

SHENKEL HAPPENINGS – OCTOBER 2025

Greetings, Shenkel Friends and Family!

I went to church on Sunday. I usually do, but we had just gotten back from a long vacation that kept us moving, and I had jetlag. Big time. And a storm was coming, the sun wasn't shining, and it would've been easy to stay curled up on the sofa in my pajamas, but I came anyway. And as the service progressed, I was so glad that I did! Everything about it spoke to me, starting with a rock. We each got one as we exited the narthex. It had some weight to it. During the service, Pastor Suzanne asked us to place it on a table and name whatever heavy burden we were carrying. Naming it would help us feel lighter. As we each laid down our rocks, I heard people murmur things like family, health. Others spoke louder: lies, misinformation, Gaza, war. I listened to what was on people's minds and realized we are each carrying burdens that weigh us down and affect our lives. Some feel too big to handle. To be honest, I didn't feel a huge release. I felt slightly lighter after naming my burden, probably because I couldn't decide which heavy burden I wanted to speak out loud! So, I picked one that maybe wasn't the heaviest, but it certainly was weighing me down. And that was ok. One less rock in my basket didn't eliminate the load, but it certainly lightened it.

Maybe I didn't see you in church on Sunday—I wish I had and I hope you decide to join us soon—but you can replicate the message. Hold something heavy. Think about what is worrying you and sapping your energy. Name it in the presence of a person you trust. She is your witness. Or imagine handing it to Jesus to carry for you. Allow yourself to let go of the heaviness and trust that all will be well.

Now, let me tell you about all the exciting things happening at your church!

SUNDAY SERVICES

You have two convenient choices for worship each Sunday:

1. **REFLECTIVE SERVICE AT 8:30 AM**, a good choice if you prefer no music and time for discussion and reflection, and
2. **TRADITIONALISH SERVICE AT 9:45 AM**. You'll find everything you've always wanted in a traditional service plus more. Pastor Suzanne has added a time for centering at the beginning which people are really appreciating.

MARK YOUR CALENDARS!

- **OCTOBER 18 from 10:00-NOON** – As part of Stewardship's **Speaker Series**, we are excited to host David Youngren, author of a new book, Life Ascending: Unlocking Mental Wellbeing through Timeless Wisdom and New Science. The book tackles the mental unrest that dominates our fast-paced world. As stress, unresolved trauma, and relentless demands leave many anxious and searching for peace, Youngren offers a path to lasting mental wellbeing beyond external achievements or relying on others for our happiness. By blending ancient

spiritual practices, including meditation and mystical wisdom of Jesus, with insights from neuroscience and quantum physics, Youngren shows us how to awaken to a peaceful presence within. He will be sharing hands-on ways to keep ourselves emotionally healthy and see the world through new eyes. All are welcome, so invite your friends and neighbors. Hope to see you there!

- **OCTOBER 26 and NOVEMBER 30 – COMMUNITY LABYRINTH WALKS** – Our September labyrinth walk was so popular that Pastor Suzanne decided to offer it two more Sundays after the late worship service at 11:00 AM. Come experience the calming, centering possibilities of walking the labyrinth in community!
- **OCTOBER 22 – BOSCOV'S FRIENDS HELPING FRIENDS** – Ok Boscov's shoppers! Here's your chance to earn some money for Shenkel and shop till you drop! Buy a \$5 coupon from Tootie or Louise and shop at any Boscov's store or online on one day only, **OCTOBER 22**. Have fun!
- **OCTOBER 23** – The church office will be closed so the parking lot can be sealed. The parking lot will reopen on Sunday, October 26.
- **NOVEMBER 2 – ALL SAINTS DAY** – During worship, we will pause to remember the Shenkel saints who have died during the past 12 months. We will have an opportunity to light a candle and name the saints as we give thanks for their lives.
- **NOVEMBER 8 – OPERATION 143 FALL BINGO FUNDRAISER** - Remember Operation 143? It's a very important outreach that provides bags of food for children to take home on weekends to ensure they will be fed. As most nonprofits these days, they need funding to continue their important work. Stewardship is organizing a prize basket on behalf of Shenkel! You can support this event by contributing toward the cost of the prize basket (money can be placed in the offering plate or dropped off at the Church Office in an envelope marked Operation 143 Bingo) and/or you can purchase a ticket and attend the event (tickets at www.operation143.org) . Join the fun for this very worthwhile cause!
- **SATURDAY, NOVEMBER 8 from 1:00 to 5:00 PM at ST. PAUL'S UCC IN AMITYVILLE** - This will be the final meeting of the Pennsylvania Southeast Conference of the United Church of Christ. Delegates are not required for this meeting; everyone is welcome and encouraged to attend. For free registration, go to www.psec.org , click the Events & News tab, click on the calendar, go to the November 8th date and click on the event for more information.

- **NOVEMBER 15 – “JOY TO THE WORLD”...WHEN IT’S NOT QUITE THE MOST WONDERFUL TIME OF THE YEAR.”** For many of us, the holidays can be stressful, sad, disappointing, and lonely. We understand! We are fortunate to have Jane Buhl, a retired family therapist, as Stewardship’s November speaker to address some of the ways to manage holidays stressors. You won’t want to miss this! Look for details in the coming weeks.
- **NOVEMBER 16 at 9:45 AM – COMBINED SERVICE and CONGREGATIONAL MEETING–** There will be a Congregational Meeting after the service in Fellowship Hall to act on a proposal to fund the Current Fund deficit. Details about the proposal will be forthcoming.

CLUSTER THANKSGIVING MEAL KITS – The Pottstown Cluster is organizing Thanksgiving Meal Kits to provide 800 meals for area residents. Shenkel is participating by collecting boxes of instant potatoes, and our goal is 300 boxes! We will be gathering them until November 16 and, as usual, they will be displayed on the altar rails in the sanctuary. This is one of the ways we can show our caring and generosity to those in need!

LEND A HELPING HAND - We are a congregation that cares, and the Foss family needs our help! Andrew Foss had knee surgery on October 9 and is non-weight bearing for 2 months. Andrew is the main caregiver and cook in the household. We can help by offering meals for the family or by purchasing gift cards for the family to use. Door Dash, Redner’s, Weiss, and Aldi are good daily options for the Fosses. Gift cards from Dairy Queen or Rita’s Water Ice or Olive Garden would be appreciated too. Most cards can be purchased at your local grocery store. Please place them in the envelope next to the bulletins or drop them at the church office during office hours. Thank you in advance for your help!

CAROL LYKENS FILL-THE-HAT CHALLENGE

In September thru December, we will begin the second of our five-year challenge where \$5,000 of Carol’s generous bequest will be used to help fund our current budget. Here is your challenge: Starting **September 7 thru December 31, 2025**, we encourage you to make an additional Fill-the-Hat Challenge donation to the Current Fund beyond your usual giving. Our goal is to match Carol’s bequest of \$5,000. This will help us meet our budget at the end of the year, which is currently underfunded. Last year, you hit the mark and then some!! Great job! Please give what you can and generously if you are able. Make checks payable to Shenkel UCC and in the memo line write “Carol Challenge.” If you are making an online donation, you’ll find it on our website. I’m happy to say that **we have met \$1,780 of our \$5,000 goal** as of October 12!

MUSIC FOR MARIE – THANK YOU!

Many thanks to everyone who contributed to this fund to honor Marie Bade and the many years of love and service she has given to Shenkel. We ended up raising \$2,310 which will be matched by Steve and Kim and David and Tammy Bade—thank you, Bades!

YOCOM GROVE LANDSCAPING FUND

The times when volunteers were plentiful and eager to put their backs into taking care of our properties are long gone. This means we must pay for much of the work that needs to be done for upkeep and repairs. To address this need, the Yocom family has generously started a fund to pay for mowing and to maintain the grove and labyrinth. Feel free to contribute as you are able!

STEWARDSHIP

- Qigong classes are in full swing with Salil on **Thursdays at 11:00 AM in the Social Hall**. Everyone is loving Salil's calm presence as he teaches us the gentle movements used for centuries to improve health, reduce stress, and keep us in the present moment. Please wear comfortable clothing. There will be a charge of \$12.00 per class payable by cash or check, which Salil has kindly asked be donated to our church. And remember to bring a friend!
- We're always looking for new ideas for our Speaker Series! Do you have a particular topic you'd like to explore? Know someone (community member, college professor, friend, to name a few) who could present a 1-to-2-hour program on a topic of interest? Please let anyone from Stewardship know your thoughts: Chris Gray, Dan Jenkins, Julie Zachesky, Kim Yocom, or Brenda Berriker.

CLUSTER NEEDS

OCTOBER: Instant potatoes

NOVEMBER: Bar soap

LOCAL MISSION OPPORTUNITY

Shenkel folks are caring individuals who want to help those in need. We yearn to make a difference, but sometimes we don't know where to start. Here is an opportunity to show you care: The **4th Monday of each month**, a handful of our members help serve a **Community Lunch at Christ Episcopal in Pottstown**. Our church is an active

participant in this local mission. Pastor Suzanne brings 70 salty and sweet snacks that are given out at lunch. These are purchased at Giant using the Giant gift cards that we also sell at church. These caring volunteers would love to welcome more helpers! You can serve lunch from 11:30-1:00, and/or go earlier to help sort food donations and prepare dessert trays. Don't worry—Shenkel is not responsible for the meal as we were years ago. We are simply willing helpers who are there to do whatever tasks need to be done.

HAVE A FUNDRAISING IDEA?

Share it with the Stewardship Committee. Members are Chris Gray, Julie Zachesky, Kim Yocom, Dan Jenkins, and Brenda Berriker.

GIANT AND REDNER'S GIFT CARDS

You're doing a great job! This is an easy way to raise money for our church. Purchase your cards Sunday mornings or in the Church Office Tuesday-Thursday, between 9:00 and 1:30. Thanks for doing your part!

ONLINE GIVING/QR CODE

It's easier than ever to catch up on your giving to support and sustain our church. Just go to www.shenkelucc.org, open up Online Giving, and choose where you want your donations to go. Simple! In addition, QR codes are in the pews and will be on the table in the grove for an easy, fast way of contributing. Thank you in advance for your continuing support of your church.

PASTORAL RELATIONS COMMITTEE

This committee is tasked with supporting the Pastor as well as bringing to her any concerns of the congregation. Information discussed is confidential. My term was up in April, so present members are Sandy Rowe, Dan Jenkins, and Tootie Hine. Please feel free to discuss any joys or concerns you have with any member of this committee.

OCTOBER BIRTHDAYS

Glen Hoff	10/2/25	Roberta Peterman	10/20/25
Joe Granger	10/5/25	Cameron Dushanko	10/23/25
Forrest Kreiger	10/5/25	Betsy Bevan	10/28/25
Sharon Snyder	10/6/25	Jacoby Mest	10/29/25
Adrianne Wanner	10/7/25	Aaron Gray	10/31/25
David Phillips	10/8/25		
William Zachesky	10/10/25		
Susan Stultz	10/12/25		
Stacia Bradley	10/13/25		
Aaron Foss	10/14/25		
Danielle Petersen	10/17/25		

OCTOBER PRAYER LOTTERY

Oct 5

Tom and Maureen Gallant

Gary McDermit

Noah Bradley

Barbara Sweinhart

Jim and Elaine Bevan

Oct 12

Jennifer, Jeffrey, Hannah, Catherine, and Audrey Dyott

Patricia Kuestner

Mindy, Isabelle and Sela Chidawu

Daniel, Sharon, Malcolm and Amelia Snyder

Lynne Moyer

Oct 19

Don Lavery

Scott Kutz

Mike and Robin Martin

Kelly Strunk, Steve, Madeline and Jacoby Mest

Glen and Debbie Hoff

Oct 26

Elizabeth, James, Zoey, Henry and Molly Carr

TJ Augustine

Tootie Hine

Erika, Kyle, Giovanni and Christopher Manetti

Dawn Yocom

NOVEMBER BIRTHDAYS

Cole Major	11/5/25	Ben Mocarski	11/21/25
Louise Hine	11/6/25	Tracy Dise	11/25/25
Alex Mocarski	11/6/25	AJ Foss	11/25/25
Joe Palubinsky	11/7/25	Linda Foss	11/28/25
Homer Royer	11/8/25	Mindy Chidawu	11/30/25
Kaleena Sweinhart	11/8/25		
Madeline Mest	11/15/25		
John Sabo	11/16/25		
Peter Wanner	11/17/25		
Clair Faust	11/19/25		

NOVEMBER PRAYER LOTTERY

Nov 2

Tracy Dise

Sharon and John Sabo

Joe and Joan Palubinsky

Henry and Carole Bailey

Randy and Brenda Berriker

Nov 9

Ashlyn Augustine

Gloria Mest

Sandy Rowe

David Klein

Stephanie and Jace Horonzy

Nov 16

Ron and Carol Pearson

Nicole, Scott and Tully Meehan

Lucas Zachesky

Louise HIne

Josh Palubinsky

Nov 23

Julianne Wanner

Jennifer Braley

Laura Golden

Abigail Dise

Steve Craner

Nov 30

Kaleena Sweinhart

Joyce Pashley

Lori and Kaya Skulski

Stacey, Bill and Aurora Keim

Lilly Keim

Wishing you God's peace and love.

Your Shenkel Happenings Editor,

Brenda Berriker