



Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter, spiritual care and a great lunch.



OCTOBER

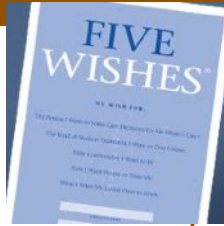
From Pastor Colleen. . . .

So, did you know there are over 1,200 national days in America? These are days that sometimes we remind you of in this newsletter. National Kale Day. National Old Farmer's Day. National Name Your Car Day. On the day we have our first senior lunch this month, October 5th, it will be National Do Something Nice Day. No one can find the origin of this day, but the point is to go out of your way to show kindness to someone else, just because. It made me reflect how often I am nice for no good reason, with the sole intent of helping someone else, with no benefit to me whatsoever. Our lives are full of material stuff, schedules, family and things we like to do. I confess that it isn't always on my radar to just do something nice for someone else, with getting nothing in return. Yet, isn't this how God has treated us? He loved us enough to leave heaven so He could do the nicest thing anyone has ever done for us; forgive us for all the terrible things we do. Maybe this is one of the ways we can "love our neighbors as we love ourselves" that Jesus taught us. Being others-centered is how God would have us be in our lives all the time. May everyday be "Do Something Nice Day"

Love to each of you!

P.S. : The second day we meet, October 19th is "Evaluate Your Life Day!"

FIVE WISHES Opportunity



Many of you are familiar with the 5 Wishes, a form that is able to act as a legal Advanced Directive for Health Care if needed in times of crisis when you cannot make your decisions known. We will be going through the pamphlet page by page to explain the very important decisions that need to be made to complete the form. There are important decisions to be made and discussions with loved ones that must take place before it is completed and it is never too soon to start. Our time will give you the background needed to make accurately reflect your desires on this form.

Our time will be led by **Joe Wheatley**. Joe has been facilitating training's for almost 2 years for Sansum Clinic and The Alliance For Living and Dying. He is very passionate about this and a great resource to help us walk through this document. If this is something you are interested in, or would like to bring a loved one to, it will be on **Thursday, October 5th at 6:30pm** at the church where we have the lunches. Please contact **Pastor TJ** if you have questions: **965-1338, ext. 225**.

Theme In Yellow

I spot the hills
With yellow balls in autumn.
I light the prairie cornfields
Orange and tawny gold clusters
And I am called pumpkins.
On the last of October
When dusk is fallen
Children join hands
And circle round me
Singing ghost songs
And love to the harvest moon;
I am a jack-o'-lantern
With terrible teeth
And the children know
I am fooling.

by [Carl Sandburg](#)



"He is outside of everything, and alien everywhere. He is an aesthetic solitary. His beautiful, light imagination is the wing that on the autumn evening just brushes the dusky window."

- Henry James

Fellowship



Lunches!

Thursday, October 5

Today, we continue our study of the 10 Commandments; God's best laws for humanity to understand how to love Him and others. We are on to Commandment #2: You shall not make idols. Because this seems like foreign language to us, we are going to spend some time understanding what this means, why it is important and why the Israelites needed to know their boundaries. What does it mean for us to have idols today and how does that impact our lives spiritually? We hope you can join us as we think about this important truth. For lunch, we will serve a delicious Louisiana shrimp and sausage with rice. Don't worry; it won't be too spicy! Also, we will serve a bacon, lettuce and tomato salad on the side. As they say in New Orleans, *Laissez les bon temps rouler!* Let the good times roll!

Thursday, October 19

We have a wonderful treat for you today! We invite you to come listen to some original acoustic music by our worship director, **Jake Elliott**. His brand new originals are soothing, melodically intricate, and scripture-based. He may also surprise us with some fun "oldies" as well that we can sing along with together. What better background music to a delicious meal, than some smooth, finger-picking acoustic guitar? For lunch, we will serve Pumpkin ravioli, parmesan sage chicken and roasted tomatoes. Don't miss the fun!



BIBLE STUDY

This fall, senior study is back and we are excited by what God will teach us. We will be studying 2 Peter as we dig deeper into God's Word. This is a great time of fellowship and study. It meets on the 2nd and 4th Thursdays of each month in the Upper Fellowship Room at 1:00 pm. This group is led by Jo Brown and Karen Wills. We hope to see you there. Invite a friend!



Remember:

When you park downstairs in the parking lot, we are asking for you to NOT walk through the preschool! This is for your health and safety, as well as for the kids. Please follow the well-marked signs to the upstairs.

Thanks!

The Lunch Bunch! 11am-1pm

This Ministry Sponsored by

Cliff Drive Care Center

Santa Barbara Free Methodist Church

The Balin Trust

Friends of Senior Lunch

Valley Flowers

Thank you!

Watch For Words Concerning Moses and the Burning Bush

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ABRAHAM
AFRAID TO LOOK
ANGEL
BE WITH YOU
BROTHER AARON
BUSH
DONT COME NEAR
EGYPTIANS
FLAME OF FIRE
FLOCK OF JETHRO
GOD
HEBREWS
HERE AM I
HOLY GROUND

HOREB
I AM WHAT I AM
ISAAC
ISRAELITES
JACOB
JETHRO
KING EGYPT DIED
LAND MILK HONEY
LET YOU GO
MARVELLOUS DEEDS
MIGHTY POWER
MOUNTAIN OF GOD
OFFER A SACRIFICE
OUT OF EGYPT

PHARAOH
RESCUE THEM
SEND MOSES
SLOW TO SPEAK
SPEAK FOR YOU
SUFFERING OF MY PEOPLE
TAKE OFF SHOES
TEACH YOU
THREE DAYS
WHO AM I
WITH MY BLESSING
WORSHIP GOD