

# OCTOBER 2025 NEWSLETTER



## ST. JOHN UNITED CHURCH OF CHRIST

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**Pastor Rosemary Captain**

[revrosemarycaptain@gmail.com](mailto:revrosemarycaptain@gmail.com)

**Dear Sisters and Brothers in Faith,**

*"The Lord passed before him, and proclaimed, 'The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.'"*  
—Exodus 34:6 (NRSV)

This morning, I received a text from a friend that simply said, "I am SO ANGRY!" While I needed more context, considering all that he is facing in life and the turmoil swirling around us in this country and the world, his words resonated deeply.

Anger.

We can see it in the grimaces and clenched jaws of strangers passing by us.

We can read it in social media posts filled with outrage.

We can hear it in the rising tone of tense conversations at coffee shops and the fever-pitched reporting of every news channel.

We can feel it in the surge of raw energy around us and in the dysregulated nervous systems of our bodies.

We can notice it in ourselves—in how quick-tempered and negative-focused we've become.

Anger.

It can exhaust us or energize us.

It can build slowly, or it arises fast and furiously.

It can overwhelm us, or we can transform into something redemptive and life-changing.

But too often these days, anger is not a fleeting emotion; it becomes a wild, unyielding wrath.

Anger arises when we face a loss,  
when we grieve what was and what may never be again,  
when we feel we lack control over what is happening around us,  
when we have been dismissed or disregarded,  
and when fear and uncertainty tighten their grip.

In Exodus 34:5-6, we read of how God described God's true nature as one who is *"merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness."* Imagine if we modeled our response to life, to people, to injustice after God's own nature.

Yes, anger can be a justified response. But if we don't slow down and examine it, it can control us--instead of us using it for positive change.

So, dear friend, may we — as people created in God's image—pause for a collective breath. Take a deep breath in...and out.

Then breathe again:

Inhale God's steadfast love and faithfulness.

Exhale the losses, fears, and uncertainty pressing on your spirit.

And when we are still—when our minds, bodies, and spirits are settled—may we seek the Spirit's guidance to respond with mercy, grace, and steadfast love in our thoughts, actions, and decisions as we strive to create a just and loving world for all of God's people.

Gracious God,

May we remember that You call us to be slow to anger  
and abounding in steadfast love.

Help us to breathe Your love deeply today—  
to release our fears, our frustrations, and our need for control.

Fill us with Your peace,  
a peace that passes all understanding.

Let our lives reflect Your heart- merciful, gracious, faithful, and just.

Teach us how to channel our anger into holy action  
that builds us instead of tearing us down.

In Jesus' name we pray. Amen.

-Rev. Shana Johnson

ISC Conference Minister

## OCTOBER BIRTHDAYS

10/9 Janice Petroff  
10/15 Lew Thomasino  
10/15 Gemma Thomasino  
10/18 Pastor Rosemary  
10/20 John Arbeiter  
10/20 Cole Underwood  
10/21 Silas Thomasino

10/23 Doris Stewart  
10/27 Terry Randle  
10/28 Melinda Stidham  
10/29 Russ Hartmann  
10/30 Chuck Kistler



## OCTOBER ANNIVERSARIES:

10/15 Melinda & Mike Stidham # 14  
10/20 Becky & Larry Riess # 35  
10/20 Chris & John Arbeiter # 24



## REMEMBER OUR SHUT-INS:

Becky Ballard  
1211 Moreland Apt 12  
Fairview Heights IL 62208

Ivy Schneider  
213 Merriweather Ln  
Belleville IL 62223



Jeanette Brown  
5904 Perrin Rd  
Fairview Heights IL 62208

Yvonne Weber  
200 St Clair Dr  
Fairview Heights IL 62208

Jackie Canterbury  
105 W Julie St Apt C  
Belleville, IL 62223

Rosemary Williams  
201 S Belt W Apt 110  
Belleville IL 62220

## HOLDING THESE PASTORS AND THEIR FAMILIES IN PRAYER

Over the weekend, Rev. Tarrah Vaupel, an authorized minister of our Conference, and her family experienced a devastating fire at their home. O'Fallon UCC, the church where Rev. Tarrah grew up, and her mom and sister are members, and Trinity UCC, Biddleborn, and Holy Ghost UCC, Darmstadt, the churches she serves as pastor, have rallied around the family with care and support. As recovery efforts continue over the coming months, the needs of her family will change; feel free to contact the Conference office for more information on how you can best support the Vaupel family. Please keep the Rev. Tarrah, her husband Jason, their children, and Tarrah's mother, who has also been living with their family, in your thoughts and prayers.

On September 15, Rev. Jean M. Carmean died peacefully at Barnes Hospital, surrounded by her family and friends who loved her dearly. Rev. Carmean served many of our churches as a beloved interim pastor, lovingly caring for them in their times of transition. There will be no public services.

Please keep Jean's family and dear friends, Rev. Jane Hillman, Rev. Dr. Martha Thierheimer, Rev. Jan Dashner, and Rev. Carol Lange, in your thoughts and prayers.

**PRAYER LIST: Ingrid Alexiou, Becky Ballard, Mary Lou & Urban Baum, Ronald Bopp, Ben Boyle, Geralyn Gammon, Neal Holliday, Amy Iverson, Marilyn Paul, Pam Safriet, Syd Safriet, Yvonne Weber, brother of Becky Ballard**



***We extend our heart filled condolences and prayers to the family of Carl Batha, the brother of Mary Lou Baum.***

***Also in our prayers are the family members of Loretta Fant who passed away recently. We wish the family peace during this difficult time.***

## THOUGHT FOR THE DAY:

Don't be afraid to take a big step when one is needed....

You can't cross a ditch in two small jumps. Carol Bulva

## SEARCHING FOR SOMETHING TO DO?

Annual Craft Fair at Shrine of our Lady of the Snows

Benedictine Living Community

726 Community Dr Belleville

**October 4, 2025 9 – 1 pm**

Carol Bulva will have a table there with her crafts. Stop by and say HI, and maybe, just maybe you will find something special for someone!!



**Family-Friendly Event FREE Parking FREE Admission**



### Great Food Trucks!

Tater Headz Fry, Dizzy's Wheels, and more!  
Plus local non-profits with Kettle Corn, Spiral Potatoes, & Sweet Treats!



### Activities for EVERYONE!

Pony Rides, Hay Rides, Crafts @ the Kids Korner,  
Pontoon Boat Rides, Rope Making, Silent Auction, and...

**Over 40 Crafters & Artisans**

### Live Music

1:00 Sheltered Reality (on the BB Court)  
2:15 Emery Bass (on the main stage)  
3:30 Venedy Band (on the BB Court)

**No ATM on site!** Cash only for DuBois Center activities  
We love pets, but only service animals are welcome



2651 Quarry Rd. DuBois, IL

[www.DuBoisCenter.org](http://www.DuBoisCenter.org)



At

Concordia United Church of Christ

7600 State Route 163 Belleville, IL 62223

(Corner of Route 163 & Concordia Church Rd.)

**Sunday October 19, 2025**

**10:00 A.M. – 2:00 P.M.**

Pork Steak Plate - \$15 (3 sides)

Bratwurst Plate (2 Brats) - \$15 (3 sides)

Side of St. Louis Style Ribs - \$30 (no sides)

to pre-order ribs call Randy Huck at 618-791-1527

Sides – Potato Salad, Slaw & Baked Beans

Extra sides available for \$2 each

Extra Bratwurst available for \$5 each

**Drive-Thru only**

All proceeds will go towards a new roof!

For more information call 618-476-3377

October 5 - Judy Schmitt, Eileen Gammon  
October 12– Lew Thomasino, Nancy Eisenhauer  
October 19 - Sue Ganschinietz, Carol Bulva  
October 26 – Tom and Jan Miller



## CIRCLE

All ladies are welcome to attend our first circle meeting of 2025.  
It will be held after church in the L-Room on Oct. 12th, 2025.  
Our main topic will be any missions and fundraisers for the coming year.  
We will also be giving out "Thank Offering" and "Regular Offering" envelopes.

I hope you all enjoyed your summer except for the stretch of HOT weather.  
Will be nice to see everyone's smiling faces. Come join us and have a little  
extra fellowship. Eileen Gammon, Co-Chair

## CHOIR



The Choir will be back in the chancel in October. We will sing on  
the 19th. Guess what? There is room in the choir for you! Come  
and join us! Nancy Eisenhauer

**CALLING FOR VOUNTEERS** We need more people to volunteer to host  
Fellowship time after Communion Sundays. Coffee, other drinks, fruit, sweets,  
homemade or store bought, it doesn't matter. SURPRISE US!!

# COUNCIL NOTES

## PRAY AND PARTY

On Sunday, September 21, we planned to have an outdoor worship service followed by a potluck meal inside. Well, the day was sunny and warm, but due to rain the night before that made grass and fallen leaves wet and potentially dangerous to walk on, we opted for indoor worship and the potluck afterwards.

It all turned out well. Worship focused on God's creation as presented in the Psalms. The psalmists were expert at painting beautiful word pictures that bring creation to life. After the last amen, we proceeded to the fellowship hall for an amazing array of foods for lunch. Special thanks to Lew and Ginny for providing the meats. The rest of the meal was wonderfully filled in with contributions from the rest of those gathered. Thanks to everyone who pitched in to put delicious food on the table, and helped with set-up and clean-up.

All in all, it was a feast for food and fellowship!



August 29, 2025

Dear Members of St John UCC Fairview Heights,

Thank you so much for your thoughtful gift of \$121.64 for our Mission Funds and Back to School Dr plus 8 Folders, 4 Binder Clips, 15 binders, 1 Notebook and 2 Bags of Rubber bands. You are making a tremendous difference in the lives of the youth and families we serve on a daily basis.

Members of St. John UCC Fairview Heights, we appreciate the faith you have in Hoyleton Youth and Family Services and again, thank you for your support!

Sincerely,

Meghan Seipp Director of Philanthropy Hoyleton Youth and Family Services



# October

# 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Bible Study via Zoom at 6:30 pm  AA Meeting 7 pm	3	4
5	6	7	8	9	10	11
Service of Word & Sacrament 10 am Fellowship time after worship			Council Meeting	Bible Study via Zoom at 6:30 pm  AA Meeting 7 pm		
12	13	14	15	16	17	18
Service of Word 10 am  Circle meeting after service				Quilters 10a m- 2 pm  Bible Study via Zoom at 6:30 pm  AA Meeting 7 pm		Hearts & Hands Christmas Theme Quilting Workshop 9 – 3 pm Annual So Conference Meeting
19	20	21	22	23	24	25
Service of Word 10 am  Choir sings at service				Bible Study via Zoom at 6:30 pm  AA Meeting 7 pm		
26	27	28	29	30	31	
Service of Word 10 am				Bible Study via Zoom at 6:30 pm AA Meeting 7 pm	HAPPY HALLOWEEN!	

**Why wouldn't the ghost dance at the party?** He had no body to dance with him.



