

Birthdays

1 st	Earl Pickel
2 nd	Zach Burke
3 rd	Gavin Dombach
4 th	Corie Welsh
6 th	Sherry Ober
7 th	Janet Wood*
8 th	Michael Wolf
13 th	Bonnie Ries
	Mark Harman
14 th	Michelle Walton
	Brenda Hayasaka
15 th	Jordan Rowland
16 th	Jacqueline Ottens
17 th	Aaron Rowe, Jr.
19 th	Annabel Ries
20 th	Stephen Woestman
21 st	Dianne Sherr
	Nicholas Koser
22 nd	Paige Babin
23 rd	Donna Paul Linton
26 th	Carolynn Main
27 th	Kim Neumar
28 th	Cindy LaMaster
	Matthew Douglas
31 st	Grant Garcia

***Designates shut-in –**
These people would especially enjoy hearing from you.

Happy Anniversary

4 th	Brian & Sara Ressler (14)
10 th	Don & Stacie Main (24)
13 th	Aaron & Shelly Rowe (20)
19 th	Michael & Crystal Fink (19)
30 th	Tom & Beth Rowland (46)



Take advantage of the weather. Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures.

"Walking, hiking and cycling are all awesome in the fall. Discover park trails and take in some new scenery, whether you're walking, biking, or in-line skating. In places where snow falls early, try cross country skiing or snowshoeing. Or, if you live near the beach, get out and play volleyball, throw the Frisbee around, or play a vigorous game of fetch with your dog.

If you're near a lake, try kayaking or canoeing, for an excellent whole-body workout and a great change of pace. And remember, it doesn't have to seem like exercise to be a great workout.

Raking leaves or doing some fall outdoor yard work is a great way to get the heart pumping, and it's great calorie-burning.

Think outside the box. Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Ask any schoolchild: Fall is a great time to learn something new. Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you.

Fall is the perfect time to gain new physical skills, because you burn fewer calories when you begin a new activity (thanks to the learning curve). If you learn something new now, by next summer, you'll have mastered the skill -- and you'll burn more calories doing it, just in time for swimsuit season.

Be an active TV watcher. Many people get geared up for fall premieres of their favorite television shows. If you're going to sit down and watch hours of TV, get moving. Make a date with exercise and TV.

While you watch, you can walk or run in place, do standing lunges, do triceps dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 minutes worth of commercial interruption.

Integrate exercise into your life. You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break. Here are a few that are less obvious:

If you're spending the afternoon taking kids to soccer practice, instead of reading a book or visiting with another parent, why not walk around the outside of the field while they practice? Or (if you feel comfortable) warm up and cool down with the kids. You can even get moving while you get motivated -- for fitness or other life goals. Get some inspirational music or find a motivational talk and download it to your iPod. Walk while you listen for 30 minutes.

Rejuvenate yourself. Fall is the time to rejuvenate body, mind and spirit. Get a massage after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness, he says, so you can feel good physically, mentally, emotionally, and spiritually.

<https://www.webmd.com/fitness-exercise/features/10-tips-fall-fitness#2>

WORSHIP PARTICIPANTS FOR October					
	October 2	October 9	October 16	October 23	October 29/30

ASSISTANTS	8:00 R. Grove 10:30 P. Supeck / L. Strause	8:00 Lisa Strause 10:30 S. Mull / Needed	8:00 J. Labezius 10:30 V. Mumma / K. Miller	8:00 V. Mumma 10:30 H. Butterworth / D. Sensenig	6:00 C. Way 8:00 B. Hayasaka 10:30 B. Steinmetz / P. Supeck
SOUND	8:00 L. Labezius 10:30 W. Heidel	8:00 L. Labezius 10:30 J. Neumar	8:00 L. Labezius 10:30 W. Heidel	8:00 L. Labezius 10:30 J. Neumar	8:00 L. Labezius 10:30 W. Heidel
READERS	8:00 J. Grove 10:30 R. Ward	8:00 R. Strause 10:30 J. Young	8:00 Needed 10:30 P. Supeck	8:00 V. Mumma 10:30 C. Main	6:00 C. Case 8:00 M. Worley 10:30 P. Hartman
USHERS	8:00 D. Maharg 10:30 B. Linton	8:00 J. Pacelli 10:30 B. Linton	8:00 K. Payonk 10:30 B. Linton	8:00 J. Labezius 10:30 B. Linton	8:00 Z. Volker 10:30 B. Linton
CHIMERS	10:30 W. Heidel 6:00 D. Linton	10:30 J. Fritsch 6:00 M. Foreman	10:30 S. Mull 6:00 K. Moyer	10:30 M. Kelly 6:00 S. Mull	10:30 J. Fritsch 6:00 D. Linton
COMMUNION CARE V. Mumma, 397-2748	8:00 V. Mumma 10:30 L. & L. Bisignani	8:00 S. Pacelli 10:30 T. Horn	8:00 K. Douglas 10:30 J. Fritsch	8:00 V. Mumma 10:30 L. & L. Bisignani	6:00 Case Family 8:00 Nagley / Wissler 10:30 J. Fritsch

If you are unable to serve on your assigned Sunday—please make every effort to find your own substitute.
 If you would like to become a worship participant —please call the coordinator listed above or the church office at 397-2748



Worship Volunteers

As we begin the journey back to a “normal” worship schedule, we need volunteers to: read the lessons, assist Pastor with communion, set up and clean up communion, sound and camera operators, ushers, and greeters.

Have helped in the past—would like to begin? All are welcome!
 Please call the office at 717-397-2748 to volunteer!

