

Living Faith @



Happy Fall! The summer activities are a memory, the kids are headed back to school, the evenings are getting chilly and darkness is coming sooner - but, wow! the setting sun has been quite a sight lately ... such beautiful colors of red!

Fall also means a new year begins at church. There are first communion, confirmation, and Sunday School classes being planned.

One challenge within every family is finding time, especially time to spend together. It was when I was a kid, when my kids were kids, and is even more of a challenge these days. Faith formation takes time - family time - together. Because faith is nurtured and practiced, not taught, it takes time, effort, and is not just a one shot deal. Faith is a gift that flows through the waters of baptism and is activated by the Holy Spirit. It springs from a relationship with God and from living among faithful people, also known as the faith community that begins in a trusted relationship usually at home but not always. This relationship continues as the Body of Christ gathers for weekly worship and fellowship. Faith Formation is not the same as physical and mental development and it has nothing to do with age, but everything to do with the mystery of the Holy Spirit. Have fun on your faith formation journey!

Praying Through the Crayon Box

This is a prayer for parents and grand-parents to use as a guide when praying for and with their children. It uses the colors in a crayon box.

Red: Pray for safety of all in the school day.

Orange: Pray for safe social communication & good attitudes

Yellow: Pray for your child to remember that God is always with them and never leaves them.

Green: Pray for your child's growth

Blue: Ask God to give your child a sense of peace no matter where they are in their day.

Purple: Thank God for your child's imagination

Brown: Ask God to give your child a strong work ethic

Black: Pray for your child's teachers, the staff and

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Fall brings ...

school and time with friends
 colored leaves to walk through
 times of chilliness in the evening
 pictures of leaves to color
 football game
 apples, zucchini, pumpkins
 more cups of coffee
 staying warm with a blanket



Here's a Kindness Calendar for you to experience ... at school, home, or in the community!

Hug a family member	Pick up litter	Start a gratitude journal	Do an extra chore	Feed birds and wildlife	Give some compliments	Write a thank-you note
Make a get well card	Smile at everyone you see	Make a craft to give	Let someone go ahead of you in line	Hold the door for a stranger	Give out "Happy" cards	Make your bed
Donate-canned goods to the local food bank	Tell a funny story	Help clean up after dinner	Remember to use your manners	Read a book to a family member	Clean up a mess you didn't make	Write a letter of appreciation
Ask "how may I help you?"	Color a picture for someone	Stick up for a friend	Encourage your friends to do acts of kindness	Donate your old books to the library	Teach a friend or sibling one of your skills	Make a craft to decorate your home

Of course, there are many more ... if you think of something that would be helpful and kind for someone else, just go ahead and do it!! Know that the love of Jesus is within you and you can let it out to spread love and kindness throughout the world you live in ... your home, your church family, your community!

Serve the Lord --- and, have fun doing it!!