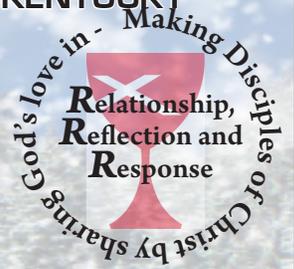


# The Messenger

VOLUME 19 ISSUE 07

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APRIL 15, 2020



## In Loving Memory of.....

Mr. and Mrs. Hobart Watson  
Mr. and Mrs. Granville Cayce, Sr.  
Mr. and Mrs. Granville Cayce, Jr.  
Bart and Granville Cayce III  
Mr. George Hughes, Dolores Shimp  
Mr. and Mrs. Dalton Deason  
*given by*  
Breck Cayce and Mike Cayce families

William E. King and Florine King  
*given by*  
Richard King

Doug and June Adwell  
Hughes and Evalena Combs  
Web Damron  
*given by*  
Dan and Helen Damron

Raymond Chester, Denton Foster,  
Elsworth Williams and Lila Williams  
*given by*  
Mike and Marilyn Foster

Charles and Lillian Bolton  
John Bolton, Christie Maynard  
*given by*  
Donna and Darlene Bolton

George and Mary McGee  
*given by*  
Gerry and Donna McGee

Sonny Campbell  
*given by*  
Anna Marie Campbell and family

Patsy Thomas Miller  
*given by*  
Bill Miller

Joseph Shaw  
*given by*  
Nancy and Alex Shaw

Our angels in Heaven  
*given by*  
Jim and Finney Noffsinger

Bob "Pop" Kilijian  
*given by*  
The Kilijian and Moss Families

Doug and JoAnn McGinnis  
Mary Lynn "Boogie" Morris  
Barry Joe Latham, Janie Slaughter  
Jerry Wayne McGinnis  
I.B. and Garnita Binkley  
Henry and Mauree Morris  
*given by*  
Ramsey, Todd and ReGina Morris

Elizabeth Atwood  
*given by*  
Don and Beverly Atwood

Jim Seale and Jim Hazelrigg  
*given by*  
Mary "Dudley" Seale

## In Honor of.....

Layton and Josh Tishman  
Kevin and Tracie Atwood  
*given by*  
Don and Beverly Atwood

Ethan Ellis Calvert, Jr.  
William Andrew "Liam" Calvert  
Michael Clay Powell  
*given by*  
Ramsey, Todd and ReGina Morris

Donna and Jeff Chapman  
Mary Bess and Scott Ross  
*given by*  
Mary "Dudley" Seale

The Sweetest Prayer Partners Ever:  
Mary Elizabeth Baker  
Bella Brunson  
My amazing sister, Darlene  
*given by*  
Donna Bolton

Boynton-Faithful Followers  
Sunday School Teachers:  
Len Hale, Terry Fuqua  
and Donna Bolton  
*given by*  
Darlene Bolton

My Prayer Partner,  
Lauren Sisk  
*given by*  
Judy Baker

*The money collected this year has been put in the memorial flower fund for future use. Thank you!*



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## A Word from Rev. Wade Miller

He is Risen! Now What?

Lent and Easter are an interesting time in the life of the church. There's so much activity (even when the building itself is empty). Special services. Beautiful reminders of New Life. Easter greetings far and (almost) near. Family pictures. It is a beautiful time of new life and hope.

After the rush of Holy Week, there is a natural time of catching our breath. Settling in. Waiting to see how all this resurrection stuff works out. Hoping for continued sightings of new life.

Jesus continued to appear to his disciples in the days after Easter. He continued to give hope, showing up in unexpected and ordinary ways. The disciples continued to learn, to understand, to grow bolder in their discipleship, but we don't hear too many stories about what they did. In fact, they really weren't doing much.

Except...bearing witness.

They continued to experience the risen Christ as they journeyed, as they gathered. And they began to make sense of it all, because soon, just before Jesus left this earthly life for good, they would be asked to "go and tell" to all the world.

On mission trips, one of the most important things to do in order to have a life-changing experience, is to recollect. At the end of the day, it is important to share with one another how God was working in that day. To put things into words, to tell stories, to put it all in order. Otherwise, when you return home, you are left with a feeling ("Oh it was so meaningful" "It was great!"), but it is so hard to share what really happened.

In these days after Easter, I encourage you to write something down or to share with a friend or family member – How have you experienced Resurrection and Redemption? How has God changed Sin into Salvation? Despair into Hope?

In Hope & Service,  
Rev. Wade

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## REMEMBER IN DAILY PRAYER

(Names will remain on prayer list for one month, unless the office is otherwise notified.)

Gary and Nita Satterfield  
Family of Dan Long  
Brad and Janell Anderson  
Family of Barbara Oakes  
Anna Marie Campbell  
Sarah Johnson (*Jeff Johnson's mother*)  
The World and Government Officials  
Medical and Emergency Personnel  
Family and Friends of Ginny Goff

Albert Sisk  
Nancy Wall  
Mary Partain  
Helen Damron  
Mary Anne Hale  
Curtis Priest  
Nathan Carver  
Angie Smith



### IN OUR Thoughts and Prayers

*Christian sympathy is extended to the family of Joseph Daniel "Dan" Long who passed away on March 24, 2020. A private memorial service will be held at a later date.*

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*Christian sympathy is extended to the family of Barbara Oakes who passed away on April 8, 2020. A graveside service was held on Saturday, April 11, 2020 for family.*

### CHALLENGE HOUSE 5 RESPONSE

Challenge House 5 continues to provide meal distribution to our neighbors during the Covid-19 shut down. On week-days, we have school meals (breakfast and lunch) delivered about 10:30 AM and dinners from the YMCA about 3:30 PM. Every weekend, a special care package is handed out to help people get through Saturday and Sunday. There's also the Food Pantry in the Lending Library. And, since "man cannot live on bread alone" we have Church on the Porch with the neighbors. Contact Joyce Barrier, Neighborhood Ambassador for CH5 (908.399.3988 joybarr77@gmail.com) if you are interested in helping. Joyce recently had an injury and could use adult volunteers to help during the day. The most important thing needed is prayer. Many people have expressed their gratitude for the food and care they have received during this uncertain time.

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*Please contact staff members before dropping in to the office. We don't want to miss you!*

### STAFF CONTACTS

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**Donna Chapman** - 270-889-1927

donna.chapman@firstchristianhopkinsville.org

**Diane Carnacchi** - dianec@firstchristianhopkinsville.org

**Kelsey Cobbs** - kelsey.cobbs@firstchristianhopkinsville.org

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## THANK YOU MASK-MAKERS!



Thank you to the following FCC sewists who have helped us provide face masks to Jennie Stuart Medical Center, Christian Health Care and other local and regional Medical Offices.

### SEWISTS:

Karen Shields  
Jane McInnis  
Saundra Killjian  
Sandy Cunningham  
Sandra Woodard  
Nancy Shaw  
Sheila DeMoss  
Helen Damron  
Nancy Wall  
Toni Riley

Linda Ledford  
Donna Johnson  
Mary Underwood  
Diane Pyle

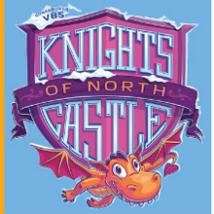
### MATERIALS, PICK-UP & DELIVERY

Tracey Clark  
Theta Miller  
Finney Noffsinger

By the time they are finished they will have provided more than 650 masks to those in need. At the time of this printing 350 have been provided. If you would like to request masks for your family contact: [revkim@firstchristianhopkinsville.org](mailto:revkim@firstchristianhopkinsville.org).

THANK YOU AGAIN SEWISTS OF FCC!!!!

## VBS WAS SET FOR JUNE 15TH - 18TH



WE ARE STILL WORKING ON PLANS FOR VBS BUT GIVEN CURRENT EVENTS WE ARE LOOKING AT POSSIBLY MOVING IT BACK TO JULY 20TH-24TH OR IF NEED BE, OFFERING VBS IN A NEW WEEK-END FORMAT. YOUR THOUGHTS ON THE MATTER ARE WELCOMED. PLEASE EMAIL [revkim@firstchristianhopkinsville.org](mailto:revkim@firstchristianhopkinsville.org) TO PROVIDE INPUT. THANK YOU!

ALL ARE ENCOURAGED TO FOLLOW



& CONNECT WITH FCC CHILDREN  
BY FOLLOWING US ONLINE!

WEBSITE <https://kzarley.wixsite.com/252kidsathome>

FACEBOOK PAGE <https://www.facebook.com/groups/555280981762286/>

NOW IS A GREAT TIME TO LEARN WHAT THE  
YOUNGEST AMONG US ARE UP TO!

THE DATES FOR

# CAMP KBY



WILL LIKELY CHANGE. WE WILL KEEP YOU  
POSTED. THEY WERE ORIGINALLY AS FOLLOWS:

Discovery (Grades 1-2)  
Young Disciples (Grade 3)  
Junior (Grades 4-5)

May 29-31  
June 4-6  
June 29-July 3

# Mental Health and Covid 19 for Congregations

Rev. "Guido" Niel Climer, LCSW

- 1.) This is an anxious time. If you feel anxiety, that is an appropriate feeling. We are in uncharted territory. We have less control over our lives, but we can control our reactions. We can practice emotional regulation skills. The most basic is breathing. Here is one breathing skill.

## **4x4 breathing is a tool to calm the nervous system.**

- A. Breathe in to a count of 4
- B. Hold for a count of 4
- C. Breathe out for a count of 4
- D. Hold for a count of 4

Be gentle and compassionate with yourself and others. You may get short tempered or irritable. If you are short with a child or parent, apologize and work to reconcile.

Below is a resource for mindfulness strategies to help with feelings of anxiousness.

<https://web.wpi.edu/Images/CMS/HR2/Mindfulness.pdf>

- 2.) We may grieve. We will lose parts of our lives. I know the loss of Easter services is a loss, because it is a joyful experience for so many. If you feel those grieving emotions: despair, anger, sadness, etc., they are normal reactions to loss. Here is a resource:

<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

## **If we do not deal with our emotional health, our immune system and physical health will suffer.**

- 3.) Create a routine. A routine provides a sense of order and control. This will help with anxiety and even depression. If you have a family, I encourage this to be a family exercise so everybody buys in and everybody feels that they have some sense of control in creating a schedule. (Parents of teenagers, this may take patience and good humor. Prepare yourselves!!)
- 4.) Do not obsess on social media and news. Make them part of the routine, but limit intake to give your mind a rest. This will help reduce anxiety. I listen to "The Ticket" often, but there are no sports. I don't need hours of corona talk, so I am reducing my listening time on the radio. I encourage folks to pick up a book. A book in the hand makes it harder to scroll through the phone.

- 5.) Physical activity helps lift the mood. So, dance in the living room, take a walk, work out.

- 6.) Embrace nature. If you are able physically, get outside. Sunlight and nature improve the mood. I expect this will be a glorious spring. We live in Texas. God gave us Bluebonnets, because he loves us most of all!!! Enjoy them.

- 7.) Technology will be a tool for connection. Find ways to FaceTime, Snapchat, etc. with friends. Move beyond the text to a longer conversation. Also, do document this time. Parents get yourself a TikTok account. Seriously, documentation can be by a journal, by photos and videos, or being creative. Have your kids journal about it. Make it part of the routine.

- 8.) Have faith. You are part of a great community that has been around 2000 years. There have been plagues and famine before. The church has endured. You are part of the story of people overcoming with faith.

You are separated from your faith community, but nothing separates you from the love of God you find in Jesus Christ. God is with you. Surely God is with you. Rest in that confidence. Often that calms my anxieties.

- 9.) Prayer, I fall back to this one often. But find a prayer, a psalm, or such that is bedrock for you. Make it a part of your daily routine.

God, give us grace to accept with serenity  
the things that cannot be changed,  
Courage to change the things  
which can be changed,  
and the Wisdom to distinguish  
the one from the other.  
Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking, as Jesus did,  
This sinful world as it is,  
Not as I would have it,  
Trusting that You will make all things right,  
If I surrender to Your will,  
So that I may be reasonably happy in this life,  
And supremely happy with You forever in the next.  
Amen.

- 10.) And wash your hands and don't touch your face!!!