



LampLighter

How to Change Your Brain

If you do an internet search on the subject, you'll find myriad articles on the science of the effects that our positive and negative thoughts have on our brains. On the negative side, it's downright frightening! Not only can it create depression, anxiety and stress, but it can create a toxicity that leads to cell damage. High powered microscopes have now revealed that the damage is physical (not just emotional), and can even be quite devastating.

On the flip-side, a brain that is centered on positive thoughts is significantly more healthy. The GREAT news is that we can change our brains physical nature, taking it from toxicity to health. In an on-line article, written by Barrie Davenport, she writes:

“In his widely-acclaimed book, [The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science](#), Norman Doidge M.D. states plainly that the brain has the capacity to rewire itself and/or form new neural pathways — if we do the work. Just like exercise, the work requires repetition and activity to reinforce new learning... It means that repetitive positive thought and positive activity can rewire your brain and strengthen brain areas that stimulate positive feelings.”

Great news! So how do we do that? The Apostle Paul had the answer two thousand years ago! He knew of the toxicity of negative, sinful thinking: “The mind governed by the sinful nature is *death*, but the mind governed by the Spirit is *life and peace*”(Rom. 8:6). And then he writes: “Do not be conformed by the pattern of this world, but be *transformed* by the renewing of your mind” (Rom. 12:2a).

So how is your mind these days? Does it feel like it's infected by the toxicity of negative, sinful thinking? Or is your mind filled with life and peace? Do you need a change? Do you need even a transforming work (physically and emotionally)? Here's some age-old wisdom that really, really works: Practice Scripture memorization.

God's Word truly is powerful and transformational. If we can saturate our brain with God's Word, the healing power of God can do amazing things. Begin by writing down on paper some of your favorite Bible verses. Then commit them to memory. Take that paper with you and do your memory work in the car, on your walk, in the check-out line at the store... anytime you have 30 seconds or more of “dead space,” practice your Scripture memorization. Saturate your mind with the Word.

John Piper has some great advice on how to memorize whole passages in the Bible on his website: www.desiringgod.org/interviews/practical-tips-for-bible-memory. It is an investment of time, but the results can be life-changing. God promises even “perfect peace” to those who set their minds on Him (Isa. 26:3). The alternative is truly scary—and modern science agrees. God bless you as you “set your minds above.” Amen!

Love in Him,

Pastor Steve



Elim Block Party September 12, 2015

Hello Elim!

Lots of things going on at ESM! We feel blessed to have so many great people here at Elim giving us support and love! This fall we have a lot of things going on that we could certainly use your prayer for! We have a lock in on October 16th that we are partnering with New Life church in Davenport on, as well as a Fall Retreat on November 6-8th that we will be partnering with a few other local churches on as well. These are exciting events for us as we already have a lot of energy surrounding them from both our leaders and our students. There are already several new names on the list for these events as students are inviting their friends to come with them. It's always awesome and amazing when you feel God's energy filling into things that are going on! If you could support our ministry by praying and then praying some more we would appreciate that so much!

I also want to thank everyone who participated in the Block Party! It was another great year for Block Party as we saw an estimated 160 people show up. We love seeing our church family as well as our neighborhood get together for fun and fellowship. Please keep praying for our community as we try to extend our reach as far as we can into the Quad Cities to bring them the love of Jesus!

God Bless!

Greg Burney

Happy Birthday Don!

Look how the Yoeckel family celebrated Don's 60th birthday.....they rented a cabin in Wisconsin and surprised him with the whole family being together.....and of course cake!! Great family picture!! Thanks for sharing.



OCTOBER S.P.L.A.S.H. BAKE SALE

Always draws a crowd – thanks to the bakers & the buyers too!!!



Easy Word Scramble for the kids.

Autumn Scramble

Can you unscramble the Autumn words below?



1. vhtsear _____

2. aveesl _____

3. cesowrrac _____

4. lowlye _____

5. binrefo _____

6. prae _____

7. aker _____

8. racon _____

9. isrqeulr _____

10. alppe _____

11. nagreo _____

12. lfal _____

13. rde _____

14. owbrn _____



Prayer for Autumn Days

Author Unknown

God of the seasons, there is a time for everything; there is a time for dying and a time for rising. We need courage to enter into the transformation process.

God of autumn, the trees are saying goodbye to their green, letting go of what has been. We, too, have our moments of surrender, with all their insecurity and risk. Help us to let go when we need to do so.

God of fallen leaves lying in colored patterns on the ground, our lives have their own patterns. As we see the patterns of our own growth, may we learn from them.

God of misty days and harvest moon nights, there is always the dimension of mystery and wonder in our lives. We always need to recognize your power-filled presence. May we gain strength from this.

God of harvest wagons and fields of ripened grain, many gifts of growth lie within the season of our surrender. We must wait for harvest in faith and hope. Grant us patience when we do not see the blessings.

God of geese going south for another season, your wisdom enables us to know what needs to be left behind and what needs to be carried into the future. We yearn for insight and vision.

God of flowers touched with frost and windows wearing white designs, may your love keep our hearts from growing cold in the empty seasons.

God of life, you believe in us, you enrich us, you entrust us with the freedom to choose life. For all this, we are grateful.

October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Keenagers Coffee Time/ Bible Study 9:00 a.m.	2	3
4 Sunday School 9:15 a.m. Worship Celebration 10:30 a.m.	5 Prayer Team Gathering 5:30 p.m. CIU Pampered Chef 5:00 p.m.	6  CHOIR Practice 6:30 p.m.	7 Dollar Dinner 5:30 p.m. Women's Bible Study 5:30 p.m. SPARK & AXIS 6:00-7:30 p.m. Fusion 7:30-9:00 p	8  Keenagers Coffee Time/ Bible Study 9:00 a.m.	9	10 Dr. Walt Elwell 10:00 a.m.- 3:30 p.m.
11 Sunday School 9:15 a.m. Worship 10:30 a.m. S.P.L.A.S.H. Bake Sale 11:45 a.m.	12 Prayer Team Gathering 5:30 p.m.  Columbus Day	13 MLT 5:30 p.m.  CHOIR Practice 6:30 p.m.	14 Dollar Dinner 5:30 p.m. Women's Bible Study 5:30 p.m. SPARK & AXIS 6:00-7:30 p.m. Fusion 7:30-9:00 p	15  Keenagers Coffee Time/ Bible Study 9:00 a.m. CIU Pampered Chef Set-up	16 CIU Pampered Chef ?????	17
18 Sunday School 9:15 a.m. Worship 10:30 a.m. Collect for CF CIU Thompson's 2:00-4:00 p.m.	19 Prayer Team Gathering 5:30 p.m. 	20  CHOIR Practice 6:30 p.m.	21 YMCA Grandparents 3:00p Dollar Dinner 5:30 p.m. Women's Bible Study 5:30 p.m. SPARK & AXIS 6:00-7:30 p.m. Fusion 7:30-9:00 p	22  Keenagers Coffee Time/ Bible Study 9:00 a.m.	23	24  S.P.L.A.S.H. Meeting 9:00 a.m.- 11:00 a.m.
25 Sunday School 9:15 a.m. Worship 10:30 a.m. Baby Shower for Matilde's Baby 12 noon	26 Prayer Team Gathering 5:30 p.m. 	27  CHOIR Practice 6:30 p.m.	28 Elim Fall Festival 6:00-7:30 p.m.	29  Keenagers Coffee Time/ Bible Study 9:00 a.m.	30	31 All Church Work Day 9:00a- 1:00pm 

*"By day the LORD directs his love, at night his song is with me—a prayer to the God of my life."
Psalm 42:8*



"The day of the LORD is near for all nations. As you have done, it will be done to you; your deeds will return upon your own head." Obadiah 1:15

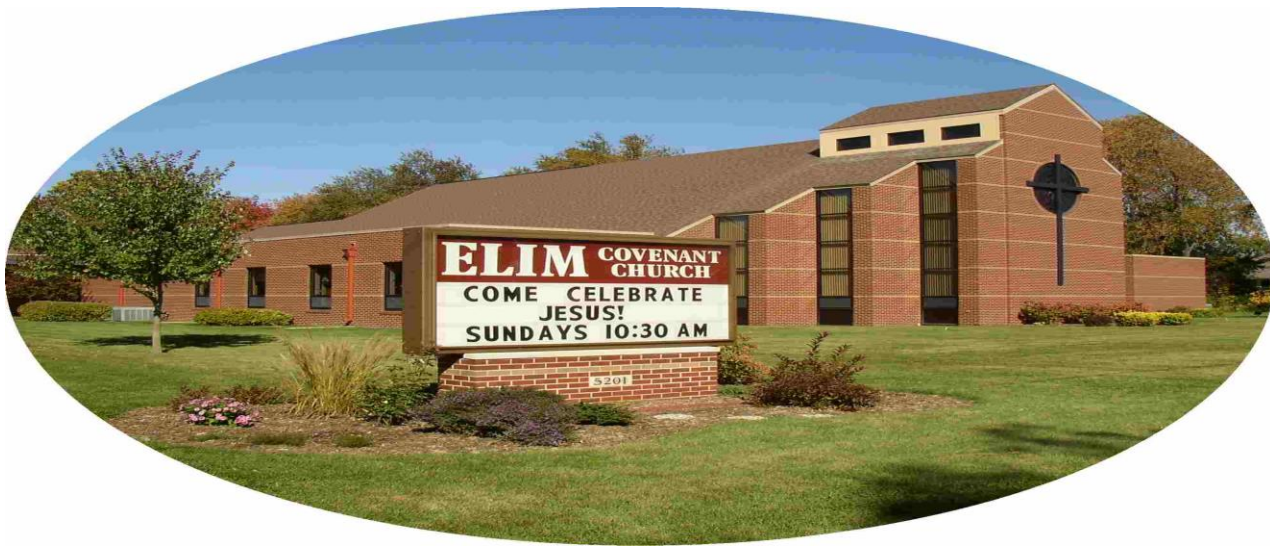
NOVEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sunday School 9:15 a.m. Worship 10:30 a.m. Congregation Mtg. Noon Hymn Sing Potluck 4:00 p.m.	2  Prayer Team Gathering 5:30 p.m.	3 Choir Practice 6:30 p.m. 	4 Dollar Dinner 5:30 p.m. Women's Bible Study 5:30 p.m. SPARK & AXIS 6:00-7:30 p.m. Fusion 7:30-9:00	5  Coffee Time & Bible Study 9:00 a.m.	6 Operation Shoebbox Packing Party 5:30 p.m. Youth Fall Retreat	7  Youth Fall Retreat
8 Sunday School 9:15 a.m. Worship Celebration 10:30 am Youth Fall Retreat	9  Prayer Team Gathering 5:30 p.m.	10 MLT 5:30 p.m. Choir Practice 6:30 p.m. 	11 Dollar Dinner 5:30 p.m. Women's Bible Study 5:30 p.m. SPARK & AXIS 6:00-7:30 p.m. Fusion 7:30-9:00	12  Coffee Time & Bible Study 9:00 a.m.	13	14
15 Sunday School 9:15 a.m. Worship 10:30 a.m. Kids Program Collect for CF/ Youth Hope	16  Prayer Team Gathering 5:30 p.m.	17 Choir Practice 6:30 p.m. 	18 Dollar Dinner 5:30 p.m. Women's Bible Study 5:30 p.m. SPARK & AXIS 6:00-7:30 p.m. Fusion 7:30-9:00	19  Coffee Time & Bible Study 9:00 a.m.	20	21
22 Sunday School 9:15 a.m. Worship Celebration 10:30 a.m.	23  Prayer Team Gathering 5:30 p.m.	24 Choir Practice 6:30 p.m. 	25 Thanksgiving Service ??????	26 	27	28
29 Sunday School 9:15 a.m. Worship Celebration 10:30 a.m.	30  Prayer Team Gathering 5:30 p.m.			FYI Pastor gone Nov. 10-16	FYI Greg gone Nov. 23-25	FYI Judy vacation week Nov. 29-Dec. 5

*"Be joyful always;
pray continually;
give thanks in all
circumstances, for this
is God's will for you
in Christ Jesus."
I Thessalonians 5:16-18*



*"If a man pays back
evil for good, evil
will never leave his
house."
Proverbs 17:13*



Elim Covenant Church

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 Church office hours:
 Monday – Thursday
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October Birthdays and Anniversaries



Birthdays

1	Jim Nelson
1	Judy Ouderkirk
3	Lori Smith
6	Elizabeth Peterson
7	Craig Pirmann
8	Gracelyn Fowler
10	Don Neer
14	Stacy Boehler
15	Mary Christy
15	Mike Hermann
17	Alesha Thompson



Anniversaries

6	Pastor Darren & Brenda Olson
9	Ron & Carol Quade
16	Don & Sheila Yoeckel

21	Susie Schaechter
25	R.J. Peterson
29	Miranda Vinar