

# DECIDE TO RISE



CHRIST  
LUTHERAN  
CHURCH  
ZIONSVILLE

OCTOBER NEWSLETTER

## UPCOMING EVENTS

### OCTOBER 27TH

Small Group via Zoom  
Chapters 6 of Psalms Study  
8:15pm - 9:30pm

### NOVEMBER 11TH

MOPS Monthly meeting  
Speaker: Sherrie Bloemendaal  
from The Cabin  
7:30pm

### NOVEMBER 17TH

Small Group via Zoom  
Chapters 7 & 8 of Psalms Study  
8:15pm - 9:30pm

## MOPS CARES!

Our group is here to support YOU! If you are expecting a new addition, or dealing with an illness or medical issue in your family, please let us help you! We'd love to be able to help with meals, prayers, or support in any way we can!

## SPEAKER: LISA GRAFT

Lisa Graft is an emotional, creative, insightful, and encouraging storyteller. She's a writer, speaker, and podcast host! Lisa is Founder of the movement that's changing mom culture, I Am Mother of the Year.com, where she's equipping and encouraging moms to move from isolation, fear, and overwhelming chaos, to community, compassion, peace and freedom.

Give her inspiration and plenty of real-life and ridiculous stories to tell are her husband Ryan of 10 years, and kids, Josie, 6, and Cal, 3.



## IN OUR PRAYERS:

- Prayers for our MOPS moms, that this may be a year we Decide to Rise!
- Catherine Armington's breast cancer battle.
- For our kids to stay healthy as they return from Fall break!

## SERVICE UPDATE:

We will be supporting The Caring Center in Lebanon this fall. Our goal is to put together at least 3 Thanksgiving meals for those in need. Items need to be brought to church at either our October or November meeting. (Save the cold items until the November meeting, please!) See the sign up here and pick up a few extra things on your next grocery trip:

<https://tinyurl.com/mopscaring>

## MENTOR MOM MOMENT:

Yesterday I was feeling quite lazy after a week of full throttle activity. As I was relaxing, the shouts of what I should be doing prevailed every moment of my thoughts ruining any chance of rejuvenating my energy.

Just remember that as we DECIDE TO RISE, we need to allow ourselves some quiet time in whatever manner that restores us. Discover peace and joy as you quiet the shouts of should.

Colossians 3:2 says to set your thoughts on things that are above and not things on the earth.

## MEETING NOTES:

## YOUR TEAM

Coordinator	Julia Goldberg
Hospitality	Katelynn Brack
Care	Lauren Siegel
Publicity	Dawn Lantz
MNO	Whitnie Bauer
Crafts	Jessica Gray
Finance	Tosha Hahn
Small Group	Nicky Keith
Mentor MOM	Susan Williams

