

OCTOBER 2012

SHEPHERD OF THE VALLEY LUTHERAN CHURCH NEWSLETTER

Volume 1, Issue 1

Shepherd's Office Hours;
Mon-Thurs 9:00—2:00

Pastor Randy's Office
Hours;
Tues-Fri 9:00 -12:00
(by appt after 12:00)
Office phone;
503.645.4994
Sovlutheran.com

Summer Worship Services
8:30 a & 11:00 a

Sunday School for all
ages 9:45 a

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"A caring community
touched by Christ,
touching others for Christ"

YOUTH GROUP NEWS...

MS YOUTH GROUP;

Camp Lutherwood recharge retreat
October 12-14. Cost \$85 per youth.
Transportation provided.

October 27th

4:00—6:30 p Corn Maze \$7
@ Sauvie Island Pumpkin Patch
Provide own transportation



HS YOUTH GROUP;

October 27th

7:00 - 10:00 p Corn Maze \$7
@ Sauvie Island Pumpkin Patch
Provide own transportation



PASTOR'S PAGE

"I was glad when they said to me, "Let us go to the house of the Lord".

My guess is that not everyone would agree with psalmist and that seeming excitement about going to the house of the Lord. Fact is that some of the folks who visit us on Sunday morning (and even some who come often) may not exactly feel glad about the opportunity. So, because the feelings may sometimes be a little reticent, or maybe just a little scary, think about how important a warm welcome is.

I know that we have many who offer pleas to us to do something. The demands can become overwhelming, but I hope that this does not seem like another one of those pleas. A few months ago I did the same kind of thing. This is a plea, with a please, to consider being involved with the worship time at SOV by being a greeter or an usher. A friendly face, a warm greeting, a welcoming presence, can be so important to folks who may feel less than glad, or maybe a little nervous, about being here.

Many times I have heard folks say that they came back to SOV after visiting because the people were so friendly. Thank you for that. And maybe we continue that fine tradition and important call, to welcome strangers in our midst. Welcome those who are wary, unsure, doubtful, in whatever hesitance they may have, so that one day they too may say, "I was glad when they said to me, "Let us go to the house of the Lord."

Please let me know if you are interested, sign up on the sheet in the narthex if you feel ready to go, or if you have questions, or wonder about training, please ask. And thank you for taking the time to consider this important part of our ministry.

In Christ,
Pastor Randy

COUNCIL PRESIDENT'S REPORT...Submitted by Lee Bonacker

October is Strategic Plan Month! The plan is finished and has been reviewed by Council. So it's ready for the congregation to review. There is a copy in the newsletter under the "Happening Now" link. There will also be hard copies available in the Narthex and a congregation wide email distribution will come shortly along with a mailing for those without email. If you want to comment by email, please send the replies to Tammy and she will forward them all to me for collection for the Task Force. (Since this newsletter is posted on the Net, I don't want to put my personal email address here, but if you know it already just send direct to me if you like.)

There will also be a Town Hall Meeting on 10/7 to present the Plan. The meeting will occur between services, so will take about 45 minutes. Cal will present the logic and organization for the plan and you can also get a hard copy then. But because the time between services is short, this meeting will present the plan only. So there won't be an opportunity for questions at the first meeting. There will be two other times to ask questions and discuss the plan, also between services. The schedule is below:

10/7/12 Strategic Plan Presentation 10/14/12 Discussion Forum 10/28/12 Discussion Forum

These meetings will also be video-taped, so that the Sunday school teachers will have an opportunity to view them. So you can also request a video if you wish. The idea is to present the Plan via as many vehicles as possible, and thankfully SOV has people with the technical skills to do so. So there will be a way for every single member to get a copy, if they want one. By the way, there will also be a sign-up sheet for mailing hard copies in the Narthex, also. So please do remember to fill it out if you want a hard copy, just as a way to double check that everyone gets one.

Other exciting things occurring in October include the Transport 5 concert. It will be held 10/27 and 10/28 at 6:00 PM. The theme will be "Love" and the concert will be vibrant and enjoyable, as they always are.

Evangelism has been really busy this summer. A couple of their ideas include fundraising for KOK scholarships. As you may know, KOK offers scholarships for low income families. KOK is a mission of SOV and offering scholarships is an excellent way of reaching out with the Good News to the community. A raffle for a condo time share has been approved; details will be forthcoming. Also, Evangelism will apply for a fundraising opportunity at McMenamain's next year. (The applications need to be submitted the first week of January.) I understand the last one several years ago was a lot of fun, so let's hope the idea gets approved.

Did you know that SOV offers several types of enhanced hearing equipment to listen to the services? There are three types, ear buds, ear phones and the very new tile coil. So if you have any needs, there should be enough equipment to fit into whatever system you have already.

Another bit of positive news for this month is that August giving has also come in above the budget. Shepherd was therefore able to fund the repair and Thanksgiving baskets reserves, plus fulfill the church's own giving to the Synod this year as well all up to the end of August. So we continue to be blessed financially in an unusual way this summer. No "Ketchup Fund" this year! Do you remember that time when we were \$13,000 short at the end of the summer? Do you also remember that \$13,000 came in as an anonymous gift from a visitor who didn't even

attend SOV? Truly we have a wonderful God who will supply all our needs in Christ Jesus.

Finally, the Council approved a gesture of gratitude for Stacy and Caitlin who have done so much work for our youth. They will be awarded gift certificates purchased via the scrip program, and boy do they deserve the thanks. So if you see them at services, please give them an "Atta Girl!".

Please remember the scrip program, too. There are now two opportunities a month to purchase scrip and credit cards are able to be taken as well. But checks are still the best way to purchase scrip, as the credit card purchasing fees are taken out of the percentage the church gets back. There are more businesses on the scrip program continually and a Chinook Book is available as well. Starbucks and Home Depot, Fred Meyer – the list is extensive.

Blessings to You,

Lee Ann Bonacker

TRANSPORT 5.... in concert at SOV

Transport 5 returns to Shepherd of the Valley for a fall concert
Saturday and Sunday
October 27th and 28th
6:00 pm

SOV extends an invitation to the community to attend
Please invite your family and friends to enjoy an evening of great music and entertainment



Kevin Cope, Tricia Collier, Mick Wynn, Tammie Dees, Dan Nichols

NOVEMBER NEWSLETTER ARTICLES ARE OCTOBER 23RD

ADULT SUNDAY SCHOOL CLASS SERIES

KEEP YOUR MIND FOR LATER USE;

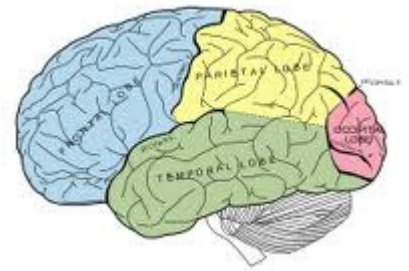
October: The Role of Exercise: Renew Your Mind

The Role of Exercise in Promoting Brain Health: Renew Your Mind

Have you ever gone for a walk and felt a lot better when you get back home? You might have “cleared your head.” You might have thought of something new. You probably improved your mood. You probably also formed some new brain cells.

Exercise, research now shows, is one of the best ways to improve the health of your brain, as it improves the circulation to your brain, and also seems to spark the formation of new brain cells. This is a process that can happen throughout our lives – it’s never too late to start or resume the exercise that will help our brains so much. When we get going and get moving, we can really help this process of renewal along.

Come and join Shepherd of the Valley as we examine the life-long role that exercise can play in the health of your brain. Wear comfortable clothes and shoes in which you can move!



For more information about the formation of new brain cells, called *Neurogenesis*, check out this “Brain Briefing” from the Society for Neuroscience: http://www.sfn.org/index.aspx?pagename=brainBriefings_adult_neurogenesis. (June 2007, accessed on-line 3.20.12).

Shepherd of the Valley is proudly sponsoring an American Red Cross blood drive Monday, October 15th 1:30 - 7:00 pm

We encourage all eligible persons to help our local community by giving the gift of life. The blood donation process takes about an hour of your time and could save up to 3 lives.

First time donors are welcome! For more information and/or to schedule your appointment to donate blood please call 800-787-9691 or 503-284-4040. ***Walk - in's Welcome***



Kids of the Kingdom

We have completed our first few weeks of classes and are getting to know our new friends and teachers. The sunny September weather was just great to spend our outside time in the sandbox and sliding down the slide. Wee!!!!

We have openings for Kindergarten students. Please spread the word. Class meets Monday through Thursday from 9 am to 2 pm. Tuition is \$325 a month. Here are some pictures of the Kindergarten activities: writing, reading and listening and making scrumptious snacks.



We also need 2 more 2 year olds to register to open our Two's Time Class. Contact Kids of the Kingdom for more information.

Kindergarten News

Our first full day of school was Tuesday, September 4th and we had a great time getting to know one another. September found us talking about ourselves our families and community helpers. We learned that God created us all and that he loves us very much. We learned how God created everything in just 6 days and then rested on the 7th day. We learned about Abraham and Sarah and how they founded a nation. We counted, practiced our ABCs, learned to read some sight words and made several take home books to practice our reading. We played outside. We learned to organize information about ourselves by using glyphs. We sang songs and wiggled, and giggled. We began chapel with Pastor Randy. It was a great month!

Looking ahead to October, we will learn about Baby Moses, Noah and Daniel. We will taste apples and graph our favorites. We will make applesauce and other apple treats. We will talk about the change of season and look more closely at God's creation of leaves, apples, pumpkins, sunflowers, and squash. We will make more books, count more objects, practice writing our numbers, letters, words, and play lots more games. We will listen to many stories and draw and write about our favorite characters and parts of the story. We will learn about bats and spiders and have fun with monsters. We will take a field trip to the pumpkin patch and find our perfect pumpkin. We will prepare for the harvest season and celebrate with a party on Halloween. Submitted by Mrs. Rasmussen

3's and 4's Class News

Our threes and fours preschool classes have started the year off wonderfully and we are excited for a full month in October! In September, we began feeling comfortable with our new friends. We learned to talk to God in prayer and that He made us each special. We also learned about all our different body parts and the different things that they can help us do. For October, we can look forward to learning about our 5 senses and all of the different feelings that we have. We will also be exploring the different signs that Fall has arrived and learning about how God created the world and everything in it within seven days. At the end of the October there will be a field trip to the Pumpkin Patch with our families and a special dress up day at preschool! Submitted by Mrs. Johnson

Christmas Greens Fundraiser

Orders are now being taken for our Christmas Greens Fundraiser. Order forms are available at the Preschool and Church and online on the Church website (www.sovlutheran.com). Orders and payments are due **NOVEMBER 8, 2012**.

Available items are 3 kinds of wreaths, a swag, 3 different centerpieces and a garland (25 feet each). Items can be picked up at the Preschool or Church, November 27 through 29, from 9a-2p and 6p-7p.

You may also purchase items that will be directly shipped to the people of your choice. These three items are located on the bottom of the order form. For these items, please provide on a separate piece of paper the name, address, and phone number of the person receiving the item(s) and a greeting of your choice.

Net proceeds benefit the Kids of the Kingdom Christian Preschool and Kindergarten Tuition Assistance Program and the SOV Youth Group. If you have any questions, please contact Wendy Roeder at 503-645-0236 or kokpreschool@gmail.com.



God is Good, All the Time!

Thank you to all @ SOV from Larry and Corrine Gilbertson

We are so grateful and full of thankfulness for all the gifts you have given us ! That includes visits, cards, delicious meals, flowers

and your love and prayers ! Five years ago at the time of our sons death . you responded to our family with the same gifts! Its so very comforting to have such a generous and loving church family! You are all such a Blessing to us and our family! Thank you Pastor Randy for being our Pastor! Larry is having good days and we say "Thank you God"! Oh yes God is good!

We love you! Corrine and Larry

Property Management

Thank you to Michael J. and Reynold R. for the installation and painting of the hand rail leading to the KOK entrance.

Thank you to Connie M. and Chris R. for the new plantings in the courtyard near the entrance to SOV.

Thanks to All for the continued work, inside and outside, of the building and grounds!

OCTOBER BIRTHDAYS

2 Dick K.	22 Cyndi P
4 Karen S,	22 Jack R.
8 Betty S.	25 Kimberly W.
11 Marissa M.	26 Clara M.
11 Aggie W.	26 Austin M.
17 Beth K.	27 Charleen K.
	30 Shannon H.



God's Blessing
 For a
 Joyful New Year
 In
 Life!

OCTOBER ANNIVERSARIES

<i>Aaron & Kate Zahrowski</i>	<i>October 1st</i>
<i>Michael & Debbie Johnson</i>	<i>October 4th</i>
<i>Chris & Amie Kelley</i>	<i>October 10th</i>
<i>Doug & Shannon Heizenrader</i>	<i>October 12th</i>
<i>George & Valsala Kurian</i>	<i>October 21st</i>
<i>Reynold & Wendy Roeder</i>	<i>October 29th</i>
<i>Mike Burkesmith & Melody Wright</i>	<i>October 29th</i>



VOLUNTEER OPPORTUNITIES

There are many ways you can volunteer at SOV;

Ushers/Greeters; Ushers and Greeters are needed for both worship services, its easy to do and there is a step by step guideline at the usher station for your help or if you prefer to volunteer with someone experienced the first time or two please let us know that or indicate that on the sign up sheet in the Narthex

Altar flowers; the Altar Guild committee strives to provide flowers on the Altar each Sunday, Verna does a wonderful job making arrangements with our own SOV garden flowers during the blooming season, but during the off season donations are needed so she can purchase floral pieces. Donations are accepted anytime to the altar guild/flower fund, or if you would like to celebrate/remember an occasion you can do that also with a flower donation. Sign up sheet is located in the Narthex

Lesson Readers; if you enjoy reading the Sunday lessons please let Pastor or Tammy know of your interest.

Fellowship committee; Do you like to plan events or have great ideas for fun social gatherings, come be a part of the fellowship team. They also need your help with donations of products; coffee, creamer, and treats, specifically for Sunday morning fellowship. Cookies, bars, breads, cheese and crackers, sausage, bagels, spread, fruit etc can all be donated and placed in the kitchen at anytime. There is ample storage in the fridge, freezer or pantry.



Confidential ~ Professional ~ Pastoral

Westside Pastoral Counseling

"Where hope, healing and faith come together"

(503) 477-2627

Westside Pastoral Counseling provides confidential and affordable care to individuals, couples and parents seeking help and guidance. Rev. Bob McIntyre, D.Min., has served in full-time pastoral ministry for 26 years. As a pastoral counselor he offers seasoned and experienced support to the ministry of local pastors and congregations and the people they serve.

PARISH NURSE

6 Steps to Protect Your Older Loved One from a Fall

September 13, 2012

Did you know that one in three older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+.

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can lead to a fall:

- **Balance and gait:** As we age, most of us lose some coordination, flexibility, and balance—primarily through inactivity, making it easier to fall.
 - **Vision:** In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see.
 - **Medications:** Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.
 - **Environment:** Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.
- Chronic conditions: More than 90% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.**

6 Steps to Reducing Falls

Here are six easy steps you can take today to help your older loved one reduce their risk of a fall:

1. Enlist their support in taking simple steps to stay safe.

Ask your older loved one if they're concerned about falling. Many older adults recognize that falling is a risk, but they believe it won't happen to them or they won't get hurt—even if they've already fallen in the past. A good place to start is by sharing NCOA's [Debunking the Myths of Older Adult Falls](#). If they're concerned about falling, dizziness, or balance, suggest that they discuss it with their health care provider who can assess their risk and suggest programs or services that could help.

2. Discuss their current health conditions.

Find out if your older loved one is experiencing any problems with managing their own health. Are they having trouble remembering to take their medications—or are they experiencing side effects? Is it getting more difficult for them to do things they used to do easily?

Also make sure they're taking advantage of all the preventive benefits now offered under Medicare, such as the Annual Wellness visit. Encourage them to speak openly with their health

care provider about all of their concerns.

3. Ask about their last eye checkup.

If your older loved one wears glasses, make sure they have a current prescription and they're using the glasses as advised by their eye doctor.

Remember that using tint-changing lenses can be hazardous when going from bright sun into darkened buildings and homes. A simple strategy is to change glasses upon entry or stop until their lenses adjust.

Bifocals also can be problematic on stairs, so it's important to be cautious. For those already struggling with low vision, consult with a low-vision specialist for ways to make the most of their eyesight.

4. Notice if they're holding onto walls, furniture, or someone else when walking or if they appear to have difficulty walking or arising from a chair.

These are all signs that it might be time to see a physical therapist. A trained physical therapist can help your older loved one improve their balance, strength, and gait through exercise. They might also suggest a cane or walker—and provide guidance on how to use these aids. Make sure to follow their advice. Poorly fit aids actually can increase the risk of falling.

5. Talk about their medications.

If your older loved one is having a hard time keeping track of medicines or is experiencing side effects, encourage them to discuss their concerns with their doctor and pharmacist. Suggest that they have their medications reviewed each time they get a new prescription.

My mom had an elaborate spreadsheet to keep track of her medications and schedules. Adding a timed medication dispenser that my sister refilled each month promoted her peace of mind and allowed us to ensure her adherence to the prescribed regime.

Also, beware of non-prescription medications that contain sleep aids—including painkillers with "PM" in their names. These can lead to balance issues and dizziness. If your older loved one is having sleeping problems, encourage them to talk to their doctor or pharmacist about safer alternatives.

6. Do a walk-through safety assessment of their home.

There are many simple and inexpensive ways to make a home safer. Here are some examples:

- **Lighting:** Increase lighting throughout the house, especially at the top and bottom of stairs. Ensure that lighting is readily available when getting up in the middle of the night.
- **Stairs:** Make sure there are two secure rails on all stairs.
- **Bathrooms:** Install grab bars in the tub/shower and near the toilet. Make sure they're installed where your older loved one would actually use them.

For more ideas on how to make the home safer, the Centers for Disease Control (CDC) offers a [home assessment checklist](#) in multiple languages.

Fellowship Committee

Mark your calendars!!

October 7 – Paper Sunday - The congregation is asked on this Sunday to bring paper goods such as: toilet paper, paper towels, paper plates, napkins, paper cups (9-12 oz. for coffee & 5 oz. for juice) and Kleenex. There will be an area for people to place their donations.

October 27 & 28 – Transport 5 Concert; Shepherd of the Valley once again hosts the music of the Transport 5 on Saturday and Sunday, October 27 and 28 at 6 PM.

This concert will fill our lives with “Love” through the musical entertainment of this professional and talented group that we have come to know and love. Share this musical opportunity by inviting all your family and friends to attend one or both of the concerts. Let’s support this music ministry as it contributes to the mission and ministry of SOV and fill our building as we share in the music and fellowship of the Transport 5.

A free will offering will go towards the ministry and missions of Shepherd of the Valley. We need help in setting up, serving, baking cookies and clean up.

Please consider how you can help us provide special SOV fellowship for this wonderful musical event. Contact Tammy, Peggy, Diane or Sharon Graalum. Refreshments and beverages will be served after the concert.

November 4 – “Give thanks with a grateful heart” Annual giving thanks fellowship and dinner! **Sunday, November 4, 5:30 PM, Dinner at 5:45 PM**

Invite your friends and family to our annual “Giving thanks” pot luck dinner. SOV will be providing ham and rolls. Those attending are encouraged to make their family’s favorite holiday side dish, salad or dessert to compliment our dinner. This could be a recipe from your ethnic background or just something that is extra special for your family. The funds that are added to our SOV pig each Sunday will go towards the purchase of the ham, rolls and beverages. If baking or cooking isn’t something that you enjoy consider adding a donation to the piggy.

We will have some special music, presentations and good old fashioned food and fellowship as we look back on this last year and give thanks for all the God has given us through the mission and ministry of Shepherd of the Valley. This is a family event and will include something for all ages. Look for more information in the bulletin and on our web page. If you have ideas to help in the planning of our event or are willing to help set up, entertain or clean up please contact Tammy, Sharon Graalum, Diane or Peggy.

November 11 - Veteran’s Day presentation by Pieter Rol 6:00 p watch for more information to follow.

Ladies Dinner

October 2 6:00 p

Mazatlan Restaurant 1435 NW 185th

Men’s Night

October 4th 6:30 p

Golden Valley Brewery

Healthy Habits for Life...Submitted by Corrine Gilbertson

Need some encouragement to live a healthy lifestyle? Come to the Beaverton Foursquare Parish Nurse Fall Conference, Saturday, October 20, 9 AM to 12 PM, and learn about **Healthy Habits for Life**, from Cheryl Matschek Ph. D., a practicing Doctor of Natural Health and Master Herbalist, and Debi Mecartea, Master of Divinity from George Fox Evangelical Seminary. Dr. Matschek, an internationally known speaker, trainer, and consultant in the areas of health and wellness, and lifestyle changes, will address: **Nutrition, Herbs, Toxins, Exercise, Sleep, and Stress**. Rev. Debi Mecartea, a Board Certified Chaplain at OHSU Hospital, will address the importance of **"De-stressing through Meditation on God's Word."**

Registration available online: beavertonfoursquare.org (preferred), in the church lobby at the Parish Nurse Ministry table beginning September 30, and at the door beginning at 8:30 AM. Cost is \$10 for an individual and \$15 for a couple/family.

TREASURERS REPORT





It's hard to believe summer is over but it was a really memorable one for the Kingston family. It was our first full summer in Oregon and we got to share this state's beauty with many family and friends who came to visit. We never tire of visiting Multnomah Falls, Mt Hood, the beautiful coast, Crater Lake and of course, everyone wants a VooDoo donut!

But I have to admit I was a little anxious about taking over as Shepherd of the Valley Treasurer at the beginning of the summer.....I had no doubts that Betty would give me great training and a smooth turnover. But in my past experience, the summer can be a tough time for churches to keep up with their bills. Lots of people take well deserved vacations but their absence often means less revenue and I was concerned that we would be dealing with that issue at Shepherd. WOW - was I wrong! Not only did we NOT get behind, but by September, we were able to catch up with our Synod benevolence and start the Fall in pretty good shape!

Thank you for being faithful servants at Shepherd of the Valley and thanks to the committees for keeping expenses low. As I was looking for a new church family in Oregon, I was continually pulled to the warmth and caring environment at Shepherd and this summer showed me once again just how special this congregation is and how dedicated all of you are to the work of God in our congregation and community.

As we move forward with a new Strategic Plan and vision, we will all have to continue our faithfulness but it sure feels great to go into that next chapter without being in the red! Thank you!

October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	9:00 - 2:00 p KOK preschool/ kindergarten	9:00 - 2:00 p KOK preschool/ kindergarten 6:00 p Ladies Dinner @ Mazatlan Restaurant	7:15 a Coffee Group 9:00 - 2:00 p KOK preschool/ kindergarten	9:00 - 2:00 p KOK preschool/ kindergarten 6:30 p Men's Night @ Golden Valley Brewery 7:00 p LLL 7:30 p OEC	900 - 11:30 KOK Preschool	7:00 p Choir Rehearsal 
7	8	9	10	11	12	13
8:30 & 11:00 a Worship Blessing of the Pets / Scrip / Birthday Blood Pressure 1:30 p OEC	9:00 - 2:00 p KOK preschool/ kindergarten	9:00 - 2:00 p KOK preschool/ kindergarten	7:15 a Coffee Group 9:00 - 2:00 p KOK preschool/ kindergarten	9:00 - 2:00 p KOK preschool/ kindergarten 7:30 p OEC	900 - 11:30 KOK Preschool MS Youth Retreat/Camp Lutherwood	7:00 p Choir Rehearsal
14	15	16	17	18	19	20
8:30 & 11:00 a Worship 1:30 p OEC	9:00 - 2:00 p KOK preschool/ kindergarten 1:30—7:00 p Red Cross Blood Drive 	9:00 - 2:00 p KOK preschool/ kindergarten	7:15 a Coffee Group 9:00 - 2:00 p KOK preschool/ kindergarten	9:00 - 2:00 p KOK preschool/ kindergarten 10:00 a LLL 7:00 p Council	900 - 11:30 KOK Preschool 7:30 p OEC 	7:00 p Choir Rehearsal
21	22	23	24	25	26	27
8:30 & 11:00 a Worship Series 2 Keep Your Mind for Later Use 10:00 Scrip order 1:30 p OEC	9:00 - 2:00 p KOK preschool/ kindergarten	9:00 - 2:00 p KOK preschool/ kindergarten	7:15 a Coffee Group 9:00 - 2:00 p KOK preschool/ kindergarten	9:00 - 2:00 p KOK preschool/ kindergarten 12:00 p All Church Lunch 'Spaghetti' 7:30 p OEC	900 - 11:30 KOK Preschool	Transport 5 Concert 6:00p MS Youth Pumpkin Patch 4-6:30p \$7 HS Youth 7-10 p \$7
28	29	30	31			
8:30 & 11:00 a Worship Reformation Sunday 1:30 p OEC Transport 5 Concert 6:00 p	9:00 - 2:00 p KOK preschool/ kindergarten	9:00 - 2:00 p KOK preschool/ kindergarten	7:15 a Coffee Group 9:00 - 2:00 p KOK preschool/ kindergarten 