



Donate Winter Outerwear

Elim is again collecting new or clean, gently used winter outerwear, including jackets, coats, snow-pants, mittens, gloves, hats, scarves, and boots,

sizes infant through adult. All winter outerwear brought to the church for this project will be donated to Open Doors.

Open Doors is a nonprofit 501(c)(3) faith-based ministry and is located at 307 Main Ave. in Fargo. They reach out to the F-M metro area by providing a free thrift store (clothing, shoes, household items, linens, etc.) to those in need. If you are interested in donating other items to Open Doors, please call Dave at 701-799-7550 to set up an appointment. If you have any questions, please contact Kerri Spiering at 701-298-9098.



God's Work Our Hands "7-Can Soup Project" Supported by a Thrivent Action Team Grant

ACTION TEAM

The "7-Can Soup Project" that Elim members worked on September 11th for the God's Work Our Hands project was supported by a Thrivent Action Team grant in the amount of \$250. Special thanks to Thrivent for this grant!

Thrivent Action Teams are designed to help Thrivent Financial members strengthen communities. If you are a Thrivent member, you are eligible to lead up to two Thrivent Action Teams per calendar year.

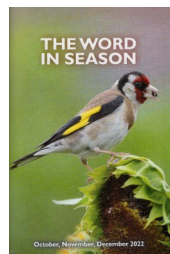
Just think about an unmet need in the community and how you could help. Apply to lead the volunteer team in a one-time fundraiser, service activity or educational event that can be completed within 120 days. Projects can receive up to \$250 Community Impact Card to use as seed money to get the project off the ground and make a bigger impact.

If you have any questions about Thrivent Action Teams or would like help brainstorming a project, please feel free to ask Elim member, Kerri Spiering.

As our list of members unable to attend Worship continues to grow, I am looking for some individuals who would enjoy visiting with 1 or 2 Elim members on a monthly basis, who are currently shut-in or in facilities. This does not require any physical labor on your part - just calling on this individual(s), visiting, and praying with them to offer comfort and solace. I would appreciate receiving assistance in Elim's visitation ministry, so each person who is unable to attend Worship will feel connected even if they are not able to come to church in person. Please contact me either in person, by e-mail, or by phone at 507-298-3166. Thank you very much!



Pastor Caroline

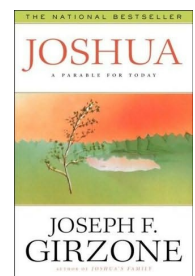


The October, November, December quarterly devotional is now available. There are copies in the Narthex, or you may stop by the office to pick one up. If you need it mailed to you, please contact the office at 232-2574. Thank you.

FALL BIBLE STUDY

I read an amazing, contemporary book which has absolutely put me at a loss for words (and that doesn't happen very often). *Joshua*, by Joseph F. Girzone, "is a moving, deeply inspiring book no one will ever forget. It has been called life-changing, engrossing, and entertaining. Joshua is rooted in an accurate reading of scripture and has true universal appeal. It is a true exercise in spirituality." (taken from the book's description)

If you've never participated in a Bible/book study, now is the time. I guarantee this book will entertain and move you to rethink the truth of Jesus' ministry. The first Bible Study will be held on Wednesday, September 7, at 10:00 a.m. I will need to purchase books for the class by Wednesday, August 17, so please contact me with your order, and you can reimburse me the \$10 after we begin. If you are unable to afford the book, don't worry—you can still participate. With the study underway, you can still join, but hurry up - You don't want to miss anything.



Fall Suppers and Community Announcements

St. Francis de Sales Catholic Church
601 15th Avenue North
Moorhead, MN

Fall Festival

Roast Beef Dinner

Adults: \$13
6-12 Youth: \$6
5 & Under: Free

Take Outs Available

Also Featuring

Hope Chest Raffle Country Store
Bingo Chocolate Fantasy Table
Silent Auction Crafts
Children's Games Cake Walk
Baked Items & Candy Table
Other Raffles

SUNDAY, OCTOBER 2, 2022
11:00 am – 3:00 pm

St. William's Catholic Church

Turkey Dinner

Sunday, October 2
11:00 am - 1:30 pm
Argusville Community Center

Join us for dinner with
all the trimmings.

Free will offering.
\$13 suggested donation.
Take out available.

Bake Sale Country Market Raffle



FALL HYMN FESTIVAL

Bethesda Lutheran Church
401 40th Avenue S
Moorhead, MN

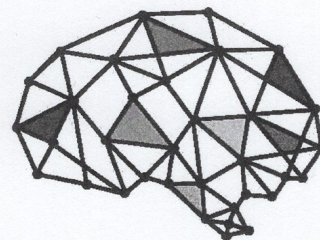
Sunday, October 9
4:00pm

Sanctified is an exciting, action-packed Western film set in the Badlands in 1890. It is also a powerful Christian conversion story of a hardened outlaw who is redeemed through his interaction with a strong woman of the Church. It was produced and shot in North Dakota, with many local North Dakotans serving as cast and crew, including students from the University of Mary and Bismarck State College. Red Carpet Premieres of the film will be held around North Dakota beginning September 30th. Trailer/Tickets/Showtimes are on the website - www.sanctifiedfilm.com



Debunking Myths About the Aging Brain

7 FACTS ABOUT YOUR BRAIN



MYTH

FACT

1 You are born with all the neurons that your brain will ever have.

Neurons are continually created throughout your life in areas of the brain through a process called neurogenesis.

2 You can't learn new things when you are old.

Learning can happen at any age when you get involved with cognitively stimulating activities like meeting new people or trying new hobbies.

3 We don't really know how the brain works.

Researchers have made great strides in understanding the brain in recent years. The field of neuroscience is at the cusp of new and exciting breakthroughs.

4 Dementia is an inevitable consequence of old age.

Dementia is not a normal part of aging. There is a big difference between typical age-related changes in the brain and those that are caused by disease.

5 Only young people can learn a new language.

While it may seem simpler for kids—with simpler sentence structures and a lack of self-consciousness—your age isn't a limitation in learning a new language.

6 Older people are doomed to forget things.

Remembering details is easier for some people than others, but this is true of all ages. There are strategies to help remember names, facts, etc. and paying closer attention can often help you remember better.

7 A person who has memory training never forgets.

Keep practicing your memory skills. "Use it or lose it" applies to memory training in the same way it applies to maintaining your physical health.

**Global Council on
Brain Health**
A COLLABORATIVE FROM AARP

Engage your Brain: GCBH Recommendations on Cognitively Stimulating Activities;
[GlobalCouncilonBrainHealth.org](https://www.globalcouncilonbrainhealth.org) • Contact: GCBH@aarp.org
For more brain health tips see [stayingsharp.org](https://www.stayingsharp.org) DOI: <https://doi.org/10.26419/pia.00001.003>



In order to maintain an atmosphere of transparency to the Elim congregation, below is a stating point of a list of options for cutting costs and the possible closure of the church. **These are NOT etched in stone.** We ask that you prayerfully consider each option and urge you to come up with other options prior to the final vote on October 23. Thank you.

Options for Cutting Costs and Making Changes to Current Church

1. Smaller newsletter (office uses less ink and paper)
2. Put cell tower on property and collect rent
3. Use altar candles only
4. Close off south door of Large Fellowship Hall, then use Chapel for Worship
 - A. Rent out upstairs office space
5. Move church offices to lower level
 - A. Close off door on south end of Large Fellowship Hall, using the north end of Small Fellowship Hall for Worship and south end for AA meetings.
 - B. Pastor's office and storage would be in former nurse's office
 - C. Church office, copier, and storage would be in former Youth Room
 - D. Close off upstairs and install chair lift to get to lower level
 - E. Rent out upstairs office space
6. Sell the church, then rent Worship space with offices and kitchette, with owner taking care of maintenance expenses.
7. Keep parking lot because of income
8. We can't stay the same
 - A. Expect massive changes
 - B. Building is eating up income
9. Close church, leaving people to find their own church
10. Share Sanctuary and rent office space from Pontoppidan. This is NOT a merger, this will not create a new church, this is Pontoppidan AND Elim sharing one building, just like St. Mark's is sharing Sanctuary space with the synagogue.
11. Satellite space for Churches United for homeless individuals.
12. Grants
13. Ask other churches for monetary assistance in our struggles.



GOD'S WORK OUR HANDS SUNDAY was celebrated at Elim on Sunday September 11, after the Sunday service.

Twenty-five members and one returning visitor worked together to assemble twenty-four bags of Elim's 7 can soup recipe. The bags will be brought to FM Community Food Pantry, along with a check for over \$325 from Elim for the cash donations received from members.

A fellowship luncheon followed, thanks to Council members Kerri, Jennifer, Abby,

and Karen.

Special thanks to:

Connie, for copying and cutting our labels and soup recipe.

Kerri, for applying for a Thrivent Action Grant for \$250, which also included t-shirts.

Abby and Karen for picking up the cases of cans.

Jennifer, Kerri, Abby and Karen for serving a light luncheon.

Barb for using the remaining food from Ruth Idso's funeral and for taking soup kits to the Emergency food Pantry to be given out.

Curt and Scott for bringing the bags to truck.

Pastor Caroline will have two bags here at Elim for times she can give out.



Elim Lutheran Church

October , 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <u>Worship w/</u> <u>Comm.-10:00</u> <u>Open Forum-</u> <u>"What It</u> <u>Takes to Stay</u> <u>Open"</u>	3	4 AA - noon	5 <u>Bible Study -</u> <u>10:00, Small</u> <u>Fellowship</u> <u>Hall</u>	6	7	8
9 <u>Worship w</u> <u>Comm.-10:00</u>	10 	11 AA - noon <u>Church</u> <u>Council - 6:00</u>	12 <u>Bible Study -</u> <u>10:00, Small</u> <u>Fellowship</u> <u>Hall</u>	13	14	15
16 <u>Worship -</u> <u>10:00</u> <u>Open Forum-</u> <u>"The Future"</u>	17	18 AA - noon	19 <u>Bible Study -</u> <u>10:00, Small</u> <u>Fellowship</u> <u>Hall</u>	20 <u>Elim Women -</u> <u>10:00, Sons of</u> <u>Norway.</u>	21	22
23 <u>Choir re-</u> <u>hearsal-9:15</u> <u>Worship -</u> <u>10:00</u> <u>Congregation</u> <u>vote on</u> <u>Closing</u>	24	25 AA - noon	26 <u>Bible Study -</u> <u>10:00, Small</u> <u>Fellowship</u> <u>Hall</u>	27	28	29
30 <u>Worship/</u> <u>Music mtg.-</u> <u>9:15</u> <u>Worship -</u> <u>10:00</u>	31 					

Elim Lutheran Church
321 9th Street North
Fargo, ND 58102

RETURN SERVICE REQUESTED



The Grapevine



321 Ninth Street North
Fargo, ND 58102
(701) 232-2574

www.elim-lutheran.org

"Built on a Triangle with Faith in the Triune"

Pastor:	Caroline Strand
Office Administrator:	Connie Rawls
Maintenance:	Curt Meyer
Music Staff:	Robyn Vinje
Organist	Scott Strand
Choir Director	Katie Narum Miyamoto
Missionary	

Monthly Newsletter
October, 2022