

# FIRST CHRISTIAN CHURCH

Date: February 27, 2024



First Christian Church, 306 E 5<sup>th</sup> Ave., Belton, TX 76513

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Phone: 254-654-5096

## Coming Events



### Pastor's Corner

Reverend Byron Singleton

Newsletter Deadline: March 21, 2024

Board Meeting:

DWM Meeting: Hiatus

Bible Study: Hiatus

## NAME YOUR FEELINGS AND BRING HEALING



*"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."—Fred Rogers*

*Consciously or not, we are all on a quest for answers, trying to learn the lessons of life. We grapple with fear and guilt. We search for meaning, love, and power. We try to understand fear, loss, and time. We seek to discover who we are and how we are and how we can become truly happy."—Elizabeth Kubler-Ross*

Sometimes your heart needs more time to accept what the mind already knows. Becky Johnen said, **"Feelings are much like waves. We can't stop them coming, but we can choose which ones to surf."** Too often, we can be good listeners to the issues and concerns of others but when we look in the mirror and get alone with our thoughts and feelings, we tend to ignore, suppress, or beat up on ourselves. Running from your feelings only prolongs the inevitable. Some people will use any means available to avoid their feelings and what may be stirring in their souls: busyness, alcohol or chemicals, career and job responsibilities, faith practices, and a litany of other ways. Carl Jung stated, **"Facing yourself is one of the most unpleasant feelings."** Through local parish ministry and the Clinical Pastoral Education (C.P.E.) training process, I learned that the only thing a person will lose by being real with oneself is "false perceptions," "fakeness," and "masks" that are projected to those who surround us. This past year, we have been through chronic stressors and acute stressors and many of us may have ignored themselves and the needs of "self." Today, each of us are being invited to begin the process to **NAME YOUR FEELINGS AND BRING HEALING!**

H.P. Lovecraft declared, **"The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is the fear of the UNKNOWN."** As a minister, I have witnessed people go to extreme lengths not to identify, embrace, and process how they felt to get to their "emotionally-healthy" place. It is bewildering to see people struggle with their emotions. C.P.E. helped me to learn how to press into the uncomfortable emotions which can reside in the human psyche and soul. When I went through a major and unexpected life-altering experience in my mid-30's, I put into practice what I learned from my ministerial formation processes and my emotional growth and recovery was less scary and did not require as much time prior to my C.P.E. training. I was able to give myself **permission and grace "to be where I was emotionally in that moment."** I intentionally journaled as I **NAMED MY FEELINGS**. As I named how I felt, I also use my faith tradition and Holy Bible to discover what God's word declared for my circumstance. There were moments of wrestling as I walked toward the reconciliation of my emotional recovery. Too often we are taught to "think and believe that we must be perfect to be loved and accepted." That perception is what causes so many people to run from their emotions and live with dysfunction. Roy T. Bennett was correct by his statement, **"Time doesn't heal emotional pain, you need to learn how to let go."** Today, each of us are invited to take time for self-care. There is no reason to hide or run from our feelings. Everyone must discover a process that works to **sit with oneself and not be afraid**. Be intentional this week to find time to **NAME YOUR FEELINGS AND BRING YOUR HEALING!**

(Watch video, Casting Crowns, "O My Soul," [https://www.youtube.com/watch?v=DINZf878ISQ&list=PLvy\\_9qrMaAdOlwGMxu0PVME-37i7PYfSa&index=2](https://www.youtube.com/watch?v=DINZf878ISQ&list=PLvy_9qrMaAdOlwGMxu0PVME-37i7PYfSa&index=2))

### PEARLS OF WISDOM

*"Our anxiety does not come from thinking about the future but wanting to control it."—Kahlil Gibran*

*"All humans are afraid of the negative feelings that will arrive from situations."—Kapil Gupta*

*"Our first teacher is our own heart."—Chief Wolf Robe*

*"You, Lord are my lamp; the Lord turns my darkness into light." (2 Samuel 22:29)*

### Prayer:

*God, the One who gives me peace and joy, please grant me peace in my heart, mind, and spirit. Calm my troubled emotions. My soul is like a turbulent sea where the waves are choppy. There are days when I feel overcome because of the emotions that stir within me. I can't find balance and anxiety precedes and follows me. Give me the strength I need to identify my emotions, embrace them, and work through them until I experience peace in my mind, heart, and soul. Amen.*

(Watch video, Kristen DiMarco, "It is Well," [https://www.youtube.com/watch?v=YnQo4Un2uZl&list=PLvy\\_9qrMaAdOlwGMxu0PVME-37i7PYfSa&index=13](https://www.youtube.com/watch?v=YnQo4Un2uZl&list=PLvy_9qrMaAdOlwGMxu0PVME-37i7PYfSa&index=13))



## Moderators Memo

By: Diane Pressley



From the Board Chair:

I hope this newsletter finds everyone well. It's beginning to look like Spring is finally here. I saw a dogwood tree in full bloom yesterday, which reminds me that Spring is a time of awakening. We are fully in the Lenten season and starting to prepare for Easter and all the it brings and signifies to the Christian community.

The joint Long Range Planning Team and Transition Team will continue to meet the first of each month to work on the amalgamation process. Temple will be looking at rental properties, since their main building is under contract and across the street property has already closed. They have invited me to look at three properties they are considering should we decide it could be a good time to start worshipping jointly more often or even regularly. I know we haven't gotten to that point yet, but ask that you prayerfully consider your thoughts and feelings in that regard.

If I am not mistaken, I believe the Transition Team is nearing a decision on our new Mission Statement and Vision for the amalgamated church. Long Range planning is doing a growth and demographic study as we begin to look for possible permanent locations for our new church. Things are moving along nicely, but it is a slow and tedious process as we do not wish to rush decisions in regard to the future of our churches as one.

We will continue to worship jointly on 3<sup>rd</sup> Sundays. We will celebrate Palm Sunday on March 24<sup>th</sup> at our regular Sunday service. There is a Maundy Thursday service at FCC Temple on March 28<sup>th</sup> at 6:00 PM, and an Easter Sunrise service outdoors at FCC Temple at 7:15 on March 31<sup>st</sup> with a brunch immediately following (bring your favorite breakfast/brunch dish if you choose). Temple will have their normal Easter service at 10:00 AM and Belton will have our normal service at BFA at 11:00 AM. Pick a service that suits your needs are make them all. It will truly be a day of rejoicing and remembering the sacrifice that Jesus made on the cross and his promise of redemption through his resurrection.

As we move into Spring, let us remember this is a time of renewal and awakening, not only in nature but in the life of our church. Please continue to pray us through this amalgamation process and feel free to let your voice be heard through sharing, attending group meetings, etc. I have found much joy in getting to know more and more of the Temple congregation and find them excited to travel this joint venture with us. I encourage you to fellowship with them and with us every opportunity you get. We all have things to bring to the table. Wishing you all a marvelous March!

In Christ,

Diane



**PRAYER:** By: Diane Pressley

Let us know peace. For as long as the moon shall rise, For as long as the rivers shall flow, For as long as the sun shall shine, For as long as the grass shall grow, Let us know peace. May all I say and all I think be in harmony with thee, Spirit within me, Spirit beyond me, maker of the all the earth.

**Recipe 1: By: Diane Pressley**

**Ingredients –**

- 2 cups chopped cooked chicken
- 2 cups uncooked spaghetti broken into 2" pieces (about 7 oz.)
- 1 cup chopped celery
- 1 cup chopped red bell pepper
- 1 cup chopped onion
- 1 cup chicken broth (fat-free, less sodium if desired)
- ½ tsp salt
- ¼ tsp pepper
- 2 cans cream of mushroom soup
- 1 cup shredded cheddar cheese (divided)

**Directions –**

Preheat oven to 350 degrees. Combine first 5 ingredients in a large mixing bowl.  
 Combine broth salt, pepper, and soup in a medium bowl, stirring with a whisk.  
 Add soup mixture to chicken mixture and toss.  
 Divide mixture evenly between two 8" square (or 2 quart) baking dishes coated with cooking spray.  
 Sprinkle ½ cup cheese over each casserole.  
 Cover with foil coated with cooking spray and bake at 350 for 35 minutes.  
 Uncover and bake an additional 10 minutes.  
 Makes 2 casseroles of 4 servings each.

**Recipe 2: By: Tammy Tapman**

**Granny Skeet's Fresh Apple Cake**

**Ingredients:**

- 2 Eggs and 2 Cups Sugar
- 1 ¼ Cups Crisco Oil
- 3 Cups Flour
- 1 Teaspoon Soda
- 1 Teaspoon Salt
- 2 Teaspoons Cinnamon
- 3 Cups Chopped Fresh Apples
- 1 Cup Chopped Peacans

**Directions:**

Add sugar to well beaten eggs, beat well then add oil and beat again. Beat in apples and add nuts last. Bake in stem pan at 300 degrees about 1 hour and 30 minutes.

*A MESSAGE FROM THE WORSHIP TEAM*



Wow, what about this weather. New month very busy. Five Sundays in this month:

3/3/24 FCC Belton 11 a.m.

3/10/24 Daylight Savings Spring forward one hour! FCC Belton 11 a.m.

3/17/24 Joint luncheon Service 10 a.m. in Temple

3/24/24 PALM SUNDAY FCC Belton 11 a.m.

(3/28/24) MAUNDAY THURSDAY FCC Temple 6p.m

3/31/24 EASTER SUNDAY FCC BELTON 11 a.m.

(FCC Temple Sunrise Service 7:15 a.m., Brunch & 10 a.m. FCC Temple Service)

Hope to see you there as much as possible!



# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sunday Schedule</b> 11:00 Worship 12:15 Choir Practice					1	2
3	4	5	6	7	8	9
10  Daylight Savings (Spring Forward)	11	12	13	14	15	16
17  Combined Service @ 10 am	18	19	20	21  April's Newsletter Deadline	22	23
24  Palm Sunday  31 Easter	25	26	27	28  Maundy Thursday @ 6 am	29  Good Friday	30





	March 3	March 10	March 17	March 24	March 31
Communion Elder	---	---	---	---	----
Offertory Elder	---	---	---	---	----
Early Deacon	---	---	---	---	----
Deacon 1 (Jr Deacon)	Layla Pearson	Layla Pearson	---	Layla Pearson	Layla Pearson
Deacon 2	---	---	---	---	----
Deacon 3	---	---	---	---	----
Communion Preparation	Amy Larson	Amy Larson	---	Amy Larson	Amy Larson
Greeter	---	---	---	---	----
Refreshments	---	---	---	---	----
Children's Moment	---	---	---	---	----
Worship Leader	Amy Larson	Amy Larson	---	Amy Larson	Amy Larson

*Prayer Requests*

Brandin Singleton	Mylessa (Health)	First Christain Church Belton and Temple	Amy (Eye Surgery)
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**First Christian Church**

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**Phone: 254-654-5096**

**E-Mail:**

[fccbeltoninfo@yahoo.com](mailto:fccbeltoninfo@yahoo.com)



Pastor...Reverend  
Choir Director/Pianist... Marilyn Van Schoelandt  
Song Leader... Amy Larson  
Media Team... Kayla Holwerda  
Nursery Attendant...

**“Courage is the most important of all the virtues because without courage, you can’t practice any other virtue consistently.”**

**- MAYA ANGELOU**

**Come and See**

*We're on the Web!*

*Visit us at:*

[Fccbelton.com](http://fccbelton.com)



**First Christian Church**  
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Temple, TX 76502



Customer Name  
Street Address  
City, ST ZIP Code