

# Weekly Update FYI

COLLEGE FIRST  
CHURCH OF GOD

Love. Equip. Send.

October 1, 2025



Dear College First family,

Today we begin our daily journey through the New Testament. You're invited to join us! Check it out at [TheBibleRecap.com/start](https://TheBibleRecap.com/start) or use the QR code below.

**College First 101** is a free introduction to CF featuring free lunch and an invitation (not obligation) to church membership. Our next one is Sunday, October 12 at 12:15 PM. Register via [kreese@collegefirst.org](mailto:kreese@collegefirst.org).

Earlier this year, I said we would offer financial help for those struggling with money and debt. Financial Peace University is a popular tool to help you steward your resources well. We will be offering the class on Wednesdays from 6:00-7:30 PM (during Encounter) beginning October 15. For details, contact [kreese@collegefirst.org](mailto:kreese@collegefirst.org).

The Great Lakes Conference of the Churches of God is leading **72 Hours of Prayer and Fasting** October 15-17. Sign up to pray [here](#). We will host a special Zoom prayer call on October 16 at noon. Stay tuned for details.

Blessings,

Kirk

P.S. I missed being with you on Sunday (I was performing a wedding in Michigan) but look forward to seeing you this weekend!

JoAnn Wilson 10/1  
Melanie Kerns 10/2  
Melissa Patch 10/2  
Cindy Duke 10/3  
Barbara Hovis 10/5  
Su Jung 10/5  
Terry Shelley 10/8  
Barbara Shelley 10/8  
Kelli Orians 10/8  
Richard Newcomer, Jr. 10/9  
Betty Harpst 10/9  
Sally Green 10/10  
William Kose 10/12  
Susan Martaus 10/14  
Carole Cleary 10/14



## Upcoming Events

10/4: Craft Night, 4-8 PM  
10/12: Membership 101, 12:15 PM  
10/12: Suter's Corn Maze, 3 PM  
10/14: Senior Fun Dinner, 5:30 PM  
10/15: Financial Peace University, 6-7:30 PM  
10/16: Zoom Prayer Call, 12 PM  
10/26: Hymn Sing, 6 PM  
10/31: Finally Friday, 6-8 PM  
11/9: Congregational Meeting, 5 PM

**TITHES/OFFERINGS....\$20,183.55**  
**ADDITIONAL OFFERINGS....\$774.98**  
**BUDGET.... \$19,738.00**

## The Bible Recap

Scan the QR code to read daily Bible passages online beginning Wednesday, October 1st, or download the free Bible app! Any questions, please contact the church office.







### College First 101: Membership Class

The College First 101: Membership Class will be repeated on Sunday, October 12 at 12:15 PM to accommodate those who were unable to attend the September class. If you are interested in learning more about College First and would like to explore the option of membership, please contact Pastor Kimberly at [kreese@collegefirst.org](mailto:kreese@collegefirst.org) or the church office to sign up. A free lunch will be provided.



- Linda Bratt
- Christine Cole
- Donald Daboiko
- Paula Dewey
- Don Dreisbach
- Briella Fletcher
- Jill Gordon
- Ledger Han
- Missy LaRocco
- Phyllis Miller
- Lee Osmun
- Cindy Sims-Perry
- Bill Smith
- Doug Rosendale

E-MAIL PRAYER GROUP - Praises and prayer concerns for the church body as a whole are sent out via e-mail by Connections Pastor Kimberly Reese. To submit a prayer request or to be added to the Prayer Chain recipient e-mail list please contact Pastor Kimberly at [kreese@collegefirst.org](mailto:kreese@collegefirst.org).



**Financial Peace University**

Ready to take control of your finances? College First is offering a 9-week Financial Peace University class, beginning on Wednesday, October 15, from 6-7:30 PM. This program, created by Dave Ramsey, provides a biblically based, practical plan to help you get out of debt, save money, and build wealth for your future. Learn valuable lessons on budgeting, investing, and more in a supportive small-group environment. To ensure materials can be ordered for all participants, please sign up by October 8<sup>th</sup> by signing up online at [bit.ly/4mAeT9E](http://bit.ly/4mAeT9E), or outside the church office.

### Pastor and Staff Appreciation Month

Dear College First Congregation,

As we do each year, the month of October is set aside as Pastor and Staff Appreciation Month. This is a wonderful time to send cards, messages, and baked goods to our amazing Pastoral Staff. Please reach out to all of the College First Pastors to let them know how much we all appreciate the great work and care that they perform each and every day here at the church and beyond. If you want to give a monetary gift, please save that for the month of December, as we will be collecting monetary gifts for the annual Staff Christmas Gift during the end of the year. As always, please be in prayer for our Pastors and Staff, as they carry out the good work of Christ and building His kingdom.

-Nate Tice  
President, Church Council



## In Sympathy

Our prayers and sympathies go to the family of Mary George. Mary passed away Friday, September 26.

## Caring and Sharing

Come join Caring and Sharing in October for this great read!

On Tuesday, October 21 at 7PM, the book to be discussed is

*What Happens Next.*

According to Amazon.com, "What Happens Next is an optimistic, accessible, and non-sensational guide to what the Bible says about heaven's time line that will empower you to face the future with faith.

Max takes you on

a well-researched overview of what God's Word says, exploring the following four big ideas that provide a solid foundation for understanding God's eternal plan:

- We were made to reign with Christ.
- God has made and will keep his promises.
- Heaven has a time line.
- A golden era-the millennium-awaits God's children.

Plus, Max takes you on a journey of the time line of history, examining essential milestones such as the rapture, the seven years of tribulation, and the glory of heaven."



## Operation Christmas Child

We will be collecting Operation Christmas Child boxes during the months of October and November. The **last day** for collection of Operation Christmas Child boxes will be on Sunday, November 16.

Please drop off boxes to room 203 (Classroom) at College First. Operation Christmas Child boxes are on display in front of the church office. Any questions, please call the church office.

## Congregational Meeting

College First Congregational Meeting is a great way to meet current Council members and how Church Council guides College First with God's love and direction.

This meeting is also a time for voting new Church Council members to serve a 3 year term. The Church Council Commissions are: Next Generations, Connection & Discipleship, Outreach & Missions, Property Management, Stewardship & Finance, and Worship.

The Congregational Meeting is open for all who call College First home, but voting new Church Council members is done by church members who wish to do so.

The Congregational Meeting will take place on Sunday, November 9 at 5 PM in the College First Sanctuary.

You can now give online via PayPal, in addition to giving on the church website. Please scan the QR Code provided. Any questions, please call the church office.



October is Mental Health Awareness Month, and so during the month of October we will have helpful articles that have to do with Mental Health in the FYI. Always know that Pastors and Staff are available should you need help or someone you know that needs help.

### **Understanding the Wounds We Cannot See**

Many of us might think of wounds first in physical terms—a broken bone or a deep cut. But some of the most profound wounds are invisible: the wounds of trauma. They can shape our lives in ways we may not fully understand. Trauma can come from many sources. It can be the result of physical, sexual, emotional, or spiritual abuse. It can also stem from sudden, life-threatening events like a serious car accident, a natural disaster, or witnessing a terrible event. Trauma occurs in any situation where we feel our life is in danger or see that someone else's life is at risk.

#### ***Designed for Wholeness, Equipped for Adaptation***

From the very beginning, God created us to live in the peace and safety of the Garden of Eden. Our bodies, minds, and souls were designed for this wholeness and harmony. Yet in His wisdom and foresight, God knew we would face a world filled with challenges, heartbreak, and pain outside the garden. Because of this, He blessed us with resilient spirits and malleable and adaptive brains. This remarkable adaptability allows us to survive painful and unimaginable situations. Our brains and bodies can respond to trauma by producing hyperawareness, fear, agitation, anger, or even shutting down—whatever is needed in the moment to endure. These reactions are not failings; they are signs of how we were fearfully and wonderfully made to survive. Trauma impacts every part of us—our brain, physiology, metabolism, sense of self, and our relationships. It is vital to be gentle and patient with ourselves and others as we walk the healing path. Just as our bodies adapt in times of danger, they can also learn to rest in safety and love, given the proper support and time. Physician and author Gabor Maté offers a powerful perspective on this experience. He writes, "Trauma is not what happens to you, it's what happens inside you as a result of what happens to you." The event itself is the starting point, but the trauma is the internal shift that follows. It changes your relationship with yourself and the world around you.

This internal shift can also profoundly impact your relationship with God. For some, a traumatic experience can draw them closer to their faith, as they seek refuge and strength in God's presence. For others, it can create a chasm, leading to feelings of abandonment, anger, and rejection of the faith they once held dear. At its core, trauma is a disconnection. To survive something unimaginable, some of us disconnect from ourselves. This survival mechanism, while necessary at the moment, can interfere with our ability to grow, develop, and live fully. It can leave us detached from our feelings, our bodies, and the people we love. To cope with the lingering pain, it's common to find ways to avoid it. Many people try to numb their feelings with distractions like alcohol, drugs, food, or constant busyness. These things can temporarily take our attention away from the hurt, but don't heal the underlying wound. Importantly, the same God-given capacity that helps us survive trauma also gives us the ability to heal. Our brains can relearn safety, recalibrate, and re-engage with life and others. Healing, however, takes time and patience. Trauma is not a wound that simply heals with the passage of time. It requires a process of intentional, deep inner work to mend. This journey's most powerful healing force is love—especially the love that comes from being truly seen, heard, and understood by others and God. In a community of faith, we can provide this kind of supportive love for one another. We are all capable of healing from trauma. It is not an easy path. It takes immense courage, deep compassion for ourselves, and a willingness to face the pain we have carried. But with support and faith, it is possible to reconnect with ourselves, others, and God, and to find wholeness on the other side of our deepest hurts.

It's important to remember that everyone's response to trauma is unique. Our reactions are shaped by many factors—some within us and some outside of our control. Genetics can play a role, making some individuals more sensitive or resilient in the face of stress. Environmental factors, such as upbringing, culture, and life experiences, influence how we process and cope with difficult events. Support systems are also critical. People surrounded by understanding family, friends, or a faith community may find healing easier. The type of trauma experienced—whether it's a single event, repeated harm, or something witnessed—matters as well. Age and gender can shape how trauma is experienced and expressed; children may not have the words to describe what they feel, and societal expectations around gender can affect how emotions are handled. All these factors combine to create a deeply personal journey. This is why it's so important to approach ourselves and others with patience and compassion, recognizing that no two stories of trauma or healing will look precisely the same.

#### ***Why Understanding Trauma Matters for Mental Health***

Recognizing and understanding trauma is essential. Trauma can profoundly impact how we think, feel, and engage with the world, sometimes leading to anxiety, depression, or difficulties in relationships. By identifying the signs of trauma and how it affects us, we create space for healing and growth, individually and within our church community.

Seeking support is an integral part of this process. Here are some helpful resources:

- **Therapy and Counseling:** Trained mental health professionals can help you understand your experiences and develop coping strategies in a safe, confidential setting.
- **Support Groups:** Sharing with others who have gone through similar experiences can reduce feelings of isolation and foster mutual encouragement.
- **Educational Materials:** Books, podcasts, and reputable online articles can help deepen your understanding of trauma and recovery. Some widely respected choices include Bessel van der Kolk's "The Body Keeps the Score" and resources from the National Alliance on Mental Illness (NAMI) and Mental Health America (MHA).

Remember, reaching out for support is a sign of strength, not weakness, and nobody has to walk this path alone.

By Cornelia Nussbaum, MACC, LPC  
Author of "I am God's Masterpiece"





## What Opportunities Are Available?

*Thank you for the volunteers who have helped with game days, practices, and be team chaplains!*

Upward games and practices are still going on!!! And we still need **MANY** volunteers to help out as we enter our last month (October) of Upward! We need **YOU** to help bridge the gap for our kiddos and families in several different ways:

- **Team Chaplains:** We are seeking several individuals to be team chaplains- this means 2-3 people coming to our practices to read a simple devotion (which we will provide). These devotions are just a couple minutes long, but they are an integral part in spreading the Word of God to our kiddos. There are still opportunities to be a team chaplain!
- **Set up/tear down crew:** We are looking for 4 individuals to help us set up at 5:30 on Thursday evenings, and/or setting up/tearing down on Saturday mornings around 7:20 am or 12:45pm for about 45 minutes. We still have LOTS of spaces to fill for this!
- **Hosts:** We love to have 2 people at the field gate on Saturday mornings from 8:30-10:30 or 10:30-12:30 to welcome families, players, cheerleaders and direct them on where to go. This is a wonderful way to show God's love to the family, friends, and participants of this year's Upward Flag Football season. We still need many people to be hosts!

Sign-up sheets are in the atriums at both College First and Winebrenner! Also you can sign-up online at this link: [bit.ly/3J5WAYN](http://bit.ly/3J5WAYN). And you do not need to come to every game.....whatever fits *your* schedule.

And this year's newest way to get involved: **Team Sponsors!** In the atriums you will find lists of teams- feel free to grab a paper, hang it on your fridge or mirror at home and aim to pray over the team that you select. This is a wonderful opportunity to help us continue to dedicate this season to showing God's love to the Upward community, equipping the participants and their families with God's message of salvation, and sending God's family into the community to further His Kingdom.

For more information, please e-mail Faith Gingerich, Upward Director, at [upward@collegefirst.org](mailto:upward@collegefirst.org).

## HYMN SING & DESSERT SOCIAL

**SUNDAY, OCTOBER 26 / 6:00 PM**

**Save the date and plan to come.**



Please join us in this wonderful event! On February 13, 2026, along with St. Mark's United Methodist and Movement Church, here in Findlay, we will celebrate anyone living with disabilities, ages 14 and older.

According to [timtebowfoundation.org](http://timtebowfoundation.org), "Each (Night to Shine) event is unique to its location (nationwide), but some cornerstone activities included across all of them are a red carpet entrance complete with a warm welcome from a friendly crowd and paparazzi, hair and makeup stations, shoeshines, limousine rides, karaoke, gifts, a catered dinner, a Sensory Room, a Respite Room for parents and caregivers, dancing, and a crowning ceremony where every guest is honored as a King or a Queen - the way God sees them each and every day."

As you can imagine, this event will need **A LOT** of volunteers. Volunteer sign-up sheets are available in front of the church office and at the welcome table at Winebrenner. You can also sign up by scanning this QR Code as well:



For more information about the Findlay Night to Shine please go to: [findlaynighttoshine.org](http://findlaynighttoshine.org). Night To Shine will be held at the University of Findlay Alumni Memorial Union.

With your help, let's make dreams come true and shine God's love! **THANK YOU!!!**



## International Student Ministry Donations Needed

Our international students are in need of space heaters, mattresses, men's winter coats, desks, and bicycles. If you have any of these items to donate, please contact Pastor Nancy at [nhiser@collegefirst.org](mailto:nhiser@collegefirst.org).

## Bible Quizzing New Season

Join the team for a fun deep dive into scripture!

### Info:

- Sundays, 4-5:30pm
- Grades 5-12

### Topic:

1 & 2 Corinthians

JOIN US FOR ENCOUNTER!



EVERY WEDNESDAY 6PM-7:30  
PRESCHOOL THROUGH 5TH GRADE

## Finally Friday: CF Kids

For ages K-5<sup>th</sup>, come and celebrate Halloween at College First! Wagon rides, games, costume competition (G rated costumes please), and plenty of candy. Any questions please contact Nicky at [ninman@collegefirst.org](mailto:ninman@collegefirst.org) or the church office.



## SUTER'S CORN MAZE

\*Meet at College First Church\*  
Sunday, October 12th  
3pm-7:30pm  
Grades 5-12

pumpkins 

Apple Cider 

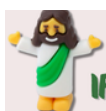
Fall Games 

Donuts 

## Candy Collecting

College First Kids Ministries is collecting Halloween candy for October's Finally Friday/Upward Party.

We will be accepting candy the whole month long....no candy restrictions! Any questions, please contact Nicky or the church office.



IF YOU FIND JESUS - TAKE HIM WITH YOU.



## Staff Directory

Kirk Schneemann, Lead Pastor  
[kirk@collegefirst.org](mailto:kirk@collegefirst.org)

David Welker, Pastor of Worship and Lay Activities  
[dwelker@collegefirst.org](mailto:dwelker@collegefirst.org)

Kimberly Reese, Connections Pastor  
[kreese@collegefirst.org](mailto:kreese@collegefirst.org)

Nancy Hiser, Pastor of Student and Young Adult Ministries  
[nhiser@collegefirst.org](mailto:nhiser@collegefirst.org)

Nicky Inman, Director of Kids Ministries  
[ninman@collegefirst.org](mailto:ninman@collegefirst.org)

Simeon Joseph, Associate Director of Next Gen Ministries  
[simeon@collegefirst.org](mailto:simeon@collegefirst.org)

Donald Daboiko, CF Winebrenner Director of Worship  
[donald@collegefirst.org](mailto:donald@collegefirst.org)

Lisa Jolliff, CF Winebrenner Director of Music  
[ljolliff@collegefirst.org](mailto:ljolliff@collegefirst.org)

Alex Miller, Ministry Fellow  
[millera18@findlay.edu](mailto:millera18@findlay.edu)

Su Jung, Organist  
[crystals7715@gmail.com](mailto:crystals7715@gmail.com)

SeaHwa Jung, Worship Choir Director  
[jung@findlay.edu](mailto:jung@findlay.edu)

Jen Miller, Treasurer  
[jmiller@collegefirst.org](mailto:jmiller@collegefirst.org)

Katie Thomas, Admin Assistant  
[kthomas@collegefirst.org](mailto:kthomas@collegefirst.org)

Chad Smith, Custodian

Allison Milhoan, Assistant Custodian

## Church Elders 2025

Deb Anders, Next Generation

Alvin Trusty, Connection and Discipleship

Nate Tice, Outreach and Missions

Randy Ewing, Property Management

Jon Rupp, Stewardship and Finance

Dave Green, Worship

## SUNDAY WORSHIP SCHEDULE

### TRADITIONAL WORSHIP

9:00AM 11:00AM

SERVICES IN THE SANCTUARY, 1100 N. MAIN ST.

### CONTEMPORARY WORSHIP

10:00AM @ WINEBRENNER  
WINEBRENNER TLB AUDITORIUM, 950 N. MAIN ST.

### SUNDAY WORSHIP ONLINE

LIVESTREAM 9:00AM

FACEBOOK PAGE & YOUTUBE CHANNEL  
GO TO THE WEBSITE 'ONLINE WORSHIP' PAGE FOR LINKS

1100 N. Main St. Findlay, OH 45840

PHONE: 419-422-7365 FAX: 419-423-9449

E-MAIL: [office@collegefirst.org](mailto:office@collegefirst.org)

WEBSITE: [www.collegefirst.org](http://www.collegefirst.org)

OFFICE HOURS: Monday-Thursday 9AM-4 PM, Friday 9 AM-2 PM



church center

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