

THE CIRCUIT RIDER

October



From the Desk of Pastor Berg



I read a lot of words about running. I follow a lot of runners on social media. I've talked with a lot of runner friends about why we do this simple and grueling thing. A common theme I come across often sounds like, "I run to clear my head." A lot of runners find time pounding the pavement or bounding off roots and rocks to be their opportunity to work through anxiety and stress.

I don't. I'm glad it works for them. I find myself primarily focusing on form cues. Lean from the ankle. Chin down. Elbows at 90°. Slow down. I don't give myself mental space to work through other stuff.

I know I need space to do that, though. Sometimes I find it. Sometimes I'm intentional about making that space. I know that if I don't, those stressors are going to embody themselves in ways I've come to recognize: migraines, indigestion, knots in my shoulders, short-circuiting thoughts.

As the weather cools and Summer greens fade into grey and brown, I know I need to do some emotional house cleaning. That'll help ease the impact of seasonal sadness. I need to do the practices and therapy I know will winterize my soul. And unlike winterizing a building, that doesn't involve locking the windows and insulating the drafty spots to hunker down for a couple months. The soul is most healthy when it's open, especially in cold and lonely moments.

It turns out that loving ourselves and loving our neighbor are essentially the same action. Only when we open ourselves to actively love our neighbor can we find that we are best loving ourselves. Only then are we opening ourselves to the Divine who is pouring love out through the generosity of each other.

In the way that works for each of us, we need to spend this season letting go of the unhealthy stuff and letting in God's love. I hope you know what works for you. It's not the same as what works for me. Find that thing. Do the work. Find your healthy place. That's how God wants you to be.

Peace,
Brandon

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Lay Leader:
Colon McCarty

Staff-Pastor-Parish Relations Chair:
Jonnie Faye Ball

Sunday Worship
9:30 am on Zoom



Reverend Brandon Berg



OCTOBER LECTIONARY SCRIPTURES

SUNDAY OCTOBER 6

[Esth. 7:1-6, 9-10, 9:20-22](#)

[Psalm 124 or UMH 846](#)

[James 5:13-20](#)

[Mark 9:38-50](#)

SUNDAY, OCTOBER 13

[Job 23:1-9, 16-17](#)

[Psalm 22:1-15 or UMH 752](#)

[Hebrews 4:12-16](#)

[Mark 1:17-31](#)

SUNDAY, OCTOBER 20

[Job 38:1-7 \(34-41\)](#)

[Psalm 104:1-9, 24, 35c or UMH 826](#)

[Heb. 5:1-10](#)

[Mark 10:35-45](#)

SUNDAY, OCTOBER 27

[Job 42:1-6,10-17](#)

[Psalm 34:1-8 \(19-22\) or UMH 769](#)



What is the theme of the Bible in October?

October's theme for scripture quotes is **"Live by Faith"** featuring Bible verses about hope, faith, and trusting in God. May these October Bible verses strengthen your faith and trust in the Lord. Be guided by the Word of God to walk in faith, believing in Him through all hardships and uncertainty.

October invites individuals to connect with the changing seasons, embrace the unknown, and explore the mystical aspects of life and the afterlife. It's a **reminder of the cyclical nature of existence and the significance of both life and death in our spiritual journey.**





SINKING SPRINGS UNITED METHODIST CHURCH

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Office Hours: Mon-Tues-Thurs-Fri 9 am-1 pm

Sunday Worship 9:30 am

*Contact the church office for the link

<http://www.facebook.com/sinkingsprings/>

Your generosity and faithful giving are very appreciated. If you are not able to attend worship services to give your tithe and offerings, there are other ways you can send in gifts to your church.

One Call, Facebook, and email

WAYS WE CONNECT:

We offer weekly online worship opportunities thru Zoom and our YouTube Channel.

Subscribe to our YouTube Channel at <https://www.youtube.com/channel/UCX4CBgHQ94xo0jc-5FoMCcg>.

Giving by Mail: tithes and offerings may be mailed to PO Box 209 ,Clinton, TN 37717 or 108 Bland Rd.



The Zoom account link for the bulletin is:

[Join our Cloud HD Video Meeting](#)