



It's a Roller Coaster: (Managing the Emotional Ups and Downs of Life)

From Sadness... To Transformation

September 20 & 21, 2025

John 11:1-3, 17-20, 32-35, 39-44 NIV

Now a man named Lazarus was sick. He was from Bethany, the village of Mary and her sister Martha. (This Mary, whose brother Lazarus now lay sick, was the same one who poured perfume on the Lord and wiped his feet with her hair.) So the sisters sent word to Jesus, "Lord, the one you love is sick."

On his arrival, Jesus found that Lazarus had already been in the tomb for four days. Now Bethany was less than two miles from Jerusalem, and many Jews had come to Martha and Mary to comfort them in the loss of their brother. When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home.

When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. "Where have you laid him?" he asked. "Come and see, Lord," they replied. Jesus wept.

"Take away the stone," he said. "But, Lord," said Martha, the sister of the dead man, "by this time there is a bad odor, for he has been there four days." Then Jesus said, "Did I not tell you that if you believe, you will see the glory of God?" So they took away the stone. Then Jesus looked up and said, "Father, I thank you that you have heard me. I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me." When he had said this, Jesus called in a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go."

Message Notes

1. Give sadness a seat at the table.
2. Don't just process alone; grieve also with your people.
3. Let your sorrow transform your life.

Food for Thought

Why did Jesus weep, knowing he was about to perform a miracle? Are our feelings and experiences a genuine part of our faith, even when we know the ultimate outcome will be good? How can we reconcile our desire for immediate relief with a God who sometimes delays, allowing our most difficult situations to worsen before intervening?

How does the story highlight the difference between compassion and mere sentiment? Jesus wept out of compassion for Mary and Martha, entering into their grief even though he held the power to end it. However, his compassion was not passive. It was a catalyst for action, leading him to call Lazarus out of the grave. How can our own empathy be transformed from a passive feeling into a powerful force for change in the face of suffering?

STILL WATERS exists to **FIND** the lost, **RELEASE** the captive and **DEVELOP** disciples of Jesus

Still Waters Church | 3617 Scenic Road, PO Box 406, Jackson, WI 53037 | 262-677-1311

Worship Hours: Saturday 5:00 pm; Sunday 9:00 am & 10:30 am

Church Office Hours: Monday-Thursday, 9am-2pm

Happy Birthday!

Sept 21	Fred Kandel
Sept 23	Hap Itson, Gina Peterson
Sept 24	Jena Metzler, Cole Nicolaus
Sept 25	Dae Breuer, Tilly Steedman

Happy Anniversary!

Sept 22	Justin & Kristina Chapman, Ralph & Liz Peters
Sept 24	Dan & Wanda Casper
Sept 27	Tim & Kate Steedman

Ushers

Saturday
5pm

Vicki Passineau

Sunday
9am

Jan Giza & Kathy Dalton

10:30am

Paul Sanders & Heidi Ludorf

Greeters

Susie Klostermann & Sandra Grasse

Ron & Ann Naab

Church Website



Online Giving



Greetings, Still Waters Family and Friends! Prayers your week is going well. With all the changing fall schedules and just the stresses of life, I hope you're able to sit back and notice the beauty of God's creation- even as leaves are just beginning to change! This weekend in worship we will be continuing our series on "It's a Roller Coaster: Navigating the Emotional Ups and Downs of Life." Sadness is definitely one of those emotions that contributes to those ups and downs. Maybe there is some sadness that you are walking through right now. We'll talk about how that sadness, even as we sit with it, can also lead to transformation. Sometimes we see this best looking back. This weekend Steve will be preaching, as I am getting ready for my daughter's wedding! I will be leading worship this weekend and as always, I look forward to seeing and connecting with you! (I might even have a picture of the wedding:))

Here are more details of other upcoming opportunities:

Family Support Group

This group is a support group for people who have loved ones affected with addiction(s). Meeting the 1st and 3rd Thursdays of the month from 5:00 - 7:00 p.m. here at Still Waters Church, it is a casual gathering of share experiences, thoughts, and feelings with others in your situation. **Next meetings are Thursday, September 18, and October 2, both at 5:00 p.m.** Confidentiality and anonymity are observed. Come as you are and when you can. See Ron or Ann Naab with questions.

Saturday Worship Has begun!

We have resumed our 5:00 p.m. Saturday worship on Saturday! In addition to our two Sunday morning worship services, there is another option for worship each weekend. Mark your calendar!

Third Grade Bible Presentation, Sunday Sept. 21

THIS Sunday, September 21, at the 9:00 and 10:30 worship services, we will present our 3rd graders with their very own age- appropriate Bible! We know that it's possible some 4th and 5th graders missed this opportunity (for a variety of reasons, new to Still Waters, etc), so if you are a 4th or 5th grader and did not receive a Bible, you are welcome to receive one as well! Please direct any questions to Jena Metzler at jenametzler@gmail.com.

Souper Sunday! September 21st, 11:45 a.m.

It's fall and it's time to start "Souper Sunday" up! "Souper Sunday" is an awesome meal for our congregation, sponsored by our youth on the third Sunday of each month. Come for a great meal/ intergenerational fellowship. Free will offering accepted, and proceeds will benefit our amazing youth ministry. Sign up on your Connection Card or website. Contact Lisa with questions.

New Members Class

Mark your calendars if you've been thinking that Still Waters is the place you'd like to call your church home! We'll have a membership class **Sunday, September 21, from 12:00 - 2:00 p.m.**, and then **join the church the weekend of September 27/28**. This will be Souper Sunday, so grab some soup and lunch from the lobby and bring to our new members gathering! By the way... We'll let you in on a little secret... September 29 is Still Waters "Golden" birthday! We'll be 29 on September 29th! That means this New Members Class will have the distinction of joining on the week of Still Waters Golden Birthday. What a fun celebration! Contact Pastor Lori with questions or to sign up, or just register on our website!

Still Waters Women

Come on Souper **Sunday, Sept 21st**, grab some delicious home-made soup, give a donation to benefit our youth, and enjoy a great lunch! Feel free to eat in the sanctuary or in the back area in the large room in the education area. Come and enjoy meeting with other women of all ages for food, faith, fun, and fellowship will begin at **12:15**! Sign up on the Connection Card or website.

The Flock, Sunday September 21, 5:00 p.m.

Fellowship and Informational Meeting for Youth, Parents, and Siblings

"The Flock" is the name given to a monthly gathering for an informational meeting for youth, parents, and siblings. Snacks available. This meeting was rescheduled from September 14. Sign up online or on the Connection Card.

Monday Night Bible Study

Join us Monday nights for a Bible study, 7:00 p.m. for an hour. Yep- we're going to read the Bible. Not a book that writes *about* the Bible. So often we read tons of books to tell us what the Bible says. I have found that because the Bible can be challenging to understand, it's easy to rely on others to tell us what it means. What would it be like to gather for 4 weeks, and together, just study the Bible? Listen to how God speaks to YOU, not someone else. When I was in seminary, our Bible professors told us that through the course of seminary we would *not* read the *whole* Bible. What we *would* do was learn techniques so that we could begin to make sense of any Bible passage. I have found that God has spoken most powerfully to me when I just sit down and read the Bible itself, asking God to show me what I need to see and what God's message is for me. This is a no-homework class beginning to look at Jesus's life and teachings from the gospel of Mark. Pastor Lori facilitating. Sign up on the Connection Card or online.

Holy Yoga Tuesdays, 8:45 a.m.

Holy Yoga meets on Tuesdays, 8:45 am. Donation of \$10 each session suggested. No need to sign up- just come! What a great time to try this intentional practice of connecting with God once per week on Tuesday mornings for an hour! Contact Nancy Maier or Robin Olson with questions.

Tuesday Morning Study on Prayer

Prayer is powerful, and changes everything about how God works in and through our daily lives. We believe it, but we don't always know how to actually tap into that power. Join us Tuesday mornings at 10:00 a.m. as we read together the book, "Lead with Prayer: The Spiritual Habits of World-Changing Leaders," by Skoog, Greer, and Doolittle. The authors interviewed pastors of the fastest growing churches worldwide, and asked about their prayer life. This book is the result of research of powerful pray-ers who lead people spiritually. In this national bestseller you'll learn as authors share the spiritual habits, techniques, and practices of people who have powerful prayer habits. The book is so powerful that it was a gift to each of the individuals in Pastor Lori's doctoral cohort. Sign up on the Connection Card or online. Robin Jasinski facilitating. Book is \$16.

Wednesday Night Study, "The Celtic Way of Prayer"

Join us for a 5 week study, Wednesdays at 7:00 p.m. for an hour as we explore the world of Celtic Spirituality. We'll read together the book, *The Celtic Way of Prayer* by Esther De Waal. Celtic Spirituality emphasizes a deep connection with nature and seeing God in all that is around us. In this study we'll discover together practices, rhythms, and the essential role of community. Ultimately, Celtic Spirituality is a journey inward as you discover and rediscover the sacredness of yourself and all of creation. Facilitated by Jena Metzler. The book is \$13. Sign up on the Connection Card or on our website.

Walk 'n Connect

Walk 'n Connect is BACK! We had such an amazing weekly gathering this summer, that we've decided to continue our Walk 'n Connect ministry. Join us on **Thursdays at 9:00 a.m.** at church. Weather permitting, we will begin with a walk around our property outside, otherwise we'll walk inside. Then, after our walk, We will be guided through time of connecting with each other and God using the "Prayers from Iona" resource. Open your day with friends, community, connection, and God! See Robin Olson or Pastor Lori for details. Sign up on the Connection Card or online.

Women's Retreat – September 26-28, 2025

Mt. Morris Retreat Center, Wautoma, WI.

"Will The Real Person Please Stand Up"? Do you find yourself living a superficial life to protect yourself from rejection? At this retreat we will dive into this journey toward freedom. Based on the book authored by Gail Porter, we will explore the different ways we struggle with this and offer suggestions as to how to release ourselves to live authentically. Mt. Morris is a beautiful retreat center only a 1-1/2 hour drive from here. We will stay in a fully equipped lodge and enjoy the surrounding nature as well as delicious meals. Cost is \$200/person based on a shared room. Cost includes all meals as well as program costs. Space is limited, so please let us know if you want to attend as soon as possible. Sign up on the Connection Card or website, and contact Robin Olson Robinlee29@aol.com 262-366-5243 if you have any questions.

Color Splash Games, Sunday evening, October 5, 6-8 pm

Youth grades 6th-12th: come for an amazing evening of fun and color (and a little messy-ness!). Youth- bring friends! Sign up online or on the Connection Card. Contact Lisa with any questions at swym2019@gmail.com

Animal Blessing 2025

Still Waters Youth Ministries is hosting an Animal Blessing **Saturday, Oct 11th, 2025 2:00-6:00 pm**, which includes a **special worship service inside from 5-6pm**.

- **Memorial Rainbow Bridge**: We'll have a Memorial Rainbow bridge station, where you can remember those special animals that have crossed over the rainbow bridge. You're invited to bring a picture and wings will be provided.
- **Animal Blessing Blankets**: Receive your animal blessing blanket, a gift for your precious furry friends.
- **Order for Saturday events:**
 - **2:00 Hiking trail and vendor booths open**
 - **2:30-4:45 Check In and Participate**: Animals may check in and visit the exhibits and participate in fun games and selfie stations with their Humans, Participate in Rainbow Bridge Memorial, bring picture of animal and receive their wings.
 - **5:00-6:00 - Special Indoor Worship Service** We will celebrate and witness the God given bond between animals and God's people who are the stewards of God's Creatures. All animal companions and their human family members are invited to this special event. Bring pictures of animal friends that don't like to travel. During worship we'll have a blessing over all animals, including those who have crossed over the rainbow bridge.
 - **6:00: Individual blessings** after worship.
 - **6:00: Individual prayers offered for special prayer requests** for your animals

Sign up on the Connection Card or online to register your animal's attendance or to volunteer.

Special Sunday worship, 9:00 and 10:30: Worship will focus celebrate our animals, the beauty of God's creation, and we will have a special time of remembrance of our animal friends who have gone

before us, a blessing for all animal friends, and animal blessing blankets will be distributed. You're welcome to bring pictures of your animals on Sunday.

Men's Breakfast, Wednesday, October 15, 8:30 a.m.

Men are invited to this monthly men's breakfast, 3rd Wednesday at 8:30 a.m., meeting at a local restaurant (which switches from month to month). Contact John Haas at jxhaas@yahoo.com or 262-617-7004 to sign up for this month's breakfast! (John calls the restaurant to make a reservation, so please contact him by Tuesday, October 14th.)

Fall Confirmand Retreat, Friday/Saturday, October 17-18

Many of you know that confirmation is a process for our 6th - 8th graders, as our youth prepare to affirm their faith vows. It is a special time of learning, growing, serving, and important connecting with other youth and adults in our faith. Each year in the spring, there is a confirmation class that is 'confirmed' in May of that year. The youth who are 8th grade or older who have not yet been confirmed, are invited as confirmands, to this very special year. If you have youth 8th grade or older who would like to enter this confirmand journey this year, please know that a very important event will happen on Friday and Saturday, October 17-18. This is our Fall Confirmand Retreat, held at Still Waters Church. It will **start Friday October 17 at 6:00 p.m.**, and **conclude with 5:00 worship Saturday, and parent meeting from 6:00 - 7:00 p.m.** Parents are invited to this parent meeting along with their youth, to receive important information for the upcoming confirmand's year. Please sign your youth up on the Connection Card or online. Please contact Lisa at swym2019@gmail.com with questions.

Trunk or Treat

Save the date! **Sunday, October 19th, from 12:30 -2:30 p.m.** we'll host "Trunk or Treat!" Join us for a wonderful afternoon of treats, s'mores, hot apple cider, photo booth, and more! The event provides a safe family environment for kids to enjoy Halloween! Contact Jena (jenametzler@gmail.com)

Be a Trunk

You can "Be a Trunk"! Come on Sunday, October 19th, with a decorated vehicle trunk, and ready to hand out treats! Come and get your vehicle 'situated' 12:00-12:30, and ready to hand out treats from 12:30 - 2:30 as kids/families come by. See the website for all the guidelines regarding 'being a trunk'.

Looking Ahead...

Peer Mentor Training

Any youth who is a current peer mentor or peer mentor in training, mark your calendars for **Saturday Nov. 8, 11:00 a.m. - 6:00 p.m.** This will be essential leadership training for this for all peer mentors as we continue to grow in our faith and in our leadership. The latter part of the afternoon we will join the adults for Safer Sanctuaries training. Lunch provided. Sign up on the Connection Card or online. Any questions, contact Lisa at swym2019@gmail.com.

Safer Sanctuaries Training

It's that time again! Any adults our peer mentors who work with youth, children or vulnerable individuals are required to take Safer Sanctuaries Training; **Mark your calendars for Saturday Nov. 8, 2:00 - 4:00 p.m. It is time to re-certify!** "Safer Sanctuaries" enables faith communities to be empowered and flourish as we continue to make everyone safer. Please sign up on the Connection Card or online. Contact Lisa at swym2019@gmail.com with questions.

Friendsgiving Sunday, November 23th!

We're so excited for Friendsgiving! The youth will be hosting this intergenerational gathering. Sunday evening, November 23, **doors open at 4 p.m., dinner begins at 5 p.m.** True to Friendsgiving tradition, friends have the chance to sign up from the Still Waters website to provide a side dish of their family's favorite. If you're willing to share your recipes, we will add them into our ever Still Waters Friendsgiving Family Recipe book. (Send recipes ahead of time to office@stillwaterschurch.com.) The current Recipe book which contains our recipes from previous years is available online or pick up a hardcopy in our Still Waters lobby. **Sign up on the website to reserve your spot/table for this event.** Each table will be hosted by one of our very own Still Waters Youth. As we now have invited you to join us for an evening of friendship, food, and fun with a chance to renew and build friendships, we ask you to **extend this invitation to your friends and family** within and outside of Still Waters! See you Sunday evening, Nov 23th!

Spring Forest Retreat- Dates Confirmed!

We have finalized and confirmed the dates for our retreat at **Spring Forest Retreat Center, North Carolina**, in April of 2026! The retreat will be **Tuesday and Wednesday, April 28 and 29th**, and we will plan to travel on Monday, April 27 and travel back on Thursday, April 30. The cost for the retreat is \$300, which covers the cost of lodging, food, and retreat leader fees. Additionally, (and probably the larger of the cost) several of us will plan to fly on Monday and Thursday. On this retreat, we will get amazing teaching from Dr. Elaine Heath, former dean of Duke Divinity School, as she equips people to connect deeply with God, each other, and the world around us. It is a retreat center on a beautiful farm with walking paths, and there is a rhythm of prayer, learning, work, rest, table. I (Pastor Lori) was able to attend a retreat there this year, found it to be the most powerful and life-changing retreat that I've ever attended. I plan to attend this retreat with you in 2026! We'd love to open the experience up to others! Lodging is on site in a beautiful Farmhouse and Forest House. Assume shared rooms, couples potentially getting their own room. Please talk to Robin Olson, Nancy Oreshack, or Pastor Lori if you have questions. Please sign up on the Connection Card or online. The first 14 that register will have priority to stay on site. A minimum deposit of \$100 will hold your spot. Full payment (remaining \$200) due January 15, 2026. Please indicate dietary restrictions when you sign up.

Furniture and Household Items Needed

Some of you may have met Liz and Sean, and their two children, as they are new to Still Waters! They are in a time of transition, and will be moving on September 25th but need items for their new residence! Do you have any furniture or household items that you'd be able to donate? They will need most household items, including 2 twin beds, 1 King or Queen, sheets, blankets, pillows, covers, dishes, vacuum,/broom/mop/hangers. This is just a start! Let us know what you have! Email to Nancy Oreshack at nancyoreshack@yahoo.com. We'll collect the list and verify whether your item is needed and let you know. Thank you! This is an exciting time for Liz and Sean and family!

Thank you Still Waters!

Grace and peace,

Pastor Lori