



Thoughts from Todd

Our theme for this year has been, “Practice Makes Perfect.” It’s based on the idea that if we practice the spiritual practices that Jesus himself actually practiced, we’d be on the road to becoming “perfect.” This idea of “perfection” isn’t about flawlessness, it’s about spiritual wholeness, or completeness. Our theme is inspired by John Mark Comer’s *Practicing the Way*, and we’ve spent this year learning about and engaging in practices like Sabbath, prayer, solitude, Scripture, community, simplicity, generosity, and hospitality. Yet, there’s one practice I’ve been hesitant to explore due to my own limited experience: Fasting. That changes on October 19. I’m excited to invite Allison Collier, Associate Pastor of Christian Formation at Richmond’s First Baptist Church, to guide us as we explore this ancient spiritual practice. Allison, who wrote her doctoral dissertation on fasting, will both teach and preach on this transformative practice. Let’s get to know Allison better.



Allison Collier

Q: Allison, please tell us a little bit about yourself, where you’re from, and your journey to becoming Associate Pastor of Christian Formation at Richmond’s First Baptist Church.

A: I am originally from Fayetteville, NC and attended Campbell University where I earned my undergrad, masters, and doctorate degrees...making me a rare 3 hump (degree) camel! Prior to joining the staff at Richmond's First Baptist Church, I served for 16 years as the Associate Pastor at Angier Baptist Church in Angier, NC. I loved working with their youth, senior adults, and finding creative ways to connect practical missions with everyday practices of faith.

Q: What inspired you to focus on the spiritual practice of fasting for your doctoral thesis, and why do you believe it’s relevant for our congregation today?

A: As I began exploring my doctoral work, I was encouraged to find something that was relevant for the local church - both filling a void in that space that could also be useful in other spaces. As we were approaching the season of Lent, our Baptist setting acknowledged Ash Wednesday and Holy Week, but did little to connect the two during the season. Focusing on fasting became a way to bridge the season, understand the past, explore ways to modernize the practice, and put Jesus' words into practice.

Q: In your experience, how have you seen fasting impact individuals or communities in their faith journeys, and do you have a personal story that illustrates its transformative power?

A: Fasting is often not done well, if at all, in the Baptist tradition. We like to focus on community around the table and not abstaining from the table! However, when you truly understand what Jesus taught by combining fasting with prayer and almsgiving, he was teaching his disciples that all three must be done together. That is a

powerful lesson that can speak volumes within the church today. One of the best examples of this in modern context for me is Alfred Street Baptist in Alexandria, Virginia. They decided as a congregation to fast, pray, and then donate the money they saved during that time and pay off student loans at a local HBCU. After one month in 2019, they paid off over \$100,000 in student debt! They became the hands and feet of Jesus, an answer to prayer, and saw their community transformed, because of the seriousness with which they fasted, prayed, and gave.

Q: Can you share a key takeaway or encouragement you hope our congregation will carry with them after your teaching on fasting?

A: One key takeaway is that everyone can do this! Fasting isn't about deprivation as much as it is willingness. It doesn't have to be about food, but might be about social media. It doesn't have to be daily, but might be once a week. The intention and heart of the person acting in good faith is more important than any pious restriction. Jesus tells us in Matthew how not to fast (like the hypocrites), but Isaiah 58 tells us how to fast (to loose the chains of injustice, share food, clothe the naked). Take heart and know that Jesus wants us to focus on serving others more than on depriving ourselves...the challenge is are we willing to actually do it!?

I'm really looking forward to Allison's visit on October 19! She'll lead a special teaching session from 9:30 to 10:00 AM in our Historic Sanctuary, followed by delivering the message during out 10:30 AM worship service. I invite you to join us for this meaningful time of learning and worship as we explore fasting together. Until then, may God bless Allison and her family and may He continue to bless you and our beloved Bethel Baptist Church. With love, grace and peace for you all...



A Word from Jeremy

October is here! We're really getting into my favorite time of the year. I mentioned this in worship a few weeks ago, but October means we are in College Football season! Nothing beats a Saturday in our house with the windows open letting a cool breeze in. I hope you'll find things about fall that fill you with joy.

To our Children: I hope you'll see God's wonder all around you. I hope you make time to play in the crunching leaves and find all kinds of fun with pumpkins! God made you wonderfully, and just like the seasons, you are always changing and growing!

To our Youth: It has felt like a long time since I have been in middle or high school. I can only imagine that the work load has grown, along with the standards and pressures you all face every single day. Do not ever forget that the church is a safe place for you to ask your questions, and discover all the ways God is calling you to rest and kindness!

To our Senior Adults: You bless me and the rest of Bethel Baptist Church with your generosity, kindness, and patience. Your faith has weathered many seasons, and I feel honored every time I get to fellowship with you!

Grace and Peace,





Men's Fellowship Lunch is October 2

The next Men's Fellowship Lunch will be **Thursday, October 2, at noon** at the Italian Delight Restaurant in Powhatan. If you have any questions please contact Bruce Lewis. All men are welcome.



November Newsletter Deadline is October 10

The deadline for the November Newsletter is **October 10**. All articles, thank you notes, ministry information and other items should be dropped off in the church office or emailed to karnold@bbc1817.org before October 10. Thank you for your help!



Trunk or Treat at Bethel

Trunk or Treat at Bethel will be **Saturday, October 25 from 6 to 8 PM**. We need decorated vehicles, candy donations and more. Watch for more details soon, including a sign up sheet on the round table! Questions? Please reach out to Jeremy.



WMU

Bethel's WMU group meets the first Monday of each month. Their next meeting is **Monday, October 6 at 10 AM** in the People of Hope Center. For questions, please contact Janet Goodman.



Ladies Fellowship Lunch

The October Ladies Fellowship Lunch will be on **Thursday, October 30** at noon at the Four Seasons Restaurant in Midlothian. All women are invited. If you would like more information about the Ladies Fellowship Lunch, or you plan to attend, please contact Shirley Lewis so a place can be reserved for you.



Sharing and Caring

The "Sharing and Caring" group **meets every Monday at 9 AM** in the Endeavors Room. All are welcome to attend. For more information, please contact Bruce Bartlam.



Charlotte's Food Pantry - October Schedule

- Wednesday, **October 8, 5 to 6:30 PM** - Distribution
- Friday, **October 24, 9 to 11 AM** - Distribution

Wednesday Night's in October

Wednesday, October 1-Choir Practice, 5:30-6 PM in the Choir Room, Chili Cook-off Fellowship Dinner at 6 PM, POHC. Youth group will attend dinner. No Sacred Circle.

Wednesday, October 8-Charlotte's Food Pantry Distribution, 5 - 6:30 PM, **NO CHOIR PRACTICE**, Youth Group, 6 PM, Sacred Circle, 6:30 PM

Wednesday, October 15-Choir Practice at 5:30 PM, Youth Group at 6 PM, Sacred Circle at 6:30 PM

Wednesday, October 22-Choir Practice at 5:30 PM, Youth Group at 6 PM, Sacred Circle at 6:30 PM

Wednesday, October 30-Choir Practice at 5:30 PM, Youth Group at 6 PM, Sacred Circle at 6:30 PM



Celebrating Our October Birthdays!



October 2-Tony Caniglia
October 4-August Bradbury
October 6-Caroline Keaton
October 7-Brenda Jeter
October 8-Ralph Mead
October 9-Debbie Mead
October 10-Myles Rivera

October 12-Malinda Davis
October 14-Glenn Riley
October 15-Buddy Hicks
October 27-Krista Smith
October 28-David Gillespie
October 31-Stuart Condrey
October 31-Shirley Roberts

Preschool Notes

October is here which means our preschool classes have settled into their routines and are learning so much and having a blast! The halls are being filled with student artwork and our teachers are always coming up with the most creative lessons. Seeing kids excited to get out of the car in the morning is the best feeling! And we have, once again, been blessed with the most incredible and supportive preschool families who help make our jobs so enjoyable.

This month will be filled with excitement. We will go on our annual field trip to Lloyd Family Farms in Rockville for a morning of hayrides, farm animals, exploration, and pumpkin picking. We will also have a visit from Fire Station #5 during Fire Safety Week. Our classroom lessons this month will center around the changing seasons and all things fall!

As our preschool continues to grow, we are so thankful for the support of the church. We are appreciative of your patience and willingness to be flexible so the preschool can bless as many families as possible. This little preschool is just so special, and we are going to have an incredible year!

-Heather Kerns

Bethel Baptist Preschool Director



Brotherhood Breakfast

Mark your calendars! The next Brotherhood Breakfast will be held on **Sunday, October 26 at 8:45 AM**. Everyone is invited to enjoy this legendary breakfast prepared by Bethel's Brotherhood. It's always a wonderful time of food and fellowship! Keep an eye on upcoming Weekly Updates for more details.

News from the Library



The library is not just for books anymore. Starting in October you will be able to check out puzzles! Puzzles can be checked out for two months. If a longer time is needed just let us know.



The preschoolers are back and are coming to the library for story time once a week. The preschoolers are able to check out two books weekly. This helps them learn responsibility, patience and how to take care of things. We are so glad we can help foster the love of reading at an early age.

-Cindy Wight

Care Team Visits

The Care Team has been busy visiting our at home congregation members to deliver special fall treats such as the Bethel Prayer of Thanksgiving throw blankets.

Peggy Keatts and Jane Ruehrwein visited Marie Justis recently and had a wonderful time deciding on delicious lunch options from a beautiful display table.



Peggy Keatts and Marie Justis

Welcome New Members!

Bethel Baptist Church joyfully welcomes Nancy and Joe Van Voorhis, who became members in August! We are truly blessed that they have chosen Bethel as their church home, and we look forward to growing in faith and fellowship together as we get to know them better.



Nancy and Joe Van Voorhis

Thank you

Dear Bethel Care Team,

Thank you so much for the beautiful blanket. The pretty fall colors and the Thanksgiving prayer remind us daily of God's unending love for his children. We are so blessed to be part of a loving church family.

God bless you,

Bob and Margaret Gillis

Thank you everyone for your calls, prayers, hugs and love to us as we support our precious son, Brian, in his journey with cancer. We have forwarded every card to him and he appreciates and covets your prayers for his recovery.

In Christ love,

Shirley and Bruce

Dear Church Family,

Thank you so much for your calls, cards, flowers and prayers during my recent hospital stay and recovery. I am blessed to be a part of such a loving church community.

Love,

Elzora

Bethel Family,

You came through for me and our family again. I can't thank you enough for all the food, cards, visits, calls, and prayers!!!!!! What a comfort for all your kindnesses after my knee replacement. As far as I know there are no surgeries planned in the future.

How blessed to belong to such a loving and caring church!!!

Love to all,

Aleta Jenkins

Thank you to my Bethel Church family for the beautiful throw blanket. It is so beautiful and special. It will get a lot of use.

Shirley Roberts

My husband, Michael, and I truly appreciate the phone calls, notes, cards, office coverage, and prayers extended to us when my father-in-law passed away recently. We were overwhelmed by and are forever grateful for the outpouring of love and support from the Bethel community. Thank you!

Kim and Michael Arnold



News From the Parish Nurse

Health Literacy is the focus in the medical community during the month of October. "Health literacy is the ability to obtain, read, understand, and use healthcare information in order to make appropriate health decisions and follow instructions for treatment." -**Wikipedia**

Having an advocate with you during doctor visits and hospitalizations is not only comforting, but provides a second set of ears to hear information. Statistics reflect that a large percent of patients don't have a complete understanding of a current or new diagnosis. Individuals hearing a new or difficult diagnosis have a lot of information to absorb and having an advocate can help them process the details.

Knowledge is power and patient advocates can help with physical and financial guidance. Advocates can assist with the process of second opinions, getting records transferred, benefits, and follow up care.

This website contains a lot of information on guiding your healthcare: <https://www.patientadvocate.org/>

"The heart of the discerning acquires knowledge, for the ears of the wise seek it out." **Proverbs 18:15 (NIV)**

May you all have a blessed and safe Halloween.

-Cindy Luck RN FCN

Fall Food Drive

The Community Engagement Team is excited to kick off a Fall Food Drive to support Charlotte's Food Pantry! From **September 28 through October 31**, the team is hoping to collect 500 lbs. of non-perishable food and toiletries and they need your help to reach this goal!

Every donation makes a difference. Check out the Weekly Update and posters near the pantry for the most-needed items. **Please make sure items on non-expired.**

Chair Yoga at Bethel!



Come join us on **Monday, October 13 at 10:30 AM** in the POHC for a relaxing and refreshing session of Chair Yoga. This gentle form of exercise is perfect for all ages and abilities and will be led by an instructor from Healthy Life Yoga.

This event is free and open to everyone, so bring a friend and enjoy this time of movement and fellowship!

Brunswick Stew



It's almost Brunswick Stew time! **The stew will be made Friday, November 7** and will be available for purchase on **Saturday, November 8 from 11:00 AM to Noon** and **after worship service on Sunday, November 9**. The price is \$12/Quart. Ordering details will be available soon.

Angel Tree Project

The Community Engagement Team is once again hosting an "Angel Tree" to provide gifts for children in need. If you know of a family that needs assistance this Christmas season, recommendations will be accepted **October 5 through November 9**. Information on submitting a family for consideration will be available in early October.



Walking Through Grief Together

Grieving is a natural part of life, and as we grow older, the loss of loved ones can become more frequent. Sometimes, friends may urge us to "move on," and even as Christians we may feel pressure to only show joy because our loved one is in heaven. Yet the truth is, while our faith gives us hope and strength, it doesn't erase our grief—it helps us carry it.

On **Sunday, November 9, immediately following worship service**, we invite you to a special discussion session on understanding and navigating grief. Together we'll explore topics such as:

- Types of grief and what influences the way we grieve
- Physical and emotional reactions (even the "crazy" ones that are actually normal)
- Stages and duration of grief
- How relationships change through loss
- The role of faith in grief
- Caring for ourselves and supporting others who are grieving
- How God can bring good out of our grief

The session will last about two hours, and lunch will be provided. If you would like to attend, please sign up through Amplify, add your name to the list on the round table in the church foyer, or contact Nancy Treanor at (804) 458-2713 or net670@verizon.net. **Please sign up by November 2.**

This event is open to everyone—both within and beyond Bethel Baptist Church. Please feel free to invite a friend who may benefit from this time of comfort and learning.

WMU Mission and Project Update

Mission Report: The WMU would like to "thank you" for filling 74 kindergarten backpacks for Hope for Appalachia. This could not have been accomplished without your love and support. You help make our world a better place.

Upcoming Mission Project: WMU is collecting new or gently used children's coats, hats and gloves for Hope for Appalachia. The coats will be distributed to elementary school aged children from kindergarten to 5th grade. The **Coat Drive will run from October 1 through October 19** and drop off bins will be in the People of Hope Center.



Veterans' Pictures



Send us a picture of your loved one who served in the United States Military by **November 6** so they may be honored or remembered at an upcoming worship service. Please include your name, the veteran's name, your relationship to them, branch of service, war in which they served (if applicable), and dates of service (if known).



You may use this QR code to upload the picture and information.



BETHEL
BAPTIST CHURCH

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 - Choir Practice, 5:30 - 6 PM, Choir Room - Chili Cookoff Fellowship Dinner, 6 PM, POHC - Youth Group- Attending Fellowship Dinner - No Sacred Circle	2 - Men's Fellowship Lunch, Noon, Italian Delight - AA Meeting, 5:30 PM, Providers Room - Circle of Truth Rehearsal, 5:30 PM - Ladies Coffee Club, 6 PM	3 World Smile Day  "We shall never know all the good that a simple smile can do" -Mother Teresa	4
5 Communion Sunday - Sunday School, 9:30 AM - Worship, 10:30 AM, POHC - Girl Scouts, 5 PM, Youth Suite	6 - Sharing and Caring, 9 AM, Endeavors Room - WMU, 10 AM, POHC	7 Greece Trip - Preschool Field Trip - Garden Club, 10 AM, POHC - Boy Scouts, 7 PM, POHC	8 Greece Trip - Charlotte's Food Pantry 5 - 6:30 PM - NO Choir Practice - Youth Group, 6 PM, Youth Suite - Sacred Circle, 6:30 PM, Endeavors Room	9 Greece Trip - Preschool Fire Truck Visit - AA Meeting, 5:30 PM, Providers Room - Ladies Coffee Club, 6 PM	10 Greece Trip Life Line Screening, 9 AM - 4 PM, POHC	11 Greece Trip
12 Greece Trip - Sunday School, 9:30 AM - Worship, 10:30 AM, POHC - Girl Scouts, 5 PM, Youth Suite	13 Greece Trip - Sharing and Caring, 9 AM, Endeavors Room - NEW! Chair Yoga, 10:30 AM, POHC	14 Greece Trip - Preschool Chapel, 9:45 AM, POHC - Boy Scouts, 7 PM, POHC	15 Greece Trip - Choir Practice, 5:30 PM - Youth Group, 6 PM, Youth Suite - Sacred Circle, 6:30 PM, Endeavors Room	16 Greece Trip - AA Meeting, 5:30 PM, Providers Room - Circle of Truth Rehearsal, 5:30 PM - Ladies Coffee Club, 6 PM	17 Greece Trip	18 Greece Trip
19 Welcome Allison Collier! - Sunday School, 9:30 AM - Fasting Talk, 9:30 AM, Historic Sanctuary - Worship, 10:30 AM POHC - Girl Scouts, PM, Youth Suite	20 Preschool Closed Sharing and Caring, 9 AM, Endeavors Room	21 Boy Scouts, 7 PM, POHC	22 - Choir Practice, 5:30 PM - Youth Group, 6 PM, Youth Suite - Sacred Circle, 6:30 PM, Endeavors Room	23 - AA Meeting, 5:30 PM, Providers Room - Ladies Coffee Club, 6 PM	24 Charlotte's Food Pantry, 9 - 11 AM	25 Trunk or Treat, 6 - 8 PM, Church Parking Lot and POHC
26 - Brotherhood Breakfast, 8:45 AM, POHC - Sunday School, 9:30 AM - Worship, 10:30 AM, POHC - Girl Scouts, 5 PM, Youth Suite	27 Sharing and Caring, 9 AM, Endeavors Room	28 Boy Scouts, 7 PM, POHC	29 Preschool Halloween Party - Choir Practice, 5:30 PM - Youth Group, 6 PM, Youth Suite - Sacred Circle, 6:30 PM, Endeavors Room	30 Preschool Halloween Party - Ladies Fellowship Lunch, Noon, Four Seasons Restaurant - AA Meeting, 5:30 PM, Providers Room - Circle of Truth Rehearsal, 5:30 PM - Ladies Coffee Club, 6 PM	31 Halloween  Preschool Halloween Fun Friday, 9 AM - Noon, POHC	



1100 HUGUENOT SPRINGS ROAD
MIDLOTHIAN, VA 23113

WORSHIP TIMES

9:30 AM SUNDAY SCHOOL | 10:30 AM WORSHIP



Saturday, October 25, 6 - 8 PM at Bethel Baptist Church