

# First Christian Church

## Church Life



March/April 2020

Volume 72—Issue 2



### *From Pastor Ruth ...*

Dear Church Family and Friends,

It's 9 PM. I have ashes in a sign of the cross on my forehead signifying my identification as a follower of Jesus. I just sat down at my desk in my church office after putting things away following our beautiful Ash Wednesday service held this evening in which, following a delicious meal of soup and bread, we collectively moved into the season of Lent. Chalices now washed and put away, the bowls filled with the ashes emptied, everyone's Lenten vows placed in a sealed envelope that will be burned with this year's palms to create next year's ashes, and, with the beautiful faces and music of our service still lingering in my soul, I finally have a moment alone to prepare myself inwardly for the Lenten journey to the Cross, during which I hope to be able to offer you opportunities for spiritual growth. In addition to other events, these will include a Lenten Sermon Series and a Spring Spiritual Retreat. Since on Maundy (Commandment) Thursday of Holy Week, we will remember Jesus' new commandment to us 'to love one another, as Jesus has loved us,' this year's Lenten sermon series will take its inspiration from Gary Chapman's book *The Five Love Languages*.

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**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:**

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**Website:**

**www.fccmurray.com**

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On Sundays during Lent, we will look at scriptures that relate to the love languages of words of affirmation, quality time, receiving gifts, acts of service, and physical touch. I also already am busy preparing a day-long Spring Spiritual Retreat to be held on Saturday, March 28, at Camp Kum-Ba-Ya on a topic that long has been of great interest to me: Celtic Christian Spirituality. I am discovering that my own spiritual DNA resonates so deeply with its teachings and practices.

As part of my preparation for it, I am planning on experimenting with a number of Celtic Lenten practices suggested by Joyce Rupp in her old but still relevant article “Celtic crossovers: May the Lent of the Irish be with you,” which, should you be interested, may be found by going to the following link:

<https://www.uscatholic.org/church/2011/02/celtic-crossovers-may-lent-irish-be-you>.

I close this article by sending you Lenten blessings and leaving you with the following words from a great Celtic hymn:

*“Be Thou My Vision, O Lord of my heart;  
Naught is all else to me, save that Thou art,  
Thou my best thought, by day and by night,  
Waking or sleeping, Thy presence my light.”*

In Christian Love and Service,

Pastor Ruth

## Spring Spiritual Retreat 2020

### *“Celtic Christian Spirituality”*



**Saturday, March 28, 2020**

**9 a.m. to 3:30 p.m.**

**Location: Camp Kum-Ba-Ya, 4943 Barge Island Rd, Benton, KY 42025**

**Cost: \$15 (*this includes beverages and snacks, lunch, retreat materials, camp rental fee*)**

**Retreat Leader: Rev. Ruth Ragovin, Ph.D.**

Many are drawn to the creation-affirming wisdom, spiritual teachings, and practices of the Celtic way. Nurtured in parts of Wales, Britain, Ireland, and Scotland, this rich tradition combines elements from the mythology and folklore of the pre-Christian Celts with a form of Christianity that took root in the early centuries through the efforts of people such as St. Ninian and St. Patrick, which expressed itself through poetry, legends, and the lives of the saints. Contemporary teachers such as John Philip Newell, John O'Donohue, Carl McColman, and Paul John Martin have helped revitalize Celtic Christianity with people going on pilgrimage to Iona and Lindisfarne and affiliating with groups such as the “Community of Aidan and Hilda.” Since, however, there is no one unifying authoritative text, teacher, or tradition, the umbrella of Celtic Christian Spirituality is large and cannot easily be defined. Yet there are common threads: a spirituality that is more poetic than doctrinal, an understanding of God in Trinity who offers divine presence and protection, communities that stress hospitality and following a way of life, the experience of soul friends, pilgrimage, a reverence for the goodness of creation, along with an understanding of thin places, sacred spaces, sacred symbols, numbers, and animals. Our retreat will be partly structured around the legacy of a number of Celtic saints: Patrick of Armagh, Brigid of Kildare, Brendan of Clonfert, Non of Wales, David of Wales, Ita of Killeedy, Aiden of Lindisfarne, and Hilda of Whitby. We will enjoy listening to Celtic music and hymns, as we incorporate Celtic blessings, prayers and liturgies, and learn about unique forms of Celtic religious art such as the Celtic knot and high standing crosses. Come and allow your souls to be refreshed by the beauty of nature, and nourished by the wisdom we can gain by learning about Celtic Christian Spirituality, as we are strengthened and renewed by a day away from the stresses of our everyday lives!

**To register, please email [fccmurray@gmail.com](mailto:fccmurray@gmail.com) or call 270-753-3824. Those who would like to carpool from Murray may meet in the parking lot of First Christian Church no later than 8:15 a.m. Registration fees may be paid the day of the retreat.**

# Joys and Thanksgivings

The church office would like to thank **Beth Roark** for the donation of office supplies.



**Bradley Dawson**, Murray High School senior, has been named as a finalist in the annual 2020 National Merit Scholarship Program (NMSC). The selection of some 7,500 Merit Scholarship winners from this group of more than 15000 Finalists is now in progress, In March, NMSC will begin mailing scholarship offers to winners at their home addresses and confidential notices to their high school principals.

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## A NOTE FROM MARTIN AND PATSY TRACY



*Dear Church Family,*

*As you may have heard, Martin and I are moving to Central Florida on March 6. We will be living in a retirement community only three miles from our son and family, including our youngest granddaughter. Leaving Murray and our church has been a very difficult decision but we believe that this is the right time. We want to thank Pastor Ruth and the congregation for being so supportive in our spiritual journey. We've had wonderful times being involved in CWF and other church activities. We've greatly profited from Ruth's sermons and we've loved the choir and the uplifting music! Thank you all so much for being the guiding light that you are for us and for this community. Please do visit us when you come to Florida. Our address is 1021 Royal Gardens Circle #389, Lake Mary, FL 32746. Our email remains the same: [mbrtracy@murray-ky.net](mailto:mbrtracy@murray-ky.net), as does our phone number: 270-978-5162. God bless you all, Patsy and Martin*

# Joys and Thanksgivings

From **Doris Cella**: *"Thank you, **Teresa Nixon, Melanie Dawson, Emily Kennedy, and Steve Horwood** for your hard work at our Laundry Love session on Monday, January 27. Your willingness to devote 2 1/2 hours without any breaks to supervise the 30 families who washed and dried over 2,000 pounds of laundry confirms your commitment to First Christian Church and its service to the community. May you be blessed for your role in this worthy project."*

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From **Billie Burton**: *"My ordeal is almost over, and I want to express my gratitude to my loving church family. I am touched by your many supportive acts: the meals, visits, cards, phone calls, and especially your prayers. I am grateful that I have such a compassionate church family. This is my third time to be a recipient of the meal train & I feel a little embarrassed about that, but your meals have been a lifesaver. Thank you for taking such good care of me."*

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Southwest Elementary teacher **Lisa Allen** recently completed her National Board Certification for Teaching. The National Board for Professional Teaching Standards was established in 1987 as the teaching profession's vehicle for defining and recognizing accomplished teaching. National Board Certification, which is built upon National Board Standards and the National Board's Five Core Propositions, is the profession's mark of accomplished teaching. To date, more than 112,000 teachers in all 50 states and the District of Columbia have achieved National Board Certification. With 4,007 NBCTs, Kentucky ranks 6th in the nation for the percentage of teachers who are Board-certified (9.53%) and 8th in the nation for the total number of Board-certified teachers.

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Thank you to Rev. Russ Ragovin, who filled the pulpit Sunday, February 9!

# Thanks to our Elders



Many thanks to **Tony Van Dyke** for bringing a message Sunday, January 5, on Christian love and how beautifully he sees it lived out in our congregation!

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We have an amazing group of elders who share in the spiritual leadership of our congregation. In the photo above, see our new elder chair **John Roark** (middle) installing **Doris Cella** (left) and **Steven Ledington Reed** (right) as incoming elders on January 19, 2020.

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# Thanks to our Elders



## Gratitude: A Communion Message

*By Erica Gray*

As Pastor Ruth mentioned (in January), our denomination has chosen to make mental health a topic of focus. Many times when we mention “mental health”, we might first think of issues concerning mental illnesses: depression, anxiety, substance abuse, addiction; even topics like Alzheimer’s and dementia. But what about mental WELLNESS? What does it mean to be mentally well? How, or CAN we even, improve our own mental wellness?

Over the course of the past year, several recurring themes have crossed my newsfeed that have to do with the concept of Gratitude. While each article took its own spin on what gratitude might mean or feel like to a person, each had a similar vein: Gratitude is one of the most common traits of a person who is at peace, who is mentally well, and while we cannot control all of the factors in our lives, we can actively work to cultivate gratitude. And this is important because the emotion of gratitude generates a climate of positivity that reaches both inward, creating internal peace, and outward spreading peace to others. It fosters both physical and psychological health, even among those already struggling with mental health issues. The expression of gratitude can repress negative emotion cycles and in brain scans actually show lasting changes in the prefrontal cortex region of the brain responsible for future experiences of gratitude. The intentional task of feeling grateful literally helps you feel more grateful in the future.

What better place for us as Christians than to start, or continue, an intentional mindset of gratitude than at this very table. Let us take a brief moment to perhaps close our eyes and count, on our hands, thinking of five things for which we can thank our Heavenly Father. Our families, our church, our health, our jobs, all of our blessings we can thank Him for. Let us begin our new year with an intentional mindset of gratitude, so that we may feel peace within ourselves and exude peace to others.

# Creation Care Retreat 2020



*Erica Williams, Annell George McLawhorn, Susanna Orensky, Valerie Melvin, Carol Devine, Ruth Ragovin, Rachel Ganther .*

Pastor Ruth received a generous grant to attend a Creation Care Retreat in early February and looks forward to bringing information back to the congregation this upcoming year. Below is an article about the retreat from Green Chalice News.

## **Resilience & Restoration in the Mountains**

### ***From Green Chalice News***

Thanks to a grant from Disciples Women's Endowment Fund, six clergy women (see above) attended a Climate Ambassador's Training and a Climate Retreat at Montreat Conference Center Black Mountain, North Carolina last weekend with me (Carol). These women were joined by our sister in spirit, Rev. Bill Moore of First Christian Church, Black Mountain. He was a lovely addition. After a three hour Ambassador's Training on Friday morning, we had a lovely lunch and joined the Clergy Retreat with keynoter Dr. Emily Askew, Associate Professor of Systematic Theology at Lexington Theological Seminary who spoke on Hope and Despair. We enjoyed a time of prayer and centering, learned the latest climate news from a prominent Climate Scientist, enjoyed 15 minute massages and ended the night sharing pizza at My Father's Pizza in Black Mountain. On Saturday, our group grew to over 130 clergy and lay leaders to learn about Climate Science, Environmental Racism, Food and Faith and so much more. After a full day of learning, we enjoyed some Thai food together. Most of us then said our good byes looking forward to the next time we will meet. On Sunday, I was honored to preach at First Christian, Black Mountain with Rev. Bill Moore (sister in the spirit). FCC has been a Green Chalice Congregation for a long time and is a leader in our denomination and in their community. Finally, Thanks to Rev. Scott Hardin-Nieri who planned the Climate Conference and without whom this weekend would not have been possible! Mark your Calendar for February 2021 and join us for this annual event.

~Carol Devine



# First Christian Church's Favorite Recipes

Submitted by Vicky Holton

## Mashed Potato Casserole

### Ingredients:

Instant potatoes for 12

8 oz. cream cheese

Cheddar cheese

1 cup sour cream

garlic salt



### Directions:

Prepare potatoes according to package directions. Add remaining ingredients. Place in 9 x 13 casserole dishes. Top with butter pats. Bake at 350 degrees until heated through (about 30 minutes). Sprinkle shredded cheddar cheese on top (enough cheese to cover the top of the casseroles—about 3/4 cup) after 25 minutes of baking.

## Strawberry Congealed Salad

2 small boxes of strawberry Jell-O

2 cups boiling water

Mix together and cool.

Add 1 #2 (16 oz.) can crushed pineapple with juice and 1 can strawberry pie filling. Refrigerate until Jell-O is set.

For the topping, combine 1 cup sour cream, 1 tsp. vanilla extract and 2 Tablespoons confectioners sugar OR Cool Whip.

# New Members



We would like to extend a warm welcome to the **Revs. Beth and Bruce Dobyns**, who came forward by transfer of membership from First Christian Church in Mayfield on January 26. Beth remarked that this is the first church she ever has had the opportunity to choose to be a member, writing about joining our church that it was: *“A special day today ... for the first time in my life, I got to choose to join a church. I was a preacher's kid, I became a preacher, and I married one! So, being part of a church was always related to someone's position/call. Today, Bruce and I are grateful for the wonderful welcome at First Christian Church in Murray, Kentucky.”* So that is an honor indeed for us! Beth was our former West

Area Regional minister and presently is completing her final interim ministry in Louisville before retirement. Bruce served First Christian Church in Mayfield until he retired after decades of ministry serving churches. We appreciate their presence among us and thank Bruce for his work helping with anti-racism / pro-reconciliation as well as with our Mental Health Awareness emphasis this year. Beth brought so much to us in her capacity as a West Area minister. We look forward to Beth's completing her interim so that we can see her more often.

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A warm welcome to 19-year-old **Joey Parker**, who joined the church February 23! He is a former student of Erica Gray at Calloway County High School and learned about the church because his mother worked with Barbara Meier at the Marshall County hospital. He already has begun singing in the choir. Joey, we love having you with us and look forward to getting to know you in the days and years ahead!

Joey Parker sent the following about himself:

*“I come from a Church of Christ, until my family as a whole stopped attending when I was about 12. Just this last December I've rediscovered my faith and have been visiting here and there all around the county. As soon as I attended my first service at First Christian Church (Disciples of Christ) I knew I had found my home. No other church has ever been so insanely warm and welcoming to a new member. I look forward to classes and services for the foreseeable future.”*

# Community Rewards Programs



**November  
2019– January  
2020: \$46.08  
in donations**

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.



**October 2019–  
December 2019:  
12.99 in  
donations**

Remember, always start at [smile.amazon.com](https://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!

## Stewardship

FINANCIAL REPORT FOR December		
	2019	2018
<b>Income</b>	\$ 29,328.30	\$ 31,927.93
<b>Expense</b>	\$ 17,772.63	\$ 16,860.95
<b>Balance</b>	\$ 11,555.67	\$ 15,066.98

FINANCIAL REPORT FOR Jan-Dec.		
	2019	2018
<b>Income</b>	\$192,916.85	\$182,617.21
<b>Expense</b>	\$179,107.99	\$174,679.41
<b>Balance</b>	\$ 13,808.86	\$ 7,937.80

FINANCIAL REPORT FOR January		
	2020	2019
<b>Income</b>	\$ 12,249.55	\$ 10,364.05
<b>Expense</b>	\$ 13,586.00	\$ 18,122.22
<b>Balance</b>	\$ (1,336.45)	\$ (7,758.17)

# Be in prayer for...

Tim Allen  
Joy Burgoyne  
Billie Burton  
Walter and Carolyn Byers  
Mike Cathey  
Joyce and Nate Clause  
Gary Crass  
Diana Darnell  
Sandra Daughrity  
Luke Donnelly  
Teresa Dowdy  
Phyllis Duckworth  
Nancy Dycus  
Melanie Evans  
Theda Farris  
Fiona Fennell  
Daxon Ferguson



Leon Fowler  
Ruth Hendrix  
Christy Ledington  
Nancy Manning  
Paula Marvin  
Celeste and Bob McAllister  
Anna and Josh McCurdy  
Debra Moore  
John Pasco  
McKenna Phelps  
Aaron Perkins

Carolyn Reagan  
Ron Ratliff  
Melissa Reed  
Steven Ledington Reed  
Deane Renshaw  
Bill Roberts  
Cecil Roberts  
Tom Seipel  
Andrew Shultz  
Gerald Shultz  
Scott Tamaren  
Lanette Thurman  
Jackie Underwood  
Sharon Wells  
Gary White  
Bernice Willis  
Linda Wilson

## Souper Bowl of Caring Sunday

February 2, 2020

The youth passed out pots to collect for Need Line's Back Pack program, for which \$497.00 was raised.



# Condolences



Our love and prayers are with Paul Meier and family in the death of his beloved wife of 48 years, **Barbara Ann Meier**, on January 27, 2020, at home as the sun was rising. Barb's final days were peaceful and comfortable as Paul patiently and lovingly cared for her in every way. We will miss Barb's presence among us, her beautiful smile, and the joy and encouragement she shared with everyone she met.



*To my church family at First Christian Church,*

*No words can express my deepest heartfelt gratitude for your support of Barbara and me through the process of her physical decline and subsequent transition from her bodily form to her new life—the same new life that awaits us all.*

*My Christian faith has helped me to understand that life and love are eternal. Death is only a word now that looks like the opening of a door to a train, a bus, or a plane on which our loved one has departed to a new and more beautiful reality that, one day, we too shall journey. Jesus showed and proved to us that there is new life after death. We have nothing to fear. For those of us left behind, we are invited to live out the best lives we can until we too join those who have gone before us.*

*But I want to tell you how much your prayers, your positive and healing thoughts, your cards and letters, your phone calls, and your offers and subsequent actions to try to alleviate our stress, our anxiety, our feelings of personal loss, our dreads in anticipation of our physical separation, and more provided soothing comfort and uplifting aid to both of us. Barbara was overwhelmed as well as filled up with your expressions of love and concern. Thank you. Thank you. Thank you. Your efforts not only gave her strength to face her final four months with grace but I'm convinced that sending your love aided in bringing her the fullness of peace and comfort with minimal physical pain.*

*I am so grateful for you all. May God fill you with His grace, love, and peace as you live out the best lives you can one day at a time, for in placing your focus on today, you will become fully aware of the blessings placed right in front of you.*

*In the love of Christ,  
Paul Meier*



- 1 Mark Dycus
- 3 Rose Donnelly
- 7 Stacy Fulton Humes
- 8 Krista Crass
- 9 Nancy Dycus
- 15 Lillian Gierhart  
Terry Hart  
Elizabeth Roberts  
Ava Rodenberg
- 20 Mallory Cathey Looney  
Mike Cathey
- 21 Haval Latif
- 22 Aidan Nichols  
John Roark  
Amy Roos
- 23 Patsy King
- 25 Henry Hart
- 28 Madison Grace Garland
- 30 Julie Warner
- 31 Jackie Underwood



- 17 Eric & Dee Roberts
- 23 Marty & Karen Dunham
- 24 Scott & Julie McKeel



If you have a special event coming up where you need a gift, consider FCC's **Alternative Gift Catalog!** It's available year-round and you can help a deserving organization! Order forms and catalogs are available in the narthexes and on our website, [www.fccmurray.com](http://www.fccmurray.com).

welcome  
APRIL  
HONORFULLIFE.COM

Happy Birthday

- 2 Theda Farris  
Rhonda Roso
- 3 DeeAnna Natividad Vaughn
- 4 Amy Chase
- 5 April McKeel
- 8 Marty Dunham
- 9 Ron Gray
- 12 John Fuqua  
Hastings Hume  
Nina Natividad
- 15 Vicky Holton  
Sharon Rue
- 20 Lily Sanchez
- 21 Joseph Gould
- 24 Kim White
- 26 Russ Ragovin
- 29 Easton Looney  
Grayson Looney

Happy Anniversary

- 7 Mike & Vicky Holton



### Update to Backpack Program from Teresa Nixon:

Thank you to everyone who participated in the Backpack program in February. This Need Line program supports children in our school systems who have been identified by the Resource Centers as "food-insecure" on weekends when they are not in school. These bags went to children in the Calloway and Murray preschool and elementary grades. (There is a separate program that assists children in the Middle Schools and High Schools).

It takes our whole Church to make this program a success:

--your monetary donations on Souper Bowl Sunday

--the many volunteers who stayed after Church to assemble the sacks on February 16

--those who delivered the sacks to the schools.

Thank you to Judy Lyle, Don Bennett, and Jay Barkley.

--And a special Thank you to David Robinson for his many hours of service. He collected food items and boxes weeks in advance, and then spent hours unpacking and organizing items so that it was much easier to put the sacks together.

Again, "thank you Church", for your generous support.

# March/April Events



## DISCIPLES MEN'S FELLOWSHIP

**Saturday, March 14  
and Saturday, April 4  
at 8 a.m.**

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

**Far West KY DMF will meet on Tuesday,  
March 17 at 7 p.m. in Bardwell.**

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



## **"Out to Lunch"**

Mark your  
calendars and join us  
**Wednesday, March 25  
at NOON at**

**Mister B's**

and

**Wednesday, April 22  
at NOON at**

**Los Portales**

Please RSVP two days prior to Out to Lunch.



## CHRISTIAN WOMEN'S FELLOWSHIP

**CWF I:**

**Fellowship Hall**

**Tuesday, March 10, 6:30 PM**

Hostess: Rebecca Landolt

Program: Doris Cella

**Tuesday, April 14, 6:30 PM**

Hostess: Beth Roark

Program: Rebecca Landolt

**CWF II :**

**Library**

**Monday, March 16, 7 PM**

Hostess: Vicky Holton

Program: Billie Burton

**Monday, April 20, 7 PM**

Hostess: Beth Roark

Program: Leah Hart

**CWF III : TBA**

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



## **LENTEN AND EASTER SEASON 2020**

**First Christian Church**

**111 North Fifth St.**

**Murray, KY 42071**

### **Wednesday, February 26 ~ Ash Wednesday**

5 PM ~ Lenten Soup and Bread Meal

6 PM ~ Ash Wednesday Service of Ashes and Communion

### **Sunday, March 1 ~ The First Sunday in Lent**

Sermon Series: "The Five Love Languages"

Part One: The Love Language of Quality Time

### **Sunday, March 8 ~ The Second Sunday in Lent**

Sermon Series: "The Five Love Languages"

Part Two: The Love Language of Affirmation

(Rev. Russell Ragovin preaching)

### **Sunday, March 15 ~ The Third Sunday in Lent**

Sermon Series: "The Five Love Languages"

Part Three: The Love Language of Physical Touch

### **Sunday, March 22 ~ The Fourth Sunday in Lent**

Sermon Series: "The Five Love Languages"

Part Four: The Love Language of Acts of Service

## LENTEN AND EASTER SEASON 2020

### First Christian Church

111 North Fifth St.

Murray, KY 42071

#### **Saturday, March 28, 9 AM to 3:30 PM**

Spring Spiritual Retreat at Camp Kum-Ba-Ya

Topic: Celtic Christian Spirituality

Retreat Leader: Rev. Dr. Ruth Ragovin

#### **Sunday, March 29 ~ The Fifth Sunday in Lent**

Children's and Youth Sunday with Nina Natividad Preaching

Noon ~ Intergenerational Lenten and Easter Party and Egg Hunt hosted by Nancy Dycus

#### **Sunday, April 5 ~ Palm / Passion Sunday**

9:30 AM ~ Palm Sunday Fellowship Breakfast

(Note: there will be no Sunday School on Palm Sunday)

10:30 AM ~ Procession of Palms

Sermon Series: "The Five Love Languages"

Part Five: The Love Language of Receiving Gifts

#### **Thursday, April 9 ~ Maundy (Commandment) Thursday**

6 PM ~ Candlelit Biblical Foods Meal hosted by Pastor Ruth

7 PM ~ Maundy Thursday Service: The Fellowship of the Upper Room  
and the Office of Tenebrae

#### **Easter Sunday, April 16**

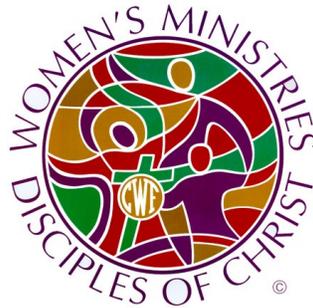
10:30 AM ~ Easter Worship Celebration

*"He is Risen! He is Risen, Indeed!"*



# Christian Women's Fellowship

## Kentucky Disciples Women's Ministries 2020 Spring Conferences



### Conference Dates and Venues

**Saturday, April 18, 2020**

**Central Christian Church, Lexington, KY**

Rev. Erin Wathen, Associate Director for Marketing and Communications for  
Week of Compassion, Preaching

**Saturday, April 25, 2020**

**Sinking Fork Christian Church, Cerulean, KY**

Rev. Dr. Toni Hawkins, Pastor of Open Door Christian Church in Louisville and UCC Indiana/  
Kentucky Conference Minister for Leadership Formation and Discernment, Preaching

***You may register online at [ccinky.net](http://ccinky.net) beginning February 29, 2020. Please note that if you register online, your credit card or bank statement will show Stewardship Technology as the payee and not CCK.***

***For further information or scholarship applications, contact Linda Jones, CCK Associate Regional Minister, at [linda@ccinky.net](mailto:linda@ccinky.net) or by phone at (859) 233-1391.***

# March/April Events

## Church-Wide Spring Cleaning

Saturday, April 4

**8 AM ~ Breakfast in the Fellowship Hall**

**9 to 11 AM ~ Spring Cleaning**

We encourage everyone to come and help spruce up our church to celebrate the risen Lord on Easter Sunday! There are tasks for people of all ages and abilities from being seated in the library and polishing our communion ware, to removing the pew pads and vacuuming the pews (where loose change often can be found that is yours to keep!), to polishing the pews, to tidying and straightening up. If we all work together, we can get it done in no time! Let's roll up our sleeves and take care of this amazingly beautiful church that God has entrusted us with!

## “WEDNESDAY NIGHT LIVE”

**For people of all ages!**

**5:30-6 PM: Fellowship Meal**

**6-6:45 PM: Program**

**March 11, 2020**

## **Irish Potato / St. Patrick's Day Celebration**

**Hosted by Nancy Dycus**



*Wear green in honor of the patron saint of Ireland, St. Patrick. We'll play potato games and board games!*

Meal: Baked Potato Bar prepared by Murray Christian Fellowship

# March/April Events

## “WEDNESDAY NIGHT LIVE”

**For people of all ages!**

**5:30-6 PM: Fellowship Meal**

**6-6:45 PM: Program**

**March 18, 2020**

**Dr. Karl Dick: “Living with Addiction”**



As part of our congregational year-long initiative on Mental Health Awareness, Dr. Karl Dick of Mayfield, KY, will give a presentation on addiction. This is an important topic since we all will either personally or have family members who will struggle with addiction or will come into contact with those who are in our places of employment or neighborhoods. This presentation will provide important background information for two films we will be seeing during our Faith and Film evenings: “Beautiful Boy” and “Ben is Back.”

*Dr. Karl Dick is a retired clinical psychologist and hospital administrator with an extensive history of service to the community and to those affected by mental illness. He is also a retired adjunct professor in the Department of Psychology at Murray State University.*

# March/April Events

## “WEDNESDAY NIGHT LIVE”

**For people of all ages!**

**5:30-6 PM: Fellowship Meal**

**6-6:45 PM: Program**

**April 15, 2020**

### **“The Challenges of Being an Interracial Family”**

Last year our congregation struggled with issues related to systemic racism. Can its effects also be felt in Calloway County where we live? We look forward to conversations with white church members Bob McAllister, who adopted and raised three African American children in Murray, and Phyllis Duckworth, who was married to an African American man (who sadly passed away a few years ago).

**April 29, 2020**

### **Closing Wednesday Night Live Potluck and Fishbowl Conversations**



The meat and beverages will be supplied. Come and bring a dish to share! Questions will be drawn from a fishbowl as we share with each other about our selves, interests, and lives. This will be a relaxed evening where we anticipate great fellowship and much laughter!

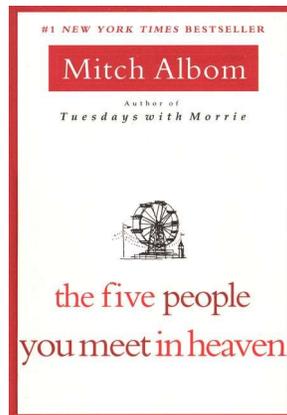
# March/April Events

## “Faith and Food”

Tuesday, March 31, 2020

1 p.m.

The Round Table at Tom’s Grille



### **A Discussion of Mitch Albom’s 2003 award winning novel**

#### ***“The Five People You Meet in Heaven”***

“Eddie is a wounded war veteran, an old man who has lived, in his mind, an uninspired life. His job is fixing rides at a seaside amusement park. On his 83rd birthday, a tragic accident kills him, as he tries to save a little girl from a falling cart. He awakes in the afterlife, where he learns that heaven is not a destination. It's a place where your life is explained to you by five people, some of whom you knew, others who may have been strangers. One by one, from childhood to soldier to old age, Eddie's five people revisit their connections to him on earth, illuminating the mysteries of his ‘meaningless’ life, and revealing the haunting secret behind the eternal question: ‘Why was I here?’ ~

*Amazon Review*

**Copies will be available from the church for approximately \$11. Please let Pastor Ruth know if you would like a copy.**

# March/April Events

## “Head and Heart”

**Ecumenical Discussion Group**

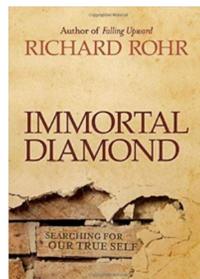
**Facilitated by Dr. Ken Wolf**

**Thursday, March 19, 2020**

**Thursday, April 16, 2020**

**6 PM**

**at First Presbyterian Church**



In March, we will discuss chapter six (“If It Is True, It Is True Everywhere”) 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.

# March/April Events

## Faith and Film

Thursday, March 12, 6 p.m.

Viewing of

*“Ben Is Back” (2018)*

Directed by Peter H. Hedges

*(Drama about a mother's determination to keep her opioid addicted son in recovery)*

**Followed by discussion over snacks**

“According to the U.S. Health and Human Services Department, 47,600 people died from overdoses of opioid pain relievers, both prescription and non-prescription, in 2017. Some 2.1 million people had an opioid use disorder or addiction. As the opioid crisis expands, clinics and hospitals are barely able to keep up with the demand for care and services. Families are being torn apart as they try to deal with the effects of addiction. For the addict, recovery can be a long and lonely battle where even the most precious and persistent kind of love can match the power of the drugs. Two 2018 films focus on families dealing with addicted teens. In *Beautiful Boy* [seen in Faith and Film in February], Timothee Chalamet plays a young crystal meth addict, and Steve Carrell is his idealistic father David who is willing to do whatever it takes to retrieve his son from the prison of addiction. In *Ben Is Back*, Lukas Hedges plays a young man in recovery from addiction to pain killers prescribed when he had an injury as a young teen; since then he has used opioids extensively and been a dealer in his small town. Julia Roberts ... is his mother who is determined to support his recovery. ... When Ben comes home from rehab unexpectedly for Christmas, his mother Holly is delighted that the family can be together for the holiday. ... The whole family enters into an uneasy dance, alternating between loving moments and questions about whether Ben is lying and up to his old tricks. ... It is heartwarming and also heartbreaking to watch the parents in *Beautiful Boy* and *Ben Is Back* dealing with their sons' addictions. They try all the obvious approaches and then end up going down different paths. They learn more about what their sons' are going through, but what they really learn is their own capacities for care and compassion.” ~ Review by Frederic and Mary Ann Brussat in “Spirituality and Practice”

<https://www.spiritualityandpractice.com/films/reviews/view/28723/ben-is-back>

# March/April Events

## Faith and Film

**Thursday, April 30, 6 p.m.**

**Viewing of**

***“A Beautiful Mind” (2001)***

**Directed by Ron Howard**

*(The incredible story of a brilliant Nobel Prize-winning mathematician whose wife helps him hatch his heart during a protracted struggle with schizophrenia.)*

**Followed by discussion over snacks**

“In 1947, John Forbes Nash, Jr., (Russell Crowe) arrives at Princeton for graduate study in mathematics on a scholarship. ... It is by chance that Nash stumbles upon a game theory that challenges the essential premises of Adam Smith, the father of modern economics. His advisor at Princeton, Professor Helinger (Judd Hirsch) hails this discovery as a major breakthrough. Nash lands a prestigious post at a top defense laboratory at MIT. ... The Cold War is sending waves of fear and paranoia across the country when Nash is called upon to do some code-breaking work for the Pentagon. ... Meanwhile, on a much more mundane level, the math whiz teaches classes at MIT. Alicia (Jennifer Connelly), an attractive and smart student, seems interested in him. ... They eventually marry. But their relationship is rocked when Alicia discovers that Nash suffers from paranoid schizophrenia and several of the most important people in his life are actually hallucinations of his mind. ... Alicia, however, refuses to give up on him. While her husband undergoes electroshock therapy and heavy doses of medication, she courageously stands by her man. At one point when Nash reveals his anguish at not being able to tell the difference between what is real and what is not, his wife puts her hand on his face and his hand on her heart, saying “This is what is real.” But the strain of living with a schizophrenic nearly exhausts her physical and emotional reserves. Nash struggles for years to keep his equilibrium despite his illness. Finally, he returns to Princeton where Hansen (Josh Lucas), his old rival from years ago, first allows him to use the library and eventually gives him a teaching position. In 1994, the mathematics genius is awarded a Nobel Prize for his game theory. Of course, by then, he has realized the truth of Helen Keller's observation: “The best and most beautiful things in the world cannot be seen or even touched; they must be felt in the heart.” A Beautiful Mind received four Academy Awards including Best Picture of 2001, Best Director, Best Supporting Actress for Jennifer Connelly, and Best Adapted Screenplay for Akiva Goldsman.” ~ Review by Frederic and Mary Ann Brussat in “Spirituality and Practice”

<https://www.spiritualityandpractice.com/films/reviews/view/3679/a-beautiful-mind>

# MENTAL HEALTH AWARENESS DISCUSSION

**Thursday, March 26 & April 23**

**6 p.m.**

**The fellowship hall of First Christian Church**

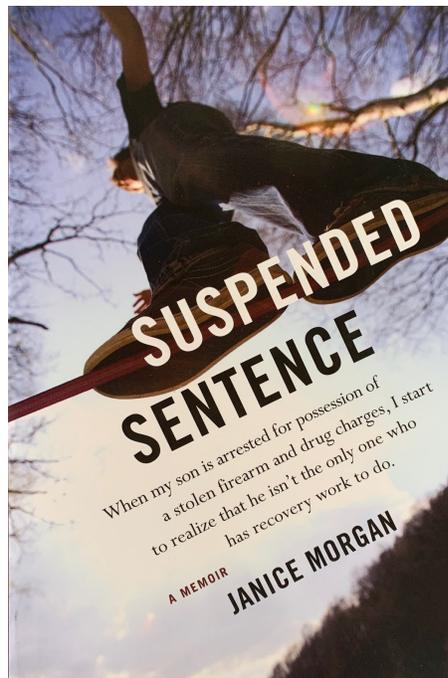
**111 North Fifth St., Murray, KY**

**A discussion facilitated by Dr. Janice Morgan**

**and Rev. Ruth Ragovin**

**of Janice Morgan's 2019 book**

***Suspended Sentence: A Memoir***



**On March 26, we will discuss Chapters 9-19.**

**On April 23, we will discuss Chapters 20-31.**

# Opportunities for Children and Youth

## YOUTH SPRING RETREAT

Camp Kum-Ba-Ya

April 3-4, 2020

The West Area Youth Council is hosting its Youth Spring Retreat on April 3-4 at Camp Kum-Ba-Ya in Benton. This retreat will begin on Friday at 5 p.m. and end on Saturday at 3 p.m. and is for **grades 6-12**. For registration forms, visit:

<http://www.westareadisciples.org/youth-ministries-wayc/>.

Cost is \$25 per person and the deadline is March 20 to sign up.

Note: Scholarship help is available for any youth who would like to attend. Please see Pastor Ruth if financial help is needed.

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## CHILDREN'S AND YOUTH SUNDAY

March 29, 2020

**10:30 a.m. Worship Service:** The children and youth will be overseeing all aspects of worship this Sunday from officiating at the communion table, bringing special music, an 'adult' message, and Nina Natividad will be preaching! Be sure and mark this day on your calendar!

### **Noon to about 2 p.m. ~ Intergenerational Lenten Party to prepare for Easter**

We'll be:

- Eating Lunch Together
- Decorating Easter Eggs the Old Fashioned Way
- Playing Games
- Doing Crafts
- Having an Easter Egg Hunt

**Wear clothes you can get dirty! Please bring as many friends as you would like and come prepared to have a blast!**

**NOTE: We will need youth and adults to help with this event! Please let Nancy Dycus know how you can help!**

# Opportunities for Children and Youth

**CYF SEMINAR 2020**  
**“FACE TO FACE WITH OTHER FAITHS”**  
**June 16-23, 2020**  
**Washington, D.C., and New York City**

CYF Seminar is a mobile classroom travel experience for youth to Washington, D.C., and New York City. Together they will experience different cultures, new adventures and learn more about their faith and the history of religious pluralism in our country. Places in Washington, D.C., that will be visited include the Capitol Building, all monuments, the Holocaust Museum and Ford’s Theatre. In New York City they will walk the historic Brooklyn Bridge, experience the 911 museum, worship with the Jewish community at temple, visit a mosque and Buddhist Temple, attend morning worship at the historic Riverside Church, and attend a Broadway play.

***If you are interested in attending, please speak to Pastor Ruth ASAP since we will need to get registration forms in immediately!***

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**DISCIPLES YOUTH SUMMER MISSION TRIP**  
**Memphis, TN**  
**July 29-July 3, 2020**

This year's Disciple Youth Summer Mission Trip for youth completing grades 6-12 will be to Memphis June 29 through July 3, 2020. Students from the West Area will spend their days working with various churches and non-profits and at night, will worship together before doing a group activity. Registration forms can be found in the narthexes and is due March 31. The total cost of the trip will be \$300 registration plus transportation, travel meals, and the Wednesday evening activity costs. For additional information, email Zach Hardy, director of West Area Youth Council at zach@madisonvilledisciples.org.

*“Greetings West Area Churches!*

*This is Zach Hardy, the director of the West Area Youth Council and Associate Minister at FCC Madisonville. I wanted to take a moment and make you aware of an exciting opportunity we have this summer for all West Area Youth. This year a group of West Area Students will be going to Disciples Summer Mission (DSM for short) for a week of service, worship, and fellowship on June 29th-July 3rd. This year’s trip will be to Memphis, TN and we will spend our days working with various churches and non-profits in the area and at night we will worship together before doing a group activity. Students from the West Area will travel together, work together, stay together, and grow together through this exciting experience of service and fun.”*



## 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 March, we will collect canned tuna, and soup. For the month of April, we will collect spaghetti sauce, and pasta/noodles. 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 **April 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](http://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)



MKY Cares, Inc. is a new local non-profit that's sole purpose is to raise money for other non-profits in the community. It is sponsoring the Ricky Lamkin Memorial Radio Auction, which will be held March 25-28. First Christian Church will be participating by offering items up for bid. That's where you come in!

We need you to help us by offering bakery items, main dishes, side dishes or any other items such as quilts, artwork, etc. to further the cause. There will be a sign-up sheet in the sanctuary. Please bring your items to the Church Office by Sunday, March 22.

If you have any questions, please contact either Debbie Batteiger in the church office or Vicky Holton.



**Spring Creek Health Care** is currently looking for volunteers to assist in providing friendly visits, reading mail, delivering newspapers and monthly calendars, leading prayer groups, passing refreshments at parties, leading crafts, Bingo, and providing music programs or speaking with residents about any topic.

If you can volunteer, please contact, JoAnna Thomas, Activity Director at Spring Creek Health Care at (270) 752-2947 or [jathomas@murrayhospital.org](mailto:jathomas@murrayhospital.org).

# Wednesday Night Live

## “Living with Dementia”

### January 8, 2020

Wednesday Night Live got our new year off to a great start. Many thanks to Ann Thornton, Janet Schell, Janie Eckstein, and Lona Babbington who prepared a delicious meal that even included vegetarian and gluten-free options. Dr. Karl Dick gave an outstanding presentation on Dementia and Alzheimers. The first thing he told us about preventing dementia was to “brush your teeth,” since bacteria from the gums can travel to the nearby brain! We had great attendance and it was a great kick off for this year’s faith study emphasis on Mental Health Awareness. Many thanks also to Rev. Bruce Dobyns for helping to get it set up.



*Dr. Karl Dick*



*Rev. Bruce Dobyns introducing Dr. Dick.*

# Craft and Cookie Bake

## January 12, 2019

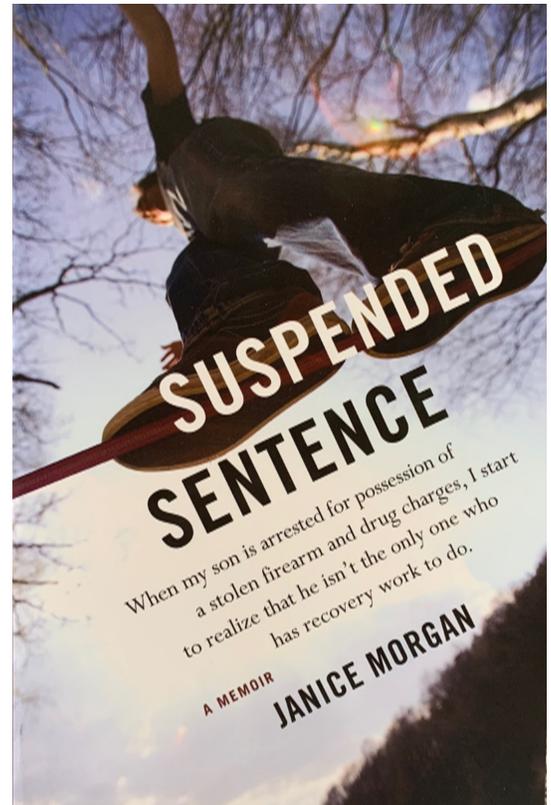
Many thanks to Nancy Dycus for overseeing our annual Craft and Cookie Bake. It was very well attended and the kids had a blast. Many thanks to the youth and adults who helped!



# Mental Health Awareness Book Discussion

## January 23, 2020

We had a wonderful initial gathering for our Mental Health Awareness discussion in January with Janice Morgan of her recently published memoir *Suspended Sentence*. About thirty people from our church, other churches, and various places in the community were there. You can still join in! We will meet the fourth Thursday of the month at 6 p.m.



# Wednesday Night Live:

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

### January 29, 2020

Many thanks to Judy Lyle, Ann Thornton, Janie Eckstein, and their team who served a delicious meal, and to Bryan Warner for his informative program on his work helping to build a suspension bridge in the remote jungle of Honduras.



# Wednesday Night Live: Dr. Patricia Hughes: “Healing with Herbs and Oils” February 12, 2020

Many thanks to Judy Lyle and her helpers for the delicious comfort food meal they prepared: meat loaf, baked potatoes, green beans, corn, and delicious peppermint iced brownies. The program by Dr. Patricia Hughes on healing oils and herbs was highly informative and we appreciate her willingness to share her knowledge with us.



# Packing up Back Packs

## February 16, 2020

Many thanks to Teresa Nixon and David Robinson for helping to organize the filling of 500 paper sacks for the Need Line Back Pack program and everyone who came and helped following worship! Additional thanks to everyone who provided financial resources to purchase items and everyone who helped deliver them!



# Preparation of the Ashes for our Ash Wednesday service by Joe Croghan and his daughter, Marley February 23, 2020



# Ash Wednesday Lenten Meal

## February 26, 2020

