



CROWN HEIGHTS CHRISTIAN CHURCH

Happy Fall October 2026



Aaron's Alley

Rest. Rest is something I tell people to do often. I encourage people to rest when I leave the hospital after a visit. Rest is something I encourage caregivers to do when they have moments of quiet or between appointments. Rest is something I talk about with new parents after their bundle of joy goes down for the nap (laundry can wait!). I have even been known to send a text message to someone who just got home from an illness that reads, "And don't forget to rest."

However, rest is not always something I remind myself to do. I don't know if I feel more comfortable when I'm moving, or if rest is just something I assume will happen at some point in life. But, I tend to add to my workload, rather than find time to rest.

Thankfully, I have great people in my corner who also remind me to rest. The way people encourage me to rest, or even just take care of myself, varies upon the relationship. My wife reminds me that if I get sick I can't help anyone, so I better not try and overdo regularly. My kids remind me to pay attention, which often means unplugging from technology. That, too, is a form of rest. My dog reminds me that in order to cuddle with her, I need to sit still and keep my petting hand busy. 😊

And, several months ago, the church reminded me that I needed to take time to rest, as well. So...that is what I am doing. (By the way, this was written in September.) In October, I will be busy, resting. I may not be taking a daily nap, but I will be caring for myself, spending time with family, and resting my mind and soul. I will be unplugging from the proverbial machine for 31 days, and I am very thankful for the time away.

So many people have stopped into my office these past few days to wish me well AND to say that they hope I find rest and renewal. One of you sent a card saying that a gift was given in my honor for this time. Sarah Cioli said, "I hope there are a lot of empty spaces in my calendar in October."

During the month of October, we will still be the Church. The staff will still be doing all that the staff has been doing. Pastoral visits and calls will still occur. The Elders will visit people in need. The Prayer Team will still be praying. The volunteers will still be volunteering, and some others have been added this month. The Ministry Teams will be organizing and leading. If you, or a family member, needs anything, just call the office or email Pam (pam@crownheights.church).

Thank you all for this incredible gift of sabbatical. I am going into this time grateful for the gift that you are all granting me. Grateful to serve in a congregation that supports our staff in so many ways. Grateful for the love and support you give my wife and kids, who are the unsung heroes of my ministry. They put up with a lot from me, and they sit in the pews while I tell stories (funny and embarrassing stories) that sometimes involve them. Grateful for the opportunities to rest.

Thank you Crown Heights!
Aaron

Happy Anniversary for Blessing Bags!

Over 500... can you believe it? In October of last year, when the government shut down and our neighbors lost their SNAP benefits, we began making blessing bags.

Over 500 blessing bags later, here we are.

That's 500 Vienna sausages and protein bars, drink pouches and water bottles, cookie packets and peanut butter crackers and tuna packets...Wow.

So thank you... thanks to the congregation that has donated the contents, the volunteers who have assembled them, and the office staff that continues to greet each request--not as an interruption, but as an opportunity to share some of that grace that we talk about all the time.

Keep on keep'n on CHCC...what a way to make that grace come alive!

OCTOBER 11th - next Pack the Pantry!!

VOTING DAY is just around the corner **November 3rd**

Please consider filling a shift to welcome our guests.

We will also need the donation of donuts, cookies, brownies, some sweet treat to offer the voters!

Calendar of Events

<https://crownheights.church/connect/calendar-of-events>

Donut Sign Up

<https://www.signupgenius.com/go/10C0C4EA8A929A1FFC25-46892160-2024#/>

DEADLINES

November Newsletter - Tuesday, October 27th at noon

Bulletins and Friday emails - Tuesdays at noon

On Sunday, November 1
the Sunday we 'fall back' to Standard Time -
we will discuss

***The Things We Never Say* by Elizabeth Strout**

