



From Pastor Kara

Recently I've had a lot of questions about the Sabbath, anything from when it happens to what we do, so I thought I would share some reflections.

God commands us to remember the Sabbath and keep it holy as part of the Ten Commandments (Exodus 20 and Deuteronomy 5).

In the Jewish tradition, the Sabbath happens from sunset Friday evening to sunset Saturday evening. Most Christian traditions practice the Sabbath on Sunday. The Sabbath becomes the day when you rest from working and instead attend worship services, pray and read scripture. But in all things, reflecting on God.

For me, because I work on Sunday, I consider Monday to be my Sabbath, my day of rest. But like every other hard-working Midwesterner, I struggle leaving one day just to rest, to read and to pray. Although I might not go in to work, I've realized that far too often I'm not really remembering and keeping the Sabbath holy.

I was recently at a colleague meeting where someone suggested we can have both a chore day and a Sabbath built into our schedules. This suggestion made me realize that I have turned my Sabbath into the day when I work most, when I spend my entire day catching up on laundry or cleaning house or washing dishes or running errands. I might not have pastoral duties but I work in other ways. I remember the Sabbath but I am not really keeping it holy.

The Sabbath is intended to be a spiritual practice, a practice that helps us connect and be closer to God. Remembering the Sabbath and keeping it holy is meant to be a habit, when we separate ourselves from the chaos of the world and immerse ourselves in God.

Habits are meant to be ingrained in us, like when we brush our teeth or wash our hands. When we truly carry out our spiritual practices, the habit forms and becomes part of our entire being. Spiritual practice becomes second nature to us. We can stop thinking about what to do next or what we could be doing and instead just be fully present with God in the moment. Over time we learn simply to let go and let God. We begin to realize that the hard work in this life is not the focus. Instead we learn that God is the focus.

In some ways this sounds like the easiest thing in the world, but the reality of resting is a challenge, especially for those who like the feeling of being productive. But the Sabbath is a different kind of productivity, a time when productivity cannot be seen by the piles of clean clothes or dishes, but instead by the cleansing of our hearts. It is easy to get frustrated when we don't see change, but the reality of entrusting at least one day a week to God changes something in us we could never anticipate.

So I encourage you to pick a day to be your chore day when you catch up on all your work and have another day to be the Sabbath when you catch up on your spiritual life.

May God bless you with an abundance of peace as you practice remembering the Sabbath and keeping it holy.

Pastor Kara

Chili with the Bishop

Open House
Sunday, November 18
3:00-5:00
Trinity in Binford

Come and meet Rev. Bill Rindy, Bishop of the EaND Synod. You may bring your questions or anything you would like to discuss with him.

Chili will be served!

This event is open to all congregations of the Carrington Conference, and is taking the place of the annual Fall Assembly.

Conference delegates do need to be present, as a brief meeting will be held beginning at 3:30. Agenda items include elections and changing the name of the Carrington Conference.

Lay Disciple studies

The Lay Disciples (GIFTS) in our area meet monthly at the nursing home in Cooperstown: the second Thursday of the month at 7:00 p.m. in the activity room of the nursing home.

November's topic is "The Day Alone" from *Life Together* by Dietrich Bonhoeffer.

You don't need to be a lay disciple to attend these studies. Everyone is welcome. Please contact Pastor Jessica if you'd like more information.

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Thanksgiving Eve Service

Wednesday, November 21

7:30 p.m.

Lutheran Church of McVile
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Mosquito Awareness



A final tally of the donations to malaria funds:

Faith	\$250.41
First Presbyterian	\$285.91
Grace	\$109.85
McVile Lutheran	\$380.95
Our Savior's Kloten	\$120.00
Our Savior's McHenry	\$119.29
Trinity	\$388.06

That makes a grand total of \$1,651.47.

At \$10 per net, or \$2 per dose of medicine, you have helped a lot of people!

Sr. High Sundays

All senior high youth are invited to Sunday afternoon discussion and supper on the first Sunday of each month. The next event will be on November 4; all 9th through 12th graders are invited to come to Trinity in Binford at 4:00. Tacos will be served.

Worship time alerts

Trinity

November 4 — 9:45
November 11 — 10:30

First Presbyterian

November 18 — 9:45

All other worship services are at their regular times.

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**SOUP & SANDWICHES
BAKE SALE**

SATURDAY, NOVEMBER 10

11:00 — 1:00

LUTHERAN CHURCH OF MCVILLE

**ASSORTED SOUPS AND SANDWICHES,
ICE CREAM SUNDAE BAR**

LARGE BAKE SALE

COME ON OUT. AND BRING YOUR HUNTERS!