



October 2026 Newsletter

A Loving Church for a Living Lord!

Rev. Brian Fellows – Pastor

1 East Main Street, Clifton Springs, NY 14432

***Our Mission: To Make Disciples for the
Transformation of the World***

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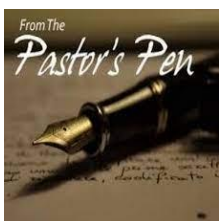
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From the Pastor's Pen

Four Steps for Hard Feelings

One of the things I appreciate most about our Wesleyan heritage is that it has always been practical. John Wesley cared deeply about helping people follow Jesus in everyday life, not just on Sunday mornings. Faith is meant to shape how we live, how we love, and even how we navigate the difficult emotions that come our way.

Lately, I've been thinking about the work of Anthony (Tony) de Mello, a Jesuit priest who wrote about spirituality, self-awareness, and the human experience. What I appreciate most about his work is that it helps people pay attention to what's happening inside them so they can live with greater freedom and openness to God's love.

We live in a world that gives us plenty of reasons to feel anxious or discouraged. Every day we're confronted with stories of conflict, tragedy, and uncertainty. When I hear those stories, I often find myself asking, "Where is God in all of this?" I also find myself looking for the helpers. Often, that's where I begin to see God at work, in people who show kindness, courage, compassion, and love in the middle of difficult situations.

I've realized that some of the ideas about God I carried for years were rooted more in fear, guilt, and shame than in grace. I can't say I've completely left those ideas behind, but I can say that God is continuing to teach me and change me. And if you have wrestled with some of those same feelings, I would love for us to be on that journey together.

The truth is all of us deal with hard feelings. We experience grief, resentment, worry, disappointment, guilt, and frustration. Having those feelings doesn't make us weak, and it certainly doesn't mean we are failing at faith. In fact, I think part of spiritual maturity is learning how to acknowledge those feelings honestly and bring them before God.

One practice that has been helpful for me comes from De Mello. It's simple, and I have found it useful when difficult emotions begin to take over.

1. Name the Feeling

Sometimes the hardest part is simply admitting what we're feeling: Am I angry? Am I hurt? Am I afraid? Am I disappointed? When we put words to what's happening inside us, we often discover that the feeling begins to lose some of its grip. Throughout Scripture, we see people bringing their honest emotions to God. The Psalms are full of prayers that begin with honesty and end with trust.

2. Remember Where the Feeling Is

The feeling is real, but it isn't the whole reality. When I bump my elbow on a counter, the pain is real, but the pain isn't in the counter. In the same way, our emotions are real experiences happening within us. Recognizing that can help us pause, take a breath, and respond thoughtfully rather than react automatically.

3. Don't Let the Feeling Become Your Identity

It's easy to say, "I am anxious" or "I am angry." What if instead we said, "I'm experiencing anxiety right now" or "There's anger here today." That may seem like a small change, but it reminds us that emotions come and go. They are part of our experience, but they are not who we are. Our deepest identity is found in the fact that we are God's beloved children.

4. Ask What the Feeling Is Asking For

Often, beneath a difficult emotion is a desire or a longing. Maybe we're wishing something had

gone differently. Maybe we're longing for reconciliation, understanding, healing, or justice. Sometimes simply recognizing that deeper desire helps us understand what's really going on in our hearts. We may not be able to fix every situation, but we can bring those longings to God and trust that God's grace is at work, even when circumstances don't change as quickly as we'd like.

John Wesley believed that God's grace touches every part of life. That is one reason he cared about practical guidance for health, finances, relationships, and spiritual growth. He understood that faith isn't separate from everyday life. Faith helps us live everyday life with hope.

My hope is that this simple practice might be helpful for you as it has been for me. When hard feelings come, and they will, may you remember that you don't face them alone. God's grace goes before you, walks beside you, and holds you through every season. And as we continue this journey together, may we grow in faith, discover deeper joy, and learn to trust more fully in the love of Christ.

In Christ's Service,
Pastor Brian



Food Ministry

It is a very busy time of year for Food Pantries. In Sept we were able to help 97 families. We are reloading and restocking our shelves. We have purchased another frig to help us take advantage of fresh fall produce.

The state has come up with an emergency grant that we are taking advantage of. Through Catholic Charities we will participate in a bulk distribution on October 19th. November 14 is the Scouting for Food Drive that is always a success. We are ready for the Holiday Season!

If you think you would like to help out a couple of hours a month, see Connie or Steve for details. Blessings to all,

Dan

Friday October 16th

HARVEST DINNER

Pork Tenderloin with all the fixin's

5:00 PM-7:00 PM

Free Will Offering to

Support CSUMC Foodbank



Working with Beki at Wachob Financial LLC is going very well. The transition has been fairly smooth and expect this will continue. Results for the Month of August are as follows:

Revenue \$ 13,838

Actual Expenses \$ 15,536

\$ - 1,698

Next finance meeting is Tuesday October 13th at 6:30PM.

Blessings,

Tom Brickle, Finance Team Chair

Trustees

Hello United Methodists,

Just a quick note on the new traffic signs. It sounds like we had two incidences of cars travelling too fast through our west parking lot and putting the OCP kids in danger. No one got hurt but it did scare the folks at OCP enough to get the village to put some extra signage at the entrance to our church driveway. I guess that they caught up with the first person and talked with them. The second person remains unidentified. So, as you enter the church driveway get it down to 5 mph and watch out for the children of Our Children's Place. Let me know if you have any questions or concerns.

Things have been pretty quiet on the trustee front. The grass continues to grow. The flowers look great and the walnut tree is just starting to drop its walnuts. This is a sign that summer is over and time to think about getting ready for winter. We will be switching our cooling tower over to heat around Columbus day. We will need to get the storm windows on the sanctuary at some point. And, dare I say it, time to think about getting the salt and snow shovels out. We have been doing a bit of work at the parsonage lately. We hired K and E Homez to fix up the stockade fence around the garbage totes, fix the steps to the deck, and re-stain the deck. It turned out pretty good and finally got done! That's the update today.

Please let us know if you have anything that needs attention.

God bless,

John Mueller, Chair of Trustees



CHOIR

What is SATB in the church choir music?

SATB stands for Soprano, Alto, Tenor, and Bass. It is the standard four-part vocal harmony used in choral music to arrange parts from highest to lowest pitch. The abbreviation describes the four standard voice types:

Soprano (S): The highest vocal range, usually sung by female voices, which typically carries the main melody.

Alto (A): The lower female (or high male) voice, providing harmonic support and warmth.

Tenor (T): The higher male (or low female) vocal range, adding energy and depth to the harmony.

Bass (B): The lowest male voice, providing the foundation and root notes for the chords.

Four-part harmony using soprano, alto, tenor and bass is a common scoring in classical music, church music and other music scores.

If you look in your hymnal, page 117 ("Our God..."), you will see the treble and bass clefs, and notes for each of the four parts.

So..... now that we know SATB is a road map for singing, come join the choir!

John Tyo



Staff Parish Relations Team

Hi Friends,

Your SPR Team has had a busy September working on the reports due to the Conference by October first.

We have completed the yearly Pastor's Evaluation and set the 2027 Pastor's Compensation Package. The Bishop strongly urged every congregation to give their Pastor a 3% increase due to the cost of living. We are recommending a 2.5% salary increase.

Also due October 1, is the Congregational Profile & Appointment Advisory Form which has also been completed.

Blessings to you all,

Gail Conners, SPR Chairperson

Prayers & Praises

Kelly Godfrey – Hip Surgery 10/6

Mary Elersick - Surgery soon

Nancy & Butch Tuttle – continued healing

Mary & Tony Zingerella – continued healing

Connie Jones – continued healing

Betty & Charlie Hall – ongoing health concerns

Sandy & Dan McIntyre – continued healing

Praises for all the Blessings, Prayers and Healings received

Nursing Home Residents and Those Confined to Home

Rev. Carlos Smith – DeMay Living Center

Betty Bagshaw – M.M. Ewing Continuing Care Center

Pat Smith (Brenda Brickle's Mom)

Walt DeCook

Update Your Contact Information

We recently made changes to our Church Management Software. Now is an excellent time to update your contact information. **This QR code will take you to the form.**



Here is a link to the form:

41610.people.myamplify.io/external/form/97e8e0a4-a852-476a-84da-57912d1bfdc3

We have incomplete information for many people.

If you had children that grew up in the church and are now on their own, it would be helpful to have their information too. The form provides space for that.

We appreciate your attention to this information so that we may serve you well.