



*Our Vision is to be Christ to each other  
and our community— doing  
justice, loving mercy and  
walking humbly with our God.*



I would like to convey the profound gratitude of the McLane family for the Fernwood family's overwhelming outpouring of expressions of support during our loss of a member, beautiful wife, mother, and teacher.

We are absolutely astounded and humbly grateful. We are also immensely inspired and further comforted by Pastor Matt's participation in the memorial service.

Sincerely,  
**Foster B. McLane, III**

## Book Group

If anyone is interested in joining the Fernwood Book Group for the following two studies, contact Nancy Easler at 864-680-8518 for the ZOOM link. Meetings are held on Tuesdays (dates listed below) from 7-8pm.

October 12 and 19 - Kathy Hensley will conclude the group in discussion of the book study - *The Whistling Season* - by Ivan Doig.

November 2, 9, and 16 - Wendy Case will lead in Discussion of - *The Hate U Give* - by Angie Thomas.

The Ministry Council had a great meeting with many things planned for the upcoming months. Look for announcements about the Drive through Trick or Treat on Saturday, Oct 31 beginning at 5:00pm. If you want to help, please let Sabrina know. Candy boxes are out at the church so you can drop off donations. Book club continues with a variety of books for the next few months.



If you want to get involved with the life of Fernwood, a ministry team is a great way to be a part.

What a great time to be part of a growing, exciting church!

**Sabrina**



## From the Pastor...

I would like to continue our discussion of Family Systems Theory that we have been learning about together over the past few months. I hope you aren't getting bored with this! I find it fascinating and extremely helpful, both at church and in the rest of our lives.

Systems thinking considers the interrelatedness of the parts of a system, in this case the Body of Christ. Family Systems Theory represents a change in our thinking. We move from straight line thinking (A -----> B) to systems thinking (A and B mutually influence one another). Any interaction between different parts of a system will produce a response. And then that response will produce another interaction, and so on...

One of the basic concepts of Family Systems Theory is the idea of “**self differentiation**”. The only person you can really, ultimately change is yourself. We can't change anyone else. But if we change how we act towards someone else, then they have the opportunity to change in response. No member of the Body can simply say, “I don't need you.”

### Cycle of Self-Differentiation

Having a healthy sense of limits

Being clear about what you believe

Being able to clearly articulate what you believe

Expecting sabotage as a system's natural response to anxiety and/or stress

Being able to stay connected in spite of differences

When we are self-differentiated, we are able to respond to stressful and difficult situations in healthy ways. We realize that, when someone gets upset with us at church, most of the time it really isn't about us at all. Once we recognize that we are the most important intervention we can make in any system, and we are clear about our own position and response with the goal of promoting health in our congregation, we are well on our way to self-differentiation.

Next month, we will look at the next key concept of Family Systems Theory:

### **The Non-Anxious Presence**

*Matt*

## A Note from the Stewardship Ministry Team...

If you are 72 years or older, IRS rules require that you take required minimum distributions (RMDs) each year from your tax deferred retirement accounts.

Did you know that you can exclude the RMD from your taxable income by making a Qualified Charitable Distribution (QCD)? A QCD is a direct transfer of funds from your IRA, payable directly to a qualified charity. Amounts distributed as a QCD can be counted as satisfying your RMD for the year, up to \$100,000. If you take the RMD as income instead of as a QCD, your taxable income will be higher. Speak to your advisor about reducing the tax impact of your RMD by making Fernwood the recipient of a Qualified Charitable Distribution.

## TOTAL Ministries

Current needs include: soups (all types), jelly, grits, oatmeal, canned fruit, applesauce, cake mix and frosting, one pound bags of dry beans, peanut butter, canned meats (such as Spam, salmon, tuna, beef stew), cereals, one pound bags of rice, macaroni and cheese, spaghetti sauce and noodles(pasta), all types of canned vegetables, and toiletries.

Collection containers are located in front of the church office.

## Drive Thru Trick or Treat

We are having a Halloween Drive Through Trick or Treat Party! We will have this parade Sunday, October 31 from 5-6pm. The public will drive through our parking lot, being greeted by our members. And we need your help. Please drop off bags of candy at the church that will be given out during this event. There will be boxes placed around the concourse that you may use to place the candy into. We also will need volunteers to assist with traffic control, handing out candy, speaking with families and generally enjoying a fall night.



The Fernwood Mission Committee is planning to have a build site workday the morning of Saturday, November 20, from 8:30 to 12:30. Sign-up sheets will be available outside the church sanctuary or you can speak with Russ Blackburn. We need about 6 participants. If more are interested, we can explore a full workday with one shift working in the morning and a second in the afternoon.

## Homebound Member of the Week

Margaret McDowell  
c/o Ray McDowell  
1152 Ringgold Depot Road  
Ringgold, VA 24586



## Family Night Supper Support - Will You Help?

We are supporting a local mission with meals to the Hope Center for Children on the third Wednesday of every month. Tina will be preparing larger casserole type meals along with sides. They have 3 residential homes that she will be preparing for. These meals will be hot and fresh and delivered on Wednesday afternoon at 5:30pm at each location.

Are you willing to continue to pay for your meal, but allow it to be served to your neighbors? If you would like to help pay for some meals, you can write "Family Supper" on your check or choose "Family Supper" when you give online. Please give generously and help spread the word to others. Thank you to those of you who continue to support this important ministry!

**Fernwood Baptist Church**  
**P. O. Box 7058**  
**Spartanburg, SC 29304**

**OFFICE HOURS**

**Mon – Thurs: 8:30am to 4:30pm**  
**Please call ahead for availability.**  
**(864) 582-7467**

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**MASK REQUIRED**

**Masks are required when in the church building, at all times.** even if you have been vaccinated. Due to the recent number of new Covid cases, we will be taking all precautions to protect everyone. There will be masks provided at each entrance of the Sanctuary lobby.

**Publication Notice**

The next bi-weekly e-blast newsletter publication will be **Wednesday, October 27, 2021.**  
Deadline for all articles is **Tuesday, October 26, 2021 at Noon.**

PLEASE NOTE: You may submit your information via email ([angie@fernwoodchurch.org](mailto:angie@fernwoodchurch.org)) or through the church office. Please do not submit any information over the phone. Information submitted after the deadline will not be published until the following issue (no exceptions). Thank you for your understanding!