

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

**First
Christian
Church**
(Disciples of Christ)
A Green Chalice Ministry



The Echo

Volume 19 Issue 5

May 2019

First Sunday Lunch Mexican Dinner May 5—12pm



The congregation is requested to bring Mexican dishes. The church will provide drinks.

Bible Readings
for the Month

Disciples of Christ
Lectionary



May 5—John 21:1-19
May 12—John 10:22-30
May 19—John 13:31-35
May 26—John 14:23-29

Annual Congregational Meeting—Sunday, May 5—12pm

Please plan to stay after worship service for our annual meeting. The congregation will be asked to vote on officers and deacons for the fiscal year July 1-June 30, 2020. Installation will follow on June 23, 2019.

Officers for 2019-2020

President Catherine Rogers Vice President Roger Fischer
Secretary Fran Helphinstine Treasurer Joe Barrett

Diaconate Class of 2019-2020

Elizabeth Ash and Ashley Adkins



FCC Choral Scholars Benefit Dinner and Concert

Thursday, May 2, 2019 5:30/7pm Tickets sold at the door.

Our MSU intern program here at FCC is an integral part of our larger music program and mission. The FCC Choral Scholars Program will be held to help raise additional funding for the program. The event will be a BBQ dinner at 5:30pm followed by the concert at 7pm. The concert will be a variety program of music provided by the interns and other friends from the MSU Music Department. Please mark your calendars to attend this special event! It will be **a wonderful evening of fellowship and music**—all all for a very good cause that is near and dear to our hearts. Tickets are \$10 Adult/\$5 Student. Contact: Genny Jenkins.

W2SM is Coming to FCC!

Couples Retreat scheduled for May 31-June 1

W2SM is short for “Warrior to Soul Mate,” a couples workshop helping military veterans heal and strengthen their most significant relationships.

The Lexington VA Health Care System offers these free-of-charge relationship-building workshops for Veterans and their significant others. The First Christian Church of Morehead will be the host site for a W2SM workshop on Friday evening and Saturday, May 31 – June 1. continued on p5

Memorial Day Bake Sale, Monday, May 27, 9-1pm

Please join us for our annual bake sale and watch the Memorial Day Parade beginning at 11am. The congregation is requested to bring baked goods & drinks.



The Power of Story



Reverend Don Chase

One of the spiritual disciplines that I have recently returned to after a lengthy absence is journaling. Journaling is kind of like keeping a diary, but at the same time, quite different. I like thinking about it as writing one's personal narrative in 'real time.' It's my opportunity to pour out my feelings, frustrations, joys, and thoughts as frequently as desired. As I have gone back and looked at previous journal entries they frequently are raw with emotions, angry at perceived injustices to me and others, silly, rambling, short, uncouth, even vulgar! My entries seem to stylistically vacillate between the Psalmist and Anne Lamott.

Journaling speaks to me because I have come to appreciate the power of story and story-telling. *Story has the power to transform your life!* From the very beginning, societies have evolved and been shaped through the power of story. Story as communicated through words and music and dance cultures with identity. I cannot help but consider how our faith has been transformed through the power of story. For the Christian, our sacred literature is understood to be the Bible. My understanding of the Bible is that it is a collection of human stories endorsed by God. These stories tell of the early faith community's understanding of God and God's relationship to all of creation. This is my understanding of *inspiration*.

Journaling is a 'spiritual' activity as spirituality is concerned with discovering meaning and meaning-making in one's life. As we pour out the emotive and cognitive dimensions of life on paper, we get more in touch with our "true self" (as opposed to the false self).

According to psychotherapist John McGee, there is incredible power in sharing stories. Here are four reasons you should be writing them down and sharing them often:

Stories remind us of God's goodness and power to transform. Intellectually and theologically we are confident that faith can be transformational. As we journal and write stories of God's presence and transforming influence in our life, we cultivate a deeper and more intimate relationship with God.

Stories give hope. Many times people feel like no one understands them or has been through what they have. They believe their pain is different than everyone else's. They believe they have failed in ways unique to only them. Journaling helps us to bring balance and new perspectives to our circumstances. Journaling even allows us to vent, writing our true feelings in ways that we would never make public. Through this process we can find renewed hope for moving forward.

Stories are great teachers. Through journaling, stories allow us to look back and see – really, re-experience – how our faith journey transported and navigated us through the difficult, less desirable experience in life.

Stories cast vision. Through journaling, stories illustrate what change could look like in the future, both immediate and long-term. Furthermore, writing down our stories sometimes helps us to see and name the changes necessary for our growth.

So there you have it. ***The power of story.*** Journaling. I highly recommend it to you. Give it a "trial run." If it works for you and you see the benefits, make it a regular part of your spiritual disciplines. If it doesn't work for you, don't do it. Find another discipline that cultivates and nurtures your faith.

Shalom,
Don

ACOLYTE SCHEDULE

May 5—Eliza McGillicuddy May 12—John Akers May 19—Ellie Williams May 26—Keyairah Bailey



Genny Jenkins

CHOIR & BELLS

The month of April was a busy one for the music department and May is going to be a great month of music as well! We will have Choir for the first two Sundays of the month and then on May 19, we will have a visit from our local dulcimer group, followed by the Bell Choir on the 26th. A big thank you to all those who assisted with Lenten and Easter music as well as those who participated in the FCC Choral Scholars Benefit Concert.

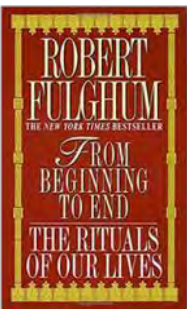
Genny Jenkins, Choir Director

CHURCH LIBRARY SPOTLIGHT



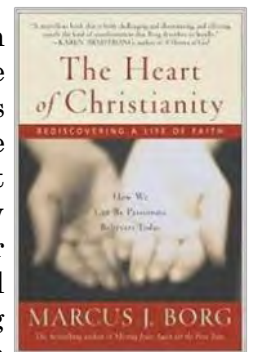
The Three Questions, by Jon J. Muth (Focus on Children and Youth). A perfect gift for graduation--or any occasion--by a Caldecott Honor Book Artist!" Quietly life changing..." --*The New York Times*. Young Nikolai is searching for the answers to his three questions: When is the best time to do things? Who is the most important one? What is the right thing to do? But it is his own response to a stranger's cry for help that leads him directly to the answers he is looking for. This profound and inspiring book is about compassion and being engaged in each moment. With his stunning watercolors --

and text that resounds with universal truths, Jon J. Muth has transformed a story by Leo Tolstoy into a timeless fable for readers of every age!



From Beginning to End: The Rituals of Our Lives, by Robert Fulghum (Personal Growth). Why "rituals"? My thinking was set in motion by those who, knowing I was a parish minister for many years, have asked me for advice about ceremonies and celebrations. They wanted words to use at graduations, funerals, and the welcoming of children. They inquired about grace at family meals, the reaffirmation of wedding vows, and ways to heal wounds suffered in personal conflict. People requested help with the rituals of solitude, such as meditation, prayer, and contemplation. . . .Rituals do not always involve words, occasions, officials, or an audience. Rituals are often silent, solitary, and self-contained. The most powerful rites of passage are reflective--when you look back on your life again and again, paying attention to the rivers you have crossed and the gates you have opened and walked on through, the thresholds you have passed over. I see ritual when people sit together silently by an open fire. Remembering. As human beings have remembered for thousands and thousands of years.

The Heart of Christianity: Rediscovering a Life of Faith, by Marcus J. Borg (Christian Living). In *The Heart of Christianity*, world-renowned Jesus scholar and author of the bestseller *Meeting Jesus Again for the First Time* argues that the essential ingredients of a Christian life --faith, being born again, the kingdom of God, the gospel of love -- are as vitally important today as they have always been, even during this time of conflict and change in the church. Borg wants to show us, as today's thinking Christians, how to discover a life of faith by reconceptualizing familiar beliefs. Being born again, for example, has nothing to do with fundamentalism, but is a call to radical personal transformation. Talking about the kingdom of God does not mean that you are fighting against secularism, but that you have committed your life to the divine values of justice and love. And living the true Christian way is essentially about opening one's heart -- to God, and to others. Above all else, Borg believes with passion and conviction that living the Christian life still makes sense.



(Source: Amazon) by Connie Kibbey

~Thank You~

~To elf Jack Whidden: for his "light" ministry in keeping the sanctuary chandeliers illuminated. FCC

~Huge congrats and thanks to the congregation for your participation in our February Undie Sundays. We collected 165 pairs of undies for the Rowan County Family Resource Centers. Genny Jenkins

~To the Nominating Committee Members: Ned Breschel, Chair; Mary Claire Williams; Jeff Brown; Connie Kibbey; Alana Scott; and Leeann Akers. The committee presented the names of those nominated for deacons/vice president to the April Board Members to be approved. FCC

~To the Congregation: Thank you so much for providing sponsorship for our recent trip to Washington, DC. Without your help, the trip would not have been possible. Gratefully, Rowan County 8th Grade Students and Chaperones

~To the Congregation; I was overwhelmed and am extremely grateful for the love offering in honor of Administrative Professionals Day (April 24). It is such an honor to be part of the mission of this church. I will always strive to be the best possible support for the officers, committees, and congregation.

Sincerely, Barbara

Mother's Day is Coming Soon!

Order Carnations by May 5

To celebrate the women in our lives, a Mother's Day bouquet of pink and white carnations is being ordered. If you would like to buy a flower in honor of or in memory of a women in your life who has inspired you, please send \$2 for each.



Pink Carnation: *In Honor Of*



White Carnation:
In Memory Of

You may pick up your flower/s after the worship service on May 12. We are not mentioning the names of women. Please forward payment and information ASAP. Due to the short turnaround time, please call or email the office, or give the info to Marge Thomas or Alicia Carter by Sunday, May 5.

What's Going On In Our Denomination Websites

National Benevolent Association
<https://www.nbacares.org/>

Green Chalice Ministry
www.disciphomemissions.org/missions-advocacy/

Christian Churches in Kentucky
(Disciples of Christ) (our regional DOC)
www.ccinky.net

Christian Churches (DOC) in the US/Canada
<https://disciples.org/>

May Elders

- 5—Alana Scott & Carmen Swim
- 12—Larry Fannin
- 19—Paul Semisch & Yvonne Baldwin
- 26—Larry Fannin & Sarah Chaney

May Deacons

Alicia Carter & Jim Gross

Peoples Clinic Lunch Volunteers

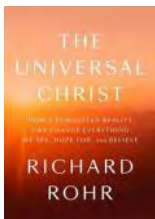
FCC will be providing lunches for The People's Clinic volunteers on Tuesday, May 7 & Tuesday, May 21. If you would like to help with lunches on either date, contact Ronetta Brown at ronettabrown67@gmail.com or 606 776-0576.

Graduate Honor Info Due May 8



Please forward the following information which will be published in the May 12 bulletin. Name, school attended; degree/achievement earned; future plans, jobs, interests; whose child, grandchild. Please email a digital photo if available. Graduates from Dec. 2018 and Spring 2019 will be honored during worship service. We honor those graduating from high school, college, graduate, and technical.

**Book Study Opportunity
Beginning April 24 for 6 Weeks
Wednesdays 6:00—6:45pm**



The Universal Christ
by Richard Rohr

These discussions will occur in the Helphinstine Library between Adult Bell Choir practice and Choir practice. There will be some copies of the book available at Coffeetree Books if you would like to purchase a copy there.

Family Friendly Hiking Opportunity

Come join Sustainable Morehead for our May 12 Second Sunday Hike.

Meet at 2pm in the Methodist Church parking lot to carpool. Allow about two hours for this hike. **Another Hike! ...a little more challenging...**

May 18 & 25—Rowan County Hike Series, Hike #5. Email crlc@sheltowee.trace.org to sign up. Our last hike is the longest, taking us the nine miles from Dry Branch Road to the Northern Terminus. The trail climbs to the top of the last ridge on the trail and follows it most of the way, then down into what should be a beautiful creek valley in May. Lucy Pryor

May Birthdays

3- Sarah Chaney	16-Di Walke
4- Keyairah Bailey	20-Thelma Brown
7- Jiyeon McGillicuddy	23-Curt Hammond
8- Deb Eastwood	26-Ned Breschel
11-Dianna Fischer	29-Dennis McKay
12-Kathy New Frazier	29-Charlene Bradford



Kroger Donations

The Kroger Community Rewards program sent a check for \$226.28 for the previous quarter. We sincerely appreciate members of our congregation who use their Kroger card to purchase groceries and designate First Christian Church as their charity.



Treasurer's Report

Income for the first three Sundays in April is \$7,637.00.

Expenses for April are \$6,982.15.



~Creation Care Team~

Recycling in Morehead Examples



#1 Plastics: soda/pop bottles

#2 Plastics: milk bottles

#2 Plastics: laundry bottles

Steel cans: vegetable cans

Alum cans: soda cans

Plastic grocery bags

Cardboard: pizza, drink cups

Mixed paper: mail, empty sweetener/copy paper

Shiny paper: magazines

Newspapers: and inserts

Paper plates: if majority of food is cleaned off.

What is Not Recycled

Chip bags / animal food bags / styrofoam / fruit mesh bags / plastic #3-6 / paper towels / kleenex / hand towels / baby wipes.

LOVE WINS.

continued from p1. **W2SM** The primary purpose of the Warrior to Soul Mate program is to strengthen a Veteran's relationship with their significant other through the teaching of communication skills presented in the **PAIRS** (Practical Application of Intimate Relationship Skills) **Essential Curriculum**. The teaching is fun-filled, practical and features various face-to-face opportunities to communicate newly-acquired skills with your significant other. Workshops are led by VA chaplains, social workers, and psychologists, who are **PAIRS**-certified instructors.

Attending a W2SM workshop will assist participants learn better communication skills, relationship skills, and emotional literacy skills to strengthen and renew one's most important and life-giving relationship. Come to think of it, these skills extend to all relationships we engage daily. Specifically, W2SM will focus on such practical relational skills as:

- Connecting heart-to-heart
- Experiencing the power of empathy, mutual respect and compassion
- Express, listen to and understand emotions
- Create a shared environment of emotional openness and honesty
- Reveal hidden expectations to avoid assumptions and misunderstandings
- Resolve conflict constructively, and
- Bond through emotional openness and physical closeness.

Requirements: W2SM is **not** marriage therapy! Couples must be in a committed relationship for at least six months and free from domestic violence for at least six months prior to the workshop. At least one of the partners must be a military veteran who is enrolled for health care services through the Lexington VA Medical Center. All ages are welcome to participate.

Contact: If interested, please contact the Chaplains office at the Lexington VA Medical Center at 859/281-4910 (Chaplain Joe White) or 859/ 281-3812 (Chaplain David Graetz) by Rev. Don Chase

The Joys of Bread Baking, May 31, 2019. Thank you to Lucy Pryor for leading The Women's Fellowship.



Photos by Mary Claire Williams, Lucy Pryor, and Sarah Chaney.



Easter Egg Hunt, April 14, 2019. Thank you to Sarah Chaney for leading our egg hunt.

Build-A-Bed Team, April 6, 2019. Needy beds for children in Eastern Kentucky was the focus of the annual MSU Build-A-Bed project. Thank you to Mary Claire Williams for organizing our team.



**In
&
Around
FCC**



First Christian Church May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Office Hours: M-Th 8:30-1pm					
5 9:45 Adult Sunday School 10:45 Worship Service 12pm Annual Meeting 12:00 First Sunday Lunch Gateway Basket items due.	6	7 11-12pm Provide lunches for People's Clinic Volunteers. 5pm Yoga	8 Graduation forms due. 5pm Adult Bell Choir; 6pm Youth Bell Choir; 7pm Choir	9 5pm Yoga	10 Office closed.	11 MSU Graduation 10AM & 2PM
12 Youth Sunday/ Graduates/Mother's Day 9:45 Adult Sunday School 10:45 Worship Service 2:00 Sustainable Mhd Hike	13 	14 5pm Yoga	15 5pm Adult Bell Choir	16 5pm Yoga 7pm RCHS Graduation	17 Office closed.	18 10am Hike the Sheltoewe. Meet Meth Church
19 9:45 Adult Sunday School 10:45 Worship Service 12-4:00 Youth Event	20	21 11-12pm Provide lunches for People's Clinic Vol. 5pm Yoga	22 5pm Adult Bell Choir	23 5pm Yoga	24 Office closed.	25 10am Hike the Sheltoewe. Meet at Meth Church
26 9:45 Adult Sunday School 10:45 Worship Service Newsletter articles due.	27 	28 5pm Yoga	29 5pm Adult Bell Choir. Newsletter publish.	30 5pm Yoga	31 Warrior to Soul Program. Office closed.	June 1 Warrior to Soul Program

First Christian Church
(Disciples of Christ)

Rev. Donald Chase, Minister

Genny Jenkins, Choir
Jiyeon McGillicuddy,
Keyboardist
Sarah Chaney, Bells
Kaitlyn Rhoden, Nursery
Open, Youth
Barbara Marsh, Secretary

227 East Main Street
Morehead, KY 40351
606-784-4836

Monday-Thursday 8:30-1pm
Email: fcmky@gmail.com

Website:



www.fccmorehead.org

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

Join us for live Sunday Worship
Service @ 10:50am



From the Green Team For Creation Care

The following are some suggestions you may wish to consider.

1. When going to any store, park as far away as possible and walk into the store...you save a little bit of gas and at the same time get a few more steps into your day. A great way to **improve your health** as well as that of the planet.
2. When you eat out and ask for a "doggie bag", kindly encourage the establishment to switch from using styrofoam to a more environmentally friendly container...**suggest a renewable resource like cardboard**. If they are already using a renewable resource, thank them for caring for the environment.
3. **Talk to your grocers** and ask them to switch away from styrofoam and to **renewable packaging**.
4. Consider having a **"no drive day"** at least once a week for starters. Then increase it to twice a week...or more!
5. Consider **using cloth napkins** that you can reuse for several meals/days rather than paper napkins.
6. Think ahead when using your oven: **cook 2 or 3 dishes in a row** to take advantage of the already warm oven.
7. Capture clean water in your shower while waiting for the water to get warm using a 5 gallon bucket. **Use the "captured" water to flush toilets** or to get your washing machine started filling for your next clothes wash.
8. Same as #7 when **emptying your dehumidifier**.
9. When you get donation requests in the mail and will not be using the envelope provided, put a blank address label over the charity's address and **use the envelope for your own mailing needs** rather than just throwing away that envelope.
10. Turn down your thermostat a couple degrees and **put on another layer of clothing** in the winter and turn that same **thermostat up 2 or 3 degrees in the summer**. You'll save energy and cut electric costs by doing both of these.

- Bob Pryor



**Youth Meeting
Sunday
March 17,
2019**



**Bread Baking
and
Wood Cutting**

Thank you to Lucy
Pryor and Bob
Pryor.

