



ALL SAINTS LUTHERAN CHURCH

NEWSLETTER

November 2023

COME TOGETHER

This November, we invite you to come together with others at All Saints to experience the sense of meaning, belonging and joy that comes from being part of a faith community. The vision of All Saints is to nurture the spiritual life and holistic wellbeing of those in our congregation and our whole community. Our spiritual lives are inextricably linked to our relationships and our connection to community.

It's always exciting to see new people come and members return who have been unable to gather for worship for a long time due to health or other life circumstances. There's a real sense of the community being made whole. I feel that and I know many of you do as well! Know that if life has taken you away from your usual worship patterns over the last few years, you're not alone. This has been a common occurrence for many. Now is a great opportunity to come together as we prepare for the holidays. We would love to see you!

In November, we're hosting the second presenter in our Inspired Life Speaker series on the topic of mental health. Kathy Flaminio will be leading an interactive workshop exploring a mind-body approach to physical, mental and emotional wellbeing. Kathy is Founder and CEO of **move**mindfully****. This is an event that all ages can appreciate and benefit from including kids, youth and adults.

As a pastor, I've seen first-hand how faith and the other areas of our wellbeing are closely linked. By learning new skills to improve these other areas of our wellbeing, we are supporting our spiritual lives as well. And, conversely, we are

hosting this event as a faith community because faith moves us to care for the whole person.

We will host a Thanksgiving Eve service followed by Pie Fest again this year. Bring a favorite pie to share and enjoy time with members of your faith community!

You'll be receiving information about this year's mission resource appeal in the mail, in your email, and on social media this month. This year's appeal is also entitled "Come Together." All Saints is making an impact in the lives of our members and community, providing a place for all ages to grow in faith, and find the support and encouragement to live well and be well.

Look forward to seeing you in November!

*Be well,
Pastor Jon*



Collecting candy at Trunk or Treat.

Calendar • Upcoming Events

NOVEMBER EVENTS

5th All Saints Sunday, 10am
14th Inspired Life: Interactive Workshop with Kathy Flaminio, 7pm
22nd Thanksgiving Eve Service and Pie Fest, 7pm
27th Parent and Child Playdate, after the service

For up to date information, visit allsaintsmtka.org/events.



THANKSGIVING EVE SERVICE & PIE FEST

Join us on Wednesday, November 22 at 7pm for our Thanksgiving Eve service where we thank God for all of the blessings in our lives. Then stay afterwards for fellowship and pie!

You are invited to bring a pie to share. Please cut your pie before bringing it to church and make sure your pie contains no nuts. We also need volunteers to help serve. If you can bring a pie, or are interested in volunteering to serve, sign up at the Welcome Center or email the church office at aslc@allsaintsmtka.org.

TREATS FROM THE ALL SAINTS FOUNDATION

The All Saints Foundation is sponsoring treats and coffee after the service on All Saints Sunday, November 6. If you have questions about the foundation or ideas for a grant, you can ask a member. The foundation funds grants emphasizing religious, educational, and charitable needs that extend the life and mission of the Church. The current members are Peter Sholtz, Michelle Stark, Paula Furlich, Jean Cady, Randy Betcher, and Carla Nelson.

Hope to see you there.



SHARE YOUR CHRISTMAS STORIES

Advent is quickly approaching, and the Word Workers are presenting their fourth annual Advent Calendar. Starting on Sunday, December 3, there will be a daily post of a short piece created by the Word Workers and All Saints members.

As in previous years, the Word Workers are asking congregation members to contribute a favorite Christmas memory or tradition. If you have a story you would like to share, email Aaron Achartz at publisher@allsaintsmtka.org or leave it in his mailbox.

If you are more of a reader than writer, please check the All Saints Blog (allsaintsmtka.org/blog) each day and read the posts.



All Saints Lutheran Church

Available in App Stores





Tuesday, November 14 • 7pm

Join us for an interactive workshop

A MIND-BODY APPROACH TO PHYSICAL, MENTAL, AND EMOTIONAL WELLBEING

led by Kathy Flaminio, Founder/CEO of moveMindfully

INSPIRED LIFE: INTERACTIVE WORKSHOP

Led by Kathy Flaminio of MoveMindfully

Our next Inspired Life talk is Tuesday, November 14 at 7pm with Kathy Flaminio, Founder/CEO of moveMindfully, a training and consulting company that brings the science of mindfulness, movement, and social-emotional learning into simple trauma-responsive practices that are used in educational, therapeutic, corporate, and home environments.

The challenges of the past few years have taken a toll on all of us with a direct impact on our overall health and well-being. During this workshop, explore practical research-based interventions to interrupt anxiety, decrease stress/distress during the day, and improve sleep. Through hands-on learning, reflection, and discussion, participants will experience simple Breathe Move Rest practices that can be used throughout the day for yourself and your children.

Learning Objectives:

1. Understand how breathing, regulating movement, and rest practices impact the brain and nervous system, reduce anxiety/stress/distress throughout the day, and improve sleep.
2. Identify calming and releasing breaths to use in short bursts throughout the day to decrease stress and reduce anxiety.
3. Practice regulating movement strategies to enhance self-regulation skills and reduce anxiety.
4. Develop simple rest/relaxation activities to use throughout the day to improve sleep.



KIDS CONNECTION: SHOUT OUT

Who Have You Thanked Today?

Though November is often the month where gratitude and thankfulness are at the forefront of people's minds, the Bible teaches us we can be thankful in all circumstances. All November long in Kids Connection, we will be talking about gratitude. Kids will learn that we can have gratitude not only in times when it is easy to have gratitude but also in times when it is not so easy. Throughout the month, we will hear verses and stories of people in the Bible who showed gratitude in all circumstances and how we can learn to do the same.

Register for Kids Connection for the 2023-2024 school year. Kids Connection takes place during the Sunday service in our kids space all the way down the stairs. Kids can be dropped off before the service and picked up after the service in that space. All kids age 3 through 5th grade are welcome to attend Kids Connection any week. If you have any questions about Kids Connection or our Kids Ministry at All Saints, contact Chelsea at cmaher@allsaintsmtka.org.

NOVEMBER PLAYDATE

All families with young kids are invited to join us for our monthly playdate after church on Sunday, November 26. Kids can play together in our parent and child space off of the fellowship hall while parents can connect with other parents. Playdates are a great opportunity for parents and kids to meet with families they know and meet new ones as well. All are welcome to play, chat, and enjoy some treats from Yoyo Donuts! We hope to see you there.



PHYSICAL WELLNESS

November Wellness Focus

As the days grow shorter and the temperatures start to fall, continuing good physical wellness habits is still important. Physical wellness encompasses preventative health care, exercise, nutrition, hygiene and sleep. All of these are important for us to be our best person, available to do God's work in the world. The Physical Wellness page (www.all saintsmtka.org/physical-wellness) has information on ways to nurture your physical wellness, or check out our weekly Wednesday Wellness posts on Facebook.

LOOKING AHEAD TO DECEMBER

Coming in December we have our Kids Christmas Program on Sunday, December 10th, our annual Lessons & Carols service on Sunday, December 17th, and Christmas Eve Services on Sunday, December 24th. We are also having an Inter-Generational Caroling event, so keep an eye on the weekly E-News.

PEACE MOMENT

"Happiness cannot be far behind a grateful heart and a peaceful mind."

— Unknown

Happy Thanksgiving



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