



FIRST Church Of Christ

October 2024 NEWSLETTER

We're buzzing, anxious, and stressed because we've created a world our bodies can't exist in. We weren't designed for digital yet physically distant relationships. Our bodies can't handle the countless pressing emergencies and life tragedies, the onslaught of never-ending global trauma, and the incessant bells, clicks, and dings of notifications, murder podcasts, online learning, and an Artificial Intelligence arms race all at the same time. We humans have never had to live in an endless sea of information, opportunity, mating choices, food, and mobility. It's a tsunami of both great and terrifying things. We just have so much . . . everything.

We're trying to stay alive on a concoction of cortisol and adrenaline and unearned dopamine, and as the great Dr. Bessel van der Kolk says, "the body is keeping the score of all of it."

In this new world of everything all at once, we've missed the mark about how to respond. We don't know what the elusive "good life" even looks like anymore. Consequently, the things we've been doing to reduce or resolve our anxiety aren't working. Instead of "freeing" us to thrive like we'd hoped, our efforts often aren't even keeping our heads above water. We're putting band-aids over bullet holes. No wonder things feel like they're coming apart.



During the commercial break, I took off my headphones and turned to Dave Ramsey, the co-host, and said, "Everybody keeps asking about anxiety. Anxiety isn't the problem. Anxiety is just the alarm system letting people know things are off the rails. People have created very anxious lives, and their bodies are trying to get their attention."

For years I'd been telling this to anyone who would listen—students, counseling clients, colleagues . . . even myself. Anxiety is just a smoke alarm, letting you know that something in your house is on fire. The alarm is not the problem. The fire is.

And all our attempts to cobble together the right combination of podcasts, self-help books, prescription drugs, and bi-monthly coun-

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Office Hours:

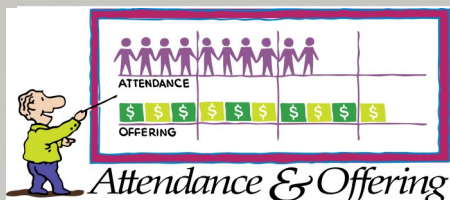
Monday—Thursday
8:00 AM-5:00 PM

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Attendance & Offering

September 1

Attendance 43/70

Offering \$8,543.14

September 8

Attendance 61/90

Offering \$3,467.14

September 15

Attendance 55/98

Offering \$5,730.13

September 22

Attendance 53/74

Offering \$3,261.13

September 29

Attendance 110

Offering \$2,638.19

Needed for Budget:

\$4,967.69



October Servers

Deaconesses:

Pam Hartman & Angie Murphy

Elder Schedule:

6—Dave Beerbower

13—Doug Haase

20—Seth Ramey

27—Mark Rhodes



Nursery:

6—1st—Nathan Knepper; SS—NEED VOLUNTEER; 2nd—NEED **VOLUNTEER!**

13—1st—Ashley Knepper; SS—NEED VOLUNTEER; 2nd—Sharon Blinzler

20—1st—; SS—Shaun & Jessica Arend; 2nd—Jessica Arend & Julia Haase

27—1st—**NEED VOLUNTEER!;** SS—**NEED VOLUNTEER!;**
2nd—Sam Ryan

Work Projects at Woodburn

We are planning to help Woodburn with a few specific projects. If any of these fit your skill set and you would like to volunteer, please see Larry.

- ♦ Lay tile floor (12x12)
- ♦ Sand & Paint LP tank
- ♦ Spray clean siding
- ♦ Paint inside rooms
- ♦ Clean pantry



OCTOBER

Birthdays

4 John Garver, Myles Grimm
 5 Sandi Oberlin
 9 McKenzie Manges
 14 Garry Oberlin, Tatum Subasic
 18 Deb Rhodes
 21 Lydia Sprow
 22 Nathan Gambler
 23 Brandon Gambler, Doug Grimm, Terry Karnes, Steve Tressler
 24 Amanda Beck, Missie Manges, Cindy Perry
 28 Mary Garver, Dottie Hallett, Gene Ordway
 31 Tom Horton, Nancy Wagner



OCTOBER

Anniversaries

13 Ramon & Barbara Alpaugh (67), Terry & Cheryl Karnes (34)
 15 Mark & Char Brandt (30)
 30 Terry & Deb Hallett (48)

SYMPATHY

The church family extends her sympathy to the following:

- Dick Newcomb and family on the death of his 2 brothers.
- Ron Brown and family of the death of his wife, Shellee.



Love All

Our Service Personnel: Austin Brandeberry (HI), Zachary Perkins (TX), Josh Severs (AL), Jordan Thornburg (GA), Katie Sparks (PA), Wesley Tressler (Korea). **Cancer:** Gwen Acker-Dickinson, Nathan Bailey, Marcia Baumgartner, Sue Bever, Tim Bight, Brent, Mark & Carrie Campo, Andrew Dell, Adam Farger, Carrie H, Terri Hug, Molly Johnston, Kent, Chuck Lees, Ron Lewis, Rexann McCrary, Chloe Merri-let, Crystal Miller, Ruth Ordway, Mary Pinckley, Anna Pitman, Elaine Purdue, Mike Roose, Sue Secoy, Terry Shinaberry, Stu Short, Annette Snavelly, Kortney Subasic, Amy Tobin, Kathy Walton, Drew Wayman. Raegan Wonderly; **Other Concerns:** Jennifer Mavis, Trevor Bailey, Neighborhood, Arlene Boyer, Danielle Strouse, Brenda Ridgway, Cindy Wolf, Zach Swisher, Cheryl Towers, Gene Nash, Kim Beek, Joshua Taylor, children's ministry, Danny Hull, Cindy Webber, Kevin Ayre, Kathy Moog, Marty, John Fry, Jackson Wolph, Shawn Roose, Fran Mavis, Nathan Ray, Nehemiah Haase, Randy Fisher, Jason Gregg, Nikki Hull, Ryan Yahraus, Khloe Hartman, Martha Hardy, Ellen Walker, Dave & Terri Hug, Mike Green, Ronnie Pinckley, Ron Carter, Sue Smethurst, Tommy Morr, Rob Warfield, Garry Oberlin, Grace Slagle, Von Deylen Family, John Leppelmeier, Josh & Alexis Turnbull, Lance Smith, Tim Bloomer; **Shut Ins:** **Bryan Healthcare:** Esther Rosendaul; **Fairlawn Haven:** John Altman; **Hillside:** Annie Engel, Charlene Gambler; **Home:** Ron & Linda Lewis, Leona Puff.



Upcoming EVENTS

**October is Clergy
Appreciation
Month**

**Craft Group
10/1/2024**

**Momco (MOPS)
10/2 & 16/2024**

**20°
10/8/2024**

**Lunch Bunch
10/22/2024
Mill District Deli
101 W. Jackson St.
West Unity**



Follow us on Facebook

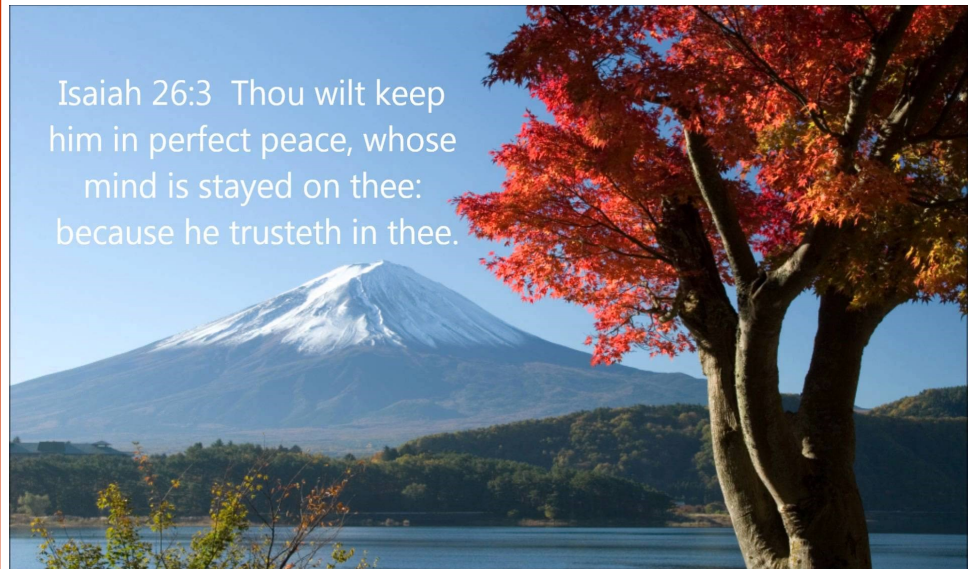
Website:

www.bryanfcc.org

YouTube—**bryanfcc**

SENIORS MINISTRY

We will do Lunch Bunch on Tuesday, 10/22 at 11:45 AM at Mill District Deli, West Unity. Please meet there.



selling sessions in order to stay sane—or to even simply stay alive—are not putting out the fires. We're trying to float like a cannonball.

I'll say this directly because there's too much at stake: What we're doing is not working.

What will work is the real-world scratching and clawing for truth. And rediscovering the old roads taken by millions of weary travelers over centuries who, while moving from place to place, took their circumstances and created something a little better than what they inherited.

What will work is exploring the choices each of us can make, day by day, to create a more peaceful, joyful, and non-anxious life.

I don't care who you are, what has happened to you, what you've done, or where you think your life is headed—it is never too late to change your relationships, your environment, your choices, or your life. And the change can begin right now.

You are worth making changes.

It's time to start solving for freedom. You will have to make choices, both simple and deeply challenging. But those choices will allow you to build something enduring and new: a non-anxious life.

Excerpt From: Dr. John Delony. "Building a Non-Anxious Life." Apple Books. <https://books.apple.com/us/book/building-a-non-anxious-life/id6466097532>

Destined to Win, Larry

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Craft Group	2 5:30 Supper 6:15 Momco 6:15 Club 225 6:15 Adult Bible Study	3	4	5
			9 5:30 Supper 6:15 Ladies Bible Study 6:15 Club 225 6:15 Adult Bible Study	10	11	12
		8 6:30 20°				
			16 5:30 Supper 6:15 Momco 6:15 Club 225 6:15 Adult Bible Study	17	18	19
6 8:00 Worship 9:15 Sunday School 10:15 Worship	7					
13 8:00 Worship 9:15 Sunday School 10:15 Worship	14	15	23 5:30 Supper 6:15 Ladies Bible Study 6:15 Club 225 6:15 Adult Bible Study	24	25	26
20 8:00 Worship 9:15 Sunday School 10:15 Worship	21	22 11:45 Lunch Bunch				
27 8:00 Worship 9:15 Sunday School 10:15 Worship	28	29	30 5:30 Supper 6:15 Club 225 6:15 Adult Bible Study	31		

