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HOPE Ministries, Inc.

NEWS



12 Christian Fall Activities for Families

Adapted from answeredfaith.com



1. Reclaim the family dinner table. This sounds almost too simple to mention, yet it may be the single most underused tool available to any family. A meta-analysis covering more than

182,000 children found that kids who shared five or more meals a week with their family were significantly less likely to face nutritional problems, become overweight, or develop disordered eating patterns, and researchers describe the effect as one of the most consistent findings in all of family science family dinner research. You do not need a gourmet meal. You need a chair pulled up and phones put away. I have watched more honest conversations happen over a pot of chili than in any counseling office, and there is a reason for that.

2. Take an evening walk to see the color change. Fall offers something summer cannot: dying leaves that somehow look more alive than ever, blazing red and gold before they let go. Take a slow walk as a family and let the created world preach for a moment. "The heavens declare the glory of God; and the firmament shows His handiwork." — Psalm 19:1 (NKJV) Beyond the spiritual value, the physical benefits are well documented. A 2024 University of Glasgow study using GPS and movement tracking found that children who spent an hour daily in nature had roughly half the risk of developing mental health difficulties compared to those who did not, with the effect even stronger among lower-income children outdoor time and mental health study. A walk costs nothing and gives back more than almost anything you could buy.

3. Start a nightly gratitude ritual. Thanksgiving is coming whether your family is ready or not. Get ahead of it by building a small nightly habit now, even one sentence each at dinner about something you are thankful for. Harvard researchers studying long-term health data have found gratitude practices are associated with better sleep, lower depression risk, and even favorable cardiovascular markers over time Harvard Health on gratitude. Scripture got there first.

"Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name." — Psalm 100:4 (NKJV)

4. Host a fall family Bible night around a fire pit. There is something about firelight that makes people talk more honestly. Pick one evening a week this fall, gather around a fire pit or even just candles at the table, and open the Word together as a family. I started this with my own family years ago almost by accident, and it quietly became the highlight of our week without anyone announcing it. Family worship reshapes a home in ways that are hard to measure and impossible to miss once you have experienced it, and you can explore how family worship transforms your home for a fuller picture of what that can look like.

5. Volunteer together as a family. Rake leaves for an elderly neighbor. Serve at a food pantry. Pack shoeboxes for an overseas mission. Research on youth volunteering consistently links serving others to greater empathy, stronger leadership development, and a deeper sense of belonging that carries into adulthood benefits of youth volunteering. Scripture frames this not as an optional extra for the spiritually advanced, but as ordinary Christian life.

6. Host or attend a church harvest festival. Trunk or treats, harvest carnivals, and fall festivals remain one of the most effective front doors a church has into its surrounding neighborhood. Families who might never sit through a Sunday service will bring their kids to a parking lot full of candy, inflatables, and friendly faces, and that first low-stakes visit sometimes opens the door to everything that follows. Church leadership writers have noted that fall events tend to work best when they carry a clear purpose beyond simply competing with Halloween, whether that purpose is strengthening existing families or reaching unchurched ones who might never otherwise walk through your doors planning fall church family events. Before you plan one, ask what you actually want the evening to accomplish. A festival aimed at outreach looks different from one aimed at deepening bonds among families already in your pews, and both are legitimate goals worth naming out loud before you start ordering candy. If your church already runs one, bring your whole family and actually work it rather than just attending as spectators. If it does not exist yet, this might be the year you propose it to your leadership.

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7. Organize a Thanksgiving outreach meal.

Somewhere in your town or city this November, someone will eat alone or not eat well at all. Churches that organize meals for the homeless, for shut-ins, or for families facing a hard year tend to find that these events change the servers as much as the served. There are practical, tested Thanksgiving outreach ideas to help your family plan something that actually meets a need rather than simply feeling good.

8. Launch a fall family Bible study. Do not wait for January to start something new. September through November offers a natural runway of about twelve weeks before Thanksgiving disrupts everything anyway. A structured plan removes the guesswork..

9. Use pumpkin patches and hayrides as teaching moments. You are probably going anyway. Do not waste the drive home. Ask your kids what they noticed, what surprised them, what they are thankful the harvest brought. A five-minute conversation in the car can plant something a sermon never could, simply because it happens in a moment your child already associates with joy. Point out that the farmer did not simply hope for pumpkins. He planted, watered, and waited through a season he could not rush. That is not a stretch for a Sunday school lesson. It is exactly the picture Jesus used again and again when He wanted people to understand how the kingdom of God grows, slowly and mostly out of sight, until suddenly it is not.

10. Try hands-on Bible crafts and games with your children. Younger kids especially learn through their hands before they learn through their ears. A simple craft tied to a Bible story, or a review game after a lesson, cements truth in a way lecture alone rarely does. There is a growing library of Bible study crafts for kids that make this far easier than starting from a blank page on a Tuesday night.

11. Memorize Scripture together as a family. Pick one verse a month this fall and say it together at dinner until it sticks. Deuteronomy gives us the pattern for this long before anyone called it a family devotional. "And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up." — Deuteronomy 6:6-7 (NKJV) That is not a burden. It is a rhythm woven into ordinary life, and you can find encouragement for it among these Bible verses for family whenever you need a place to start.

12. Walk your neighborhood in prayer. Take a slow evening walk through your own streets and pray, quietly or aloud, for the homes you pass. You do not need permission or a program. You need shoes and twenty minutes. Some of the deepest spiritual renewal in a neighborhood has started this simply, with someone willing to notice and pray before they ever knocked on a door.



HOPE HOUSE ORPHANAGE

The political situation in Zambia has begun to improve since the election last month. The kwacha (Zambia's money exchange) remains volatile but it has begun to return to its former value.

The stores are beginning to replace depleted stock. The shoe stores have been able to order small sizes, thus the younger kids have been fitted with brand new leather shoes. As soon as the larger sizes become available the older kids will receive their new shoes.

We have not been advised about the pizza party, however, the shoes are the most important thing at this time. We will continue to write about this shoe event as we receive word from Zambia.

October is Zambia's hottest month and the number of cases of Malaria has hit a high count at the clinic. Many from the orphanage, school and community were treated with medicine given out at the clinic. Other medical facilities only give a prescription to treat Malaria, but Hope Clinic gives the medicine freely. Those receiving the free medicine are very thankful for this service. It is the dollars we send every month that pay for this service.

Continue to keep Pastor Charles Mumba in your prayers as he is still struggling with health concerns due to Diabetes.

WE need your continued prayer and financial support to accomplish the task the Lord has given us to reach out to those who are struggling and need a safe place to turn for help. Prayerfully consider becoming a **PARTNER OF HOPE** by making a one-time gift or monthly commitment.

GOD BLESS YOU AS YOU GIVE.

Remember — your gifts to HOPE Ministries are always tax deductible!

***Everything I need to know, I learned from
Noah's Ark.***

One: Don't miss the boat.

*Two: Remember that we are all in the same
boat.*

*Three: Plan ahead. It wasn't raining when
Noah built the Ark.*

*Four: Stay fit. When you're 600 years old,
someone may ask you to do something
really big.*

*Five: Don't listen to critics; just get on with
the job that needs to be done.*

Six: Build your future on high ground.

Seven: For safety's sake, travel in pairs.

*Eight: Speed isn't always an advantage. The
snails were on board with the cheetahs.*

Nine: When you're stressed, float a while.

*Ten: Remember, the Ark was built by
amateurs; the Titanic by professionals.*

*Eleven: No matter the storm, when you are
with God, there's always a rainbow waiting.*

~ Author Unknown



Life at times appears to fall into pieces,
seems irreparable
But it's going to be okay.
How can you know?
Because God so loved the world.

**Do you know someone who would like
to receive our bimonthly newsletter?
We would be glad to add their name
and email address to our database. We
desire to minister to as many people as
possible with uplifting and inspiring
words.**

Lizzy Says:

**We three were hanging out on Grammy's
roof, enjoying the fall views!**



***"In the falling of leaves, we see the
shedding of ego, making room for the
spirit to bloom."***

*As the leaves fall in autumn, nature teaches
us the importance of letting go. Just as trees
shed their leaves, we must release our
attachments and pride, symbols of the ego.
When we relinquish these burdens, we make
space for personal and spiritual growth. True
wisdom often comes from understanding the
cycles of life, death, and rebirth.*

*By embracing this seasonal change, we
recognize the impermanence of worldly
things and the eternal nature of the soul.
This allows the divine essence within us to
flourish more fully.*

~ readingswithhope.com

By: Aniruddha Banerjee

Memorize Scripture

**And take the helmet of salvation, and the
sword of the Spirit, which is the word of God.
Ephesians 6:17**



Jesus allows your mistakes to be lost in His perfection.

~ Max Lucado



God wants us to be satisfied with what we *have*,
though not with what we *are*.

*

Now godliness with contentment is great gain.

1 Timothy 6:6

~ From "God's Best For Your Success"

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We are here at **HOPE Ministries, Inc.** because we believe there is always **HOPE** for every situation, no matter how grave. If you have a need that you would like us to lift in prayer, please call us anytime.



Contact:

Hope Ministries, Inc.

P.O. Box 75

Kenoza Lake, NY 12750

Email: hopemininc@yahoo.com

Phone: 845-482-5300

Website: www.hopemin.net