

October 2025 Newsletter

*“Come to Me, all you who are weary and carrying heavy burdens, and I will give you rest. Take My yoke upon you and learn from Me; for I am gentle and humble (lowly) in **heart**, and you will find rest for your souls. For My yoke is easy and My burden is light.” (Matthew 11:28-30)*

Dear Church Family,


We are looking at the heart of Jesus; a heart He describes in the passage above. This is who Jesus is at the core. As we look at the different facets of what spills out of His heart – Jesus’ welcoming words, acts of compassion, deep emotions and holy realities – may the Holy Spirit help us to more deeply root ourselves in the One who has an easy yoke and light burden.

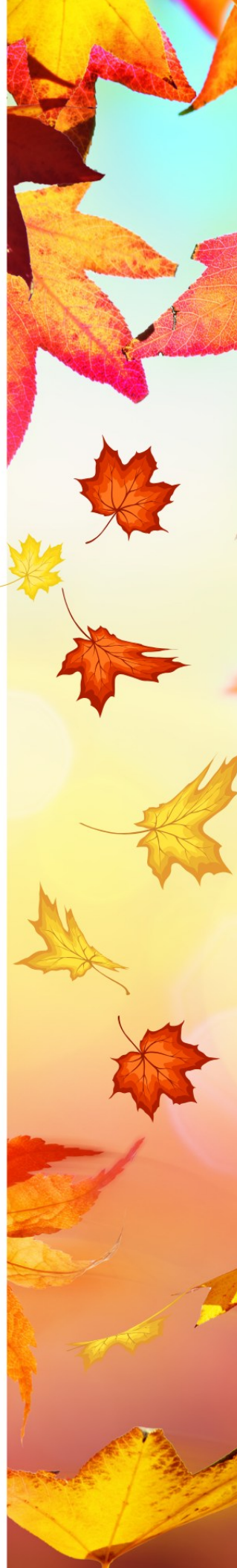
This is not to say Jesus invites us to ‘take it easy’ or nap as often as possible. Never does He invite us to be self-indulgent or stingy; unkind or callous. Instead, the One who promised an easy yoke and a light burden also called us to full obedience. And that includes obeying His call to be untethered from the love of money and generous with our resources.

Unfortunately, the yoke/way in our culture encourages the exact opposite. We’re taught to see our wealth and possessions as personal assets. ‘We earned our money; worked hard to get where we are today; don’t have enough to go around.’ Sound familiar? And does this perspective actually bring an ease and lightness to life? The evidence suggests otherwise.

I hope you have discovered and are discovering the lightness that results from sacrificial generosity; giving more than you think you can and finding God’s faithful provision on the other side. I hope you have felt and are feeling the lightness that comes from letting go and relaxing your grip. And I also hope you have felt and are feeling the joy of giving.

In the next several weeks, you will be hearing more specifics about supporting the mission and ministry of First Pres in 2026. Please know your faithful generosity matters – and is needed now more than ever. Be assured that, together, God is using our time, talent and treasure to further His Kingdom. May each of us find the yoke/way of Jesus as the most freeing and abundant life of all.

Faithfully yours, 



Empty Bowls

Grand Valley Catholic Outreach's Annual Empty Bowls event on Saturday, October 11 is in need of cookies. Since several local businesses are unable to provide cookies for this year's Empty Bowls, we need cookies for the event. If you would be willing to bake some cookies, we would be grateful. You can bring them to First Pres by Thursday, October 9, or you can deliver them directly to Catholic Outreach on Friday, October 10 between 9 am and 3 pm. Questions, please talk to Debe Colby at outreach@firstpresgj.org or 970-242-1923.

Kid's Morning Out

Kids Morning Out! We are hosting kids from ages 3-8 yrs (potty trained) for a morning of snacks, games and crafts! Saturday, October 4th from 9:30-11:30 at FPC. Please sign up by calling the church office or email tashahaley@firstpresgj.org!

Forte Handbell Ensemble Concert

Forte Handbell Ensemble in Concert - We are excited to welcome back the *Forte Handbell Ensemble* on **Sunday, October 5th at 2:00 pm** for their concert, *Flourish*. This dynamic and inspiring group always delights audiences with their artistry and energy. Admission is free, and a freewill offering will be received to help support the costs of this special event.

FCA Fields Of Faith

Fellowship of Christian Athletes (FCA) will host its ***Fields of Faith*** event on Sunday, October 5 at 6 pm in the Grand Junction High School Main Gym. Fields of Faith is a ministry program where athletes gather at sports facilities in their communities to challenge their peers to read the Bible daily and grow in their relationship with Jesus Christ and His Church. It is an uplifting song and testimony filled evening. First Pres is a sponsor of this event and supports various FCA employees through our annual mission budget. The event is open to the public and we encourage you to attend this year.

Wednesday Night Live

Wednesday Night Live will begin on October 15 and run through November 19. This is for kids in kindergarten through 4th grade. We will be studying dogs and what different characteristics each dog brings, along with learning how to live in "the dog-eat-dog world," while talking about Jesus and what He wants for our lives. Dinner starts at 6:00 pm with programming from 6:30 - 8:00 pm. Questions, email tashahaley@firstpresgj.org.

2025 Giving Trees

We will be doing the Salvation Army Giving Tree and the Nursing Home Giving Tree in November and December. The tags for both will be on the trees Sunday, November 30. Instructions and which nursing homes we will be supporting will be in the November newsletter.

Empty Bowls Event

Just a reminder that the 30th Empty Bowls fund-raiser for the Soup Kitchen at Catholic Outreach will be held on **Saturday, October 11** from **11:00 am to 1:30 pm** at the Soup Kitchen located at 245 South 1st. Tickets are \$25.00 per person. A ticket buys a beautiful handmade pottery bowl (bowls are made and donated by over 60 potters in the Grand Valley), gourmet soup made by one of forty culinary restaurants in the Valley, and dessert (including Enstrom's toffee and homemade cookies). Children under twelve, when accompanied by a parent with a ticket, will receive free soup and dessert (a pottery bowl is not included). Tickets are available in the Lobby on October 5. For more information contact Debe Colby at 970-242-1923.

Men's Ministry

There are several opportunities for men to gather and study scripture, address specific issues and deepen their life of discipleship. If one of the below gatherings does not work for you, please contact Pastor Tom to see what else might be available. All of these groups meet at First Pres.

Tuesdays at 6 am - Open Group

- Beginning Galatians

Wednesdays at 3 pm - Open Group

- Studying Isaiah

Thursdays at 9:30 am -

- Began September 18.

Operation Christmas Child

Only 85 shopping days until Christmas...

It's time to kick-off our annual Samaritan's Purse **Operation Christmas Child**. This program is an opportunity for us to provide children around the world with their own special shoebox of gifts plus their own piece of the good news from the Bible. Kickoff is **Sunday, November 2**. There are three ways to do a shoebox:

- 1) Go online to <https://www.samaritanspurse.org/operation-christmas-child/buildonline> and for \$25 you can build your shoebox online choosing the items you want in the box, have it packed by Samaritan's Purse volunteers, and have it shipped by them as well.
- 2) Pick up a shoebox, instructions, and gift ideas at church starting Sunday, November 2 and then return your filled shoebox by Sunday, November 16.
- 3) Come by the church Monday through Thursday 10 am – 4 pm, or Friday 10 am – 2 pm, and pick up a box, instructions, and gift ideas at the table in the Lobby. Return the filled shoebox to the church by Sunday, November 16.

Shoeboxes need to be back at the church **no later than Sunday, November 16**. If you have questions, contact Debe Colby at 970-242-1923 or outreach@firstpresgj.org.

Senior Adult Ministry Outing

The next **Senior Adult Outing** will be a **tour of the Election Department Offices** on Tuesday, October 21 at 11 am. We will meet at the Election Department located at 200 S. Spruce Street at 10:30 am. Please indicate at sign-up if you need a ride to the event. Please sign up at the Information Desk or outside the MPR to attend. The last day to sign up is Sunday, October 19.

Senior Adult Ministry Luncheon

SAM Luncheon – Monday, Oct. 13 11:30 am – 1:15 pm in Fellowship Hall. Hear from **Melissa Banson** about **Sleep in Heavenly Peace**, a nonprofit that builds beds for kids who would otherwise sleep on the floor. With 350+ chapters across the US, Canada, Bermuda & the Bahamas, their work is making a big difference! **Pulled pork will be provided - bring a dish to share.** Sign up at the Information Desk to attend!

Senior Adult Ministry - Game Day

Join us for the next **SAM Game Day** on Friday, October 24 from 9:30 -11:30 am in the Fletcher Room (E-6). We will have snacks, a variety of board games, card games, and a puzzle available. Bring your friends! There is no sign up for this event. If you have questions, contact Charity Finnismier at 970-242-1923.

Women's Ministry

Women of the church, on November 16 from 12:15 - 2:30 come and enjoy lunch and craft time! We will be making different ornaments and fun Christmas crafts to enjoy this holiday season. You only need to bring yourself; we will have food and all the supplies. Please sign up in the Lobby or outside the MPR to be sure we have enough food and supplies. Contact Chris at the front office or office@firstpresgj.org with any questions!

Grand Valley Catholic Outreach Volunteer Opportunities

Grand Valley Catholic Outreach is looking for volunteers to serve one or two mornings a week. The areas that they are looking for volunteers are: **Day Center** - to welcome and assist community members who are homeless; **Outreach Office** - to fill orders in the emergency food pantry, interview and screen guests requesting assistance with utilities and other financial needs, sort donations in the clothing bank, and greet and check out guests as a clothing desk receptionist; **Outreach Soup Kitchen** - to prepare and serve a noon meal Monday through Friday; and **Book-in-Hand** - to provide books to children and read with them while they wait for parents in our office lobby. Volunteers with flexible schedules are also needed as substitutes in all areas. Please email jimh@catholicoutreach.org for more information or call Outreach Volunteer Coordinator, Jim Hebenstreit, at 970-241-3658 ext.103.



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GRAND JUNCTION