

## HANDS 4 SHARING

Hands 4 Sharing is September 27th. Go to [google.com](http://google.com) and search “Hands4sharing” and the web site Hands 4 Sharing—Rethink Church will open to share more information about the United Methodist day of service and how you can participate.

## ROLLAG! ROLLAG! ROLLAG!

Rollag is only a week away, and there is still much to do. This Wednesday, is clean-up day at Rollag. Please plan to meet at the church at 5:30. If you can, bring a broom and rags. On Saturday morning, Del will need help loading the supply truck. Please contact him personally if you are able to help. Saturday night we will leave the church with the supplies at 6:00 to go to Rollag to set up. We again need help. Del's number is [701-238-2223](tel:701-238-2223).

Tickets are available for first come first serve. If you are working two days, remember you will need to get a wrist band, but you only need one ticket. Tickets have been purchased for \$10 each which is cheaper than regular admission. If you buy a regular ticket you can get a \$2 refund at the main office. If you can't afford the ticket, but want to work a 4 hour shift, just ask for a ticket from the office or buy one. Stan, who collects money at the dinner counter, will reimburse you \$10.00 for the ticket. Parking passes are available for both days but please share a ride.

## SPIRITUAL INSOMNIA

Studies show that most Americans don't get adequate sleep. Whether an overcrowded schedule or insomnia is to blame, the short- and long-term effects are alarming. It's tough to maintain a healthy mind and body when you're sleep-deprived.

Likewise, we require sufficient, regular quiet time with God to stay spiritually healthy. Even Jesus needed time alone with God. Luke 5:16 says Jesus withdrew to deserted places to pray. Think how much more we need to listen for God's voice and learn from his Word!



## FIRST MILE MISSION

First Mile Mission Giving begins in all UM Churches with Apportionments: 'A Portion Meant' for mission. Grace's 1st Mile Mission Giving Goal is \$21,277 or \$106.38 each member. Generous givers for 2014 have given \$4,828.38 towards our goal.

## DONUTS



Donuts will be made on Wednesday, August 27th beginning at 6:00 a.m. Please place your orders with Judy Anderson, 236-0183 or the office, 233-1857. Donuts are to be picked up by 9:00 a.m.

## ROLLAG! ROLLAG! ROLLAG!



There is still time to sign up to volunteer on Sunday, August 31st and Monday, September 1st at Rollag. Contact Del Larson, 238-2223 to let him know he can count on YOU. Sign up for the work, enjoy the fellowship.

## TRUSTEE'S PROJECT

The Trustee's are still accepting pledges for new carpeting, handicap door openers and a new ADA compliant handicap accessible family bathroom. Please watch the video at: [www.graceumcmoorhead.org](http://www.graceumcmoorhead.org) or speak to Bob Hanna if you have any questions. To date \$15,710 has been pledged.