

Spiritual Affective Disorder

A worship series to help us
shine a light on the "blahs."

FCC UNITED Newsletter

FEBRUARY 7, 2023

FEBRUARY 9, 2023

Mops Program

COME JOIN US...

MOPS (moms of children birth through kindergarten)

Muffins with Moms @ 10:00 a.m. every 2nd Thursday of the month

MOMSNEXT (moms of children grades 1 through preteen)

Friendship Group @ 3:30 p.m. every 2nd Thursday of the month

For more information or to register, visit:

<http://www.mops.org/groups/fccumom>



Our MOPS group has moved to a new time!!

Our MOPS group has had a rocky start, but we are hopeful and determined to stick with providing this opportunity to minister to young moms in our neighborhood and surrounding areas. Our team has been working hard to choose a time that will be most convenient for moms. Sometimes we have to "throw spaghetti at the wall to see what sticks," but we think we have found times that might work. Please keep the MOPS leadership team and the potential moms in the group in your prayers. If you have a neighbor, daughter, niece or granddaughter that could benefit from a Christian friendship group once a month, please direct them to our church website for more information.

DON'T FORGET TO GET ACTIVE THIS WEEK...

Did you know that when you activate your body, it lightens your mood and reduces stress as happy-producing endorphins are released? Take time some time this week to go for a Prayer Walk. Choose a path (around your neighborhood or in the park and walk and pray as God brings things to your mind. Pray for a sick neighbor, a latch-key child, an elderly person whose family lives far away; or praise God for the beauty you see all around you. Let this be a time of physical and spiritual nurturing.

EAT DESSERT FIRST

Sunday, February 12, we will EAT DESSERT FIRST!!

Bring a dessert to share with others and come and enjoy some SWEET time together in fellowship before you go to lunch!! For those who are leaders of ministries of the church, we will meet immediately afterward for our Pastor's Cabinet Meeting.

What's inside our latest issue:

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ASH WEDNESDAY LENTEN SERVICE FEBRUARY 22, 7:00PM

Come join us as we begin the Lenten season together.

The journey of repentance is about “turning around” (the origin of the word) so that we might be in right relationship with God. In a sense, we are looking for love once again. When we look to God for love — not simply for the approval of others — and start with our own “turning,” we participate in the “turning around” of the world.

In the early Christian church, the length of the Lenten celebration varied, but eventually it began 6 weeks (42 days) before Easter. This provided only 36 days of fasting (excluding Sundays). In the 7th century, 4 days were added before the first Sunday in Lent in order to establish 40 fasting days, in imitation of Jesus Christ’s fast in the desert.



Ash Wednesday, in the Christian church, the first day of Lent, occurring six and a half weeks before Easter (between February 4 and March 11, depending on the date of Easter). Ash Wednesday is a solemn reminder of human mortality and the need for reconciliation with God and marks the beginning of the penitential Lenten season. It is commonly observed with ashes and fasting.

It was the practice in Rome for penitents and grievous sinners to begin their period of public penance on the first day of Lent in preparation for their restoration to the sacrament of the Eucharist. They were sprinkled with ashes, dressed in sackcloth, and obliged to remain apart until they were reconciled with the Christian community on Maundy Thursday, the Thursday before Easter. When these practices fell into disuse (8th–10th century), the beginning of the penitential season of Lent was symbolized by placing ashes on the heads of the entire congregation.



Amazon Smile Changes

To help charities that have been a part of the AmazonSmile program with this transition, we will be providing them with a one-time donation equivalent to three months of what they earned in 2022 through the program, and they will also be able to accrue additional donations until the program officially closes in February. Once AmazonSmile closes, charities will still be able to seek support from Amazon customers by creating their own wish lists.

Bob Hendershot

Safety

What should you do if you have been around someone with COVID-19?

Per the CDC guidelines: Watch yourself for symptoms for 10 days and wear a mask around others. If you can, get tested 5 days after exposure or if you develop symptoms. It's best to get tested 5 days after you were exposed. If you take a home test, and get a negative result, consider taking another test 1-2 days later.

CC SW Disciples Women
Leadership Event

February 17-18, 2023

South Hills Christian Church

3200 Bilglade Rd., Ft. Worth, TX 76133

“Growing in the Lord ~ Lessons in Leadership”

Proverbs 16

Rev. Dottie Cook, Keynote Speaker

Dottie L. Cook, Senior Minister of South Hills Christian Church, is a graduate of Brite Divinity School and Texas Christian University. Before attending Brite, Dottie taught orchestra in middle and high schools. In addition to ministry in the local congregation, Dottie has directed summer camps, keynoted Men’s and Women’s retreats and served on the board of Tarrant Churches Together. Dottie has two sons, one who graduated from Chapman University in Orange, California and the other is a graduate of the Neighborhood Playhouse in New York City, New York.

Friday Registration Begins: 5:00 pm Dinner:

6:00pm Opening Session: 7:00pm

Saturday Registration Begins: 8:30am Gathering:
9:00am

OUTREACH/MISSION PROJECT

The hands-on mission/outreach project is Operation Bookbag; Needed items are pencils, pens, glue sticks, markers, colored pencils, journals and individual snacks, such as: granola bars, chips, cookies, crackers, juice boxes/bags, water, etc. Please bring some of these items in support of Community Christian Church in Fort Worth’s Outreach Program.

Go to ccsw.org, click on Women’s Ministries for additional information.

REGISTRATION INFORMATION

Registration Fee of \$40 includes all programming cost, Friday Dinner and Saturday Lunch.

Disciples Women Retreat

Disciples Women is excited to announce we are accepting registrations for our 2023 Women's Retreat! Our theme is “Living an Authentic Life for Christ” and will be March 24-26, 2023 at Lake Brownwood Christian

Retreat, Brownwood, TX. We are excited to welcome the Rev. Shannon

Grubbs and Dr. Dawn Weaks as our Keynote Speakers! Make plans now to join us for a weekend of renewal, fellowship and laughter. You will find all the information you need as well as the registration form in this

document along with contact information. The Women's Retreat Planning Team: Joni Hires, Rev. Alice Hupp, Kristi Lane, Connie Fritzler, Coleta Wilkerson and Tasha York.

She received her Master of Divinity from Texas Christian University and was ordained in June 2016. Throughout her 23 years in ministry, Rev. Grubbs has served the Southwest Region of the Christian Church faithfully as a member of the North Texas Area Camp and Conference Committee, a board member of the Lake Brownwood Christian Retreat Center, chairperson of the North Texas Area Christian Education committee, as the Central Area representative on the Christian Church of the Southwest Disciples Women Executive Board, and as the secretary of the Central Area Council. She has served as a volunteer chaplain at Texas Health Harris Hospital and is a trained Stephen Leader/Minister.

Rev. Shannon Grubbs currently serves as Senior Pastor of First Christian Church United in Lewisville, TX. She has been serving this congregation since October 2021. Prior to serving in Lewisville, she served as Senior Pastor of First Christian Church in Moore, Oklahoma; Solo Pastor of First Christian Church in Stephenville, Texas; Associate Pastor of First Christian Church in Plano, Texas and Children’s Pastor of East Ridge Park Christian Church in Mesquite, Texas.

LOOKING AHEAD

Wednesdays February 8, 15, 22 Study Group 10:00am & 6:00pm

(Get Out of Your Head by Jennie Allen) for those who wish to go online use this link

<https://app.rightnowmedia.org/player/group/93f7564f-576b-4aa5-b591-a767787c30e6>

Thursday February 9 Muffins with Moms 10:00am

Moms Next 3:30 pm

Sunday February 12 Eat Dessert First 12:00pm

Cabinet Meeting 12:45pm

Monday February 13 Agape Men 7:00pm

Tuesday February 14 Evening Hour of Prayer 7:00pm

Wednesday February 15 Morning Hour of Prayer 9:00am

Saturday 18 Meet and Eat Game night-- 5:00 pm for dinner then at

6:00pm be back at the church for fun and games

Wednesday February 22 Ash Wednesday Service 7:00pm

Lenten Journey Begins (Looking For Love In All The Wrong Places)

Tuesday February 28 Potpourri Ladies 7:00pm

The door is open for all ladies. Mark the 4th Tuesday of each month on your calendar.

Friday - Saturday February 17 & 18 Leadership South Hills Christian Church 4:00pm

Friday - Sunday March 24-26 Women's Retreat @ Lake Brownwood, TX. 4:00pm

Praise in the Morning with Pastor Shannon 7:30am

(Except Mondays & Saturdays).