



## A Community for Joy and Grief



Rejoice with those who rejoice; weep with those who weep.”-Romans 12:15

As these words from Romans remind us, the church is meant to be a community where we celebrate with one another in moments of joy and support each other in times of hardship. While we are generally eager to rejoice on occasions of celebration, walking together in times of pain is no less essential to life as the body of Christ.

Certainly as we look towards the beginning of our program year, there will be ample opportunities for celebration. Our Parish Picnic will kick off the year with a time of food and fellowship. We will continue to celebrate the good work that has been accomplished through our Capital Campaign so far, including with an Appreciation Dinner in September for all those who have already made contributions. And in October, we will again hold a Children’s Service designed to include the full participation of the kids of St. Timothy’s.

This fall we will also have the opportunity as a community to consider a more painful subject—that of suicide. Suicide is a weighty topic and one best approached with care. Perhaps for these reasons, many churches never discuss it at all. Yet the number of people dealing with depression or other mental health issues continues to increase in our country. Suicide rates in the U.S. increased by 37% from 2000 to 2018.<sup>1</sup> Numerous families at St. Timothy’s have been affected by suicide, either through the loss of a loved one or through suicide attempts. There is a stigma in our culture surrounding suicide that leaves many impacted individuals and families feeling isolated. The world’s silence can be suffocating. But the church must be a place where even the most painful topics are discussed. Put simply: If we can’t talk about suicide in the church, where can we?

September is Suicide Prevention Month, and on the weekend of the 14th-15th we will hold a special service—Breaking the Silence: A Service in Solidarity with Those Affected by Suicide. The category “affected by suicide” is a broad one, and so this worship service is meant to serve multiple purposes: to care for those who have struggled with suicidal thoughts, comfort those who have lost a friend or family member to suicide, and encourage those who seek to help loved ones dealing with suicidal thoughts. Ultimately, the goal is that people in any of these situations would know that the church is a community that will support and walk with them.

We will still hold Children Living the Word on September 15, so our younger children will be absent for the portion of the service dealing most directly with the topic of suicide. Older preteens and teens are certainly welcome in the service. They may well find the topic relevant, as studies show that more than 20% of teenagers have seriously considered suicide.<sup>2</sup> It’s certainly my intent that the service will address suicide in a sensitive manner appropriate to this age group, but parents should of course exercise their individual discretion in this matter.

As we move into our new program year, may we be a community where both our joy and our pain are shared, knowing that we walk this path together as one body in Christ.

<sup>1</sup> [www.cdc.gov/suicide/facts/data.html](http://www.cdc.gov/suicide/facts/data.html)

<sup>2</sup> [www.apa.org/monitor/2023/07/psychologists-preventing-teen-suicide](http://www.apa.org/monitor/2023/07/psychologists-preventing-teen-suicide)



Block Party



Block Party



Block Party



## Program Year Kick-Off and Parish Picnic

**Sunday, September 8**

Christian Formation for all ages kicks off the Sunday after Labor Day. Please join us for a picnic in the Parish Hall following the service. Bring a side dish to share and enjoy fellowship as our program year starts.



## Adult Forum

**Sundays at 9:15 a.m. in the Gathering Center**  
**The Sermon on the Mount**  
**September 8-29**

We'll kick off our program year in Adult Forum by looking at one of the richest examples of Jesus' ethical teaching—the Sermon on the Mount. These three chapters from Matthew have exerted a huge influence on the imagination of Christians for centuries. We'll explore how, by studying Christ's words in their 1st century Jewish context, these teachings can continue to guide us as followers of Jesus today.

## Breaking the Silence: A Service in Solidarity with Those Affected by Suicide

**September 14 at 5 p.m. and**  
**September 15 at 10:15 a.m.**

This important service is offered as a liturgy of care for all those affected by suicide: those who struggle with suicidal thoughts themselves, those whose loved ones have died by suicide, and those who love someone who has made a suicide attempt. The liturgy includes prayers for those impacted by suicide, the lighting of candles, and anointing with oil with prayers for healing.



# Capital Campaign Appreciation Dinner

Sunday, September 29 at 6 p.m.

CAMPAIGN TOTALS AS OF AUGUST 15

**Pledged to Date: \$284,867 | Received to Date: \$156,249**

Thank you to everyone who has donated to our Capital Campaign so far! Thanks to your generous contributions, we have already accomplished important work on our East Campus Renewal project, including new landscaping, and the purchase of new picnic tables. A new control panel for our HVAC system is set to be installed in the coming weeks, with a replacement of the entire HVAC system planned for the spring, and more projects to follow!

We'd like to show our appreciation for all those who have contributed so far with a catered dinner in September. All those who have made a donation will receive an invitation in the coming weeks. It will be a great chance to celebrate the work so far and to hear updates on the work ahead.



# OCTOBER + NOVEMBER

## Children's Service



Sunday, October 6 at 10:15 a.m.

On October 6, we will enjoy a special Sunday service incorporating the songs, voices, and active participation of our parish's youngest members. Children will have the chance to practice their roles in the service during Children Living the Word in September.

For questions, please contact Census Lo-Liyong at [censuskabang@gmail.com](mailto:censuskabang@gmail.com).

## Blessing of the Animals



Sunday, October 6 at 4 p.m.

South Lawn of the Church

All creatures great and small are invited to our annual Blessing of the Animals. You can even bring pictures of your furry friends or your favorite stuffed pals. A short liturgy of thanksgiving will be said followed by special blessings for each pet.

Treats for cats and dogs will be supplied and we ask that all live critters be leashed, crated, or otherwise contained for their safety.

## Diocesan Convention Weekend

October 26-27

There will be no services at St. Timothy's on Convention Weekend. Instead we encourage you to join with other members of the diocese for the Close of Convention Eucharist at St. Paul's Cathedral in Des Moines at 10 a.m. on October 27. The service will also be livestreamed.

## Together in Prayer: A Post-Election Gathering

Wednesday, November 6 at 6 p.m.

in the Sanctuary

Election season can be a stressful time, regardless of your political perspective. Join us the night after the election for a time of conversation and prayer. The conversation will not be a time of debate, but rather a chance for individuals to reflect on their feelings about the election and to hear how others experienced it.

