

The Messenger



June 21, 2017

Vacation Bible School Fun



MOMENT'S REFLECTION

"The seventy returned with joy" -Luke 10:17

The science is overwhelmingly convincing. Want to live a richer, fuller, happier life? Kim Yam, in a recent article (Good News Network) lists ten reasons to prove the point.

1. Helping Others Will Actually Make You Feel Great.

Studies show that when people donated to charity, the mesolimbic system, the portion of the brain responsible for feelings of reward was triggered. Psychologists call it a "helper's high."

2. Giving Can Give You a Self-Esteem Boost.

Experts explain that as feelings of social connectedness increase, so does your self-esteem.

3. You'll Have Stronger Friendships.

When you help others, you give off positive vibes, which can rub off on your peers and improve your friendships.

4. You Become a Glass Half-Full Person.

Experts say that performing acts of kindness boosts your mood and ultimately makes you more optimistic and positive.

5. Helping Others Builds Confidence.

People who participate in volunteer work feel more empowered than those who do not.

6. You'll Feel a Sense of Belonging.

Face-to-face activities can help reduce loneliness and isolation.

7. Giving Will Help Your Inner Peace.

If you have a lot wearing you down, giving back could help clear your head and lower your stress.

8. Serving Will Make You Thankful.

Helping others gives you perspective on your own situation and teaches you to be more appreciative of what you have.

9. Serving Gives You a Sense of Renewal.

If you've been through a tough experience or just have a case of the blues, the "activism cure" can help.

10. Helping Others Spurs Others to Pay It Forward.

Kindness is attractive and very contagious. **-Dan**

WHERE TO BEGIN?

First, ask yourself if there is something specific you want to do.

For example, do I want...

...to make it better around where I live

...to meet people who are different from me

...to try something new

...to do something with my spare time

...to see a different way of life and new places

...to have a go at the type of work I might want to do as a full-time job

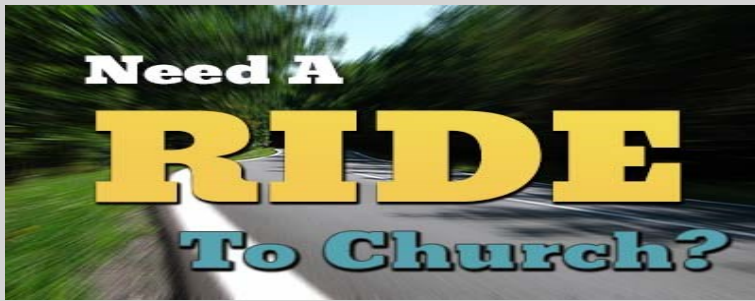
...to do more with my interests and hobbies

...to do something I'm good at

The best way to volunteer is to match your personality and interests. Having answers to these questions will help you narrow down your search.

Source: *World Volunteer Web*





NEED A RIDE TO CHURCH?

Sign up in Fellowship Hall and someone will contact you.

ELDER MEETING

Sunday, June 25 after Sunday School—in the Parlor

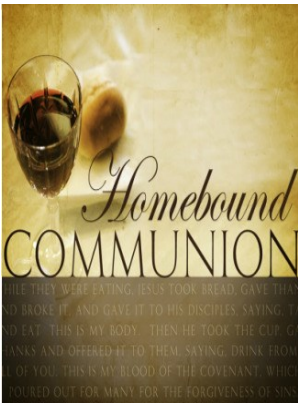


From left: Mike Whalin, Eva Beach, Sophia Olalde, and Diana Callaway

JYF Sunday school class at the Garland Vietnam Memorial in Central Park. Memorial Day, 2017. Mike and Diana take their Sunday school class every year to place flags at the memorial.



The Church Office will be closed Monday, July 3 and Tuesday, July 4, 2017 in observance of the Independence Day holiday.



HOMEBOUND COMMUNION

Served on the first Sunday of each month by an Elder. If you would like to be served, please contact the church office.

Buy A Brick

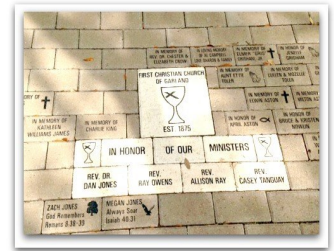
Contact Kathleen Yant;

kyant1@aol.com;

972.496.0534

or Eva McKannan;

patevamck@verizon.net; 972.414.1737



LAST CHANCE TO SIGN UP FOR THE ALL CHURCH FAMILY MISSION TRIP

July 26-29, 2017 (Wednesday—Saturday)



- o We will be going to Fort Worth, TX and staying at Ridglea Christian Church to work with Connect FW. We arrive Wednesday evening, work Thursday, Friday, Saturday and return home Saturday evening.
- o All ages are welcome to attend. All children/youth under 18 years must have an adult or adult sponsor attend with them.
- o Costs will be about \$150/person. Scholarships available. Don't let money be a reason for not participating!
- o Connect FW "empowers people to put faith into action in ways that are relational, sustainable and dignity-giving through justice and service". We will be working to connect with, serve and learn more about children experiencing poverty in Fort Worth. Time will be spent serving, learning from experts (both experts in the field and people who are deeply invested in the lives of these kids and the neighborhood), praying, and dreaming about how we can continue to live out faith in action after this trip.

TALK TO REV. CASEY BY JUNE 25th TO SIGN UP



TOOLS/SUPPLIES NEEDED for Youth Mission Trip

We need to equip three (3) vans for the upcoming Youth Mission Trip with the tools on the following list. We can "borrow" the tools and return them at the end of the trip. All tools **MUST** have the owner's name written on the tool or on tape placed on the tool. **NEED ALL TOOLS/SUPPLIES BY JULY 1!** Contact David Ware if you can help.

Tool	Number Required Per Vehicle
5 Gallon Water Cooler	4
Adapter (electric)	2
Ratchet Tie Downs	2
Carpenter Pencils with Sharpener	3
Chalk Line and Chalk	1
Circular Saw w/ new all purpose blade	1
Extension Cord (50' or 100')	2
First Aid Kit	1
18/20 ounce Hammer	2
Hand Saw	1
Ice Chest: 28-30 Quart- (No 48 Quart Please)	1
Jig Saw	1
Level (24" carpenter)	1
Line Level	1
Paint Brush 3"	2
Paint Scraper	2
Pliers	4
Power Drill/Screw Gun (Variety of Bits 1/4" - 7/8")	2
Rags (clean)	10+
Rope (25' of 1/4 inch)	1
Safety Glasses	5
Screwdriver (Flat)	4
Screwdriver (Phillips)	4
24" Carpenter Square & Speed Square	1
Staple Gun and Staples	1
Tape Measure (25' or longer)	2
Trash Bags	1 roll/box (large)
Utility Knife (with refill blades)	1
Wasp Spray	4 cans
Wood Rasp	1
Wrecking Bar	1
Optional Tools: Miter Saw	
Sawsall	
2 Saw Horses	
Corner Paint Brush	



FIRST AID KITS NEEDED FOR YOUTH MISSION TRIP

Each vehicle (3 Vans) must have the following First Aid supplies. Place items in a small plastic container with lid or a small tackle box.

Wide Variety and Sizes of Band-Aids

Benadryl (minimum of 12 tablets)

Tylenol (no aspirin)

Bee Sting Aid (small green sticks that are pain relief)

One Roll of Tums

Tube of Antibiotic Cream

Small Ziploc Bags (use as ice bags)

Small Package of Gauze

Ace Bandage

Small Bottle of Hydrogen Peroxide

Tweezers

Small Package of Anti-Diarrhea Medicine (Imodium A-D)

Feel free to add other supplies to your first aid kit.

ACCEPTING DONATIONS OF SNACKS (individually-wrapped, non-melting) for Youth Mission Trip. Donation box in Fellowship Hall.



PRAYER REQUESTS

God's Messengers

Ken Hancock

Hands of Faith

Denny Lee

Shepherds

Pat Spradley

The Grapevine

Terry Barnes

Joyce Witt Boyd

Bettye Davenport



WELCOME TO CHURCH

We welcome new member **Vickie Farrar**, who joined FCCG on Sunday, June 18, 2017.

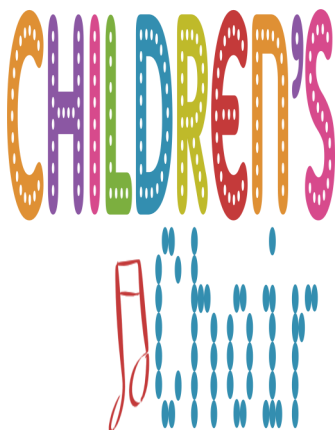
CHANCEL CHOIR

Rehearsals are held on Wednesdays at 7pm. Contact Stan McGill for more information.

HANDBELL CHOIR

Rehearsals are held on Wednesdays at 6:30pm. Contact Virginia McBee for more information.

** Chancel and Handbell Choirs On Summer Hiatus **

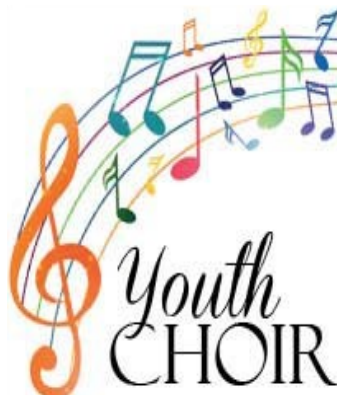


CHILDREN'S CHOIR

(4 yrs-3rd grade)

Rehearsals on Sunday evenings, 5:30pm-6:30pm.

Contact Tammy Holcomb.



YOUTH CHOIR

(3rd grade and up)

Rehearsals on Sunday evenings, 4:00-5:00pm.

Contact Judy Grasham.

** Children's and Youth Choirs On Summer Hiatus **

**First Christian Church Garland
115 S. Glenbrook
Garland, TX 75040**



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