

# ELY UNITED METHODIST CHURCH

*"The Little Church With the Big Heart"*

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**Parish News**

**October 6,**

## Pasty-Making and Christmas Poinsettias

**Pasty-making season** is upon us once again. There will be three sessions during the 2023/2024 school year: in October, January, and April.

We will gather in the morning on Monday, October 16 for Veggie Prep and early afternoon for Dough Balls. Pasty-making will begin bright and early on Tuesday morning. (The times for each are on your October calendar.)

Pasty calling will begin soon - watch for announcements.

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I know, it isn't even November yet and here comes an announcement for ordering **Poinsettias!**

The dreaded "supply chain problem" is behind the early deadline.

Detailed information is included elsewhere in Parish News. The bottom line: You need let us know by Thursday, October 19th. Sign up began Sunday morning, October 1<sup>st</sup> and will continue this Sunday the 8<sup>th</sup> and on Sunday the 15<sup>th</sup>.

## A Note from Pastor Craig

Several months ago I stumbled across a fascinating book with the title "Henry at Work: Thoreau on Making a Living," published in 2023. The two writers were reflecting on a couple trends that emerged following the pandemic: the great "worker resignation" and resistance of workers returning to the office.

It appears as though workers are using the existing labor shortage to leverage for more meaningful working conditions, believing this will in turn lead to a fuller, more rewarding life.

Some skeptics wonder if a desire to avoid work might be another reason. I'm not so sure and this certainly wasn't the case for Thoreau. He has often been characterized as a recluse, an idler, who simply didn't want to work. This isn't the case; Thoreau worked as a land-surveyor, in his family's pencil-making business, wrote, lectured, and did other odd jobs. But he wanted to do work he was interested in, work that was meaningful, and work that was moral.

Pondering this book, my curiosity was piqued, thinking this relates to the place Jesus and faith in Christ have in our life and our participation in church.

Our Nominating Committee has mentioned discovering our respective, unique gifts. This way we can do work we enjoy and are good at. The link in Parish News two weeks ago was incorrect. You'll find a link to the inventory attached to Parish News. We encourage you print it off and complete the inventory.

In a similar vein, we're continually encouraged online, in books, and by workshop leaders to find our passion, as in "find your passion and you'll never work a day in your life." A recent opinion piece in the online version of Scientific American pushes back on this notion, suggesting that passions are not inborn, but are developed. (I'll attach the full article to the online version.)

The writer suggests a process where we first are curious about something. "With repeated engagement, positive experiences, and accrued knowledge, what was interesting becomes an interest. If these qualities continue to intensify, a passion can emerge."

Not all of the passions in my life are innate. But the degree to which my passions - for God, Jesus, the outdoors, organized sports, and learning - are not inborn, they have become more developed and deeply a part of my life as they have grown and flourished in my life by my fervid engagement with them.

How about you? With your passion for Jesus, faith, worship, and service? I see our church's recent studies leading us in this direction.

Pastor Craig

# The Ely United Methodist Church

## *Prayer Wall*

October 6, 2023

This is a guide for prayer this week. The *Prayer Wall* is a reminder of those needing prayers during devotional times. Thank you for dedicating some of your personal prayer time to lift up these requests.

### Matthew 21: 22 (NIV)



*(Jesus said), "If you believe, you will receive whatever you ask for in prayer ."*

### We lift up the following in prayer...

- **Bonnie Berglund** – Bonnie has fallen and broke a vertebra in her back. She has been transported to Duluth. Please keep her in your prayers for healing and full recovery.
- **Deanie Kuehl** – Deanie is having cornea and cataract surgery done in Duluth this week.
- **Jeanne Tomlinson** – Jeanne is having cataract surgery on both eyes. Pray for healing and recovery.
- **Bill Hane** – Bill is having cataract surgery. Pray for healing and recovery.
- **Violet Udovich** – Violet is having surgery on her leg. Pray for healing and full recovery.
- **Sheila Shultz** – **Update: Sheila has been recently hospitalized in Ely and upon her discharge, she will be moving to Boundary Waters Care Center for physical therapy.**
- **Vicki Podomonick** – **Update: Vicky is back home and waiting for the results of her medical tests.** Please pray for Vicky who is in the hospital in Duluth having tests done for unspecified health issues.
- **Bill & Linda Hane's family and friends** – Bill lost two siblings within 24 hours. His older sister, Wanda, and his younger brother, Dicky. Both passed away under different circumstances. Pray for Bill's family.
- **Sheryl Spencer** – Pastor Craig asked for prayers for Cheryl Spencer whose eyesight has greatly diminished. She will have surgery this week. Pray that her surgery improves her sight.
- **Laurie Vaurent** – Kellie Viikansalo asked for prayers for her friend, Laurie Vaurent, who is dealing with kidney issues and may need a transplant.
- **Loren Barnes** – **Latest Update: Loren has been diagnosed with cancer. Loren is back in the hospital. His femur broke at the ball joint while sitting on his bed.** Lucy Diesslin asked for prayers for her brother, Loren Barnes, who is being treated for blood flow issues to his leg.
- **Tony John** – Janice Tessier asked for prayers for former son-in-law, Tony John, whose pancreatic cancer has returned.
- **Political unrest in Africa** – Pastor Craig asked for prayers for resolution of all the political unrest in Africa.
- **Terry & Joni Bosch** – Paula Mattila has asked for prayers for their neighbor, Terry Bosch, and his wife Joni. Terry has been sent home on hospice.
- **The Russia / Ukraine conflict** – Pray for a world-wide lasting resolution, safety of the people, and peace.

We include all the United Methodist Churches and Pastors, both active and retired, in our MN UMC Annual Conference as we work in extraordinary ways to keep our congregations and communities free from infection by the COVID-19 virus.

*Prayer requests are compiled from our church prayer chain, from our Sunday morning church congregation, using the prayer request forms located in the welcome pew pads. The Prayer Wall is finalized each Thursday for the Sunday morning service.*

Ely Flower and Seed  
145 W. Camp St  
Ely, Mn 55731

Christmas 2023

Good Day everyone please mark the following on all of your calendars:

Each year it is getting harder and harder to be able to find suppliers for the Poinsettias; the earlier you can get your orders in the better chance of availability.

The deadline for placing any orders for your Christmas Plants this year will be October 20<sup>th</sup>. Due to the workforce shortage we will once again see shortages on the availability and we need to have our order into the Vendor on this day for any orders. Any orders after this date we will attempt to get but will not be able to guarantee.

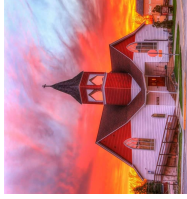
Prices for the Poinsettias this year will be \$15.99 ea.

Attached you will find your order form.

Thank you for your continued business with Ely Flower and Seed and we all wish everyone a very Happy Holidays.

Ely Flower and Seed and Staff

1. The cost for Poinsettias this year is \$ 16.00
2. There will be a sign-up sheet on a clipboard in the rear of the church beginning Sunday, October 1, along with an envelope for payment (cash or check).
3. There will also be room on the sign-up sheet to list a loved one(s) you wish to honor.
4. Our preference is you sign up by Sunday, October 15, but the final deadline is Thursday, October 19.
5. You may bring your Poinsettia home following the Christmas Eve Service.



# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:30 AM <b>Choir Practice</b> 10:00 AM Worship Service <b>Holy Communion</b>	<b>2</b>	<b>3</b> 6:00 PM Spiritual Inspiration <i>Journey with The Messiah</i>	<b>4</b>	<b>5</b> 6:00 PM <b>Choir Practice</b>	<b>6</b>	<b>7</b>
<b>8</b> 10:00 AM Worship Service and Sunday School	<b>9</b>	<b>10</b> 9:00 AM Ely Ministerial Association 6:00 PM Spiritual Inspiration <i>Journey with The Messiah</i>	<b>11</b> 6:00 PM Trustees Meeting	<b>12</b> 5:00 PM • Visioning Committee Meeting 6:00 PM <b>Choir Practice</b>	<b>13</b>	<b>14</b>
<b>15</b> 9:30 AM <b>Choir Practice</b> 10:00 AM Worship Service and Sunday School	<b>16</b> 7:00 AM Pasties Veggie Prep 1:00 PM Dough Ball Prep	<b>17</b> 7:00 AM Pasties Production & Sales	<b>18</b> 10:00 AM United Methodist Women 6:00 PM Spiritual Inspiration <i>Journey with The Messiah</i>	<b>19</b> 6:00 PM <b>Choir Practice</b> 7:00 PM Ad Council Meeting October 19 - 21 Pastor Craig will be in Sioux Falls with family.	<b>20</b>	<b>21</b>
<b>22</b> 10:00 AM Worship Service and Sunday School	<b>23</b>	<b>24</b> 6:00 PM Spiritual Inspiration <i>Journey with The Messiah</i>	<b>25</b>	<b>26</b> 6:00 PM <b>Choir Practice</b>	<b>27</b>	<b>28</b>
<b>29</b> 10:00 AM Worship Service and Sunday School	<b>30</b>	<b>31</b>				

**ELY UNITED METHODIST CHURCH**  
***Administrative Council Meeting***  
**Thursday, September 21, 2023 • 5:00 PM**

**Call To Order:** Jay Tomlinson called the meeting to order at 5:04 PM.

**Attendees (7):** Jay Tomlinson, Craig Haberman, Margie & Mark Olson, Bonnie Berglund, Don Ingerson and Sheri Rue (via zoom).

**Opening** – Pastor Craig opened the meeting with a prayer.

**Secretary's Report** – Mark Olson moved to accept the May 18<sup>th</sup> minutes with the correction that Phil Hegfors provided all the winter snow plowing and sanding at a value of \$1800 (not \$800), second by Bonnie Berglund. Voted and Passed

**Treasurer's Report** – Mark Olson gave the following report:

<b>Balances:</b>	<b>General Fund</b>	<b>Building Fund</b>	<b>Memorial Fund</b>
<b>May:</b>	\$47,952.07	\$21,961.17	\$12,295.56
<b>June:</b>	\$46,417.79	\$21,733.29	\$15,331.57
<b>July:</b>	\$49,757.23	\$21,624.94	\$15,489.02
<b>August:</b>	\$48,979.01	\$21,599.21	\$15,546.92

Margie Olson made a motion to accept the May thru August reports, second by Bonnie Berglund. Voted and passed. Mark Olson added that the Finance Committee will have to increase the budget for Delegates Expense for Annual Conference. Also mentioned that \$80 for the Love Offering was put in the Memorial Account instead of the General Account and was discovered after the Annual Conference and he was directed to add it to the 2024 Love Offering.

**COMMITTEE REPORTS**

**Board of Trustees:** Margie Olson reported the following:

1. Ceiling tiles in the Fellowship Hall have been replaced with a few finishing touches yet to be done in the window wells. Thank you to Bryan Rusco and his crew of Mark Luthens, Pastor Craig, Jay Tomlinson, Pam Turnbull and Norm Rusco. Patty Rusco helped with clean-up.
2. The new Air Conditioner was installed by Rusco Plumbing and was completed on September 15<sup>th</sup>.
3. The Trustees will be working on updating the Building Use Policy.
4. The next Trustee meeting will be on Wednesday, October 11, 2023 at 6:00pm

**Pastor-Parish Relations:** Sheri Rue reported the committee is finishing the Church Profile and the Superintendent will be visiting the church on November 5<sup>th</sup>. The Superintendent will also be participating in the worship service and will be meeting with the PPR committee after church.

**Worship:** No report.

**Outreach:** Jay Tomlinson reported that they are in the planning stages of doing some Outreach for the church members and/or family and friends with contributions from the Benevolence Fund.

**Visioning:** Jay reported they will start the study of "Journey with the Messiah" on September 26<sup>th</sup> at 6:00pm.

**Education:** No report.

**Nurture & Membership Care:** No report.

**Parish Care:** No report.

**Memorial Fund Task Force:** Carol Linneman sent the following report to Jay:

1. Memorial Sunday will be on November 5<sup>th</sup>.
2. Study Guides for the Women's Advent Study will be purchased with Memorial Funds with an estimated cost of \$300.
3. Memorials will be used to cover the \$15 charge for private photos submitted for our church directory. Estimated cost \$450.

**UMW:** Margie Olson reported the following:

1. UMW voted to have pasties 3 times – October, January and April.
2. Church Lawn Care Account: In 2021 an anonymous person donated \$700 for Lawn Care. It is tracked in the building acct. That Account is now depleted. The UMW voted to donate \$500 to the building fund for Lawn Care.
3. Keep the division of the pasties sales the same as last year.

### **OLD BUSINESS**

1. **Directory Update:** The directory company took 44 pictures and 10 pictures were submitted by individuals on their own. We need more photos. They must be submitted by the end of October as that's when everything needs to be finalized. We still have 2 empty pages to fill. The finished directory will be available in 2024.
2. **Midco Upgrade:** The update is done and working well.

### **NEW BUSINESS**

1. **Rule of Christ study group:** Pastor Craig reported that this is an Annual Conference Program on how the congregation communicates. It encourages one on one interaction for problems. We would like to get it out to the congregation and implement the study in January. We would use a trainer from Annual Conference. This is only a one day/evening study. This will be put on the agenda for October with a report back to the board from Pastor Craig.
2. **Review the "Building Use Policy":** The Trustee's will be working on the Building Use Policy.
3. **Video Streaming:** Sheri Rue asked if we could look at possibly mounting the camera or find another solution, so that whoever runs the camera wouldn't have to stand on the ladder that we use now. She feels it is a safety issue. We need to do some research on another option.
4. **Journey with The Messiah spiritual initiative guide book expense:** Margie Olson made a motion to reimburse Patty Rusco \$582.76 from the Benevolence Fund for the cost of the Study Books, second by Bonnie Berglund. Voted and passed.
5. **Sponsoring a tree at the Northwoods Partners Tree of Lights:** Tabled until October meeting.
6. **Zoom subscription:** Tabled until October meeting.
7. **Conference Reports:** Pastor Craig stated there will be reports from the Conference that various Committees will have to fill out.
8. **Change of Administration Council meeting time:** Sheri Rue made a motion to change the meeting time to 7:00pm on the 3<sup>rd</sup> Thursday of the month due to conflict with Choir, second by Mark Olson. Voted and passed.

### **CORRESPONDENCE**

1. Letter received from Children's International updating us on the child we sponsor. Mark Olson posted it on the bulletin board.

### **ITEMS OF INFORMATION**

1. **Next Meeting: Thursday, October 19, 2023 at 7:00 pm**

**ADJOURN:** Mark Olson moved to adjourn.

**CLOSING** – Lord's Prayer

3 = Consistently 2 = Most of the time 1 = Sometimes 0 = Not at all

- \_\_\_ 90. I influence others to perform to the best of their capability.
- \_\_\_ 91. I can look beyond a person's handicaps or problems to see a life that matters to God.
- \_\_\_ 92. I like people who are honest and will speak the truth.
- \_\_\_ 93. I enjoy giving guidance and practical support to a small group of people.
- \_\_\_ 94. I can communicate scripture in ways that motivate others to study and want to learn more.
- \_\_\_ 95. I give practical advice to help others through complicated situations.
- \_\_\_ 96. I enjoy learning about how organizations function.
- \_\_\_ 97. I enjoy pioneering new undertakings.
- \_\_\_ 98. I am good at and enjoy working with my hands.
- \_\_\_ 99. I am creative and imaginative.
- \_\_\_ 100. I can identify preaching, teaching or communication, which is not true to the Bible.
- \_\_\_ 101. I like motivating others to take steps for spiritual growth.
- \_\_\_ 102. I openly and confidently tell others what Christ has done for me. \_\_\_ 103. I am regularly challenging others to trust God.
- \_\_\_ 104. I give generously due to my commitment to stewardship.
- \_\_\_ 105. I feel comfortable being a helper, assisting others to do their job more effectively.
- \_\_\_ 106. I do whatever I can to make people feel that they belong.
- \_\_\_ 107. I am honored when someone asks me to pray for them.
- \_\_\_ 108. I discover important Biblical truths when reading or studying scripture, which benefit others in the body of Christ.
- \_\_\_ 109. I am able to cast a vision that others want to be a part of.
- \_\_\_ 110. I enjoy bringing hope and joy to people living in difficult circumstances.
- \_\_\_ 111. I will speak God's truth, even in places where it is unpopular or difficult for others to accept.
- \_\_\_ 112. I can gently restore wandering believers to their faith.
- \_\_\_ 113. I can present information and skills to others at a level that makes it easy for them to grasp and apply to their lives.

3 = Consistently 2 = Most of the time 1 = Sometimes 0 = Not at all

- \_\_\_ 114. I can apply scriptural truth that others regard as practical and helpful.
- \_\_\_ 115. I can visualize a coming event, anticipate potential problems, and develop backup plans.
- \_\_\_ 116. I am able to orchestrate or oversee several programs.
- \_\_\_ 117. I am able to design and construct things that help the church. \_\_\_ 118. I regularly need to get alone to reflect and develop my imagination.

- \_\_\_ 119. I can sense when demonic forces are at work in a person or situation.
- \_\_\_ 120. I am able to challenge or rebuke others in order to foster spiritual growth.
- \_\_\_ 121. I seek opportunities to talk about spiritual matters with unbelievers.
- \_\_\_ 122. I can move forward in spite of opposition or lack of support when I sense God's blessing in an undertaking.
- \_\_\_ 123. I believe I have been given an abundance of resources so that I may give more to the Lord's work.
- \_\_\_ 124. I readily and happily use my natural or learned skills to help whenever needed.
- \_\_\_ 125. I can make people feel at ease even in unfamiliar surroundings. \_\_\_ 126. I often see specific results in direct response to my prayers. \_\_\_ 127. I confidently share my knowledge and insights with others. \_\_\_ 128. I figure out where we need to go and help others to get there. \_\_\_ 129. I enjoy doing practical things for others who are in need.
- \_\_\_ 130. I feel compelled to expose sin whenever I see it and to challenge people to repentance.
- \_\_\_ 131. I enjoy patiently, but firmly, nurturing others in their development as believers.
- \_\_\_ 132. I enjoy explaining things to people so that they grow spiritually and personally.
- \_\_\_ 133. I have insights into how to solve problems that others do not see.

## Use the recording sheet on Page 13 to record your answers from the SPIRITUAL GIFTS ASSESSMENT

### Directions

- Put your Spiritual Gift Assessment response numbers in each box on Page 13.
- Add the columns going down to get your totals.
- Write your totals in the boxes above the letters.
- Circle the first, second, and third highest letter totals.
- Refer to the following Spiritual Gift Key to determine your top three Spiritual Gifts.

## MAKING SENSE OF THE ASSESSMENT SCORES

### Spiritual Gifts Assessment Key

- A. Administration
- B. Apostleship
- C. Craftsmanship
- D. Creative Communications
- E. Discernment
- F. Encouragement
- G. Evangelism
- H. Faith
- I. Giving



J. Helps

K. Hospitality

L. Intercession M. Knowledge N. Leadership O. Mercy

P. Prophecy

Q. Shepherding R. Teaching

S. Wisdom

Healing , Interpretation, Miracles and Tongues are not included in the Spiritual Gift Assessment because their presence

in the life of a believer tends to be self-evident

For further study and information on the Spiritual Gifts,  
see the Spiritual Gifts Assessment Reference Guide.

## SPIRITUAL GIFTS ASSESSMENT REFERENCE GUIDE

### A. Administration

Summary: Administration is to understand what makes an organization function, and the special ability to plan and execute procedures that accomplish the goals of the ministry.

Traits: Thorough Objective Organized Goal-oriented Efficient Conscientious Responsible

Ministry: Looking for an area with this type of role? It is all of them. Pick a ministry you are passionate about and put those skills to use.

### B. Apostleship

Summary: Apostleship is the ability to start and oversee the development of new

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## Stop Trying to 'Find' Your Passion— There's a Better Way to Love What You Do

“Find your passion!” Whether we hear it from our parents, teachers, bosses or college commencement speakers, this injunction is woven into the fabric of American culture. It is well-intended and meant to inspire. But is it good advice?

“Finding” a passion implies that it already exists fully formed and is simply waiting to be discovered. Unfortunately, this idea doesn’t square with what science tells us. Instead passions, like interests, are developed. They often begin with a spark of curiosity caused by something in one’s environment, such as a fascinating physics lecture or a moving piece of art. Through a process involving repeated engagement, positive experiences and accrued knowledge, people can come to personally value that content or activity and internalize it. What was at first *interesting* becomes an *interest*. If these qualities continue to intensify, a passion can emerge.

In several studies, we and our colleagues have found that misunderstanding this idea can hold people back. Assuming passions are immutable and essential—rather than something to cultivate and build—can cause people to be less open to different topics, less resilient to challenges in pursuit of new interests and less creative when problem-solving. Fortunately, our latest research reveals that there are ways to correct course and cultivate a more open, accurate perspective about interest.

To study these ideas, we use a framework of “fixed” and “growth” mindsets, which may be familiar from educational research. In school, conceiving of one’s *intellectual abilities* as fixed can be detrimental, whereas believing one can develop and grow skills supports greater learning. We argue that encouraging people to “find” their passion may cause them to eventually believe that interests and passions are inherent and relatively unchangeable. People who think this have a *fixed mindset of interest*. By contrast, some people, whom we refer to as having a *growth mindset of interest*, view their interests and passions as developed.

Our work has revealed that fixed and growth mindsets about interest are distinct from fixed and growth mindsets surrounding intellectual abilities. We have also repeatedly found that a growth mindset of interest comes with many advantages. People with a fixed mindset of interest, for example, may fall into the trap of thinking, “If I have already found my passion, why keep exploring?” In our studies, after engaging in a new science task, arts students with a fixed mindset expressed less interest in that scientific topic than arts students with a growth mindset. Meanwhile science students with a fixed mindset responded similarly to an art-related task. For those with a growth mindset, having a strong pre-existing interest in the arts or sciences did not preclude them from viewing a new area as interesting.

In addition, people with a fixed mindset of interest tend to expect their passions to provide limitless motivation, such that their favorite topics should never feel too difficult or demanding. In one study we tested this idea by sparking people’s interest in a topic that was new for them—the science of black holes—with a fun, easy-to-understand animated video about Stephen Hawking’s theories. But when we next asked our participants to read a dense and complex article on black holes from a scientific journal, people with a fixed mindset were frustrated by the technical reading and came to dislike the topic. Meanwhile those with a growth mindset maintained their newfound interest despite the difficulty.

A fixed mindset of interest can also inhibit creativity and innovation. If people believe they are limited to only a few inherent interests and, in consequence, do not explore other areas, they may miss seeing important connections across different domains. When we recruited undergraduates who identified as either an “arts person” or a “sciences person,” we found that those with a fixed mindset were less likely than those with a growth mindset to generate novel solutions—for example, ideas for new university programs—that integrated the arts and sciences. In other words, seeing interests as fixed stymied their creative potential. That loss is especially unfortunate when we consider how leaders at innovative companies have long prized problem-solving that melds ideas from diverse disciplines and brings together science, technology, art and the humanities.

So can a growth mindset of interest be taught? In June we published findings from an intervention that succeeded in that aim. In two studies involving more than 700 first-year liberal arts undergraduates in total, we began by assessing how our participants saw themselves. The majority held strong interests in the arts, humanities and social sciences. Moreover, most reported that they were not a “math-and-science person.” We then randomly assigned students to either our intervention or a study skills module. Both programs were online and took most students less than half an hour to complete during their university orientation week.

Our intervention included reading and reflective writing activities that helped students think about interests and passions as cultivated rather than as simply found and fixed. For example, the students read a short article that presented research on the benefits of viewing interests as developable. They also wrote a paragraph about an occasion when they developed interest in a new activity. We were careful to present this material in a neutral way—not as a corrective of their current behavior but rather as part of an exercise by their college to better support students’ transition to college. The study skills module had a similar set of exercises but with an emphasis on building classic skills, such as time management and active learning.

Importantly, these students were required to take at least one math and science course during their first year. That meant we could check how the intervention may have influenced their perspectives on math and science. By the end of the year, students who had received the intervention were more interested in their required math and science courses than those who received the study skills module—and this boost was particularly apparent among students who initially reported that they were not a “math-and-science person.” They also earned better grades in those courses than their counterparts who had received the study skills module. These students, who might have otherwise eschewed these disciplines, became more skilled in math and science and grew into interdisciplinary scholars.

Although our intervention offers a way for schools to support students in cultivating a growth mindset, we believe people can do a lot independently to embrace this way of thinking. First, realize that your interests and passions aren’t pre-existing and waiting to be “found.” Take an active role in developing your passions. Indulge your curiosities, get involved, and don’t expect that pursuing new interests will always be easy or exciting. If you’re a parent, teacher or boss, consider how you might foster a growth mindset of interest in others. Create opportunities for them to pursue their curiosities and interests and engender a culture that rewards exploration; the seeds of passion cannot grow in infertile soil. Of course, exploration can at times lead to failure or disappointment, so communicating that such negative experiences are normal will help others stay motivated through challenges. Finally, consider how you phrase feedback. When someone expresses waning interest in a novel task, signal that interests can develop with time and engagement.

Of course, not every activity will become a burning passion. But a growth mindset of interest will help you remain open and curious. The old saying “find something you love to do, and you’ll never have to work a day

in your life” needs to be updated. The science tells us we should instead work toward loving what we do. We might expand our horizons and become more creative and resilient as a result.

*Are you a scientist who specializes in neuroscience, cognitive science or psychology? And have you read a recent peer-reviewed paper that you would like to write about for Mind Matters? Please send suggestions to Scientific American’s Mind Matters editor Daisy Yuhas at [pitchmindmatters@gmail.com](mailto:pitchmindmatters@gmail.com).*

*This is an opinion and analysis article, and the views expressed by the author or authors are not necessarily those of Scientific American.*