

The joy of the Lord is
my strength.

Nehemiah 8: 10

You may have heard that the acronym JOY means putting these three things in order: Jesus, Others, and Yourself. In fact, as Christians, our joy goes much deeper. Psalm 16:11 states, "You have made known to me the path of life; you will fill me with *joy* in your presence, with eternal pleasures at your right hand." In Hebrew, the word for joy is plural, meaning *intense joy*! Real joy is not attained by pursuing it, but by a wonderful by-product of a life of following God. In Him is fullness of joy! (James 4:8, John 15:11)

The joy of the Lord is my strength is the theme of Young at Heart this year. Joy can seem elusive at times. It is easy to become overwhelmed by news, situations, brokenness, and division. Our desire is that we will grow in our ability to fix our eyes on Jesus rather than the culture or circumstances in our lives. Our wellspring of joy will run as deep as the love of God expressed in His Word.

Join us in this adventure of deepening our understanding of God's call on us to reflect His fruit to a lost world and to one another! Joy is lacking in our culture and church, but when it is present, it is contagious. With God as our highest joy, the indwelling Holy Spirit makes it divinely possible to choose joy!

NORTH HEIGHTS
1700 West Highway 96, Arden Hills, MN 55112
NorthHeights.Church



YOUNG AT HEART

FALL 2022



**Spirit-filled seniors (50+)
who meet weekly for
friendship, food, Bible study,
and entertainment!**

NORTH HEIGHTS

**Find faith.
Discover purpose.
Live eternal significance.**



MORNING SCHEDULE

- 10:00** Coffee & Fellowship
- 10:30** Welcome & Worship
- 11:00** Teaching/Activity
Prayer ministry available
- 12:00** Lunch



In case of severe weather:
Call 651-797- 7478 or check
NorthHeights.Church

FALL 2022 SCHEDULE

A time of fellowship & lunch (\$8) each week at Arden Hills.

September 15, 10:30am, Great Hall

Entertainment: Norton Lawellin

September 22, 10:30am, Great Hall

Bible Study & Communion: *The Joy of the Lord is my Strength*,
Neh 8: 9 - 10, Bob Burmeister

September 29, 10:30am, Chapel Overflow

Bingo, lunch, and cards (after lunch)

October 3 - 8, Bus Trip to Branson, MO

(preregister and prepay) Meet at Door B

October 6 - No Young at Heart

October 13, 10:30am, Great Hall

Bible Study: *Joy in Fellowship with the Trinity*,
2 Cor 13:14, TJ Anderson

October 20, 10:30am, Great Hall

Bible Study & Communion: *Joy in Fellowship with the Trinity*, 2 Cor 13:14, TJ Anderson

October 27, 10:30am, Chapel Overflow

Bingo, lunch, and cards (after lunch)

November 3, 10:30am, Great Hall

Bible Study: *Joy in Fellowship with Others*,
Linda Morken
1pm, Chapel | Movie: *God's Not Dead #4*

November 10, 10:30am, Great Hall

Bible Study & Communion: *Joy in Fellowship with Others*, Linda Morken

November 17 - No Young at Heart

Friday, November 18, Bus trip to Church Basement Ladies

(preregister & prepay) Meet at Door B

November 24 - No Young at Heart (Thanksgiving)

December 1, 10:30am, Great Hall

Bible Study: *Christmas Joy*,
Luke 1:44 & Luke 2:10, Fred Thoni

December 8, 11:30am, Great Hall

Christmas Luncheon (preregistration & payment required)
Tara Brueske & Jeff Brueske

January 5, 10:30am, Great Hall

Bible Study: *Surprised by Joy*,
Phil 4: 4 - 8, Jordan Gehlhar

January 12, 10:30am, Great Hall

Entertainment: Janine Stauffer

January 19, 10:30am, Great Hall

Bible Study & Communion: *Surprised by Joy*,
Phil 4: 4 - 8, Tasse Swanson

January 26, 10:30am, Chapel Overflow

Bingo, lunch, and cards (after lunch)