

Be still, and know
that I am God.

Psalm 46:10

Psalm 46:10 is our focus this year and is deep with meaning. One commentary stated, "Many people tend to think that this verse means to relax or rest in who God is . . . besides reflecting on who God is, this is more of a wake-up call to be in awe than a gentle call to rest." We are called to action. Knowing who He is changes us and calls us to make a difference for His kingdom.

This year at Young at Heart we desire to grow in our ability to be silent before Almighty God and listen to what He is saying to us through His Holy Spirit living in us. Our culture is at war, yet we can experience God's peace in the midst of the battle. Let us press into His heart, His perspective, and learn to practice His presence, enjoying the "pleasure of His company." We will grow as mighty intercessory warriors, impacting those we love and our culture for God's good and glory.

We are more than conquerors through Him who loves us and God will continue to strengthen, speak, and use us until He calls us home!

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

YOUNG AT HEART

SEPTEMBER 2021–JANUARY 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

10am Coffee & Fellowship
Prayer ministry available
10:30 Welcome & Worship
11am Teaching/Activity
12pm Lunch



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

SEPTEMBER 2021-JANUARY 2022 SCHEDULE

A time of fellowship & lunch (\$7) each week at Arden Hills.

Sept 16, 10:30am, Great Hall

Entertainment: Sing-a-Long, Thom Hardwick

Sept 23, 10:30am, Great Hall

Bible Study & Communion: *The Influence of Peace*, Psalm 46:10, Mike Smith

Sept 30, 10:30am, Chapel Overflow

Bingo, lunch, and cards (after lunch)

Oct 7, 10:30am, Great Hall

Bible Study: *We Hear*, Psalm 46:1, Pat Ose

Oct 14, Bus Trip

Taylor's Falls Boat Cruise.
Preregister and prepay.

Oct 21, 10:30am, Great Hall

Bible Study & Communion: *We Trust*,
Philippians 4:4-9, Pat Ose

Oct 28, 10:30am, Chapel Overflow

White Elephant Gift Exchange, Bingo, lunch,
and cards (after lunch)

Nov 4, 10:30am Great Hall

Bible Study: *We Share*, Galatians 5:22-26,
Pat Ose

1pm Chapel Movie: *God's Not Dead #1*

Nov 10 (Wed), Bus Trip

Chanhassen: *The Music Man*.
Preregister and prepay.

Nov 11, 10:30am, Great Hall

Entertainment: Rainfall

Nov 18, 10:30am, Youth Room

Bible Study & Communion: *Worship in the Quiet*, Psalm 46:10 & 37:7, Todd Marshall

Nov 25

No Young at Heart—Thanksgiving

Dec 2, 10:30am, Great Hall

Bible Study: *Worship in the Waiting*,
Psalm 46:10 & Isaiah 40:31, Todd Marshall

Dec 9, 11:30am, Great Hall

Christmas Luncheon with Tara Brueske and
Jeff Brueske. Preregister and prepay. Contact
Sherrie Blatzheim at 763-783-8640.

Jan 6, 10:30am Great Hall

Bible Study: *Praying in the Promises*,
Psalm 119:68, Tasse Swanson

Jan 13, 10:30am, Great Hall

Entertainment: Switched at Birth

Jan 20, 10:30am, Great Hall

Bible Study & Communion: *Waiting in the Silence & Solitude*, Hebrews 11:39 &
Habbakuk 3:17, Tasse Swanson

Jan 27, 10:30am, Chapel Overflow

Bingo, lunch, and cards (after lunch)