NEWS YOU CAN USE

OCTOBER 22, 2026

SERVING ON SUNDAY

Nursery: Heidi Zinkand
Adrian Bommelje

Ushers: Tony LaPolla
George Cline

Coffee: Jim and Kathy Quinn
Drew Smaldone

SAVE THE DATE

Congregational Meeting
November 10, 7:00 PM

Voting on Council nominees, budget update, and other news.



CHILDREN AND WORSHIP

CHILDREN AGES 3-1ST GRADE

NEEDS VOLUNTEERS

- Turnkey and easy to follow curriculum.
- Lead children through the Bible with manipulative materials.
- No teaching experience needed.

A sample lesson and materials will be in the narthex along with the sign-up sheet.

Questions - ask Amanda Bommelje



Reason: Seek God's guidance for our pastoral search and for our denomination's discipleship and church planting initiative.

Date: October 27-28 with a special prayer mtg. from 5-6 pm on October 28

Details: The guide is on pages 3 and 4, printed copies are in the narthex, and HERE.

Acts 13:2-3

Pastor Vis Contact Information
Pastor Bill's email address is billvis1@gmail.com and his cell phone number is 907-575-0514. Call or text him at any time.





KIDS CORNER

Did you know that the CRCNA has a whole children's section on their website with stories and activities? It now has a new Kid's Devotional App



The Penfield Ecumenical Food Shelf is gearing up for Thanksgiving and Christmas by requesting certain food items to be collected for those in need in the Penfield area. Food can be dropped off at the site or put into the collection bin in the coatroom at church.

May RCRC bring praise to God by helping the least of these, our neighbors in Penfield!

You are encouraged to participate in these two efforts at Rochester Family Mission. As in the past, the Deacons Fund will be providing juice for both the Thanksgiving and Christmas food boxes at RFM.





Acts 13:2-3

Rochester CRC Day of Fasting and Prayer

Rochester CRC plans a day of fasting and prayer **October 27-28**. There are two main reasons for this. First, at that time we will be seeking and discerning God's guidance in whether to call our pastoral candidate as a fulltime pastor. Second, the CRCNA encourages us to fast and pray as our denomination embarks on a new venture in discipleship and church planting.
Our church's fasting and prayer schedule and general guidance for fasting and prayer are provided below, followed by links to additional resources and a description of Project Antioch, the CRCNA's call to fast and pray.

Schedule for a full 24-hour fast

Fasting begins	Before your evening meal Tuesday October 27
Congregational prayer	Wednesday, October 28, 5–6 PM at Rochester CRC
Fasting ends	At your evening meal on Wednesday October 28, Koinonia for some folks (which happens to be the chili cook-off.)

Guidance:
How do we fast and pray?

The purpose of fasting is to focus our whole being - body, mind, and spirit - on the Lord and to seek his guidance through the work of his Holy Spirit.

Our suggested period of fasting is listed above. Fasting can take many forms, as explained in the "How to Fast" links below. In its classic form, fasting involves taking in only water for a period of time. Some of us cannot do this, however. Some are completely unable to fast due to physical conditions. Some are capable of a modified fast, such as missing one meal, taking in only liquids, or reducing portions as described in the links below. We encourage everyone to participate to the extent they are able.

As you fast, schedule specific times to pray. For example, use the time you usually are preparing and/or eating a meal to pray. And when you feel hungry, use that as a reminder to pray spontaneously throughout your fast.

Resources
How to Fast

- *A Primer on Congregational Fasting*, J. E. Eubanks at Reformed Worship website https://reformedworship.org/resource/primer-congregational-fasting

- *Fasting for Beginners*, David Mathis at Desiring God website https://www.desiringgod.org/articles/fasting-for-beginners

Why is the CRCNA encouraging us to fast and pray now?

Before We Plant, We Pray: Project Antioch and the CRC's Ten-Year Church Planting Vision, Dr. Martin Spoelstra at the CRC The Network https://network.crcna.org/topic/spiritual-formation/prayer/we-plant-we-pray-project-antioch-and-crcs-ten-year-church-planting

An excerpt from this article:

> When Synod 2026 approved Resonate Global Mission's Ten-year Strategic Plan for Church Planting, it invited the CRCNA into an ambitious season of church multiplication. It is natural to begin thinking about goals, funding, leaders, locations, and strategy. Those conversations are necessary. Yet the first movement in the plan begins somewhere more foundational: prayer and fasting.
> That first movement is called Project Antioch.
>
> Drawing its name from Acts 13:1–3, it calls classes and congregations to become intentionally attentive to the Holy Spirit. The church at Antioch was worshiping and fasting when the Spirit set apart Barnabas and Saul. The church then prayed and fasted again, laid hands on them, and sent them. Their missionary movement did not begin with a program. It began in the presence of God.