

VOL. 24 ISSUE 1

JANUARY 2024

# THE ECHO

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

## FCC Directory Is Now Online!

ACCESS DIRECTORY ONLINE OR THROUGH THE FREE MOBILE APP

Thanks to Mary Claire Williams, chair of our Congregational Life team, and Barbara Marsh, our church office secretary, who both put in many hours to prepare the new church directory, which is available online or through a FREE mobile app. The online format allows individuals to update their information as needed and to upload a recent photo.

To view the directory online, go to [members.InstantChurchDirectory.com](https://members.InstantChurchDirectory.com) and follow the prompts under “Sign In” to “Create a login now.” Please remember you must confirm your email address before you can sign in.

There is also a free mobile app available for download at the Apple App store in iTunes, Google Play store, and the Amazon Fire App Store. Use one of the QR codes below or search for “Instant Church Directory” in the app store to get the download.

You will need to use your email address as listed in our directory to create a log-in the first time you use the directory online and via the mobile app.

### Need help or have questions?

Please contact Barbara Marsh at the church office, 606.784.4836 during office hours, Monday through Thursday, 8:30am—1pm.



[iOS Mobile App  
QR Code](#)



[Android Mobile  
App QR Code](#)

Our Church Directory is powered by [Instant Church Directory](#).

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Morehead, KY 40351

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(606)784-4836



## TREASURER'S REPORT—DECEMBER

**General gifts and income**               \$ 8,499.50

(First four Sundays)

includes Kroger \$147.63

**Expenses**                                 \$ 8,752.38

## MACK FUND

*in memory of*

**The Young & Holbrook Families**

by

Jane Young Holbrook

~~~~~

**Shirley Mobley Parker**

by

Marge and Dan Thomas

~~~~~

*a donation to support*

**Organ Tuning**

by

Anne Buckner

FCC Morehead

## January Birthdays

4- Jane Holbrook

11- Miles Paschall

21- Dewayne Carter

23- Mark Etherton

25- Tommy Griffith

27- Ginny Etherton



## THANK YOUS

Dear Brent and Congregation,

Thank you so much for the wonderful Christmas gift. I so appreciate the friendships and support I have always received at the church and value the trust you have placed in me. I will always strive to represent the congregation and mission to the best of my ability.

— Barbara Marsh

Dear FCC Family,

I'm so very grateful for your many kindnesses and the generous Christmas gift. I am thankful for all of you, and I look forward to our shared ministry in 2024.

With a thankful heart,

— Pastor Nancy

Flower arrangement for  
Christmas Eve Worship  
given by Warren M. Garrison, Jr.

*in honor of*

Margaret (Muff) Penix Scott

Robert B. Scott

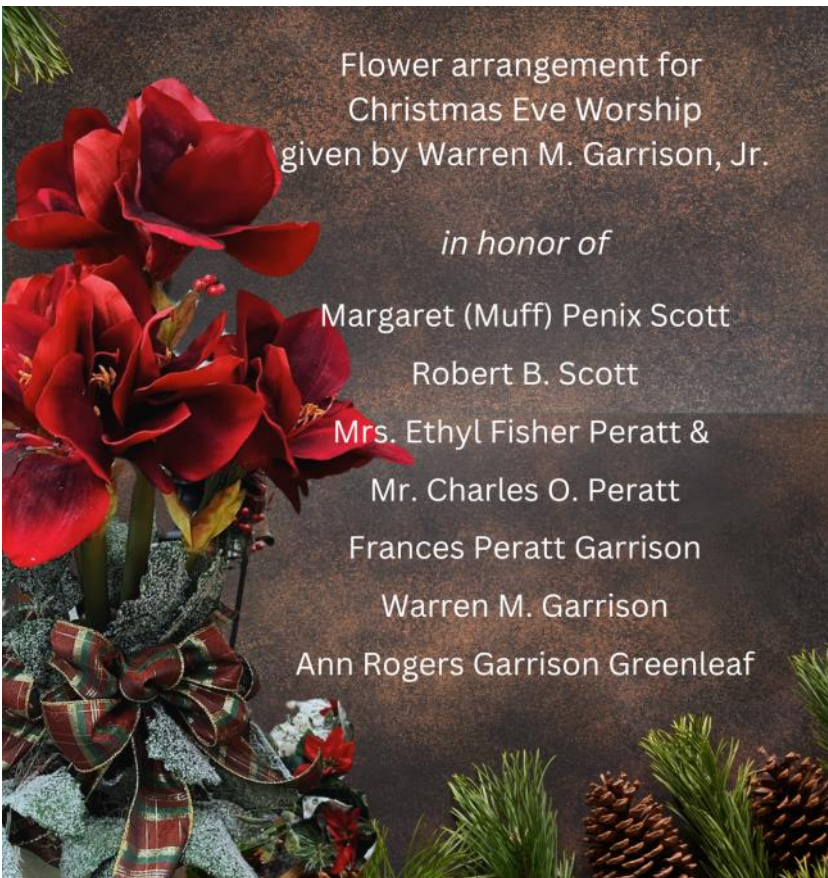
Mrs. Ethyl Fisher Peratt &

Mr. Charles O. Peratt

Frances Peratt Garrison

Warren M. Garrison

Ann Rogers Garrison Greenleaf







## Worship Ministry News

### HOLIDAY PHOTO BOOTH CREATES MEMORIES

With a holiday backdrop and a few strategically placed props, Jackie Bailey transformed the back corner of the sanctuary into a beautiful photo booth for two Sundays in December. Families and friends happily posed for photos together which were later shared on social media and private messages.

Many thanks to Jackie for sharing her creativity and hard work! And thanks to Keyairah Bailey who helped with taking down the photo booth on December 19.

Choir rehearsals will resume Wednesday, January 17, at 7pm.



Holiday choir ministry members pose at the holiday photo booth. Seated from left: Alana Scott and Jean Lamer. Standing: Mike Dobranski, Jasper Hernández, Silas Thomas, Genny Jenkins, Jeff Brown, Jiyeon McGillicuddy (keyboardist), Roy Reynolds, and Nancy Gowler.



Jackie Bailey takes down the photography backdrop for FCC's 2023 Holiday Photo Booth.

## Star Words for Epiphany

### A SPIRITUAL PRACTICE FOR THE NEW YEAR

Inspired by the story of the Magi following a star, the receiving of star words for Epiphany has become a common Christian prayer practice for a new year. Star words can serve as a guide, a touchpoint as we seek to discover God at work in our world, dwelling alongside us.

This year we'll be receiving our star words in worship on Sunday, January 7. If you are unable to attend worship or would prefer a star be sent to you, contact the church office. We'll pick a word just for you.



# Volunteer Drivers Deliver Holiday Cheer

DECEMBER 10, 2023

Thank you to the gift deliverers Becky and Grace Davison, Marge and Dan Thomas, Sasha Reinhardt and family, Alicia and Dewayne Carter, Genny Jenkins, Yvonne Baldwin, Joyce and Carlos Marin, Joe Barrett, Jiyeon McGillicuddy, and Bob Pryor, and to the numerous people who stayed after church to load vehicles.





# Outreach Delivery to Christian Social Services

DECEMBER 13, 2023

First Christian Church Outreach worked closely with Christian Social Services to identify older folks for our holiday donations.



Bev Gilliam, Christian Social Services Director (left) receives 10 baskets of food for the elderly from Ronetta Brown, Outreach co-chair.



Ronetta (left) and Jeff Brown, Outreach co-chairs.

The food baskets included oatmeal, crackers, cookies, tuna, beef stew, mashed potatoes, jelly, peanut butter, chicken noodle soup, peanuts, applesauce, canned peaches, dried fruit, and pinto beans. Ten Kroger cards in Christmas cards were given for each individual. The cards said, "Merry Christmas from your friends at FCC." A second set of gift cards will be given in around six weeks as holiday assistance will have run out.

Ms. Gilliam said, "Everyone absolutely loved the baskets. They were especially thrilled with the gift card, denture cleaner, and cleaning supplies. I honestly never thought about purchasing denture cleaner for the people we serve." One recipient was especially excited. "She was thrilled with the denture cleaner and the cleaning supplies. She said she couldn't afford to buy either and that food prices were so high that this basket is going to really help her so much."

The elderly holiday delivery also included a warm throw or blanket with sherpa lining, a scarf or hat, jigsaw puzzles, puzzle books, toilet paper, devotional materials and cleaning and hygiene items. A postcard was included which they may return to receive these monthly.

Please contact the church office for further information about joining the Outreach Committee.



Outreach Committee members help load cars and deliver gifts on December 10, 2023.



# Outreach Total Families Served: 12

## Number of Children Served: 46

### Elderly/Homebound Individuals Served: 10

This year's Christmas Outreach for families and homebound was one of the largest in FCC history.

The families were identified by the Rowan County Schools' Family Resource Directors. Ronetta Brown, Outreach Co-chair, works closely with the Directors to gather information about which gifts and toys the children like. The Directors also provide shoe and clothing sizes for each child. The families of the children receive large food baskets with ham and all the trimmings for wonderful holiday meal. Because cleanliness is a big part of being healthy, cleaning supplies are provided for each family.

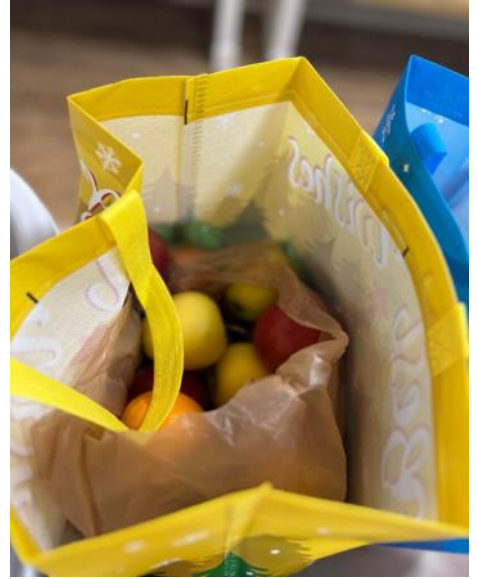
The information about clothing sizes, gift preferences, and a list of food items is loaded into a sign up genius format. Congregation and friends then sign up for each child's gifts or clothing, or to purchase food items. Everyone works together so that each child is included and we hope has the happiest holiday and nutritious food.



We want to thank everyone who purchased food, bought cleaning supplies, or donated money for this year's Christmas Outreach. This is a tremendous gift to our community, and it is made possible by the love and generosity of our wonderful church family and friends!

We would also like to thank our extended church family (some who live in other cities and states) for adopting children from our list of 46 and generously purchasing gifts that no-doubt made it a better Christmas for each child.





Jeff and Ronetta would like to thank all the Outreach Committee members: Connie Kibbey, Joyce Marin, Elizabeth Ash, Bob Pryor, Genny Jenkins, Marge Thomas, Alicia Carter, and Sarah Chaney for help with shopping, sorting, wrapping, and preparing items for delivery to the families and the elderly.

We would like to thank Fran Helphinstine for recycling bags and boxes from the project.







## Epiphany at Home

### CHALKING THE DOOR

January 6 is the twelfth night of Christmastide, the Feast of Epiphany, also known as “Three Kings Day.” In some cultures, Epiphany is the primary celebration of Christmas, complete with presents and parades. The “Chalking the Door” is an ancient spiritual practice of marking a blessing in chalk and inviting God’s blessing on a home, church, or other entryway, and on all who enter its doors during the year. All you need is chalk and a doorway. Invite your family and friends to participate. The markings are usually made above the front door or main entrance, in this pattern:

**20 + C + M + B + 24.**

Here’s a sample liturgy adapted from Beliefnet.com. Each person may take a turn reading the part of the Leader and marking a portion of the inscription on the doorframe.

**Leader:** Peace be to this house and peace to all who enter its door.

**Leader:** A reading from Proverbs:

"By wisdom a house is built, and through understanding it is established;  
through knowledge its rooms are filled with rare and beautiful treasures."

**Leader:** Let us pray:

Gracious God, as a shining star once guided the magi to the birthplace of the infant Jesus,  
may we who dwell here shine as your light in the world; through Jesus Christ we pray.

**Amen.**

*Using chalk, make the inscription: 20 + C + M + B + 24.*

**Leader:** A reading from Isaiah:

"The effect of righteousness is peace, and the result of righteousness,  
quietness and trust forever.  
My people will abide in a peaceful habitation, in secure dwellings, and quiet places."

**Leader:** Let us pray:

Holy One, bless this home and all who live here with your gracious presence,  
may your love be our inspiration, your wisdom our guide, your truth our light,  
and your peace our benediction; through Jesus the Christ we pray.

**Amen.**

NOTE: The letters C M B reflect the 9<sup>th</sup> century traditional names of the Magi, the "three kings"—Caspar, Melchior, and Balthazar. Or they may indicate the first letter of each word in the Latin phrase *Christus Mansionem Benedicat*, which means "May Christ bless this dwelling." The numbers indicate the year, 2024.



# January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>New Year's Day</b>	2	3	4	5	6
	Office closed.				Office closed.	
7 <b>Baptism of Our Lord</b> 10:45am Worship	8	9 7pm Women of the Bible (Zoom)	10	11	12 Office closed.	13 Hike Caney Creek Loop 10am Stoney Cove Recreation Area KY 801 Cave Run Lake
14 10:45am Worship 3-5pm MLK Jr. Youth Event, Transylvania University, Lexington	15 <b>Martin Luther King Jr. Day</b>	16 7pm Women of the Bible (Zoom)	17 7pm Choir	18	19 Office closed.	20
21 10:45am Worship	22 7pm Full Board Meeting (Zoom)	23 7pm Women of the Bible (Zoom)	24 4 7pm Choir	25	26 Office closed.	27
28 10:45am Worship Newsletter articles due.	29	30 7pm Women of the Bible (Zoom)	31 7pm Choir			



# Notes from Pastor Nancy

REV. NANCY GOWLER



*May all your troubles last as long as your New Year's resolutions.*

— Anonymous

Recently I stumbled across a January 2021 essay in the New York Times by artist Julia Rothman, [“Draw the Year Ahead.”](#) She offers an alternative to the usual tradition of making resolutions for the new year, creating a More/Less list. It's a simple exercise. Draw a line down the center of a piece of paper. On the top of the left side write “More,” and on the right side, “Less.”

Then use those two word prompts to imagine the year ahead. Are there things you would like more of in the coming year? Draw a simple image or icon to represent that on the left side of your paper. What things would you like to have less of this year? Draw an image to represent those things on the right side.

Along with the essay, Rothman shares her own drawn list: a tennis shoe to indicate she would like to jog more; an ear as a reminder to listen more; a gavel on the right side to indicate she'd like to judge less. If you're not comfortable with drawing (still, give it a try—you might like it!), you can always write your list down. Rothman has been sharing her lists on [Instagram](#) since 2017, most of them written, sometimes illustrated.

Rothman's More/Less lists remind me of the Christian practice of praying the Examen. Developed by St. Ignatius Loyola in his *Spiritual Exercises*, the Daily Examen is a structure for prayer which reviews the day and opens up space for gratitude and reflection. The daily prayer practice can be adapted for an end of year reflection, and may provide inspiration for creating a More/Less intention for the new year. There are variations on this practice. Here is one I have found meaningful.

May the new year be a holy adventure,

*Pastor Nancy*

## End of Year Examen

**Stillness:** Find a comfortable position, notice your breath as a gentle way to focus your attention. Allow yourself to become aware of God's loving presence. As you begin, acknowledge that God knows you completely and loves you without qualification. You may want to ask for Spirit to guide your thoughts through the Examen.

**Reflection:** Begin to remember the last year. Don't force yourself to recall details, start with the sense of it, stretching from last January through the spring. Review the summer and move into autumn, and then the holidays just behind us. Remember without judgement.

As you move through the year, focus on those times for which you are grateful.

Ask yourself, “When did I feel best able to give or receive love?” and “When was I aware of God's presence?”

Relish those moments of the past year, giving thanks for those good gifts.

**Going Deeper:** Look again at the last year, noticing moments in which you are least grateful.

Ask yourself, “When did I feel least able to give or receive love?” and “When was I aware of God's absence.”

Without harsh judgement, gently consider those experiences. What do you notice?

Again, remind yourself of God's gracious love, as you offer your reflections on those experiences to God.

**Hope for the Future:** When you're ready, come back to the present. Reflect on any revelations, insights, or grace you've received. Ask yourself, “What would I like to bring into the new year?” and “What would I like to leave behind?” End your examen with a word of thanks to God for this time of reflection.

*For more variations on praying an end of year Examen, visit [IgnatianSpirituality.com](https://www.ignatianspirituality.com).*



## History Corner

HISTORY OF FIRST CHRISTIAN CHURCH OF MOREHEAD—ANNE BUCKNER

Timeline: Reverend Allen May 1956—August 1960



Back row left to right: Bill McClain, Adrian Razor, Bruce Botts, Andre Bowne, Deward Bayless, Herb Ross.

Seated: Rev. G.C. Banks, Arthur Blair, Otto P. Carr, Hartley Battson, Zell Walters.



### Six Month Leadership Training for High School Youth

- Learn to lead in your local church
- Develop skills for leading in the world
- Build relationships with mentors
- Connect with young leaders across the country

Session dates: February 3, April 6, and June 1

Participants may attend at Chapman University, at one of three pod locations, or via Zoom.

*Visit [YouthLeadershipSymposium.com](https://YouthLeadershipSymposium.com) to learn more.*



# MLK JR. WEEKEND DISCIPLES REGIONAL YOUTH GATHERING

**Sunday, January 14**  
**Registration: 2:45pm**  
**Event: 3:00-5:00pm**

**6<sup>th</sup>-12<sup>th</sup> grades**

We'll play the Game of Life,  
break into small groups,  
and finish the afternoon with pizza.

**at Transylvania University  
in Lexington, KY**



*Let Pastor Nancy know if you are planning to attend. We'll coordinate travel plans.*

**FIRST CHRISTIAN CHURCH**  
227 East Main Street  
Morehead, KY 40351



Place  
Stamp  
Here

