

# THE GIFT OF FEELINGS

By Pastor Janelle

### IN THIS ISSUE

What's Happening at
Brown St. & Congress St.
Share Your Breakthroughs
October Birthdays
Pumpkin Patch

This month, our sermon series will be focusing on feelings. My favorite! As a "therapastor," feelings are the water I have been called to swim in. Often, in my work as a mental health therapist, I have the privilege of welcoming, naming, normalizing, and validating a wide array of feelings in my sessions with clients. Daily, I hear things like "I feel bad that I feel \_\_\_\_" or "I know I shouldn't feel \_\_\_." And I want to say "No! It is good and right and beautiful that you feel that!" I believe our feelings-whether that be emotions, or physical sensations, or something more difficult to locate-are gifts from God. God made us to feel stuff. Lots of stuff! Sometimes all at the same time! Our feelings give us important information that we need in order to live in relationship with God. Our sadness is a cue to seek the love and compassion of God, and of other people God sends to us. Our fear is a cue to pay close attention and ask God for help. Our joy is a shining, ringing affirmation that we are present, in the moment, and witnessing God's glory on earth. Hunger reminds us to eat, fatigue reminds us to rest, and pain reminds us to take care, go slowly, and ask others to carry what we cannot. It is when we ignore, push away, box up, or otherwise suppress our natural feelings that we run into trouble. The last time I snapped at somebody, it wasn't solely because of what they did. It was because I hadn't allowed myself to really feel my anger about something else, and therefore I hadn't asked for God's peace to extinguish it. (Or perhaps it was because I had ignored the signs of hunger that arose half an hour earlier..."Hanger" is real!)

My point is this: Our feelings are good. God wants us to have them. Feelings can help us rely on God, commune with God, and experience the world God made. When I read the Bible, I am struck by how often people in the throes of strong emotion turn to God and receive what they need. The book of Psalms alone contains every possible variety of human emotion, offered up as an act of worship! Imagine that: people writing passionate, strongly worded, emotional poems, and intentionally reading them together as a means of connecting with God. (If that sounds like your cup of tea, I bet Pastor Ryan and Pastor Jake would be glad to incorporate your ideas into Sunday liturgy!)

As we continue through Pumpkin Patch and election season, I invite you to be present to your feelings. Notice them as they arise, and welcome them as valuable information. As you ride the wave of those feelings, may the Holy Spirit prompt you to offer those feelings up to God. God is with you in the moment, and with you in those feelings. God can, and will, and is presently providing the comfort, compassion, peace, and joy we need for the moment we are in. Praise God!

# What's Happening in Our Community

# **WORSHIP IN THE PATCH**

Sunday, October 6th @ 10:30am

We will be worshiping together in Congress Street's Pumpkin Patch again this year! Bring a chair and a friend and join us!

### **LAY SERVANT ACADEMY**

CS Lore Blinn Gibson will be teaching the Introduction to Lay Ministry Basic Course via Zoom on Sunday evenings in October. To register, visit https://inumc.swoogo.com/NWLsaBASIC 1024.

Rev. Dan Berger will be teaching a hybrid Called to Preach course on 10/19 & 10/26. To register, visit https://inumc.swoogo.com/NWCTP1024.

### **FAMILY MOVIE AFTERNOON**

Sunday, October 6th @ 12:30pm

Join us in the Fellowship Hall at Congress Street for a showing of Inside Out 2 to prepare for our October sermon series! Pizza, popcorn, and drinks will be provided! Please scan the QR code to sign up by Friday, 10/4, so we know how much pizza to order. All are welcome!



### BREAKTHROUGH PRAYER: SHARE YOUR BREAKTHROUGHS!

We have been praying our breakthrough prayer for almost a year now! Where have you seen God breaking through in your life or in our community over the last year? Please share what you've seen with Maia at either info@brownstreetumc.org or info@cosumc.org!

### **OCTOBER BIRTHDAYS**

- 2 Jack Hertel (BS)
- 4 Bill Robinson (BS)
- 5 Tom Farrell (BS)
- 6 Jim Smith (CS)
- 9 Sandy Oswalt (CS)
- 12 Paul Hertel (BS)
- 15 Imogene Robinson (BS)
- 18 Ethel Mae Smith (BS)
- 19 Charlotte Adkins (BS)
- 20 Janelle Ohlemiller

- 20 Roger McClannen (BS)
- 22- Pam Farrell (BS)
- 23 Mike Glotzbach (CS)
- 23 Abby Lietz
- 25 Chad Johnson (CS)
- 26 Jan Johnson (CS)
- 29 Lacey Cobbs (BS)
- 29 Darlene Lumley (CS)
- 29 Bill Meinweiser
- 30 Chuck Aldridge

### B&C STREET CHANCEL CHOIR EUROPE TRIP

Ever wanted to visit Germany and/or Austria? The B&C Street Chancel Choir is planning a trip August 11, 2025 - August 17, 2025 and are inviting members of our congregations to go with them! If you are interested or want more information, reach out to Sandy Oswalt at 765-337-6853 or sandy@luxuryjourneytravel.com.

# Whatis Happening at CONGRESS ST. UNITED METHODIST CHURCH

### **CIRCLE OF JOY MEETING**

Next Meeting: Monday, Oct. 14th @ 6:30pm, Rm. 203
Hostesses: Ellen Barker & Betty Henderson
The west parking lot door will be unlocked for our use that night. All women of the church are invited to attend.

# OPEN TABLE MEAL OCTOBER MEAL INFORMATION

Date: Sunday, October 27, after worship

Menu: Sloppy joes, tater tots, chips, carrots & dip, cookies

If you can help with meal preparation, or would like to donate cookies to this month's meal, please

reach out to Tracy Fristoe at tracy@zebralandscape.com.



### **MONTHLY MISSION: FAMILY DINNER**

Family Dinner is our Tuesday night worship service. Each week, we prepare a meal that we eat with our neighbors as we learn more about Jesus and connect around the table. To donate to Family Dinner, mark your envelope "mission" and place it in the collection plate on Sunday morning or write "mission" in the memo line at brownstumc.org/give.

### **FAMILY DINNER**

Tuesdays
Kids @ 4:30pm | Doors @ 5:00pm
Dinner @ 5:30pm

**Dining Room:** We need people to participate in communities around the table, either by hosting tables or just being present. If you're willing, please plan to arrive around 4:30pm on Tuesdays.

**Kitchen:** If you are interested in helping prepare the meal, set up, or clean up, we could always use your help!

Reach out to Justin Henry at just.t.henry@gmail.com to volunteer.

# The great Pumpkin Patch 2024

# **PATCH HOURS**

Friday, September 27 - Thursday, October 31

Sundays - Thursdays: 12pm - 6pm

Fridays & Saturdays: 12pm - 7pm

### **2ND PUMPKIN DELIVERY**

Saturday, 10/12 @ 9:00am

We have 1/3 of a load of pumpkins coming to restock the patch and we could use your help unloading! We'll provide some treats to all who help!

### **COOKIE CREW**

Thank you to everyone who has helped bake & decorate cookies, and to those of you who will be helping throughout October! It's been a great team effort!

### **CHARITIES**

Greater Lafayette Civitan Club
Oakland Elementary School
DARE Officer

### **PATCH CREW**

We can always use help working the patch!

Help measure and price pumpkins, answer
questions, and be a friendly face for our
visitors. Scan the QR code with your phone's
camera or visit the link to sign up!

https://signup.zone/WaRJwpRdSgf69RAtW



### THANK YOU!!

Thank you to our volunteers from Congress Street, Brown Street, the Lafayette Parks Department, the Lafayette Fire Department, Oakland Elementary School, Civitan, Broncho athletics, McCutcheon Softball, our neighbors, and everyone else who helped us unload over 2,000 pumpkins (and feed volunteers) on 9/25! The patch would not be possible without you!



#### **BROWN STREET STAFF**

Ryan Traeger Pastor

Charis Vander Plaats
Director of Worship

Maia Gibson Administrative Assistant

#### **CONTACT BROWN STREET**

905 Brown St.
Lafayette, IN 47904
765-742-1316
info@brownstreetumc.org
www.brownstumc.org

#### **CONTACT CONGRESS STREET**

2010 Congress St. Lafayette, IN 47905 765-447-4158 info@cosumc.org www.cosumc.org

#### **CONGRESS STREET STAFF**

Ryan Traeger Pastor

Jake Ohlemiller
Pastor of Worship Arts

Rick Puckett
Pastor of Visitation

Maia Gibson Administrative Assistant

> Shane & Teri Lynch Custodians

## **WORSHIP WITH US**

Sundays at 9am - Brown Street

www.facebook.com/BrownStreetUnitedMethodistChurch

Sundays at 10:30am - Congress Street

www.facebook.com/evolvingfollowers

If you are able and interested in receiving this newsletter via email, reach out to Maia at info@brownstreetumc.org or info@cosumc.org.