



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

Disappointment... to Hope

September 7, 2025

Luke 22:14-15, 19-21, 24-26, 33-34

When the time came, Jesus and the apostles sat down together at the table. Jesus said, "I have been very eager to eat this Passover meal with you before my suffering begins. And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." After supper he took another cup of wine and said, "This cup is the new covenant between God and his people—an agreement confirmed with my blood, which is poured out as a sacrifice for you. "But here at this table, sitting among us as a friend, is the man who will betray me. Then they began to argue among themselves about who would be the greatest among them. Jesus told them, "In this world the kings and great men lord it over their people, yet they are called 'friends of the people.' But among you it will be different. Those who are the greatest among you should take the lowest rank, and the leader should be like a servant. Peter said, "Lord, I am ready to go to prison with you, and even to die with you." But Jesus said, "Peter, let me tell you something. Before the rooster crows tomorrow morning, you will deny three times that you even know me."

John 21:15-17

When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs." Again Jesus said, "Simon son of John, do you love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep." The third time he said to him, "Simon son of John, do you love me?" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "Feed my sheep."

Message Notes

Tools when you experience disappointment:

1. Clarify Expectations
2. Practice Peace
3. Offer Forgiveness

Food for Thought

We all experience disappointment. At the Last Supper, we see several ways that Jesus' disciples disappointed Jesus, which means we can look to Jesus to help us work through disappointment.

What are some ways that Jesus was disappointed during the Last Supper, as described in Luke 22?

How did Jesus navigate that disappointment?

Think of different times that someone has disappointed you. How did you react? How did that disappointment affect you? How did the disappointment affect your relationship with that person?

How can you find peace in the midst of disappointment?

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 starting on September 13

Sunday 9:00 am & 10:30 am

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

Happy Birthday!

Sept 7	Jenny Korbar
Sept 8	Nathan Gugliotti
Sept 9	Denise Borchardt, Ava Twining
Sept 10	Steve Vogt
Sept 13	Abby Schmalzriedt, Gavin Witte

Happy Anniversary!

Sept 7	Steve & Missy Schlei
Sept 8	Curt & Barb Carter
Sept 10	Rob & Ann Naab

	<u>Ushers</u>	<u>Greeters</u>	<u>Communion</u>
Sunday 9am	Marc & Kim Bartusek	Renee Hamm Debbie Koloski	Al & Mary Helsell Marc & Kim Bartusek
10:30am	Kelly & Vicki Passineau	Sandra Grasse Diana Schoen	Kelly & Vicki Passineau Sandra Grasse Diana Schoen

Church Website



Online Giving



Happy September, Still Waters Family! Prayers as so many are starting up the school year, this week! Praying for kids and students of all ages, teachers, other school and education workers, and all the families whose schedules are changing. Prayers for peace and hope in the midst of the thousands of details and the excitement as well as the apprehension. In fact, that's a beautiful introduction to our message series that begins this weekend, called, "It's a Roller Coaster!" We'll talk about managing the emotional ups and downs of life. Thinking about emotions... On one hand, we wish we (or others) "weren't so emotional." On the other hand, these days we learn a lot about "emotional intelligence," and how understanding and managing our emotions helps us to navigate life in the most healthy ways! I'm convinced that in our post-pandemic, polarized, and emotionally charged world, our pushing emotions down in order to navigate is not serving us well. Let's consider healthy ways to process emotions, that we might move to a new level of freedom in Christ. I look forward to seeing you this weekend! Invite a friend and let's connect with God and each other!

Here are more details of other upcoming opportunities:

Sharing from Honduras Team

Trip Experiences, Future Partnership

We hope to see you this **Sunday, September 7, noon to 1:00 p.m.** as our Honduras team shares about our previous trip, our partnership, and dreams for the future. All are invited to hear about our Honduras trip and partnership! The team of fourteen that went to Honduras in July of this year has decided to invite the congregation and friends to a time of sharing about our partnership there, sharing of their experiences, God-moments, and reflections. We'll also give a glimpse into the future of our partnership with Central UMC in Danli, Honduras. Feel free to bring a dish to share, although that is not required. Some on the team even plan to bring some Honduran dishes! We'll help ourselves to potluck lunch, and settle in for a wonderful time of learning, growing, and being inspired. Contact Pastor Lori or Lisa regarding the sharing time, or Jena regarding the food. Sign up on the Connection Card or Online to indicate your plan to attend, and whether you'd like to bring food.

Dinner for Eight!

We're going to do it! In a post-pandemic, social media world, where you would think we would be super-connected, people today are actually more isolated than ever. This impacts our mental health, well-being, and general disposition! It's time to connect and re-connect! What if you could get to know some people at Still Waters, just meeting for dinner once per month for the next four months. Simple. Casual. Fun. Meet some new people, get to know others a little better. How it works: Just sign up. We will put you in a group of 8, assign a coordinator who will reach out so that you can find the best day and time to meet. It might be dinner, or who knows, maybe you decide breakfast or lunch would be better. Maybe someone will want to host a meal in their home, or maybe you'll just find a restaurant where you'd like to meet. Your group decides. Together you can talk about logistics. If you have questions, contact Pastor Lori or Kathy in the office. Sign up on the Connection Card or online. You'll be contacted sometime in September to arrange for your first dinner together!

Monday Night Bible Study

Join us Monday nights for 4 weeks, starting September 8 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 is starting up again this fall! We'll begin meeting on Tuesdays, 8:45 am beginning this coming Tuesday, September 9. 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. for 5 weeks 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.

Feeding America

You're invited Wednesday, September 10, at 1:00! Let's share food as well as God's love with those who are experiencing food insecurity. We'll distribute food from our church lobby to a couple hundred families. On-the-job training!

Wednesday Night Study, "The Celtic Way of Prayer"

Join us for a 5 week study, Wednesdays, starting September 9 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.

Saturday Worship Begins Sept 13!

We will resume our 5:00 p.m. Saturday worship on Saturday, Sept 13th! In addition to our two Sunday morning worship services, there will be another option for worship each weekend. Mark your calendar!

The Flock, Sunday September 14, 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. Sign up online or on the Connection Card.

Men's Breakfast, Wednesday, September 17th, 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, September 16th.)

Third Grade Bible Presentation, Sunday Sept. 21

On 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.

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.

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.

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. 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.

Have a roller coaster story to share?

Our next message series is called, "It's a Roller Coaster!" (Subtitle, "Managing the Emotional Ups and Downs of Life.") So... We'd love to hear your roller coaster stories! A time when you were excited, surprised, disappointed, or just a fun story involving a roller coaster. You can send to Pastor Lori at llossie@yahoo.com, or call or text (614-620-5315). The series will cover some important concepts, but let's have fun with it at the same time!

Thank you Still Waters- you're amazing!

Pastor Lori