

The Messenger

First Christian Church (Disciples of Christ)

Our Mission is to Celebrate and Share Christ's Love through feeding the Body & the Soul.



9540 Fifth St. Highland, IN 46322

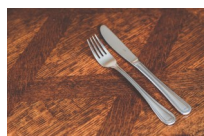
219/924-5400

www.fcchighland.net

Autumn 2025

Lunch with the Pastor will be
Thursday, October 9th & November
6th

12 P.M. @
Les Café
In Highland!
No agenda—
just community!



Boomwhackers Rehearsals!
October 8th & 29th
6:30 P.M.
Curious about
Boomwhackers?
Join us!



Sacred Balance Labyrinth Guides

Each week, Rev. Becky will put a
labyrinth experience in the Labyrinth
mailbox for you to use as you are able.
The labyrinth can be walked as you
need, but these guides will help you
with balance for your daily life if you
choose to use them. As always, "have
the walk you need!"

Upcoming Church Events

- October calendar (p. 2)
- Prayer concerns (p. 4)
- Serving Schedule (p. 5)
- Mission & Ministry opportunities (pp. 6-7)
- Remarks from Rebecca (pg. 8)
- November calendar (p. 9)

Sundays @ FCC

Disciples Café
9:30 A.M.

Worship
10:30 AM



**GRATITUDE
HOLY
HIKE**

*Coffee Creek Watershed Preserve
Chesterton, IN
November 26, 2025
10:00 A.M.*

www.fcchighland.net

FIRST CHRISTIAN CHURCH
(DISCIPLES OF CHRIST)
9540 FIFTH ST. HIGHLAND, IN

**2025 Animal Blessing
October 12, 2025
4P.M.**

WWW.FCCHIGHLAND.NET

ALL ANIMALS AND THEIR OWNERS ARE INVITED TO THIS BLESSING!
ALL CRITTERS MUST BE SAFELY SECURED OR ON LEASHES.
WE ASK THAT BITING ANIMALS USE SPECIAL PRECAUTIONS
OR BRING A COLLAR OR SPECIAL TOY TO HAVE BLESSED ON
ITS BEHALF. PICTURES OF YOUR BELOVED PETS MAY BE
BLESSED AS WELL, ESPECIALLY IF THEY ARE NERVOUS BY
NATURE.

LET US HONOR THE SACRED WORTH OF ALL
ANIMALS - FURRY, SPIKY FEATHERY, HAIRY
SLIMY, FLUFFY, AND SCALY!

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Game Group 10-12	2	3 B: David Boban	4
5 Disciples Café 9:30 A.M. Worship 10:30 A.M. World Communion Sunday B: Wells Sundquist, Bradley Brown	6 Good Grief Group Therapy 10-11:30 A.M.	7	8 Senior Food Box Distribution 10-12 Boomwhackers Rehearsal 6:30 P.M.	9 Lunch with the Pastor 12:00 P.M.	10 B: Mia Higginbotham	11
12 Disciples Café 9:30 A.M. Worship 10:30 A.M. Animal Blessing 4:00 P.M. B: Carole Krisco	13 Good Grief Group Therapy 10-11:30 A.M.	14	15 Game Group 10-12	16 A: Mike & Valerie Pennanen	17	18 B: Kathy Jage, Patrick Barczak, Valerie Pennanen A: Brad & Carol Chandler
19 Disciples Café 9:30 A.M. Worship 10:30 A.M.	20 Good Grief Group Therapy 10-11:30 A.M. B: Bob Meyers	21 Board Meeting 7:00 P.M.	22	23	24	25 B: Jeff Messmer
26 Spooky Faith Sunday Disciples Café 9:30 A.M. Worship 10:30 A.M. Cong. Meeting	27 Good Grief Group Therapy 10-11:30 A.M.	28	29 Boomwhackers Rehearsal 6:30 P.M.	30	31 Halloween	

LETTERS OF FIRE

“Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with Holy Spirit.”

ACTS 2:3-4

World Communion Sunday
October 5, 2025



SPOOKY FAITH
SUNDAY

OCTOBER 26, 2025



ALL SAINTS SUNDAY
NOVEMBER 2, 2025

REMEMBERING OUR SAINTS OF FAITH

If you have saints you would like honored who have died this year, please give important dates and pictures to Rev. Becky. Members are already taken care of!



Chili Cook Off 2025

Sunday, November 2, 2025

after worship

Enter your favorite chili recipe to win the coveted Wooden Spoon Award and bragging rights!

Praying for our Friends & Family

Members of the Congregation:

Family of Tim Drury, Kathy Drury, Dolores Cave, Don Dean, Judy Olen, Ashley Moss, Tom Cushing, Natalie, Dawn Wolak, Ron Higginbotham, Jean Morgan, Jasmine and her children;

Friends of the Congregation: (Please let me know if there are updates to this ongoing list) The Yuris Family, The Murphy Family, Jerry Zolmer, Liz Griffin, Cherie Coolidge, Jim Pasour, Ron Straker, Barbara Blaze, Taft/Weber Family, Paul Graegin, Christine Phillips, Marian Huizenga, Bill Murphy, Matt Murphy, Spencer Gordon, Michael Cole, Chris Cole, Tim Gasaway, Anne Fairfield, Kaden & Mara Luthringer, Jim Moss, Dave Horvat, David Cole, Scott Bridges, David Cole, David Harding, Pam Wynne, Tony, Steve and Bethany Chemeil, Val Rushing, Dominick Certa, Lisa, Michael John, Elizabeth and Chris, Madge; Jacob Sutherland, Charles Fliter, Olivia & Andrew, Marie, Carol, Jasper, John, Pea Pod;
The Wider Community: War in Ukraine and War in Middle East; global natural disasters; violence and division throughout the nation (growing unrest in the US); Flooding in Texas.

Joys: Good Grief therapy group; 2025 Farming Season;

Fifth Street Figures

Description	Offering
Worship (7/20/25)	\$1535.83
Hall Rental	\$85.00
Total	\$1620.83
Worship (7/27/25)	\$1100.00
Worship (8/3/25)	\$1561.00
Worship (8/10/25)	\$866.72
Worship (8/17/25)	\$2265.00
Worship (8/24/25)	\$1916.00
Worship (8/31/25)	\$2375.83
Worship (9/7/25)	\$971.00
Worship (9/14/25)	\$1572.55
Sober School	\$600.00
Total	\$2172.55
Worship (9/21/25)	\$2100.83
Reconciliation Offering	\$20.00
TOPS	\$150.00
Total	\$2270.83

Fifth Street Figures Continued... July 2025 Figures

General:

Income: \$7,465.64
CD Redemption: \$5,000.00
Expenditures: \$10,516.65
Expenditures (A/C for Office): \$12,800.00

Outreach

Income: —
Expenditures: —

August 2025 Figures

General:

Income: \$9,012.56
CD Redemption: \$10,000.00
Expenditures: \$13,271.05

Outreach

Income: —
Expenditures: —

Thank you for your faithful giving to the ministries of our beloved church!
If you are interested in receiving the financial statements for First Christian Church, please contact Delia Helpingstine and she will be happy to share that information with you.

The mission of First Christian Church (Disciples of Christ) in Highland, IN: "to celebrate and share Christ's love though feeding the Body and the Soul."



**Our Mission Statement is to
celebrate and share Christ's love
through feeding the Body and the Soul.**



First Christian Church
(Disciples of Christ)
9540 Fifth St. Highland, IN 46322
(219)924-5400
www.fcchighland.net
email: fcchighland9540@gmail.com
Check us out on Facebook!

Disciples Café 9:30 A.M.
Worship: 10:30 A.M.

Pastor Office Hours:
Monday, Tuesday, Wednesday, Thursday
by appointment

Pastor Rebecca Sundquist
Cell phone: (217)341-4105

Email: becky.sundquist@gmail.com

YouTube: First Christian Church Highland IN

Facebook: First Christian Church Highland IN

News from the Christian Church in Indiana!

The CC(DOC) in Indiana Mission

Indiana Identity Statement

The Christian Church in Indiana is a diverse community of
congregations called by God to act together in love.

We Value . . .

Christ's Table: We extend Christ's welcome to all through
worship and communion.

Connection and Care: We are called to accompany one an-
other.

Shared Wisdom: We gain insight in community.

Mutual Ministry: We do our ministry and mission more
effectively together.

Spiritual Leadership: We nurture each one's call as gifted by
the Spirit.

We Imagine . . .

A region that engages in networks of diverse relationships
which shape our shared mission and ministry. We envision
collaborative efforts that assist individuals in expressing
their spiritual gifts, equip congregations to serve in their
context and give witness to God's hope for a new communi-
ty. This compels us to allocate our energy and resources in
fresh ways and to call forth leadership throughout the re-
gion to fulfill this vision.

*Written by the Manna Process,
2010-2012*



CHRISTIAN CHURCH
| DISCIPLES OF CHRIST | IN INDIANA

Elder & Deacon Serving Schedule

September 28, 2025
Elder—Debbie Benson
Deacon—Rhonda Ryba

October 5, 2025
Elder—Mary Ellen Carpenter
Deacon—Linda Messmer

October 12, 2025
Elder—Delia Helpingstine
Deacon—David Michalak

October 19, 2025
Elder—Sharon Worrell-Schroader
Deacon—Tania Messmer

October 26, 2025
Elder—Brenda Michalak
Deacon—Marc Obregon

November 2, 2025
Elder—Debbie Benson
Deacon—Don Dean

November 9, 2025
Elder—Mary Ellen Carpenter
Deacon—Ashley Moss

November 16, 2025
Elder—Delia Helpingstine
Deacon—Brad Chandler

November 23, 2025
Elder—Sharon Worrell-Schroader
Deacon—Rhonda Ryba

November 30, 2025
Elder—Brenda Michalak
Deacon—Linda Messmer

If you are interested in serving as a lector/
worship leader on Sunday mornings, please
see Brenda Michalak
or the church office
for open Sundays.
Your voice is im-
portant in worship





Ways You Can Be A Part of the Action!

Lunch Bunch News

2025 Serving Dates:

October 4th

December 6th

If you are interested in being a part of this amazing team of servants, see Sharon W.S.!



Blessing Box and Book Nook News

We are always in need of hygiene products and cleaning supplies for the Blessing Box. These items often go more quickly than the food. Please consider donating today!

Puzzles, coloring books, and board games are fun additions to the Book Nook!



Senior Food Box Ministry

We have an awesome team who distributes the senior food boxes (Patrick, Marc, Linda and Debbie)! If you want to be a part of the action, see Debbie Benson!

Opportunities to Serve

2025 Reconciliation Ministry - Special Offering



Beyond Brokenness - Building Beloved Community
Sunday, September 28th - Sunday, October 5th



"Then the earth will yield its harvests, and God, our God, will richly bless us".

Psalm 67:6

THANKSGIVING SPECIAL OFFERING



SUPPORTING
HIGHER EDUCATION

Impacting the Church and World by Bringing Students and Resources Together

The Mission of First Christian Church is to celebrate and share Christ's love through feeding the Body and the Soul.
- amended August 7, 2022



Next Board Meeting

Tuesday, October 21, 2025 7 P.M.

There will be a congregational meeting

On Sunday, October 26th after worship to vote on the 2026 budget.

Many thanks!

Thanks to Debbie Benson and Linda Messmer for helping out at the September Parent's Night Out!

Game Group

1st & 3rd Wednesdays of each month!

10-12.

Join this fun group and be blessed!



Well Done to the 2025 Farm Team!

FCC Highland is grateful for all the hands that have toiled to bring people of NWI free, healthy produce through area food pantries. Well done!

News From the Pews



Stewardship

THE WORK OF OUR HANDS

2025

First Christian Church
(Disciples of Christ)
Highland, IN

The Work of Our Hands
Stewardship 2025
November 2nd
Hands that Serve

November 9th
Hands that Nurture and
Shape Faith

November 16th
Hands that Heal through
Bringing Comfort & Hope

November 23rd
Hands that Give &
Transform Lives



We celebrate the Life of

Timothy E. Drury
SEPTEMBER 24, 1961 -
AUGUST 28, 2025

A LIFE LIVED IN SERVICE.
REST EASY, SOLDIER.



Practice sacred presence.

Peace and happiness
are not around the corner.
They are here in the present
moment when you focus on the
present.

The mission of First Christian Church (Disciples of Christ) in Highland, IN:
"to celebrate and share Christ's love through feeding the Body and the Soul."

Dear FCC Sisters and Brothers,

As the days shorten and the air turns crisp, we find ourselves standing at the threshold of autumn—a season of change, harvest, and deep reflection. With gratitude, we also come to the close of our *Letters of Fire* series. Week after week, we walked alongside Paul and the early church, learning what it means to be a Spirit-filled people of faith, marked by perseverance, hope, and love. These "letters" have burned within us, not as a consuming fire, but as a refining one—shaping us for the work God continues to call us to do.

Now, as autumn colors the trees and the earth prepares for rest, our congregation comes alive with activity. Fall is always one of the richest times in our shared life: the rhythm of worship, opportunities for service, worship that deepens our faith, fellowship events that strengthen our bonds, and outreach that connects us to the wider community. It is in these "works of our hands" that the Spirit's fire continues to glow—warm, steady, and resilient.

I encourage you to step fully into this season—whether through worship, volunteering, serving in outreach, or simply gathering in fellowship. Just as autumn teaches us the beauty of letting go and the promise of renewal, so too do our ministries remind us that every act of service and every prayer we lift contributes to God's transforming work in the world.

Let us finish well what we began in the Spirit, and let us embrace the season ahead with joy and gratitude. The harvest is plentiful, and together we are called to gather it in.

With gratitude for each of you,
Rev. Becky

Rev. Becky will be out of town for a conference Thursday, October 2nd to Saturday, October 4th.

She will also be gone from Thursday, October 23rd to Saturday, October 25th.

She can be reached by calling the church phone # (219-924-5400) which has been forwarded to her mobile.

Please note fluid office hours for the next few months!

While Rev. Becky completes Internship for her MA in Clinical Mental Health Counseling, our regularly scheduled offices will be in flux. If you need her in the office, please call ahead of time to be sure she will be there. While she will still be working the same amount of hours for the church, they will be a bit different for the time being. Please do not hesitate to reach out to her!



November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 All Saints Day
2 All Saints Sunday Disciples Café 9:30 A.M. Worship 10:30 A.M. Chili Cook Off	3 Good Grief Group Therapy 10-11:30 A.M.	4	5 Game Group 10-12	6 Lunch with the Pastor 12:00 P.M.	7	8
9 Disciples Café 9:30 A.M. Worship 10:30 A.M.	10 Good Grief Group Therapy 10-11:30 A.M.	11	12 Senior Food Box Distribution 10-12 B: Dawn Wolak	13	14	15
16 Disciples Café 9:30 A.M. Worship 10:30 A.M.	17 Good Grief Group Therapy 10-11:30 A.M.	18	19 Game Group 10-12	20	21 B: Natalie Peplin	22
23 Thanksgiving Sunday Disciples Café 9:30 A.M. Worship 10:30 A.M.	24 Good Grief Group Therapy 10-11:30 A.M. B: Amelia Bridges	25 Interfaith Thanksgiving Service 7 P.M. St. Maria Goretti Church	26 Holy Hike 10:00 A.M.	27 Thanksgiving	28	29
30 Advent 1 Disciples Café 9:30 A.M. Worship 10:30 A.M. B: Judy Olen						



Grief Psychoeducational Support Group

Grief touches every part of life
—heart, body, mind, and spirit.

Adults of all ages who are grieving the loss of a loved one. Whether your loss is recent or years past, you are not alone.

This group is designed to provide:

- Education about the grieving process and uncover myths about grief;
- Support from others walking a similar journey;
- Practical tools for coping with stress, emotions, and life changes ;
- Safe space to share stories, memories, and questions;

Location: First Christian Church
(Disciples of Christ)
9540 Fifth St. Highland, IN

Day & Time: Mondays at 10:30 A.M.
Duration: weekly 90-minute sessions-
begins 10/6
Cost: Free

THE STAR WORKSHOP



Parents Night Out

Friday, December 5 – 5:30-8

A free fun night for kids (through 6th grade) @
FCC

and a night out for parents!

First Christian Church (Disciples of Christ)

Highland, IN 46322

RSVP with Rev. Becky Sandquist!

7 CHRISTIAN MINDFULNESS EXERCISES

*"This is the day that the Lord has made;
let us rejoice and be glad in it." Psalm 118:24*

1. Ground yourself in the present moment.

Accept this moment as a gift from God. Identify 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

2. Breathe deeply with a two-word anchor prayer.

Focus on your breath. Repeat a two-word prayer in your mind. Breathe one word in and one word out. For example, "Trust, lean"; "My rock, my fortress."

3. Take a Bible meditation break.

Read a short Bible verse or passage. Notice what stands out to you. Reflect on what the Lord is saying to you. Thank Him for it and end with a prayer.

4. Listen mindfully to people you talk with.

Be present with people. Pay attention to what they say so you don't get distracted by your own thoughts. Value them as people created in the image of God.

5. Pause to appreciate natural beauty.

Look out the window or go outside. What do your senses show you? What colors and shapes do you see in the sky? Do you see tree branches moving in the wind? Can you see or hear any animals or birds? Notice these details and thank God for the beauty of His creation. "The heavens declare the glory of God; the skies proclaim the work of his hands." Psalm 19:1

6. Notice how your body feels with a body scan.

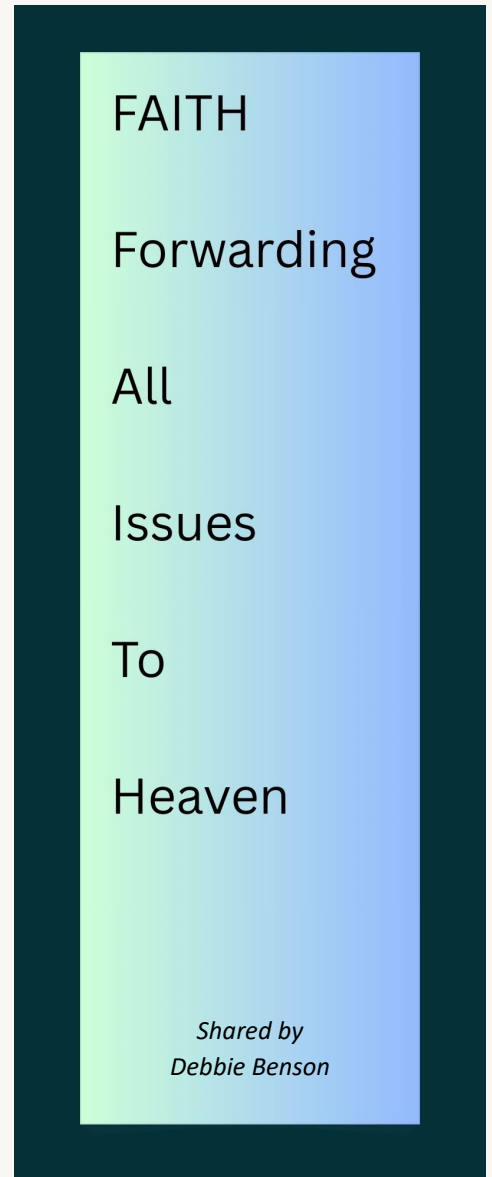
Sit down comfortably and close your eyes. First bring your attention to your feet, then to your legs, torso, back, arms, neck, face, and head. Notice the sensations you feel in each part of your body. Thank God for how He designed each part.

7. Say a prayer of blessing for others.

Extend love and compassion to others by saying a prayer of blessing for them. Bring someone to mind and be aware of God's presence with them. Say a biblical prayer of blessing for them or pray in your own words. "The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace."

Numbers 6:24-26

Find more details at calminggrace.com/christian-mindfulness-exercises





Advent 2025

In this time of upheaval, we find trust is fragile, truth contested, and spaces between us feel harder to cross. Divisions stretch far and wide. The constant churn of political tension leaves many feeling anxious and uncertain. Community feels strained, and connection is harder to come by. Hearts are weary, and souls unsettled, and people of all perspectives are searching—not just for answers, but for understanding, healing, and hope. This ache is not weakness; it is a holy longing—a sacred desire for a world made whole. From this longing comes the will to dream—a persistent courage to imagine, resist, and rebuild a better world. Join us this Advent, Christmas, and Epiphany, as we turn to the wisdom of the prophets, lament systems that value power over people, and dream of what could be.

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PLEASE
PLACE
STAMP
HERE

