

WELCOME! WELCOME!

As we begin the 2019-2020 program year for our unit.

YEARBOOKS: Annually, a guide for the activities and opportunities of the current year is prepared for our members. Copies of the **2019- 2020** issue were distributed at worship last Sunday. If you did NOT receive your copy, there are extras available in the display case in the narthex. Please remember that your membership in CLC also makes you a member of our unit. Come discover what is waiting for you.

BIBLE STUDY OPTIONS: At the heart of our unit is time spent together learning from God's Word. Two sessions meet at on the **FIRST TUESDAY** of each month 9:00 a.m. and 12:30 p.m. in the Fireside Room. So, **this TUESDAY, SEPTEMBER 3**, will begin our new study.

The three-part lesson for this fall is called "**No Hard Feelings?** Poetry and emotion in the Old Testament". This month the focus will be on what the Bible says about managing the angst of ANGER. Jackie Boorman and Gloria VanDemmeltraadt prepare diligently to lead the sessions. Come explore with them our very human emotions.

Hostesses **Debbie Smith-Hutton** and **Sharon Stebbins** will warmly welcome you to either session that fits your schedule. Sessions last about 90 minutes.

It was a difficult choice, but it was decided that the evening group will be discontinued for this year as we couldn't find women willing to attend. If you should have a desire to re-ignite this evening session, please speak to any board member (Barb Erickson, Meredith Moser, Jackie Boorman, and Cleone Pritchard) for help to start the process.

ANNUAL EAST CENTRAL CLUSTER MEETING: This is an opportunity for women from 21 ELCA congregations in our neighborhood to meet to share ideas, goals, fellowship, and service as we get to know each other better and bring support to our synod women's organization.

The meeting will begin at **8:30 a.m.** on **SATURDAY, OCTOBER 5, 2019** at **Holy Cross Lutheran Church** in Oakdale. Following registration and fellowship, business information will be shared. Then we will be blessed to hear from **Carolyn Klaver** who is a Dementia Care Specialist at the Lyngblomsten residential center in Minneapolis.

In these days when so many people are coping with, or being care-givers for persons with dementia illnesses, Ms Klaver will bring information about the **HEALTHY BRAIN**. She will discuss how it serves our body and what we can do to retain, maintain, or regain good health for this hugely important organ.

The **BLIZZARD BAGS** you have been helping to complete will be taken to this meeting as a material offering. These bags will be distributed through Lutheran Social Services / Metro Meals on Wheels so that dependent seniors will have a safeguard of shelf-stable food when winter snow events prevent delivery of daily Meals on Wheels. A monetary offering is also gathered at this meeting and will support senior programs at the Lyngblomsten Center AND the work of our Synodical Women's Organization. You are warmly invited, and encouraged, to attend this enlightening morning

By Cleone Pritchard, Secretary