giving the gift of attention is a wonderful way of showing love—sharing love. It creates confidence (con-fidea means "with faith") and trust between the sharer and the sharee. One might say it creates "share ease" between the sharees.

The Neurology of Sharing Highs

Neurologically, sharing a high triggers a cascade of positive and powerful neurochemical transmitters that bolster immune systems, regulate hormonal systems, improve one's digestive tract, slows down the aging process, and triggers positive electro-chemical exchanges throughout the brain and the body

As you recall and relive your highs, a subconscious smile spreads across your face. Your heart may begin to race. Joy and laughter bubble up from inside as an electrical message flows from your brain at 100 yards per second. The memory message speeds down your neurons to the ends of each wire-like cell, where little bags of chemicals are waiting to be released. There, the electrical message changes to a chemical message and jumps across the space between the neurons (synapses) to bond to proteins on the other side. The electrical message changes to a chemical message, and then back into an electrical message. In an instant, all through your body flashes an electrical/chemical charge that shouts out to every cell, "I feel good!"

What does all this mean? Free drugs! If you teach your children how to dispense the natural highs our Creator built right into their bodies, maybe they won't need to grab the pills, the bottle, or the needle one day when they are feeling down.

CHAPTER 1: PART II - Sharing Lows

If you only know your child's highs, you don't know them. If you only know their lows, you don't know them. And if they don't know their highs and lows, they don't know themselves either. Simply asking a child, "How was your day?" is rarely enough to solicit more than a vague one-syllable, "Fine." What do you learn when they say, "Fine?" Not a lot. As positive, potent and powerful as it is to start your nightly home huddle



with a high, it may be even more important to build the time, place and sacred space into your family ritual where children feel safe enough to share their lows and work them out. What is a sacred space? It is an attitude as much as a place: a moment set aside to invite God into the heart of the matter, and the matters of the heart.

The Psychology of Sharing Lows

Sharing lows gives you a better understanding of yourself and others. Growing up with a forum, format and life-long experience in verbalizing one's lows aloud within the context of a safe, loving, non-judgmental home every night gives a child a huge advantage when it comes to building capacity for mental health, emotional resilience and spiritual maturity.

The Voldemort Effect

There is great power in being able to speak the name of your problems out loud. I call this the "Voldemort Effect" after the evil being in the Harry Potter series by J. K. Rowling. No one dared speak his name aloud except Harry.

"He who shall not be named" holds a mysterious and sinister grip on everyone—a hidden power—until the Harry Potters of the world decide, "We are not going to remain silent. We will not cower as captives to fear. We are going to name that sucker out loud. We are going to call him what he is and who he is so we can deal with the real problem, not the myth. We are going to draw him out into the open, and then kill him together or together die trying!"

A strange and wonderful thing happens the moment you dare speak the name of "he who shall not be named" aloud. A subtle but significant power transfer begins.

The moment the silence is broken, the power begins to drain away from its sinister source and move in the direction of those who dare deal with it.

In that moment, if spoken aloud and shared within the confidence of a loving family or a trusted family of friends, the newly transferred power begins to grow, strengthen and multiply. There, in the hands and hearts of the people who love you and want the best for you, a treasure trove of solutions, allies, creativity and untapped resources suddenly springs to the surface. The Rebel Alliance, the Elves, the Hobbits, the students of Hogwarts and the Narnians are emboldened as they suddenly see they have a chance.

Okay, too many mixed "narraphors." You get the point. As for Lord Voldemort, let's just say, "Leave him unnamed and he grows each day; name him aloud and he shrinks away."

To Shrink the Shrink

Society is filled with people who haven't had the forum, format or modeling about how to deal with their problems. We have to pay people to listen to us in this culture. How sad and tragic is that? I am glad there are caring, trained counselors who can help us dig deep, but wouldn't it be cheaper, better and more proactive to raise a generation of children who didn't need to bury their problems in the first place? When it comes to stress-related problems, children are at the most risk. The habits and stress-coping mechanisms parents and caregivers set in place early on will follow them the rest of their lives to either bless or curse their world.

Mr. Magoo's Christmas

Back in the days when all my family owned was a black-and-white television, I remember watching Mr. Magoo play Ebenezer Scrooge in a cartoon version of Charles Dickens' A Christmas Carol. Dickens described Scrooge as being "lonely as an oyster." In one memorable scene, old Scrooge flew back to his childhood with the Ghost of Christmas Past. They peered into a one-room school where Ebenezer was surprised to spot himself sitting in a corner wearing a dunce cap, singing, "I'll never forget the scene or the song."

A hand for each hand

was planned for the world.

Why don't my fingers reach?

Millions of grains of sand in the world.

Why such a lonely beach?

Where is a voice to answer mine back?

Where are two shoes that click to my clack?

I'm . . . all alone . . . in the world.

That was 50 years ago, and I still remember the tune. I also remember thinking, "No wonder he was such a Scrooge! He grew up feeling all alone in the world!"

The Sociology of Sharing Lows

Sharing a low with the people you love minimizes the pain. It does so not by minimizing the problem but by taking it off your shoulders and placing it into the arms of those who love and trust you the most. Everyone you "let in" is on your team. Everyone "in the know" who loves you now has antenna up searching for solutions. Everyone who cares is now praying to see answers and working to be the answers to the prayers. Everyone has your back.

Sharing a low breaks down lonely walls. It gives you security, fosters vulnerability, and builds a deeper bond than simply sharing a high. It creates an awareness of what is going on in your own inner life and in the inner lives of others. It draws out deep compassion, builds stronger connections, and creates more resilient communities. It allows those you allow inside to know and love you in the ways you yearn to be known and loved. It also allows them to enter creatively, yet more objectively, into your situation, your pain and your prayers. The sharing and the caring that surrounds the hurt opens the possibility for confession, absolution, forgiveness and reconciliation.

"Life is pain . . . anyone who tells you differently is selling something." - Wesley, in The Princess Bride

Aunt Amy's Awesome Advice

My children's brilliant Aunt Amy Kippen runs a cross-generational Sunday and Wednesday school at a church in West Fargo, ND, where 71 % of the dads are in church with their kids every week. You heard it right, 71%.

Amy considers the hour at church each week as the kickoff for the REAL Christian education in her church—the nightly FAITH5™ Home Huddles.

7/8 of the Christian education in her church is done off-site every night. 7/8 of the prayer ministry. 7/8 of the pastoral care. 7/8 of the Bible study. 7/8 of the small group ministry. Amy doesn't have to recruit a single Sunday school teacher because every household in her church has it's own equipped and motivated guide - a parent. When it comes to sharing highs and lows, Amy teaches parents not to worry about those that might seem shallow or insignificant. "Let them share," she says. "No comments. No judgments. If they don't come to you with the insignificant, they will never come to you with the significant. If they don't come to you with nothing, they will never come to you with something."

Light, Sound, Sight and Things That Go Bump in the Night

Another strange and wonderful thing happens the moment the hidden is revealed aloud. When the unspoken problem is finally brought to light, sound and sight—when the tip of the silver or the source of the scare is finally exposed—the problem will often much less formidable than you originally thought. The shadow on the wall may be no monster at all. The things that go bump in the night might be no more of a fright than a cat, a furnace or a tree branch tapping against the window.

It may be that the boogieman is hiding under your bed, but it may be that he's hiding there because he, too, is afraid. The great and powerful Oz may be nothing more than a frightened little man behind a curtain in need of compassion, care and a balloon ride to Kansas. Or the sinister force may actually be Lord Voldemort, and at this very moment he quite possibly may be rallying his forces to kill you. Either way, wouldn't you want to know? Better still, wouldn't you want the people who love you to know?

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Men's Bible Study 6:15am & 7:00am	2 3:15 First Communion Class WOW 3:15-4:30 5:45 Conf Meal.... 6:30 Conf Class 6:30 Sr. Choir	3 7:07am Breakfast Club	4	5 Worship 5:30
6 Worship 8:30 & 10:30 Sunday School 9:30 10:30 Baptism – Sutton Weis	7 Library reserved 2-4pm Library reserved 6:00-8:00pm	8 Men's Bible Study 6:15am & 7:00am	9 No Confirmation WOW 3:15-4:30 6:30 Sr. Choir	10 7:07am Breakfast Club	11	12 Worship 5:30
13 Worship 8:30 & 10:30 Sunday School 9:30	14 Library reserved 6:00-8:00pm	15 Men's Bible Study 6:15am & 7:00am	16 No Wed. Programs 6:30 Sr. Choir	17	18	19 Worship 5:30
20 Worship 8:30 & 10:30 Sunday School 9:30 Golden Living Service 1pm	21 Follower Deadline Library reserved 6:00-8:00pm	22 Men's Bible Study 6:15am & 7:00am Set up – Conf Banquet	23 Confirmation Banquet Conf students to serve at the Banquet No WOW Committees 7pm Council 8pm 6:30 Sr. Choir	24 Dorcas Circle 9:30am Brownies 5:30-7:15 Rm8 7:07am Breakfast Club LSS Retreat 9:00-2:30pm (FH)	25	26 Wedding – Blem Worship 5:30
27 Confirmation Service 10:30 Worship 8:30 Sunday School 9:30	28 Ruth Circle at Parkview 1:30 Library reserved 6:00-8:00pm	29 Men's Bible Study 6:15am & 7:00am Assemble the Follower 1pm	30 WOW 3:15-4:30 3rd Grade Bible Class 3:15 5:45 Conf Meal.... 6:30 Conf Class 6:30 Sr. Choir	31 Craft Retreat 7:07am Breakfast Club		

OCTOBER BIRTHDAYS

10/01	Mathison, Lora	10/11	Plumley, Chelsey	10/24	Hanson, Maureen
10/01	Helmer, Karen	10/11	Wallert, Timothy	10/24	Doering, Mary
10/01	Mages, Bruce	10/12	Peterson, Marie	10/25	Bentley, MaryAnne
10/01	O'Neill, Kristi	10/12	Newville, Thomas	10/25	Erickson, Bob
10/01	Grannes, Deborah	10/12	Torkelson, Steve	10/26	Boen, Brian
10/01	Altmann, Kathy	10/12	Hennen, Matt	10/26	Whited, Sandra
10/01	Jimenez, Sevarii	10/12	Lauer, Jennifer	10/27	Sigurdson, Richard
10/03	Vait, Kailynn	10/13	McDowell, Jim	10/27	Altmann, Dave
10/05	Kern, Lilly	10/14	Thorpe, Kelsey	10/27	Hawkinson, Jon
10/05	Jacobson, Pam	10/15	Maurice, LeAnn	10/28	Morse, Charles
10/06	Bratsch, Merlene	10/15	Evenson, Jake	10/30	Woltjer, Ruth
10/06	Thiesse, Mark	10/16	Baumgartner, Sharlene	10/30	Lindquist, David
10/07	Mages, Joshua	10/16	Vesterby, Jodi	10/30	Doering, Jim
10/07	Erickson, Logan	10/16	Johnson-Stafford, Sarah	10/30	Grund, Mike
10/07	Flom, Tyler	10/16	Kopel, Edgar	10/30	Honzay, Troy
10/08	Miller, Barbara	10/17	Stovern, Tami	10/30	Ridler, Hunter
10/08	Wagner, Shauna	10/18	Slagter, Tyler	10/31	Grannes, June
10/10	Rauenhorst, Marie	10/19	Novak, Joan	10/31	Thiesse, Cindy
10/10	Boehme, Peggy	10/21	Grund, Jennifer	10/31	Nelson, Reed
10/10	Helmer, Sarah	10/22	Hanson, Paul	10/31	Reinert, Ramara
10/11	Hennen, Cheryl	10/22	Blem, Aaron	10/31	Malvin, Addelyn
10/11	Schultes, Brian	10/22	Weis, Haley	10/31	Robideau, Lincoln