



OUR CHURCH

How going to church benefits brain and body

Written by: Charles Stone

As a committed follower of Jesus, I've gone to church literally my whole life. My parents took me when I was a kid. I wanted to go as an adult. And in another sense, I'd better go now. After all, I am a pastor. Most believers understand that church attendance does (or should) help us grow spiritually. But did you know that God wired our bodies and brains to benefit from both attending church and developing a healthy spiritual life?

Neuroscientist Andrew Newberg notes that since the year 2000 over 400 papers have been published each year on this topic. Consider these ways science shows us that church attendance benefits both brain and body.

PASTOR

Pastor Susan Rohden

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Talk To Us

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Find Us

on Facebook
<https://www.facebook.com/GowrieUMC/>
or Website
www.gowrieumc.com



Full Article on:

<https://biblicalleadership.com/blogs/how-to-have-a-constructive-church-or-family-fight/>



GIVE NOW

Your generosity is helping us impact our community
with the Good News of the Gospel!

SERVE

- **Council** - September 8th 6:30 pm
- **Confirmation Adult Volunteers** - Sept 2
Need 2nd adult for Confirmation, please sign up in Narthex.
- **"Singing the Favorites"** September 13
- **Sign up to bring treats for Birthday party Sept 20th** Let's Celebrate
- **Downtown Market Sept. 3,** 4-7 pm
We need a few Volunteers to hand out water and a small gift. Come share Joy.
- **Lasagna Dinner Workday** Oct. 3rd 9 am
- **Ingathering Now thru November 7**
 - Please bring items for Ingathering kits, brochures in the Narthex.
- **Send an card** - to someone in a nursing home/homebound

GATHER

- **Sundays Together**
Sunday, September 6
9:00 am Coffee and Conversation
9:30 am Worship Service
10:30am Adult Sunday School
- **Starting Sunday, September 13**
9:00 am Sunday School/Adult Bible Reading
9:30 am Coffee and Conversation
10:15 am Worship Service

Facebook live, later on Web-Cal channel 575

- **Confirmation** Sept 2 6-7:15 pm
- **Sunday School Kick Off** Sept. 13
 - Children Downstairs
 - Adults in Adult Ministries Room
- **Quarterly Birthday Party** Sept. 20
 - Before Worship at 9:30 am
- **Lasagna Dinner** Oct 4 After Worship

PRAY

Please call in or email your prayer request, changes and updates to the office.

Care Facilities and Assisted Living: Joan Orness, Colleen Traster, Mike Krayenhagen, Roger Brandes, Richard Learned.

Health Concerns: Kitty (Pastor's Friend in SD), Larry Riblet (Sybil's Husband), Viney Mulder, Gabe & Jess Olson From Patonand their infant twins, Carol Orness. All those fighting cancer. All those suffering from chronic pain. All those experiencing family distress, divorce, financial difficulties, chemical dependency etc..

Grief:

Congregational Prayer Focus:

Pray all children and youth who attend SE Valley School, and all the teachers and staff that make their education possible.

Pray for Church of Damascus Road Prison Ministry.

Pray for Venezuela as they recover from an earthquake.

Pray for the people of Sudan and Nigeria, the Middle East and Ukraine.

Pray for Gowrie UMC its ministries, its people, and its Pastor.

Pray for all who have yet to know the saving Grace of Jesus.

CELEBRATE

September 3
Downtown Market



September 7
Labor Day

September 20
9:30am
Quarterly
Birthday Party



PASTOR'S PONDERINGS

Love does no wrong to a neighbor; therefore, love is the fulfilling of the law. Besides this, you know what time it is, how it is already the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone; the day is near. Let us then throw off the works of darkness and put on the armor of light;
Romans 13:10-12

Grace and Peace to you,

Romans 13:11 reads “you know what time it is.” I do? We do? “It is the moment for you to wake from sleep.” Is that what we are doing sleeping? Do we recognize all that God is doing and wanting to do through us? Are we caught up in the world and its habits? Are we waiting for the perfect situation, circumstance or people? Do we blame others for our struggles or inability to move ahead with God? Do we look for ways we ourselves are asleep? What does Godly love look like?

Godly love is one of the most difficult things to attain and continue, because it is hard to love through all things and all seasons. The Church is this very human place where we practice loving each other through it all. We can ask ourselves questions lead by the Spirit, by scripture, by fellow persons of faith and we wake from our sleep. This fall, as we lean into our faith, let us know that our salvation is near, “the night is gone; the day is near.” God is at work and God’s grace is there to help us love, not because we deserve his help but because God wants it for us! Praise God.

Pastor Susan

September Worship Series

Lessons in Leadership: As we head into fall, we are called back together to work out how we live in community as a witness to our faith. We will consider these “Lessons in Leadership” as a way of shaping the body we seek to be.

Pressing on: You are invited over the next four weeks to stop, take a breath, and mine Paul’s wisdom for pressing on toward Christ as we move through the struggle together. Pressing on is about persevering faithfully in love for God, self, neighbor, and creation.



Sept. 6

Exodus 12:1-14
Romans 13:8-14
Matthew 18:15-20



Sept. 13

Exodus 14:19-31
Romans 14:1-12
Matthew 18:21-35



Sept. 20

Exodus 16:2-15
Phil. 1:21-30
Matthew 20:1-16



Sept. 27

Exodus 17:1-7
Phil. 2:1-13
Matthew 21:23-32



Oct. 4

Exodus 20:1-20
Phil. 3:4b-14
Matthew 21:33-46



Oct. 11

Exodus 32:1-14
Phil. 4:1-9
Matthew 22:1-14

“It is the moment for you to wake from sleep.”

SEPT. SUNDAY SERVICES

Thru Sunday, September 6

9:00 am Coffee and Conversation

9:30 am Worship

10:30 am Adult Bible Study

Starting Sunday, September 13

9:00 am Sunday School /Adult Bible Study

9:30 am Coffee and Conversation

10:15 Worship

Sunday Worship and Facebook live,
later on Web-Cal Channel 575



Don & Paula Wiklander September 6 & 13
Paul & Rita Kail September 20 & 27

September 6

Communion: Gary & Kendale Vosberg
Worship Leader: Bergan Dalley
Music: Colleen Plamer & Jeff Patterson
Tech: Keith & Dena Sytsma
Altar Flowers: Jeff & Mary Patterson
Bulletins/Online: Jeff & Mary Patterson



September 13

**"Singing the Favorites" Choir
Hymn Sing**

Worship Leader: Chelsey Worrel
Music: Nancy Vogt
Tech: Owen Nuss & Carrie Dalley
Altar Flowers: Crystal Wilks
Bulletins/Online: Crystal Wilks

September 20

Worship Leader: Owen Nuss
Music: Tom Hlubek & Jeff Patterson
Tech: August & Avery Akins
Altar Flowers: Paul & Rita Kail
Bulletins/Online:

September 27

Worship Leader: Anna Cottington
Music: Jeff Patterson
Tech: Bergan Dalley & Glenn Rohden
Altar Flowers:
Bulletins/Online:

Extravagant Giving

In August:

- Held ribbon cutting for Food Pantry Blessing Box and filling the box with food!
- Blessed Children & Backpacks for back to school.
- Pastor prayed through Gowrie H.S. & Farnhamville elementary. Asked for God's blessings, provision and safety for our children, teachers, administrators, and all school staff throughout this school year.
- Celebrated Children who partook in Christian camp experiences.
- We have encouraged those who live in care centers through cards & notes.
- Held an invitational adult Bible reading time this summer. Read through the book of James, 1st & 2nd Peter and began 1st John.



**All this is possible
because of your
Generosity!**

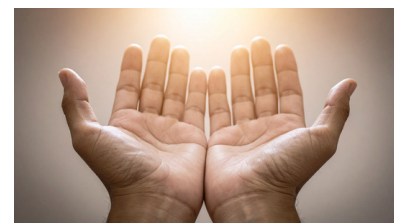
You are God's Church!



August Offerings

\$8795.00

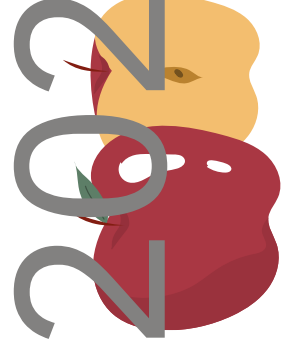
Thank You!



SEPTEMBER 2026

make
kindness
the norm.[®]
randomactsOfkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION[®]



SUN MON TUE WED THU FRI SAT

30	31	1	2	3	4	5
	Leave a small note or treat for your mail carrier, delivery driver, or garbage collector.	Bake and share something sweet and deliver it to a neighbor, teacher, or friend.	Start Socktober early by collecting new socks throughout September to donate next month—your preparation today warms toes (and hearts) tomorrow.	Donate gently-loved treasures like books or toys so someone else can enjoy them.	Hand out compliment cards that tell people what makes them special.	
6	7	8	9	10	11	12
Spread back-to-school cheer with sticky notes of encouragement hidden in lockers, desks, or library books.	Thank a teacher or mentor with a heartfelt note describing how they've inspired you.	Plant positivity by painting RAK rocks and scattering them around parks or trails.	Do a chore for someone else without being asked.	Start a generosity jar and add a coin or note each time someone does something kind, then donate what you've collected together at month's end.	Send a smile across miles by mailing a postcard or drawing to a faraway friend or relative.	Give the gift of time by helping with errands, homework, or yard work.
13	14	15	16	17	18	19
Hold the door (and a smile) for others.	Share your skills by teaching someone how to bake, draw, or play a song.	Grow a kindness tree in your classroom or office—add a paper leaf for each kind act witnessed until your branches bloom with good deeds.	Leave a generous tip or a note of appreciation for a café or restaurant worker.	Create a kindness coupon book filled with favors like “help with dishes,” “one free hug,” or “movie night of your choice”.	Pick up litter while you walk and watch your generosity ripple through the environment as beauty replaces clutter.	Donate blood or encourage others to.
20	21	22	23	24	25	26
Surprise a stranger by paying for their coffee, bus fare, or parking.	Pass along a favorite book with a note about why it moved you.	Volunteer together as a family, class, or team.	Host a “swap day” where friends trade clothes, toys, or tools.	Create a ripple map — draw a big circle with your name in the middle, then add circles for every person your kindness reaches.	Pack an extra snack for school or work and share it with someone who forgot theirs.	Support local artists or shops by leaving a kind review, sharing their work online, or writing a thank-you note.
27	28	29	30	1		
Give the gift of listening by setting down your phone and being fully present.	Make kindness bookmarks with inspiring quotes and slip them into library books so future readers discover unexpected encouragement.	Adopt a spot in your neighborhood—refill a Little Free Pantry, water community plants, or tidy a park corner.	Celebrate kindness stories by sharing moments of generosity from the month with your family or class—telling those joy pathways glowing bright.			

AUGUST

OCTOBER

S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
26	27	28	29	30	31	1	2	27	28	29	30	1	2
2	3	4	5	6	7	8	9	4	5	6	7	8	9
9	10	11	12	13	14	15	16	11	12	1	14	15	16
1	17	18	19	20	21	22	23	18	19	3	21	22	23
6	24	25	26	27	28	29	30	25	26	2	28	29	30
2	31	1	2	3	4	5	6	1	2	3	4	5	6
3													7

Visit our site for even more kindness ideas: <https://www.randomactsofkindness.org/kindness-ideas>

© The Random Acts of Kindness Foundation



Ingathering



November 7, 2026

Trinity United Methodist Church

Please bring all items, or assembled kits into the church by October 25.

PERSONAL DIGNITY KIT

- 1 Hand towel - no kitchen towels
- 1 Washcloth - no dishcloths
- 1 Adult toothbrush — individually packaged
- 1 Bar soap - 3-4 oz
- 1 Shampoo - 12-19 oz - lid taped
- 1 Deodorant - 2-3 oz - stick, roll on, or pump
- 1 Lotion - 8-10 oz - lid taped
- 1 One-gallon resealable plastic bag

Place all items in the resealable plastic bag.
\$2 donation for toothpaste and carrying bag.



We will collect items for any kit that is in the midwest missions brochure.

The start of School is a great time to look for back to school deals for school kits!

STUDENT KIT

- 3 Notebooks - 1 subject spiral 8"x 10 1/2"
- 1 Ruler - 12" long with metric
- 6 Pencils - unsharpened
- 1 Pencil sharpener
- 1 Eraser - 2" or larger
- 1 Box 12 colored pencils
- 1 Box 24 crayons
- 1 Pair student scissors
- 1 One-handled cloth bag*

Place all items in the cloth bag or a grocery sack.



Happy Birthday

Join us for our
Quarterly Birthday
Party!

September 20
Before Worship 9:30 am



September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy Birthday! Mary Smith 9am Office Open	2 9am Office Open 9:30am Facebook Devotion 6-7:15pm Confirmation Mtg.	3 9am Office Open 10:45am UWF Mtg. 3:30-7:30pm Downtown Market	4 Happy Birthday! Jamie Dalley Pastor's Prep Day	5 Happy Birthday! Bretton Farnham
6 9am Coffee and Conversation 9:30am Sunday Worship 10:30am Adult Bible Study 11:15 am Music Planning Committee	7 LaborDay Happy Birthday! HaleyStewart Pastor's Sabbath	8 9am Office Open 6:30pm Church Council Mtg.	9 Happy Birthday! John Lomicka 9am Office Open 9:30am Facebook Devotion	10 9am Office Open	11 Pastor's Prep Day	12
13 Happy Birthday! William Adam 9am Sunday School & Adult Bible Study 9:30am Coffee & Conversation 10:15am Sunday Worship	14 Happy Birthday! JeffPatterson Karen McCubbin Pastor's Sabbath	15 Happy Birthday! Dick Learned Marla Stokesbary 9am Office Open	16 Happy Birthday! Lexi Rice Nate Slawson 9am Office Open 9:30am Facebook Devotion	17 9am Office Open	18 Happy Birthday! Myrna Jacobson Pastor's Prep Day	19 Happy Birthday! Drew Dorsey
20 9am Sunday School & Adult Bible Study 9:30am Quarterly Birthday Party 10:15am Sunday Worship	21 Happy Birthday! Rich Tucker Pastor's Sabbath	22 9am Office Open	23 9am Office Open 9:30am Facebook Devotion	24 Happy Birthday! Deb Coughlon 9am Office Open	25 Happy Birthday! Jolene Johnson Pastor's Prep Day	26 Happy Birthday! Avery Akins
27 9am Sunday School & Adult Bible Study 9:30am Coffee & Conversation 10:15am Sunday Worship	28 Happy Birthday! Carolyn Sandgren Pastor's Sabbath	29 9am Office Open	30 Happy Birthday! Clay Rice Shawn Blunk 9am Office Open 9:30am Facebook Devotion			



You are invited to participate in a year of intentional “random acts of kindness”. Each week during worship, we will scratch off a card from our “The Kindness Bucket List” We are encouraged to share this act of kindness in our daily life that week.

May God bless you as you share his love.

“It is the moment for you to wake from sleep.”

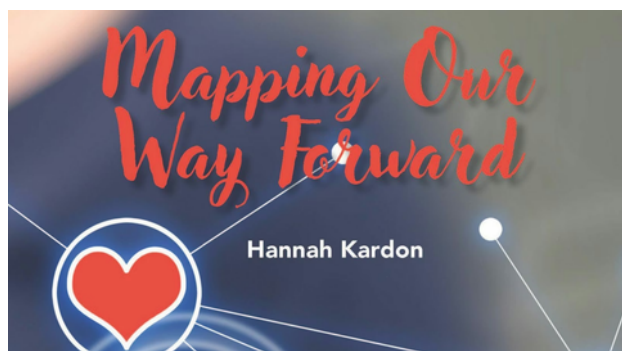


United
Women
in Faith

2026: Mapping Our Way Forward

Sept. 3rd. - Tea Room Outing

Hebrews 11:6 (KJV) "But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is rewarder of them that diligently seek him."



Sunday School

The kids will be continuing working through all 66 books of the Bible during Sunday School. Our first day will be September 13 at 9:00 am! See you there!

Want to add to your own and other's worship experience?

We are looking for volunteers!

Running the clicker, or operating the soundboard/camera.

No experience needed to start!

You will be working with someone experienced to learn.



Please talk to Carrie in the office, or Pastor Susan.



United Women in Faith will meet at Tea Thyme & Tea Shop to start our year off September 3 for lunch.

Please meet at the Church at 10:45am to carpool.

If you have any questions, please contact Barb Tucker or Shirley Wooters.

"It is the moment for you to wake from sleep."

Church Council

August 18

6:30-8:00 pm

Gary read the Devotion and Pastor Susan did a prayer, and then council had a learning moment about Leadership. The meeting came to order at 6:45 pm.

Meeting minutes volunteers: January – Kendale, February – P. Susan, March – Gary, April – Carrie, May – P. Susan, June – Rita, July – NA, August – Gary

Review and approve June Meeting Minutes, a motion and a second where made – motion carried.

Old Business:

- Summer /Fall, Downtown market Sept. 3rd need volunteers 4:00 to 7:00. Sign up in narthex.
- Lasagna Dinner set for Oct. 4th after church. Sign - up sheet in narthex for volunteers and items needed.

New Business:

- Charge conference reports and goals. Pastor Susan passed out conference material that must be filled out, has asked council to read and think about what can be put down in response to the questions and bring them back to next meeting.
- Pastor brought to attention that there used to be signs for UMC at edges of town. Do we want them again, something to look into?
- Circuit Meeting Aug 25th 5:30 FortDodge.

Treasurer Report:

- Carrie asked board if she could get a budgeted Electric bill from town to be able to have a more uniformed payment to help with budgeting. A motion and second to approve a budgeted electric bill, motion Carried.
- After discussions on treasurers report, a motion and a second was made to approve as read, Motion carried.

Trustees:

- Judy talked about wall in sanctuary, getting a contractor to come and fix. Board approved getting estimate.

Next meeting Sept. 8th 6:30

Written by Gary Vosberg



Gowrie United Methodist Church
1306 Market Street, PO Box 479
Gowrie, IA 50543

Service on Facebook Live and Later on Channel 575 at 11:00 am

Office Schedule

Tuesday 9:00 am - 3:00 pm
Wednesday 9:00 am - 5:00 pm
Thursday 9:00 am - 3:00 pm

Worship Sunday Mornings

September 6th

- 9:00 Coffee and Conversation
- 9:30 Worship
- 10:30 Bible Reading for All

September 13th through winter

- 9:00 am Sunday School for Children & Adults
- 9:45 Coffee & Conversation
- 10:30 Worship

Lasagna Dinner - October 4th

Come join us for a tasty meal!

11:15 am until gone !

Eat In or Drive Through.

**Menu: Lasagna with beef & sausage,
Lettuce salad, French Bread
and Dessert**

Please check the clipboard
in the Narthex for ways
you can help!

Work Day Oct. 3rd, 9:00 am

