



It's a Roller Coaster: (Managing the Emotional Ups and Downs of Life) From Fear/Anxiety... To Peace

September 27 & 28, 2025

Luke 22:42-44

[Jesus said,] "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Acts 2:42

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Message Notes

How can we deal with Anxious Fear?

1. **NOTICE:** (movement in unhealthy directions)
2. **CONNECT:** (with people- fear can isolate)
3. **PRAY:** (prayers of surrender and trust)

Food for Thought

We might think of "anxious fear" as fear of the unknown in the future. As much as we like to control circumstances, people, and outcomes, there are many things in life that we cannot control. We cannot control a diagnosis, a loss, another person, and the list goes on and on.

How do you commonly handle the anxious fear that comes regarding an unknown future?
Who can you connect with so that you can be honest about your fears with someone else? Who do you trust with that information? What keeps you from contacting them?

How do you or can you establish a rhythm of connecting with God each day in prayer?

What does it mean that you offer a prayer of surrender to God- letting God know that you'll trust God with the outcome?

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 28	Pastor Lori Lossie, Heather Nelson, Pat Poch, Pete Poree, Jennifer Wolf
Sept 29	Brittany Gill, Jeffrey Jahnke, Dwane Klostermann
Sept 30	Frank Palmstein, Jr
Oct 1	Ronnie Panzer, Jessica Steinman
Oct 2	Bruce Jordan

Happy Anniversary!

Oct 3	Marc & Kim Bartusek
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Ushers

Saturday
5pm

Valerie Jacobson

Sunday
9am

Kelly & Vicki Passineau

10:30am

The Flechner Family

Greeters

Kathy Dalton and Vicki Passineau

Pat Swanstrom & Linda Kleinhans

Church Website



Online Giving



Greetings, Still Waters Family and Friends! It's fall! Officially! I loved listening the other evening to people sharing what they were looking forward to this fall. Everything from admiring the leaves, to the cool temps (I know that's not for everyone:)), to new activities to some slowing down. Whatever it is for you, I challenge you to take a moment and breathe and consider what you are looking forward to, even in the midst of the struggles you face. Which brings me to our theme for this weekend's worship. We will conclude our series called "It's a Roller Coaster: Managing the Emotional Ups and Downs of Life." This weekend will be a big one- we'll delve into something we all deal with at different times.. moving from anxiety and fear of the future to peace. Important stuff! I'm also excited that Susie Klostermann will share her journey of the ups and downs of the roller coaster of her life, and we will have the privilege of receiving new members into our congregation. It will be a wonderful weekend! It also happens to be our "Golden Birthday,"- next week Still Waters turns 29 on the 29th. How awesome! I look forward to seeing you this weekend in worship.

Here are more details of other upcoming opportunities:

Monday Night Bible Study

Join us Monday nights for for a Bible study, 7:00 p.m. for an hour. **Note, we will skip this Monday (Sep 29) due to a scheduling conflict, and resume October 6.** 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.

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.

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.

The Flock, Sunday October 12, 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.

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.

Souper Sunday! October 19th, 11:45 a.m.

Last month's "Souper Sunday" was amazing! Thanks to so many who showed as we gathered, connected, laughed, and cared for each other. "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.

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'.

Book Study, Monday, Tuesday, and Wednesday!

The week of October 19, we will be starting a new 4-week book study, offered in each of our ongoing small groups, studying the book, "**Earn. Save. Give.**" with a subtitle of "**Wesley's Simple Rules for Money**". This new book study, by James A. Harnish, will correspond with our Stewardship series, as we consider how our faith has a relationship to our financial resources. Based on the Methodist Church Founder John Wesley's writings on Faith and Money, we'll learn God's wisdom for managing our own finances so that instead of money controlling us, we can control it! Book is \$14. Choose which day of the week works best for you, each study is an hour long, lasting 4 weeks:

- Mondays, 7:00 p.m. starting October 20, Pastor Lori facilitating
- Tuesdays, 10:00 a.m., starting October 21, Robin Jasinski facilitating
- Wednesdays, 7:00 p.m. starting October 22, Jena Metzler facilitating

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 23rd!

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 23rd!

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.

Office Hours Reduced this Week- Leadership Institute!

This week eight of our staff will be participating in what we have come to know as the best leadership conference offered each year: Church of the Resurrections's Leadership Institute. So this week, we will have regular office hours on Monday only (9 a.m. - 2:00 p.m.) However, Tuesday through Thursday, the church will be opened and locked up for the different events and groups, but office may not be 'manned.' Feel free to contact Kim Bartusek for any congregational care needs, or text Pastor Lori who will be monitoring your messages from Kansas.

Thank you Still Waters!

Grace and peace,

Pastor Lori