

FIRST CHRONICLES

OCTOBER 2017

FIRST BAPTIST CHURCH

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October 2017

Pastor Mike Hagan

Fall is now on us. With the fall comes the possibility of struggling with depression. I'm not sure why exactly. Perhaps the shortening light of day, cold creeping into the hours, leaves on the ground, grass turning winter colors, kids away at school, 2017's end looming on the horizon – who knows? Depression can be a silent, unwelcome guest for many people.

Depression can have no seeming cause. Or it might stem from struggles at work, issues at home, failure to achieve goals, or circumstances we can't control. Who can explain it? It just comes. What happens? We feel tired after waking up or we don't want to do activities we normally enjoy or we grow quiet and non-interactive around other people. "Let me alone."

Inside, we may be angry how some events or conversations or actions by others have impacted us. We may feel inferior, not worth anything. Encouragement by more optimistic people just heaps self-loathing on our heads. Why can't we be like them?

What should we do when those tendrils of despair creep into our minds in October? Hard work like harvest time or busy travel schedules or lots to do may only mask addressing the problem and it will grow into a deeper spiral. No easy answers seem evident. Let me suggest two positive steps with heartfelt prayers for each sufferer this fall.

(1) Verbalize your feelings with someone you trust. Simply talking through your feelings puts them in a different arena, it seems. You don't need advice from this person, just a listening ear. Perhaps you can write in a journal addressing your feelings to God.

(2) Read through the psalms of complaint, two a day. Reflect on what the psalmist shares from the feeling side and how he or she interacts with the Lord within the psalm. Here are psalm chapters that verbalize struggles, despair, anger, depression (in fact, every emotion flies out of the psalms) – Psalms 3-17 (except 8, 9, and 15), 22-28 (except 24), 31, 35-43 (except 37), 51-64 (except 60), 69, 71, 73, 86, 88, 102, 109, 130 (and perhaps a few more, some 50 all together). Pray them as you read. It may help.

Know that help is available from our Lord and others, but start with these steps.



HAPPY BIRTHDAY

October

- 1 Doug DeBoer
Kasey deBoer
- 2 Ava deBoer
Viola Krull
- 3 Jodi DeGroot
Thomas Doeden
Nicole Kooiker
Brooke May
- 4 Lela DeNoble
- 12 Aaron Reemtsma
15 John Eben
16 Kory Hayenga
20 Isaac Kooiker
Dustin Reck
- 22 Stacie DeBoer
- 23 Austin Hayenga
- 25 Tony Schneiderman
26 Keith Koth
27 Julie Baker
Arie Blik
- 28 Rita Busse
Roger Jurrens
Autumn Long
- 31 Daniel Kramer
Andrew Wagenaar

SCHEDULES

GREETERS



Sunday, October 1

Gayle and Carolyn Wagenaar

Sunday, October 8

Kevin and Lynette Wagenaar

Sunday, October 15

Keith and Terrilyn Arends

Sunday, October 22

Henry and Joan Boneschans

Sunday, October 29

Brandon and Katie DeBoer

NURSERY WORKERS



Sunday, October 1

Amber, Ross

Sunday, October 8

Lynette

Sunday, October 15

Jolene, Terresa

Sunday, October 22

Donna

Sunday, October 29

Amber, Ross

AWANA (6:30-8:00 P.M.)

Awana shirts need to be worn every club night!



Wednesday, October 4

Backwards Night

Wear your clothes backwards.

Wednesday, October 11

Pumpkin Night

Wear orange, say verses, and dot up your leader.

Wednesday, October 18

Football Night

Wear something to support your team.

Wednesday, October 25

Treat Someone Night

Hand out treats while trick or treating.

CHRISTIAN HOUR CIRCLE ANNOUNCEMENTS



COMPLETED WHITE CROSS items are due to Donna DeBoer
the week of October 8.



EVERYONE IS INVITED on Tuesday, October 10, at 7:00 p.m.
Annette Eckert, the Cherish House program manager,
will be speaking about the Baby Bottle Campaign.
Baby bottles will be available in the church foyer soon.



EVERYONE IS INVITED on Sunday, December 3, at 11:00 a.m.
to help with Project Warm-Up.

Participation is needed to make tie blankets that will be
donated to Project Warm Up sponsored by KNWC.
Blankets will be distributed to every member that receives a
Habitat for Humanity home, anyone who is facing a natural disaster,
facing a serious health issue, lost a parent, in foster care,
or is struggling due to other life issues.

We will also be warming up with soup and dessert.
Please be watching for soup, fleece,
and monetary donations sign-up sheets.

SUNDAY SCHOOL CHRISTMAS EVE PROGRAM PRACTICES



The first practice will be Sunday, October 15, during Sunday school. Please contact Abby Kramer or Rachel Kramer by Sunday, October 8, if your 3-year-old through 8th grade child plans on being in the program.

MISSION BANQUET



Special Speaker: Scott and Colleen Burdsall
Sunday, October 15
11:15 a.m.

THANK YOU

Thank you First Baptist for the birthday cards we've gotten in the mail and the cake and ice cream party after the service Sunday night! The rumors that we heard about First Baptist were that you were all crazy generous and hospitable, and so far we've been able to do nothing but confirm those rumors! Thank you for the support you've shown our family and the youth group. We're incredibly grateful for everything!

Josh, Bethany, Ted, and Xander Doorenbos.