

## *Announcements*

**BUILDING HEALTHY FAMILIES** *Do you not know that your body is a temple of the Holy Spirit...therefore honor God with your body. (1 Corinthians 6:19-20)* Guess what? This instruction isn't just for young people! How are we - young and old people alike – doing at taking care of our physical bodies where God's Spirit dwells? No matter your age, do something this week that will make your body stronger and healthier. Choose a healthy snack, drink less, or go for a walk and invite a friend or neighbor to join you. Shared activity makes it more fun and creates an open door for conversation about wellness, including spiritual wellness. This week, honor God with your body...no matter how many years it's been around! **Lutheran Family Service of Iowa** - 6200 Aurora Ave., Ste 410W, Urbandale, IA 50322 (515-251-4900)

**LIFE QUOTES** “We cannot claim to see God by His Word, to be followers and to not speak out against the hatred towards His creation that exists today. ‘Pro-choice’ is sitting in God’s throne and making decisions that only He should make. Euthanasia is also the same.” *Rev. Perry Hart, guest speaker on “The Lutheran Hour”* - A “Life Quote” from **Lutherans For Life** - [www.lutheransforlife.org](http://www.lutheransforlife.org).

**FELLOWSHIP REFRESHMENTS** We are in need of cookies, bars, brownies and juice for fellowship. If you'd like to bring any of these items it would be greatly appreciated. Thank you!

**QUILTING DATES** continue on **October 16th & 18th**. Please join us at 9:00am!

**FELLOWSHIP NEWS** I will be taking a leave of absence from fellowship beginning **October 20th** until the first of the year. If you can put cookies on a plate, pour juice in a cup, and make coffee you can become a member of the fellowship team. For those of you that do not know how to make coffee I will train you. (I am not a coffee drinker but so far no one has complained about the coffee) **A sign up sheet is posted in the narthex for you to consider taking a week or two in my absence.** Thank you. *Mary Ervin.*

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