



# The Messenger

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## Pastor's Paragraph

Jesus said, *"Do not let your hearts be troubled, and do not let them be afraid."* John 14:27c (NRSV)

This is a different paragraph than the others I have written over the past 4+ years. God is at work in me. This affects my life, marriage, relationships and service to the congregation and the Lord.

I have preached and spoken often on how faith applies to our lives. I'm sharing my current circumstance with you to be authentic. If I did not, I would be saying one thing and practicing another. So, without further ado: I'm struggling with moderate depression.

I came to the realization last month. The symptoms have been accumulating with time: feelings of sadness, irritability and frustration, even over small matters, loss of interest in activities, insomnia, tiredness and lack of energy, increased cravings in appetite, a focus on failures and guilt.

I didn't arrive at this state suddenly and I won't heal from it in a week or two. I'm challenged by the things going on in our world that challenge all of us: the isolation and change brought on by the pandemic, racism and a troubling election, death in the family, the challenges of the ordination process and effectiveness in ministry and more. There's a lot of uncertainty in our culture right now about what will happen over the next few months.

Why moderate depression? I'm not sure. I'm meeting with a therapist on a weekly basis and will learn more as we go. I did reach out and ask for help. I have shared this information with the Church Council, SPRC and District Superintendent. I have a coach who is advising me and a mentor as well. Esperanza is offering much love, care and we're drawing some healthy boundaries while exploring ways to have fun.

What does it mean for pastor to have depression? First of all, I'm still your pastor. I'm not taking a leave of absence. I don't have any harmful thoughts. We need you to step up and engage. I need healthy boundaries, too. I hope you understand. Most of all, I hope you realize pastors and their family are people, too. We have flaws, fears and our feelings get hurt, just like you.

Henri Nouwen wrote about the role of wounded healer. We all are broken and in need of pardon and healing. We find it through the saving grace of Jesus Christ. A wounded healer is a person who offers what little they have to others in order to help them. I hope by sharing my journey I can show you the power of God's love. You, too, are a wounded healer on a spiritual journey. Let's travel together, offering hope to others by God's grace.

Resting in the Lord,  
Pastor Eric



# October BIRTHDAYS THIS MONTH

10/1 Christopher S.      10/3 Pat H.      10/6 Tom S.      10/10 Aaron H.  
 10/15 Loretta S.      10/17 Cheryl T.      10/23 Janie A.      10/28 Linda M.      10/31 Sal M.



### Volunteer Corner

Please join us in expressing our great appreciation to Pat Kelley! You know her but most of us have little idea of how much Pat does behind the scenes. The role of Treasurer is one of the highest stress jobs in the church. Pat is the one who worries about whether we have enough to pay the bills and, when we don't, how to manage.

Please join Pastor Eric and the Council as we say "Thank you!!" to Pat. Well done!

*(Want to recognize an unsung volunteer? Send us a picture and paragraph. We're grateful to all who serve.)*



### JELLY

The jelly is being made, but we are having difficulty finding some of the supplies needed. If you want any jelly please give me a call and I will try to fill your order. Thank you for your continued support of the UMW Jelly Sales.

Linda McGranahan 951-858-4572

### Message from Beulah Hensien

Dear Church Family,  
 Thank you so much for all the lovely birthday cards I received. It was so thoughtful of you all to remember me.  
 Thanks again,  
 Beulah Hensien



## Darlene Sanderson and Deanna Maxell

A gift has been sent to UMW National for Undesignated Mission in their honor. This honor is bestowed on one who has shown exceptional effort in mission to women, children and youth.

Here are some of the things that Deanna and Darlene have done in our UMW unit and in our church:

- They have organized the preparation and serving, and clean-up of almost every meal served in the church in recent years.
- They have organized the Bazaar, worked in serving desserts and other parts of the event in many areas, and helped with the cleanup.
- Deanna packed food for the homeless at Settlement House
- They have decorated the sanctuary for Sunday services and for special seasons of the year.
- Deanna has inventoried and ordered supplies for the church until the pandemic.
- Deanna helped do major cleaning in the church kitchen
- They both participate in Seams of Faith, sewing items to give to those in need and special projects such as the veterans.
- They both serve as officers in our local U.M.W.
- They work at almost every event the church has put on.
- They both make candy and pomegranate jelly for the holiday bazaar.
- Darlene is very talented in couponing and has used this to help those less fortunate.
- Darlene helped a family that had no car with transportation
- They both are very creative and make handcrafted items that have benefitted the UMW Holiday Bazaar and other charity events.
- They have both been supportive of Faith in Motion in helping children in need and kids in the low income schools.
- They have both been supportive of Mission and Outreach projects in the church.
- They have served as Wedding Coordinators for weddings held in our church.
- There are more good deeds they have done that we are not aware of.
- We don't know what we will do without them!
- We wish them well in their move to Idaho and their new home



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <b>Bad Girls of the Bible</b> @6:30 pm via Zoom Karen Eagans <b>Scouts BSA @7pm</b> via Zoom Mr. Carey	<b>2</b>	<b>3</b> <b>Church Clean-up</b>
<b>4</b> <b>Prayer Group</b> @9:30am via Zoom Nikki <b>Worship Online</b> <b>Coffee Hour</b> @11am via Zoom Nikki	<b>5</b>	<b>6</b> <b>Messenger Input Due</b> <b>Faith Journey</b> @9am via Email Linda F	<b>7</b> <b>SPRC @5:30pm</b> via Zoom Jan N. <b>Weds. Bible Study</b> @8am via Zoom Ernie	<b>8</b> <b>Bad Girls of the Bible</b> @6:30 pm via Zoom Karen Eagans <b>UMW Book Club</b> @12pm via Zoom Linda F. <b>Scouts BSA @7pm</b> via Zoom Mr. Carey	<b>9</b>	<b>10</b>
<b>11</b> <b>Prayer Group</b> @9:30am via Zoom Nikki <b>Worship Online</b> <b>Coffee Hour</b> @11am via Zoom Nikki	<b>12</b> Columbus Day	<b>13</b> <b>Faith Journey</b> @9am via Email Linda F <b>Trustees @6pm</b> via Zoom Marc	<b>14</b> <b>Weds. Bible Study</b> @8am via Zoom Ernie <b>UMW Council</b> @2pm via Zoom Linda	<b>15</b> <b>Time Card Due</b> <b>Bad Girls of the Bible</b> @6:30 pm via Zoom Karen Eagans <b>Scouts BSA @7pm</b> via Zoom Mr. Carey	<b>16</b>	<b>17</b>
<b>18</b> <b>Prayer Group</b> @9:30am via Zoom Nikki <b>Worship Online</b> <b>Coffee Hour</b> @11am via Zoom Nikki	<b>19</b>	<b>20</b> <b>Messenger Input Due</b> <b>Faith Journey</b> @9am via Email Linda F <b>Finance Committee</b> @5:30pm via Zoom Rufus <b>Church Council</b> @7pm via Zoom Margaret	<b>21</b> <b>Weds. Bible Study</b> @8am via Zoom Ernie	<b>22</b> <b>Bad Girls of the Bible</b> @6:30 pm via Zoom Karen Eagans <b>Scouts BSA @7pm</b> via Zoom Mr. Carey	<b>23</b>	<b>24</b>
<b>25</b> <b>Prayer Group</b> @9:30am via Zoom Nikki <b>Worship Online</b> <b>Coffee Hour</b> @11am via Zoom Nikki	<b>26</b>	<b>27</b> <b>Faith Journey</b> @9am via Email Linda F	<b>28</b> <b>Weds. Bible Study</b> @8am via Zoom Ernie	<b>29</b> <b>Time cards due</b> <b>Bad Girls of the Bible</b> @6:30 pm via Zoom Karen Eagans <b>Scouts BSA @7pm</b> via Zoom Mr. Carey	<b>30</b>	<b>31</b> Halloween