



## Follow Me

And he said to them, "Follow me, and I will make you fishers of men."  
Immediately they left their nets and followed him.  
Matthew 4.19-20

Take a deep breath. Breathe in through your nose. Exhale through your mouth. This fall is moving quickly and you feel like it's getting away from you. Maybe you had intentions of joining a life group and now you think you have missed your chance. Maybe your teenagers are making bad decisions and you're starting to regret letting them take those work shifts on Sunday and Wednesday nights when the teens gather. Maybe you made a goal to wake up early and spend time in God's word, but you got into a pattern of hitting the snooze when that alarm rings.

This year the theme for Teens is Disciple(ship), all of us, all in for Jesus. I want to tell you that even though you may feel like you missed the boat, Jesus is calling you to follow Him. You may not be the brightest or best, but Jesus doesn't call the brightest and best. He calls the available. After all, His first twelve disciples were a rag tag group of fishermen and sinners. "Follow me," He said to them, "and I will make you fishers of men." Notice that Jesus said He is the one who makes us fishers of men, so it doesn't depend on our own skills or abilities. Maybe you aren't good at public speaking or don't have a chair in the church choir, but Jesus will still use you to reach people.

The one thing you can say about the early followers of Jesus is they were available. "Immediately, they dropped their nets and followed Him." Sadly, there are people who are so attached to the stuff of life that they don't follow Jesus. One sad account is of a rich young man who couldn't follow Jesus because He wasn't willing to drop his Beverly Hills lifestyle to follow Jesus.

The question is not whether it's too late or whether you are good enough to follow Jesus. The question is are you ALL IN for Jesus? If not, what is holding you back that you are struggling to "immediately drop" and follow Him? Jesus is calling you to follow Him. Take a deep breath. What will your answer be?

Here's some important Teens dates for October:

- Oct 2 - Bonfire at Johnson's cabin
- Oct 12 - NOFW 5k and afternoon Fall hike
- Oct 17-20 - MEA week / No Teens on October 16
- Oct 26 - 6-8th grade air park trip
- Oct 30 - Small Group Night Out

Mercy, peace, and love be yours in abundance.  
Pastor Seth



Wednesday evenings

- 5:15-5:45pm • Supper
- 6-7:30pm • Awana Clubs



## Waffles & Widows

Join other ladies for a time of encouragement & fellowship.  
October 12 • 10am • Gym  
Contact Tucky at 218.742.6040 with questions.



**Who?** Young adults following or seeking to follow Jesus and desiring friendships and fellowship with others.

**What?** We are an interdenominational group of young adults who meet Thursdays at 7pm to fellowship and grow in our faith together.

**Questions?** Contact Kathy Galusha at 286.5727 or Carol Anderson at 324.2470.



## Celebrate Recovery

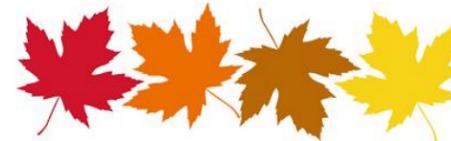
**When:** Tuesdays

**Time:** 7pm

**Where:** Room 200

This is for *anyone* who has hurts or hang-ups that they are working through.

**Questions?** Call Mary LePage at 286-5236 or Will Davies at 283-0925.



## Pastor Appreciation Month...

October is set aside as a time to show our pastors how much we appreciate them. Take a few minutes & write a note or send an email letting them know. There are note cards available in the lobby for your convenience. **THANK YOU**



❖ Tuesdays

❖ 9:15am

❖ Room 200

❖ All ladies are welcome to attend.

**OCTOBER: Domestic Violence Awareness Month**  
Let's talk about abuse

AVA  
Advocacy for Victims of Abuse

October is National Domestic Violence Awareness Month

Covchurch.org/ava

LOVE MERCY  
LMDJ  
DO JUSTICE

## Recipe Corner



### Chicken Pot Pie Soup

4 (2 lbs) chicken breast halves, - cut into bite-sized pieces **or** 2 to 3 cups shredded rotisserie chicken

1/2 ground pepper - to taste

1/3 cup butter - unsalted

4 cups heavy cream or 2% milk

1 cup Chicken Stock

1/2 small yellow onion - diced

1 cup frozen carrots - thawed

2 tablespoons olive oil

1/4 cup all-purpose flour

4 teaspoons chicken base (bouillon)

1 tablespoon garlic - minced

1 cup frozen green peas - thawed

Pinch nutmeg - freshly grated, optional

Preheat oven to 400 degrees F. Season chicken with salt and pepper. Heat oil in a large Dutch oven over medium-high heat. Add chicken and saute until cooked through. Remove chicken from the pan and set aside. Then into the same large Dutch oven, melt butter and saute the onions until they soften; about 3 minutes. Add the garlic and saute for another minute. Then sprinkle the flour over the onions and garlic, stir until consistency of peanut butter, but do not brown like a roux — you want it to remain a light golden color. Add the chicken base, chicken stock (or water), and heavy cream. Stir until combined. Add the chicken and any collected juice back into the soup. Add peas, carrots. continue to cook on low until heated through. Stir in the nutmeg.

**Optional:** Thaw and prepare puff pastry for breadsticks by cutting into 1" strips and baking. You may also serve the soup with a crusty bread or cheddar-garlic biscuits.



# October

## New Testament

### ▶ JOHN

1.  1:1-18
2.  1:19-28
3.  1:29-34
4.  1:35-42
5.  1:43-51
6.  2:1-11
7.  2:12-25
8.  3:1-15
9.  3:16-21
10.  3:22-36
11.  4:1-14
12.  4:15-26

### ▶ JAMES

- 1:1-11
- 1:12-18
- 1:19-27
- 2:1-13
- 2:14-26
- 3:1-12
- 3:13-18
- 4:1-10
- 4:11-17
- 5:1-6
- 5:7-12
- 5:13-20

### ▶ 1 PETER

13.  4:27-42
14.  4:43-54
15.  5:1-15

### ▶ 2 PETER

16.  5:16-30
17.  5:31-47
18.  6:1-15
19.  6:16-24
20.  6:25-40
21.  6:41-59

### ▶ 3 PETER

22.  4:1-11
23.  4:12-19
24.  5:1-7
25.  5:8-14

## Old Testament

### ▶ ECCLES.

- 1
- 2:1-16
- 2:17-26
- 3:1-15
- 3:16-22
- 4
- 5
- 6
- 7:1-14
- 7:15-29
- 8
- 9

### ▶ JEREMIAH

- 1-2
- 3-4
- 5-6
- 7-9
- 10-11
- 12-13
- 14-15
- 16-18
- 19-22
- 23-25
- 26-29
- 30-31

### ▶ 2 SAM.

- 10
- 11
- 12

### ▶ SONG OF SONGS

- 1
- 2
- 3
- 4:1-7
- 4:8-16
- 5
- 44-46
- 47-48
- 49
- 50
- 51
- 52

### ▶ LAM.

- 6
- 7
- 8:1-7
- 8:8-14
- 1
- 2
- 3
- 4-5

The



Family  
Messenger

October 2019

1631 1st Ave. E • Intl. Falls, MN • 56649 • 218.283.3365

### From the Desk of Pastor Dan ...

May the God of hope fill you with all joy and peace as you trust in him,  
so that you may overflow with hope by the power of the Holy Spirit.  
Romans 15:13

This past week, I examined the condition of my lawn only to discover it was worse than I had anticipated. We had experienced several significant rain storms, and the rains from those storms had eroded several patches. In one area in particular, tree roots were exposed and part of a hillside was washing away. I called a local nursery and they told me this was a good time to fill with soil and plant grass seed.

Grass seed! It's October! Frost will be soon upon us. However, as they were the experts, I filled in dirt and planted grass seed. I also put a landscape mesh over the areas to help hold the dirt and seed in place. And I will hope that grass will germinate and re-sod these areas of my lawn.

Hope. It's one of those words we talk about in the church, but sometimes it's hard to nail down, define, and see how it fits into our lives. But we all need to be filled with hope. We see in the scriptures that Paul prayed for the believers living in the hopeless city of Rome that they would be filled with all hope by the power of the Holy Spirit. Maybe that's a prayer you need for your life today. Perhaps there is an area or two in your life that looks hopeless right now. Like my lawn, maybe your spiritual vigor has been washed away by circumstances and your life has some bare spots that look hopeless.

If that is what you are feeling today, I have good news for you. Our God is a God of hope. And He wants to fill you with joy and peace so that your life will overflow with hope.

Let me leave you with this thought on hope. Hope doesn't see the results before it acts. I did a lot of work on my yard, without seeing any results...yet. But I live in hope that the seeds will germinate and by next spring, I will once again have grass on the bare spots. In fact, I recently saw a few new shoots coming through the mesh. I have hope.

My prayer for you, if you are facing hopeless circumstances is that God will fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Standing with you in hope,

Pastor Dan



# October



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Nancy Johnson	3	4 David Griffith Andrew Larson	5 Nicole Nelson Mark Rooney Lillie Strong
6	7 Jim Bissonnette Todd & Rosa Christianson	8 Jaana Georgeson Maurice Ohlquist	9 Jillian Bilben	10 Dick Frederick Victoria Galusha Dick Lorette	11 Jim Hummel	12 Luke Zika
13 Scott Mann Ariana Vacura	14	15 Julie Christenson Doris Porter	16 Robin Baumchen	17 Taylor Sears Stan & Lila Kuttles	18 Barb Herrly Jim Lyman	19 Doug Galusha Dawnelle Meyers Lamin Barrow
20 Karla Line	21 Abbelina Barrios Ben & Karla Line	22 Cody Boyer Jennifer Holm	23 Arvid Hoppe	24	25 Shelby Layman Nick Steines Jerry & Kimberly Nyborg	26 Bill Maruk Eric & Stacy Hall
27 Barb Cassibo Tom Holm Sr.	28 Peggy Ridgeway	29 Adam & Danni Aili Gary & Terri Anderson	30	31		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:15am Ladies Bible Study  6:45pm Prayer & Praise  7pm Celebrate Recovery	2 6am Men's Study  7:30am Men's Study  5:15-7:30pm Awana  7pm Teens	3 6:30pm Divorce Care  7pm Young Adults	4	5 6-8pm Welcome Class (Part 1)
6 8:30am Prayer  9am Worship  9am Sunday school  10:30am Worship  12-2pm Welcome Class (Part 2)	7 6:30pm Prayer Meeting	8 9:15am Ladies Bible Study  6:45pm Prayer & Praise  7pm Celebrate Recovery	9 6am Men's Study  7:30am Men's Study  5:15-7:30pm Awana  7pm Teens	10 6:30pm Divorce Care  7pm Young Adults	11	12 10am Waffles & Widows
13 8:30am Prayer  9am Worship  9am Sunday school  10:30am Worship	14	15 9:15am Ladies Bible Study  6:45pm Prayer & Praise  7pm Celebrate Recovery	16 6am Men's Study  7:30am Men's Study  5:15-7:30pm Awana	17 6:30pm Divorce Care  7pm Young Adults  7pm Quilt Guild	18	19
20 8:30am Prayer  9am Worship  9am Sunday school  10:30am Worship	21 6:30pm Prayer Meeting	22 9:15am Ladies Bible Study  5pm Comm. Café  6:45pm Prayer & Praise  7pm Celebrate Recovery	23 6am Men's Study  7:30am Men's Study  5:15-7:30pm Awana  7pm Teens	24 6:30pm Divorce Care  7pm Young Adults	25	26
27 8:30am Prayer  9am Worship  9am Sunday school  10:30am Worship	28 6:30pm Prayer Meeting	29 8:30am Men's Breakfast  9:15am Ladies Bible Study  6:45pm Prayer & Praise  7pm Celebrate Recovery	30 6am Men's Study  7:30am Men's Study  5:15-7:30pm Awana  7pm Teens	31 6:30pm Divorce Care  7pm Young Adults		