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Katie: kwalters.hosanna@comcast.net Susan: srdistefano@comcast.net

Today, I hope to positively help you, my readers, to be more encouraged by Christ's unending love for us all. To be honest, I know there are many questions we all have in giving admiration and thanks to our heavenly Father for all of His grace and love, and admittedly, He give us so much to obtain the promise of heavenly treasures. I was moved spiritually after reading the collect for the 17th Sunday after Pentecost and moreso after looking closely at the day's readings. To begin with, I was amazed with the opening line, which I feel truly defines our acceptance of Christ as our forgiving Lord: "O God, who declares thy almighty power chiefly in showing mercy and pity." Then, in Ezekiel 18, in explaining sins and transgressions against Him, our Lord God says "For I have no pleasure in the death of anyone. Turn, then and live." Philippians 2 then explains how to live like Jesus — of the same mind and having the same love. We should "do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others." So, my fellow readers, which way are YOU looking?

**ECR** 

At this month's CABIA support group meeting, Carolyn Raborn shared her expertise in Tai Chi, an ancient Chinese noncompetitive martial art that has evolved to become a means of alleviating stress and anxiety, sort of like a form of mediation in motion, promoting serenity and inner peace—something we should all strive for more!



## WEEKLY ACTIVITIES

Monday, Oct. 23,
Stuart Heights brings
dinner to Faith
House.
Wednesday, Oct. 25,
It's the Great Pumpkin, Charlie Brown!
Well, not really, but
we will be decorating

Halloween after lunch in the pavilion. Saturday, Oct. 28, Pancake breakfast at St. Alban's. We'll leave at 8:30. It's the last one for the year!

some pumpkins for

Fun and games in the parking lot!

