

# Living Faith @



October is one of those months that confuses me. The weather is warm one day and chilly the next. I don't know whether to dress in a sweatshirt and jeans or a t-shirt and shorts. This year people have the added stress of trying to deal with the Covid variant and all that it brings. We thought we were through the worst of the pandemic but now find ourselves back into the thick of it. What does this mean for family and faith formation? Fun things to do with people you are close to - some inside and some outside. You could carve pumpkins with cute faces or Christian shapes, collect money for a cause, collect food for the food pantry, make fall decorations, think of some ways to celebrate the reformation, and even bake some apple 🍏 or pumpkin 🎃 goodies ... for your family or to share with others. Enjoy your time together ... Sue Cira, TEEM Student

## REFORMATION

One of the popular hymns we sing on  
Reformation Sunday:

### **A Mighty Fortress Is Our God ..... ELW #504**

A mighty fortress is our God, a sword and shield  
victorious; he breaks the cruel oppressor's rod and  
wins salvation glorious.

The old satanic foe has sworn to work us woe!  
With craft and dreadful might he arms himself to  
fight. On earth he has no equal.



## Harvest Time

- Corn
- Soybeans
- Slow-moving farm vehicles
- Semi trucks full of grain

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# FUN FAMILY ACTIVITIES

## BEADED PIPE CLEANER INDIAN CORN DECORATIONS

Supplies: 4 pipe cleaners (12 inch)  
Plastic Pony Beads (120)

This craft is a fun and easy activity to do in the fall for a decoration. Line up the pipe cleaners and twist them in the middle.

Evenly space each pipe cleaner and spread them into the shape of a star. Start threading the beads onto each pipe cleaner, until all 8 are covered. Be sure to leave a little over an inch of



pipe cleaner showing on each end. About 15 beads per pipe cleaner & mix up the colors of beads. Once you've covered your star in beads — carefully bend each end upward and gather the points together. Take the tops of



all the pipe cleaners and twist them a couple times to secure the beads and form the corn "husks". Be sure to leave some ends free and fan them out a bit. Repeat to make as many mini corns as you need for your decoration. They can even be used to hold a name card on your table.



The month of October has many "National" recognition events; of which some are centered around physical activities, and others emphasize food. For example: Walk to School, Go on a Field Trip, Roller Skating, Cardiac Awareness, Positive Attitude, Bake & Decorate, Apple, Caramel, Chili, Cookie, Dessert, Pasta, and Pizza. There is long list so I've only included a few. It seems like there are many people who say they don't have the time, energy, or resources needed to be active. Here are a few ways to overcome these barriers:

- \* Lack of time. Two – three 10 minute short bursts of walking is beneficial. Or, sitting at your desk there are fitness exercises that you can do.
- \* Motivation. Make activity a social event. Ask friends or family to join an activity. Encourage each other! Everyone will benefit, both physically and emotionally.
- \* Low energy. Many people feel tired after work or doing household chores. Consider whether morning activities could be better.
- \* Fear of injury. Visit your health care provider to make sure activity is safe. Chair workouts, stretching & strength training with at-home videos.
- \* Cost. Recreation trails are available in many areas. Libraries offer exercise on DVD.



**Grab your shoes and have some FUN!!**