

Living Faith @



Dear Friends in Christ,

The season of Autumn has once again come to North Iowa. As I was talking with my grandkids about this season the other day, I asked why they thought it was called fall by most people. Their response was “because it’s the time the leaves fall off the trees!” They think grandma is silly sometimes with my questions. But, they’re correct! The leaves fall off the trees, the corn is being harvested in some places, the beans are being harvested in other places, the temperature at night gets low enough to make foggy early mornings, and with all the dust or smoke in the air, the sunrises and sunsets are very colorful!

Many people look forward to fall for the football and the cooler temps - while some others of us would be fine with keeping the warmer temps around for a while longer. The grass and other cover crops need this change in seasons to provide respite and recuperation for the land in order that the crops can be planted again next year ... just as our human bodies have the need for rest, recuperation, and refreshment. This time can be experienced in different ways. Reading books, sitting by a fire, watching a movie, or simply taking a nap are some of the ways to help our bodies with rest.

Fall brings the smells of cider and cinnamon, apple picking, and pumpkin flavored food and drink.

With school starting up again, though, the schedules are filling up with activities - both of school and of church varieties. This next month we can look forward to education classes, Reformation Sunday, and Fall Theological Conference.

What is your favorite part of fall? Are you ready to have new experiences, learn new skills, or put your God-given gifts to use in some new ways?

Take the time to enjoy the color changes going on around you, practice gratitude because gratitude draws us closer to God.

Have a blessed fall.

Rev. Sue Cira



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Reformation Day

October 31st is not only Halloween, it is also a time to remember the Reformation and its importance in church history. On this day in 1517, Martin Luther (the reformer, not MLK Jr. the civil rights leader) nailed his ninety-five theses (discussion points) to the door of the Wittenberg castle in protest of the abuses of the church. One of the main messages Martin Luther taught was that salvation cannot be purchased or earned. He said “We are saved by grace alone, through faith alone, in Christ alone.” When Martin Luther nailed those 95 theses to the door the Protestant Reformation was born.



Rest Your Weary Heart

I have discovered that some weeks are more exhausting than others. By the time Sunday afternoon arrives, I sometimes feel like my reserve tank is empty. Whether your week has involved heart-break or victories; whether your laundry is all washed, folded, and put away; or whether your heart is full of disappointments and the weight of your to-do list; whatever your week has brought ... stop. Don't worry about what has already passed. Take the time to stop and rest. Rest from the trials - rest from the victories - and center your heart on God, our Maker.

“Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. ~ Isaiah 43:18-19

The week will fade away and like all of our days, they are being recreated. Your burden is no longer yours, it is being lifted up by the glory of the cross.



Rock Painting is one of the newer hobbies that I would

like to try. As you can see above, the website rockpaintingguide.com is one place to find painting ideas and tips. You are encouraged to find flat rocks and use Mod Podge Outdoors to seal the rock before painting your design. According to the directions, more than one coat of paint is a good idea. Once the rocks are dry, you can hide them in parks. How exciting to go for a hike and find some pretty painted rocks! And, maybe even some flowers ... or some kids playing on the swings ... or an interesting tree with leaves that are falling ... or just a bench — to sit and rest.