

## Weekly Word – For Sunday, September 20, 2026

### Worship this Week:

Just as people have different ways they give and receive their love (5 Love Languages), people also have different faith languages. We are on week two of our worship series ***Faith: Heart, Head and Hands***. Faith fills our hearts, opens our minds, and guides our hands. This week we look at our heads. How can we have a vibrant, growing faith without checking our minds at the door? Join us at the 10:00 am worship service as the choir sings, communion is celebrated and Sunday School meets. Bible Study and choir meet at 9:00 am and during Coffee Fellowship following worship we will formally welcome our part-time new Minister for Community and Outreach, the Rev. Bob Wang. Also after worship there will be an important thirty-minute orientation meeting for all High School students and parents about 9th Grade Confirmation, Church Interns and Youth Group, as well as info about a potential Boston trip in April and the Spring Break Mission Trip next year. Join us and invite a friend!

Link to Worship Livestream: [https://www.youtube.com/embed/vtC597C9Kqg?si=parTP4ucN\\_ieJbGh](https://www.youtube.com/embed/vtC597C9Kqg?si=parTP4ucN_ieJbGh)

### Sunday Bulletin

#### This Week

|                 |                   |                                                     |
|-----------------|-------------------|-----------------------------------------------------|
| Sun., Sept 20   | 9:00-9:45 am      | Choir Rehearsal in the Sanctuary                    |
|                 | 9:00-9:45 am      | Sunday Morning Bible Study in the Youth Room        |
|                 | 9:45-11:15 am     | Nursery Open                                        |
|                 | 10:00-11:00 am    | Worship Service in the Sanctuary and Livestream     |
|                 | 10:30-11:15 am    | Sunday School (Pre-School – Grade 8)                |
|                 | 11:00-11:30 am    | Coffee Fellowship in the Fellowship Hall            |
|                 | 11:00-11:30 am    | WEVR Broadcast 106.3 FM & 1550 AM                   |
|                 | 11:15 am-12:00 pm | Orientation for High School Students and Parents    |
|                 | 11:45 am          | Game Day                                            |
| Mon., Sept 21   | 10:00-11:30 am    | Side by Side Choir Rehearsal in the Fellowship Hall |
| Tues., Sept 22  | 9:00-10:00 am     | Yoga                                                |
|                 | 9:00 am-3:00 pm   | Among Friends                                       |
|                 | 12:00-1:00 pm     | Women's Group                                       |
| Wed., Sept 23   | 1:00-2:30 pm      | Adult Bible Study                                   |
|                 | 6:00-7:00 pm      | Bells                                               |
|                 | 6:30-7:30 pm      | HS Class                                            |
|                 | 6:30-7:30 pm      | MS Youth Group                                      |
|                 | 7:00-8:00 pm      | Chancel Choir                                       |
| Thurs., Sept 24 | 9:00-10:00 am     | Yoga                                                |
|                 | 9:00 am-3:00 pm   | Among Friends                                       |
|                 | 10:00-11:00 am    | Knitting Group                                      |
|                 | 6:30-7:30 pm      | NAMI Peer Group Meeting                             |
| Sun., Sept 27   | 9:00-9:45 am      | Choir Rehearsal in the Sanctuary                    |
|                 | 9:00-9:45 am      | Sunday Morning Bible Study in the Youth Room        |
|                 | 9:45-11:15 am     | Nursery Open                                        |
|                 | 10:00-11:00 am    | Worship Service in the Sanctuary and Livestream     |
|                 | 10:30-11:15 am    | Sunday School (Pre-School – Grade 8)                |
|                 | 11:00-11:30 am    | Coffee Fellowship in the Fellowship Hall            |
|                 | 11:00-11:30 am    | WEVR Broadcast 106.3 FM & 1550 AM                   |

#### Assisting in Sunday's worship service are:

|            |              |
|------------|--------------|
| Preacher:  | Chris Myers  |
| Celebrant: | Chris Myers  |
| Cantor:    | David Reilly |
| Liturgist: | Jill Paulson |

Deacons: Heidi Cavaness, Paul Shepherd, Liz Swank, Kathy Tomlinson  
Organist: Marsha Pearson  
Live Stream: Jeff Hoffman  
Nursery: Kahla Fuller  
Trustee: Scott Nelson  
Welcomers: Lu Lueck, Deb Hoffman  
Coffee Fellowship: Interview Team  
Counters: Marie Roe, Wendy Querna

### **Loving God**

**Fall Worship Series: Faith In Our Heads, Hearts and Hands:** What does it mean to have faith? Is faith something we believe, something we feel, or something we do? The answer is yes! Join us Sept 20 & 27 for a three-week worship series exploring Faith: Head, Heart & Hands. Just as we each have different ways of expressing love, we may also have a natural “faith language.” Some of us connect with God through questions, learning, and ideas; others through prayer, worship, and experience; and still others through serving, helping, and putting faith into action. Over these Sundays, we’ll explore our own faith language while also discovering how God may be inviting us to grow in the other two - because a vibrant, growing faith needs head, heart, and hands. Sun, Sept 13: Faith in our Hearts; Sun, Sept 20: Faith in Our Heads; Sun, Sept 27: Faith in our Hands

**Sunday Morning Bible Study:** Please join us on Sunday mornings to discuss the Bible passages used in worship. The group meets from **9:00–9:50** in the Youth Room. For more information, contact Pastor Stacy.

**Wednesday Afternoon Bible Study:** The Wednesday Afternoon Bible Study group is discussing Revelation. Copies of the book are available in the church office for \$20.00 each. The group meets in the library on **Wednesdays, 1:00–2:30 pm**. If you have questions, contact Pastor Stacy.

**Wednesday School Volunteers Needed:** Wednesday School begins on **October 7**. We need volunteers to provide snacks on a rotating basis and adult. Please sign up at church or online:  
<https://www.signupgenius.com/go/904054BA9AD29A4FF2-65117201-wednesday>

**Damascus Project:** Our Wisconsin Conference sponsors an online learning community called the Damascus Project with a wide variety of options to grow in faith and living. Their website is: [www.the-damascus-project.org](http://www.the-damascus-project.org). And upcoming topics include a class on UCC History and Polity as well as Theology and Ecology. Check it out!

### **Loving Neighbor**

**Back Bay Mission Trip Planned for April 2027:** Ever wanted to go on a mission trip? Heard about the awesome experiences so many of our church folks have had at UCC related Back Bay Mission in Biloxi, Mississippi? Just want to get out of town to someplace warm? Join us! Our church is sponsoring yet another trip to Back Bay Mission, **April 18-24, 2027**. **An information meeting will be held on Sun, Oct 4, following worship.** Please contact Carol Merriman or Pastor Chris for details. Use the sign-up sheet to register your interest.

**Among Friends Volunteers Needed:** The program meets two days a week and has 12 active guests. Training is provided & the rewards are phenomenal! They are particularly in need of male volunteers but are willing to receive all. Contact them at [amongfriendsrf@gmail.com](mailto:amongfriendsrf@gmail.com)

**Basics for Local Kids (BLK):** BLK is a non-profit organization that provides winter-wear to local kids in need from infant to 18 years old. Please consider making a donation of gently used or new coats, snow pants, boots, hats, mittens, gloves, scarves, or socks. Donations can be placed in the bin near the alley door entrance. Beginning in October volunteers are needed to help families shop, or to sort and restock items. To volunteer go to [www.BasicsforLocalKids.org](http://www.BasicsforLocalKids.org) or call Kim Johnson at 715-821-1623. Thank you for your generous, continuing support. Other questions contact Renee Whipple 715-307-5074.

**Journey House (Ecumenical young adult outreach):** If you're interested in contributing, here are some ideas:

- **A Welcome to School Care Kit and Goody Bag.** We are asking for a donation of \$25. These will be handed out during the Involvement Fair & given to students throughout the months of September & October.
- **A suggested donation of \$30 to help sponsor our weekly gathering, Journey Nights.** Those who give \$30 or more will receive their own Journey Night passport as a thank you gift. (The passport gives students a fun way to engage more with our Journey Night conversation.)
- **Amazon Wish List.** We created and plan on keeping up with an [Amazon Wish List](#).

**First Church Companions:** Are you interested in being a companion to someone in our church connecting with them at least once a month with a call or visit? Or would you like to have someone for a companion. Please use the sign-up sheet to be a companion or request someone to visit you.

**Grace Place Donations:** Needed items: New adult undergarments (underwear up to size XXL), new bras, new or like-new sweatpants up to size 4X, new or like-new T-shirts up to size 4X, new shoes (adult men and female), belts, adult socks, good buys. There is a bin at church for donations.

**Empty Pill Bottles (Prescription Only):** The River Falls Lions Club is collecting empty pill bottles, only the prescription bottles that are filled by our pharmacists, to send to Africa where there is an urgent need. The bottles will be washed, and the labels soaked off before they are shipped. A tub is in the gathering area. If you have questions, contact Carole Mottaz.

**Thrivent Free Money:** Do you have a retirement account through Thrivent? If so, you can designate some or all of your 'choice dollars' to a non-profit such as First Congregational Church. We are now set up to receive such gifts. Talk to the church office if you need more information.

**Among Friends** is a community-based social respite program serving adults who have memory loss who reside in Pierce and St. Croix Counties. For more information, contact them at (715) 293-2561. Check out the website: [amongfriendsrf.com](http://amongfriendsrf.com) and Facebook page. It is held at the church on **Tuesdays and Thursdays 9am to 3pm.**

### **Loving Self**

**Inquirer's Class:** New to church? Want to know more about our life and ministry? Join us for the Inquirer's Class on **Tues, October 27 from 6:30 to 8:00 pm** in the Fellowship Hall. At this 90-minute gathering, you will meet church leaders, other new folks and learn more about First Congregational Church. Dessert and childcare are provided. Please sign up at church.

**Men's Group:** Our church men's group meets **every other Tuesday from 9:00-10:00 am** in the Youth Room. All men are welcome to join us for coffee, donuts and lively conversation. We gather for an hour, and Pastor Chris leads us into a brief discussion. Our next gatherings are **Tues, Sept 29 & Oct 13.** Join us!

**Women's Group:** Interested in fellowship & community with other women? You are invited to join the group at noon every 2nd & 4th Tuesday. Please bring a lunch. The next meetings will be **Tues, Sept 22 & Oct 13.**

**Merry Widows:** They will meet on **Wed, Oct 21 at 1:00 pm at Juniors in River Falls.** All widows are welcome to join us for dinner and conversation! See Linda Morrow for more information.

**Game Day Sunday:** Game Day is held on the third Sunday of the month. Our next Game Days are **Sept 20 and Oct 18 at 11:45 am.** Join us!

**Let's Knit/Craft Together:** Join us on **Thursdays at 10:00 am.** We meet at **The Sycamore on the first Thursday of each month and in the Fellowship Hall the other Thursdays.** We have a great time sharing our current projects and enjoying each other's company. Any questions, contact Marie Roe at 715-781-2103 or [firstroe@gmail.com](mailto:firstroe@gmail.com).

**Church Yoga:** The church yoga group meets on **Tuesdays and Thursdays** in the church Fellowship Hall from **9:00-10:00 am** and via Zoom. Please contact the church office to receive the Zoom link.

**WISE Corner:** NAMI (National Alliance on Mental Illness) Family Support Group meets on the 2nd and 4th Thursdays at 6:30 pm at 113 East Elm Street (Mei Mei's) and the Peer Support Group meets the same evenings at First Congregational Church at 6:30 pm. For mental health issues, please call 988. For more info, call Marg Downing 715-307-5905.

### **Community Life**

**Red Cross Blood Drive:** The next Red Cross Blood Drive held at the church is on **Monday, September 28, from 11:00 am–5:00 pm**. See the flyer for more info. Call 1-800-733-2767 or go to [www.redcrossblood.org](http://www.redcrossblood.org) and enter: [firstcongregationalrf](http://firstcongregationalrf) to schedule an appointment.

**Wednesday Meals Resume on Oct 7:** On Wednesday nights, we will offer a home-cooked meal in the Fellowship Hall. The cost is \$9 per person with a family max of \$30. **Meals are served from 5:15 to 6:00 pm**. You can get your meal to go if you go through the line (indicate when you sign up). **Reservations must be placed by noon on Tuesdays**. You can make a reservation online, the sign-up table or by calling the church office.

Oct 7 - Taco bar

<https://www.signupgenius.com/go/904054BA9AD29A4FF2-65882973-wednesday>

Oct 14 - Swedish meatballs, butter & parsley potatoes, vegetable, roll

**Preschool Screening:** The School District of River Falls is hosting a free preschool screening on **Fri, Oct 23**. This is designed for families who live within district boundaries and have concerns about some aspect of their 2-1/2 to 5 year old child's development. For more information or to request an appointment time, contact Ann Nelson at 715-425-1819 ext. 3101 or [ann.nelson@rfsd.k12.wi.us](mailto:ann.nelson@rfsd.k12.wi.us).

**Fall Clean-Up, Sat, Oct 24, 9:00 am:** Please bring your gloves, rakes, blowers, pruning shears, etc. to help clean up the grounds at the church. Back-up date is Sat, Oct 31 Please sign up and join us!

**Relax with Rose - Breathwork Techniques:** **Thurs, Oct 29, 6:30-7:45 pm in the Fellowship Hall** - Learn and practice several different breathwork techniques. These quick techniques will help you step back and relax in a stressful moment or reduce your racing thoughts so you can fall asleep faster. For more information, contact Rose Rude at 715-781-7032 or [rar651@gmail.com](mailto:rar651@gmail.com). Please sign up at church or online: <https://www.signupgenius.com/go/904054BA9AD29A4FF2-65687649-relax>

### **Side by Side Choir - Discover the Joy of Singing Together!**

**Who:** People living with memory or thinking changes, their care partners, family, friends, and community volunteers who enjoy helping others.

**What:** A welcoming choir where people gather to connect and thrive by sharing music, joy, and laughter!

**When:** Join us **Mondays at 10:00 am at the church** for our fall season of music and engagement. Rehearsals have started and will conclude following our **concert on Saturday, December 5 at 10:30 am**.

To learn more or sign-up contact: Norma Revels at 651-416-9530 or [sidebysidechoir@gmail.com](mailto:sidebysidechoir@gmail.com)

**Endowment Grants:** Each quarter the Endowment Grant Committee meets to evaluate proposals for new ministries and projects submitted through our church committees. Consider applying for an Endowment Grant! All proposals must come from a committee, and the next due dates are **October 4 and December 6**. Forms can be accessed through the church office or on the church website.

**Name Tags:** We encourage you to wear your name tags so that everyone can call you by name. It would also help the deacons when you take communion. If you do not have one, please let Missy in the church office know at [missy@firstchurchrf.org](mailto:missy@firstchurchrf.org). In appreciation, the Welcoming Committee.

### **Learning Communities for the Fall:**

**Tues, Oct 13 at 6:30 pm: A Night in the National Parks!** - Ever wanted to visit three of our most famous national parks: Tetons, Yellowstone and Glacier? Planning a trip there for next summer? Join Pastor Chris as he leads us on a quick 90-minute tour of three of our nation's most outstanding national parks. He will talk about both the beauty and grandeur of the parks as well as practical logistical things - where to stay, what to do and most important, how far out to plan and book! Join us for a night in our National Parks!

**Tues, Nov 10: The Churches of River Falls** - River Falls has lots of churches, but do you know their history. Join us as River Falls native and historian Mark Anderson tells us some of the stories behind the churches of River Falls, including our own.

### **Youth Events**

**Confirmation Orientation:** The Orientation for High School Confirmands (grade 9) and Church Interns will be **Sunday, Sept 20**. This meeting is **required** for all confirmands and their parents.

**College Pack Items Needed!** One of the mission activities of the church youth program is to send College Packs to those off at school or the military. We ask each of our 6-12th grade families to bring items for the 30 College Packs we anticipate sending this year. Think necessary items, fun items and lightweight items as they will be shipped! Food is always good. So are dorms decs. **Please have them at church by Sun, Oct 4**. Thank you!

**Bibles for 6th Graders:** The congregation will present Bibles to six grade students during worship on **Oct 11**.

**Wednesday School:** All children in kindergarten through Grade 5 are invited to participate in Wednesday School. Elementary students in River Falls are picked up at the four elementary schools in town at the end of the school day. Wednesday School concludes at 5:15. Registration and permission forms are available on the website and at church. It is important to have advance registration in order to be adequately prepared for students, particularly due to transportation needs. Wednesday School begins **October 7**. Please contact Pastor Stacy with questions.

### **Sign Ups**

**Coffee Fellowship Hosts Needed:** Please sign up to help host and serve. Everything you need is provided, you just need to get there a little early to get things ready, serve and do a quick clean up. Sign up at church or here: <https://www.signupgenius.com/go/904054BA9AD29A4FF2-coffee>

**Liturgists Needed:** Please sign up to be a Sunday liturgist. You will lead us in the Call to Worship and a Scripture text. The bulletin will be sent via email to you on Thursday. Sign up at church or here: <https://www.signupgenius.com/go/904054BA9AD29A4FF2-liturgist>

**Welcomers Needed:** Please sign up to be a welcomer on Sunday morning before the worship service. One person is needed at the bottom of the stairs & one person is needed at the ramp entrance. Please arrive 20 minutes prior to the service. Sign up at church or here: <https://www.signupgenius.com/go/904054BA9AD29A4FF2-welcomers>

**Altar Table Flowers:** Please sign up to provide flowers for the altar for Sunday worship. Sign up at church or here: <https://www.signupgenius.com/go/904054BA9AD29A4FF2-altar>

**Church App:** The church has a mobile phone app. You can download it from the church website or by scanning the QR Code found on a flyer on the sign-up table and Facebook.



### **Offering QR Code**

1. On your mobile device, open your Camera app or QR Code app
2. Point your camera at the QR Code
3. Click the tab 'Give Online'

### **Finances**

THANK YOU to all of you for your support of the mission and ministry of our church through your tithes, offerings, and gifts. Your generosity empowers our church! Please be sure to sign up for e-giving or mail/drop off your gifts. There is also an option to give online via our church website.

### **Treasurer's Report**

|                                | <u>Sept 13, 2026</u> | <u>Year to Date</u> |
|--------------------------------|----------------------|---------------------|
| General Fund Income*           | \$ 2,607             | \$ 413,488          |
| General Fund Operational Needs | \$ 11,308            | \$ 418,396          |

A full accounting of all income and expenses is available in the church office.

\*Includes annual and monthly gifts.

### **People**

- For Hallah Jensen (daughter of Michelle & Neal) and Andrew Cariveau, and Glory Etzel and Nathan Lawrence (son of Linn and Tim Lawrence) who were recently married, may they continue to grow in love
- For the Side by Side Choir which began practicing in our Fellowship Hall this past week connecting community members and those with dementia through the gift of music and song, may their joy grow
- For the 139,968 meals packed at the Feed My Starving Children event held here in River Falls recently, may it bring life and hope to those who receive this food and to us
- For the Rev. Bob Wang who began as new our Minister for Community and Outreach and whom we welcome during Coffee Fellowship this Sunday, may he use his many gifts and help us become a more loving, generous and welcoming community
- For Darlene Sumption who celebrates her 100th birthday in September, you are an inspiration!
- For the gift of our Sunday School teachers, you are God's workers in our midst, thank you
- As the mowing season slowly comes to end, we thank this year's church Mowing Team (Mark and Laura Anderson, Roger Kapping, Lee Lueck and Randy Welsh) for all their hard and hot work this past summer!
- For our Garden Geeks who tend our church garden and keep everything looking great, God bless you all!
- For our Youth Fund which received \$3136 from those wonderful peaches we all enjoyed
- For those who will give blood at our next blood drive on Monday, September 28, may it bring life

Do you have upcoming news or celebrations to share with the congregation? Graduations? Birthdays and Anniversary celebrations? Please email them to [office@firstchurchrf.org](mailto:office@firstchurchrf.org) by Wednesday of each week to be included in the Weekly Word which is sent out on Thursdays.

**Prayer:** Prayer connects us with God and our neighbors. Each week in the bulletin there is a prayer list of people, situations and thanksgivings that is also sent out by email to help people in their prayer life. You can sign up by contacting the office at [office@firstchurchrf.org](mailto:office@firstchurchrf.org)

### **Church Office Hours:**

Monday through Thursday – 8:30 am to 4:00 pm

Friday – 8:30 am to Noon

### **Church Staff Contact:**

Church Office - 715-425-2052

Pastor: Chris Myers - [chris@firstchurchrf.org](mailto:chris@firstchurchrf.org)

Minister for Community and Outreach: Bob Wang – [pbobcca@outlook.com](mailto:pbobcca@outlook.com)

Education: Stacy Johnson Myers - [stacy@firstchurchrf.org](mailto:stacy@firstchurchrf.org)

Youth: Alex Plum – [rfyouthgroup@gmail.com](mailto:rfyouthgroup@gmail.com)

Office/Finance: Missy Luedtke - [missy@firstchurchrf.org](mailto:missy@firstchurchrf.org)

Music: Jamie Mills - [degolierjamie@gmail.com](mailto:degolierjamie@gmail.com)

Choir: Sarah Plum – [sarah.e.plum.95@gmail.com](mailto:sarah.e.plum.95@gmail.com)

Building: Farnum Fuller – [farnumfuller@gmail.com](mailto:farnumfuller@gmail.com)

Building: Troy Zakrzewski – [ztruck51ford@gmail.com](mailto:ztruck51ford@gmail.com)

Maintenance: Tim Bylander - [timthefixitguy@gmail.com](mailto:timthefixitguy@gmail.com)