

Weekly Update FYI

COLLEGE FIRST
CHURCH OF GOD

Love. Equip. Send.

October 8, 2025



Dear College First family,

October's calendar is packed with opportunities for you to "love, equip, and send" including this Sunday's College First 101 lunch, Tuesday's Senior Fun Dinner, the Financial Peace University class, and the Hymn Sing. Thanks for your generosity with your time, talents, and treasures to make it all possible.

Nominations are open for leadership positions on all Commissions. For details, contact Alvin Trusty, alvin.trusty@gmail.com by October 25.

Our annual meeting will be held Sunday, November 9 at 5 PM in the sanctuary. All are welcome to attend.

Let's go!

Blessings,

Kirk

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

TITHES/OFFERINGS....\$21,051.47
ADDITIONAL OFFERINGS....\$1,751.70
BUDGET.... \$19,738.00

Upcoming Events

10/12: College First 101, 12:15 PM
10/12: Suter's Corn Maze, 3 PM
10/13: Crochet Class, 4 PM
10/14: Senior Fun Dinner, 5:30 PM
10/15: Financial Peace University, 6-7:30 PM
10/16: Zoom Prayer Call, Noon
10/26: Hymn Sing, 6 PM
10/31: Finally Friday, 6-8 PM
11/9: Congregational Meeting, 5 PM



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 or the church office to sign up. A free lunch will be provided.



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.



- Jan Below
- Linda Bratt
- Christine Cole
- Becky Crawford
- Paula Dewey
- Briella Fletcher
- Jill Gordon
- Ledger Han
- Missy LaRocco
- Phyllis Miller
- Lee Osmun
- Cindy Sims-Perry
- 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.

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



Financial Peace University

If you're like most Christians, you wish you could honor God more with your finances. But between debt payments and living paycheck to paycheck, you don't feel like you can. There's hope! College First is hosting a Financial Peace University class, where you'll learn how to get out of debt and free up your money to live, give and serve how God wants you to! Class starts on October 15 at 6:00 p.m. Sign up at bit.ly/4mAeT9E.

Please contact Merle Walter at merlewalter@ymail.com with any further questions.

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."



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.



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 1omi@att.net.

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.



IF YOU FIND JESUS - TAKE HIM WITH YOU.

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.



Teens and Anxiety

Teenagers today are growing up in a world filled with constant pressure from a variety of sources- academic, social, and family struggles. It should be no surprise that many teens feel overwhelmed. Research suggests that nearly 1 in 3 adolescents will experience an anxiety disorder before age 18 (NIMH, 2019). Many teenagers experience anxiety related to the pressures of school and academic performance. Concerns about grades, test scores, and the fear of not meeting expectations from parents, teachers, or even themselves can weigh heavily on their minds (American Psychological Association [APA], 2014). Teens also report significant stress from social relationships and peer acceptance. The developmental task of identity formation means that friendships, dating relationships, and social belonging feel especially high-stakes. The rise of social media has amplified this, as many teens compare themselves to peers online and experience anxiety about missing out or not measuring up (Twenge & Campbell, 2018). Family dynamics are another area of concern. Many young people feel anxious about family conflict, financial pressures, or parental expectations, which can add layers of stress to their daily lives (Compas et al., 2017). Finally, a growing number of teens express anxiety about broader societal issues—such as school safety, climate change, and global uncertainty (Rideout & Robb, 2018). These large-scale stressors contribute to a sense of instability that can be difficult for adolescents to manage without strong support systems. As believers, we are called to walk alongside these teens with understanding, wisdom, and the hope of Christ.

It is important to remember that anxiety itself is not always bad. God designed our bodies with an “alarm system” that helps us pay attention to danger, stay alert, and perform under pressure. A little bit of anxiety can motivate a teen to study for a test, prepare for a game, or avoid risky situations. The problem arises when the alarm system stays “on” too long. Anxiety becomes overwhelming when it is constant, when it interferes with sleep, friendships, or family life, or when small challenges feel like overwhelming threats.

Scripture acknowledges our tendency to worry. Jesus tells us, “Do not worry about your life” (Matthew 6:25), and Paul writes, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God” (Philippians 4:6). These verses are invitations to trust. Teens need to hear that anxiety is not a sign of weak faith, but rather, it is a place where God wants to meet them with peace, grace, and strength. Research suggests that adolescents benefit when families, spiritual communities, and mentors actively support their mental health, providing both social connection and faith-based coping resources that can buffer anxiety and promote resilience. Participation in a spiritual community provides social support, a sense of belonging, moral guidance, and hope, which can buffer against depression, anxiety, and risky behaviors (King, Clardy, & Ramos, 2014; Van der Jagt-Jelsma, de Ruiter, & Garnefski, 2015). In order to respond with compassion it is helpful to recognize any early signs so we can respond compassionately and without judgement.

Some typical signs may include:

- Constant nervousness or restlessness
- Trouble sleeping or concentrating
- Irritability or mood swings
- Perfectionism and fear of failure
- Behavioral changes-Avoiding school, friends, or activities

Anxiety does not just live in the mind; it shows up in the body. Teens may not have the words to say “I feel anxious,” but they might notice:

- Stomachaches or nausea
- Headaches or muscle tension
- Racing heart or sweaty palms
- Trouble sleeping or nightmares
- Feeling shaky, fidgety, or restless

As adults who care, there are simple steps you can take to be there for a teen in need:

Practice Empathy: Listen without judgment or minimizing – Sometimes adults respond with “It’s not a big deal” or “You’ll be fine.” However, what feels small to us may feel huge to them.

Give Encouragement: Affirm strengths and celebrate small successes. Promote a healthy lifestyle including balanced sleep, digital vacations, and engaging in community. Encourage self-care practices and remind them their worth is not based on personal achievement or performance.

Be Engaged: Model faith under stress – Share your own stories of leaning on God in times of worry. Foster connections so teens know they are not walking this difficult path alone.

If you are curious about what might help the anxious mind and body, the following are some techniques that I would encourage you to give a try!

- **Breathing Prayer:** Inhale while praying, “Be still and know” Exhale, “that I am God.”
- **Grounding in God’s Creation:** Take a mindful walk with a teen. Notice five things you see, four things you feel, three things you hear, two things you smell, and one thing you taste.
- **Progressive Relaxation:** Practice tensing and relaxing each muscle group
- **Reframing Thoughts:** When you catch yourself thinking negatively, speak out a God-centered reframe aloud such as: “I’ll fail and everyone will think I’m dumb,” practice: “This is hard, but God gave me strength and I can try.”

In conclusion, let us remember that experiencing anxiety is not something to be ashamed of and we do not need to hide this struggle. God is aware of our challenges and provides us with instructions to combat life’s challenges such as going to him in prayer, Scripture reading, church fellowship, and focusing on an attitude of gratitude to help us find peace courage and remind us to trust in His care. Encourage professional help when needed, Christian counselors and mental health providers can offer expert support and guidance By showing empathy, offering encouragement, and fostering engagement, we can walk alongside teens and help them grow emotionally, spiritually, and mentally.



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.

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-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.



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

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
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Donald Daboiko, CF Winebrenner Director of Worship
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Lisa Jolliff, CF Winebrenner Director of Music
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Alex Miller, Ministry Fellow
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Su Jung, Organist
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SeaHwa Jung, Worship Choir Director
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Jen Miller, Treasurer
jmiller@collegefirst.org

Katie Thomas, Admin Assistant
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

WEBSITE: www.collegefirst.org

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



church center

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