

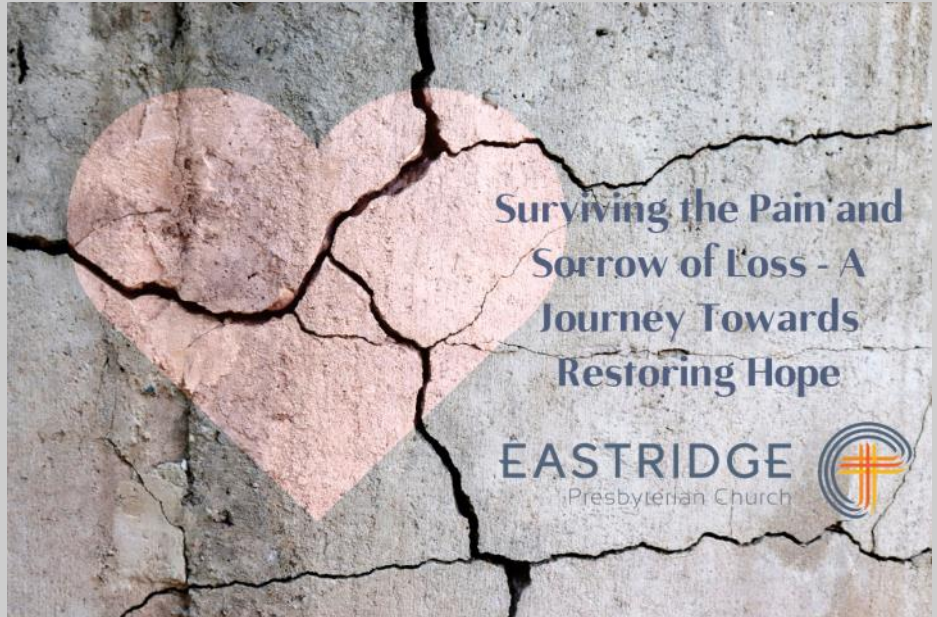


Surviving the Pain and Sorrow of Loss - A Journey Towards Restoring Hope

Personal loss after a death(s) of those who care for leaves many of us with a different identity---” I am a survivor” whether the loss is a traumatic sudden loss, a suicide loss, or a loss of child or adult following a series of medical hardships, leaving survivors searching to help themselves and loved ones to put their shattered lives together. This 90-minute conversation is the beginning of a process of sharing tips, wisdom, and techniques to help one another in these times of crisis, the skills to survive and thrive are similar, yet different.

Families will be invited to participate as small groups, with adults, and youth provided separate opportunities to participate after an initial presentation. Join us **October 9 at 6:00 pm in Huxtable Lounge.**

<https://bit.ly/survivinglossepc>



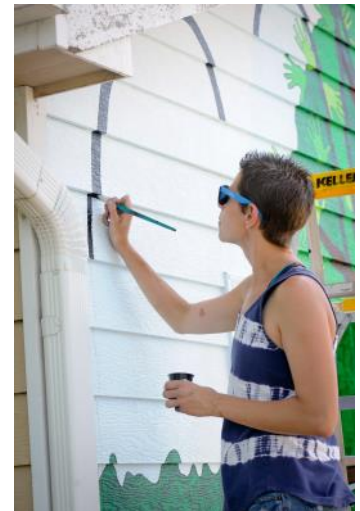
Community Art Installation:

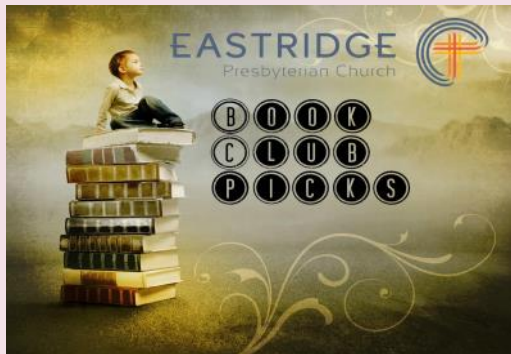
Local artist Ann Williams has worked with our congregation over the summer on a community art project for everyone to enjoy! On this fourth collaboration with Ann, we continue with the image of a tree in a field where the community gathers. Inspired by our history as a mission church on the edge of Lincoln, we return to this place now as the place where we find food for the hungry, rest for the weary, and belonging for all. We see the handiwork of God in our own hands as we search for understanding "Today, I choose to believe..."

*This is a privately funded project, and donations are still being accepted toward painting the Food Pantry. Any donations above the cost of the art project will go toward other improvements around the outside of the Eastridge Food Pantry building or other equipment for use in the building.



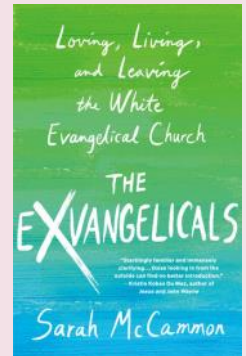
Come join us for the dedication of the mural on Sunday, October 6, following worship service. Lunch will be provided!





The **EPC Book Club** meets the second Monday of each month September through June at 7:00 pm. Locations vary...check the Welcome Center for info when you arrive!

A copy of the list can also be found on the church website, in the "What's New" pull-down menu, then click on "calendar".



Our October selection is at right, *The Exvangelicals* by Sarah McCammon.

Join us October 14 at 7:00 pm in M12 for discussion and refreshments!



Save the date!

A **Confirmation Retreat** is on the calendar for **March 1** at Calvin Crest.

For more information, please contact the church office.

Did you miss our summer sermon series, "**Today, I Choose to Believe...**"?

Maybe you just want to have another listen?

You can find our pastors' sermons on our Eastridge Presbyterian YouTube channel (@eastridgepresbyterian) and Eastridge Presbyterian Church on your favorite podcast platform.



It's back!

Join us as we travel along the Sunrise Road! Our podcast guests this fall include Beth Graverholt and Olivia Butts with Justice in Action; Sharon Kandel, PC (USA) Regional Liaison for the Horn of Africa; Michaella Kumke, President and CEO of the Food Bank of Lincoln; Lisa Janssen, Program Administrator at the Gathering Place; Melissa Ripley, LPD.

The Sunrise Road can be found on the Sunrise Road YouTube channel (@sunriseroad) and all major podcast platforms.





SESSION HIGHLIGHTS: SEPTEMBER 8, 2024

The Session approved the minutes of the Session meeting of August 18, 2024, and the special Session meeting of August 25, 2024.

The Session acknowledged that communion was served at the 9:30 a.m. service on September 1, 2024.

The Session removed Linda Carlson from the member rolls, deceased August 21, 2024, and acknowledged that the Rev. Dr. Melodie Jones Pointon officiated at her funeral service on September 7, 2024, at Eastridge Presbyterian Church.

The Session carried a motion to receive Walter and Lillie Baggett into membership by letter of transfer.

The Session approved a motion to authorize that those persons commissioned to the EPC Care Connections Ministry may serve communion in homes, hospitals, and community worship services.

The Session approved a motion to allow a Trunk or Treat event sponsored by the Girl Scouts in the Eastridge parking lot on October 11, 2024.

Rev. Dr. Jones Pointon led the Session in a study of the topics planned for the Advent, Christmas, and Epiphany season, and for January and February 2025. The resource for Advent, Christmas and Epiphany will be "From the Manger," from Illustrated Ministries. The resource for January and February will be "Proclaiming the Parables"

by Thomas Long. Renae Oestmann and Carolyn Brandle volunteered to serve as conveners.

New chairs have been purchased for Fellowship Hall with contributions from Eastridge Presbyterian Women

and the Memorial and Endowment Committee. New patio tables and benches for the meditation garden have been donated in memory of Dee Ann Dille.

HIGHLIGHTS

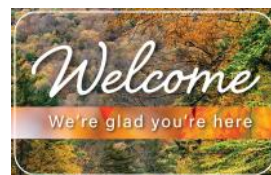


Eastridge Care Connections Meeting: Earlier this summer, we commissioned some of you to the call to care for the faith community at EPC. The leaders of this ministry have met and made plans for our next steps.

You are invited to a gathering on Thursday, October 10, at 6 pm in the Huxtable Lounge. We will provide dinner! During this time we will also share with you more details about our vision and how we see this working. Please invite anyone who you think may be interested in this new caring ministry. We'll be sharing the gathering in the newsletter and via Constant Contact as well. But, as you know, nothing beats a personal invitation! Hope to see you October 10.

Welcome to our new Eastridge members! Eastridge welcomed these new members at our recent Discover Eastridge event: Walter & Lillie Baggett, Mike & Denise Lagueux, Michelle Zinnecker.

We're glad you're here!





GROUPS THAT MEET AT EASTRIDGE:

Eastridge is grateful that several groups continue to find a home in our building. We love this space and continuously strive to make it a place where everyone feels welcome,

loved, and valued. Their presence in our building is an important part of who we want to be in our community!

This fall, we are asking the question, **"What do you wish we knew about you?"** and sharing those answers (words and pictures) in this and upcoming newsletters (and possibly on our Welcome Center screens).

Aging Partners (chair yoga, tai chi classes at Eastridge)

Aging Partners plans, coordinates and advocates for older people in an eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community to ensure the independence and full life of the people we serve.

Aging Partners was one of the country's first full-service Area Agencies on Aging. Our agency primarily serves individuals aged 60 and over. We offer a plethora of services to older adults. Some of these services include:

- Senior centers, which provide nutritious meals as well as games and entertainment
- A fitness center with a variety of state-of-the-art equipment specifically designed for older adults
- Fitness classes offered throughout the community
- Care management services, in which social workers can work with individuals in their home to address specific individual and family needs
- Advice on Medicare and other benefits
- Foot clinics staffed with nurses trained in foot care
- Legal services, home repair services, volunteer programs, Lifeline distribution, tax assistance, and many other services.





COLLEGE CARE PACKAGES: It is time to send care packages to our EPC college students! First, let me say THANK YOU to all of you who generously donated so that we can send a new EPC t-shirt to our students. They are going to LOVE the extra surprise! Now, we need some items to fill the rest of the box that will be delivered to them. Below you can find a list of some of the favorites. Once you have shopped, the items can be dropped off in the church office. If you don't want to go out a shop, you can also purchase online and just have it shipped to the church. If you are looking for ideas, you can use the following link to access our Amazon Wishlist. (<https://a.co/e4dn6le>) Please send it ATTN: Kris Adler-Brammer. And if you aren't up for shopping, cash donations are also helpful to purchase those last additional items or help cover the cost of postage (\$17.10 per box shipped).



Individual servings of cookies, oatmeal, crackers, etc.

Mac n Cheese (in the packets), ramen noodles

Halloween candy, granola bars/protein bars, gum, crystal light/drink powder packages

Laundry pods (non-scented), dryer sheets (non-scented)

Highlighters, pens

Band-aids, cough drops

We will be filling about 25 care packages so items in multiples are appreciated. If you have any questions about donating, please feel free to contact Kris Adler-Brammer at kadlerbrammer@eastridge.org. Please have all items to the church office by Thursday, October 24th so we will have everything to pack them up on Sunday, October 27th. We will be packing baskets/boxes on the 27th following worship and we would invite you to join us!

**We Need
Your**



Children – we provide a snack at our Tuesday Afterschool Programming (TAP). We can use snack crackers, cookies, popcorn, chips, fruit snacks, granola bars, etc. A short Amazon list can be found here (QR at right). You can order from the list or just use it for ideas to purchase at the store.



Youth – Each Wednesday evening, youth group begins with a meal.

Providing a meal includes a main dish, side(s), and dessert. The church provides drinks and all the paper products. This year the group will consist of about 12 people. You can provide the meal by yourself or grab a group of people and do it together. We love visitors! If you are willing to provide a meal, the following link can be used to sign up for a meal for the remainder of the 2024 year. <https://bit.ly/youthmeal2425>





THE GATHERING PLACE:
Eastridge Presbyterian Church arranges to provide 4-5 volunteers at The Gathering Place, a local soup kitchen, on the 4th Monday of each month. For more information on what this entails, contact the church office. Thank you to all Eastridge members who volunteer to serve at The Gathering Place. Sign up here:

<https://bit.ly/thegatheringplacecurrent>

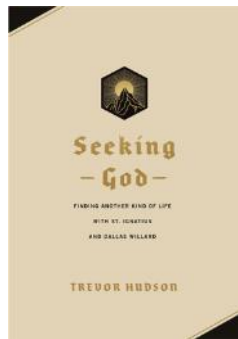
Rev. Dr. Melodie Jones Pointon.....Senior Pastor
 Rev. Thomas Dummermuth.....Associate Pastor
 Kris Adler-Brammer..... Youth and Children’s Ministries
 Donna Gustafson.....Office Manager
 Andy Kalnins.....Night/Weekend Custodian
 Brent Shaw..... Organist & Adult Choir Director
 Will McGuire.....Worship Leader
 Vince Ruhl.....Director of Online Ministries
 Brett Meier.....Audio/Visual Technician
 Laura Siemsen.....Administrative Assistant
 Office number.....402-488-7844
 Melodie Jones Pointon: mjonespointon@eastridge.org
 Thomas Dummermuth: tdummermuth@eastridge.org

MEET THE STAFF



EASTRIDGE FOOD PANTRY: URGENT need for volunteers!
 Links for volunteers for Sunday drive thru and Wednesday distribution plus box prep below:

Distribution: <https://bit.ly/FPDistFood>
 Filling boxes: <https://bit.ly/FPFillingBoxes>



Bible/Book Study for Adults: This study meets on Wednesday mornings at 10:30 am and is led by Donna Gustafson.
 Our next selection will be **Seeking God by Trevor Hudson.**
We will start this book in October!

I Was Naked and You Clothed Me

As a part of our Matthew 25 Community Outreach, our congregation is focusing on supporting education during the month of September. We will be working with our neighborhood partner, Lefler Middle School, to provide NEW clothing, winter coats, and personal care items. Supporting students with basic clothing and personal care necessities allows students to focus on their learning during the school day.

You will notice an apple tree in the welcome center, covered with apples. Each apple has a need waiting to be fulfilled for Lefler students. Please consider selecting an apple and providing the listed item to support our mission. Items can be returned to the church office (black office inbox if office is closed and/or for gift cards) or placed under the tree. All gift cards will be used to purchase specific items for students.



Ten Thousand Villages Holiday Pop-Up Sale: Now that it is October, it’s time to start thinking about Advent and Christmas. This means Christmas shopping!

The Youth Group will again host the Ten Thousand Villages Pop-Up Sale in the Welcome Center. We will also add an in-store shopping hours on Sunday afternoon where you can shop the entire store. Mark your calendars for Sunday, November 17 – Tuesday, November 19.

EASTRIDGE
Presbyterian Church



1135 Eastridge Drive
Lincoln NE 68510

