

Grace Weekly Email Update

October 8, 2025



Message from Rick Ralston, MS, LAC NCC (Dir. Of Mental Health Ministries)

Dear Grace Families,

Many of us are impacted by the seasonal changes in a variety of ways. For some of us, there can be a noticeable change in our mood and energy as we move from summer to fall, and winter. Oftentimes this condition can be known as Seasonal Depressive Disorder or Seasonal Affective Disorder. It is more than just the “winter blues” and there can be numerous causes.

For some of us, it may not be the change in the season but the difficulty of the holidays. Holiday struggles due to relational challenges, difficult memories, or the loss of someone that we love are real and impactful to many.

As a church community, it's important that we remember those who struggle during this season. Compassion, prayer, and simple acts of connection—like a phone call, a walk together, or an invitation to fellowship—can make a real difference. Most importantly, there is hope and help available through our Mental Health Ministry.

I will be leading an 8 week group designed to assist in combating seasonal depression difficulties. This space will be designed to provide a safe space to find support, processing of your experience and maintain meaningful connections during this time.

The group will be on Monday evenings, starting on October 20 from 7 - 8:30 pm. This is a closed group, meaning that once all of the spots are filled, additional members will not be admitted. There are 10 spots available. If you would like to be part of this group, please sign up [HERE](#).

If you have struggled with significant changes in mood and energy, or are challenged by grief during this time of year, please consider joining us and being lifted up by your brothers and sisters in Christ.

In Christ,

Rick

WORSHIP SERVICES — October 12 & 13

Traditional (8:30am Sunday)

Hymns: Bringing In The Sheaves; I Need Thee Every Hour

Modern (9:30 & 11:00am Sunday)

Songs: This Is Our God; Promises Never Fail; Worthy; Firm Foundation

Modern (6pm Monday)

Songs: Promises Never Fail; Worthy; Firm Foundation; Shout to the Lord

Live Stream @ 9:30am Sunday: [Facebook](#) & [YouTube](#)

Past Sermons/Materials: Click [HERE](#).

Grace Community Church

4001 Brooken Hill Dr., Fort Smith, AR 72908

479.646.1177

contact@gracefs.com

Office Hours: 9-5 Monday-Thursday

www.gracefs.com

*Grace Community Church exists for the glory of God,
to make visible the kingdom of God, and*

KIDS MINISTRY

(Infants—PreK)



Contact:
[Christine
Turpin](#)

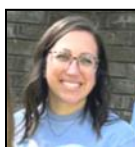


Kids Church Pumpkin Prayers: Connecting With God (Now—October 26)

It's no trick - prayer is a treat we can enjoy as believers. It's our chance to connect with God, to grow our faith, and to find direction away from sin and toward a brighter future.

Memory Verse:
"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
Philippians 4:6

(K-5th Grade)




Contact:
[Sarah
Reykers](#)



**Kids Church
Simply
Loved
(September)**

Something New in Kids Church

Hey parents! Your kids will be coming home with weekly bible verses to memorize. Get excited with them because there are some pretty cool prizes! Each week they memorize a verse, they get a small prize. They also get a sticker. As a group, the more stickers we get, the bigger and better the incentives get. Ice cream? Yep. Pie in the face? Oh yeah! Monkey House? SO FUN!! Help them memorize the verse each week!

Our new verse: 
*"I am the way, the truth,
and the life." John 14:6*

Mark Your Calendars
Trunk or Treat—Sunday, October 26, 4-6pm

TRAIL LIFE USA

(K-12th grade boys)

Contact [JD](#) for Trail Life.

**Troop 316, First 3 Mondays
6:15-7:30pm, StuMin**

Trail Life USA is a Church-Based, Christ-Centered, Boy-Focused mentoring and discipleship ministry that speaks to the heart of a boy. Set in the context of outdoor adventure, boys are engaged in a Troop setting by male mentors where they are challenged to grow in character, understand their purpose, serve their community, and develop practical leadership skills to carry out the mission for which they were created.



DASH & FM

(6-8th grades) & (9-12th grades)

Contact [Dana](#) For DASH and FM

Dash/FM Page on Grace Website—Click [HERE](#)



Wednesday Night Youth 6-7:30pm,. StuMin Building

Each Wednesday we come together for food, fun, fellowship, small groups and worship. Bring a friend!



CONNECT/EVENTS/STUDIES



Seasonal Depression Support Group
Monday, October 20, 7-8:30pm
Class is Limited to 10
See front page article from Rick Ralston or the Mental Health section of the newsletter for details and sign up.



Men's Bonfire Night
Thursday, October 23, 6-7:30pm
Food • Fellowship • Football
(off campus-directions below)
Men, you're invited to a night around the fire designed just for you! Join us for a relaxed evening of good food, meaningful fellowship with brothers in Christ, and football. This is more than just a bonfire—it's a chance to slow down, laugh together, share stories, and build stronger connections that go beyond Sunday morning. Whether you're new to the church or have been here for years, this is the perfect opportunity to meet other men and strengthen your walk with God through community.
What to Expect: A warm fire and plenty of food. Football and friendly competition. Encouragement, laughter, and real conversations. A place to invite a friend or neighbor.
Cost: \$10 per person (Bring a Chair)
Come as you are, bring a buddy, and enjoy an evening that will leave you encouraged and refreshed.
Directions: 7102 Rye Hill Road. Pull into driveway, drive through gate towards house. When you get to garage, keep right on road around the yard. Circle all the way around back to barn.
If you have any questions, contact [JD Cunny](#).
Click [Link](#) to register.



Trunk or Treat
Sunday, October 26
4-6pm
Grace Parking Lot
Bring out the whole family for a safe, fun, and festive evening! Kids can dress up, enjoy our parking lot filled with decorated trunks ready to fill your buckets with candy, play games, and make sweet memories. This free community event is open to everyone. We'd love to see you there!
If you have any questions contact [Sarah Reykers](#).
We have 28 trunks registered! We could use 2-4 more. If you are interested in hosting a trunk or game, click [HERE](#). (We will help you with candy.)

Candy Donations for Trunk or Treat

If you are not able to host a "Trunk" or "Game," you can help out by supplying candy. Either purchase the candy and bring it to the church starting or you can give a monetary donation (be sure to mark your donation "Trunk or Treat Candy").

CONNECT/EVENTS/STUDIES



New Member/Guest Reception Sunday, November 2, Noon-1pm Student Ministry Building

Are you a new member of our church or a guest who is interested in learning more about Grace Community Church and how to get connected? We'd love to meet you! Join us for our New Member & Guest Reception—a casual and welcoming time to connect, ask questions, and discover more about who we are as a church family.

This reception is a great opportunity to:

- Meet our pastors and ministry leaders
- Learn about our mission, vision, and values
- Find out how you can get connected and involved
- Enjoy light refreshments and fellowship with others who are new

Whether you've visited once, been attending for a while, or are considering making this your church home, we'd be honored to spend this time with you.

Come as you are—we look forward to welcoming you!

For questions or more info, contact [JD Cunny](#).

Register [HERE](#).



Young Adults Passion 2026

January 1-3, 2026

Globe Life Field

Arlington, TX

Join the gathering of a generation united for Jesus at

Passion 2026 in Arlington, TX on January 1-3, 2026. At Passion 2026 18-25 year olds from across the country and around the world are coming together, lifting one voice, declaring one name—JESUS. And the invitation is open: meet us here.

Grace Young Adults will travel down to Arlington on Thursday, January 1 and return the evening of Saturday, January 3. Hotel + Ticket included in \$150 fee. [Click HERE to sign up](#). If you have questions, contact [Reagan](#).

CHRISTMAS EVENTS



**Deck the Halls
Chili Cook Off and
Cookie Bake Off
Sunday, November 30
5-7pm 'ish, StuMin Bldg**

Come join our Grace

family for a fun, festive night of food and decorating! We will begin at 5:00pm with our annual Chili Cook Off + Cookie Bake Off in the Student Ministry Building. We'll then divide everyone up to help us deck the halls of Grace with Christmas decor!

If you are interested in entering a Chili or Cookie [sign-up now!](#) Childcare will be available during the event up until 7pm.



**Ladies Christmas Tea
Saturday, December 6
10-11:30am**

Worship Center

Join the ladies of Grace
for a festive Christmas

tea/brunch. We will worship together and hear a wonderful message from our speaker **Jenn Jett Barret**. Our theme this year is "A Thrill of Hope". In the midst of all of life's struggles we want to begin the Christmas season grounded in the Hope that the birth of Christ brings us. We are women who have the privilege of living with a hope that the world cannot offer, we want to celebrate that truth together! Register [HERE.](#)



Jenn Jett Barret
Speaker



CONNECT—On Going Groups



Upper Room Daily Devotional Discussion Group **1st & 3rd Wednesdays** **1-2pm, Activity Center**

Using the Upper Room Daily Devotional Guide, ladies discuss the daily reading and the Bible verses as a launching pad for in-depth discussions to include sharing personal experiences. Class is led by Ava Imotichey.



By Hook, Needle & Craft Women's Group **1st & 3rd Thursdays** **1pm, Activity Center**

Join a group of women who love crafts and visiting with each other. Crafts include knitting, crewel, needlepoint, cross-stitch and any other craft you wish to do. If you are gifted with these talents or want to learn, join these ladies in this wonderful ministry. On the few occasions when the first day of the month falls on a Thursday, meetings will be on 2nd & 4th Thursdays. Class is led by Mary Carter.



Men's Fellowship Lunch **1st Thursdays, Nov. 6, 12pm** **The Egg of Fort Smith** **3801 Planters Rd.**

Join men from Grace the first Thursday of each month, 12pm at The Egg of Fort Smith for a meal, fellowship and updates on our Men's Ministry. There is no need to sign up. We usually meet from noon-1pm. Invite a friend or co-worker.



Singles Ministry **Thrive Monthly Lunch** **1st Saturday Each Month, Noon** **Anthony's Italian Restaurant**

Are you looking to find a community at Grace? Join the Thrive- Single's ministry for a monthly lunch full with conversation, connection, and yummy Italian food! Thrive will meet every 1st Saturday of the Month. The lunch will be hosted at Anthony's Italian Restaurant. No need to sign-up, just come when you can! If you have any questions please reach out to [Reagan Newell](#). Nov 1, Dec 6

Baby Clothes and Shoes Needed

Two of our Community Partners Heart to Heart Pregnancy and Family Center and 1st Choice Pregnancy Medical Center are in need of **Boys and Girls 2T and 3T** clothing as well as shoes. If you happen to see a sale anywhere and want to pick up a few items, that would be great. Like new, second hand clothing is accepted too. You can drop items off on Sunday morning or at the church office during the week.

Volunteers Needed at the Community Rescue Mission

Parenting Classes for the residents of the Community Rescue Mission are back in session. Each Thursday night, Jeanne Carroll, our Families in Transition liaison, leads classes from 6:30 -7:30 p.m. In order for the parents to be fully engaged, child care providers are needed. Please contact Jeanne Carroll at Jcarroll@fortsmithschools.org for more details.



Crawlin' for Kids CASA Fundraiser

Saturday, October 25

FREE

**Ben Geren Pk
Safe Room**

Register using UPC
code.



Nicaragua Teams Are Filling Up Fast

Teams 1 & 2 are now FULL!

We have had a tremendous response to our 2026 Nicaragua Mission

opportunities. We have opened the dates for Team 3 on August 1-8 and will add a Team 4 the following week if needed. If you are interested in going, please don't wait to [sign up](#). We will be doing a few fundraisers to help offset costs and scholarship assistance is available. If you aren't interested in going on the trip but want to be a part of someone's story, contact Kathleen to discuss the possibilities. Please pray for our Teams, the people still considering going, the families in Nicaragua that we will be serving and for the El Porvenir staff. Please contact [Kathleen](#) if you have any questions.

OTHER



Grace Place Dine to Donate Fundraiser at Texas Roadhouse Dine In or Dine Out Counts Tuesday, October 14, 3-10pm

Next Tuesday

Please support Grace Place Preschool by dining or ordering to go. Be sure to mention "Grace Place" when you order. The school will earn a percentage of your purchase. Funds will be used for new technology for the preschool's classrooms.



Congratulations, Jeanne Harvey!

She was named the Volunteer of the Year for The CALL. Jeanne represents Grace Community Church well and we are

grateful for her commitment to The CALL and to our church.



Medicare 101-Education Lunch 'n' Learn Seminar Sunday, October 19 1-3pm, Activity Center Hosted by Church Member Margie Partin

The Medicare Annual Enrollment Period (AEP) is right around the corner, and this year brings several important changes you'll want to know about. Get all the information you need about Medicare in a relaxed setting with a complimentary lunch. Don't miss this opportunity to learn, ask questions, and get prepared. Prior registration is appreciated in order to have a count for food. Register [HERE](#). Questions, contact [Margie](#).

MENTAL HEALTH MINISTRY

Contact [Rick](#) for more information.



Seasonal Depression Support Group Starts Monday, October 20, 7-8:30pm Limited Registration to 10 Persons

Many of us are impacted by the seasonal changes in a variety of ways. For some of us, there can be a noticeable change in our mood and energy as we move from summer to fall, and winter. Oftentimes this condition can be known as Seasonal Depressive Disorder or Seasonal Affective Disorder. It is more than just the “winter blues” and there can be numerous causes.

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Mental Health *Ministry*



Scan this QR code or
go to [Gracefs.com/mental-health](https://gracefs.com/mental-health)

Are you concerned about your personal mental health or that of a family member? Do you struggle with knowing who you can talk to? Do you carry the common concern that others cannot know? Perhaps you are ready to discuss it, but are just not sure what the next right step is? Talk to our mental health team! The form is confidential.

Once the form is received, the director will contact you to set up a confidential meeting to further understand your needs and assist in the options for your potential next steps

Meet our team: Click [HERE](#).

Mental Health Resources: Click [HERE](#).

Mental Health page on our website: Click [HERE](#).

PRAYER

If you have prayer needs, please submit request [HERE](#).

Community & World

Unsaved

United States

Countries in Turmoil

All Military

Foster and Adoptive Parents

Victims of Violence

Weather Disaster Victims

Eight Days of Hope Ministry

Those who are sick

Those struggling w/mental illness & addictions

Those struggling with grief

Grace Families

Robert Young

JD, Misty, and Emmalin Cunny

Grace Friends

Candace Wibbing

Crystal Beene and family

A Father addicted to alcohol

Cancer Fighters—Grace Family

Shani Patterson

Nora Lowe