

Living Faith @



Dear Faith-Shapers,

As I write this on a very warm evening, it's difficult to imagine that in only a few months we will be watching the weather channel for the amount of snowfall to expect along with the possibility of blizzard warnings. Hopefully between now and then you have the opportunity to spend time with the "littles" in your life and help them catch some faith. Those of us who makeup the Home Life Network believe that faith is caught rather than taught ... how do you demonstrate your faith so you can be observed and allow it to be caught by others? Others, especially children, watch **you** to see how faith is done and expressed in your life ...

- ✦ Time spent reading and studying the Bible - which includes continued learning to grow our faith
- ✦ Volunteering to help at functions, for activities & events
- ✦ Helping others in whatever way they need help - whether physically, mentally, or spiritually.

Faith is an important expression of hope for something better. It is more than a wish as it includes the assurance that the Lord is working, even though we cannot see it. Faith is the anchor that keeps us secure in our awareness of God's presence. Knowing God is within and all around through all the challenges, messes, and turmoil in life - like choppy waters in high winds - God is with us providing calm beneath the surface.



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Fall in Iowa is a great time to spend with family doing activities that you cannot do in the heat of summer ... nor in the coldness of winter. Even though there are many activities and events on this list, just as was suggested in the last newsletter, there's nothing wrong with some relaxation/downtime! Taking time to read for 20 minutes a day - or read to someone - can be a refreshing time to relax while learning or rev up your imagination or just to read for pure enjoyment. Here are some suggestions for outside activities:

- Go apple picking. There are many apple orchards to visit ... near and far away
- Get lost in a corn maze. Maybe only get lost if you really know your way out
- Play a game of touch football. You don't need a whole team but have fun
- Plant bulbs in your garden for next spring's growing season.
- Collect some colorful leaves. There may be some in your own yard ☺
- Go on an excursion. To the mountains, a lake, or somewhere special
- Visit a pumpkin patch. There are usually some fairly close to you
- Pitch a tent in the backyard for a camping adventure. Notice the stars
- Visit the farmers market for vegetables now in season.
- Go on a scavenger hunt for acorns, pinecones, leaves, rocks, etc.
- Make s'mores by a backyard fire.
- Write down all the things and people you're thankful for.
- Pray for all the things and people you put on your list. Remember that when we pray, we don't have to be fancy. It doesn't matter when we pray. God just wants us to ask our questions and voice our needs ... seeking truth and wisdom and strength. No magic words. No rules to follow. Just pray. God is listening.