

"Open your hearts to the love God instills . . . God loves you tenderly. What God gives you is not to be kept under lock and key, but to be shared."

~ Mother Teresa, Albanian Indian Catholic nun, founder of the Missionaries of Charity, Catholic saint

"Learn the craft of knowing how to open your heart and to turn on your creativity. There's a light inside of you."

~ Judith Jamison, dancer and choreographer with Alvin Ailey dance theater

"Life is not perfect. It never will be. You just have to make the very best of it, and you have to open your heart to what the world can show you; and sometimes it's terrifying, and sometimes it's incredibly beautiful, and I'll take both. Thanks."

~ Graham Nash, musician, singer and song writer



Sunday 10/19/25 "Pounding on the Door of Our Hearts"

Jeremiah 31: 27-34 and Luke 18:1-8



Sunday, November 2nd, 2025, MCC QC will be celebrating "All Saints Day" during the 11am service. During the service there is prayerful remembrance and reading of names for those who have passed away between **November 2024 to the present.**

We will have a *Día de los Muertos* altar where you can share artifacts or pictures of your deceased loved ones. Items can be given to Jennifer in advance or on the day of celebration.

If you would like to have a name entered in our "Book of Names" please fill out the "We Remember" form, which will be in the social hall or you can ask an usher, and place in the offering plate as it is passed or give to Jennifer Robb by **Sunday, October 26th, 2025.**

Metropolitan Community Church of the Quad Cities. A progressive Christian community

Where *YOU* and *YOUR* spiritual journey are always *WELCOME*

2930 W. Locust, Davenport IA 52804 - Phone: 563.324.8281 Pastor Rich 563.940.9630



Service at 11am on Sundays

Regular Office Hours: Monday 9-5; Wednesday Noon-5pm; Thursday 9-11

Pastor Rich available by appointment or stop by on Wednesdays from Noon – 2pm

Special Announcements

Join Award Winning Author

ANESA KAJTAZOVIC

Anesa, No Škola Today is a true story told through the eyes of a child during the Bosnian War.

Anesa, a happy seven-year-old, celebrates her birthday and is excited to start school. But when war comes to her town, and her father leaves home, life as she knows it is forever changed. Follow Anesa and her family's story of resilience, courage, and hope.

Event is FREE to attend. Books will be available for purchase.

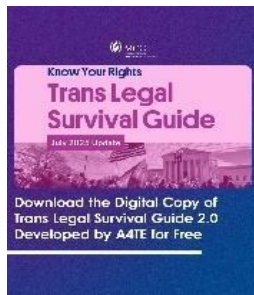
6:30 P.M.
WEDNESDAY,
OCTOBER 29TH
2930 W. LOCUST
DAVENPORT, IA

Event hosted by:
MCC Banned Book Club,
Lidija Geest, and Elesha Gayman

Wednesday October 29th 6:30pm Meet Anesa Kajtazovic, Award Winning Author of “Anesa, No Škola Today”. MCCQC 2930 W. Locust Davenport. Hosted by MCCQC, Lidija Geest, and Elesha Gayman

Anesa Kajtazovic tells the true story of her and her family's escape to freedom during the Bosnian War with this engrossing picture book. The event is free, and books will be available for purchase.

Advocates for Trans Equality's Trans Legal Survival Guide



Our communities are under attack, and the law is changing very fast. This update to *Advocates for Trans Equality's Trans Legal Survival Guide* compiles information to help the trans community navigate changing regulations and advocate for themselves and their networks. Download the full guide here:

<https://transequality.org/.../trans-legal-survival-guide-20>



UnityPoint Hospice



Notification from Cynthia Keller, LMSW, Bereavement Coordinator at UnityPoint at Home Hospice. For those who will be grieving during the upcoming holiday season:

For those already carrying grief, the holiday season can make everything feel heavier. This *Grieving During the Holidays* program offers support, understanding, and practical ways to cope during these meaningful but often emotionally charged and complex times. You'll gain helpful tools for handling emotions, making plans that work for you, and finding space for both grief and moments of peace. You'll find you're not alone and there is support.

What: **Grieving during the Holidays program**

When: **Thursday, October 23rd, Sign-in 4:45. Program begins at 5:00**

Where: Musser Public Library-3rd Floor, 408 E 2nd St, **Muscatine**

How: **Preregister at 309-207-0772 or email cynthia.keller@unitypoint.org**

This program is open to the public at no cost and is sponsored by UnityPoint Hospice Bereavement Services

What: **Grieving during the Holidays program**

When: **Tuesday, November 4th, Sign-in 4:45. Program begins at 5:00**

Where: UnityPoint Hospice 106 19th Avenue, Suite 101, **Moline**

How: **Preregister at 309-207-0772 or email cynthia.keller@unitypoint.org**

This program is open to the public at no cost and is sponsored by UnityPoint Hospice Bereavement Services



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

Sources

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6): 593-602. doi: 10.1001/archpsyc.62.6.593

REGISTER TODAY!

Delivery Format:

Blended - need to complete virtual training before attending in-person class on Oct. 29th MHFA will send email after registration

Date and Time:

Oct. 29th 1p-6p

Location:

MCC QC 2930 W. Locust St. Davenport, Iowa

Where to Register:

email: Lynne Miller @ millerl@verafrenchmhc.org

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

Please send email to reach you at so Mental Health First Aid can send you the virtual training to have completed by 10/22.



Heat Assistance (LIHEAP) Applications for Illinois QCA 1830 2nd Avenue Rock Island (309) 793-6391

Project NOW begins its annual Energy Assistance program in Illinois QCA counties to help households keep warm this fall and winter.

The program assists income-eligible households with natural gas, propane and/or electric bills and furnace assistance for broken heating systems, Project NOW said in a news release.

Beginning Wednesday October 1st, the program said it will begin taking applications in Henry, Mercer and Rock Island counties for:

- older adults 60 years old and older
- individuals with a disability
- families with children under the age of 6
- households that are:
 - disconnected from their utilities
 - have a disconnection notice
 - have less than 25% in their propane tank

Officials said all other income-eligible households can start applying on Nov. 1.

Applications will be taken on a first-come, first-serve basis through Aug. 15, 2026, or until funding is exhausted, officials said.

The **30-day income guidelines** for LIHEAP are based on State Median Income, Federal Poverty Guidelines, and the number of people living in the household.

- One person - \$3,332
- Two people - \$4,357
- Three people - \$5,382
- Four people - \$6,407

Contact: www.projectnow.org liheapillinois.com



Heat Assistance (LIHEAP) for Scott County residents. Applications begin on October 1st
Similar criteria as State of Illinois. Contact Community Action of Eastern Iowa 500 East 59th Street Davenport, IA 52807 Phone: 563-324-3236 Hours: Mon, Wed, Fri 8:00-4:30; Walk in Mon & Fri 8:00-4:00

Website: <https://www.caeiowa.org/>



Children's Story Time Every Sunday

Meshel RM and Mona Riteman are now rotating Sundays so that our children between the ages of 3 - 10 can experience this special time every week. Children are released after our opening hymn and will return to share communion. **Thank you, Mona and Meshel, for providing this ministry!**

Recurring Events (All are at MCCQC unless indicated otherwise)

Banned Book Club- every Wednesday at 6:30pm

Bible Study – every Friday at 10am

Board Meeting – 4th Sunday at 12:30pm-2:00pm

Community Meal – 3rd Saturday at 5-6pm (10/18 Caldo de Pollo, Mexican Chicken Soup)

Dining Out – 2nd Tuesday at 6pm (11/11 TBD)

Game Night- 4th Saturday at 6pm in Social Hall. (10/25 bring a snack to share if able)

Let's Write & Create Studio – every Thursday from 6-8 pm

Recognition Sunday – 1st Sunday during service with potluck following

Sisters of Sobriety AA – every Saturday at 10am



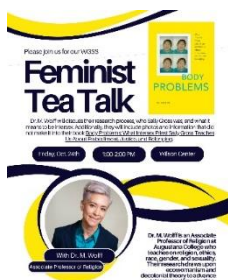
Saturday October 18th No Kings Rally organized by Indivisible QC

Gathering will occur by 10:45 am at the stone fountain on the south side of Vanderveer Park, followed by 11 am marching. Bring clever and colorful signage, but this is a nonviolent civic action, in deed and word (Please take the time to [learn how to de-escalate](#) potentially hostile situations.) Those who cannot march are invited to bring chairs or to simply stand near the fountain to display signs and join in chanting. Help us to **Pack the Park!**



Saturday October 18th “Through the Eyes of Mona” 7pm after the Community Meal

Mona Riteman will share the coffee table book she has been working on while living with an MS diagnosis. Mona is a drummer, singer and visual artist. We invite you to enjoy her presentation as she shares her soul and her lifelong passion for art.



Friday October 24th 1-2pm “Feminist Tea Talk” Wilson Center, Augustana College 3750 7th Ave. Rock Island

Dr. M. Wolff, Associate Professor of Religion at Augustana College, will discuss their book “Body Problems” and their research process, who Sally Gross was, and what it mean to be intersex.



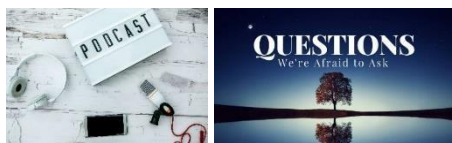
Saturday 10/25: Trunk or Treat 1-3pm

Looking for a fun, family-friendly activity? Grab the kids and break out the costumes...hop in your vehicles and head to MCC QC for our 7th Annual Trunk or Treat! All the fun for the kids with way less walking for the adults. We encourage adults to break out the costumes, too! **If you are interested in participating in any capacity: donating candy, decorating your trunk and handing out treats, or wandering around the parking lot in costume, please contact Meshel Moody-Ramsey at meshel_81@hotmail.com or Jennifer Robb at jennarobb0430@yahoo.com.**



Sunday, November 2 at 5:00 Save the Date for the movie “1946” at MCC QC

Affirming Congregations will host **1946: The Mistranslation That Shifted Culture**, a feature documentary that follows the story of tireless researchers who trace the origins of the anti-gay movement among Christians to a grave mistranslation of the Bible in 1946. The documentary explores how theology, history, culture, and politics led to a Biblical mistranslation, the man who tried to stop it, and the impassioned academic crusade of the LGBTQIA+ Christian community driven to discover the truth. Bring a Snack to Share if you are able, with the movie starting at 5:30 and a panel discussion afterwards at 7:00 p.m. Free-will offering.



November 7th: *Conversations in Faith, Exploring the questions you're afraid to ask* is a new podcast being produced by Our Lady of The Prairie Retreat, and sponsored by St. Ambrose University, The Catholic Messenger and The Congregation of the Humility of Mary.

Each podcast, to be released September 5th and then the first Friday of every month thereafter, will feature two representatives of different faiths who will explore questions submitted by you – questions you have been pondering but are uncomfortable asking. To submit questions, email them to conversationquestions@chmiowa.org

Questions may be submitted for a particular faith or can be general questions to be answered by any faith.

This Interfaith podcast will offer perspectives from the intersection of faith and spirituality. It will feature regular people answering questions FROM their faith perspectives, not FOR their faiths.

Podcasts will be uploaded to popular podcast platforms such as Spotify, Soundcloud, Apple, Amazon, etc. Go to those sites and "favorite," or "like" the podcast, ***Conversations in Faith, Exploring the questions you're afraid to ask*** and you will be directed to this podcast favorite each time you log in.

The conversations will be moderated by Barb Arland-Fye. The upcoming schedule:

~~September 5: Islam and Jewish~~

~~October 3: Methodist and The Church of Jesus Christ of Latter-day Saints~~

November 7: Buddhist and **Metropolitan Community Church**



Sunday November 16th @ 7:00pm. The Justice Choir of the Midwest performing at First Presbyterian 1702 Iowa St Davenport

The focus area of the fall concert cycle is **LGBTQ+ Justice**, and **the concert will be Sunday, November 16 (4 days prior to Trans Day of Remembrance)** as a benefit concert for Clock, Inc. This ensemble is a community choir made up of singers from across the Quad Cities (and beyond); it is their hope to continue growing and providing an avenue for singers to raise their voices in protest and advocacy.

Hope in Hard Times: An Interfaith Conversation

Sponsored by Riverside Interfaith

JOIN US!

Get to know people of other faiths over refreshments. A casual, comfortable way to share and learn together.

Tuesday, Nov. 18th | 6:00pm

Muslim Community of the Quad Cities

2115 Kimberly Road, Bettendorf

Contact 563-650-5733 with questions





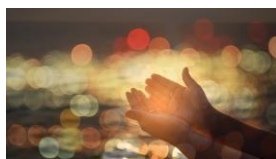
Friday 11/28: Thanksgiving Leftovers and Game Night 6pm until we are “stuffed”

Yogi will cook turkey and ham. Bring your leftover sides, salads and desserts if you are able. Or just show up...there will be enough for all!!



Saturday 12/13: Annual Holiday Cookie Walk 9am – Noon

Stay tuned for more details!!



PRAYERS OF THE COMMUNITY

Please add/update prayer requests via email: richdhendricks@msn.com or call 563-324-8281

Greg Kennedy health concerns

Prayers for those struggling with depression

Prayers for Dave Hendershot with cancer

Prayers for trans service members and trans community

Prayers for Zash

Prayers of comfort for Angel Pawlik facing the loss of her mother, Peggy Cole, who is in hospice.

Prayers for Preston G for mental health

Marsha prays for Mary

Those who struggle with addiction

Osumo Kendgi asks for prayers for her sister Aggy

Amanda prays for Destiny and Beth

Loretta asks for continued prayers for Marsha VZ and her son-in-law as they continue to heal

Loretta asks prayers for our nation, that we may learn to get along with those with whom we disagree

Marsha VZ asks prayers for her friend Teresa

Prayers for Bebe, Marvin and Princess Stephanie for health concerns

Prayers for Emmie R for continued healing

Kevin & Angel requests prayers for 6 yr old Charlie Martin in the hospital

Cyndi prays that she can get needed repairs done for her new place

Deb offers prayers of thanks for all the help she has received since Sue's passing

Sara M prays for successful knee surgery and fast recovery

Sara M prays for her granddaughter's mental health

Prayers for healing for Ellen, Kevin and Sara

Patricia asks prayers for her sister-in-law who just lost her mother, and her sister, Kathy, recovering from shoulder surgery

Continuing health issues: Sharon Rash, Mary Geneseo, RoxAnn Kowalski, Rich Voltz, Heather York, Jen Jarvis, Terri Patterson, Anna Hitchcock, Connie Hildebranski, Larry Hansen, Christine Jackson, Walt Youngman, David Ramsey, Deb Calsyn-Polsen, Greg Starjohann and partner Roger, Larry Best and Russ Wood, Cliff Shade, Kevin Detra, Margaret Ristau, Donna Kuhl, Dixie Carter, Marvin Brown, Bob R

BY THE NUMBERS

MCC QC & those touched by our ministries thank you for your regular giving – THANK YOU!

Use your Online Bill Pay feature at your bank, drop off in mailbox or mail checks to

2930 W Locust, Davenport, IA 52804

<u>DATE</u>	<u>ATTENDANCE</u>	<u>OFFERING</u>
Oct 5 th	65 (virtual 321)	2038.00
Oct 12 th	49 (virtual 191)	940.00
	General Fund Checking Balance	2677.28

Weekly Inspiration



A Chill in The Air by Pastor Rich

Have you noticed it? Here in the Quad Cities, we are finally getting some chilly - or at least chillier — weather. Some climate scientists now think earth has now passed the tipping point - that our human species and many others will never recover from our human-caused global warming. I am not convinced that this doomsday scenario is irreversible, but I am more convinced than ever that actions to repair the damage need to commence immediately. Yet with the current Administration driving us unto the brink, real action on climate change is not on the horizon any time soon.

Did I mention the chill in the air?

I also feel the chill in the air from the many actions of the Administration to stifle free speech, free press and human rights - including LGBTQ rights.

Do I feel despair? Yes, sometimes.

Yet I also have faith in a God who is bigger than all of our problems. A faith that compels me to rise up and to speak up for our democracy and our freedoms and our planet.

Everyone has a role to play in making our world a better place. Our saving grace is in the little things. It is learning how better to take care of ourselves, our neighbor and creation.

One loving action at a time, one right after another and another.

When you are feeling overwhelmed, stop and pray. In the silence, ask your God: "What is the next right thing for me to do?"

Sometimes it is making yourself a nice warm cup of tea or the like. Sometimes it is showing up and standing with our siblings for change.

The Spirit has convinced me that what we do, matters. We are called to be a part of the solution, and no amount of love is ever lost.

Love,

Rich

Love God ~ Love One Another; everything else is window dressing ~ Love, Rich

Rev. Rich Hendricks Metro Community Church Quad Cities 2930 W Locust Davenport, IA 52804 563.324.8281