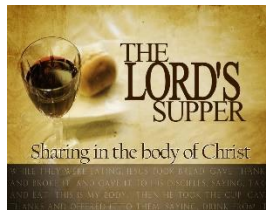




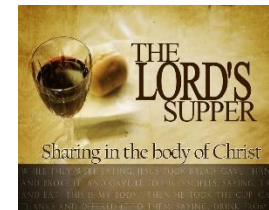
The **Missions E4 Banquet** is coming up on Nov. 18th. Scott Long, the founder of Mission E4, and several others involved in this powerful ministry will be sharing the work and vision of this mission. **There is a sign-up sheet for this Banquet in the narthex ending Nov. 11.** Join us from 5:00 – 7:00 for a meal, for fellowship, and much blessing. If you are a sponsor of a child through Mission E4, we would like to feature your child and your family at the banquet. Would you be willing to share a picture of you and of your child to be used in a display that evening? If so, Linda Merry, Vonnie Erickson, and Marcy Gerdes are your contact people. Thanks so much!!!



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The elders of Hope Reformed Church are offering a workshop for children/youth ages 8 and up and their parents on the meaning of the Lord's Supper. Our desire is that our children and youth receive the spiritual nourishment of the sacrament, as we come alongside you as parents in raising up your children in the Christian faith. It will be held on **Sunday, November 11, 4pm** in the chapel and a **meal** will be provided. If interested, please let Amber know so that we have some idea of how many to expect. We'd love to see you there!



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Adverse Childhood Experiences (ACES) and Building Resilience

Tuesday Nov. 6th 7-8:30pm and Rock Haven Church -Granite Falls (Celebrate Freedom)

Wendell Veurink will be speaking on how traumatic experiences from our childhoods can shape who we are, the decisions we make as adults, and the risk of illnesses later. Please come check out this wonderful informational event to see how you might be able to help or possibly understand those around you or even yourself better.

Here is a list of 9 types of ACES:

- physical abuse
- sexual abuse
- emotional abuse
- mental illness of a household member
- problematic drinking or alcoholism of a household member
- illegal street or prescription drug use by a household member
- divorce or separation of a parent
- domestic violence towards a parent
- incarceration of a household member

Don't assume you understand people and their suffering. Don't wonder why people do what they do; explore what happened to them.

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