

THE JOURNEY JOURNAL

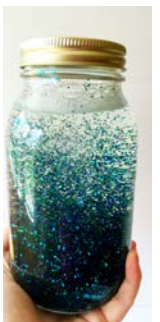
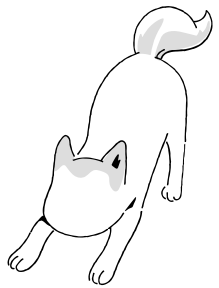
September 2021 Edition

Welcome to the September 2021 Edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Self-care, Pray With Us, and Riddles & Games.

Self-care

As September approaches, our lives will become much busier and can get stressful sometimes. Below is a list of activities you can do to relax your body and your mind:

1. **Go Outside:** Whether it is for a walk or other form of exercise or just to sit and and look at the world around you, going outside is a great way to relax.
2. **Stretch:** Stretching is a great way to increase flexibility, range of motion, and energy levels. Make sure to find stretches that work for you and stretch before and after working out.
3. **Mindfulness Jar:** Fill a water-sealable jar almost entirely with water. Add a little bit of dish soap, glitter, food coloring drops, and clear or glitter glue (optional). Close the jar and shake it up. If you would like the glitter to move slower in the jar add more dish soap. Shake it whenever you you need a break, shake up the jar and watch the glitter twirl and settle!
4. **Take a Moment to Laugh:** Watch a funny movie or comedian perform, play a silly game or dance, read the comics or funny paper, or tell a joke!



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Pray With Us

This month will mark the 20th anniversary of 9/11, that fateful day that changed our country, as well as changed the lives of so many people in a personal way. Whether you or a loved one is facing death now, or you have experienced the death of a loved one in either a public or private way, here is a beautiful hymn for your devotional experience. Written by the Lutheran pastor Stephen Starke right after 9/11, and based on Ecclesiastes 3, I pray that you allow these words to touch your heart according to your faith tradition.

“There is a time for ev’ry thing, A time for all that life may bring:
A time to plant, a time to reap, A time to laugh, a time to weep,
A time to heal, a time to slay, A time to build where rubble lay,
A time to die, a time to mourn,

A time for joy and to be born,

“A time to hold, then be alone, A time to gather scattered stone,
A time to break, a time to mend, A time to search and then to end,
A time to keep, then throw away, A time to speak, then nothing say,
A time for war till hatreds cease, A time for love, a time for peace.

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Pray With Us

Eternal Lord, Your wisdom sees And fathoms all life's tragedies; You know our grief, You hear our sighs –In mercy, dry our tear-stained eyes. From evil times, You bring great good; Beneath the cross we've safely stood.

Though dimly now life's path we trace,

One day we shall see face to face.

“Before all time had yet begun, You, Father, planned to give Your Son; Lord Jesus Christ, with timeless grace, You have redeemed our time-bound race; O Holy Spirit, Paraclete, Your timely work in us complete; Blest Trinity, Your praise we sing—There is a time for ev'rything!”

(Lutheran Service Book 762)

Pastor Rick

Here is a link to a YouTube video of the hymn so that you can listen to it as you read:

https://www.youtube.com/watch?v=3K9DJWrrB_U

Johnny Appleseed Day

Johnny Appleseed Day is a day that commemorates the birth of John Chapman—an American pioneer that was responsible for introducing apple trees to parts of Illinois, Indiana, Ohio, West Virginia, and Pennsylvania and is better known for his nickname Johnny Appleseed than he is for his real name. This American nurseryman became a legend during his own lifetime and was widely known for his conservation efforts. He was a missionary and is considered by many to be one of the first American conservationists. This is a holiday that's not only observed on September 26th for many people to coincide with Mr. Chapman's birth anniversary but is also observed on March 11th to coincide with prime apple planting season. So feel free to celebrate one of these days honoring Johnny Appleseed, or if you're a really big fan of his work and/or apples, feel free to celebrate both days.

Johnny Appleseed was born John Chapman on September 26, 1774, to Nathaniel and Elizabeth Chapman in Leominster, Massachusetts. In 1776, Chapman's mother died while giving birth to another son and John's father returned to Longmeadow, Massachusetts in 1780 where he married Lucy Cooley. The following year, Nathaniel and Lucy Chapman gave birth to a son named Nathaniel. According to some stories, 18-year old John Chapman persuaded his 11-year old half-brother Nathaniel to head west with him in 1792. The two supposedly lived a nomadic life until their father moved out west in 1805 and met them in Ohio. Nathaniel decided to help his father farm his land, and John decided to become an apprentice under an apple orchard owner named Mr. Crawford. This would set John Chapman on a lifelong journey to plant apple trees.

Johnny Appleseed cont.

Even though the popular image of Johnny Appleseed is that he spread apple seeds randomly everywhere he went, but that's not really accurate. What he actually did was to plant nurseries, erect fences around these nurseries and then left them in the care of neighbors to the nursery. Every year or two, he would return to the nursery to tend to the trees. The very first nursery that he planted was on the bank of Brokenstraw Creek in Pennsylvania.

One of the reasons why he planted trees so proficiently was because of a frontier law that enabled anyone to lay claim to a piece of land by merely establishing a homestead. And a homestead claim could be made simply by planting fruit trees on the land. He would plant apple trees to make a nursery, and then once they had matured, he would sell the land to settlers. Over the course of his life, he traveled over 100,000 square miles, so that gives you an idea of just how much land he could've accumulated. By the time of his death on March 11, 1845, he had over 1,200+ acres of land.



Riddles & Games



R Q Z G T U P N S W Y X L V I L J N Z L
 Q Q A N V B N S P E W N L T H F L R F A
 R E W O L F N U S F L G A C X E R O C B
 X Z D K F S T T A B O P F C Y U L C H O
 X G B V E S W H H I B O P E Y N Y A K R
 K L Z V E S C H O O L R T A X S S Q C D
 R K A V B V Z Z E P J S E B H R N X L A
 C E R F Q T Q A O M D V D B A B S Q A Y
 L A P F A U M Q K G I C H G M L T P H R
 H I E O U P P I N R T T B X A E L Q M X
 T P S I O T H S T X F Q F S C T T I G V
 X J G B F Y A S K T P G H I J B X P U P
 J J O H V I J G Z J Q V D S F V V F E F
 I L J Q Z N P P M S V E J N M U T U A S
 E Z N T B Y G O N L R B S R I L H X Y F
 U H S P Q R K P B U E V S Y Y I J F A R
 S B I I B G G J Z F Q H P V N F Y W W T
 V O I U C P O H B Y G Q J C U D E M T C
 J K C T X U W A I K O T X L O W O O K L
 C R A D G P I L S U F N P C D G M B C O

Word Search

- Acorn
- Apples
- Autumn
- Cider
- Fall
- Football
- Harvest
- Labor Day
- Leaves
- School
- September
- Sunflower



Math Squares

	-	6	÷		-1
-		×		+	
	-		+		1
×		-		÷	
	-		-	4	-6
-9		47		5	

Fill in the missing numbers
 The missing values are the whole numbers between 1 and 9.
 Each number is only used once.
 Each row is a math equation.
 Each column is a math equation.
 Remember that multiplication and division are performed before addition and subtraction.



	5		47		-6
-9	4	-	7	-	5
	÷		-		×
1	8	+	6	-	2
	+		×		-
1-	8	÷	9	-	1