

In essentials, unity. In non-essentials, diversity. In all things, charity.

First
Christian
Church
(Disciples of
Christ)



The Echo

Volume 18 Issue 12

December 2018

PLEASE JOIN US

**First Sunday
Lunch
Fried Chicken
December 2
12-2pm**



The elders are hosting.
Contact Mark
Etherton.
Please bring your
favorite side,
salad, or dessert.

Contents

- 2 -Surviving 'Blue'
Christmas (& Advent)
- 3 -Minister Installation
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Thanksgiving and Christmas Outreach

The Outreach needs to have food and toys delivered to the church this Sunday, December 2. If you signed up for toys, please wrap and place family and child's name on the package. All help will be greatly appreciated. We will be delivering food and gifts on Sunday, December 9, and to St. Claire Home Health on Monday, December 10.

Our Outreach includes:

- Toys for 37 children.
- Food for 11 family baskets.
- Food for elderly households served by St. Claire Home Health.
- Cash for clothes, shoes, coats for families and personal care items for families and elderly.
- Cash for Thanksgiving baskets. We provided 10 baskets for Gateway Homeless Shelter. Our youth shopped/delivered the items on November 18. See pictures on page 6.
- Finals week goodie bag items for MSU college students in our congregation and women's basketball team who wrap gifts for our Family Christmas. This can be granola bars, cookies, nuts, or other kinds of snacks.

I am grateful to belong to such a generous and loving church family, and thankful for all you do to make life easier for others in our community.

Marge Thomas

Outreach Co-chair

Advent and Christmas Opportunities

12/1—Adult Bell Choir will be performing at US Bank during Hometown Holidays from 5-6pm.

12/2—First Sunday of Advent. During worship service, a **Hanging of the Greens Celebration** will be held. Wrapped toy gifts and food are due at the church. Please keep the names of the child and family name with the gifts. Goody snack bags for our college students & MSU Women's Basketball team to use during MSU finals week are due also.

12/2—First Sunday Lunch Fried Chicken. The church will provide the entrée and the congregation is requested to bring sides or desserts.

12/5—MSU Women's Basketball Team will wrap gifts. Dinner will be served.

12/9—Second Sunday of Advent. After worship service, the Christmas gifts and food will be delivered in the afternoon. We will need help delivering gifts. Please contact Susan Thomas.

12/10—Deliver food and gifts to St. Claire Home Health patients.

12/12—Last day to Order Poinsettias in memory or in honor of loved ones. They will be displayed on the 16th, 23th, and 24th. They may be taken home after the Christmas Eve Service.

12/16—Third Sunday of Advent. Youth caroling to our shut ins at 1pm.

12/23—Fourth Sunday of Advent. Service of Lessons and Carols.

12/24—Christmas Eve Candlelight Service at 10pm.



Surviving 'Blue' Christmas (& Advent)



Reverend Don Chase

Author Mitch Albom in his book, *Tuesdays with Morrie*, tells of the day that his friend and teacher Morrie Schwartz was told by the neurologist he had Lou Gehrig's disease. "Outside, the sun was shining and people were going about their business. A woman ran to put money in the parking meter. Another carried groceries. Morrie was stunned by the normalcy of the day around him. "Shouldn't the world stop? Don't they know what has happened to me?"

This Sunday begins Advent. A rather familiar time for most Christians, especially those from mainline and liturgical traditions. *'Tis the season to be jolly*, so the culture reminds us on every street corner and storefront. And it is a wonderful time of the year: friends and family, gifts, candy, parties, endless food, Christmas trees, frivolity, bright lights and decorations, merriment. It really is a most wonderful time of the year.

But for many people, this is the saddest and most difficult time of the year. Or, as Mitch so poignantly asserts: "Shouldn't the world stop? Don't they know what has happened to me?" For many of us, the melody in our heart has grown silent. For many, "joy to the World, the Lord has come" has been replaced by, **O' Lord how long?** For many, this Advent and Christmas – perhaps like many others – has become rather 'blue.' Grief is a difficult and lonely experience, especially during the holidays.

For many, this will be the first holiday apart from a loved one; an empty chair at the dinner table. And while death of a loved one results in excruciating grief, perhaps the most normative metaphor for grief is 'loss.' The loss of an important relationship, the loss of health, the loss of a dream. The holiday season has a way of accentuating all of our griefs and losses. My heart goes out to those experiencing acute grief during this time of the year.

A number of years ago I came across a brief article by therapist Ashley Bush Davis that I found especially helpful to me during a bout with acute grief. I share Davis' six tips for coping with grief during the holidays with hope that you, too, will find it helpful in making your days a little "less" blue:

Talk about your Loved One – Don't be afraid to mention your loved one when you're at a party or with friends and family. Often people are reluctant to mention the deceased because they are afraid to 'upset' you. They don't realize that your loved one is always on your mind and that it's healthy to reminisce. Be the one to share memories and to encourage conversation.

Express your Feelings – Holding in pent up emotion is not healthy. If you want to cry, let yourself cry. If you need to express anger, write in a journal. Try creative arts to express the many feelings you're experiencing. Letting yourself feel the pain and then finding expression for that pain is an important aspect to healing.

Light a Candle – Light a memorial candle at the holiday dinner table to honor the light of your loved one. Remember that although their physical form has gone, they are very much still a part of your life. Hold that love close to your heart and remember that your life has been enriched by their love.

Shop and Share – A frequent sadness for griever is not being able to shop for their loved one. Try going shopping for things that you might have purchased for your dear one and then donating those items to a homeless shelter, a hospital, or a charity.

Cut Yourself Slack – Be extremely gentle and kind to yourself. If you don't feel like going to a party, don't go. If you don't want to send cards, then don't send them. Do the absolute minimum necessary for you to celebrate the holidays. Grieving is exhausting and you simply won't have extra energy to expend. When possible, ask friends and neighbors to help you with tasks that feel overwhelming. Try to do your shopping on-line. Set your bar low and give yourself permission to take it easy.

continued on page 3...Surviving 'Blue' Christmas



Acolyte Schedule

Dec 2 Sam Rogers
Dec 9 Ellie Williams
Dec 16 Keyairah Bailey
Dec 23 John Akers
Dec 30 Sam Rogers



Installation Nov. 4, 2018.
Reverend Donald Chase
(left) with President
Susan Thomas (center) and
Reverend Greg Alexander,
General Minister of DOC,
Kentucky.

Minister Installation November 4

First Christian Church welcomes Reverend Donald Chase as Minister. Reverend Chase has served as Transition Minister since January 2018. He is the director of Clinical Pastoral Education (CPE) and Clinical Chaplain at the Lexington VA Medical Center, where he has served for the past 13 years. He is an ACPE Certified Educator with the Association for Clinical Pastoral Education (ACPE), Board Certified Chaplain (BCC) with the National Association of VA Chaplains (NAVAC), and an ordained minister with the Christian Church (Disciples of Christ). Prior to chaplaincy, Reverend Chase served as the senior minister of Disciples' churches in Harrodsburg, Kentucky; Guymon, Oklahoma; and Azle, Texas. His education includes the M.Div., M.A., and B.S. degrees. Reverend Chase has completed research and is currently in the dissertation writing process (*still!*) for the doctoral degree from the Ecumenical Theological Seminary in Detroit, MI. He is married to the Reverend Renee Chase, also a Disciples minister, who is currently a Board-Certified chaplain at St. Joseph Hospital in Lexington.

continued from page 2...Surviving 'Blue' Christmas (& Advent)

Simple Pleasures – Even if your heart is broken, you can look for simple pleasures to savor. See if you can find one tiny thing each day for which you can be grateful. Notice your health, your loved ones who are still living, even small sensory pleasures like tastes, smells, and sounds. Try shining the focus of your attention on small things in your life that bring you some happiness.

Remember that you are not alone in your grief. Grieving is a universal experience that we all experience at one time or another. Grief is also a process that takes time to work through. Therefore, be patient and gentle with it. And, by all means, call a friend, pastor, or someone if you feel overwhelmed by your grief.

Glad to be your pastor,
Don



A Note from the Creation Care Team

"More with less is not a slogan-- It is a glimmer of hope for disciples of Jesus in an unjust world."

J. Wilmer Helsey



Genny Jenkins

Choir—Bells—Instrumental Ensemble

The music department has had a busy month and we are looking forward to a wonderful Advent season and Christmastide. We'd like to first congratulate our interns, Ashlyn, Andrew, and Ross, on three wonderful recitals! What an amazing achievement! This month, we will be celebrating the beginning of Advent with a Hanging of the Greens service as part of our regular Sunday worship on December 2.

We will also be celebrating with our youth and choir on December 23 with a Service of Lessons and Carols. Our bell choir will be ringing at Hometown Holidays on December 1st from 5:00 - 6:00 at US Bank. We'd love to see familiar faces in the crowd! Best wishes for a blessed Advent season and Merry Christmas from all of us to all of you!

~Thank You~

~Members of First Christian Church, Morehead:
I and my family wish to express our sincere
thanks for the outpouring of love and care we
have experienced from this congregation during
this most difficult time. The passing of Darlene
was so unexpected and painful for us. We have
felt uplifted by your kind support such as the
light lunch provided at the funeral home,
members serving as pall bearers, others offering
Thanksgiving dinner and on and on. Thanks to
our church family for loving her and me for a
very long time.

David Perkins

~Thank you to *Rob Sloss, Fran Helphinstine, Joyce Hart and Emma Lou Gross* for providing lunches for the November Peoples Clinic volunteers.

~Thank you to *Ronetta and Jeff Brown* for November communion preparation and cleanup.
FCC

Men's Fellowship

The Men's Fellowship will not meet this month. The next meeting will be in January. Look for information in The Echo January newsletter. Bring a friend for the awesome breakfast!

November Treasurer's Report

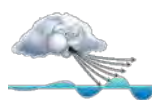
Income is \$7,872.00.
Expenses are \$7,593.85.

2018 Advent Devotional Booklets
scripture readings-reflections-prayers


Kroger Donates to FCC



Please check the bottom of your Kroger receipt to make sure that First Christian Church Morehead is your charity. Part of our Outreach is funded from the Kroger program. Thank you!



We Hope It Isn't Necessary....

 Snow/Inclement Weather closings are posted on the WKYT (CBS Channel 27) television station usually at the bottom of the TV screen.

Adult Sunday School

The class will start back on January 6th and begin a DVD series by Luke Timothy Johnson entitled "Mystical Tradition: Judaism, Christianity, and Islam" with Alana Scott.



December Deacons

Alicia Carter, Jeff Brown, Ronetta Brown

December Elders

Dec 2—Alana Scott and Joe Barrett
Dec 9—Alana Scott and Joe Barrett
Dec 16—Larry Fannin
Dec 23—Yvonne Baldwin
Dec 30—Yvonne Baldwin

TIME TO ORDER POINSETTIAS

TIME TO ORDER POINSETTIAS We are again ordering white poinsettias from the MSU Horticulture Department. If you would like to make a donation of a poinsettia *in memory of* or *in honor of* an individual, please either leave slip in office, email, or call with your order by **Wednesday, December 12**. Church office phone (606) 784-4836. Each poinsettia is \$10. They will be displayed on Sunday December 16 through Christmas Eve. You may pick up after the Christmas Eve service.



 A donation **OR** A poinsettia In honor of **OR** In memory of

Name of person/s _____

Given by _____

Amount enclosed \$ _____ (\$10 x number of poinsettias) Make check to FCC.

December Birthdays



- 1- Alta Blair
- 1- Eric Carter
- 2- Karen Ross
- 6- Larry Fannin
- 7- Jami Hornbuckle
- 15- Draven Quinn
- 21- Sasha Reinhardt
- 22- Jeremy Skaggs
- 26- Ethan Caudill
- 28- Kathryn Rogers
- 28- Kristi Skaggs

Living Memorial Fund

in memory of

Darlene Perkins

by

Members of Cabinet of Health
& Family Services

*Sharon Kiser
Jackie Johnson
Natasha Stewart
EJ Smith
Megan Walker
Jennifer Mayse
Jennifer Schworm
Tonya Bailey
Melinda Vise
Robert Thomas
Eddie Noble
Angie Gamble
Ashley Johnson
Robin Wicker
Jessica Lasseter
Dale Caskey
Megan Thomas
Anastasia Fannin
Jill Thomas*

~

in memory of

Juanita Griffith Hall
(Tommy Griffith's sister)

by

Fran Helphinstine

Mack Fund

in memory of

Darlene Perkins

Sarah & Rex Chaney

Anne Buckner

Living Memorial Fund

in memory of

Etta Jane McCarty

by

Dr. Perry & Jo Ann
McCallen

~

in memory of

Darlene Perkins

by

Virginia & Mark Etherton
First Federal Savings
& Loan
Harold White Lumber Inc.
Laura & Gabe Brown
Catherine & Brent Rogers
Emma Lou & Jim Gross
Jane Y. Holbrook
Barbara & Truman Dehner
Revs Renee & Don Chase
Eva & Glenn Johnston
Marge & Dan Thomas
Fran Helphinstine
Susan Thomas &
Grant Alden
Whitaker Bank-Morehead
Yvonne Baldwin
Wanda Perkins
Judah Christian Fellowship
Paul Semisch &
Dennis McKay
Shirley & Willard Alfrey
Joyce Hart
Stephen Thomas
Linda & Ival Bryant
Betty & Joe Perkins

~

in memory of

Maxie Nixon
(Alana Scott's uncle)

by

Fran Helphinstine

Yoga

Leon Smothers let us know that
Yoga will not meet in December.
Activities will resume in January.

JESUS

*And His name will be called
Wonderful, Counselor,
Mighty God,
Everlasting Father,
Prince of Peace.*

Isaiah 9:6b

Return to the Lord Your God,

for he is gracious and

compassionate, slow to anger

and abounding in love.

Joel 2:13

Pastoral Care for Emergencies

Please contact the office for
pastoral emergencies, Monday-
Thursday 8:30-1pm, at 606-784-
4836. After 1pm, Fridays, and on
the weekend, please contact Rev.
Chase for pastoral emergencies.
Rev. Don cell: 859-753-4335.

Electronic Giving

*Authorization forms are available
in the sanctuary or contact the
office for an email form.*

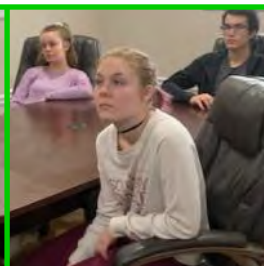
MSU Choir Interns

Senior recitals for Ashlyn Denney, Andrew Hall and Ross Haney were held in October and November. We are so proud of their contributions to First Christian Church and for their help with our choir and youth.



Youth Thanksgiving




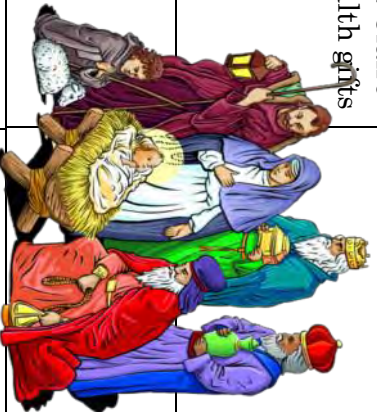

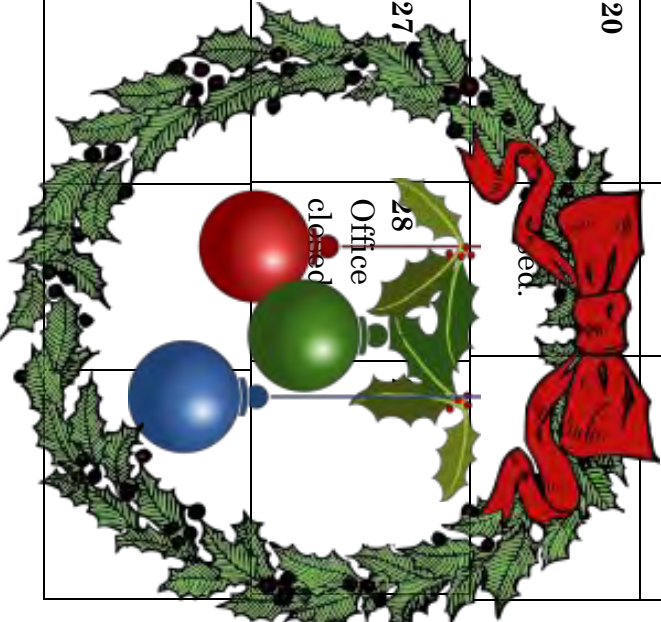
The youth shopped for Thanksgiving baskets on November 18. After taking the food and household goods to the Gateway Homeless Shelter, Paul Semisch, Assistant Director, thanked them for their ministry.



In and Around FCC

Photos by Brenda Combs, Genny Jenkins, & Sarah Chaney.

First Christian Church - December 2018

 Sun		Mon	Tue	Wed	Thu	 \$	
		Office Hours: M-Th 8:30-1pm					
2 First Sunday of Advent 10:45 Worship Service 12:00 First Sunday Lunch Wrapped gifts and food due.		3	4	5 5:00 MSU Women's Basketball Team Dinner. 6:00 Youth Lessons / Carols rehearsal; 7:00 Choir rehearsal	6	7 Office closed.	8
9 Second Sunday of Advent 10:45 Worship Service 12-4pm Deliver Christmas gifts and food to families		10 Deliver St. Claire Home Health gifts and food.	11	12 Poinsettia orders due. 6:00 Lessons and Carols rehearsal	13	14 Office closed.	15
16 Third Sunday of Advent 10:45 Worship Service		17			20		
23 Fourth Sunday of Advent 10:45 Worship Service Lessons & Carols Service		24 10pm Christmas Eve Candlelight Service	25 Merry Christmas Office closed.	26 Newsletter articles due. No rehearsals.	27	28 Office closed	
30 10:45 Worship Service Newsletter articles due.		31 Newsletter published.					

First Christian Church
(Disciples of Christ)

Rev. Donald Chase, Minister

Genny Jenkins, Choir
Jiyeon McGillicuddy, Keyboards
Youth

Barbara Marsh, Secretary
Sarah Chaney, Bells Kaitlyn Rhoden, Nursery
Darrin Roe, Custodian

227 East Main Street

Morehead, KY 40351

Monday-Thursday 8:30-1pm

Phone: 606-784-4836

Email: fccmky@gmail.com

Website: www.fccmorehead.org



<http://www.facebook.com/fcc.morehead>

Sunday Worship Service @
10:50am



Bible Readings
for the Month

Disciples of Christ
Lectionary



Dec 2—Luke 21:25-36

Dec 9—Luke 3:1-6

Dec 16—Luke 3:7-18

Dec 23—Luke 1:39-45
(46-55)

Dec 30—Luke 2:41-52



From Don, Barbara, Genny, Jiyeon, Sarah, Kaitlyn, Darrin, Roger and Leeann: First Christian Church of Morehead wishes each and everyone of you a blessed Christmas and a prosperous and Happy New Year.