

October 2026

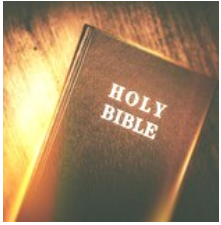
Elder: Ryan Noble

Altar Guild: Lynn Eilts, Audree Olson

Stewardship: Sharilyn Buryanek



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10 am Bible Study	2	3 5 pm Worship*
4 See Every Sunday 11:30 am Church Council Mtg. Usher Team: Denny Peters Greeters: Brenda Acolyte: Jacob Camera: Derek Allen A/V: Brett Anderson Accompanist: Tracy DeBruin	5	6	7 5:15 pm Cat. supper 5:45 pm Catechism	8 10 am Bible Study	9	10 5 pm Worship
11 See Every Sunday 11:30 am Voters Mtg. Usher Team: Larry Bauder Greeters: Curt & Lycia Acolyte: Henry Camera: Justin Ortner A/V: Curt Anderson Accompanist: Peggy Christensen	12	13	14 5:15 pm Cat. supper 5:45 pm Catechism	15 10 am Bible Study	16	17 5 pm Worship*
18 See Every Sunday Elders Meeting 8:30 am Usher Team: Jerry Wakeman Greeters: Mike & Linda Acolyte: Kade, Lincoln Camera: Justin Ortner A/V: Larry Bauder Accompanist: Sharon Wakeman 7 pm LWML	19	20	21 5:15 pm Cat. supper 5:45 pm Catechism	22 10 am Bible Study	23	24 5 pm Worship
25 Reformation See Every Sunday Usher Team: Curt Anderson Greeters: Jon & Mindy Acolyte: Brayton Camera: Justin Ortner A/V: Tom Murren Accompanist: Tracy DeBruin	26	27	28 5:15 pm Cat. supper 5:45 pm Catechism	29 10 am Bible Study	30	31 5 pm Worship*



NEW SUNDAY BIBLE STUDY

THE STORY OF EVERYTHING: Bible Overview

Join us for this journey through the Bible story. Learn or relearn bible stories that connect the one message of God together in Jesus Christ. This is for everyone- those who are new to reading the bible and those who know it well. You can never go wrong reading Scripture.

Thursday morning Bible Study

continues in the book of 1 Corinthians. Join us for coffee at 10 AM on Thursdays.



LWML will meet on

Monday, October 19th at 7 PM.

Our October mission project is Mites.



ELDERS meet at 8:30 am on Sunday, October 18th.

Thank you to everyone who helped in any way with the Labor Day Hamburger Stand! Proceeds go to the Youth and \$1,559.96 was the amount raised! Thanks to all who ate with us, too!



From Pastor's Desk continued

We need to flip the script- to derail the conversation and to shift the conversation in our brains to something solid, something meaningful, something that ultimately can relieve anxiety and change the trajectory of our anxiety. We need to flip the script.



- 2 Red Banners from Barb Cain and Family in loving memory of Marge Dimmick.
- Bibles and children's books from Barb Cain and family in loving memory of Ardis Huebner.
- Sanctuary piano from the Huebner family in loving memory of Ardis Huebner.



Reminder:

Quarterly Church Council meeting on Sunday, October 4 right after worship.

Quarterly Voters meeting on Sunday, October 11 right after worship.



From Pastor's Desk...

In the next few months, I will lay out what I hope to present as a longer article for publication about "Flipping the Script: Replacing Anxious Self-Talk with God's Word." Here's the first installment.

Do you talk to yourself? Seriously, no judgment. I do all the time. In fact, there is a running commentary or thoughts, fragments, reminders, and, even conversations constantly going in my head. Maybe you can relate. Psychologists call the conversation in our heads the phonological loop. Another way to describe it is stream of consciousness. Or maybe we can just call it "chatter." This mind chatter may help us stay on task, but it also can distract and, even, oppress. It is a continual reminder we have a lot going on in our brains.

I want to focus on what we say to ourselves when we worry, are anxious or depressed. It is this chatter that consumes a lot of our brain chatter these days. We are living in what psychologist Jonathan Haidt calls a "surge of suffering." The suffering Haidt refers to is emotional. It is internalized emotional suffering that happens in the mind. It is real, it is consuming, and we don't know how to shake it. And it is increasing especially among adolescents at a disturbing rate.

What exactly is it? Anxiety is connected to fear. But anxiety is an emotional response to a future threat of something that might happen. In a sense it is a break with reality dominated by a fear of what could happen and a presumed loss of control. Because we often want to have a plan or control a situation or outcome, we become anxious as we try to process the real and perceived situation. Our past experiences may also afflict our ability to process the present. Fear of the future is often precipitated by experiences in the past. Either of these experiences or both bring on anxiety.

Stewing over the past or fearing the future, anxiety speaks adding to the everyday chatter becoming our "anxious script." It can be defined in two ways: "what ifs" and "shoulda, woulda, couldas." "What ifs" are situations or outcomes we are trying to process and control in the future. "Shoulda, woulda, couldas are real situations in the past that leave us feeling uncertain or unresolved. Both are complex and unique to us. And that's what our inner voices are saying, "this happened and you shoulda, woulda, coulda..." and "what if...?" Anxiety results in both cases.

In most cases, I suspect our anxious script is mostly the same conversation focusing on our what ifs and shoulda, woulda, couldas. Even when new situations arise, we return to the same internal conversation characterized by "remember when," which makes intensifies our anxiety.

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Winning the Prize

We like winning! How did you feel the last time you won a card game, a board game, a tennis match, or a round of golf? Winning gives us great joy. Whether the winning prize is money, ribbons, trophies, or just an "attaboy" or "attagirl," we work harder, and we give it our maximum effort to earn the prize.

In the 9th chapter of 1 Corinthians, the Apostle Paul refers to the contest of running. To be the fastest runner, runners go through disciplined training to make themselves faster so they can cross the finish line first and win the prize. 1 Corinthians 9:24-25 reads, *"Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable."* The Apostle Paul urges Christians to live their faith with that same drive, purpose, and commitment seeking to honor God. He refers to a much more important event than runners running a race to win a prize that won't last. He refers to a race that involves life and death. The special prize that Paul refers to in these verses is the imperishable prize of eternal life rather than temporary pleasures. The prize is a life with Jesus forever!

Although Paul contrasted the two different prizes, he does refer to the similarities in the effort needed to run both races. Runners train diligently for their races through strict training. The Christian disciplines himself, making his body his "slave," all *"for the sake of the Gospel, that [he] may share with them in its blessings"* (1 Corinthians 9:23). We are filled and refreshed as we spend time in God's Word, worship regularly, pray often, and receive His Sacraments. As Christians, we know we can be faithful in what we do because God is within us, and He strengthens us. He entrusts us with time, talent, and money to be His instruments of service to others. God calls us to be faithful in our service to Him through serving others. *"So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith"* (Galatians 6:10).

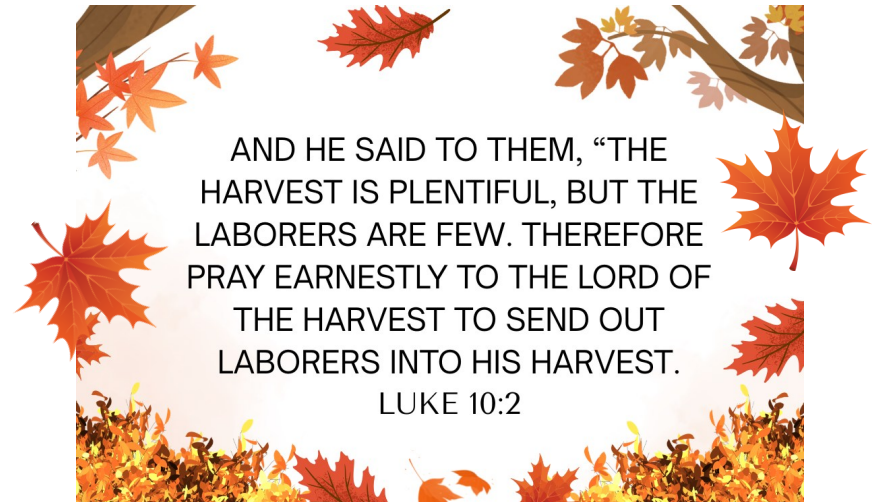
As God's people, we need to keep our focus on the all-important prize and, with God's help, not to allow temporary successes in this life interfere with the goal of receiving the most wonderful prize which is eternal life with Him. As the Apostle Paul told the church in Corinth, *"Thanks be to God for His inexpressible gift!"* (2 Corinthians 9:15).

Happy September Birthdays!

- 1 Bruce Bultman
- 3 Ivette Mora
- 8 Vale McVay
- 9 Liam Clarey, Remi Clarey
- 10 Chris Parks
- 11 Brett Anderson
- 12 Coya Night Pipe Zierke
- 13 Teresa Sperle
- 14 Tatum Utesch
- 15 Brian Engleman, Brenna Ericson, Jaden Jacobs,
Amanda Van Bochove, Sharon Wakeman
- 16 Anna Krug
- 18 Asher Ferge, Jacob Vander Hamm, Dave Zierke
- 19 Tara Harry, Brayton Kruid
- 20 Ada Waterman
- 21 Heather Schurman, Erika Weinmann
- 22 Mikah McVay
- 25 Reed Anderson
- 30 Destiny Van Bochove
- 31 Deb Bultman, Emmalee Van Wyhe



OCTOBER 2026 NEWSLETTER



Happy September Anniversaries!

- 3 John & Pam Van Ballegooyen (46 yrs)
- 8 Cody & Adrianna Star (10 yrs)
- 10 Jared & Kassy Boyer (17 yrs)
- 20 Curt & Lycia Anderson (47 yrs)
- 24 Brice & Amanda Buryanek (11 yrs)
- 28 Robert & Jill Upton (3 yrs)
- 29 Dan & Peggy Christensen (55 yrs)



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