

stay connected

We connect people to Jesus and help God change their lives.



Reviving the Heart *by Pastor Nate Crandall*

Revelation 2:3-4, ***“I know you are enduring patiently and bearing up for my name's sake, and you have not grown weary. But I have this against you, that you have abandoned the love you had at first.”***

The Ephesian church had a lot going for it. It was a central hub of Christian teaching and of sending out missionaries and church planters.

The church was so successful that it faced great opposition from religious and economic powers which were threatened by their growth. Yet, in spite of these reasons to celebrate, a core issue threatened their very existence.

The issue was love. They were not just leaking love; they had abandoned it. This was most likely a surprising thing for them to hear. You could probably imagine them wondering how their love for God had been left behind when they were standing firm for him in the midst of an anti-God world. Yet, they needed to hear it because love is the basis for a relationship with God. If they didn't return to the kind of love for God that they started out with, their relationship with the Lord was going to go through some hard times.



What was the love they had at first like? Think about when you first fell in love. First love is an amazing and wonderfully wild experience. Is there any drug that can compare to it? It just changes things. It causes a person to do things that they would never do otherwise. When you are in love, you want to be with the one you are in love with. Your thoughts and attention are constantly turned toward them. You find yourself distracted when doing other tasks.

When we truly see the Lord as he is, what happens is the beginning of true love. We start to love God because he is so lovable. The Bible says, ***“We love because he first loved us.”*** (1 John 4:19) How did God love us? Simple. He gave himself for us. This is true love. It places others before itself. It's important to know that learning how to love God takes time.

God loves us as much as he ever will, but we don't start out loving God as much as we ever will. In order to love God we have to get to know him. In the same way that learning to love the people in our lives takes time, learning to love God also takes time.

Continued on page 2

November 2019 Inside this issue:

Perspectives Class	3
Prayer Focus	4,5
Operation Christmas Child	6
James Lima	7
Updates from Zac	8,9
News from Nathaniel	10,11
GIFTS	12
Awana, Collision Calendars	12
Health News	13
Bulletin Board	14
Calendar	15



November 2019

Reviving the Heart, *continued*

Sometimes people have a hard time feeling love for God. When we are hit with hard times we question why a loving God would let us go through them, or we wonder why God would allow tragedies to happen if he really loved people. Sometimes we don't feel like God loves us because he doesn't talk with us or interact with us in the same way we talk and interact with each other. We may feel like God is distant for the most part in every day normal life, so it's difficult to feel his love for us or to know how to love him back. It's hard enough to love people that you can see. How do you love a person you can't see??!!

Yet, God is in the business of miracles. The miracle is that when we begin to grasp how much God loves us, we start to love him back. We begin to give ourselves to him just like

he gave himself to us. We are not forced to do this. Love that God has miraculously placed in us causes us to want to do it. We willingly give our whole life and our whole heart to the Lord because that is the best thing that we could ever do and we know it!

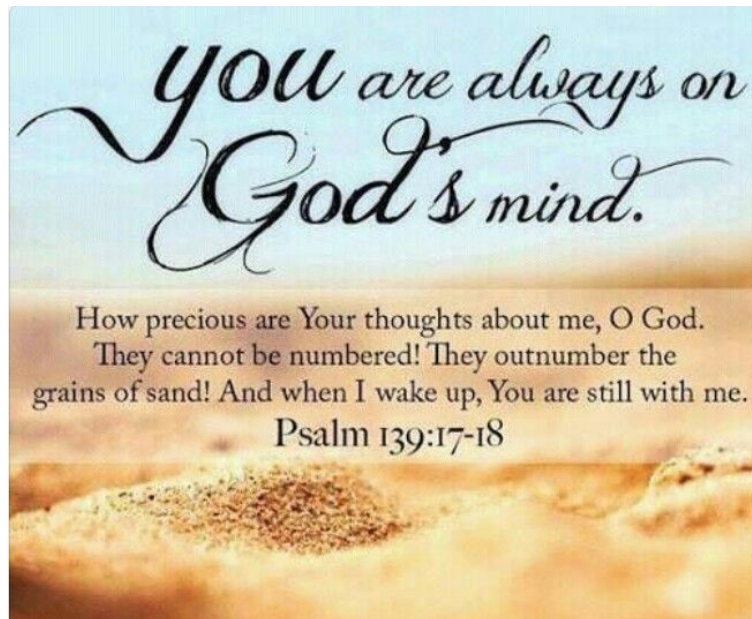
Just like every relationship which is based on love, our relationship with God goes through ups and downs. There are times when we get distracted from the Lord as the center of our life. There are even times when will knowingly take him out of the center and put our relationship with him in the corner.



Once we've lost our first love or more accurately, abandoned it, how do we get it back? The answer is to take a long, close look at Jesus so that we can remember the reasons we first gave our life to him. I believe that the Lord is telling us that

we need to take a long, close look at him in this season. We need to get to know him all over again and remember just what drew us to him in the first place.

We need a heart revival. It all starts by turning our attention on Jesus. May we seek him until we find him and be reminded all over again just how amazingly wonderful he is.





Perspectives™

by Renee Sanford

*What's an unreached people?
How did they get that way?
When will they be reached???*

We think South Asian countries are "dirty" – with animal waste in the street. South Asians look at westerners and think they are unsanitary and dirty because of the way they dress and eat. Why are concepts of clean and dirty so different?

How can a person who speaks Malay and a person who speaks German and a person who speaks English learn to communicate in just an afternoon?

Is it worth it to spend 16 weeks in prison in Iran just for being a Christian?

How can your grief over your infant son dying in Mongolia be the thing that opens the door to the first Mongolian Christian church? Why was your grief different than any grief the people had ever seen before?

Were missionaries willing or unwilling tools of colonialism or imperialism? If so, why are areas most influenced by protestant missions "coincidentally" the areas with best education, health and social infrastructure? Is there a correlation or did it just happen that way?

How are missionaries like William Carey (India) or Dr. Livingstone (Africa) regarded in the countries they went to?

What can you personally do in the world-wide missions task?

These are just some of the questions that will come up in the 15 week Perspectives on World Missions class. This class has been taken by over 100,000 students since it emerged in 1974 as one of the outcomes of the Lausanne Missions conference. There are four units on four perspectives on God's global purpose.

The Biblical and Historical sections reveal the historic fact of God's relentless work from the dawn of history until this day to restore relationship with people. The Cultural and Strategic sections underscore that Christians are in the midst of a costly, but very "do-able" task of reaching the whole world with the gospel of Christ.

God has a "world-sized" role for every Christian in His global purpose. Whether people go to distant countries or stay near where they were born, most are hungry to

live a life of purpose. Discovering that vision makes this course valuable, and perhaps crucial, for any Christian.

The class can be audited, taken for a certificate or taken for college credit. Several of us here at church have taken the class including myself, Pastor Nate, Carl Greene, and Elizabeth Camenga. It is life changing.

We're hoping to get a group together to take the course beginning in January 2020. Right now the closest course is in Wauwatosa – but others may be opened later – and there is the option of taking the class online. Please pray about whether you might be called to take this class! You can find out more information at <https://www.perspectives.org/Home/>



Prayer Focus – Giving Thanks to the LORD

by Renee Sanford, Prayer Coordinator

When I was a little girl, I wondered about Thanksgiving. We celebrated it – with a bountiful traditional meal and gathering of family. I knew **WHAT** we were thankful for. But I never got an an-

swer to the big question – just **WHO** were we thankful to. May the Lord will give each of us the opportunity this year to reach out to someone who is still seeking an answer like I was so many decades ago. For we know – we **KNOW**. We know who we are thankful to. We are thankful to the Lord, the creator of the heavens and the earth. We are thankful to Jesus, our savior, redeemer and friend. We know this “because the Bible tells us so” and the Holy Spirit has revealed it to our spirits.

Thanks, thankful, give thanks, and thanksgiving occur over 100 times in the Old Testament and another seventy plus times in the New Testament.

Come, ye thankful people, come, give thanks to the Lord: Psalm 9:1 - I will **give thanks** to you, LORD, with all my heart; I will tell of all your wonderful deeds.

Psalm 17:7 - I will **give thanks** to the LORD because of his righteousness; I will sing the



praises of the name of the LORD Most High.

Psalm 50:14 - Offer to God a sacrifice of **thanksgiving**, and perform your vows to the Most High

Psalm 100:4 - Enter his gates with **thanksgiving**, and his courts with praise! Give thanks to him; bless his name!

Psalm 107:8-9 - Let them **give thanks** to the LORD for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things.

Daniel – 6:10 - Now when Daniel knew that the document [forbidding prayer] was signed, he entered his house... and continued kneeling on his knees three times a day, praying and **giving thanks** before his God, as he had been doing previously.

Jonah 2:9 – But I will sacrifice to You With the voice of **thanksgiving** That which I have vowed I will pay Salvation is from the LORD.

2 Corinthians 2:14 – But **thanks** be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere.

Ephesians 5:20 – **Giving thanks** always and for everything to God the Father in the name of our Lord Jesus Christ.

Philippians 4:6-7 - Do not be anxious about anything, but in every situation, by prayer and petition, with **thanksgiving**, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Colossians 3:16-17 - Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, **giving thanks** to God the Father through him.

1 Thessalonians 5:18 - **Give thanks** in all circumstances; for this is God’s will for you in Christ Jesus.

1 Timothy 4:4-5 - For everything God created is good, and nothing is to be rejected if it is received with **thanksgiving**,

Prayer Focus, *continued*

because it is consecrated by the word of God and prayer.

Revelation 7:11-12 - And all the angels were standing around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshiped God, saying,

“Amen! Blessing and glory and wisdom and **thanksgiving** and honor and power and might be to our God forever and ever! Amen.”

Revelation 11:16-17 - And the twenty-four elders who sit on their thrones before God fell on their faces and worshiped

God, saying, “We **give thanks** to you, Lord God Almighty, who is and who was, for you have taken your great power and begun to reign.

Jesus Gives Thanks *by Renee Sanford, Prayer Coordinator*

Jesus is our example of righteous living. Where do we see Jesus giving thanks? We know that Jesus sang the psalms, so he gave thanks for many things, many times and in many places. However, the gospel writers include five specific situations in which Jesus gave thanks to the Father:

He was thankful that the Father revealed heavenly truth to the childlike:

Luke 10:21 - At that time [when the 72 disciples were rejoicing that they had gone out and healed many], Jesus, full of joy through the Holy Spirit, said, “**I thank you, Father**, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.

He was thankful for the blessing of food for the hungry thousands:

Mark 8:6 - He told the crowd to sit down on the ground. When he had taken the seven loaves and **given thanks**, he broke them and gave them to his disciples to distribute to the people, and they did so.

He was thankful that the Father heard his prayers:

John 11:41-42 - So they took away the stone [from Lazarus’ grave]. Then Jesus lifted His eyes upward and said, “Father, **I thank You** that You have heard Me. I knew that You always hear Me, but I say this for the benefit of the people standing here, so they may believe that You sent Me.”



He was thankful for the explanation of the elements of the Lord’s Supper:

Matthew 26:27-28 - Then He took the cup, **gave thanks**, and gave it to them, saying, “Drink from it, all of you. This is My blood of the covenant, which is poured out for many for the forgiveness of sins.

He was thankful for the Holy Spirit opening the eyes of disciples to recognize him after the resurrection:

Luke 24:30-31 -And it happened that, as Jesus sat at the table with them [Cleopas and his companion on the road to Emmaus], he took the bread, **gave thanks** and broke it, and gave it to them. And their eyes were opened and they recognized him. And he vanished from their sight.



Operation Christmas Child

Help us team with Samaritan's Purse Operation Christmas Child ministry by packing a shoebox! You then become an international missionary without ever leaving Milton – filling boxes that go to children around the world. You participate in a local project that has a global eternal impact!

Who: Come alone or invite your family, friends, neighbors, coworkers. Anyone and everyone!

What: Operation Christmas Child packing party. You can volunteer to help at the event or you can pack boxes.

When: Saturday, November 9 from 3 to 5 p.m.

Where: Milton SDB Church, Fellowship Hall.

Why: For fun, for service, to give a gift to a child around the world, to share the love of Jesus. Most importantly, to fulfill God's command: to preach the Gospel to every person in all the world! Each child receives The Greatest Journey booklet explaining the Gospel in their language.

It costs us \$9 to ship each Operation Christmas Child box. Please consider donating for postage by placing "OCC postage" on the memo line of your check.

2018 DESTINATIONS OF OUR MILTON SHOEBOXES



Your Encouraging Story To Share God's Glory – YES God! Super Shopper Reaps Rewards *by Linda Lyke*

Lynnette Millard serves on our church's Operation Christmas Child committee. This committee puts a great amount of work in behind the scenes to plan our once per year packing day of shoeboxes. Lynnette's role on our committee is aptly named, "Super Shopper" because when we need items for the boxes, she is "out of this world" in finding deals!

Recently, she was aware that no large notebooks had been donated and we need one large notebook for each box. So she prayed, "Lord, show me where I can find a good deal on notebooks."

1 Thess 5:16-17 says, "Rejoice always, pray continually..." Lynnette showed us a good example in praying in all circumstances and God answered. She "happened" to shop at the Target in Machesney Park, IL and price-scanned a notebook to see how much it was. It came up at 2 cents. She scanned it two more times to make sure that was correct. She bought all the large notebooks they had in stock – over 100 – at 2 cents

each! We are certainly giving thanks for God's goodness!

And because Lynnette is so passionate about Operation Christmas Child, she serves on the regional committee for OCC which serves a 9 county area, including Rock County. She is the representative for Church relations, reaching out to churches to introduce them and encourage them to participate in OCC and to support the churches (like us) who are currently participate in OCC. Thank you Lynnette for serving on this regional board!



A Test and Some Rest *by James Lima*

On September 28th in Merrill, WI I took my final examination to be licensed to preach... and I passed! After months of studying and multiple rounds of examinations it is just starting to feel real that it's done. This is a big step for my ministry training as I will now be able to preach regularly in our church and fill pulpits around the state. I will be preaching about once a month at Living Stone, preaching occasionally around the state, and I'm hoping to get in the rotation to preach and lead worship services at a local retirement community. Preaching is one of those things that simply takes practice and repetition to get better at so I'm excited to preach more! If Lexi and I are going to plant a church I want to be confident in my ability to faithfully teach and apply God's Word to the hearts and lives of a congregation week in and week out.

A couple days after the exam Lexi and I drove out to Colorado to get away and get some much needed rest. We visited Rocky Mountain National Park, the Black Canyon, the Great Sand Dunes, Denver, Pikes Peak, and Garden of the Gods. We hiked to the top of one mountain with air temperatures in the 20's and wind gusting over 70 mph, but even that is somehow restful for us (yes, we're strange). We spent the weekend with a couple of my friends from seminary and it was wonderful to play board games, talk about music and books, play with their corgi, and wor-

ship with them. Of all the incredible things we did and saw, our time with them was definitely the most rejuvenating part of the trip. Below are a few pictures from our trip!

Prayer Requests

- Though being in Colorado was restful, I'm now a couple weeks behind in Greek. Pray for me as I try to catch up without hurrying through important material. Learning Greek is an important part of my preparations to understand and preach God's Word!
- At Living Stone we just had our 2nd anniversary as a church! As we continue to grow we're hoping to add new people to our membership. I will be leading a membership class this fall so please pray for my preparations. I will let you know when that class is going to happen so you can pray for me.
- Praise the Lord for sustaining me through months of rigorous studying for my

examinations! Thank you for praying for me! Please pray that God would continue developing in me greater skill in handling his Word, more eagerness to proclaim the gospel, and deeper affection for Christ as I preach more and more.

Financial Support

As I am working in a young church plant and will be, Lord willing, planting a church in the next 5 years, Lexi and I need to continue developing a team of financial partners who can come alongside us in this endeavor. Would you consider joining my team through monthly or annual giving? Giving can be done by check (see directions below) or online (click the button below).

Check or money order:

- Please make checks payable to Mission to North America.
- DO NOT write a designation on the memo line of your check; instead, include a separate note

stating that the gift is intended for *James Lima at Living Stone Church*.

Mail check to:
Mission to North America
PO Box 890233
Charlotte, NC
28289-0233



Updates From Zac Muench – from Barcelona & Oregon

We finished weeks of school in Barcelona and took our Skateboard missionaries on the road. In Germany I got to see the fruits of the teaching I helped with in Barcelona – one of the students shared his heart for ministry and his interest in actually continuing in skate ministry and being willing to go wherever God leads. It gave me a lot of joy to see so much growth in him

over the past 4 months. When he came to our Discipleship Training School he just wanted to know more about God, but now he loves God so much he wants to follow Him wherever he goes! Seeing all the growth in each of the students' lives is exciting.

From Germany, we flew to Sarajevo, Bosnia. Imagine Eastern Europe meets the Middle East: Islam, Catholicism, and Eastern European Orthodox all coming together in a small country. Not to mention the war that took place only 25 years ago where Serbian forces came in and opened fire on civilians. You can still experience the hurt and bitterness the people carry. We made friends with lots of the local skaters (mostly Muslim) and spent a lot of time talking with them at the coffee shop across the street. They would often talk for hours of their frustra-

tions towards cultures, people groups, religions, political systems, etc., but one of the students said something that stuck out to me: "We could argue with them, but they just want to be heard and there's love in listening."



One day we went to a city a couple of hours away by train. A few of us sat at a coffee shop overlooking the river as we talked about Islam

and Christianity. They quoted John 16:7 where Jesus says that unless He goes to the Father, the Advocate cannot come, so He's leaving so He can send Him. "Who is this talking about?" they asked. "The Holy Spirit," I replied. I was shocked to hear they believed Jesus was talking about Mohammed! I shared that "unless Jesus left, the Holy Spirit wouldn't come, and it's better that He left because now the Holy Spirit can



be given to anyone who confesses that Jesus is Lord and believes in Him. There's hope and love in Jesus and He wants a relationship in you." I don't know if it phased them at all, in fact, I pretty much got snowplowed after that,

haha. But I think God can do a lot more than what we see, so that's cool. It also made me realize that I really need to know how to defend what I believe.

What's next – Over the past year, I've been wondering more and more about my vision and calling in life. So I've enrolled in a 3-month YWAM leadership training class in Oregon – the state, unfortunately, not the Wisconsin city. It's called SOMD (School of Ministry Development). My goal during this time at SOMD is to know my calling/vision for life. I heard a talk on vision last year and the speaker said as humans we want something bigger than ourselves, something we can give it all for. That really resonated with me. I want to care about something so much I'd gladly give my life for it.

Another goal is to improve my perspective of how I view God. I see Him as a King, a friend too, but most often as a King. I often see my actions toward God being motivated by fear which I know isn't right, and I imagine this is from habits or beliefs I picked up years ago. But living freely from who I am can be hard.

Here are some "leadership nuggets" from my daily blog: Monday - Our first official day of SOMD (School of Ministry

Continued on page 9

Updates from Zac, *continued*

Development) was a little over whelming. Our teacher is bold in sharing her heart, even insecurities

that I've noticed in myself but have always been too afraid to actually share. I suppose I respect her so much as a leader because of her vulnerability and transparency. Hmm, **leaders are open.**

Tuesday - The teacher said that Abraham didn't tell himself that his descendants would be like the sand on the seashore, God told him. God gave him the promise and vision. In the same way we don't give ourselves vision, but God does. **So lead from what God has given you.**

Wednesday - Enoch walked with God and did not see death because the Lord took him. The only thing we know about Enoch is that he walked with God and God took him. What if that's the only thing people would know about us? **Walk with God, and then lead.**

Thursday - We had a ropes course session today doing a bunch of team-building exercises. One example was blind-folding us and having us move through a rope course to find a bell. The first person to make it to the bell was given the option to go back and help the others find their way. Needless to say, they did. Without their help most of us wouldn't have found our way. **Live selflessly. Go**



back for others because Jesus always comes back for us.

Friday - We read all of Leviticus. God did so much to be with His people. He desired a closer relationship with the people, but they feared Him and just wanted a checklist of rules. So in a bold step of love He gave them the very thing they wanted even though it wasn't the full freedom they could have known.

Monday - I am rethinking my quiet time routine after our discussions. God desires to spend time with each of us and connect individually with what we enjoy doing. For me, what I enjoy doing is art. So, I drew a picture with pastels and afterward laid down on the floor and just talked to God. I expressed what I thought would be cool to draw and unique ideas for future pictures, asking Him what His preferences were. It was definitely a different quiet time experience than I'm used to--one of the raddest times here so far! Tuesday as well, I went to the woods for my time with God and just sketched a few trees while embracing nature, and it was the best time with God since I've been here!

Here are some quotes from the teacher that stuck out to me:

- **“God wants to have a meaningful time with us.”**
- **“God wants to be involved in the things, you like,**

the things you like to create, etc.”

- **“It's not about how long, but how meaningful.”**

Tuesday - I struggled with class today. The teacher was talking about responsibility--taking responsibility for our actions. God's given us freedom, but there is no freedom without responsibility (see Adam & Eve). Moses disobeyed God so he wasn't allowed into the promise land. **As a leader, he was held to a higher standard.** Leadership nugget of the day: **Sometimes you have to show love by doing things people won't like but will grow them in the long run.**

Praises

- Each of the students in Barcelona was impacted and grew - the DTS was a success
- We made it to Salem, Oregon safely

Prayer requests

- Local skate community in Nuremberg, Germany, and in Sarajevo, Bosnia
- To see God not just as King and friend, but as my best friend and trusted Father
- Vision and clarity for the future
- To grow in character, wisdom, and humility
- And, as always, finances - The school goes from Sept. 19th to Dec. 12th. The costs is \$3,200 - and then I will be returning to Barcelona YWAM.

News from Nathaniel Muench

First a huge praise the LORD! Here's the latest on Nathaniel's computer "woes": So fun story – I went into the Apple store to get my computer fixed and they said it was too old, so there was really no choice – I would have to get a new one. A week later I was walking to meet a friend to go bouldering and I passed a shop with a sign that said "We fix Macs." The next day I stopped by and the guy was able to fix my computer! That was a huge blessing! I still need to upgrade at some point but for now it's working.

Second, some breaking news from Sondra Muench: Nathaniel is preparing to go to Japan for a conference regarding the upcoming 2020 Olympics, which will be the first time skateboarders are in the Olympics. Christian skaters are putting together a team of skate chaplains to minister to participating and spectator skaters arriving globally.

And now, updates from Nathaniel: It's been a wild and busy and physically exhausting two months since I got back from Sri Lanka! Five days after returning to Germany, the Call-

ing all Skaters outreach team from YWAM Barcelona came. I was sick for most of the time they were here, but I somehow survived on prayer and



Dayquil. I'm always nervous bringing outreach teams in because of how they might treat locals, but ALL the locals loved them and even invited them to hang out and do stuff with them which made it even more special.

One of the days we did a little BBQ at the skatepark. Germany has lots of rules about cooking outdoors. Even though we had a super small one-time use grill, the local pedestrians walking by were honestly bothered by it. But the local skaters were all hyped. Lots of local skaters brought their own meat to cook! There was good community and we had a solid time connecting with local skaters and sharing Jesus with them. Food has always been a beautiful thing the brings people together.

At the local skate spot there are sometimes girl skaters as well as boys. There was one girl student in the DTS (Discipleship Training School) from Barcelona. They started talking, shared their food, and eventually got connected on Instagram. The two girls went to a local bar with the rest of the skaters, inviting others from the DTS – and Jesus was shared at the bar with even more local skaters!

While the YWAM DTS was here in Nuremberg, there was also an exchange team of 40 Chinese young people in Germany for a couple weeks. Not only were they not Christian, most had never heard the name of Jesus before this trip. They joined us in the mornings when the skate team gathered to share testimonies or do worship. Every one of those Chinese people gained an understanding of Jesus!

After the YWAM DTS left, I started focusing on a local park where I haven't been able to spend much time. There is a guy I would skate with now and again, but we weren't friends or anything. He started talking to me in English and said that it's English month at his school and no one speaks "real" English in his school. He wouldn't stop talking. The next time I saw him, he was so stoked to see me. He is so open and one of the guys I really want to start investing in. So please pray for him and just

Continued on page 11

News from Nathaniel, *continued*

open doors to talk and be a light of Jesus.

Then, even though Zac had just been in Germany, I ended up going on a spontaneous trip to Barcelona to see him again before he left for advanced leadership training back in the states. A great trip – seeing so many old friends and making new ones is always so good for me! It was really encouraging seeing all that God is doing in Barcelona through skate ministry there. They are doing an “hour of prayer” on Mondays at probably the most iconic skate spot in the world, a weekly Bible study at a local skatepark and daily investing in the skate scene of Barcelona.

One of my friends there, that I've known for years built a dark room and is using it to reach the creative skate culture there. This is so inspirational to me since my focus is mainly analogue photographer. It inspires me to try and invest more in that scene here in Nuremberg.



I have stepped out of YWAM Nuremberg. It's been a long process of praying through and processing with people but now I feel that it is time to say good-bye. Don't worry, I'm NOT leaving Nuremberg and I am still under the cover of SRS (the German sports ministry I work for) as well as being in a local church. Without my YWAM

responsibilities, I have time to finish language school and more time to invest in skate ministry locally and throughout Germany. As much as I'm nervous about it all, I know that God is in control and will lead this tattered ship in the winds of his grace.

Over the month of October I want to focus on support raising. I will be sharing some highlights occasionally through the month as well as photos of what the Lord is doing. As I'm getting older I'm slowly learning the art of planning and organization. Prayers for finances would be a really helpful – it's been a bit of a slower-rrr season for funds coming in.

And, finally, Prayer Requests:

- Did I mention finances? I think I did!!!
- Local skate team staff – we need help. There are a lot of projects, but we need more volunteers.
- Sri Lanka project – I probably won't be back for a little while but we have many irons in the fire.
- My health – I've been sick for the last couple of months.
- Wisdom – what should I focus on.

Thank you so much for your prayers and support!



GIFTS Thank You *by Beau Gilmore*

Wow! What a week we had. This was the first time we did 4 days of service instead of 3. The men were very satisfied with the meals they were served. They talked about it for several days after we had been there. I haven't heard them talk about the quality of the meals served to them for a long time. They really appreciated the meat and potatoes meals. They usually get a lot of pasta. A huge thank you to all those who contributed either the food



or their time serving the meal or spending the night. There is always room for those who would like help with meals, clean up, or overnight. I will be scheduling our next week in the month of April.

GIFTS puts out a monthly newsletter that gives facts about the numbers that take place at the shelter each month, along with a list of needs that the shelter has. Please go to their website, www.gifts-shelter.org, and check it out. All donated items can be dropped off at

the shelter on Washington St. in Janesville.

I am impressed with the knowledge that many of the men bring to devotions about the Bible and the faith many have in God. They just seem to have more issues in their lives and have fallen away from God due to failures they have had. Many are lacking in self-worth. Your prayers for these men is still needed and appreciated.

I thank you again for help during our week of service for the Gifts Ministry.



Are you a thrift store shopper?

Do you like to go for scavenger hunts at rummage sales?



If so, the Awana ministry could use your help.

We are looking for **several board games** to be used in a unit we will start in January.

If you see **CANDYLAND, BATTLESHIP, TROUBLE, SORRY, CONNECT FOUR, or CHESS** at any stores at very inexpensive prices, we would love it if you would pick them up for us. Awana can reimburse you.

Turn any games you find into the church office or workroom labeled for Awana.

We are also looking for small matchbox-style cars for the nursery.

Thanks so much for hunting for us! If you have any questions, please contact Angie Mullen at 608-295-6484 or asmullen92@gmail.com.



Awana November Calendar	
6	Club – Bring a Buck Night
9 (Sat.)	OCC Packing Party
13	Club
20	Club – Praise Party Night
27	No Club – Happy Thanksgiving

Collision November Calendar	
6	Collision
9 (Sat.)	OCC Packing Party
13	Collision
20	Collision
27	Collision Turkey Trek



Helping Those Who Struggle *by Barb Green, Parish Nurse*

When someone is struggling we want to help but may be afraid of saying the wrong thing so remain silent. Knowing what to say can be difficult- but it doesn't have to be. Active Minds (activeminds.org) presents a three step model which you may find useful. The steps are Validate, Appreciate and Refer.

Validate looks like this: When a friend confides in you that they are struggling, validate their feelings and appreciate the courage it took them to share. Tell them what they are feeling is okay and you believe them. Validation may sound like this: "That sounds difficult" "That makes sense", "I'm sorry you are struggling right now", "I'm grateful you told me".

Appreciate their courage looks like this: Speaking up is a challenging step- let them know it's a good one. Show you are there to support them. Appreciation and affirmation sounds like: "Thanks for sharing". "You are not alone"; "I'm here for you."

Refer looks like this: sometimes, what a person needs is someone to listen, but at other times they may need more. You can help refer your friend to skills and support. Refer sounds like this: "Sometimes taking time for self-care and listening to a comedy podcast help me, can we do that together?", "I've been using this meditation app. It's really

helped me slow down my thoughts."; "I think it might be helpful to talk to someone.

I can stay with you while we call/text a hot-line." "Do you want a distraction for a while? Maybe a walk?"



Some things you might hear a person say that suggest they may heed support include: "I'm just having a hard time lately". "It's hard to get going with my day sometimes". "I'm really stressed out", "I've been feeling really anxious lately", "I'm really feeling overwhelmed."

If someone is struggling let them know that their feelings are real and that it is not their fault for feeling this way. No matter what their brain is telling them, they will not be bothering others by reaching out. That is a sign of strength.

When someone confides in you, you have the privilege to help. Your concern, words, questions, hugs can save a life. But helping someone experiencing mental health-related difficulties is challenging, awkward and uncomfortable. We are not taught to deal with these things but that doesn't mean we shouldn't reach out.

Ask how you can help. Not just, "Let me know if you need anything," but, "Is there anything I can help with?" Giving

specific suggestions gives them choices.

Remind them that they rock. Mental health issues can make you forget your self-worth, so having external affirmations can help.

Thank them for sharing. Being vulnerable is scary and requires a leap of faith. Knowing you appreciate their confidence helps reduce feelings of being a bother.

Have patience. Many mental health issues are treatable but it could take months or years for someone to recover. To be supportive means to stick around and continue checking in.

Practice self-care. It can get weary to constantly be there for someone who is struggling. Establish boundaries, remind yourself it is not your job to "fix" them or make them happy. Although you may be frustrated that you are not doing enough, at the end of the day, it is not your personal battle. You cannot run the marathon for them, but you can offer support by handing them towels (or tissues) from the sideline. Listening, accepting, connecting- you could make all the difference in the world.

Adapted from activeminds.org

Bulletin Board



- BIRTHDAYS
& ANNIVERSARIES**
- 5 Cindy Greene
 - 6 Zoey Kersten
 - 9 Sydney Rotzoll
 - 11 Rinald Kersten
 - 11 Kathleen Holbrook
 - 12 Lukas Mullen
 - 17 Terry Michel
 - 18 Nick Kersten
 - 26 *Lance & Perla Call*
 - 27 Carol Aiken
 - 28 Kory Geske

SDB Young Adult Retreat

January 3 (evening) – **8** (afternoon)

at Camp Wakonda, \$30
For Young adults ages 18-29

A time of physical, emotional and spiritual rejuvenation.

If you are at all interested in attending even part of the retreat, contact Wayne Bloom at gigabyted224805@gmail.com to help work out the details.

November Scripture Memory Verse

In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. Acts 2:17

Third Thursday Prayer

November 21st
6:30 p.m., Parlor

Breakfast Club

Sunday, Nov. 17th, 8:30 a.m.
Skylight Dining Room
at Fairhaven, Whitewater
All are welcome but you must contact Barb Green by Wednesday, November 13th to make a reservation.



Ladies Sit & Sip

Tues., Nov. 19th, 9:00 a.m.
Havana Coffee,
1250 Milton Ave., Janesville

Men's Breakfast

All men are welcome to join in this time of study and fellowship. Led by Pastor Nate. Meets every Weds. at the IHOP Restaurant in Janesville at 6:30 a.m.

Focus on Funds

as of September 30, 2019

General Fund Balance	\$ 9,822.47
Cash at Mem. Fund	\$65,661.51
Sept. Undesignated Income	\$11,061.39
Sept. Total Income	\$14,838.22
Sept. Expenses	\$18,967.19
Denomination Giving YTD	\$ 8,878.02

Capital Campaign Update

As of September 30, 2019

Starting Balance	\$ 2,505.00
Total Income	\$25,350.12
Total Expenses	\$14,430.44
Fund Balance	\$13,424.68

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
<div style="border: 1px solid orange; padding: 5px;"> <p style="text-align: center;">Sabbath Sunset Times</p> <p>Nov. 1 5:47 p.m. Nov. 2 5:46 p.m. Nov. 8 4:39 p.m. Nov. 9 4:38 p.m. Nov. 15 4:32 p.m. Nov. 16 4:31 p.m. Nov. 22 4:27 p.m. Nov. 22 4:26 p.m. Nov. 29 4:23 p.m. Nov. 30 4:23 p.m.</p> </div>					1	2
3  DAYLIGHT-SAVING TIME ENDS	4 8:00 TOPS - Library	5  Election Day 7:00 Scouts	6 6:30 Men's Breakfast - IHOP 9:30 Women's Bible Study - Sanford's 6:25 Awana 6:30 Collision	7 9:30 Women's Bible Study - Call's 4:30 OCC Set-up	8	9 9:00 Grow Groups 10:00 Treats 10:30 Worship - Heritage Sabbath 3:00 Operation Christmas Child Packing Party 
10	11 8:00 TOPS - Library 	12 7:00 Scouts	13 6:30 Men's Breakfast - IHOP 9:30 Women's Bible Study - Sanford's 6:25 Awana 6:30 Collision	14 9:30 Women's Bible Study - Call's	15	16 8:00 Men's Chorus Rehearsal - LGA 9:00 Grow Groups 10:00 Treats 10:30 Worship
17 8:30 Breakfast Club - Fairhaven Skylight Dining Room 9:00 Trustees - Library	18 8:00 TOPS - Library	19 9:00 Ladies Sit 'n Sip - Havana Coffee, Janesville 7:00 Scouts	20 6:30 Men's Breakfast - IHOP 9:30 Women's Bible Study - Sanford's 6:25 Awana 6:30 Collision	21 9:30 Women's Bible Study - Call's 6:30 Third Thursday Prayer - Parlor 	22	23 9:00 Grow Groups 10:00 Treats 10:30 Worship
24	25 8:00 TOPS - Library	26 7:00 Scouts	27 6:30 Men's Breakfast - IHOP 9:30 Women's Bible Study - Sanford's No Awana Collision Turkey Trek	28 	29	30 9:00 Grow Groups 10:00 Treats 10:30 Worship

Milton SDB Church
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Pastor Liz Green
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Email: pastorliz@miltonsdb.org

Administrator: Janet Butler
E-mail: churchoffice@miltonsdb.org
Office Hours: Tues.- Fri. 9:00 – 3:30

Director of Children's Ministry:
Angie Mullen

Prayer Coordinator:
Renee Sanford

Outreach Coordinator:
Linda Lyke

Parish Nurse:
Barb Green

Camp Program:
Verne Wright

Communications Coordinator:
Joel Osborn



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