

News from Christ & Trinity

September 2026

Monthly Newsletter

From Pastor Anne

Why We Sing

Earlier this week I was working with the group planning the *One God. One Worship.* service that will be held in October of 2027 at the Mathewson arena. Our task was to plan some gatherings in preparation for that community wide service. We planned the first of several *Songs of Praise* events that will lead us up to the big service. Singing our praises to God unites us to one another and enlivens us, body, mind, and spirit, to worship and serve the Lord.

Though music is different across various cultures and denominations, singing is an almost universal human behavior. Our sacred scriptures include many references to song as an expression to share our praise for the Divine including the book of Psalms which is a collection of songs to and about God. Psalm 100:1-2 says *make a joyful noise to the Lord, all the earth... come into his presence with singing.* There are examples in Psalm 66, 95, 98, and more! The letters to the Ephesians (5:19) and the Colossians (3:16) encourage singing as a part of our worship.

Singing improves the mood, lowers stress, and boosts lung function. It is a safe and healthy way for us to increase our supply of nature's feel-good chemicals like endorphins, serotonin, and oxytocin, while lowering stress hormones like cortisol. Singing wakes us up when drowsy and helps us sleep better with less snoring. Community bonds are strengthened when we sing, connecting us in a musical, physical, and spiritual way.

I have had some wonderful experiences with singing during my time as a pastor. I used to visit a woman named Janice. She was extremely hard of hearing, though not deaf and had been active in the Church choir until she was too old to do so. When I sang loudly enough Janice would join me singing familiar hymns. A speech therapist said that she suspected Janice was a singer because her swallowing reflex had stayed strong, protecting her from choking. Another time I was visiting a man named Lou. He was in the hospital with pneumonia and disappointed to miss a favorite anthem the choir was singing. The respiratory therapist was delighted when she heard him sing that song and said that it was the perfect exercise to help his lungs heal. A tiny choir formed over at Rest Haven a few years ago when Ida, Colin, and Micheal joined me singing hymns in what we called *The Sunny Chapel* during pastoral visits.

I am telling you all this to encourage you to sing. Sing in worship. Sing at home. Sing in the car. Sing in the shower. Lift your voice and sing your favorite hymns and songs of all kinds. It is a beautiful form of prayer and praise, and the spirits you lift may just be your own. Grace and Peace, *Pr. Anne*

Sunday Breakfasts

We are offering free breakfasts to anyone in the community. Breakfast begins at 9:00 am. Please support this ministry by helping to cook, clean up, wait tables, and simply eating with our guests.

God's Work, Our Hands Sunday

We'll meet on September 13th at 9:30 am for pancakes and sausage. There will be fun activities for all ages. We hope to see you there!

Ladies Bible Study

Join us for an hour of Bible study led by Pr. Anne on Thurs. Sept. 3rd at 2 pm. All women are welcomed. Ladies from Calvary and Immanuel will also be attending. Copies of the Bible study are in the new Gather Magazine and will be available.

WELCA Fall Gathering

Christ and Trinity will host the WELCA Fall Gathering on Sat, Sept, 26th. We will welcome women from around the area for a day of fellowship and Bible study. Registration begins at 9 am. All women are invited! The cost is \$5.00 and includes lunch. Please RSVP the church office (phone or email) to let us know you are coming. Bring a friend! Calvary and Burns Chapel women are also invited.

Supporting Our Community

For September, we are collecting hygiene products and non-perishable food items for the SFCC Student Food Pantry and Caring Closet. This service is completely dependent on donations, and is open to all students in need.

Items to donate include canned soups, boxed cereal, mac and cheese, granola bars, shampoo, deodorant, razors, dentil products, and feminine hygiene products. Place your donations in the tub located in the fellowship hall.

News from the Church Council

The Church Council met on August 16th. The foundation will be re-evaluated and the concrete at the entry repaired. God's Work Our Hands will be observed on September 13th. We plan to go forward with Trunk or Treat. Empty Bowls will be November 14th. Troop 61 will hold adult training courses here in September.

Welcome New Member

We are excited to welcome Spencer "Rusty" Rust to our Christ and Trinity family! He comes to us from St. Peter's Evangelical Lutheran Church in Cornwall, Connecticut. Rusty is employed at Stanley Black and Decker. We will officially welcome him on an upcoming Sunday in September.

Announcements

- Pastor Anne is offering Facebook Live Prayer and Devotions Monday-Thursday at 8 am on her Facebook page.
- On August 23rd, we collected \$33.76 for our Noisy Offering collection. This money is sent to World Hunger Appeal. Thank you!
- October newsletter items are due to the secretary by Monday, September 21st.
- Kay Strouse will be on vacation September 28 – October 2nd. The church office will be closed that week.

Empty Bowls

Planning for the 3rd Annual Empty Bowls Fundraiser to benefit Open Door is well underway. Open Door director, Amanda Davis, along with the Open Door fundraising team are partnering with us for this event, which happens on Saturday, November 14th from 5-7pm in the fellowship hall.

Watch for signup sheets in the fellowship hall to help with homemade soups, breads, and desserts. We also need volunteers to help serve at the event and a clean-up crew.

If you have questions, please talk to Beth Olson (666-270-7491) or Pr. Anne. Help us spread the word about this event. Flyers will be available soon in the fellowship hall.

In Sympathy

We wish to express our deepest sympathy to the Eppenauer family following the death of Gwen Eppenauer.

Prayer Requests

Floyd Hatfield, Mel Satnan, Luke Vogler, Becky, Martha, Roger, Tim, Ryan Peters, Betty, Lars and Kay, Connie Shoemaker, Lavern, Scott Arnold, Rick Morrison, Gerald Hunton, Carol Benner. Continue to pray for our home-bound members: Sandra Graf and Val Hoon. Let us also remember Mouniratou from Burkina Faso, and those who serve our country in the armed services, peace corps and missions.

Happy Birthday!

- 3 Ryan Randall
- 4 Bob Satnan
- 21 Cartha Stevens
- 23 Pastor Anne Kyle
- 24 Greg Wehrman
- 26 Tim Eppenauer
- 28 Tricia Wehrman

September Anniversaries

- 1 Debbie Mueller began as organist (1975)
- 5 Tim & Andrea Eppenauer
- 16 Pastor Anne began as pastor (2017)

A Single Thought

With God life is an endless hope. Without God life is a hopeless end. ~Bill Bright

Praying Our Way Forward

As we discern together our best way forward as a congregation, I ask for all of us to be in prayer for God's hand in all that is before us and for the guidance of the Holy Spirit. *O God, you have drawn us together into this community of faithful disciples. Help us to keep following our teacher Jesus Christ into every walk of life, together serving in Christ's mission to the world, and together witnessing to your love wherever we are. We ask for the gift of the Holy Spirit and for the wisdom and strength to follow where the Spirit guides us. In Jesus' name. Amen!*

Readings for Sundays in September

September 6 – 15th Sunday after Pentecost

- Exodus 12: 1-14
- Psalm 149
- Romans 13: 8-14
- Matthew 18: 15-20

September 13 – 16th Sunday after Pentecost

- Exodus 14: 19-31
- Psalm 114
- Romans 14: 1-12
- Matthew 18: 21-35

September 20 – 17th Sunday after Pentecost

- Exodus 16: 2-15
- Psalm 105: 1-6, 37-45
- Philippians 1: 21-30
- Matthew 20: 1-16

September 27 – 18th Sunday after Pentecost

- Exodus 17: 1-7
- Psalm 78: 1-4, 12-16
- Philippians 2: 1-13
- Matthew 21: 23-32

Wednesday Evening Bible Study

Join us each Wednesday this fall beginning September 16th at 6:30 pm. You may join by using the following Zoom link or by calling the phone number and entering the meeting ID and passcode. All are welcome!

Join Zoom Meeting:

<https://us02web.zoom.us/j/5381659387?pwd=d1B1W0TdGKZlZFWk1ER0xlbUxqem1aZz09>

Meeting ID: 538 165 9387, Passcode: 2101

Or, phone in by dialing 312 626 6799

Meeting ID: 538 165 9387 Passcode: 2101