

THE ECHO

a newsletter of the First Christian Church of Morehead, Kentucky

President's column

MARY CLAIRE WILLIAMS



Hello Church Family,

I hope everyone has had a restful summer as we gear up for another busy school and church year. I know January typically marks the new year, but for some, August marks a new year full of opportunity. We will soon have our annual planning committee meeting where we will discuss monthly practices and new activities/ideas for the year. We will have some returning interns, and we will welcome new musicians

to our church. This is an exciting time!

Even during the ebbs and flows of Covid, our church has remained very active. We continue to find creative ways to connect with each other and engage our community. There are many opportunities to connect. To name a few, we have Vespers, Women's Bible Study, Sunday worship, and committee involvement. I hope everyone finds a place to connect and serve this year.

In closing, as we work together this year as a movement for wholeness in fragmented world, here is an excerpt from "A Prayer for a Heavy World" by Kaitlyn Curtice.

O God,
in a heavy world, we need to remember that we belong to each other,
And in that remembering, that we belong to you.
Teach us.
Teach us because the future depends on it.
Remind us, we pray.
Amen.

With Love,

Mary Claire Williams

mcwilliams326 (at) gmail (dot) com
(606)776-8430

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First Christian Church
227 East Main Street
Morehead, KY 40351

www.fccmorehead.org
(606)784-4836





Outreach Updates

RONETTA & JEFF BROWN

Water Bottles for RCMS

We will once again be collecting reusable water bottles for Rowan County Middle School students. Any size or style of bottle will be appreciated. We would like to deliver these to RCMS for the start of school, August 18th. A collection bin is just inside the Fellowship Hall on the first floor.

Rowan County Schools Snack Backpack Program

Last school year, we provided weekend snacks during for approximately 70 needy students in two Rowan County Schools. Our committee discussed difficulty getting some of the items we have ordered in the past, and decided to continue providing healthful snacks this school year, consisting of two fresh fruits, raisins, and 100% fruit juice boxes per student, pending item availability. Please remember that your Kroger rewards helps supplement this program.

St. Claire Patient Transportation Assistance Request

St. Claire has reached out to local churches, requesting help from time to time with patients who need transport to their doctors' appointments. At this time, the focus is primarily on oncology patients at St. Claire. The social worker at St. Claire is building a database, which will be kept on her computer, of people who would be willing to take a patient to their oncology appointments. She will contact volunteers individually, on an as-needed basis. This list will not be shared with the patients or general public. Anyone who volunteers to transport will do so as a private individual, not as a representative of FCC. If you are interested in adding your name to the database, please contact Ronetta Brown.

The Outreach Committee also agreed that one way we can help with this community need is to provide gas cards for the social worker to distribute when patients have transportation, but cannot afford the gas to get to their appointments. If you would like to donate gas cards, please put them in an envelope, labelled "St. Claire" and place them in the Outreach mailbox, or drop them off in the church office. This will be an ongoing need, so feel free to donate whenever, and as often as you wish.

The Outreach Committee's next meeting is scheduled for Wednesday, September 28th, at 6:00 pm in the church Fellowship Hall. We always welcome new members, and we'd love to have you join us!



Gateway House

Jun 30 · 🌐

Thank you to the First Christian Church in Morehead for your continued support. We are thankful for you and the giving congregation.



Left to right: Jeff Brown, Outreach Co-chair; Shana Haire, Americorps Service Member; and Paul Semisch, Assistant Director, Gateway Homeless Shelter

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		7:00pm Women of the Bible via Zoom	5:00 Bell Choir	7:00pm Vespers via Zoom	Office closed.	
7 10:45 Worship 12:15pm Elders' Meeting-Fellowship Hall	8	9	10 Gateway Basket items due for the Homeless Shelter. 5:00pm Bell Choir	11 MSU Freshmen Move in Day 7:00pm Vespers via Zoom	12 MSU Freshman Move In Day Office closed.	13
14 10:45am Worship 12:30pm Annual Planning Meeting-Fellowship Hall	15	16	17 Reusable water bottles for Rowan County Middle School due. Will deliver August 18.	18 Rowan County Schools 1st Day of Classes. 7:00pm Vespers via Zoom	19 Office closed.	20
21 10:45am Worship	22 6:30/7:00PM Executive/Full Board Meetings	23 7:00pm Women of the Bible via Zoom	24 5:00pm Bell Choir	25 7:00pm Vespers via Zoom	26 Office closed.	27
28 10:45am Worship Newsletter articles due.	29	30 7:00pm Women of the Bible via Zoom	31 5:00pm Bell Choir			



Choir & Bells

GENNY JENKINS AND SARAH CHANEY

This month we are thrilled to host guest musicians Andrew Preston on August 7th and Eric Brown on August 14th. The Choir will also be returning later in August while the Bell Choir is resuming practice on August 3rd. Anyone interested in playing or singing with us should message Genny Jenkins at [gjenkins1168](mailto:gjenkins1168@gmail.com) (at) gmail (dot) com.

Our rich musical program continues at FCC. We have enjoyed the wonderful tradition of musical talent among us—organists, pianists, guitarists, vocalists, and more. We invite everyone to worship with us and be enriched through hymns, the spoken word, and sacred music.



Genny Jenkins
Music Director



Sarah Chaney
Bells Director

Disciples of Christ News

THE COVENANT PROJECT

Disciples unveil the Covenant Project, a new vision of the Christian Church (Disciples of Christ) -- how we are structured as a church, but also about so much more—relationship, covenant and our shared future.

Learn more about the Covenant Project by attending a one hour digital town hall meeting to hear about proposed changes and how they will create more opportunity for congregations to shape the future of the church. Visit www.disciples.org for more information.



[FIND OUT MORE](#)

[TOWN HALL REGISTRATION](#)

CHRISTIAN CARE COMMUNITIES

5TH SUNDAY OFFERING JULY 31



Kentucky's largest faith-inspired, non-profit provider of affordable senior living and long-term care for older adults.

Parking at FCC

SPACES 1-4 ARE RESERVED

Dear Congregation,

As you may know, the church rents 4 spaces to the public during the fall and spring. For this reason please do not park in spaces 1-2-3-4. Any space other than the designated spaces may be used by any member of the congregation who holds a parking permit. If you would like a permit for the coming fiscal year (July-June 2023) please stop by the office to pick up your parking permit.

Thank You

FCC and Sarah and Rex Chaney,
Thank you for your generous financial support of the Rowan County 4-H Camping summer program. Without people like you who are willing to help, a lot of the youth would not have been financially able to attend. Your giving has made a major genuine difference in the lives of these youth. Thanks again for your support.
Rowan County Extension Office

Dear Reverend Gowler,
Thank you so much for your gift of \$500 to the MSU Corps Build-A-Bed Fund. Your generous gift is greatly valued by our students, faculty and staff, and exhibits your commitment to the success of Morehead State University.

Mindy Highley, VP-Alumni Relations & Development

Dear Church,
Thank you so much for sending me to camp Wakon'Da-Ho! I had a wonderful time and it was a great learning experience. I truly appreciate it! Camp Wakon'Da-Ho is one of my favorite places to be, and I look forward to going every year. Thank you so so much!

With love, Ellie Williams

*Note: Camp **Wakon'Da-Ho** is a church camp in Yosemite, KY that is owned and run by the Christian Church in Kentucky (Disciples of Christ).*

To my FCC family,
Thank you for letting me have the ability to go back to Camp Wakon'Da-Ho again. It was amazing. I had so much fun and made so many new friends. The week I go to camp is my favorite week of the whole year. It's the week I get to make new friends and connect with God, as well as spend time with the friends I already made there in the past.
Thank you again for giving me the opportunity to go to church camp with Ellie these past few years! It truly is a blessing to me and I can't wait for next year!
Much love, Alana Sholar

Happy Birthday



5- Joyce Hart
8- Ronetta Brown
10- Kaitlyn Paschall
17- Jeff Bizzel
20- Natalie Mineer
27- Adrian Swain

Giving News

TREASURER'S REPORT JUNE

General gifts and Income	\$ 9,553.21
<i>(includes Kroger Community Rewards \$184.38 and AmazonSmile Foundation \$10.11)</i>	
Expenses:	\$ 6,759.74

FOR OUTREACH PROGRAM

In memory of Donald Wayne Lewis
Brenda Combs' father
Marge & Dan Thomas

GIVE AND SUPPORT FCC MINISTRIES

Amazon will donate 0.5% of the price of your eligible purchases to your selected charity. Get started [here](#) to designate First Christian Church of Morehead your Amazon Smile charity. *Thank you.*

How to sign up:

1. Visit smile.amazon.com 
2. Sign in with your Amazon.com credentials.
3. Choose a charitable organization to receive donations, or search for the charity of your choice (**First Christian Church, Morehead, KY**).
4. Select **First Christian Church, Morehead, KY**. Add a bookmark for smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Help FCC Outreach with Kroger Rewards

To designate FCC as your charity, follow this [link](#).

How to sign up:

1. Sign in to your digital account.
2. Search for your organization [here](#).
3. Enter the **First Christian Church - Morehead**.
4. Select **First Christian Church - Morehead** from the list and click "Save."



Notes from Pastor Nancy

REV. NANCY GOWLER



Once upon a time, it seems, we knew how to be ill. Now we have lost the art. Everyone, everywhere disapproves of being ill. Being ill is just not useful. The newspapers create a climate of guilt around it because of the time it takes away from useful, productive work....The stories make one feel that when ill you are somehow letting the side down, losing the nation money. Being ill is unpatriotic and terribly inconvenient to the work culture....It makes us feel guilty.

—Tom Hodgkinson, *How to Be Idle: A Loafer's Manifesto*

I enjoy convalescence. It is the part that makes the illness worthwhile.

—George Bernard Shaw

It started with a tickle in the back of my throat and a stuffiness in my head. Perhaps summer allergies, I thought. Then the news came from a friend that they had tested positive for COVID, and we had visited with one another outside a few days earlier. My first at-home COVID-19 test was negative. Soon Ben was experiencing symptoms, too.

Eventually home tests revealed what we'd already feared, after more than two years of avoiding COVID, vaccinated and with one booster, we were both sick. And unfortunately we were not alone. The newest variant of the virus has proved to be a potent strain, with numbers of infections on the rise in Rowan county and across the entire country.

We chose to isolate until we had negative rapid tests, which took over a week. Luckily we were able to stay home and rest, treating our symptoms with over-the-counter medication. Even though we were isolating, we were not alone! Groceries were left on my front step. Care packages arrived on my back porch. Messages of support and prayers came from near and far. Genny Jenkins stepped in to help find folks to fill in for me in worship that first Sunday. Bob Pryor kindly agreed to preach and Alana Scott served at the communion table. In the office Barbara Marsh ably fielded extra duties, too. I am so very grateful to everyone who pitched in and for all the many kindnesses shared with us.

Showing kindness to oneself often is a challenge in our society which prizes productivity and looks askance at idleness. Being ill is inconvenient. Just last week the president tested positive for COVID. Immediately videos, tweets, and announcements proclaimed we shouldn't worry, he was hard at work. Powering through illness is often viewed as a virtue. Now that we've lived through 2 1/2 years of a global pandemic, I hope we've learned the hard lesson that when we've encouraged pushing through sickness often we've unwittingly exposed others to risk of disease as well.

In his little book *Recovery: The Lost Art of Convalescence*, Dr. Gavin Francis shares wisdom he has learned over his years as a doctor treating patients on four continents. The word convalescence emerged in the 15th century, rooted in the Latin, meaning "to grow strong together." Rather than "pushing through" symptoms, Dr. Francis argues that individuals recovering from prolonged symptoms embrace the concept of "pacing." A healthy recovery involves developing the skills to recognize what our bodies are telling us, to "begin to slow down and stop an activity *before* they begin to exhaust their energies." An April 2022 National Geographic article quotes Alba Miranda Azola, co-director of Johns Hopkins Post-Acute COVID-19 Program, "We have found that patients with post-viral fatigue that push through and enter a crash cycle have overall functional decline." Indeed, the emerging advice for recovery reflects this reality: Stop, Rest, Pace.

As I'm continuing my own recovery, I'm wondering if there is wisdom in the practice of convalescence for our congregations, too? After all, this pandemic has not only affected individuals but also changed our most beloved institutions. Rather than return to old habits and practices, can we learn the new skills of listening to our common life together? What is Spirit asking of us in this moment? What would it mean for us to "Stop, Rest, Pace"?

Pastor Nancy



Christian Women's Board of Missions Takes Over, 1900-1922, A Continuing Look Back at MSU

Beginnings (excerpt from [A Light to The Mountains](#), by Donald F. Flatt, pp18-22)

Morehead Normal School became interested in accreditation in the late 1890s. The school filed articles of incorporation with the state in the spring of 1898, requesting power to confer high school diplomas. Although its first request was denied, the school was finally chartered on May 6, 1899, thereby representing the first official connection between the institution and the state.

Management of the school changed hands in 1900. At a meeting in Indianapolis, J. W. McGarvey, influential church leader on the state level in Kentucky, raised the possibility of transferring the school from the Kentucky Christian Missionary Society to the Christian Women's Board of Missions. Rather than being dissatisfied with the school's past record or future potential, the missionary society simply wanted to focus on evangelistic work and to withdraw from educational work. At a time when most private normal schools failed to survive, the Kentucky Christian Missionary Society, in spite of limited financial resources, had successfully operated this school for thirteen years and had fulfilled the founders' mission to elevate the region's moral standards. During its first thirteen years the institution had trained more than 300 teachers. On July 31, 1900, the missionary society deeded the Morehead Normal School property to the Christian Women's Board of Missions.

One of the first steps of the new owners was to organize an advisory board which served to promote worthwhile projects as well as maintain rapport between the school and the town of Morehead. Rowan County School Superintendent Cora Wilson Stewart and Allie Young, a prominent young lawyer, served as early members of the advisory board. Since Morehead Normal School never became self-supporting, the Christian Women's Board of Missions sought funds through contributions from individuals and churches as well as from state and local auxiliaries. Tuition and gifts from the town of Morehead accounted for only one-sixth of the total cost of operating the school.



Cora Wilson Stewart was on the Morehead Normal School advisory board. In 1911, she was elected the first woman president of the Kentucky Education Association.

Local Option Election.
Morehead, Ky., Feb. 16.—The people of this community are greatly stirred up over the whisky problem, and steps are being taken to order an election for the entire county within sixty days.

The immediate cause of the crusade is the Morehead Normal College. The Woman's Christian Board of Missions has donated the college the sum of \$65,000 on the condition that no saloons are allowed in the town, and so the temperance people are making a vigorous fight to drive out the saloons.

Turn of the century newspaper article.

Progress from 1900 to 1922 demonstrated the wisdom of transferring the school's oversight to the Christian Women's Board of Missions.

"Under this new and competent management," Dr. Frank Button, principal, later asserted, "the buildings have been repaired and enlarged, the number of teachers has been increased, the courses of study have been strengthened, and a new epoch in its history has begun." A record enrollment of 284 was set in 1901; students included boarders representing sixteen counties and three states. The school endeavored to instill every future teacher with enthusiasm for work and with high ideals. In addition to being drilled each day in religion, they were given special instruction in reading, music, parliamentary law, physiology, physical culture, and Bible study. Button was thrilled to report at the turn of the century that "there are no saloons in Rowan County." Commencement exercises in 1901 featured the delivery of student papers which represented "creditable efforts of serious thought, tinged with wit and fringed with smiles." Five women and two men graduated in the auditorium of the local courthouse.

Kentucky Regional Christian Church News

CHRISTIAN CHURCH (DISCIPLES OF CHRIST) IN KENTUCKY

Disciples Women

Women's Fall Retreat

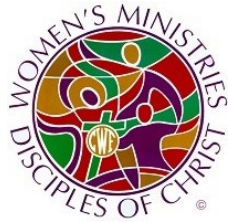
Keynoter, Rev. Emily Askew

October 14-16, 2022

Barren River State Park, Kentucky

[Register](#)

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Regional Assembly

A feast of workshops, fellowship, worship,
and prayer for Kentucky Disciples.

November 3-5, 2022

Georgetown, Kentucky

[Register](#)

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The Welcome Table
a reunion of God's beloved community

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