

## **UPCOMING EVENTS**

**Saturday, October 19th**  
**Holly Daze Bazaar, 9 am – 3 pm**  
**(See Details Below)**

**Sunday, October 20th**  
**Sunday Live Worship, 10 am, Sanctuary**  
**<https://www.youtube.com/user/PiratesoftheColumbia>**  
**(Click the "LIVE" link in the tool bar to see recent worship services, as well)**

**Monday, October 21st**  
**Butter Braid Forms are Due**

**Sunday, October 27th**  
**Tailgate Trunk or Treat, 4:30 – 6 pm, Parking Lot**

**Sunday, November 24th**  
**All-Church Potluck, 11 am, Ida Payne**

**Sunday, November 24th**  
**All-Church Conference, 12:30 pm, Youth Chapel**

### **Friday News 10/18**

Talking about frightening things this time of year is a common thing to do. After all, it is the season of the spider, when new webs cross the path to our car doors and caress our cheeks unpleasantly. It is the time of year when ghosts and goblins come out of packing boxes, store wrappings, and imaginations to haunt parties and streets—all in good fun, of course.

Sometimes being scared is fun! Looking over the edge of the Grand Canyon, riding a roller coaster, anticipating the birth of a baby, even knowing all the things that can go wrong.

Other times, being scared is not so fun. I was with a group of women recently, and our conversation about fear focused on those who would snatch or hurt our children and grandchildren, what doctors reported to us about tests, and other things out of our control.

It was the out-of-our-control part that often frightened us the most. Sometimes fear will keep us from functioning by day or sleeping by night. Sometimes fear will get in the way of our participation in things that used to give us joy.

Our scriptures are loaded with encouragements to *fear not*. Remember, the angel said, “fear not” to Mary when he brought the news of her impending pregnancy. In other scriptural passages we are encouraged to not worry, to trust, and to depend on God.

“Who among you, by worrying can add a single hour to your life?”  
(Luke 12:25 NIV)

“I sought the Lord, and he answered me; he delivered me from all my fears.” (Psalm 34:4-5 NIV)

“Cast all your anxiety on Christ because he cares for you.” (1 Peter 5 NIV)

“For nothing will be impossible with God.” (Luke 1:37 ESV)

Yes, yes, yes, we say. We get it. We are not supposed to worry. But we do worry. It is human nature to worry about things. If it were not so, would the scriptures have addressed it so many times? What are we to do? Here are a few ideas:

Talk with someone you trust. Let them help you find perspective, resources, and mutual comfort.

In conversations, be careful not to stoke each other’s fears. Try to de-escalate for everyone’s sake by encouraging calm, prayer, and reasonable alternatives.

Pray.

Try this visualization: put your hands on whatever part of your body is holding your fear (head, heart, stomach, bowels); carefully lift that fear out with both hands—you might have to pry, then turn and put the fear in an imaginary box or container. Seal it up. Set the box on a shelf or in a closet. As you do all this, tell God what you are doing, and ask God to keep that fear for you for a while (overnight while you

sleep is a good time.) Warn God that you have trouble with trust and might take this fear back soon, but for now you are giving it to God to hold. NOTE: if you need something more concrete, use a shoe box or plastic storage container; write the fear on paper or print out the headlines that caused your anxiety and put them in the container. Talk to God the whole time.

Talk to God the whole time! That is what praying is, and it need not be formal or fancy. Keep talking to God. God says to us:

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” (Isaiah 1:9 NIV).

Let us respond to God:

“In you, Lord my God, I put my trust. I trust in you; do not let me be put to shame, nor let my enemies triumph over me.” (Psalm 25:1-2 NIV).

“But I trust in you, Lord; I say, ‘You are my God.’” (Psalm 31:14-15 NIV)

So, when those ghosts and goblins, or spiders, leap out at you, marvel at the costumes and at the cleverness of God who created spiders who spin webs, and give all the other fears to God, at least long enough to enjoy a good nap, a birthday party, or a cup of coffee with a friend.

Peace,

Pastor Shirley

**10/20**

**The Art of Love: Relationships  
Are a Matter of the Heart**

**Scriptures:  
John 17:24-26  
Titus 3:4-6a  
Colossians 3:12-17**

## **LOST**

The 2-step stool has disappeared from the church kitchen.  
Please return it if found!

## **Butter Braids**

The youth are now selling Butter Braids until Monday, October 21st. They are all \$17.00 each, whether you order them manually or online.

Please help the youth with this annual fundraiser! Extra forms are also available in the church office.

## **Candy Wheelbarrow**

There is a wheelbarrow in the entryway for candy donations for Trunk or Treat. The Children and Youth Ministries appreciate your support as we support our families and the community.

## **Holly Daze Workshop**

The bazaar will take place this Saturday, October 19th and set up will occur all next week. Please sign up at the welcome area to help during the week of set-up and during the bazaar itself. We will need people to cashier, to bag items, to greet, to sell raffle tickets, and to be a floater where needed. Produce (pumpkins, potatoes, winter squash, remaining summer produce) and items from home (sewn items, hand-crafted items) to be priced should be brought to Ida Payne (downstairs fellowship hall) during the week or the office can always accept items.

Baked goods should be delivered on Friday, October 18th. No products that need refrigeration please. Items can be packaged, or we can package them for you. If you

need to make other arrangements, please call Susan Sandmeier, 509-586-6241.

Thanks to everyone for the support of this fund-raising effort for United Women in Faith (formerly UMW).

### **Burro Naming Contest in October**

Please name the library's mascot! The winner will win either a coffee or bakery gift certificate from historic downtown Kennewick's Rise and Shine Bake Shop. The contest will be through October 20th and the winner will be notified by October 27th. The gift certificate will be waiting for the winner on the foyer. Here is the link to enter the contest:

Library Mascot Naming Form:

<https://docs.google.com/forms/d/e/1FAIpQLSeJy1fXTPvEa-vkFCaxoGqkNEMV6rz7nwNoI58a4KxJkqYonA/viewform>

### **Church Office Staff Meetings**

The Church Office meets for a Staff Meeting the first and third Tuesdays of every month from 10 am - Noon. The office is closed  
10 am - 1:00 pm on those days.