

# The Messenger



January 10, 2018

## 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 mediation, 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.*



*When you're blinded by outrage, you're unable to understand the views of people with whom you disagree. A consistent meditation practice can help you know your biases. . . . When you're more aware of your own tribal instincts, you may be more inclined to venture out of your ideological bubble and examine opposing views. Next thing you know, you're refraining from nasty tweets and even having civil conversations with your uncle. Cutting down on wasted emotional churn frees up energy to do things that really make a difference, like volunteering. Multiply this by enough people and it could inject significant light into chasms of toxicity.*

*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."*



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

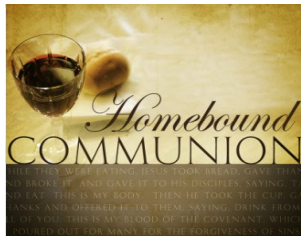


**YOUTH GROUP** meets on Sundays, 5:00-7:00pm  
at the church.



## 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.

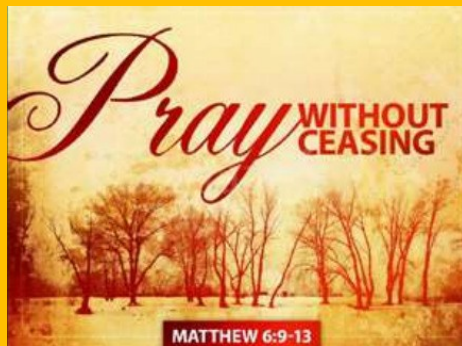


### HOMEBOUND COMMUNION

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](mailto:kyant1@aol.com);  
972.496.0534 or Eva McKannan;  
[patevamck@verizon.net](mailto: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

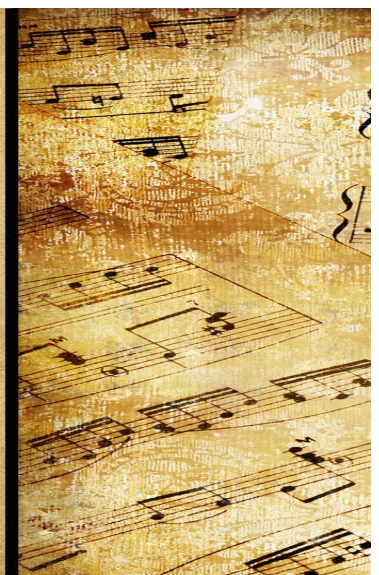
Rehearsals on Wednesdays, 6:00-7:00pm  
Contact Virginia McBee

### 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*

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.



**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!**



® D. Newell Williams has been President and Professor of Modern and American Church History of Brite Divinity School at Texas Christian University since 2003. He co-edited two books with Douglas A. Foster and Paul M. Blowers, *The Stone-Campbell Movement: A Global History* and *The Encyclopedia of the Stone-Campbell Movement*. He is the author of *Barton Stone: A Spiritual Biography*. He also edited *A Case Study of Mainstream Protestantism: The Disciples' Relation to American Culture, 1880-1989*. He has contributed numerous articles and chapters of books with such titles as, "Christianity in Twentieth Century America: Implications for the Twenty-First Century" and "Overcoming a Liberal-Conservative Divide: The Commission on Restudy of the Disciples of Christ."

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.

## 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?"



Now to him who by the power at work within us  
is able to accomplish abundantly far more than all  
we can ask or imagine, to him be glory in the  
church and in Christ Jesus to all generations,  
forever and ever. Amen.  
Ephesians 3:20-21 (NRSV)

# *Fearless* **GENEROSITY**

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

First Christian Church  
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Garland, TX 75040



## *The Messenger*

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(Disciples of Christ)

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