

Staff

Lead Pastor	Jeff Lange
Admin./Small Groups	Kelly Maninga
Worship Director	James Alan Hall

Support Staff

Office Administrator/	
Bookkeeper	Nicole Simpson
Administrative Assistant	Tracee Lindquist
Connections Coordinator	Tracee Lindquist
Compassion Coordinator	Jan Henderson
Custodian	Jason Schrader
Ass't Custodian	Lynda Sullivan

Faith Ministries

Family of Faith Nurse	Becky Anderson
Family of Faith Nurse	Renee Becker
Men's Ministry	Alan Johnson
Women's Ministry	Whitney Hall
Nursery Coordinator	Kiana Schauer
Missions Chairperson	Sue Parks
Deacon Chairperson	Seth Holte
Trustee Chairperson	Jordan Newhouse
Finance Chairperson	Kent Fritze

Faith Bytes

September 2023



"Finally [students] whatever is
true...honorable...just...pure...lovely...commendable...excellent...
worthy of praise, think about these things.
Practice these things, and the peace of God will be with you."
Philippians 4:8-9



1505 Park Ave S., Park Rapids, MN 56470
www.faithbridgepr.org • office@faithbridgepr.org
facebook.com/faitbridgepr



Awana Registration Open House
September 6th - Fellowship Hall
Awana begins September 13th
6:55 - 8:30 PM
(Enter by N2 or W1)

You can register online at
faithbridgepr.org/events/awana

FSM - Faith Student Ministries
Expo Night, Sept. 6th See page 6

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The weekly bulletin and monthly FaithBytes can be viewed online at www.faithbridgepr.org/resources

FaithBytes Issue 9 September 2023

FaithBytes is published monthly as the official connection to what's happening at Faithbridge. Inclusion of some information does not necessarily indicate endorsement by Faithbridge.



SUBMISSION
 Deadline for the
 October 2023 issue is:
Monday, September 25th
janhenderson@faithbridgepr.org
 218-732-4522

Feedback is always welcome.



Worship Schedule

8:15 AM Worship Service
9:00 AM Fellowship Time in the Gym
9:30 AM Faith Classes for all ages (Sept. 3rd - 10 am service)
10:45 AM Worship Service and Livestream (begins Sept.10th)
 A staffed nursery is available in the West Wing for infants though 2 years.



Calling all kids ... ages 3 to 5 years old. (10 AM on 9/3)
 Faith Kids Jr. at 10:45 AM in the West side nursery.
 Parents, please sign in/sign out your child at the Nursery.

FAITH MISSION CIRCLE

Faith Mission Circle Ladies will meet in the Fellowship Hall on Monday, September 18 at 1:30 PM. They will review the recent missionary letters, prayer requests and then spend time in prayer.



Faith Force

Seniors (60+) will gather on Monday, September 25th at 11:45 am for our monthly potluck. Edite and Anna Donatelle will be our speakers, sharing about Latvia. Bring a dish to share. Invite a friend. Enjoy the fellowship.

Faith Nurses The Family of Faith Nurses invites you to come see us in the Gym for your monthly blood pressure check on September 24th from 9:30 - 10:30 AM. Just one of the ways that we, the Faith Nurses, can serve you. Be sure to ask us about the other ways that we can serve you in the Lord's name.



Sep.	Welcome Desk	Greeters	Welcome Desk	Greeters
	8:00 AM	8:00 AM	10:30 AM	10:30 AM
3	Haroldson	Jim & Julie T. Nick T.	9:45 Wilmot	9:45 Vicky S. Pat/Dan McG.
10	Lundstrom	Lorraine E. Mark & Mari Jo L.	Kriens	Lynda S. Sandra L.
17	Folkestad	Doug & Mary B. Sarah G.	Johnson, D.	Don G. Sue G.
24	Kraemer	Drew M. Sarah M.	Trottier	Pam K. Cindy E.

Sep.	8:00 Door	Openers			
	N1	N2	E1	W1	S1
3	Dave V.	Help Needed		Help Needed	Steve M.
10	Becky M.	Help Needed		Help Needed	Diane S.
17	Steve M.	Help Needed		Help Needed	Ken & Evie O.
24	Becky M.	Help Needed		Allison K.	Dale K.
Sep.	10:30 Door Openers				
	N1	N2	E1	W1	S1
3	Peter W.	Youth		Youth	Youth
10	Munson Family	Munson Family		Munson Family	Dan & Linda K.
17	Steve C.	Matt K.		Help Needed	Sue P.
24	Bev S.	Help Needed		Matt K.	Denny S.

Sept. Library
3 Judy
10 Diane
17 Pauline Kerry
24 Joyce

NURSERY

Sep.	8:00	9:30	10:30	10:30 3-5yo
3	Kiana S. Adeline G	No Faith Classes	9:45 Christy M. Lahana L.	9:45 Sue P. and Teen
10	Sarah & Drew M.	Bethany H. and Teen	Lahana & Matthew L.	Kiana S. and Teen
17	Lahana L.	Amber L. Marnie S.	Hannah and Jordan N.	Kiana S. and Teen
24	Ava & Philip R.	Karen L. Marnie S.	Katelynn H. Gust Family	Kiana S. and Teen

"Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity." —1 Timothy 4:12 (ESV).

1 Timothy is a wonderful, personal letter from the aging Apostle Paul to his son in the faith (1 Tim. 1:2), Timothy. Timothy was the teaching elder (pastor) of the church of Ephesus. He was a young man; likely younger than many in his congregation. This fact led Paul to write Timothy two letters of encouragement and exhortation to be faithful to the gospel of Jesus Christ and to fulfill his ministry.

In this particular point in Paul's first letter to Timothy, he addresses Timothy's youth. Paul admonishes Timothy to have no one "despise [him] for [his] youth". It is likely that Paul writes this to Timothy not because his youth disqualified him as an elder over the body of Christ in Ephesus, but because of the stereotyping that is associated with younger people.

Simply because of their limited time being alive, young people often lack experience in many areas of life which typically correlates to a lack of wisdom and maturity. It is not uncommon for young people to make impulsive, impetuous, and seemingly foolish choices. This foolishness is often evidenced by poor speech or thinking, immature behavior, uncommitted or selfishly motivated affection, inconsistency in belief and conviction, and a propensity to sully themselves with the world.

Then you have Timothy, Paul's protégé who has been entrusted with the responsibility of shepherding a church in one of the most challenging environments imaginable. Ephesus was a city full of pagan worship and compromise waiting around every corner. Not only was the environment against successful ministry for Timothy, his apparent age was not helping.

So, Paul, in his wisdom as an apostle and elder in the faith, charges Timothy to not let his youth be a hindrance to his responsibility as a follower of Christ or as a pastor. Instead, Timothy is to set the example in five areas—speech, conduct, love, faith, and purity. And this is Paul's exhortation to us today. Rather than remaining infantile and childish in our faith, regardless of our age, we are to set the example to each other and to the people around us of how we should speak, how we should conduct ourselves (behave), how we are to love others, how we demonstrate our faith, and in the purity/integrity of our lives.

Christ is the example to us and for us on how we are to live our lives for the glory of God and to thrive as human beings. Elsewhere, in 1 Corinthians 13:11, Paul writes this, *"When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways."* Are you childish in your speech, conduct, love, faith, or purity? Paul, under the inspiration of the Holy Spirit would say, "Grow up!" Let's set the example of what it means to honor Christ in all that we say, think, do, love so that our faith remains pure to the glory of God!

Grace and peace, Pastor Jeff



Men's Ministry

CAMP LEBANON - MEN'S RETREAT September 22-24, 2023
Filled up! Try for the Spring!

Save the Date - October 14 - Men's Gym Event



Women's Ministry



Women's Ministry is excited to announce that a chapter of **Bible Study Fellowship** will begin at Faithbridge on Thursday, September 14 from 1-3 PM in the Chapel.

We are so fortunate to be able to have this much prayed for interdenominational study and not have to travel a distance to attend.

This year's study is in the Book of John. The entire study including questions, answers and notes are available in book form. The cost is under \$40 for the book. The study can also be viewed weekly on the web.

For more information and to sign up for the group, call Karen Lundstrom (218-255-1110) or Sherry Trottier (701-361-5097).



Thank You

Thank you to all who supported Doris through prayer and for those who sent cards as she went home to be with Jesus. We appreciate all who were able to attend her Celebration of Life and to those who donated to the Faith Missions Circle in memory of Doris.

The Children of Doris Klingenberg Sawyer



Faith Student Ministry



FSM - students 7th-12th grade



September Schedule:

September 6 - 7 pm - Expo Night in the Gym
September 13 - 7 pm - FSM in the Upper Room
September 20 - 7 pm - FSM in the Upper Room
September 27 - 7:30 am - See You @ the Pole Prayer Day
Meet at your local schools
September 27 - 7 pm - FSM in the Upper Room

Updates and Info:

October 13-15 - Senior High Fall Fire Retreat at Camp Lebanon
Sign up with your FSM leader
www.camplebanon.org/fall-fire
November 10-11 - Reality Conference
Grace Church, Eden Prairie
Man or Maker: Who says who you are?
Register soon for lower price

Check out the Website:

www.Faithbridgepr.org/ministries/student-ministry/
Or join the Facebook Group: **FSM (Faithbridge Church)**
for upcoming week by week youth events.



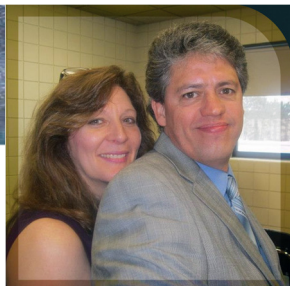
Nursery Opportunity

If you can use an iPad, you qualify for this volunteer position, or we can teach you! It only takes 15 minutes of your time to help on Sunday morning. Help is needed 15 minutes before service and during the last 15 minutes at the end of service – your choice of which service. Even once a month would help tremendously with this new check in/check out system. Contact Kiana soon to offer your willingness to help.



DEACON OF THE MONTH David Wolff

David has been a part of Faithbridge for 44 years. Many Sunday school teachers have fond memories of him. He married Sharon (Haas) 39 years ago. They have been blessed with seven children, ages 19-37 and 11 grandchildren.



He says, "I grew up in a Christian home where church and God was in a lot of conversations. Learned from my Dad what a Christian man and father should be. Sunday school teachers at Faith Baptist helped me find my way."

David and Sharon own the Wolff Transportation Company which has allowed them to travel to many place in the US. They like to trade their trucks for motorcycles and enjoy fresh air rides for short and long trips.

Two of David's life verses are Ephesians 4:26 *"In your anger do not sin"* : *Do not let the sun go down while you are still angry*" and Matthew 6:34 *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

Board of Deacons	Seth Holte - Chrm.	Steve Criswell	Alan Johnson
	Bud Kading	David Lindquist	Drew Maninga
	Justin Mitteness	Charlie Schmidgall	David Wolff



Helpers Needed



We need volunteers for nursery and for 3-5 year old room. They can be teens if they are mature enough to work with kids and be the helper. Please text 812-345-9517 to help or call the office.

H.U.G. Opportunity (Hosts, Ushers, Greeters)

We need Door Openers, Foyer Greeters and Welcome Desk Hosts. If you would like to be a part of this ministry, please contact Tracee Lindquist or ask in the office.



Fall Faith Classes



Faith Classes starting September 10th at 9:30 am Don't miss it!

A list of teachers and helpers for the 3yr-6th grades:
3 & 4 year olds: Sheila Van Riesen, Danielle Lelm
Kindergarten: Sally Kading, Nicole Simpson
1st and 2nd Grade: Dave & Kerry Vocolka
3rd and 4th Grade: Joyce Krueger
5th and 6th Grade: Tammy Gorder

Thank you to each of the Faith Class teachers and helpers who faithfully teach our children to follow and love the Lord.

Please remember them in your prayers as they prepare the lesson each week and give them some encouragement by thanking them for their dedication in teaching our young ones here at Faithbridge Church.

FAITH KIDS

Parents will sign kids **in and out** at their locations for ages 3 through Grade 6.

Birth to Age 2 - Nursery is available

Ages 3 & 4 - Large Nursery Room

Kindergarten - West Room #31 (Cubbies Room)

Grades 1-6 - Chapel

FSM (7th -12th Grades) Meeting in the Upper Room

"Experiencing God - Youth Edition"

Facilitators: Andrew and Paige Rockensock

Faith Classes

Sundays for Adults from 9:30-10:30 AM

True Spirituality: Becoming a Romans 12 Christian

with Chip Ingram

rightnow MEDIA

Facilitators: Ken Osterberg & Dave Lindquist South Room

Have you ever asked the question, “What does God want from me?” If so, this study sets expectations for an authentic Christian life through Romans chapter 12. You will be challenged to acknowledge and overcome barriers that have kept you from having the mind of Christ. You’ll discover a profile of a true disciple and the spiritual pathway that God intends for you, focusing on lifestyle factors that are relational, grace-based, faith-focused, and practical. It’s not about rules or ritual, it’s all about relationships. It’s about the freedom and grace that come from knowing Jesus personally. What you receive from Him, you can give away to others.

Experiencing God

with Henry Blackaby, Richard Blackaby, Claude B. King

Facilitators: Barry Munson & Jim Hayes Man Cave

“Experiencing God” is based on seven Scriptural realities that teach us how to develop a true relationship with the Creator. By understanding how God is working through us, we come to know God intimately, to recognize His voice, and to understand His will for our lives. Then we can begin to clearly know and do His will and discover our lives greatly and gracefully changed. God is inviting you to experience Him in an intimate love relationship through which He reveals to you His will, His ways, and His work.

Prayer Warriors

Facilitator: John Parks Lower Room

You are welcome to join us if you believe God hears and answers prayer. It is encouraging to spend time with others, praising God, thanking Him, confessing sin, asking for His blessing, and praying for His changing work in our own and other’s lives. We encourage prayer requests. “Be alert and always keep on praying for all the saints.” Ephesians 6:18



Camp Lebanon

Check the Camp Website www.camplebanon.org

Always a fun time away, a time in the Word and a time of fellowship!

- ♦ “Young at Heart” Senior Day - Tuesday, September 19

Sign up at Fellowship Hall Kiosk for car pooling



Call Camp (320-403-9555) to let them know you are coming



Operation Christmas Child



It is not too early to begin to pick up school supplies, small toys, fun games, socks, and whatever other goodies you can think of to fill a Shoebox for Christmas! Just a reminder!



Faith Kids JR September Lessons

Parents of Preschool children, ages 3-5.

The following is the September Curriculum for the class held in the nursery during second service. We are so thankful for this ministry to our little ones. What a great foundation and parents can continue the teaching at home.

Parents are welcome to check out the **Parent Cue** app. It has a plethora of information for all grades to utilize for fun or for home study. When you see this image, you will know you have the right app.



PARENT CUE

September Verse: “God ...knows everything 1 John 3:20





Bottom Line: God knows what’s best for me

September 3 - In the Garden

September 10 - Moses and the Sea

September 17 - Jonah

September 24 - Naaman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>SEPTEMBER 2023</h1>  					1 Office Closed	2
					Family Camp (1st-4th) - Camp Lebanon	
3 Communion Sunday 8:15 AM Worship Service 10 AM Worship Service (10 AM Livestream)	4  4 PM LaMae's Labor Day Picnic @ Becker's 6 PM Volleyball	5 9 AM Gym use  3:30 PM Heritage Comm 4:30 PM Chapel use 5:00 PM Pickleball 5:30 PM West Rooms use	6 7:30 AM Men's Study-Menahga 9:00 AM Chapel use 1 PM Gym use 5:00 PM AWANA Registration Open House - Fellowship Hall 5:30 PM Chapel use 7 PM FSM @ Faithbridge	7 9 AM Gym use 10:30 AM Pickleball 1 PM Gym use 6 PM Praise Team	8 Office Closed	9 10 AM GriefShare Conference Room 10:30 AM Chapel use 11 AM Fireside use
10 Fall Schedule Begins 8:15 AM Worship Service 9:30 AM Faith Classes 10:45 AM Worship Service (10:45 AM Livestream)	11 Homeschool use 6 PM Volleyball 6 PM Trustee Brd Mtg 7 PM Deacon Brd Mtg	12 9 AM Gym use 4:30 PM Chapel use 5:00 PM Pickleball	13 7:30 AM Men's Study-Menahga 9:00 AM Chapel use 1 PM Gym use 5:30 PM Chapel use 5:45 PM Women's Min Mtg 6:55 PM AWANA 7 PM Room to Breathe 7 PM FSM	14 9 AM Gym use 10:30 AM Pickleball 1 PM Chapel use 1 PM Gym use 6 PM Praise Team	15 Office Closed	16 10 AM GriefShare Conference Room
17 8:15 AM Worship Service 9:30 AM Faith Classes 10:45 AM Worship Service (10:45 AM Livestream)	18 Homeschool use 1:30 PM Mission Circle 6 PM Volleyball	19 Fall Senior Day at Camp Lebanon 9 AM Gym use 9 AM MOPS 4:30 PM Chapel use 5:00 PM Pickleball	20 7:30 AM Men's Study-Menahga 9:00 AM Chapel use 9:30 AM Staff Meeting 1 PM Gym use 5:30 PM Chapel use 6:55 PM AWANA 7 PM Room to Breathe 7 PM FSM	21 9 AM Gym use 10:30 AM Pickleball 1 PM Chapel use 1 PM Gym use 6 PM Praise Team	22 Office Closed	23 10 AM GriefShare Conference Room
24 8:15 AM Worship Service 9:30 AM Faith Classes 9:30 AM BP Clinic 10:45 AM Worship Service (10:45 AM Livestream)	25 Homeschool use 11:45 AM Faith Force 6 PM Volleyball 6:30 PM Missions Team	26 9 AM Gym use 4:30 PM Chapel use 5:00 PM Pickleball	27 7:30 AM Men's Study-Menahga 7:45 AM See You At The Pole 9:00 AM Chapel use 1 PM Gym use 5:30 PM Chapel use 6:55 PM AWANA 7 PM Room to Breathe 7 PM FSM	28 9 AM Gym use 10:30 AM Pickleball 1 PM Chapel use 1 PM Gym use 6 PM Praise Team	29 Office Closed	30 10 AM GriefShare Conference Room
					Women's Retreat #1 - Camp Lebanon	

*Don't forget to look in your Church
Directory for the September
Birthdays and Anniversaries*

Address Changes/Corrections:
Darrel and Sandy Brown -
Doug Hanson -



Calling all Moms!

Looking for that VILLAGE that everyone says it takes?

You found us! Join MOPS and MOMSnext for encouraging fellowship and mentorship, prayer and devotion, brunch and coffee and so much more! Motherhood can be hard. But it doesn't have to be lonely.

We invite you to join us every first and third Tuesday of the month from 9-11 am starting on Tuesday, September 19th.



This Year's Theme is "SAY YES!"

Do not despise these small beginnings, for the Lord rejoices to see the work begin... Zechariah 4:10

Have you ever gotten to the end of a week, month or year and thought, "How did I get here? Where has the time gone?" It happens in our parenting, friendships, marriage and work- we get caught up in the urgent demands of the day-to-day, and then years go by, and we realize we haven't been making the small choices that will get us where we actually wanted to be. So this is the year to make some moves. Say "Yes."

This is the year of yes!

Yes, to God. Yes, to the thing that gives you butterflies. Yes, to this moment, these people, this life. Get ready to SAY YES.

THIS IS THE YEAR THAT YOUR "YES" IS WHERE IT ALL BEGINS.

YES TO BEING ENOUGH.

YES TO STARTING SMALL AND THINKING BIG.

YES TO PASSION.

YES TO GOD.

Amen, and let it be so.

Help Needed...

1. Nathan and Jen E__ are back in their East Asia country after a three month visit here at home base. The family contracted Covid upon their return which resulted in extra unexpected expenses.



2. Greg and Asa Swenson, Japan missionaries, need to attend the Mission's Conference in Bali in October. They would appreciate financial help for this trip.

If you would like to help either of these families financially, please designate their name on your Faithbridge offering envelope.

Looking Ahead...

Paul Mitchell will be preaching on September 24th, and will give an update on the outreach that took place in July in the White River Community.

There will be an opportunity coming in October to bless Red River Youth with snacks. More information will be coming on what kinds of snacks are needed for the Red River Youth for Christ .

God has given us more opportunities to be
the hands and feet of Jesus.
Let's answer the call.

Be sure to read the latest news from our missionaries - letters are located in the East and West foyer kiosks.



Grief Share is a grief support group for help and healing after the death of a family member or friend.

**Our Fall 13 week session begins Saturday, September 9 through December 9, meeting from 10 am - Noon.
Meeting in the Conference Room, enter by S1**

Cost for first time attenders is \$20

If you wish to find out more information regarding this group, please contact one of our Faith Nurses, Rebecca Anderson, through the church office or visit the website - <https://www.griefshare.org/>

- Requests can be phoned/emailed to the Church Office or to the Compassion Coordinator, Jan Henderson (732-4522), who will forward them to the Prayer Group or Prayer Chain, as you direct.
- **Prayer Warriors: A weekly prayer list, can be delivered to your FBC mailbox or emailed upon request.**

Psalm 143:8

"Let me hear in the morning of your steadfast love,
for in you I trust. Make me know the way I should go,
for to you I lift up my soul."

Josie Carter	Brian Evink	Sean McGaffey
Chase Bohman	Davita Taylor	Jim Slesman
Chasity Bohman	Aaron Lemke	Ryan Vredenburg

Thanks for praying for our servicemen; for their safety and for their families.

We need your help: If the status of any of the following military personnel has changed, please inform the office so we can update this list. Thank you!

Library Hours

The library is open on Sunday mornings:

9:15 am – 10:45 am

11:45 am – 12:15 pm

The Library is looking for more volunteers to help on Sunday mornings. We are also looking for a Co-Librarian. If you are interested in either of these options, please contact Kelly Maninga.

VBS Recap and Praises



Just a quick recap from VBS. We had 154 kids registered with an average of 130 in attendance each night. We had over 80 volunteers and many others gave through our "supplies needed" list. The outpouring of love, prayers, and giving of time and resources was such a beautiful picture of Loving God, and Loving Others.

There were so many great things I could share but the most exciting highlight of the week was that we had 20 children raise their hands to make first time decisions or want to know more about having a relationship with Jesus! Praise Jesus!! Please be praying for these children and their families.

Family night was also a success with around 50 parents sharing in a conversation with Mister Brown, Jeff and I, about some of the top struggles or topics in parenting and we also served around 400 meals to everyone while the children had a great time on the waterslides and bouncy houses.

Thank you to everyone for loving others inside the walls of our church as well as outside the walls.

Jessica Lange, Director

NOTE: On behalf of the Faithbridge Church Family, we say "THANK YOU" to Jessica for her direction and leadership of VBS.

Health Tips: Movement is Medicine

Physical activity, along with healthy eating, is vital to reducing and controlling blood pressure. The more you move about during the day, the less you sit, and the more calories you burn through the activities of daily life, the more health benefits you'll gain.

Benefits of regular activity

- Regular physical activity can lower systolic and diastolic blood pressure by about the same amount as many blood pressure medications.
- It makes the heart stronger and more efficient. With greater strength, the heart can pump more blood with less effort. The better the heart can pump blood, the less force is exerted on the arteries.
- It can prevent high blood pressure from ever developing. It also reduces the risk of heart attack, high cholesterol, diabetes, osteoporosis and 13 different types of cancer.
- It improves energy, boosts mood, improves sleep and helps with stress and anxiety.
- It can help with weight loss. When you gain weight, blood pressure often increases and when you lose weight, blood pressure often goes down.

Activity vs. Intensity

For most healthy adults, the Department of Health and Human Services recommends these exercise guidelines:

- If you've been inactive, start with five or 10-minute periods of activity at a time and build up gradually in one-minute increments. At first, try to exercise three times a week.
- Get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. You can also do a combination of moderate and vigorous activity. The guidelines suggest spreading the exercise over the course of a week.
- Do strength training exercises such as mowing the lawn, gardening, washing the car, cleaning the house and climbing stairs. The cumulative effect of physical activity throughout the day matters, and it can equal a single workout session at the gym.

Movement is medicine, and any amount helps. A key element to receiving these benefits, however, is that you exercise regularly. You don't need to push yourself to the limits of your endurance— it's enough that you remain committed and make every effort to be physically active on a daily basis.

Stay on the move!

The Seniors (60+) of Faithbridge enjoy our monthly get-togethers that include lots of good food, fellowship and a time of learning from different speakers. We invite those (retired and not retired) to join us on each fourth Monday of the month.

Our September speakers will be Edite and Anna Donatelle. They will speak about growing up in the Latvian culture.



A Day with Dr. Terry Barclay

Terry R. Barclay, PhD is a nationally renowned clinical expert and sought out speaker on aging and dementia with expertise in timely detection and optimal management of individuals living with Alzheimer's disease.

Friday, October 6th ~ 7:30am - 4:15pm ~ Cost: \$20 includes lunch & CEU's

Location: Faithbridge Church 1505 Park Ave., Park Rapids, MN

Sessions Include:

1. The aging brain: Normal aging, Mild Cognitive Impairment and Dementia
2. It's not always Alzheimer's: Symptoms, treatment and care for Alzheimer's disease and other forms of dementia
3. Alzheimer's Research update: new discoveries and treatments
4. Ask the expert: Open Q&A

Lunch break

1. Dispelling common myths: Old wives' tales and wishful thinking
2. How we diagnose dementia: Why it matters and how it's done
3. Living well with memory loss: Top strategies supporting brain health/optimize life quality.
4. Ask the expert: Open Q&A

Park Rapids is working to create a dementia friendly and inclusive community where individuals with memory loss and their care partners feel supported through education, awareness and resources for more information visit Dementia Friendly Park Rapids at <http://dfc.parkrapidslivingathome.org/>

If you are a family caregiver caring for someone with dementia, please call Living at Home 218- 732-3137 to register as our guest for the day.



Check out the web or bulletin for opportunities to be the hands and feet of Jesus to Faith and to our Community and to take up the challenge to be ALL IN!

<https://www.faithbridgepr.org/all-in/>

LISTINGS BELOW ARE COURTESY ANNOUNCEMENTS - NOT NECESSARILY FBC ENDORSED



Living At Home and the Park Rapids Senior Center invites you to a free Senior Coffee Hour. Wednesdays from 9:30 - 11:30 AM. Come visit and enjoy free coffee and goodies.



Food Shelf Remember our Park Rapids Food Shelf! 308 Pleasant Ave. S, Park Rapids. Food and monetary donations are welcomed, now more than ever.

The **Caregiver Closet** is located in Unit B of the new Climate Storage PR Furniture Center - 1104 Park Ave S. Park Rapids. Open Tues. 1-3pm / Thurs. 10-noon



Pregnancy Resource Center Reserve the Date: Thursday, October 5th PRC Annual Banquet hosted by St. Peter's Catholic Church. Seating at 6:00 pm. Meal and program at 6:30-8:30 PM, Speaker will be Laura Nelmark from Abide Vineyard Church. Contact person is Diane George 732-7646.



Living At Home offers a caregiving support group that meets the 1st Wednesday of each month from 1:30 - 3:00 PM. Pam Kellner is our Living At Home Congregational Coordinator. If you are interested in either volunteering with or receiving services from Living At Home, please call their office at 218-732-3137 or Pam at 218-732-9291. For more information, there are brochures in the West foyer with details.

Be sure to read the details on page 20 about "A Day with Dr. Barclay" seminar on aging and dementia to be held at Faithbridge Church on October 6th.



Eastside Church on Thursdays, 6:30 pm. No advance sign-up necessary. **Celebrate Recovery** is a group open for anyone dealing with hurts, hang-ups or habits.



Menahga High School September 16th, 8 - 9:30 AM \$25 cash donation Open to everyone.

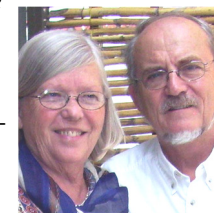
Mitchell, Paul and Gloria *Oak Hills Christian College Director of the Mokahum Ministry Center.*

- Pray that our new students would assimilate well at Mokahum. This includes two families with small children this year. (A first!)
- Pray that our teachers would be well-prepared to teach in a discussion format.
- Pray that God would provide the resources needed through the 15:12 program as well as through other generous givers.
- Pray that we could be salt and light in our neighborhood.



Paden, Bruce and Anita *DR Congo with WorldVenture Develop the work of New Hope Center for grieving/traumatized children and families; provide training/counseling to adults and pastors who work with victims.*

- Pray that the proxy army from Rwanda, M-23, ceases its hostile activity and that peace be restored to the area so the hundreds of thousands of IDPs, (*internally displaced people*), who have fled to Goma can return to their villages and homes.
- Pray for the safety of those who serve at NHC as well as at the *Wellness Clinic* located on the grounds of *New Hope Center*. Child abductions are happening more and more in Goma.
- Pray that the national DR Congo elections (in December) will be a fair and free election.



Parks, Larry and Jane *Spain with ABWE Church planting/working with local believers in outreach ministries to community.*

- Pray for transition in the Toledo church as the new national pastor comes to assume the pastorate with his family.
- Pray for Christian the future director of the seminary in Toledo as he has his next session of chemotherapy in September.
- Pray that we might finish well for the Glory of the Lord.



Penney, Dan and Esther *WorldVenture Serving WorldVenture missionaries by helping them streamline financial management and reporting, thereby giving them more time for ministry.*

- Praise for the amazing summer job Zack had. He got great experience in construction, was paid exceptionally well, and got a glowing recommendation letter at the end.
- Joel's health concerns: finally some indicative results that will be followed up with soon.
- We all got COVID at the beginning of our 3-week vacation. Pray for full healing from Covid fatigue and full restoration of energy.
- Pray for our October trip to two WorldVenture Conferences, meeting with the teams there.

