

# THE ECHO

*a newsletter of the First Christian Church of Morehead, Kentucky*

## Back to School Events and Projects

BLESSING OF THE BACKPACKS IN WORSHIP ON AUGUST 13



A new year at school may bring a mix of emotions—from excitement to feelings of anxiety. As a congregation with deep roots in education we know how important it is that students of all ages have a community which loves and supports them.

Join us on Sunday, August 13, in worship for a special time of blessing for students. If you're going to school this fall as a student or a teacher, don't forget to bring your backpack with you to church—there will be a spot up front by the communion table for backpacks. We'll sing, pray, and send all our students and teachers into a new school year with many blessings for peace and a season of growth!

**Blessing of the Backpacks—Sunday, August 13 at 10:45am**

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## Fall Outreach Projects for Schools Kickoff



Middle school can be a difficult time for all kids. Girls face the regular and often ill-timed need for personal hygiene products while at school. In August FCC will collect feminine hygiene items to help make life a little easier on these young ladies. These much-needed items will be available in the RCMS Youth Service Center.

To contribute, please bring at least two packages of these items (tampons, pads, or both). Place these in the bin near the door at the basement entrance. Your help will be much appreciated!

Our weekly Snack Backpack ministry resumes when school starts. FCC provides healthy weekend snacks for



approximately 70 Rowan County students. The weekly cost is \$125 - \$150. Proceeds from our 36 registered Kroger Community Rewards participants raised \$150 (Feb.—May), which covers one week of snacks.

To make a monetary donation to help support these students, make your check to FCC and designate "Outreach" or "snack backpacks". Additional fundraisers, including a possible fall yard sale, are in the works.

The first outreach committee meeting of the fall will be Wednesday, August 2, at 6pm. Join us to help plan future outreach projects.

# Creating Heart Space in Turbulent Times

REV. ROY REYNOLDS



During these times of social turmoil, climate change, and concern for our imperiled planet, we each may long for places of safe harbor and circles of trust. Especially, we may long for acceptance, where we can be heard for who we are, how we feel, and what concerns us. Would it not be valuable to come together on occasion with a few caring others devoted to practicing deep listening, shared empathy and trusting companionship?

Roy Reynolds—retired minister (Unitarian Universalist) and member of Morehead First Christian Church—led a companioning circle in Dunwoody, GA, for five years. And he gladly offers to lead a companioning circle in our church community for a small group: no more than six people.

The Companioning Circle® grew out of principles and practices of pastoral care and grief counselling developed by Dr. Alan Wolfelt, PhD. His approach to companioning the bereaved abides by adhering to eleven tenets. In a Companioning Circle participants agree to uphold these qualities of presence:

- ◆ Being present to another person's pain
- ◆ Going to the wilderness of the soul
- ◆ Honoring the spirit
- ◆ Listening with the heart
- ◆ Bearing witness to the struggles of others
- ◆ Walking alongside
- ◆ Discovering the gifts of sacred silence
- ◆ Being still
- ◆ Respecting disorder and confusion
- ◆ Learning from others
- ◆ Curiosity

If you would like a copy of the Tenets of Companioning, please send your request to Roy Reynolds at [royreyn@gmail.com](mailto:royreyn@gmail.com). He anticipates initiating a Companioning Circle for FCC Morehead this fall 2023.

## Parking at FCC

SPACES 1-4 ARE RESERVED FOR 2023-24 SCHOOL YEAR

**REMINDER:** We rent the first four numbered spaces to the public during the fall and spring semesters. Please **do not park in spaces 1-2-3-4**. Members of the congregation may park in any other spaces in the parking lot during the week when displaying a current FCC permit.

If you would like a permit for the year (July-June 2024) please stop by the office during office hours to pick up your parking permit.



## NEW MEMBER

On July 17, 2023 we welcomed Noel Earl officially to our congregation.

Welcome, Noel!

## TREASURER'S REPORT—JULY

General gifts and income (thru 7/23) (T-shirt sales - \$40.00)	\$ 6,871.31
Expenses	\$ 9,174.01


## MACK FUND GIVING

*In memory of*

**MARY JEAN BOYD BATTSON**

by GINNY AND MARK EHERTON

# August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 - Joyce Hart 8 - Ronetta Brown 10 - Kaitlyn Paschall 17 - Jeff Bizzel 20 - Natalie Mineer 27 - Adrian Swain		1	2	3	4	5
6 10:45 am Worship	7	7 pm Women of the Bible (Zoom)	5 pm Bells 6 pm Outreach Committee Mtg	7 pm Vespers (Zoom)	Office closed.	
13 10:45 am Worship Blessing of the Backpacks	14 MSU classes begin	7 pm Women of the Bible (Zoom)	5 pm Bells 7 pm Choir	7 pm Vespers (Zoom)	Office closed.	12 19
20 10:45 am Worship	21	7 pm Women of the Bible (Zoom)	5 pm Bells 7 pm Choir	7 pm Vespers (Zoom)	Office closed.	26
27 10:45 am Worship Sept. newsletter articles due.	28 7 pm Full Board Mtg (Zoom)	7 pm Women of the Bible (Zoom)	5 pm Bells 7 pm Choir	7 pm Vespers (Zoom)		

# Notes from Pastor Nancy

REV. NANCY GOWLER



For most of us, our cell phones are a constant companion—the first thing we check in the morning and the last thing we set down at night. It is a useful tool and an insistent distraction. Our cell phones tell how many steps we've taken each day, challenge us with Wordle and the NYT crossword puzzles, document our lives with photographs, identify plants for us, and connects us with friends and family close by and across the globe. There are even helpful apps for prayer and meditation. I have over 250 apps on my phone.

Which is why I was intrigued by a suggestion for a cell phone prayer practice suggested by Lilly Lewin in a recent [GodSpaceLight.com](https://www.godspacelight.com) post. Lewin suggests opening your texting or messaging app, setting your phone timer for 2 minutes, and then going through the list of people who have texted you recently, stopping to pray for each one. It could be a simple blessing on their day, or perhaps the Spirit leads you to pray in a particular way for someone.

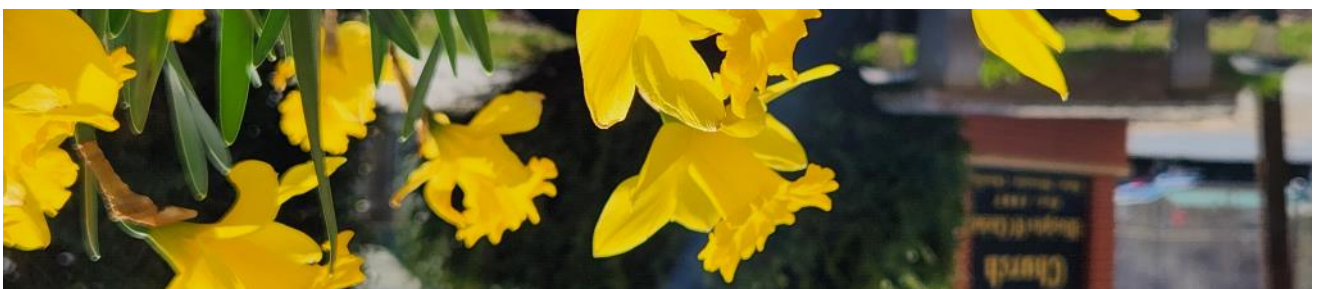
At the end of that 2 minutes, take time to reflect upon your prayers. For whom did you pray? What needs came to mind? How did you experience gratitude? Is the Spirit leading you to some type of action—perhaps reaching out or connecting in some way?

Lewin writes this is a practice you can try whenever you're waiting and you reach for your phone. Rather than scroll through Twitter or TikTok, use that time for a prayer practice break. I love the idea of breaking the pattern of doom scrolling, and transforming it into a time of blessing and prayer.

Have you found a creative way to use your cell phone in your own spiritual practices? I'd love to hear your experiences.

*Pastor Nancy*

FIRST CHRISTIAN CHURCH  
227 East Main Street  
Morehead, KY 40351



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Stamp  
Here