

OCTOBER 2026

NEWS TO PERUSE

The Official Newsletter of First Presbyterian Church of Hayfield

What's coming up!



Oct 4 Worship with Communion

Oct 7 PFP & Session

Oct 25 Pumpkin Painting



All kids (and parents) are invited!
October 25, 4:00 pm @ the Kramer Shed
16509 710th St, Hayfield, MN 55940
Pizza for dinner afterwards
?'s contact Tara @ tlkramer3@gmail.com





FROM THE PASTOR'S OFFICE

Happy October! Is October the most beautiful month? I think it might have my vote at least for those of us that live in a 4 season climate that has trees and crops all changing colors around this time. One of the side benefits of driving a school bus in the morning is that during this time of year I get to witness the sun rising on a regular basis. Around my route there aren't a whole lot of trees to see change color but I do enjoy watching the crops fade from green to brown. One of my favorites is when a bean field is a mix of green and tan and yellow. (even if it does remind me of the Green Bay Packers)

The cooler weather is also a nice attribute of October. I really enjoy a nice 67 degree high, although watching football when it gets in the 50's in the evening with a breeze can get surprisingly quite chilly. A downside of the changing colors and the falling temperatures is that they don't seem to last very long. Before too long the leaves fall, the crops are in, and we wake up to frost on the windshield. This is of course a fact of life that never fails, things change and time keeps moving. It all happens out of our control; and isn't that annoying.

The things we enjoy the most seem to fly by while the mundane and uncomfortable parts of life seem to drag on forever.

A great conversation or fun activity with a friend can make 2 hours seem like 15 minutes while the 10 minutes you are in the pickup line at school can feel like an hour. Time is a weird thing that way, well time is a weird thing anyway actually. Believe it or not I actually like to read about things like time and how it works in the universe. I'll give you my short summary; it's relative, it's confusing and I don't understand it.

The one part of time we all somewhat understand and experience is that there is the past, the present, and the future. And a challenge that we all face is how to best live so that we are not consumed by guilt or shame about the past, nor overwhelmed by stress and anxiety about the future. How do we stay living in the present? I can't say that I'm all that effective in living in the now, my mind is often wondering to what happened in the past or what is coming in the future. It's not always even negative thoughts that get in the way, but even just focusing too much on what exciting thing is coming next can take away from actually living life in the here and now. Social media making it look like everyone else is living their best life in beautiful places all the time doesn't often help us out either.

So what do we do? Well I might suggest the classic "stop and smell the roses", or the bean field as it may be.

We need to practice slowing our minds down from all the swirling thoughts of the past and the future and just let what is happening right now sink in a little more. Prayer of various forms can be helpful for this. We can pray in a traditional manner where we either recite a favorite prayer or get a list of worries off our chest and put on God. We can also practice meditation or mindfulness where we stay focused on our breathing or on one simple word or phrase and when we obviously get distracted, we just return to that same thought. You don't have to be a monk to do it, but turning off the noisy screens can be beneficial.

So enjoy the changing colors and when those change to something else, enjoy that too, it's all a gift from God.

Blessings,
Brad

Thank you! **VOLUNTEERS**

October 4

Lay Leader
Usher/Greeter
Coffee Hour
Counters

Tyler Kramer
Kristi Jacobson
Jeff & Sandy
Nancy & Kayla

October 11

Lay Leader
Usher/Greeter
Coffee Hour
Counters

Melissa Doman
Tony & Astyn
Greg & Nancy
Kayla & Tara

October 18

Lay Leader
Usher/Greeter
Coffee Hour
Counters

Nancy Dahlen
Lee & Sarah
Joe & Mariah
Tara & Kristi

October 25

Lay Leader
Usher/Greeter
Coffee Hour
Counters

Jon Jacobson
John Kruger
Paul & Diane
Kristi & Joe

*Happy
Birthday!*

**Oct 5 - Mark Peterson
- Brittney Dahlen**

Oct 8 - Jan Louks

Oct 10 - Ruth Kruger

**Oct 12 - Tara Becker
- Sarah Gunderson**

Oct 15 - Gary Allen

Oct 21 - Krystine Kramer

Oct 24 - Kyle Jacobsen

Oct 27 - Braelyn Gunderson

Oct 31 - Jordan Becker

*TIME TO
Celebrate*



*Happy
Anniversary!*

Oct 1 - Greg & Nancy Dahlen

Oct 15 - Sarah & Lee Gunderson

Oct 16 - Harlan & JoAnn Buck

Oct 20 - Jon & Kim Jacobson

Financial Information

General Fund

Last 4 Weeks offerings

\$5,589

Budget for 4 weeks

\$8,878