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**September/  
 October Upper  
 Room Devotionals  
 are available in  
 the Welcome  
 Center, and  
 Narthex.**

**The Creed: What We Believe**

In October we will start a new sermon series, The Creed: What we believe. We will be looking at the Apostles' Creed. This ancient creed has united Christians for centuries in affirming the beliefs that we hold in common. We should strive to understand this creed, not simply recite it. During this series we will discover how these beliefs still speak truth in modern times.

On October 1, World Communion Sunday is observed. As we share in Holy Communion on that day we can imagine all the fellow Christians who partake of Holy Communion together, in every time zone and in every longitude and latitude. We are united at Christ's table and we are united in the faith we believe, as we state in the Apostles' Creed. In our world today there is much division and divisiveness. The Apostles' Creed is one statement of faith that unites us. The beliefs we share are not labeled as Methodist or Baptist, as Catholic or Lutheran; the beliefs we share are the simple truth of the gospel of Jesus our Christ. So put on your fall sweater and come to worship and unite your voice with fellow believers with these ancient words of truth. May the Holy Spirit use our united voices in worship to gather us together in the midst of a divided world.

Pastor Sarah Sealand

**The Apostle's Creed**

I believe in God the Father Almighty,  
 Maker of heaven and earth;

And in Jesus Christ his only Son our Lord:

Who was conceived by the Holy Spirit,  
 Born of the virgin Mary,  
 Suffered under Pontius Pilate,  
 Was crucified, dead, and buried;  
 The third day he rose from the dead;  
 He ascended into heaven,

And sitteth at the right hand of God the Father Almighty;  
 From thence he shall come to judge the quick and the dead.

I believe in the Holy Spirit,  
 The holy catholic church,  
 The communion of saints,  
 The forgiveness of sins,  
 The resurrection of the body,  
 And the life everlasting. Amen.

**WORSHIP: THE CREED: WHAT WE BELIEVE**

<b>October 1</b>	Holy, Catholic, Apostolic	Rev. Sarah Sealand
<b>October 8</b>	God the Father	Rev. Sarah Sealand
<b>October 15</b>	Jesus Christ Our Lord	Rev. Sarah Sealand
<b>October 22</b>	The Holy Spirit	Rev. Sarah Sealand
<b>October 29</b>	Forgiveness of Sins	Rev. Sarah Sealand
<b>November 5</b>	Resurrection/Communion of Saints	Rev. Sarah Sealand

**CAREGIVER SUPPORT GROUP**

Join Ann York and Bess Traylor for the Caregiver Support Group meeting on the fourth Thursdays at 11am, in the Parlor, to learn about community resources, build a support system, exchange information on challenges and possible solutions, and share feelings, needs, and concerns with other people who understand. This group is sponsored by the Alzheimer's Society and is open to anyone in our broader community. The next meeting is October 26!

**Caregiver Support Group**

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Sponsored by:  
 **ALZHEIMER'S ASSOCIATION**

**October Birthdays**

<b><u>October 3</u></b> Carrie Pecht	<b><u>October 5</u></b> Sharon McCoy	<b><u>October 6</u></b> James Gilmore	<b><u>October 8</u></b> Lynda Weston	<b><u>October 9</u></b> Marcia Diamond
<b><u>October 10</u></b> Lila Smith	<b><u>October 12</u></b> Bob Hardiman Daniel Markey	<b><u>October 13</u></b> Emily Kleinholz Lara Malbon Mike Reaves	<b><u>October 14</u></b> Elvie Hardy	<b><u>October 15</u></b> Kane Alexander David Harless Paul Mershon
<b><u>October 17</u></b> Chip Cunningham Cleo Edsall Doris Hardiman Dave Johnson	<b><u>October 20</u></b> Chuck Hulcher	<b><u>October 23</u></b> Charlotte Allred Doug Jolley Randy Reaves Mary Katherine Vaughan Jesse Wingate	<b><u>October 25</u></b> Blandine Noel Laurel Marks	<b><u>October 26</u></b> Maria Francisco
<b><u>October 27</u></b> Jon Francisco John McLarin	<b><u>October 28</u></b> Gurleen Ferguson Robert Lewis	<b><u>October 29</u></b> Rachel Payne	<b><u>October 30</u></b> Alice Jesudian Sam McCracken	





RIVER OF LIFERS [ADULTS 50+]  
**LUNCH & SHOPPING**  
**MICHIE TAVERN**  
**CHARLOTTESVILLE**

**TUESDAY, OCTOBER 17**

Meet at RRUMC at 10:15am, return by 2:45pm

Limited bus seating available—RSVP early!

\$30pp includes lunch & transportation

RSVP to Lori Alford: 740-7061 or [engagement@riverroadumc.org](mailto:engagement@riverroadumc.org)

**Saturday, November 11th, 10:00am-12:00pm**

**River Road UMC**

When you are grieving a loved one's death, the holiday season can be especially painful. Whether this is your first holiday without your loved one or if it's been many years, please join us for this free seminar to learn new strategies for making it through the holiday season. The seminar will cover:

How to deal with the many emotions you'll face during the holidays

What to do about traditions and other coming changes

Helpful tips for surviving social events

How to discover hope for your future

This event is open to anyone. Please invite your family or friends. GriefShare resources and light refreshments will be provided.

Please sign up here: [Surviving the Holidays Sign Up Form](#)

If you have any questions, please contact Jeni DiCristina, GriefShare facilitator, at [jhdicristina@gmail.com](mailto:jhdicristina@gmail.com) or call the church office at 804-740-7061.



River Road's Prayer Ministry needs Prayer Partners! Is God calling you to serve in this way? As more and more prayer requests are coming in from River Road members and friends, our church needs Prayer Partners to intentionally pray for these requests. Two ways are available to be a Prayer Partner. One is to serve in the Prayer Space (Chapel) on Sunday mornings from 10 to 11 am. The time commitment is to serve about once every six weeks. Another is to pray for these requests at home. Training will be provided. If you would like to serve or to get more information, contact Lori Alford, Director of Engagement Ministries, at [engagement@riverroadumc.org](mailto:engagement@riverroadumc.org).



# YOUTH

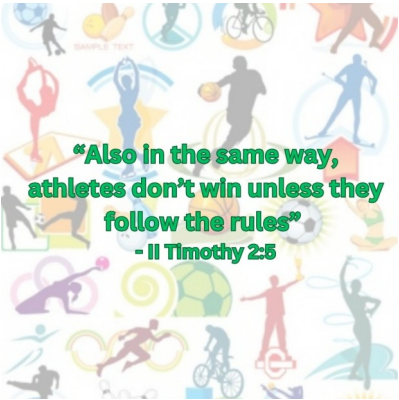
Youth Night of Worship on Oct 8th at Discovery UMC! River Road Youth plan to go, along with a number of other churches in the area. All youth are welcome! Details on back of the newsletter.



A great dinner with friends



Water Balloons at West End Circuit



**“Also in the same way, athletes don’t win unless they follow the rules”  
- II Timothy 2:5**

Youth Daily Devotionals are happening! Sign up with Tom

# Adult Discipleship

Be on the lookout for our 'Sunday Rewind' on Facebook and our App! At the beginning of each week, we will build from our Sunday Message and post additional scripture, devotion and questions to consider.

Ongoing Adult Studies and Small Groups Continue! Let Tom know if you'd like to join in the discussion, or you can just drop in—guests are always welcome.

- Sunday, 10:00 in Room 202: Treasures of the Word. Weekly Devotional led by Vicki Keith
- Sunday, 10:00 in Room 205/207: Contemporary Christian Class. Book Study led by Randy Reaves.
- Sunday, 10:00 in Room 206: Adult Bible Studies. Weekly Scripture Passages led by Jon Francisco
- Monday, 10:00 in room 205/207: Bible Study led by Lori Alford
- Every other Thursday at 6:00. Various homes. Life Group for Ages 20/30ish

Join us Sunday mornings!

River Road Kids Discipleship Hour will be at 10 AM in the Sunday School wing and Children's Church will be held at the 9 & 11 AM worship services in the Sunday School wing.

**Preschool Discipleship for October:**

Now is the time for our preschoolers to begin learning that God can help me be brave because the need to be brave— God-brave—will only grow throughout their lives. What is God-brave? God-brave is . . . the kind of brave that does the right thing even when others don't, . . . the kind of brave that stands up to seemingly impossible circumstances, . . . the kind of brave that trusts God during the darkest of times, . . . the kind of brave that looks to God to help us be strong and courageous, . . . the kind of brave that makes us SUPER KIDS—not because of what WE can do but because of what GOD can do.

**Memory Verse for October:**

“BE STRONG AND COURAGEOUS. DO NOT BE AFRAID...FOR THE LORD YOUR GOD GOES WITH YOU.” DEUTERONOMY 31:6, NIV

**K-5 Discipleship for October:**

THE CONNECTION BETWEEN INTEGRITY AND GOD'S CHARACTER, AS SHOWN THROUGH GOD'S BIG STORY

God is always good. Since the very beginning, God has been faithful and true. If God makes a promise, God keeps that promise. We are created in God's image . . . and when we live with integrity, we reflect God's integrity. When Jesus lived on earth, He lived a perfect life and showed integrity in ways we can't because of our sin. Jesus makes it possible for us to live as new creations. Through the Holy Spirit, we are being transformed into people of integrity. Who we are in private should match who we are in public. When we trust in God, we can make the wise choice and be truthful in whatever we say and do.

**Memory Verse For October:**

“ANYONE WHO LIVES WITHOUT BLAME WALKS SAFELY. BUT ANYONE WHO TAKES A CROOKED PATH WILL GET CAUGHT.” PROVERBS 10:9, NIRV



## Women's Ministry

### FRANCES ALLEN/ALICE WEED CIRCLE:

Come join us for the Francis Allen/Alice Weed Circle meeting on October 10th at 10:00am in room 205/207. We will meet the second Tuesday of every month. Everyone is invited for inspiration and fellowship.



United  
Women  
in Faith

### BOOK CLUB

We have 2 book clubs that meet monthly, one during the day and one in the evening.

#### Daytime Meeting:

The day time Book Club meets the second Monday, at Bess Traylor's home, 1129 Woodbaron Court. We are currently reading Hello Beautiful, written by Ann Napolitano to be presented by Marge. The author chronicles life's highs and lows through her family.

Please come on by at 1:00 pm on the second Monday to hear more about this book and many others we are discussing for this year and next year.

Call Bess Traylor with questions, 804-747-7494. We hope to see you there.

#### Evening Meeting:

Our evening Book Club meets the first Monday of the month at Ann York's house, 2800 Chancel Lane, 7PM. Call Ann, 907-748-0446 to get on the email list for the meetings, or simply show up. All are welcome.

On October 2, Marge Stewart will lead the discussion of Demon Copperhead by Barbara Kingsolver. Lydia Morris will share some insight to the story as she is from that part of VA where the story takes place. For November 6, we will read Tom Lake by Ann Padgett. Kate Meilink will lead the discussion. It has recently been published so will be on the new book shelf at the library. Keep reading and come and join our group for great discussions.

## Fall Events at River Road UMC

October 8 - Youth Night of Worship at Discovery UMC: 5-8pm

October 28 - Family Fall Fest: 4-6pm

November 11 - GriefShare: Surviving the Holidays: 10am-12pm

November 19 - Commitment Sunday: One United Service at  
10am with a Thanksgiving Fellowship Meal to follow

**For more information about any of these events,  
please contact the church office at: 804-740-7061 or [eva@riverroadumc.org](mailto:eva@riverroadumc.org)**



## UPCOMING MISSIONS

We are beginning to plan for our holiday missions. Watch for more information about **Hearth of Henrico Thanksgiving boxes, Angel Tree** and **Gifts for the Manger**. The holiday season is a time for sharing with others the blessings that God has given us. We are so grateful for the generosity of our congregation which enables us to serve so many through our missions work.

## THANK YOU

For your generous donations to the Eva Huston Pantry which will feed many hungry children in Liberia. Thanks to Esther Tuopay for leading this mission.

For your attendance and purchase of books to support Helping Children Worldwide. It was a pleasure to host Nabs and to learn about his amazing story of resilience and faith. As he told us, with God's help your generous contributions are being multiplied in so many ways to help children and families in Sierra Leone. Thanks to Connie and Mark Whetstine for arranging this important visit from our missions partner.

For your service on our first Serve Day! How wonderful to be able to be in community and at the same time, help so many organizations through a day of service. Thanks to George and Sari Eapen and Lori Alford for leading this effort.

We will have full reports about these successful missions in the next newsletter.

## ONGOING NEEDS - FOOD PANTRIES AND SAFE HARBOR

The Missions Committee needs additional assistance to continue this mission at the current level of support. We are looking for co-leaders to work with Daniel and Stephanie O'Neill on this mission. Spreading the leadership will enable us to maintain our collections and deliveries to our four food pantry partners. Our sermon series has been about God's call. Is God calling you to participate in our food pantry mission? Listen for God's call in all the ways Pastor Sarah's sermons have suggested. For more information, reach out to Daniel and Stephanie, Ann Hodges, or anyone on the Missions Committee.

Our food pantry partners are seeing record numbers almost every week. Most-needed items remain the same -- peanut butter; 15 oz. cans of tomato sauce; 1 lb. spaghetti; canned fruit and vegetables; canned soups and beans; canned chicken and tuna; boxed cereal; oatmeal; ravioli/spaghettios; non-refrigerated microwave meals; diapers and wipes (sizes 4, 5 and 6 are most needed). Standard, non-glass container sizes are appreciated for packing purposes.

"And do not forget to do good and to share with others, for with such sacrifices God is pleased." Hebrews 13:16.

Thanks be to God for leading us to love our neighbors. We are always happy for new mission volunteers. For more missions information, contact Ann Hodges, [ahodges@richmond.edu](mailto:ahodges@richmond.edu) or 804-339-9440.

<b>CREATION CARE</b>
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Let's go take a hike, or a walk, a ride or a float in this beautiful Fall weather.

Did you know the James River and the Virginia Capital Trail are to get \$750,000 in federal funding in the continued effort to improve the health of the James River? The Virginia Capital Trail is a 51.7 mile multi-use, fully-paved trail that runs through 4 jurisdictions (City of Richmond, Henrico County, Charles City County, and James City County). So, go take a walk and bring a bag with you to pick up litter and let's help keep the James River healthy. Michael Wriston, Earth Advocacy Chair



RIVER ROAD  
UNITED METHODIST  
LOVING PEOPLE TO LIFE

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Fax: 804-740-3367  
Preschool: 754-0227

October 2023

**Articles for the  
November 2023  
Connections are due  
October 20, 2023.**



We're on the web at  
[www.riverroadumc.org](http://www.riverroadumc.org)



# YOUTH NIGHT

OCTOBER 8, 2023  
6:00PM - 7:30PM  
DOORS OPEN @ 5PM  
TICKETS \$10  
@ THE DOOR



## ILLUMINATION PROJECT FEATURED BAND

Special Presale Tickets  
\$5 by Oct. 2  
Includes Dinner @ 5:15pm  
w/ Close Up Magician Elo!  
Contact Adam



### Open Arms Christian Preschool

We've had a great first month at Open Arms Christian Preschool! Children began the school year learning "All About Me", "Our Families", and "Healthy Bodies". The children celebrated back to school with a fun pizza party and parents were also invited to a "Coffee and Conversations" morning with other parents. In September the Preschool hosted a Parenting Workshop "Helping adults in supporting kids to change behaviors". The workshop was facilitated by Elizabeth Buchholz who is CPS (Collaborative Problem Solving) Certified. If you or anyone you may know is interested in our Preschool Program for the 2024-2025 school year, we have begun taking families on our waitlist. Please contact the Preschool Director, Nora Hamlet, at 804-754-0227 or email her at [openarms@riverroadumc.org](mailto:openarms@riverroadumc.org) for more information for the 2024-2025 school year.



**OPEN ARMS**  
CHRISTIAN PRESCHOOL

*Helping children grow with open hearts, open minds and open arms.*



# Family Fall Fest

Games | Trunk or Treat | Cake Walk



**28**

*October*

River Road UMC  
8800 River Road

Richmond, VA 23239

**4:00-  
6:00pm**

# Serve Day 2023

45 volunteers participated in our first Serve Day on Saturday, September 23rd. Many thanks to all who baked cookies for Kairos Prison Ministry, assembled furniture for UMFS staff, played BINGO with residents at Lakewood Senior Living, served on our Serve Day Prayer Team, organized and cleaned out closets at RRUMC, and prepared breakfast and lunch for all. We saw God at work in so many ways and look forward to Serve Day 2024!



“To be happy, we need to serve. Today reminds the church that service is important and it will make us happy.” George



“I saw God through literature, looking at the books. I didn't read them as we put them away, but I saw so many different perspectives on God and religion. But what I saw most in the books was love and I appreciate that.” Ro



“I saw God's face in the smiles of the folks who were so happy that children were there to play bingo with them.” Tammy



“Baking the cookies for Kairos made me think of the scripture ‘I was in prison and you came to visit me’.” Sari.

