Powered by Grace and Coffee

a weekly reflection by Pastor Timothy Hogan-Palazzo

Dear Family,

Do you ever feel like you are on an emotional rollercoaster? You want to be positive, but then—the news, a social media post, someone's comment—triggers negative feelings or disappointment. In an instant, joy turns to sadness or anger. Peace vanishes. Your emotions are all over the place.

Some people get tired of the ups and downs and just stay in the bad news cycle. Anger and depression take over. And I'll acknowledge, sometimes that part of the cycle is difficult to escape. Joy, or even just peace, can seem unattainable.

This struck me recently when a friend reached out to share how he'd responded to a tough family situation. His words were beautiful, poignant, rooted in his faith in God. He felt good about how he'd handled it—until the person he responded to immediately deflected and argued. The grace he offered was scoffed at. He felt defeated. "Why did I even try?" he asked. And honestly, he probably wanted to dive into the deep end and go at it with that person.

I reminded him: his role was to offer the words and grace he had, not to decide how they were received. And who knows? Sometimes it takes us time to formulate our words. Maybe that first response wasn't the only one—or the last one. It rarely is.

Here's what I've learned: we often create our own emotional rollercoasters. But we can also choose to create our own peace by staying close in relationship with God.

When someone says or does things that trigger us to respond in a not-so-Christlike way—things that pull our thoughts away from love and grace—why can't we preserve our peace and walk away? Why do we feel compelled to offer our opinion or let our anger fly instead of responding with peace?

Sometimes walking away or becoming quiet is just as powerful—if not more so—than any words we could utter or post.

Now, I'll admit: we won't always get it right. We must have grace for ourselves, too. We must be able to be silent at times, to listen and just be. Not everyone needs our opinion as much as we think they do.

Here's the balance: God also calls us to stand up for justice for all people. Remember last week's message about God's justice? Biblical justice isn't about punishment—it's about balance and harmony within the soul and throughout community. It's about righteous action and restoring right relationships, especially with the marginalized, the poor, and the vulnerable. God's justice is about doing the things that keep us in right relationship with our Creator.

So how do we know when to speak and when to stay silent? When to stand up and when to walk away?

The older I get, the more I believe it comes down to this: we have a choice. We can let our words, actions, and reflections draw us into closer relationship with God. Or we can let triggers separate us from the One in whom peace is found.

Please Pray fo Linda Beaver

Paula Cooper
Wayne Cuer
The Engle Family
The Fisher Family
Al & Ruth Henry
Tom & Priscilla Lanks
Ed & Eileen Prowant
Michele Pryor
Ben Spickler
Dave & Barb Wagner

Tommy Ward
Debbie Williams
Russ & Donna Wynn
Unspoken Requests

If someone asks our opinion, offer it in a loving way. If someone doesn't like our opinion, that's okay—don't let them steal your joy or peace. Don't jump into the deep end of an argument. And if someone doesn't ask, you don't have to offer your opinion unless the Holy Spirit is nudging you to do so. Even then, it can't be words of judgment and shame, it must be words spoken from a place of grace and love with great respect. That kind of discernment only comes when we maintain a close relationship with God.

God created us to be connected to one another. God created this pathway to peace through relationships that reveal God to us. Let us be mindful not to get on the rollercoaster. Instead, let's live in a way that keeps us standing on the solid ground of God's love.

This week, when you feel triggered, pause and ask: Will my response draw me closer to God and others, or will it separate, segregate and pull me away?

My prayers, choose peace, God's peace that will surpass all understanding.

Peace and Blessings, Pastor Tim



The Farm Report



MONSTROUS LOVE SUNDAY IS HERE

We hope that all ghosts, goblins, and YOU will be here!

Your help is needed to welcome and serve our neighbors, cook hotdogs and s'mores, pour cider, and man the pumpkin patch.

Invite your family, friends, & neighbors and join us Sunday from 12:30 to 2:30 p.m. for a fun afternoon of trunk or treat, monster trucks, food and fun, and NEW THIS YEAR ... A PETTING ZOO!!

November, a Time to Remember and Give Thanks! Please join us in the many ways we get to celebrate, remember, give thanks, fellowship, and serve in the month of November. November is the last month of the church year with a new year beginning on November 30, 2025, and the start of Advent. Before we get to Advent though there are multiple opportunities to welcome folks home to The Farm. First, we will celebrate **All Saints Sunday** with Communion on Sunday, November 2, a day to remember all the saints gone before us over the last year. On Sunday, November 9, we will gather for **Family Night** for a potluck dinner and an evening of Family Feud! On

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Sunday, November 16, we will gather for our **Fall Annual Meeting** immediately following worship when we will vote on the 2026 Budget and elect new members to Consistory all before we gather around the tables in Fellowship Hall for our **Thanksgiving Luncheon**. And on November 23 we will celebrate and observe **Christ the King Sunday**. On November 28 we gather for **Word, Wine, and Wisdom** and on Saturday, November 29, we gather for the **Hanging of the Greens** at 9 a.m., as we prepare our space for the Advent and Christmas season here @ The Farm. And if those things aren't enough, what about joining us for **Fresh Express** on Thursday, November 13 and Tuesday, November 25 or for **Friends Who Breakfast** on November 5 at Street of Shops (9:45) or November 19 at Silver Moon Restaurant (9:30). Any way you cut the pie, it's still delicious.

Our Annual Soup, Bake, Craft, and **Barnyard Sale!** It's just two weeks away! Although pre-orders for quarts of soup are complete, it's not too late to sign up to provide baked goods (reach out to Carol Snyder with questions), to provide crafts (reach out to Lisa Bernard), to drop off barnyard sale items by Wednesday, October 29 (reach out to Cyndy Kister), AND we still need people to make smaller batches of home made soups for our lunch on November 8 or just to lend a hand during the sale from 10 a.m. to 2 p.m. (reach out to Amy Rearick). And, don't forget ... The Barnyard "Preview Sale" is Wednesday, November 5, from 8 a.m. to 1 p.m. Invite your family, friends, and neighbors to come by The Farm on Saturday, November 8, for lunch with a flight of soup, BBQ sandwiches, hotdogs, baked goods, and drinks. All proceeds from the soup, bake, craft, and barnyard sale support Saint Paul's local missions and food pantry.



Upcoming Work

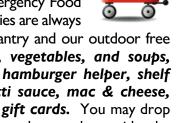
October 26 ~ 20th Sunday after Pentecost Monstrous Love Sunday! "Raindrops, Whiskers, and Monster Trucks" John 15:9-12; Luke 23:32-43 Worship Leader: Jen Arnold Lector: Kate Schaeffer Acolyte: Nelle Parker Kitchen Coordinator: Tina Longan Breakfast Sponsor: Hogan-Palazzo Family Flowers Sponsor: Hogan-Palazzo Family

Offering Counter: S. Brown, D. Spear

November 2 ~ All Saint's Sunday Communion Service "(One of These Things is Not Like the Other) 2 Thessalonians 1:1-4; Luke 19:1-10 Worship Leader: Sue Overdorf Lector: Louise Litzy Acolyte: Finn Rosboschil Communion Assistants: Riley Gill, Ben Barbella, Rhonda Newton, Lisa Bernard Kitchen Coordinator: Kathy Showers Breakfast Sponsor: The Arnold Family Flowers Sponsor: Available Offering Counter: E. Fisher, D. Spear

November Usher/Greeters: Bill & Lisa Bernard, Joanna Johnson, Louise Litzy, Reba Rohrer, Chris Warner, Eric Wagner, Kim Ritter

Our Little Red Wagon. The "Little Red Wagon" at Saint Paul's is a long tradition and one of the ways we offer help in our community through our Emergency Food Pantry at Grace Place here @ The Farm. Supplies are always

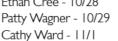


needed which help fill both our emergency pantry and our outdoor free pantry. Current needs are: canned fruits, vegetables, and soups, oatmeal, pasta, box potatoes, tuna and hamburger helper, shelf stable milk, peanut butter, jelly, spaghetti sauce, mac & cheese, tuna, salmon, canned meats, and grocery gift cards. You may drop off items to the little red wagon located on the porch outside the Sanctuary doors any time throughout the week and gift cards can be dropped in the offering plate on Sunday morning or to Donna in the office.

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Riley Gill - 10/25 Lorren Huff - 10/25 Candy Locke - 10/26 Piper Dressler - 10/27 Ethan Cree - 10/28 Patty Wagner - 10/29

Happy Birthday to ...



David Sauter - 11/2 Sergio Marques - 11/3

Terri Kremer - 11/6

Happy Anniversary to ... Lisa & Bill Bernard - 11/2

We Received Notes of Thanks.

From St. Andrews UMC Outreach Committee: "Dear Saint Paul's Congregation, Thank you so much for all the support you have provided with the donation of coats for our winter coat drive. You have enabled us to provide warm coats for people in the local community. God Bless You All!!"

And, from Bob & Barb Koch: "Thank you for thinking of us and the beautiful flowers. They made a "Bright" spot on our October 14th day. Blessings to our church family."

On the Journey Together

Sundays @ The Farm. At 9 a.m. our coffee is brewing, and the nursery and sensory rooms are staffed and open. Our <u>Faith Connections</u> classes run from 9 to 10 a.m. and include Pre-K to 3rd Grade "<u>Explorers</u>" with Miss Colleen, 4th to 8th Grade "<u>Pathfinders</u>" with Miss Krysta, and 9th Grade to Age 99 "<u>Travelers</u>" with Nicole and Dale Cuer. From 10 a.m. to 10:20, please enjoy breakfast, coffee, and fellowship then worship begins at 10:30. Following the "Time with Our Children," during worship, kiddos aged 3 to 2nd grade head back to the classroom for "<u>Children's Church</u>" with Miss Colleen and return to worship following Pastor Tim's sermon. On the first Sunday of each month, we celebrate <u>Holy Communion</u> together. And, monthly on the 2nd Sunday, we enjoy <u>Family Night</u> together from 5 to 6:45. <u>Confirmation Class</u> with Pastor Tim and Miss Lisa meets on the 2nd and 4th Sunday evenings at 5 p.m. And, on the <u>3rd Sunday of each month</u>, we gather around the tables in fellowship hall for a meal together following worship.

Weekdays @ The Farm. Each Monday at 11:30 a.m. a group gathers for "Monday Morning Reflections," a relaxing time with Pastor Tim to dig deeper into the scripture from our Sunday service. On Wednesdays is "Pastor on the Porch" from 11:30 to 1. Pick up lunch at the Farmer's Market across the bridge from the farm or bring your own and join Pastor Tim. Then on Wednesday evenings, we offer "Wednesday Evening Interactive," a seasonal book/bible study from 6:30 to 8 p.m. On the 1st and 3rd Wednesdays of each month is "Friends Who Breakfast." This has become a popular time to gather to catch up over conversation and breakfast at Street of Shops (9:45) on the 1st Wednesday and Silver Moon Restaurant (9:30) on the 3rd Wednesday. On the 4th Friday of each month, you can find a Saint Paul's group gathering at Union Cellars Winery for "Word, Wine, and Wisdom," from 4:30 to 6:30 p.m. Always a fun time as Pastor Tim tosses out a bible word to discuss with laughter and love. (This week's featured picture is Eichorn Middle School math teacher, Mallory Sample, dressed up as her version of weird Barbie for Character/Celebrity Day at her school!)



Music @ The Farm. Our <u>Chancel Choir</u>, directed by Patty Wagner with Sharon Styer, pianist, rehearses each Sunday morning from 9 to 10. Our choir averages 25+ singers and there's always room for more! We also have a <u>Hand Bell Choir</u> which rehearses on Wednesday evenings from 5:15 to 6:15 and plays for worship on the 1st and 3rd Sundays. The <u>Children's Choir</u> practices during a portion of the Faith Connection classes with Miss Sharon and Miss Ashley and they bless our worship time once a month with their selections.

Serving @ The Farm. Mission and Outreach is an integral part of us "being the church" at Saint Paul's. On the 2nd & 4th Thursdays of each month, we offer a Fresh Express Food Distribution in partnership with the Central PA Food Bank. Volunteers join us from 1 to 5 p.m. at Grace Place @ The Farm as we receive, sort, and distribute fresh food and groceries to our neighbors. All are welcome as we have a wonderful time serving together. We also

participate in <u>Community Harvest</u>, a monthly distribution on the 3rd Saturday from 10 a.m. to noon at St. John's UCC and in conjunction with Bucknell's Center for Community Engaged Leadership, Learning & Research. And, Saint Paul's has a long history of offering an "<u>Emergency Food Pantry</u>" that we lovingly refer to as our "Little Red Wagon" giving (see the article on Page 3 for more information).



"For where your treasure is, there your heart will be also." (Luke 12:34) Giving thanks for the time, talents, and resources shared here. Gifts & Offerings 10/19/2025 Attendance: 154 (7 Visitors) LIVE Attendance: 876 Virtual Reach: 5,553

Christian Education: 42

Plate Giving: 2,122.00 Loose Plate: 197.00 Online Giving: 826.66 Operational Total: 3,145.66 Restricted Giving: 377.00 Total Giving: 3,522.66



On Sunday, November 1, at 2 a.m., we "fall back" from Daylight Savings Time. Enjoy the extra hour of sleep, and if you get to church early on Sunday morning ... go ahead and start the coffee!



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