



As we journey through our small groups concerning the rewards of singing on our spiritual being in September and October with the book ***Sing!***, let's also look at some of the additional benefits to us from the physical activity of singing!

Did you know that singing strengthens our immune system, can help us sleep by strengthening our throat and palate muscles (helps to reduce sleep apnea!), is a natural form of antidepressant as it releases endorphins the brain considers "happy chemicals", can reduce our stress levels by releasing muscle tension and the reduction of the stress hormone cortisol, and so much more!

Singing involves our soul, heart, mind and body. It moves us. It inspires us. It can take us back in time to remember life events, it can propel us to our future! Singing hymns reminds us of what God has done for us, is currently doing for us, and gives us confidence in what he will do for us into the future.

Let's remember the four main benefits that singing together as a congregation can have upon us from the book ***Sing!***:

1. Singing Takes Sunday's Truths into Monday and Beyond
2. Singing Sustains Us in Every Season of Life
3. Singing Reminds Us of What God Has Done in Our Lives
4. Singing Keeps Our Minds on Eternity!

It is OK to dog ear pages in YOUR ***Sing!*** book, highlight passages that struck a chord with you, and even flag the pages with sticky notes! It is a wonderful reference we can look back to even after the small groups are complete. Enjoy!



THRIVE

a way of life...

THRIVE – Each letter stands for something

Invest in your spiritual health...

We take time to cultivate a deep relationship with God through prayer, reading the Bible and studying the gospel, worshipping together, actively participating in Divine Services.

Am I taking the time to be a lifelong learner of my Heavenly Father?

"Hey, I know them..."

Did you happen to see the Denver Food Pantry was featured in the Summer 2019 Vision newsletter? Did it inspire you to help along in some way: donation, volunteering (at the pantry, or in your local community)? Think of ways we can all live out our call to share what we've been given.

Giving is... Love, Faith, Joy, Mission, Sacrifice, Secret, Worship

What's coming up...

- 10/6 - Front Range service with Bishop Fuerbach
- 11/2 - Set your clocks back one hour!
- 11/3 - Service for the Departed
- 11/17 - Apostle Buehner in Salt Lake City
- 11/24 - Thanksgiving Sunday, Front Range service w/ Ap. Buehner
- 11/28 - USA National Thanksgiving
- 12/1 - 1st Sunday of Advent
- 12/15 - Front Range service w/ B. Fuerbach, Christmas Program
- 12/25 - Christmas Day
- 12/29 - Closing of Year service 2019
- 1/5 - Beginning of Year service 2020