



First Christian Church

Church Life



January/February 2020

Volume 72—Issue 1

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From Pastor Ruth ...

Dear Church Family and Friends,

Welcome to a new year and a new decade in 2020! Some of you are greeting this year with good health, strong faith, money in your savings account, family members doing well, and a sense of excitement, hope, and purpose. I praise God that this is the case for you, while also acknowledging that others are not doing as well. If the statistics from the National Institute of Mental Health hold true, and if our congregation is a reflection of society at large, I am painfully aware that on any given Sunday 20% of our adults and 20% of our teenagers may be experiencing some form of mental health disorder and/or mental illness ranging from anxiety, depression, mood disorders, PTSD, and any number of other mental health challenges. Even if these statistics are too high for our church, I do know that on the few occasions when I have discussed depression or mental health issues in my sermons (as, for example, related to the despair experienced by the prophets Elijah and Jeremiah, or King David) I have received so many comments from people saying how helpful and relevant it was to their lives.

First Christian Church
111 North Fifth Street
Murray, KY 42071

Sunday Worship Services:

9:30 AM— Sunday School
 10:30 AM—Worship Service

Office Hours:

Monday-Thursday, 10AM—
 2PM

Phone:

(270) 753-3824



Church email:



Main:

fccmurray@gmail.com

Pastor Ruth:

ruthragovin@gmail.com

Website:

www.fccmurray.com

It is important to know that mental health issues are not the result of personal shortcomings, a poor upbringing, or a lack of faith. Did you know that Abraham Lincoln, Winston Churchill, Michelangelo, Isaac Newton, Beethoven, Leo Tolstoy, Henri Nouwen, and one of my favorite artists Vincent van Gogh all struggled with difficult mental health challenges? Mental health issues might be likened to equal opportunity employers that can affect anyone at any time of any background since they have a biological basis related to the brain's chemistry. Unfortunately, however, there are tremendous stigmas associated with mental health that make people reluctant to talk about it or to seek help.

I know that on the two occasions in my own life when I experienced debilitating depression (when I was 16 and later at 25) and could not see any light at the end of the tunnel, I was reluctant to share my inner torment and despair even with my own family. I soldiered on without help, professional or otherwise, and fortunately saw my way through the darkness with God's help. Those were the days when the crucifix was such an important symbol to me (more so than the empty cross we have displayed in Protestant churches) as I knew that Jesus understood and even shared in my suffering. While I hope never to have to experience this darkness again, it has helped me tremendously in my ministry (more than any kind of book learning) since, when I am with people who are despairing, I do not minimize how they are feeling and I hold out hope for them as I lift them up in God's love and light.

I wish I knew then what I know now. That anxiety and depression are wide spread. That recovery is likely for most people, even with serious mental health illnesses, through a combination of pharmacological and psychosocial treatments, the hope that faith in God brings, and the support of family, friends, and a loving and well informed faith community. And, importantly, that there should be no shame in having mental health disorders. I also have learned that the church has an extremely important role to play in reaching out to people who have mental health challenges. Indeed, when people do seek help, they more often look to clergy, church elders, and supportive congregations than to mental health professionals. This means that churches have an important God-given role to play and many are taking the initiative in this area. I was excited, for example, to learn that the African Methodist Episcopal Church (a denomination with 2 million members) is beginning a three-year partnership with the Alzheimer's Association to educate its members (*Christian Century*, December 4, 2019, p. 14).

To this end, I would like First Christian Church of Murray, KY, to dedicate the first year of our new decade, 2020, to **“becoming a people of welcome and support to people with mental illness and/or mental health disorders”** (State-of-the Assembly GA-1523 adopted by our denomination in our 2015 General Assembly).

Our Director of Communications, Debbie Batteiger, who is greatly concerned and knowledgeable about this topic, already has helped launch this effort this past year when, on two occasions, she invited members of NAMI (National Alliance on Mental Illness) to come and talk to us during Wednesday Night Live about common mental health issues and the services they offer. Additionally, our two Faith Community Nurses Judy Lyle and Ann Thornton, our children's director Nancy Dycus, and I all have completed an eight-hour course and been certified through "Mental Health First Aid USA," with our Director of Communications Debbie Batteiger having completed 16 hours of training. Should another opportunity present itself, I encourage all of you to participate in this training as well, for just as we need to be prepared, as a congregation, to respond to a physical health emergency, we also need to know how to respond to a mental health emergency.

Building on this foundation, we will be hosting discussion groups on the topic of **Mental Health Awareness** the fourth Thursday of every month at 6 PM. Beginning on Thursday, January 23, and continuing for a number of months, we will be privileged to have Dr. Janice Morgan, retired MSU French professor, lead us in a discussion of her recently published memoir, *Suspended Sentence*, in which she shares her experiences of parenting a son struggling with bi-polar disorder, substance abuse, and legal issues (see Church Life, p. 20-21 for information). We also will be seeing a number of films during our "Faith and Film" evenings on mental health (substance abuse) issues (see Church Life, p. 18-19 for information).

In addition to also looking at substance abuse and addiction, I would also like us to include Dementia and Alzheimer's Disease under the larger umbrella of mental health issues. We know this already has afflicted a number of members of our congregation, exerting a tremendous toll on the family members who cared for them. To deepen our understanding, we have invited Dr. Karl Dick of Mayfield to give a presentation on "Living with Dementia" on January 8 during the first Wednesday Night Live program of the new year (see Church Life, p. 13 for information).

I strongly encourage you to take the opportunity to attend the aforementioned events and also to invite family, friends, and co-workers, since we all will either be personally affected by or interact with people close to us who struggle with mental health issues. As we embark together upon this important journey to greater compassion, openness, acceptance, and understanding, let us affirm again that everyone is created in the image of God (Genesis 1:26-27), that we are called to care for the needs of others, remembering that "*all this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation*" (2 Corinthians 5:18).

In Christian Love and Service,

Pastor Ruth

Joys and Thanksgivings



Many thanks to **Rev. Russ Ragovin**, who brought the message on November 10 while Pastor Ruth was at continuing education.



We were so happy to have **Harper Lake** come forward on Sunday, December 1, expressing her desire to be baptized! Pastor Ruth will begin teaching a baptism class in January.

Congratulations to **Yvette Farrar**, who began a new job the last week in December after many months of diligent searching!

Joys and Thanksgivings



Many thanks to Rebecca Landolt's Sunday School class who have been faithfully keeping the little food pantry blessing box at the back of our parking lot stocked.

The congregation voted in favor of the proposed 2020 \$181,243 budget and slate of officers on Saturday, December 8. Many thanks to our hard working Stewardship Finance Committee and the nominating committee! The following were voted on:

Elders (three-year term): *Doris Cella, Ruth Daughaday, Steven Ledington Reed*

Diaconate (three-year term): *Krista Crass, Nancy Dycus, Terry Hart, Elena Roberts, Sharon Rue*

Junior Diaconate (one-year term): *Alyssa Daughrity, Emily Dawson, Angela Gierhart*

From the CWF: *"We greatly appreciated the wall hanging from South America donated by Bryan Warner, which we were able to auction off during the Noel Market in November. Proceeds from it went towards the success of the market this year."*

From Ruth Daughaday: *"Many thanks to all who donated gifts for Spring Creek. We are mighty and giving church."*

CWF would like to thank **Billie Burton** for providing a new coffee pot to the kitchenette.

Joys and Thanksgivings

Thank you to everyone who donated cake mix and frosting to Need Line for their Christmas baskets and thank you to David Robinson for delivering the supplies to Need Line. In total we donated 400 boxes of cake mix and 400 containers of frosting.

Many thanks to everyone who bought items for 15 Calloway County school children, as we share the love of Christ in the community!



FCC members Don Bennett, Bryan Warner, Jean Bennett and David Robinson (seated) helped on Thanksgiving Day at the Community Thanksgiving Dinner held at the Murray Banquet Center. Doris and Ron Cella, not pictured, also helped deliver meals.

From Bob and Celeste McAllister: *"Thank you to the following people for providing us with some wonderful meals: Richard & Steven Reed, Albert & Emily Zimmerman, Ann Thornton, Sharon Rue, Ruth Daughaday and Doris Cella. You are all amazing people and so generous, and we are so blessed to have this amazing Church family! God Bless you all!"*

Joys and Thanksgivings



Rev. Willie Smith, minister of New Salem Christian Church in Hayneville, Alabama, sent us a thank you card, signed by his elders, stating how touched they were by and how much they appreciated the check for \$650 they received from the proceeds of our Soup N Bread Fundraiser we had for them. With it, they will be able to continue their important outreach to Lowndes County. Thank you again to everyone who contributed to this important effort!

The staff would like to extend a heartfelt thank you to you, the congregation of First Christian Church, for the generous Christmas bonuses we received in December. It was very appreciated!

Stewardship

FINANCIAL REPORT FOR October		
	2019	2018
Income	\$ 11,363.20	\$ 13,969.13
Expense	\$ 14,705.09	\$ 16,850.89
Balance	\$ (3,341.89)	\$ (2,881.76)

FINANCIAL REPORT FOR Jan-October		
	2019	2018
Income	\$148,303.01	\$137,787.78
Expense	\$148,395.57	\$145,563.68
Balance	\$ (92.56)	\$ (7,775.90)

FINANCIAL REPORT FOR November		
	2019	2018
Income	\$ 15,285.54	\$ 12,901.50
Expense	\$ 12,939.79	\$ 12,254.78
Balance	\$ 2,345.75	\$ 646.72

FINANCIAL REPORT FOR Jan-Nov.		
	2019	2018
Income	\$ 163,588.55	\$ 150,689.28
Expense	\$ 161,335.36	\$ 157,818.46
Balance	\$ 2,253.19	\$ (7,129.18)

Community Rewards Programs



1. To enroll in Kroger Community Awards and give back to FCC, visit <https://www.kroger.com/account/enrollCommunityRewardsNow> and log into your Kroger account.
2. Once there, you will see “Give More Back to the Community.” Hit the “Enroll Now” button.
3. To enroll in awards to benefit FCC, type in “First Christian Church—Murray” or “ID458”
4. Click on the organization button (it’s round and to the left of the name). Then click on “enroll.”

This money benefits the Building Fund.

From August 1 to October 31, 2019 FCC earned \$49.52 from 21 households participating in the Kroger Community Awards program.



Remember, always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to our church.

To support **First Christian Church** when shopping on Amazon, simply click on the following link: <https://smile.amazon.com/ch/61-0482959> and shop!

It’s that easy!

From July 1 to September 30, 2019, FCC earned \$7.37 from AmazonSmile.

Be in prayer for...

Charles Binford
Joy Burgoyne
Billie Burton
Joyce Clause
Mike Dalton
Diana Darnell
Sandra Daughrity
Phyllis Duckworth
Theda Farris
Fiona Fennell
Daxon Ferguson
John Filback
Leon Fowler
Glenn and Patricia Hughes
Christy Ledington
Celeste and Bob McAllister
Anna McCurdy



Nancy Manning
Paula Marvin
Barbara and Paul Meier
John Pasco
Aaron Perkins
McKenna Phelps
Carolyn Reagan
Ron Ratliff

Melissa Reed
Deane Renshaw
Bill Roberts
Cecil Roberts
Glenda Roos
Tom Seipel
Andrew Shultz
Gerald Shultz
Scott Tamaren
Jackie Underwood
Wolfgang Virmond
Sharon Wells
Gary White
Bernice Willis
Linda Wilson



- 1 Jordan Benton
- 2 Elizabeth Dawson Howard
Echo Falwell
Bradley Marvin
- 3 David Daughaday
Tory Daughrity
Lily Kinsley
- 4 Sam Dillard
- 5 Bryan Warner
- 10 Leah Hart
- 13 Eliana Benton-Ragovin
Haley Hart
- 15 Leah Ann Enzendorfer
- 16 Brandon Daughaday
Lyn Ryan
- 17 Henry Kwan
- 19 Jennifer Donnelly
Debbie Batteiger
- 20 Blake Morris
- 23 Echo Hensley
- 26 Albert Zimmerman
- 27 Fulton Hart



Happy
Anniversary

10 Joe & Teri Gould



A beautiful baby shower was held in the sanctuary on Sunday, November 24, to celebrate the anticipated spring arrival of Baby Rylee Jo Gonzalez! It was wonderful to see proud soon to be parents Catherine and Michael Gonzalez and to celebrate with soon-to-be grandmother Krista Crass!

Happy Birthday

- 1 Rick Hensley
- 4 Sam Allen
- Leah Hughes
- 5 Joyce Clause
- 7 Terri Benton
- 9 Eli McKeel
- 10 Rebecca Landolt
- 11 Lisa Allen
- Gary Darnell
- 14 Katie Allen
- 15 Alison Epperson
- 18 Dwight Willis
- 22 Angela Gierhart
- 28 Roger Dawson
- Carolyn Reagan



happy anniversary

- 14 Greg & Lillian Gierhart
- 23 John & Jan Fuqua
- 24 Sonny & Julie Warner
- 25 Albert & Emily Zimmerman



Pastor Ruth (back row, right) is part of a rotation bringing communion and a time of sharing at Hickory Woods. This ministry was started by Dr. Roger Weis (back row, left), retired Murray State professor. It was especially good to be able to share this experience with FCC congregants who live there: Deane Renshaw (front row, left) and Carolyn Reagan (front row, center).

January/February events



DISCIPLES MEN'S FELLOWSHIP

**Saturday, January 11
and Saturday, February 8
at 8 a.m.**

Disciple Men's Fellowship to meet in the Fellowship Hall for breakfast.

**Far West KY DMF will meet on Tuesday,
January 21 at 7 p.m. in Mayfield.**

**Far West KY DMF will meet on Tuesday,
February 18 at 7 p.m. in Benton.**



"Out to Lunch"

Mark your
calendars and join us
**Wednesday, January 15
at NOON at**

Sirloin Stockade

and
**Wednesday, February 19
at NOON at**

Artisan Kitchen

Please RSVP two days prior to Out to Lunch.



CHRISTIAN WOMEN'S FELLOWSHIP

CWF I:

Fellowship Hall

Tuesday, January 14, 6:30 PM

Hostess: Ruth Daughaday

Program: Norma Williams

Tuesday, February 11, 6:30 PM

Hostess: Doris Cella

Program: Lynda Chaney

CWF II :

Library

Monday, January 20, 7 PM

Hostess: Jean Bennett

Program: Jean Bennett

Monday, February 17, 7 PM

Hostess: Emily Kennedy

Program: Emily Zimmerman

CWF III : TBA

This group, comprised of the youngest women in our church, combines social activities with gatherings in homes.

January/February Events

“WEDNESDAY NIGHT LIVE”

For people of all ages!

5:30-6 PM: Fellowship Meal

6-6:45 PM: Program

January 8, 2020

Dr. Karl Dick: “Living with Dementia”

We will be launching our year-long initiative on a better understanding of mental health issues by welcoming Dr. Karl Dick of Mayfield, KY, to provide us with important information on dementia. This is an important topic to people of all ages, since either we or loved ones will struggle with the challenges associated with memory loss.

January 29, 2020

**Bryan Warner: “A Visual Presentation of his Mission Trip
to the Jungles in Honduras”**



Church congregant Bryan Warner will present photos of a mission trip taken to the jungles of Honduras sponsored by our church and the United Church of Christ. Twelve men built a suspension bridge connecting two villages. While there they learned about their culture and spirituality. Questions and discussion will be encouraged.

February 12, 2020

Dr. Patricia Hughes: “Healing with Herbs and Oils”

Dr. Hughes, a herbal pharmacist, will give a presentation on the use of certain herbs, good manufacturing processes, and what to look for when selecting a product. Also to be discussed are alternative therapies, essential oils and enfleurage, CBD oil, chaga, and frankincense tears. She feels it is important to seek out the health benefits of our abundant plant materials that God has provided. Her discussion will be framed by some Bible verses relating to the herbs of the Bible.

Dr. Patricia Hughes is a Kentucky and Florida registered pharmacist who has worked in the pharmaceutical field since 1976. Patricia attended Murray State University for pre-pharmacy classes and transferred to the University of Kentucky College of Pharmacy where she earned a Bachelor of Science degree. At that time UK was one of the few pharmacy schools still teaching the art of compounding. One of the classes Patricia took was a presentation at Shakertown. This class sparked a new interest in herbs and how they could work as medicine. While working at the Farm Deacon’s House, students selected herbs from the garden on site and distilled mint and a percolated wild cherry bark. After graduation Patricia worked in the retail business for 12 years. During that time, Patricia’s interest in herbal medicine continued to blossom. She joined The Association of Natural Medicine Pharmacist and received a certificate from ANMP and the University of Texas in Complementary Medicine and Alternative Therapies. In 2001 Patricia changed from a retail setting to hospital pharmacy. She started lecturing to healthcare workers and laypeople about the safe use of alternative therapies. During this time Patricia earned her Doctorate degree from Bernard J Dunn School of Pharmacy at Shenandoah University. In 2003, Patricia started working at Lourdes Hospital in Paducah where she was the pharmacy clinical coordinator. She served on many committees while there, one of which was the Investigational Review Board. This committee reviewed ongoing clinical trials providing a good background in the processes it takes to bring a new drug to the market. Patricia retired in 2017 and decided to combine her love for herbs, complementary medicines and alternative therapies with her joy for compounding. Patricia feels it is important to seek out the health benefits of our abundant plant materials that God has provided. She runs “eLcee & Me”, which is a small family operated business specializing in skin care products made by an herbal pharmacist. We at First Christian Church have been delighted to have Patricia Hughes’ son John, his wife Rachel, and their daughters Leah and Maya as members at our church!

January/February Events

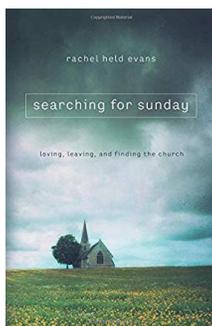
“Faith and Food”

Tuesday, January 7, 2020

Tuesday, February 4, 2020

1 p.m.

The Round Table at Tom’s Grille



On May 4, 2019, Christianity lost an important prophetic voice with the unexpected death of Rachel Held Evans, in which she left her husband, two young children, and a shocked and grieving world behind. Only 37 years old at the time of her death in Nashville, Evans had challenged the evangelical world through her columns, blogs, and a number of best selling books. In her honor, we will be reading her 2015 work ***Searching for Sunday: Loving, Leaving, and Finding the Church*** over the course of a few gatherings. It has been described as follows:

“Like millions of her millennial peers, Rachel Held Evans didn't want to go to church anymore. The hypocrisy, the politics, the gargantuan building budgets, the scandals--church culture seemed so far removed from Jesus. Yet, despite her cynicism and misgivings, something kept drawing her back to Church. And so she set out on a journey to understand Church and to find her place in it.” ~ *Amazon Description*

- **In January we will discuss part Five on “Confirmation”**
- **In February we will discuss Six on “Anointing of the Six”**

Each of the seven parts is a self-contained unit, so you need not have attended already to jump into the discussion. Books are available from the church for \$10.00. Please let Pastor Ruth know if you would like one.

January/February Events

“Head and Heart”

Ecumenical Discussion Group

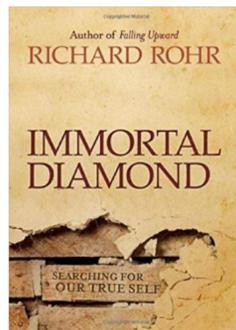
Facilitated by Dr. Ken Wolf

Thursday, January 2, 2020

Thursday, February 13, 2020

6 PM

at First Presbyterian Church



We will continue our discussion of Richard Rohr’s *Immortal Diamond: The Search for Our True Self* (Jossey-Bass, 2013), which has been reviewed as follows:

How well do we know ourselves? So many roles and identities shape individual lives that it’s easy to be confused about what is authentically “us.” Rohr, a Franciscan priest and founding director of the Center for Action and Contemplation in Albuquerque, New Mexico, leads a narrative excursion to the “True Self,” the core of character that lies like a diamond buried within. Writing for secular seekers, the author claims that individuals need to allow the false self to fall away in order to get in touch with the true self, allowing it to breathe and flourish. Grasping onto the superficial identities of the false self, such as job, class, race, or accomplishments, can keep people from being the loving and generous conduits of the Divine that they are meant to be. God is always communicating with humans, but those who cling to ego and social position can’t hear these divine messages. The author makes clear that it is not easy to shed this falseness for truth in the inner life, but it is a spiritual path well worth the effort.—*Publishers Weekly*, February 2013.

2020 Lenten Events

Ash Wednesday, February 26



5:30 p.m. ~ Lenten Soup and Bread Supper

6 p.m. ~ Ash Wednesday service

7:15 p.m. ~ Choir

Our forty-day Lenten walk to the cross will begin on Wednesday, February 26, with a simple soup and bread meal in the fellowship hall. At 6 p.m. we will gather in the fellowship hall for a meaningful intergenerational worship celebration that will include prayer, song, and periods of silence where we will reflect upon our lives and ways we might become more like Jesus. We will have the opportunity to experiment with prayer rocks, to make Lenten vows, to take communion by intinction, and to have ashes placed in the sign of the cross on our foreheads or hands.

January/February Events

Faith and Film

Thursday, January 16, 6 p.m.

Viewing of

***At Eternity's Gate* (2019)**

Followed by discussion over snacks

At Eternity's Gate is surely the most empathetic film ever made about Vincent van Gogh, the tortured genius and deeply spiritual artist who opened our bodies, minds and souls to the wonders of a sense-luscious world. Master director Julian Schnabel (*The Diving Bell and the Butterfly*) has created a remarkable film out of the passionate acting of Willem Dafoe as Van Gogh ... He wants the viewer to see the world as Van Gogh the painter did, to experience the feelings associated with the act of creating art, and the devotional nature of the endeavor. ... Some of this is achieved by the cinematography and the life events covered in the film. But, thankfully, Schnabel also turns to Van Gogh's world-famous letters, which reveal over and over again how the artist uses nearly everything that happens as a connection to love, beauty, meaning, and the invisible. Willem Dafoe reads Vincent's letters to his brother Theo (Rupert Friend) and friends, including artist Paul Gauguin (Oscar Isaac). The letters help us unlock the inner reserves of faith and hope that the artist calls upon as he copes with innumerable catastrophes and disappointments which plague him as he desperately tries to 'paint what I feel and feel what I paint.' ... Whereas many other artists got caught up in the fame and money game, Van Gogh took the spiritual path. He sought to share his vision of what it means to be alive. 'Painting,' he wrote in a letter, 'is a faith and it imposes the duty to disregard public opinion.' In the film, he muses, 'Maybe God made me a painter for people who aren't born yet. Life is for sowing. The harvest is not here yet.' Several scenes in the film show Van Gogh dealing with public indifference. ... Included are moments when Van Gogh and those around him question his sanity and ability to function in the world. It becomes understandable that he could say, 'I paint to stop thinking.' Which, in the end, is perhaps the best approach to this film — not to think about it but to sense it, to feel your connection with Van Gogh as you feel the wind moving through the grasses, are awed by the vibrant gold of a field, and moved by the mystery in the night sky." ~ **Film Review by Frederic and Mary Ann Brussat in *Spirituality and Practice***

(www.spiritualityandpractice.com/films/reviews/view/28670/at-eternitys-gate)

January/February Events

Faith and Film

Thursday, February 20, 6 p.m.

Viewing of

***Beautiful Boy* (2018)**

Followed by discussion over snacks

Beautiful Boy, directed by Felix van Groeningen, is “is an informative and important drama about a family coping with the effects of crystal meth addiction. Drug overdose is the leading cause of death of Americans under 50. In 2017, drug deaths topped 59,000, 19% more than the year before. Illegal drugs such as cocaine and heroin are responsible for some deaths, but opioids (pain killers legally prescribed by doctors) account for even more. A newer phenomenon is the growth of the use of crystal methamphetamine, a highly addictive drug that damages the central nervous system. The user immediately experiences a rush of dopamine in the brain, causing feelings of intense pleasure. But over time, he or she will need to use more of the drug to achieve the same effect. Meanwhile, changes in the brain due to the loss of dopamine receptors can lead to feelings of anxiety, paranoia, and fear. Tough questions are raised by these developments. Is this kind of addiction a disease, a behavior disorder, or a moral failing? Is this trend a side-effect of American culture and history? Is it genetic or learned? What is it like to be addicted? What are the sources of this habit for most individuals? Can addiction be treated, and are relapses common and likely? These questions and more are explored in *Beautiful Boy*, the story of a teenager who gets addicted to crystal meth and, despite the loving support of his family and his own best intentions, can't stop using it. The film is based on two memoirs, *Tweak* by Nic Sheff and *Beautiful Boy* by his father, David Sheff. Timothee Chalamet plays the teenage addict, and Steve Carrell portrays his loving and idealistic father who is willing to do whatever it takes to retrieve his son from the prison of addiction and bring him home to heal.” ~ **Film Review by Frederic and Mary Ann Brussat in *Spirituality and Practice*** (<https://www.spiritualityandpractice.com/films/reviews/view/28657/beautiful-boy>)

MENTAL HEALTH AWARENESS DISCUSSION

Thursday, January 23 & February 27

6 p.m.

The parlor of First Christian Church

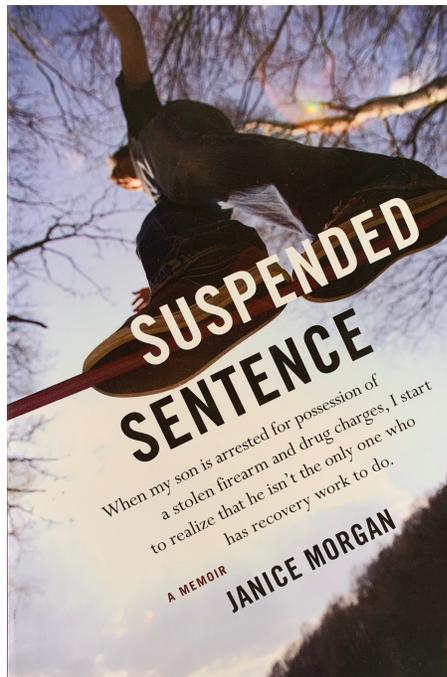
111 North Fifth St., Murray, KY

A discussion facilitated by Dr. Janice Morgan

and Rev. Ruth Ragovin

of Janice Morgan's 2019 book

Suspended Sentence: A Memoir



We will begin by a discussion of the first six chapters of this book. Copies of *Suspended Sentence* are available from the church for \$14. If you would like a copy, please let Pastor Ruth or the office know.

MENTAL HEALTH AWARENESS DISCUSSION



“When Janice Morgan, a divorced college professor living in a small town in Kentucky, learns that her son has been arrested for possession of a stolen firearm and drug charges, she feels like she’s living a nightmare. Dylan’s turbulent period as a college student in Cincinnati before this should have warned her, but it’s only now that she realizes how far he has drifted into substance abuse and addiction. As Dylan passes through the judicial system and eventually receives a diversion to drug court, Morgan breathes a sigh of relief—only to find that she, too, has been sentenced right along with him. In the months to follow, she leads a double life: part of it on campus, the rest embarking upon what she calls “rescue missions” to help Dylan stay in the program. But resilience, dark humor, and extreme parenting can only carry you so far. Eventually, Morgan discovers that she needs to gain a deeper understanding of the bipolar and addiction issues her son is dealing with. Will each of them be able to learn fast enough to face these complexities in their lives? Clearly, Dylan isn’t the only one who has recovery work to do.”~ Amazon Description

About Janice Morgan

During her career, Janice Morgan served as a college professor and administrator at Murray State University. She has written articles about social issues in French-speaking cinema, publishing in journals such as the *French Review* and the *Quarterly Review of Film and Video*. As a result of her family's experiences recounted in *Suspended Sentence*, she is an active member of NAMI and now advocates for better mental health awareness, substance abuse recovery, and criminal justice reform. Find her website at www.janicemorganauthor.com

Notes from the Library

Many thanks to Sandra Demerly Wittenbrink, who, knowing about our emphasis on systemic racism in 2019 has donated a number of books related to African American history for our library. She has included a description of each book inside the cover. During the month of February, as we celebrate Black History / African American History month, consider borrowing one of these books to learn more about our nation's history.

Molefi Kete Asante, *Afrocentricity*

James Baldwin, *Tell Me How Long the Train's Been Gone* (James Baldwin is one of the premier African-American writers of his time.)

Patrick Henry Bass, *Like a Mighty Stream: The March on Washington, August 28, 1963*

Tony Carr, *Time Bring About Change* (This brief, easy-to-read book addresses the difficulties he faced because of his race. It is addressed to corporations, universities, government agencies, and religious organizations on bias and stereotypes.)

George Dawson and Richard Glaubman, *Life is So Good* (A Memoir of George Dawson, who was born in 1898 in Texas, the grandson of slaves.)

Morris Dees, *A Lawyer's Journey: The Morris Dees Story* (This book relates the story of the founding of the Southern Poverty Law Center [SPLC] and its founder Morris Dees.)

Paul Laurence Dunbar, *The Heart of Happy Hollow*. (Stories by Dunbar)

Jim Haskins, *The Geography of Hope: Black Exodus from the South after Reconstruction*

Lynne Olson, *Freedom's Daughters. The Unsung Heroines of the Civil Rights Movement from 1830 to 1970*.

Condoleezza Rice, *Extraordinary, Ordinary People: A Memoir of Family* (The story of the amazing women who became the first Black woman to become the U.S. Secretary of State.)

Sandi Russell, *Render Me My Song: African-American Women Writers From Slavery to the Present*

Youth



From Nancy Dycus, the Children's and Youth Director...

Wow, we are beginning the year 2020! With it comes some changes for the children and youth.

I would like to have some more activities for grades 2-7 with First Presbyterian Church (known as tweens) beginning with January 12 from 3 to 5 p.m. with a dinner. The tweens will meet at FCC for some winter activities crafts and games. We might even have a snowball fight!

Parents: please let me know if this is not a good time for your child.

Also, February 2, meet at FPC from 3-5 p.m. for Groundhog activities and Valentine's crafts to share.

Youth activities will include:

- **January 12:** Cookie and Craft bake. 3-5 p.m. at FCC.
- **January 25-26** is the annual West Area Skiing trip to Paoli Peaks. We will stay at First Christian Church in Owensboro on Friday night with games and activities. On Saturday, we will head to Paoli Peaks for an all-day skiing experience.
- **February 16**, at FCC from 3-5 p.m., will be a Valentine's dance. Fee to get in will be to bring a friend.

New "ROK" ministry beginning in February

Mondays at noon in the parlor

For some time, I have been concerned for our children. They are faced with many temptations: smoking, drugs, self-harm, suicide, anxiety, depression, lack of respect, adults not being a role model for them, war and a country in disarray. We as parents, grandparents, teachers, and caring adults think that we cannot do much but stand and watch a life destroyed themselves. This is my second time as a parent, and it is not getting any easier. Because of that I would like to invite anyone who would join me in prayer each week for our children and schools. Beginning on Monday, February 3 at noon, we will meet in the Parlor for one hour. If this is your lunch hour, please feel free to bring your lunch with you. Stand on the solid Rock (ROK) as we pray for our Kids. Please join me in praying for them.

Youth



Youth group at MOTA House on Sunday, November 24.



Youth Christmas Party on December 18





Outreach

To help our church - The following items are needed at the church: Donations of **9 volt batteries for chairlifts.**

Fabric (1 ½ yards) is needed for Celeste McAllister to continue making “Little Acts of Kindness” bags and clothing protectors. It may be given to Celeste or dropped off in the Elder’s Room or Church Office.

To help our community - GREEN NEEDLINE BAGS: For the month of January, we will collect hearty soups, chili, and crackers. For the month of February, we will collect pancake mix and syrup. These may be placed in the green bags at the back of the sanctuary or in the green bag on the back pew.

The Main Street Youth Center is in need of individually wrapped afterschool snacks. Donations may be dropped off in the bin at the back of the sanctuary or at the center at 513 South Fourth St. from 2:30 to 5:30 p.m. each weekday. For more information, you can call the center directly at 270-753-8336.

Please collect quarters for Laundry Love! There are “Laundry Love” offering boxes in the narthexes for you to take home to put your quarters in. FCC will be overseeing Laundry Love four times a year. We are next scheduled to oversee Laundry Love on **January 27, 2020 from 4:30-7 p.m.** If you bring quarters to the church, you may empty them into the plastic box on the table in the Elders room on Sunday mornings. For more information about Laundry Love, visit www.laundrylove.org. If you would be willing to help, please contact Outreach Chair Melanie Dawson.

Outreach

Little Acts of Kindness Bags for Distribution at the Hospital

Bags are 8" x 8" and items should be appropriate for children ages 3-6 and 7-12 years of age.

- Small doll
- Small cars
- Small stuffed animals
- Books
- Crayons
- Pencils
- Small notebook
- Small coloring book
- Cards
- Small games and puzzles



These items may be placed in the Elders Room, beside the Church Office.

Little Acts of Kindness Bags to Distribute

We encourage you to pick up a Little Acts of Kindness bag to keep in your car to give away to a person you might encounter who is homeless or in need of help. They are located in the church narthex. Here are some items you might include in the bag:

- First Aid kit
- Wet Wipes
- Shampoo
- Body wash
- Hand sanitizer
- Toothbrush and toothpaste
- Gold Bond powder
- Mouthwash
- Deodorant
- Comb
- Small bottle of water
- Granola bar or other wrapped snacks
- Mints
- Gloves (if cold weather)
- Kleenexes
- Gift certificate for McDonalds (or other place to eat)
- Hand Warmers (if cold weather)

CWF Noel Market

November 2, 2019

The CWF wishes to thank all the hard workers who decorated the church; the workers in various rooms; those who cooked, brought in desserts and baked goods; and those who helped clean up during the Noel Market on Saturday, November 2. The group wishes to especially thank David Robinson and Rob Clause for their invaluable help and a special thanks to Vicky Holton and Betty McCord for all their hard work! And thank you to those of you who shopped! CWF made more than \$2,000 at the event, which they will use to support special church projects and ministries in the community and throughout the world.



Wednesday Night Live

“Bible in 30 minutes”

November 6, 2019

Many thanks to Ann Thornton and Judy Lyle for a delicious meal and to all who helped with set up and clean up. "The Bible in Thirty Minutes" - also starring Nancy Dycus and Dianne Miller - was outstanding!



Filling of Acts of Kindness Bags

November 10, 2019

Many thanks to Celeste McAllister who supplied all the little Acts of Kindness bags and note cards that were filled with items to be given to children in the emergency room waiting room and in the hospital. This is the second large batch of these bags that have gone to the hospital, where they have been greatly appreciated!



Wednesday Night Live: “Lisa Wilson’s Rebuilding Work in Puerto Rico” November 20, 2019

Many thanks to **Lisa Wilson** for providing an outstanding presentation about her work in the rebuilding efforts in the rain forest in Puerto Rico following Hurricane’s Irma and Maria! We all learned so much! Many thanks to Ann Thornton, Janet Schell, Janie Eckstein, Judy Phelps and other helpers for cooking a delicious Puerto Rican feast!



Thanksgiving baskets preparation

November 24, 2019

Many thanks to David Robinson, Rebecca Landolt, and everyone who provided food or funds to purchase all the items for full Thanksgiving meals for 24 families in our area! Thanks also to those who went and shopped at Food Giant, assembled the Thanksgiving boxes, and delivered them! Rebecca Landolt says that Food Giant was amazing in helping with everything. A number of the staff in the store participated in preparing the large order and each would check to make sure they did everything correctly. They had everything in the trucks and back to the church in forty minutes. The courtesy that they extended was like at Owen's (hometown) Food market years ago! This Thanksgiving project began some 35 years ago. O.B. Boone, Scout Troop 77 leader and lifetime member, always furnished one of his Boone trucks and the project was set up as it is today.



Decorating the church for Christmas

November 24, 2019

Many thanks to everyone who stayed after church to bring the Christmas decorations down from the worship storage room and to the following people who helped decorate the sanctuary in the evening for the Advent Season: Steven Ledington Reed, Vicky Holton, Betty McCord, Don and Jean Bennett, Mark Dycus, Donnie Hendrix, and Pastor Ruth.



Hanging of the Greens

December 1, 2019

Many thanks to everyone who participated in our annual “Hanging of the Greens” on Sunday, December 1, during which we ushered in the season of Advent. Many families participated as the meaning of the Christmas decorations were explained and the sanctuary adorned.



Hanging of the Greens

December 1, 2019



Advent Luncheon

December 1, 2019

Following the Hanging of the Greens service, we had a delicious Advent fellowship meal. Many thanks to Betty McCord and Vicky Holton who set and decorated the tables, all who brought food, and helped to clean up afterwards! It was a wonderful time of fellowship!



CWF I at Betty McCord's home

December 10, 2019



Many thanks to Betty McCord for opening up her home and to Glenda Roos for sharing Christmas stories! A wonderful time was had by all!



Christmas Cantata/Children's Skit Practice

December 11, 2019



practice
practice
practice
practice



Christmas Cantata/Children's Skit

December 15, 2019

Those of you who were in worship on Sunday will know how wonderful both the Children's Skit (directed by Nina Natividad) and the Chancel Choir Christmas Cantata were! A special feature was the children joining the Chancel choir for two of their songs. As always, Mark Dycus, our musicians, and the choir did an amazing job.



Children's Lunch and a Movie Parents/Grandparents Time Out December 15, 2019

Many thanks to Nancy Dycus, Angela Gierhart, Emily Dawson, and Ann Thornton who provided the children with lunch and games in the fellowship hall so that parents and grandparents could have a little time to themselves. The kids had a great time!



Advent Potluck at Ann Thornton's home

December 17, 2019

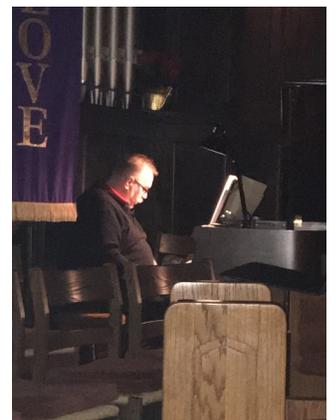
The CWF II gathering at Carmen Garland's home on December 16 was wonderful, as was Ann Thornton's Advent gathering at her home on December 17.



Longest Night Service

December 21, 2019

Many thanks to everyone who helped with our Longest Night Service on the Winter Solstice, Saturday, December 21. We had good attendance, extremely positive feedback about how meaningful the service was, and everyone enjoyed the time of fellowship following.



Advent Four

December 22, 2019



Christmas Eve Service

December 24, 2019

