The TrumBulletin

A Publication of the Trumbull Church of Christ, 2 Drew Circle, Trumbull, CT. 06611 203-261-5201

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Anxiety

We have all been there. It starts with a heavy feeling in the chest, a racing mind, or a sudden wave of worry about tomorrow. In our fast-paced world, anxiety can easily become a constant, uninvited guest. Whether it is bills piling up, health concerns, large crowds, or the weight of caring for loved ones, life gives us plenty of reasons to feel overwhelmed. If you are struggling with anxiety today, please know this: you are not alone, and you are not failing in your faith.

Even the heroes of Scripture faced deep anxiety. King David often cried out to God in moments of intense distress. Yet, in Psalm 94:19, he offers us some words of hope, praying to God, “When anxiety was great within me, your consolation brought joy to my soul.” David didn't pretend his problems didn't exist, but he chose to let God’s comfort outweigh his fears.

Overcoming anxiety isn't about flipping a switch to instantly feel perfect; it is a daily practice of shifting our focus to God. When we feel overwhelmed, our instinct is to run every worst-case scenario through our minds. But God invites us to practice something different. The Apostle Paul writes in Philippians 4:6-7, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Paul doesn't say our circumstances will change instantly. Instead, he promises that God's peace will guard us. It is like a spiritual fortress around our thoughts. When we trade our worries for prayers, we release the burden of trying to control everything.

Jesus himself reminded us of our immense value to the Father and how much He loves us when he asked, “Can any one of you by worrying add a single hour to your life?” (Matthew 6:27) He points to the birds of the air and the flowers of the field to show how deeply God cares for His creation. If He sustains them, how much more will He sustain you and me?

This week, when anxiety knocks, answer with prayer. Lean into our church family, seek support, and remember the words of 1 Peter 5:7, which says, “Cast all your anxiety on him because he cares for you.” You are not alone. You don't have to carry this alone.

~ Ron Saracino

NEWS & NOTES

Oct. 20- 9:30am Tues Ladies Bible Study

Oct.31-9:30-11 am Brother Tim Bonzagni will speak for the Asia Missions work.

Nov. 3 &17- 9:30 am Tuesday Morning Ladies Bible Study via zoom.

Nov. 14-10am-Ladies Bible Study at church building.

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Barnabas Project-Please contact Lisa Saracino if you would like to be included in this ministry (original list was lost),

Welcome visitors-please share a record of you visit by filling out the Welcome card or using the app on the laminated card, both located on the pew in front of you,

Prayer Requests

*Pray for **Lisa Saracino** and her family, her father passed away this past week.
*Pray for Cindy Holly,D-I-L's uncle **Fonzo** recently diagnosed with lymphoma.
*Pray for the **Alp family**(neighbors of Debbie Christy) they had a family member pass away recently.
*Pray for **John Robertson's father** who is not doing well and for **John** as he travels to Florida to be with him.
*Pray for **Stacie Terrell** (friend of Mary Warren) who had bone marrow surgery this past week and is in a lot of pain.
*Pray for **Rosalyn Ross** who has an autoimmune illness and needs to be on oxygen all the time.
*Pray for **Greg Cerminara**, recently diagnosed with multiple myeloma, he has begun chemo treatments.
*Pray for **Nancy Nelson who is having a procedure on Monday.**
*Pray for Angela's B-I-L, **George,** who had a heart procedure. Also for his wife,Rachel.
*Pray for **CJ** (Carol's grandson's friend) , a large mass found on his brain, he is currently hospitalized for fluid on the brain.Also for Carol's grandson. **Anthony**, who needs a new vent.
*Pray for **Raymond Lewis** for his current job situation.

*Pray for those dealing with cancer and chemo treatments- **Judith Gomez,ay for Cohen** (Ron's friend)**, Tom Byer**
***Prayers for all those who have lost loved ones this past year.**
*Pray for **families, relatives, friends** and **people we are reaching out to, that** they may turn to the Lord. Special prayers **for our church leaders.**
Prayers for all families caring for their elderly or sick loved ones: Allie Saracino-Cherie, Bob and Joanne Discala-Virginia, Gina Porto
***Pray for those suffering from long term illnesses and physical challenges** :Leo Benevento, Deserine Forbes, Emille Jones, Mike & Paula Ross, Ted & Toni Bonadio, Kevin Early, Nadine Keller, Greg & Linda Cerminara, Pat & Henry Yaglowski. Meegan and Irene, Judith &Nuris Gomez, Karen O, Anthony Katz, Jasmyn Malagutti, Daniel Ruiz., Zak Pappas Fernandes, Jim Walkup's brother (Sam), Lance Flood, Jenna Strickland. Zach Saracino, Joshua Ruiz, Brody Streety & all children with diabetes.
***Opportunities** to serve: any men willing to participate in worship service in other capacities for the church, please contact Patrick Keller. Anyone interested in leading and/or helping the building or church house maintenance please contact Bob DiScala

Please bring nonperishable food items for the **Spooner House -** a list of all items needed is on back table: Jelly/Jam/Peanut Butter, Cereal/Oatmeal, Canned Meats: Chicken, Tuna, Corned Beef Hash, Canned Ravioli/Tomatoes, Pasta Sauce, Canned Fruit/Applesauce, Crackers/Snacks, Pancake Mix/Syrup, Ramen, Hamburger/Tuna Helper, Baked beans/Pork and Beans, Canned/Dried Beans (i.e. Black, Chick Pea, Cannellini, Kidney, Pinto), Rice/Rice-A-Roni, Soup/Stew/Chili, Instant/Canned Potatoes/Yams. Bring these food items to the building to be delivered to the Spooner House. Please make sure that items do not have expired dates. Thank you.

Elders:
Bruce Pancoast 203-583-0551
Ron Saracino 203-913-8345
Minister: Ron Saracino 203-913-8345
Spanish Ministry: Elmer Sandavol 914-486-9146

Deacons:
Ray Fernandes: 203-502-8871
Luis Ruiz: 203-610-2396
Bob Discala: 203-521-7252
Patrick Keller: 203-218-9517
Derin Wilson: 203-360-1695

Wednesday Night Bible Study
7:00 pm via zoom
Bible class Sun. 10 am, worship service 11am
Online bible class and worship service go to our website:
trumbullchurchofchrist.org
Week of Oct. 18, 2026
Song Leader: Derin Wilson
Lord's Table:Wiley Mullins
Closing Prayer/Announcements:Patrick Keller
Usher:Yeremi DeLeon
Week of 10/18--10/24/26
Donations:$4926Expenses:$6124