MOMENT’S REFLECTION

“In the morning, while it was still very dark, {Jesus} got up and went out to a deserted place, and there he prayed.” -Mark 1:35

In one of my periodicals, I ran across an article by author Dan Harris. Harris has written a book that intrigues me for its common-sense title, Meditation for Fidgety Skeptics. By nature, I’m a fidgety person. What Harris calls meditation, as a Christian, I call prayer. But the challenge is much the same: I’m a busy Christian who’s easily distracted in the practice of prayer. In his article, “Meditation Can Help in the Era of Angry Politics,” Harris makes the case that frequent meditation/prayer can calm the frayed nerves in time of divisive political discourse. Yet, with a little imagination and through the eyes of Christian faith, I read his article as an admonishment for living the faith in an age of all occasions of incessant distraction.

“MEDITATION IS BY NO MEANS A CURE-ALL for our era of mean tweets and mindless tribalism. . . . Nevertheless, I really do believe meditation can help you survive this season of discontent and division.

I recently took a road trip across America, with the goal of meeting wannabe meditators and helping them get over the hump. Time was clearly the biggest obstacle. The good news is that five to 10 minutes a day is a great way to start. The better news is that if five to 10 minutes is too much, one minute still counts. The instructions include just three steps:

1. Sit comfortably. You don’t have to be cross-legged — a chair will do.
2. Close your eyes and bring your full attention to the feeling of your breath. Pick a spot where it’s most prominent: nose, belly, or chest.
3. Every time you get distracted — which you will, a million times — just begin again.

I’m not guaranteeing you bulletproof imperturbability, but short daily doses of meditation can make you meaningfully less likely to do things you will later regret. And there’s something else. Sitting and watching your insane inner torrent puts you in touch with a fundamental truth: everything changes. This can be a bitter pill. Nothing lasts — not the dopamine hit from a fistful of popcorn, not even your life. But in time of tumult, a felt sense of impermanence can also be deeply comforting.”
Families & Professionals

Fusion: a merging of spirituality into real everyday life

Fusion (our Families & Professionals small group gatherings)—meeting monthly. If you are interested in being a part of one of these groups, please sign up with Rev. Casey.

MOPS next meeting is Sunday, Jan 14th, 5:30-7:00pm in Room 203 (childcare available)

YOUTH GROUP meets on Sundays, 5:00-7:00pm at the church.

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

Circle of Fellowship
Martha Ferrell
Bill Fowler
Cindy Kyle

Fishers of Families
Harry Aston
Dwight Brand

God’s Messengers
Jaunita Brock
Linda Fuentes
Joy Hitch

Shepherds
Jack Barger
Marilyn Camp
John Lowe
Lee MacDonald
Helen Smith
Pat Spradley

The Grapevine
Carroll Barnes
Terry Barnes
Joyce Witt Boyd
Bettye Davenport

Music at FCCG

CHANCEL CHOIR
Rehearsals on Wednesdays, 7-8pm
Contact Stan McGill

HANDBELL CHOIR
Rehearsals on Wednesdays, 6:00-7:00pm
Contact Virginia McBee

YOUTH CHOIR
Rehearsals on Sundays, 4:00-5:00pm
Contact Judy Grasham

CHILDREN’S CHOIR
Rehearsals on Sundays, 4:00-5:00pm
Contact Sheri Dacon
If you have a church key you no longer need, please put it in the “Office” mailbox (located in the short hallway by James Hodge’s office). We are running low on church keys. Thanks.

**The Church Office**

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**It’s that time again for the JYF Annual Valentine Fundraiser!**

**JYF VALENTINE SALES** will begin Sunday, January 28th and continue every Sunday through February 11th—in Fellowship Hall. Contact Kim Whalin with any questions.

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**Sunday, January 21—Guest Preacher/Teacher Dr. Newell Williams**

Dr. Newell Williams, President and Professor of Modern and American Church History at Brite Divinity School, will be our guest preacher and Sunday School teacher, Sunday, January 21. He will focus on the topic of the history and meaning of the Lord’s Supper in the Disciples of Christ church.

Please plan on being present during worship and joining us for a combined all-church Sunday School with Dr. Williams!


Dr. Williams is an Ordained Minister of the Christian Church (Disciples of Christ); a member of the American Academy of Religion, the American Society of Church History, the Association of Disciples for Theological Discussion, and the Stone-Campbell Dialogue. He holds a Ph.D. (1979) and M.A. (1975) from Vanderbilt University and a B.A. from University of Tulsa (1971). He is married to the Rev. Sue McDougal, and they are the parents of three children. Early in his academic career, Dr. Williams served Brite as Assistant Professor of Church History and as Assistant (1978-1983) and later Associate Dean (1983-1984). From 1984 – 2003 he taught at Christian Theological Seminary, where he served as Vice President and Dean from 1992 – 1998.

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**2018 NTA Leader and Learner Event**

Saturday, January 27, 2018; 8:30am—3:00pm

at East Dallas Christian Church,

629 N. Peak Street, Dallas, TX 75246

Speaker: **Terrell McTyre**

Minister for New Church Strategies * Hope Partnership—Disciples

(Register online at http://www.ntaccsw.org/)

Rev. Casey Tanguay will be leading a workshop at the Leader and Learner Event titled “Building Community with Young Families and Young Adults in the 21st Century?”
This past fall, the Stewardship Ministry chose the annual campaign theme, “Fearless Generosity” and you proved to be fearless. Through the months of 2017, you, the congregation, made this charge to faithful giving a reality. Your giving enables our church to be confidently faithful to Christ’s ministry. Because of your giving and the prudent spending of our church leaders, we spent less than budgeted amounts and the unpledged receipts were greater than anticipated, placing the church in a positive financial position. So, on behalf of the Stewardship Ministry, thank you! And thank you, again! We look forward to your continued generosity and faithfulness in the coming year.

-Kathleen Yant, 2018 Board Chair