

The Messenger



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February 3, 2021

Moment's Reflection

"Speaking the truth in love, we are to grow up in every way into him who is the head, into Christ." -Ephesians 4:15

Given the fevered pitch of civil discord lately, I've considered renaming my article. A "moment" of reflection might not be enough. We might need at least a week.

I like passionate people. But I think it matters a great deal how we express passion. As a pastor I meet with couples who are planning to marry. I try to teach them that one of the skills to a long and lasting marriage relationship is learning how to fight fairly. Madly in love couples don't believe me. But I'm of the belief that conflict is inevitable. What matters is how we engage conflict.

I think some of what I teach couples might apply to civil discourse: how we talk to each other about public things (including religion and politics) in public places, using social media. Just seven rules.



"I appreciate you using your words to resolve conflict. That being said, let's talk about a few of those words..."

1. **No "kitchen sink" arguments.** Just one topic at a time. And to avoid "kitchen sink" arguments, practice rule #2.
2. **Resolve it as you go.** Don't stockpile. Ever wonder why seemingly small things lead to big explosions? Emotional stockpiling.
3. **No degrading language.** I don't care what the adage says. Words hurt.
4. **Take turns speaking.** And when you're not speaking, listen. Don't rehearse your next words.

5. **No stonewalling.** Getting along involves more than holding your nose while the person you're in conflict with talks. Relationship requires meaningful dialogue.

6. **No yelling.** Yelling is a form of intimidation. It's also a sign that you need to practice rule number 7.

7. **Take time out if things get too heated.** Good fighting can lead to resolution. Bad fighting usually escalates. When that happens, unintended and collateral damage does more harm than good. Know when to put yourself in "time out."

-Dr. Dan

Disciples Women

DWM
supports

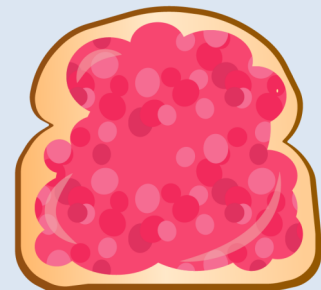
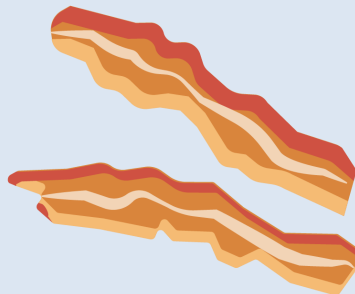
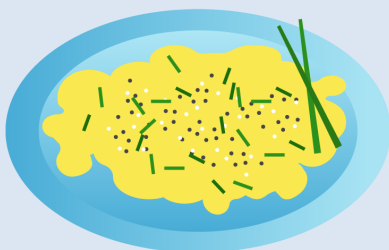


The Disciples Women of First Christian Church have started 2021 strong! We have many members joining us for monthly meetings via Zoom and in person in the Fellowship Hall. We have collected stuffed animals for Journey of Hope. We've also gathered warm outerwear for local shelters & schools, and are now collecting raingear. Now, we are able to contribute some of our budget to purchase 2,400 meals for North Texas Area Food Bank. It is the strength and devotion of our ladies that have continued to give and serve that we are able to continue to minister in this very different time. Thank you!

Disciples Men

We will be having a men's breakfast on **Saturday, February 6th at 5pm**. We will be meeting at my house: 342 Sage Meadow Rd, Wylie TX 75098. We will be having breakfast for dinner. Bring a side to share with the group. Matt Prestenberg will be our guest speaker.

Julian G. Olalde



Lenten Study begins Feb 15

Lent is coming – ready or not – so let’s get ready to make this annual spiritual journey an educational and nurturing one.

A Gospel Journey through Lent Mondays, 7pm on Zoom—Led by Pastor Dave Hargrave

Monday, Feb. 15	Matthew 6.1-6, 16-21	Prayer 101
Monday, Feb. 22	Mark 1.9-15	“The Spirit Made Me Do It”
Monday, March 1	Mark 8.31-38	Jesus’ Fork in the Road
Monday, March 8	John 2.13-22	“I’m Mad as Hell”...(Jesus)
Monday, March 15	John 3.14-21	The Gospel in a Nutshell
Monday, March 22	John 12.20-33	Jesus’ Premonition
Monday, March 29	Mark 14.1 – 15.47	Jesus’ Final Words

Please let me know if you hope to be a part of our study group. This is not a series, so you can join on any Monday possible. I’ll be sending out the Zoom link and a reminder of the text each week.

Blessings....

Pastor Dave

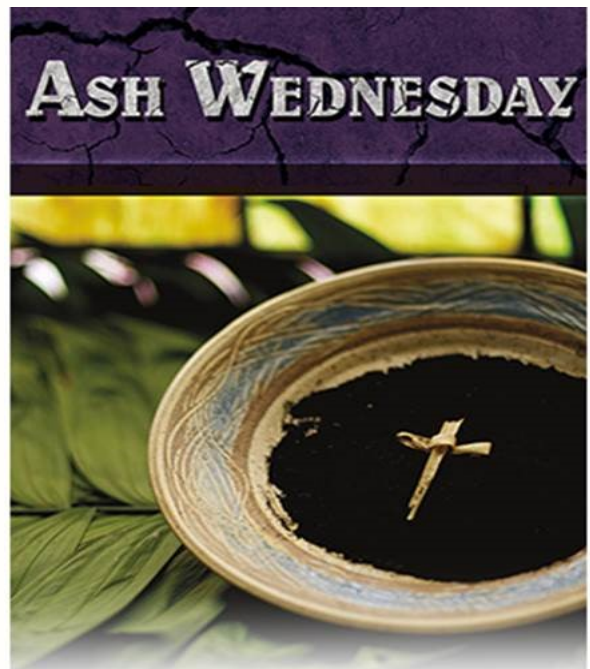
Virtual Ash Wednesday Service

February 17th • 3:00pm

Marking the beginning of a
Season of Lent

This year’s service will be online during regularly scheduled MIDWEEK PAUSE, 3:00 pm on our [Facebook Page](#).

The service will feature both Dr. Dan and Rev. Dave in leading members in a moment of prayer reflection.




A blurred background image of an orchestra with various instruments like violins and cellos.

Harold and Martha Rusk
Scholarship Presentation

February 21st at 10:00am

We will announce the scholarship
winner, and unveil a commissioned
piece of artwork for the church by artist
Mark Mullino.

A decorative flourish consisting of a series of overlapping, flowing loops.

We give our sympathy to the family and friends of

Lynda Simpson,


who passed away on January 2, 2021

A decorative flourish consisting of a series of overlapping, flowing loops.

We extend our condolences also to the family of

Gloria Strange,

who passed away on January 22, 2021

A decorative flourish consisting of a series of overlapping, flowing loops.

Spiritual Development Offerings

Looking for a way to stay connected to your church? Log on to some of our spiritual development courses. Have questions? Confused about how to get the Zoom link to work? Contact the church office.

Study of Ephesians

Rev. Dr. Douglas Skinner, member of our congregation, invites you to a Bible Study.

The class will meet weekly, Thursday at noon. Check your email each week for the link to the

Study of Ephesians

Meeting Thursdays at 12:00pm
Via Zoom



Lenten Study begins Feb 15

Rev. Dave will lead a study titled **A Gospel Journey through Lent** which will take place on **Mondays, 7pm on Zoom**

Check on PAGE 3 for more details

Mid-Week Pause

Midweek

Pause

Each

Wednesday at

3:00pm

Be sure to check out Dr. Dan and Rev. Dave every Wednesday at 3:00pm for their **Mid-Week Pause**. These are days of high anxiety for us as a Church. It's a hard time for so many. Quite frankly, we could all use a break—just a minute or two to refocus and get some perspective. Take a few moments each week for a meditation and spiritual renewal from your ministers. Watch on the [FCC Garland Facebook page](#) or on the [FCC Garland YouTube channel](#).

Communion Elements



If you have exhausted your supply of pre-filled communion cups and wafers and would like some more as you take part in worship at home, please contact the church office 972-272-5423 or officeadmin@fccgarland.org. There are kits assembled and we'll make an arrangement for you to come to the church to pick some up.

YOUTH EVENTS

We hope our youth can join us for these events in February.

Feb. 7th—JYF

4:00–5:00pm in Fellowship Hall

Feb 14th—ChiRho

4:00–5:30pm in Fellowship Hall

Feb 21st—CYF

4:00–5:30pm in Fellowship Hall

Feb 28th—All Youth

4:00–5:30pm in Fellowship Hall



The Education Ministry received approval from our Executive Board to resume Sunday School for children and youth beginning Sunday, February 7, 2021. We will meet from 11:00 am to 11:45am. We have additional safety measures in place for everyone's safety. Please attend as soon as you are ready. We miss you all!

WHEN IS IT SAFE FOR ME TO RETURN TO CHURCH?

When determining whether to attend an in-person worship service, we understand it is a personal decision that each of us must make based on our comfort level. We understand that while everyone may not have the same level of comfort in returning to the building, some are comfortable and ready. Therefore, we will continue offering online services while we add in-person services.

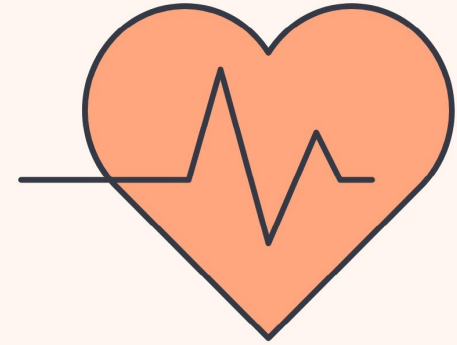
Steve Sutton has provided the following guidance which we believe may be helpful to you in making your decision.

It is suggested to evaluate your health-status by:

- Communicating with your Primary Care Physician's office regarding your medical history and risk factors for high-risk illness associated with contracting COVID-19.
- Is it safe for you to risk herding and exposure to COVID-19 in public specific with your medical history?
- Do you have any of the following known high-risks for hospitalization associated with COVID-19?

- | | |
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| ◇ Coronary Artery Disease | ◇ Immune Deficiency (HIV/AIDS, Auto-Immune Disease(s), others, etc.) |
| ◇ Heart Disease | ◇ History of Deep Vein Thrombosis |
| ◇ Blood Clotting / Embolism History | ◇ Cancer and Risk for Hypercoagulable (Blood Clotting) Disorder |
| ◇ Stroke History | ◇ Pregnancy |
| ◇ Congestive Heart Failure | ◇ Obesity |
| ◇ Cardiac Arrhythmias | ◇ African American |
| ◇ Chronic Obstructive Pulmonary Disease | ◇ Sickle Cell Disease |
| ◇ Respiratory history, Reactive Airway Disease / Inflammatory Diseases | ◇ Immobilization |
| ◇ Diabetic | ◇ Prolonged Travel |
| ◇ Advanced Age | |

High-risk individuals based on age or predisposed health conditions may decide to not to attend the in-person service and wait a little longer before coming to the church. We are dedicated to making sure all members have access to a weekly service whether in person or online. Please reach out to the church office (officeadmin@fccgarland.org) if you need assistance connecting with the church.



IS IT SAFE?