OLIVET HEALTH MINISTRIES

Newsletter

FALL 2026

SEPTEMBER HEALTH OBSERVANCES

- Healthy Aging Month
- National Recovery Month
- National Sickle Cell Awareness Month
- National Preparedness Month

OCTOBER HEALTH OBSERVANCES

- National Breast Cancer Awareness Month
- Health Literacy Month
- Domestic Violence Awareness Month
- Global Handwashing Day (October 15)

COMMUNION COMPANION MINISTRY – COME LEARN MORE

Have you wondered what it means to be a Communion Companion? Are you already serving and would appreciate an opportunity to reconnect, ask questions, and refresh your understanding of this ministry?

Join Bev Gravdahl, Parish Nurse, and Pastor Mark Asleson on **Wednesday, October 7**, from **7-8 p.m.** for an introduction and training for both current and future Communion Companions. We will gather in the Conference Room.

Communion Companions help extend the care and connection of our congregation to members who may not always be able to join us in worship. You don't need special experience—just a caring heart and a willingness to spend time with another person.

Whether you are already serving, are curious about becoming involved, or simply want to learn more, we would love to have you join us.

On **Sunday, October 18, we will recognize and bless our Communion Companions during both the 8:30 and 10:30 a.m. worship services**. We are grateful for those who faithfully carry Christ's presence, Communion, and the caring connection of our church family to others.

FLU SHOT CLINIC

Olivet will host a flu shot clinic on **Wednesday, October 7,** from **12-1 p.m.** in the Conference Room. Annual flu vaccination is one simple way to help protect yourself and those around you as we enter the fall and winter respiratory illness season. Please sign up in the church office.

A TIME OF REMEMBRANCE

Please join us on All Saints **Sunday, November 1**, from **9:45–10:25 a.m.** in the Upper Room for a special time of remembering and honoring loved ones who have died.

During times of grief, prayer, remembrance, and connection with others can bring comfort and peace. Together, we will take time to reflect, remember, and honor those who continue to hold a special place in our hearts.

Our traditional Tree of Remembrance will also be available, offering an opportunity to remember a loved one in a special and visible way.

GriefShare®

GRIEF RESOURCES

If you or someone you love is carrying grief right now, please know that you are not alone. Grief resources and supportive conversations are available for anyone who may find them helpful.

GriefShare Support Group currently meets at 1 p.m. in the Lounge every Tuesday through December 1. This 13-week, Christ-centered group offers support and practical help for those grieving the loss of a loved one. Each week includes a video, discussion, and time for confidential sharing and support. Pre-registration is encouraged but not required.

Therefore encourage one another and build up each other, as indeed you are doing." — 1 Thessalonians 5:11

A SEASON TO LET GO

There is something about fall that invites us to slow down and notice change. The days become shorter, the air turns cooler, and the trees begin the beautiful process of letting go of their leaves.

Perhaps there is a lesson for us in that.



I've been thinking about this idea of "letting go" in my own life lately. Like many of you, I find myself moving through different seasons—some welcomed and exciting, like becoming a grandma to Iris, and others that require a little more adjustment, like helping my parents prepare for a move after many years on the farm—sorting through a lifetime of belongings, deciding what to keep, what to take along, and what it may be time to let go of.

Through it all, I'm learning that we can be grateful for what has been while also making room for what comes next. Throughout our lives, we experience seasons of change. We retire from careers, watch children grow and families change, adjust to changes in our health, say goodbye to people we love, or discover that something we once did easily has become more difficult. Sometimes we even find ourselves holding tightly to schedules, expectations, worries, or responsibilities that no longer serve us well.

Letting go doesn't always mean giving something up. Sometimes it means making room for something new.

Healthy aging involves more than caring for our physical bodies. It also means tending to our emotional, social, and spiritual well-being. Learning to adapt to change, accepting help when we need it, staying connected to others, finding purpose, and allowing ourselves time to rest are all important parts of caring for our whole selves.

This fall, consider asking yourself: Is there something I am carrying that I can gently let go of? Maybe it is an unrealistic expectation, an overly full schedule, a worry you cannot control, or the belief that you have to do everything yourself.

The trees remind us each fall that letting go is not necessarily an ending. Sometimes it is simply part of moving into a new season.

"*For everything there is a season, and a time for every matter under heaven.*" — Ecclesiastes 3:1

As we enter this new season, may we have the wisdom to hold close what gives us life and the grace to let go of what no longer needs to be carried.

BE YOUR OWN HEALTH ADVOCATE

Write down your questions before a healthcare appointment and bring an updated medication list. Don't be afraid to ask questions or ask for something to be explained again. And when needed, bring a trusted family member or friend along as an extra set of ears.

Remember—your voice matters. You know your body, your concerns, and what is important to you.



FOOT CARE

Olivet is a host site for Healthy Feet ND, a mobile foot care program that provides foot care for adults. These services are in conjunction with area nursing and C.N.A. programs and are available by appointment only. To make an appointment or if you have questions, please contact Bev Gravdahl, Parish Nurse, at healthyfeetnd@gmail.com.

PASTORAL CARE

If you or a loved one is hospitalized, homebound, or sick and would like a visit, please reach out to one of our pastors or Parish Nurse Bev Gravdahl by calling the church office at 701-235-6603.

AED | FIRST AID KIT

In the event of a medical emergency, an AED and First Aid Kit are located on the wall outside of the main office, at the bottom of the stairway.

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