

Weekly Update FYI

COLLEGE FIRST
CHURCH OF GOD

Love. Equip. Send.

October 22, 2025



Dear College First family,

This Saturday is our annual Elder/Staff Retreat. Please pray for us as we celebrate the past and prepare for the future.

Saturday is also our last day for **Upward**. Can you help with setup or teardown? Please contact Faith at fegingerich@gmail.com.

Saturday is also outdoor worship night at Stone Table Church in Kenton. Details are in the FYI.

We will welcome new members this Reformation Sunday at all three services. Also Sunday is the Hymn Sing at 6 PM in the sanctuary. All are welcome to attend...and bring treats for the post-service dessert potluck.

Blessings,

Kirk



Ryan Ogg 10/16
Nate Tice 10/16
Wendy Jolliff-Schlitz 10/17
Bart Fenimore 10/18
Nicky Inman 10/18
Rick Runion 10/20
Emily Harris 10/20
Kimberly Reese 10/20
Richard Day 10/22
Ruth Challen 10/23
JoAnn Wilson 10/23
Nancy Baughman 10/24
Anna Welker 10/24
Earl Mills 10/25
Lori Nichols 10/28
Dwayne Shafer 10/31
Amy Baird 10/31
Faith Gingerich 10/31

Upcoming Events

10/26: Hymn Sing, 6 PM
10/31: Finally Friday, 6-8 PM
11/9: Congregational Meeting, 5 PM
11/11: Senior Fun Dinner, 5:30 PM
11/16: OCC Child Night, 5:30-8PM

TITHES/OFFERINGS....\$19,514.52
ADDITIONAL OFFERINGS....\$287.00
BUDGET.... \$19,738.00

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.





Mental Health & The Church Conference 2025

November 1, 2025
8:30 am-12:30pm



Location:
University of Findlay
Alumni Memorial Union
Multipurpose Room
164 Frazer St, Findlay,
OH 45840

Conference Agenda:

Registration 7:45 - 8:30 a.m.

Mental Health Introduction 8:30

Faith & Mental Health 9:15

Grief & Loss 9:55

Nutrition & Wellness 10:35

Men's Mental Health 11:055

Panel Discussion 11:45

You Are Invited!

Calling all Leaders, Volunteers, Members, and Compassionate Helpers! In 2019, Winebrenner hosted the first Mental Health & the Church Conference. After a break, we're back! Join us as we talk about mental health issues today and what YOU, "the Church" can do!

Topics Include:

MH 101: An Overview
The Intersection of Faith & Mental Health.
Men's Mental Health.
Grief & Loss.
Nutrition & Wellness.
A Panel Discussion of Mental Health Issues in our communities.

Registration QR Code:
Scan the code or go to **Event Registration** to register.



FAQ:

Q: Do I need to register for this event?
A: We recommend registration (see link above), but it is not required.
Q: Is there any cost for this event?
A: The event is FREE thanks to a grant from The Findlay-Hancock County Community Foundation.
Q: Is breakfast or lunch provided?
A: Sorry, no. Other Questions? Contact mentalhealthandchurch@gmail.com



- Jan Below
- Linda Bratt
- Christine Cole
- Paula Dewey
- Briella Fletcher
- Jill Gordon
- Ledger Han
- Missy LaRocco
- Phyllis Miller
- Lee Osmun
- Cindy Sims-Perry
- Doug Rosendale
- JoAnn Wilson

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.

In Sympathy

Our sympathy and prayers to Eric and Hannah Wymer after the passing of Eric's father, Terry Wymer, on Oct. 18.

Pastor and Staff Appreciation Month

Dear College First Congregation,

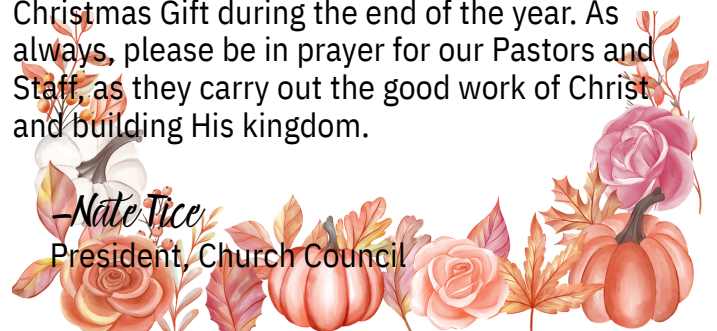
As we do each year, the month of October is set aside as Pastor and Staff Appreciation Month. This is a wonderful time to send cards, messages, and baked goods to our amazing Pastors and Staff.

Please reach out to all of the College First Pastors and Staff 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



NOVEMBER SENIOR FUN DINNER

Tuesday, November 11
5:30 pm / Fellowship Hall

Plan to bring a dish or dessert to share to go along with a turkey dinner. Main course, drink and table service provided. An informative program will follow the meal about the opportunity to support church leadership into the future as well as a Veteran's Day celebration. Sign up today.



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.

University of Findlay Concert-Chorale and University Singers Present

The Reist Family Fall Choral Concert

Feel the Spirit

Featuring pieces:
Feel the Spirit by John Rutter
& the musical *Les Misérables*

November 2 ~ 3PM
Winebrenner Building TLB Auditorium
950 N. Main st. Findlay, OH

The performance is free and open to the public.
Tickets are not required for the event.

 University of Findlay  Anyone needing special accommodations should dial the University of Findlay directly at 419-422-8381 or 1-800-472-9502, ext. 5532.

 Stone Table Church

Outdoor Worship Night

Worship Fellowship Food

25th October 2025, 5:00pm

Schedule:
3:00 - 5:00pm - Trunk or Treat
by St. John's Evangelical Church
Food & Worship by Stone Table Church at
St. John's Parking Lot

Timings: Food - 4:30pm | Worship - 5:15pm
"Bring Lawn Chairs"

211 E Carrol St, Kenton, OH 43326
Contact us: +1 419-423-7694, stonetablechurch@cggc.org
  Stone Table Church

"YOU BELONG HERE!" "YOU BELONG HERE!" "YOU BELONG HERE!" "YOU BELONG HERE!" "YOU BELONG HERE!" "YOU BELONG HERE!" "YOU BELONG HERE!" "YOU BELONG HERE!" "YOU BELONG HERE!" "YOU BELONG HERE!"



OCC Volunteer Opportunity!

Connie Reeder is looking for volunteers to go with her to Operation Christmas Child Processing Center located in Aurora, Illinois to help sort out OCC packages. This will be from December 1-December 3; leaving from College First at 8 AM on Monday, December 1 and return late Wednesday evening December 3. Cost would be meals and hotel (sharing a room can reduce out-of-pocket expense). If interested, contact Connie at 419-306-6215 or lomi@att.net.

Understanding Depression: Hope and Healing in Our Faith Community

Depression affects millions of adults worldwide, and our church family is not immune to this struggle. As a community of faith, we have both the opportunity and responsibility to understand this condition with compassion, offer support rooted in love, and recognize that seeking help is not a sign of weak faith, but of wisdom and courage.

What Is Depression?

Depression is more than feeling sad or going through a difficult time. It's a serious medical condition that affects how a person thinks, feels, and handles daily activities. Clinical depression, also known as major depressive disorder, involves persistent feelings of sadness, hopelessness, and loss of interest in activities that once brought joy. Common symptoms include persistent sadness, fatigue, changes in appetite or sleep patterns, difficulty concentrating, feelings of worthlessness or guilt, and in severe cases, thoughts of death or suicide. These symptoms must persist for at least two weeks and significantly impact daily functioning to meet the clinical criteria for depression.

Depression and Faith: Dispelling Misconceptions

One of the most harmful misconceptions in faith communities is that depression indicates a lack of faith or trust in God. This simply isn't true. Throughout Scripture, we see faithful servants of God experiencing deep emotional struggles. The Psalms are filled with David's honest cries of anguish, and the prophet Elijah experienced what we might now recognize as depression after his victory over the prophets of Baal. In 1 Kings 19, Elijah felt so overwhelmed that he wished to die, saying "I have had enough, Lord. Take my life." God's response wasn't judgment but gentle care—providing food, rest, and eventually a new perspective and purpose. This biblical account shows us that even the most faithful can experience deep despair, and that God meets us with compassion in these dark valleys.

The Brain and Mental Health

Modern science has helped us understand that depression often involves chemical imbalances in the brain, genetic predispositions, and complex interactions between biological, psychological, and social factors. Just as we wouldn't hesitate to seek medical treatment for diabetes or heart disease, we shouldn't hesitate to seek professional help for mental health conditions. God has given us minds capable of scientific discovery and medical advancement. Using these tools—therapy, medication when appropriate, and other evidence-based treatments—can be part of God's provision for healing, working alongside our faith and community support.

How Our Church Community Can Help

Listen Without Judgment: Sometimes the greatest gift we can offer is simply being present and listening. Avoid phrases like "just pray more" or "have more faith." Instead, offer statements like "I'm here for you" or "What can I do to support you?"

Practical Support: Depression can make daily tasks feel overwhelming. Offering to help with groceries, meals, childcare, or household tasks can provide tremendous relief during difficult periods.

Encourage Professional Help: Gently encourage those struggling to speak with their doctor or a mental health professional. Offer to help them find resources or even accompany them to appointments if needed.

Check In Regularly: Depression can be isolating. Regular, gentle check-ins through calls, texts, or visits can help someone feel less alone and more connected to the community.

Pray With and For Them: While prayer alone isn't a cure for depression, it remains a powerful source of comfort and connection. Pray for healing, strength, and wisdom in seeking help.

Professional Resources and Treatment

Effective treatments for depression include psychotherapy (particularly cognitive-behavioral therapy and interpersonal therapy), medication, lifestyle changes, and support groups. Many people benefit from a combination of approaches.

If someone expresses thoughts of suicide, take it seriously. Call 988 for the Suicide & Crisis Lifeline, available 24/7, or accompany them to the nearest emergency room. Never leave someone with active suicidal thoughts alone.

Scripture for Comfort and Hope

God's word offers comfort and hope for those walking through depression's darkness:

- "The Lord is close to the brokenhearted and saves those who are crushed in spirit" (Psalm 34:18)
- "Cast all your anxiety on him because he cares for you" (1 Peter 5:7)
- "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me" (Psalm 23:4)

Moving Forward Together

Depression is not a spiritual failing, but a human struggle that requires both divine comfort and human support. As followers of Christ, we're called to "bear one another's burdens" (Galatians 6:2) and to be the hands and feet of Jesus to those who are suffering.

Our church can be a place of healing by creating an environment where mental health struggles are met with the same compassion and support that we offer for physical ailments. By combining our faith with wisdom, professional resources with spiritual care, and individual healing with community support, we can help create pathways to hope and recovery. If you or someone you know is struggling with depression, please know that help is available and you are not alone. Reach out to our pastoral care team, speak with your physician, or contact a mental health professional. In seeking help, you honor the precious life God has given you and take a courageous step toward healing.

Remember: There is no shame in struggling, only strength in seeking help. Our God is a God of healing, hope, and restoration, working through community, medicine, and faith to bring wholeness to our lives.

If you're experiencing thoughts of suicide, please call 988 (Suicide & Crisis Lifeline) immediately or go to your nearest emergency room. For non-emergency mental health resources, contact your healthcare provider or visit [mentalhealth.gov](https://www.mentalhealth.gov).



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 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/3JSWAYN. 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.

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, "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. 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.



IF YOU FIND JESUS - TAKE HIM WITH YOU.



Finally Friday: CF Kids

For ages K-5th, 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 or the church office.



Staff Directory

Kirk Schneemann, Lead Pastor
 kirk@collegefirst.org

David Welker, Pastor of Worship and Lay Activities
 dwelker@collegefirst.org

Kimberly Reese, Connections Pastor
 kreese@collegefirst.org

Nancy Hiser, Pastor of Student and Young Adult Ministries
 nhiser@collegefirst.org

Nicky Inman, Director of Kids Ministries
 ninman@collegefirst.org

Simeon Joseph, Associate Director of Next Gen Ministries
 simeon@collegefirst.org

Donald Daboiko, CF Winebrenner Director of Worship
 donald@collegefirst.org

Lisa Jolliff, CF Winebrenner Director of Music
 ljolliff@collegefirst.org

Alex Miller, Ministry Fellow
 millera18@findlay.edu

Su Jung, Organist
 crystals7715@gmail.com

SeaHwa Jung, Worship Choir Director
 jung@findlay.edu

Jen Miller, Treasurer
 jmiller@collegefirst.org

Katie Thomas, Admin Assistant
 kthomas@collegefirst.org

Chad Smith, 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

WEBSITE: www.collegefirst.org

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



church center

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