

VOL. 22 ISSUE 3 MARCH 2022

# THE ECHO

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

## Season of Lent begins March 2



The rich traditions of Lent often emphasize confession, personal piety, and self-discipline. Fasting became a regular practice of the season. One may give up something for Lent—meat, chocolate, social media, for example, with the intention of fasting to focus one's mind and heart on the spiritual journey of Lent. These spiritual practices paired with the emphasis upon preparation of baptism, a stepping away from the

things which mark an old way of living and embracing one's new baptized life.

Our Lenten theme, *Full to the Brim*, is an invitation into a radically different Lent, into a full life. It's an invitation to be authentically who you are, to counter scarcity and injustice at every turn, to pour out even more grace wherever it is needed. And so, this Lent, let us trust fully that we belong to God. Let us increase our capacity to receive and give grace. Let us discover the expansive life God dreams for us.

## Ashes to Go on Wednesday, March 2

Ash Wednesday is March 2. Swing by the parking lot on Wednesday any time between 4:30-6:30pm for our Ashes to Go event. You'll receive the mark of ashes on your forehead and a blessing.

Pick up an Lent at Home kit while you're there. And if you have time, consider walking the labyrinth as a meditative start to the Lenten season.

### Lent at home kits content

Includes a devotional booklet with poetry, art and reflections; daily prayer cards; an intention-setting worksheet; and more.



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## President's column

ANNE BUCKNER



Greetings Church Family,

What a blessing it is to go through the Season of Epiphany together in worship, whether it is in person or remotely. A great big thank you to Genny for the beautiful music (Anthems, Bell Choir and the musical instruments).

The meaning of Epiphany is to reveal. God often uses such moments of illumination to bring people to the knowledge of Himself. This illumination, or epiphany, is one of the central aspects of Christianity. For, without God's intervention, none of us would see the truth. We find Him because He chooses to enlighten us, to reveal Himself to us, to give us an epiphany, and to open the "eyes of our hearts."

Our Committees have been working hard on ways our church can reach out to help those in our community who are less fortunate. Listed below are two ways you can help others through our outreach ministry at this time.

### Outreach Ministry

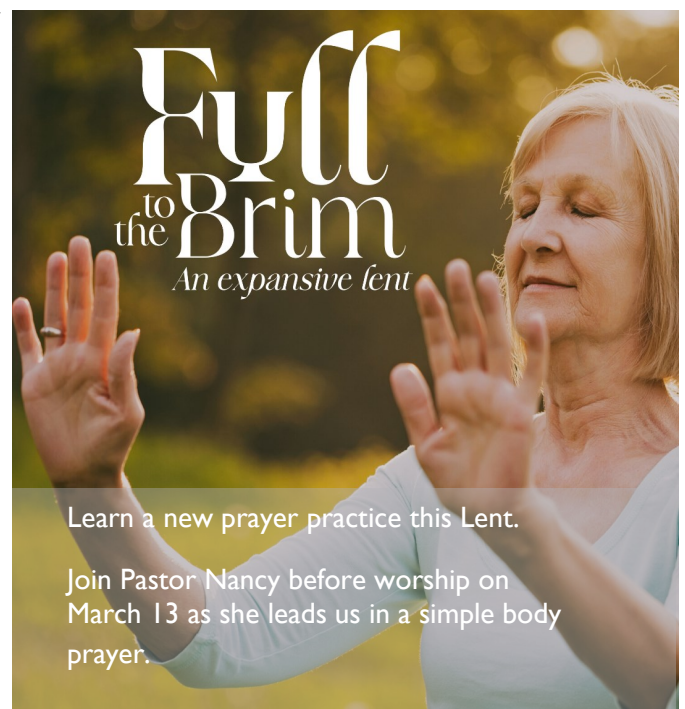
**Housewarming Baskets for Gateway Families** Each month we collect housewarming "shower" gifts for one family transitioning from homelessness. It can be anything from microwaves to toilet bowl scrubbers, kitchen cutlery, and bed linens. Our monthly housewarming basket provides a needed boost to families moving into a new home. The link to signup is on our website, [fccmorehead.org](http://fccmorehead.org).

### Homebound Ministry

Many senior adults and those who are sick or confined to their homes, nursing homes or hospital beds are no longer able to join regular in-person congregational activities. HomeTouch mailings are one way to keep those ties strong. FCC is partnering with HomeTouch Ministries to help homebound loved ones and friends nurture their faith—while also letting them know the church is remembering them. If you are interested in participating or know of someone who would enjoy HomeTouch mailings, please email the church at [fccmky@gmail.com](mailto:fccmky@gmail.com).

I hope you are enjoying the history articles I have been sharing with you. This month's article is about Morehead Normal School and the mission work of the Christian Church during the period of 1887-1900s. You can watch highlights from MSU's 100th anniversary breakfast on [YouTube](#).

In closing, I pray for God's blessing for each of you. May you feel his love and grace as you go about doing his daily work.





# Outreach updates

RONETTA & JEFF BROWN

## Housewarming Baskets for Gateway Reminder: First Month Items are Due March 10th

We are continuing sign-ups for the housewarming baskets this month. FCC congregation and friends generously support Gateway Homeless Shelter's mission of transitioning homeless families into a home of their own. Each month, we provide a housewarming "shower" for one family. We recently spoke with the folks at Gateway to ask if we needed to adjust the items we bring each month, and they said everything we bring is needed and is put to use as their families transition from homelessness. Gateway and the families greatly appreciate this shower of love from FCC!

How it works:

1. Go to the link [Housewarming Baskets](#) to sign up.
2. Purchase 8 of the items for which you sign up. Bring all 8 items at once OR Bring ONE item by the 10th of EACH month, beginning March 10th. You may also have items shipped to the church address: 227 East Main Street, Morehead, KY 40351.

**Due dates for items:** March 10, April 10, May 10, June 10, July 10, August 10, September 10, and October 10.

3. Place items in the Fellowship Hall on the first-floor.

You may contact Jeff or Ronetta Brown at (606)776-0576 with any questions. Thanks in advance on behalf of the Outreach Committee and the folks at Gateway Homeless Shelter!



Thanks for the Love!



Thanks to everyone who made or bought Valentines for folks in the Christian Care Community in Grayson, Kentucky. We delivered a hefty box filled with lots of love from FCC Morehead! The folks there were very appreciative and said it would mean so much to the residents!



## Choir & Bells

GENNY JENKINS



Genny Jenkins  
Music Director

Music can speak to us in ways words alone can't, drawing us into the expansive life God desires for us. This music is from our Lenten partners at Sanctified Art and is meant to uplift and inspire us. In addition to the written devotional materials, our series includes a Spotify playlist, [Full to the Brim, Songs for an Expansive Lent](#) with music related to the Lenten theme. Use the link above or search for "Full to the Brim" on Spotify. Here are a few of the songs included on the playlist:



Sarah Chaney  
Bells Director

*Extravagant Love* by The Many  
*More to Life* by Stacie Orrico  
*Shallow* from A Star is Born  
*I Lived* by OneRepublic  
*Something More* by Sugarland

## March Birthdays

- 1 Don Williams
- 4 Jim Fred Cassity
- 9 Lee Chaney
- 11 Bob Pryor
- 18 Elizabeth Ash
- 22 Cathy Hammond
- 23 Jon Jenkins
- 23 Jasper (Jaz) Johnson
- 30 John Akers



# Notes from Pastor Nancy

REV. NANCY GOWLER



Dear Disciples,

As I write these words war has been waging in Ukraine for several days. We see images of civilians huddling in transit stations, bombed out streets, and lines of refugees stretching for miles. My heart aches for the needless suffering we are witnessing.

As our newsfeeds and television screens are constantly announcing “Breaking News,” it can be tempting to fill our hours with the latest updates. I confess I have spent many hours doom scrolling on Twitter, refreshing my screen in a never ending search for the latest news. Our access to instant communication, to livestreams on social media and correspondent updates on the news while connecting us in radically new ways can also paralyze us.

This topic came up in a recent episode of a favorite podcast of mine, *Mid-faith Crisis*, co-hosted by a UK Baptist minister, Joe Davis and writer Nick Page. The two discussed their own feelings of powerlessness with respect to the news. Should we stop watching the news altogether to protect our mental health? We do have a responsibility to the world and to other human beings to be aware, and yet can we do so without fixating on things we cannot change? My takeaway from the podcast conversation was a personal intention of setting limits on the amount of time I spend consuming news, including turning off phone notifications. In a way this is learning to practice that powerful line from Reinhold Niebuhr's *Serenity Prayer*, “God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

In our Lent at Home kits you will find a reflective assessment tool, utilizing a wellness wheel. I invite you to use this assessment as we enter into Lent. I've been working my way through the wheel in February, and I've found the process enlightening. May this season of Lent a time of expansive living, as we welcome God's dreams for ourselves and for the world.

*Pastor Nancy*

We join peace loving people across the globe to pray for the people of Ukraine.



*O God of peace and justice,  
our hearts break for those caught up in the violence  
of war. Bring comfort and safety to those who live in  
fear this day.*

*We pray for the end of conflict and for true peace  
to take root. May wisdom and courage rest upon  
those who hold sway in decisions to wage war or  
make peace.*

*O God our comforter, we pray for all who feel  
powerless this day. Cure your children's warring  
madness and teach us your ways of peace.*

*Hear our prayer, O Holy One, amen.*



## On My Way

—Rev. Sarah (Are) Speed

You said return to me  
so here I am  
skin and bones held  
together  
with memories and a little  
bit of  
duct tape. I am bringing  
the worst of me,  
consider yourself warned—  
the furrowed brow,  
the achy back,  
the slew of judgments,  
a pocket full of  
assumptions,  
the track of negativity  
that runs  
laps in my head.  
I am bringing it all  
because you said  
return to me,  
edits not required,  
so return I will.  
And not all of it will be bad.  
Some of it will be lovely.  
I will bring  
a wagon full of nostalgia,  
a melody that won't  
let me go,  
a million stories that start  
with the words,  
“Oh it was beautiful!”  
I will bring a mended heart,  
a glass half-full,  
two lungs, out of breath  
from dancing too long,  
and dreams that taste  
like honey.  
I will bring my whole  
messy  
human self  
because I know,  
I just know,  
deep in my bones,  
that you are already  
running to meet me.  
There are no cuts on  
this team.  
You said you'd take it all,  
so here I come.  
Me and all my humanity.  
We are on my way.

# Nominations for Vice President/Deacons (*and others*)

## Deadline April 10

Each year our church calls into order a Nominating Committee, composed of one elder, two deacons, and three members-at-large. The function of the committee is to fill church leadership positions. This is done through a system of gathering names from within the membership. (By-Laws Article II D.2 sets desired ratio of two deacons for each one elder.) Anyone who has been a church member for the 12 months prior to the new church year (which begins on 1 July) may be considered. It is the job of the Nominating Committee to count the names AND TO MAKE CONTACT WITH THOSE WHO ARE NOMINATED. All board members may be re-elected.

Please be in prayer for the Nominating Committee as they work and serve our larger church. **Please call or email your nominations to Nominating Committee Chair Fran Helphinstine (606-783-1588 or [fhelphi@yahoo.com](mailto:fhelphi@yahoo.com))**. Nominations are due April 10, 2022. The Nominating Committee will recommend to the Board of Directors at the April meeting their recommendations for Elders, Deacons, and Officers of the Congregation.

\_\_\_\_\_  
Nomination for Vice President/other

\_\_\_\_\_  
Nomination for Deacon/Deacons

When making your nomination for Deacons, as spelled out in By-Laws [Article II.G.3], consider the Duties of Deacons: "The deacons, in cooperation with the functional committees of church and the elders, shall promote the growth and welfare of the church, assist in greeting and ushering; distribute the Lord's Supper; receive the offering; assist in carrying out the missionary, evangelistic, educational, and stewardship responsibilities of the church; and perform any other duties as assigned by the Board of Directors or the congregation." Terms for Deacons are three years on, followed by one year of required sabbatical. [By-Laws Article II.E.2]

## TREASURER'S REPORT FEBRUARY

**General gifts and Income: \$8,453.81**

(includes Network for Good from Facebook \$5.00)

**Expenses: \$9,769.38**

### **MACK FUND**

in memory of Carlos Hill by

Genny & Mark Etherton

Rhonda & Bill Collier

in memory of Jack Landreth by

Rhonda & Bill Collier

### **LIVING MEMORIAL FUND**

in memory of George Carlos Hill by

David Perkins

Fran Helphinstine

Jane Y. Holbrook

## WHO'S WHO AT FCC MOREHEAD

### **Committee Chairs**

Chalice Prayer Ministry \_\_\_\_\_ Maggie Miles

Congregational Life \_\_\_\_\_ Mary Claire Williams

Creation Care \_\_\_\_\_ Mark Etherton

Deacon Co-chairs \_\_\_\_\_ Genny Jenkins, Dewayne Carter

Education \_\_\_\_\_ Sarah Chaney

Elder Co-chairs \_\_\_\_\_ Alana Scott, Marge Thomas

Endowment \_\_\_\_\_ David Perkins, Brenda Combs

Property \_\_\_\_\_ Brent Rogers, Yvonne Baldwin

World Outreach \_\_\_\_\_ Ronetta & Jeff Brown

Worship \_\_\_\_\_ Genny Jenkins

### **Officers (July—June 2022)**

President \_\_\_\_\_ Anne Buckner

Vice President \_\_\_\_\_ Mary Claire Williams

Secretary \_\_\_\_\_ Fran Helphinstine

Treasurer \_\_\_\_\_ Joe Barrett





## History Corner

ANNE BUCKNER

### The Founding of Morehead Normal School 1887 [A Light to the Mountains, Donald F. Flatt p 8-11](#)

Entering the campus of Morehead State University today, one catches a glimpse of towering obelisk announcing the year 1887 as the date when the school was founded. This inscription emphasizes the significant school in laying the groundwork of the present



Morehead Normal School early buildings: left to right Withers Hall, Burgess Hall, Hargis Hall

state institution. The Christian Church had dreamed for years about starting a school in Morehead. As early as the 1870s, it was contemplating the establishment of a congregation there along with a school, for doing missionary work in the mountains. The dream gathered new force after the Martin-Tolliver feud demonstrated the need for more education to help create serenity out of turmoil. The Christian Church's decision to build a school was in keeping with the Social Gospel, a popular movement in America during the latter part of the 19<sup>th</sup> century. To Christianity's traditional concern for lost souls the Social Gospel added a commitment to reform society on this earth as well. Thus, the Christian Church's mission plan, involving building both the church and a school combined its traditional interest in evangelism with its growing commitment to the Social Gospel. As Presbyterians were starting schools at Jackson and Pikeville, the Christian Church moved to create schools at Hazel Green and Morehead. Morehead Normal School became one of more than 25 private normal schools built in Kentucky between 1870 and 1905.

**Schools in Kentucky:** Northeastern Kentucky certainly needed a normal school, not just another elementary school poorly staffed and financed. The pattern generally followed in Kentucky was for governors to propose educational reforms, the general assembly to refuse adequate funding, and the local school boards to be afraid to request additional support from their constituency. Since board members were more concerned with holding down the amount spent on teacher salaries than improving the quality of what was taught, local school systems generally got what they paid for—very little. Most public schools in Kentucky were in session only five months and met in one or two-room schoolhouses, with hardly any provisions for books or classroom supplies. W.T. Parker, Rowan County Superintendent of Education in 1886-1887, described its schools' deplorable conditions: "The schools of this county seem to be progressing slowly. It is difficult to arouse an interest in their duty. There is no improvement in the teachers. Schoolhouses are very bad. Some of them are not fit for a summer school, much less a winter school."

**Mission Work of Christian Church:** As an influential religious group in Kentucky the Christian Church was in a good position to extend its missionary work to Morehead and improve the teaching profession in eastern Kentucky. Meeting in Maysville in August 1887 the Disciples state convention authorized the founding of a school at Morehead. Important people fell in line with the convention's decision. William Temple Withers, an ex-confederate general, prominent lawyer, and standardbred horse breeder at his Fairlawn plantation near Lexington, pledged a large annual contribution to send someone to Morehead to start a school and preach the gospel in a region which needed "not less law, but more gospel." An elder of the Lexington Main Street Christian Church, he suggested the church's state board operate the school. Withers contributed \$500 during each of the last two years of his life, and his estate matched this amount for additional year. In his baccalaureate address at the Morehead Normal School in 1902, the well-known Christian Church minister Charles S. Loos, reminisced about Morehead's selection 15 year earlier. He referred to this decision as manifesting, "enlightened and heroic Christian purpose" in erecting "a pharos of intellectual and spiritual light that should send its illuminating and awakening rays of knowledge, and of hope through the valleys, and over the mountains beyond it."

# March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Contact office for Zoom links		1 Shrove Tuesday	2 Ash Wednesday 4:30-6:30pm Ashes to Go 7:00pm Bells 7:00pm Choir	3 7:00pm Vespers via Zoom	4 Office closed.	5
6 10:45am Worship Service 7:00pm Film Festival (Zoom)	7	8 7:00pm Women of the Bible via Zoom	9 5:00pm Bells 7:00pm Choir	10 Gateway Homeless Shelter basket items due. 7:00pm Vespers via Zoom	11 Office closed.	12
13 10:00 Body Prayer 10:45 Worship Service 7:00pm Film Festival (Zoom)	14 MSU Spring Break 14-18	15 7:00pm Women of the Bible via Zoom	16 5:00pm Bells	17 7:00pm Vespers via Zoom	18 Office closed. Spring Youth Retreat/Work Weekend (Chi-Rho & CYF) Wakon'Da-Ho, Yosemite, KY (18-20)	19 <i>All the King's Women</i> , Morehead Theater Guild March 18-20
20 10:45am Worship Service 7:00pm Film Festival (Zoom)	21	22 7:00pm Women of the Bible via Zoom	23 5:00pm Bells 7:00pm Choir	24 7:00pm Vespers via Zoom	25 Office closed. <i>All the King's Women</i> , Morehead Theater Guild, March 25-27	26
27 10:45am Worship Service 7:00pm Film Festival (Zoom) Echo articles due.	28 6:30/7:00pm Executive/Full Board Meetings	29 7:00pm Women of the Bible via Zoom	30 5:00pm Bells 7:00pm Choir	31 7:00pm Vespers via Zoom		

# Faith and Film Festival

SUNDAYS 7:00PM VIA ZOOM

Our Faith & Film Festival for Lent kicks off this week with 1987 Academy Award winner, *Babette's Feast* (G). To learn more about the film visit International Film Database [HERE](#). The film is available on HBO Max or to rent on [Amazon Prime](#) and AppleTV.

Other films in our discussion series include: *Encanto*, *Micropubs*, *The Meyerowitz Stories*, and *Pig*. Join one or all of the discussions and explore the intersections of faith and film.

Watch the film on your own during the week, and then join us for a discussion of the film on Sunday, March 6 at 7 pm on Zoom. Message us for a Zoom invitation.



## Creation Care

MARK ETHERTON

Buddhist monk Thich Nhat Hanh died on January 22 of this year. Throughout his long life, he shared his ideas about compassion and mindfulness through his life example and writings. One of his works, "Ten Love Letters to the Earth," illustrates how often those ideas were connected to our relationship with the Earth. He wrote, "With every step I can touch the fact you aren't just beneath me, dear Mother, but you are also within me. Each mindful and gentle step can nourish me, heal me, and bring me into contact with myself and with you in the present moment."



Follow this link to watch the video: [FCC Billy Branch Trail Clean Up](#)

Keeping Thich Nhat Hanh's words in mind, FCC has been presented with an opportunity to partner with the U.S. Forestry Service to help maintain a trail adjacent to Cave Run Lake at an area called Billy Branch (just off Route 801). Creation Care is excited about this opportunity as it is a perfect way for our church to embrace our values of walking gently on the earth. The trail leads through the forest and ends near the lake – a great place for families to be together or for individual seeking solitude. The trail is approximately .35 miles (just over a third of a mile) long. Our volunteers would be responsible for making sure the trail is clear for hikers to enjoy. Volunteers would be lopping branches and twigs from the trail, raking leaves from the path and cleaning informational signs. We would also help in blazing (marking) the trail. We would not, however, be tasked with removing a tree that had fallen over the trail; that would be the responsibility of the forestry service's trained personnel. This project would require 3 or 4 individuals working about 4 hours together to get the trail ready for hikers. After the initial time, the trail would also require 4 other days during the year for maintenance. The video of the trail and the necessary jobs for its upkeep is available for viewing on FCC's website, YouTube channel, and social media platforms. If you are interested in helping to bring this project to fruition or want more information, contact the church office. An organizational meeting will be held at a later date.

