



For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Cephas, and then to the Twelve.

I Corinthians 15:3-8

March
2020

The News

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ALL HANDS ON DECK – The Power of shared Sacrifice

By Pastor Rich McDermott

If you have ever had the privilege of knowing a person who served in the Armed Forces, whether in WWII, Korea, Vietnam, Iraq, Afghanistan or elsewhere, you may have caught a glimpse of the bond that person has with fellow service people and the depth of feeling they carry from that experience. Spouses of people in the Armed Services, who often engage in a shared sacrifice to help with the effort overseas or on the battlefield, also have a bond with one another that is hard to describe and hard to quantify. Widows and widowers of those who did not come home from the battlefield connect on an even deeper level. They weep together, they grieve together, and they press forward together.

In a different realm, people who have known a shared sacrifice in team sports and experience the thrill of a championship victory or the agony of a narrow defeat also know something of this bond and depth of feeling for teammates. Tears will often accompany the end of a long journey in a season of practice, strenuous training, shared sacrifice and accomplishment with others who have given their all to a particular endeavor in sports, or in life.

The same is true of the Christian journey. There is nothing quite like serving the Lord together, sharing sacrifice and sharing Jesus, on a mission trip or at a youth retreat or in a food kitchen or on a service project. It can happen as well in leading worship, giving a message, leading a song, mentoring young people, praying for the sick, serving communion, sharing a heartfelt story (sad or uplifting) with a small group. It can also happen when a church pulls together as one Body in Christ for a task much bigger than we imagined, bigger than our minds had anticipated. A bond is formed, the Holy Spirit shows up, lives are changed and miracles happen.

This is our hope and prayer for our TRANSFORM Capital Campaign. As we have said before, our mandate is ALL HANDS ON DECK. In the Navy, when the captain of a ship yells "all hands on deck!" it is a command for all the sailors to come to the deck of the ship to help navigate a storm or to maneuver all the guns or resources of the ship. **It is a call to shared sacrifice and a means to marshal the power and synergy of having every**

person do his/her job. We believe this is God's desire for FPCA. Our goal is to have 100% participation in our TRANSFORM Capital Campaign from every person who calls FPCA their church home. We know this is a challenge. Even on a ship, a person hidden as a stowaway may not join the effort. But we know, by the grace of God, those who are following Jesus will give every effort to participate in the fashion to which God has called them.

For more than 33 years our beloved building has needed repairs, upgrades, changes, refurbishing, renovations, and now roofs, reconfigurations, rewiring, plumbing, and re-doing. To use a medical metaphor, the doctor has now called for surgery and no more band-aids. We have an opportunity to transform the life of our fellowship. The Lord has placed this call and this challenge before us and we as a church have said yes!

Will you answer the call to shared sacrifice? Will you respond to the captain's mandate, "all hands on deck!"? Will you join us in making a three-year sacrificial commitment, over and above your giving to our regular budget, to see both our building and our life as a community transformed by the power of the Holy Spirit? Thank you, in advance, for committing yourself to this worthy endeavor, and for giving glory to God through this great challenge!

Please mark your calendar for these dates:

TRANSFORM Advance Commitment Event

Saturday, March 21, 2020 at 5:00 in the Sanctuary

TRANSFORM Commitment Sunday

Sunday, March 29, 2020 at 8:30 (Chapel) and 11:00 AM (Sanctuary)

Transform is here!

We at FPCA are extremely excited with where the Lord is calling and leading us. One of the core components of our mission statement is that we are transforming life by following Jesus. The session and staff have diligently discerned and listened for the leading of the Holy Spirit and that has brought us to this dynamic month.

The heart of ***Transform*** is a spiritual journey and our worship services will obviously play a central role. But in addition, our Sunday school teachers have been provided materials for our classes to dig deeper. Each class has the choice to opt-in to this study, but we truly hope your class will take advantage of these resources. Many of the discipleship aspects of Transform will occur individually or within the context of a family or a couple. But there is something special about exploring and growing in faith with a group of committed Christians all seeking God's voice and direction.

We are a couple months past New Year's resolutions. But if you have been putting off attending one of our Sunday school classes, make this the time to give it a chance. See how the Lord seeks to ***Transform*** your heart as we all seek to ***Transform*** life.

Pastor Chris.

One Great Hour of Sharing Offering

The One Great Hour of Sharing(OGHS) Offering is received during the season of Lent at FPCA. This is one of four Special Offerings collected during our church year. Offering envelopes are provided outside the chapel and sanctuary or designate OGHS on the memo portion of your check.

Posters are located around the church halls.

Presbyterians worldwide have participated in this offering for over 60 years and give about as much as all other denominations put together.

The offering gifts are divided between three programs- Self Development of People, Presbyterian Disaster Assistance, and the Presbyterian Hunger Program.

For a list of how these gifts were used in previous years or for more information, see www.pcusa.org/oghs.

Night of Hope Fundraiser

HOPE Tutoring is having its annual NIGHT OF HOPE fundraiser Saturday, March 28 at 6:30 at Trinity UMC.

Tickets are \$45 each for dinner, AHS Jazz Band, speaker Dr. Bill Coppola-TCC SE and silent auction and raffles.

Online reservations at www.hopetutoring.org/noh or contact Dawsons, Le Blancs or Peñas if you have questions.

YOU'RE INVITED
TO ATTEND H.O.P.E. TUTORING CENTER'S

Night of Hope
HEARTS OF GOLD

DINNER, ENTERTAINMENT AND SILENT AUCTION
\$45.00 PER PERSON | \$360.00 TABLE OF 8 SEATS

SATURDAY - MARCH 28, 2020
6:30 - 8:30 P.M.

Trinity United Methodist Church
1200 W. Green Oaks Boulevard | Arlington, Texas

Keynote Speaker Dr. Bill Coppola
President of TCC Southeast campus

Musical Guest Arlington High Jazz Band

Register at www.hopetutoring.org/noh **by March 14**
Contact admin@hopetutoring.org



Children's Ministry

Preschool



MONTHLY OVERVIEW

Following the leader is definitely something preschoolers love and understand. What they need to learn is that throughout life there will be countless choices of leaders they can follow. We want them to know who the best leader is to follow. And that is Jesus! Jesus is the best leader we can follow!

By the end of this month, when we ask preschoolers who can you follow, our prayer is that they will answer, I can follow Jesus. Why? Because Jesus loves us, and He will always lead us in the best way.

<p>WEEK ONE</p>	<p>BIBLE STORY John the Baptist Matthew 3:3-4, 11, 13-17</p>	<p>STORY FOCUS John told people that Jesus is special.</p>
<p>WEEK TWO</p>	<p>BIBLE STORY Andrew and Peter; John and James Matthew 4:18-22; Luke 5:1-11</p>	<p>STORY FOCUS Jesus says, "Follow Me."</p>
<p>WEEK THREE</p>	<p>BIBLE STORY Matthew (Tax Collector) Matthew 9:9-12</p>	<p>STORY FOCUS Everyone can follow Jesus.</p>
<p>WEEK FOUR</p>	<p>BIBLE STORY The Twelve The Gospels</p>	<p>STORY FOCUS I can follow Jesus.</p>
<p>WEEK FIVE</p>	<p>BIBLE STORY Love One Another John 13:34-35</p>	<p>STORY FOCUS When I follow Jesus, I can love everyone.</p>

MEMORY VERSE	KEY QUESTION	BOTTOM LINE
<p>"COME AND FOLLOW ME," JESUS SAID." MATTHEW 4:19, NIV</p>	<p>WHO CAN YOU FOLLOW?</p>	<p>I CAN FOLLOW JESUS.</p>

Elementary and KFC



MONTHLY OVERVIEW

GOD VIEW: THE CONNECTION BETWEEN THE FORGIVENESS AND GOD'S CHARACTER, AS SHOWN THROUGH GOD'S BIG STORY

Throughout the Bible, we can read about the importance of forgiveness. Right from the start, God made a way for Adam and Eve to have a relationship with Him again. The same is true for us. No matter

how much we mess up, God will always make a way to forgive us. When it comes to forgiveness, we can also look to Jesus, who chose to forgive even those who were crucifying Him. Because of God's amazing forgiveness, we should work hard to forgive others.

WEEK ONE

BIBLE STORY:
The Unmerciful Servant
Matthew 18:21-35

BOTTOM LINE
Forgive others because God forgives you.

WEEK TWO

BIBLE STORY:
Zacchaeus
Luke 19:1-10

BOTTOM LINE
When you forgive others, it can change them.

WEEK THREE

BIBLE STORY:
Jesus Teaches on Forgiveness
Matthew 5:1-2; 23-24

BOTTOM LINE
Take the first step to forgive others.

WEEK FOUR

BIBLE STORY:
The Story of the Lost Son
Luke 15:11-24

BOTTOM LINE
Everyone needs to be forgiven.

WEEK FIVE

BIBLE STORY:
Father and Older Brother
Luke 15:21-32

BOTTOM LINE
When you don't forgive, you miss out.

MEMORY VERSE

"PUT UP WITH ONE ANOTHER. FORGIVE ONE ANOTHER IF YOU ARE HOLDING SOMETHING AGAINST SOMEONE. FORGIVE, JUST AS THE LORD FORGAVE YOU."

COLOSSIANS 3:13,
NIRV

FORGIVENESS

Deciding that someone who has wronged you doesn't have to pay

Save the Date

- March 1** Luncheon for families with children in sixth grade or younger
- March 6** Kids Night Out from 6:00 to 8:00 p.m.
- March 20** Kids Night Out from 6:00 to 8:00 p.m.
- April 4** Spring Festival.
- June 8 - 12** Vacation Bible School from 9:00 a.m.- noon.

Youth Ministry

5 Ways to Help Teens Deal with Life When They Feel Stuck

Dr. Chinwé Williams

We've all been there. We all have encountered struggles that felt bigger than us. And we all develop our own ways of managing emotional pain, shame, and regret. When faced with difficult circumstances, it is very normal to look for ways to cope.

Over the years, parents have verbalized their uncertainty with how best to assist their teen with effectively managing the ups and downs of life. There's no simple response. Quite frankly, as a therapist who frequently works with adolescents, I get it. Being a teen today is tough. Teens face increasing expectations: managing multiple schedules, demanding academic loads, and competitive extracurricular activities. **And above all, discovering who they are and how they fit in with their peer group and the larger world.** All of which can and do cause internal pressure.

Some teens are able to successfully navigate these waters. Others may fail or buckle under the pressure. It is a normal human experience to want to escape reality.

It's actually a great idea to take a break, decompress for a few hours in order to allow your brain to reboot and refocus. Attending a concert with friends, listening to music, going for a hike, laughing at a hilarious comedy are examples of healthy ways to take your mind off a stressful day. However, what happens when distraction morphs into something that is not so healthy? And perhaps even destructive?

Harmless distraction can often lead to prolonged engagement in activities such as video gaming, internet shopping, hours on Instagram or Snapchat, and let's not forget the widely popular Netflix binging sessions—which wouldn't be so bad if it didn't coincide with finals week. And then there are the extreme situations when a teen begins experimenting with drugs, alcohol, and sex to numb complicated feelings.

When any of these behaviors become a way to DISTRACT, NUMB or AVOID facing hard circumstances or allowing people to see our real selves, it can lead to feeling stuck and disconnected, causing one to spiral into more destructive behavior.

What is the remedy for stuck-ness and disconnection? Engagement. As a therapist, I love introducing my teenage clients to creative strategies to address problems that appear insurmountable. Yes, that sometimes means embracing a new challenge or even doing something

they dislike— like confronting the real issues. The more we can teach our children to deal with (and not run away from) life’s challenges, the better they can realize their own unique capabilities which fosters resilience and a sense of autonomy.

Parents’ task in helping avoidant teens is complicated by the contradictory impulses of teens. They want us around, and at the same time, want us to go far away. However, the research is clear: Parents are powerful pillars of influence in their teens’ lives!

Below are five ways that can help you recognize when your teen may be feeling stuck and ways you can help them pull the plug and get un-stuck.

1. Watch for warning signs

Some “stuck” teens will display difficulty concentrating and low motivation. They may be irritable, negative, easily frustrated or prone to outbursts. Some overachieving “stuck” teens may be highly sensitive to criticism and begin to withdraw from family and friends. Since some of these signs are a part of normal adolescent development, it is important to note what appears to be a change from your teen’s typical pattern of behavior.

2. Initiate the conversation

Demonstrate casual interest by asking questions and reflecting back on what you’ve heard. Teens can tell the difference between questions that show interest and ones that simply appear nosy. Be present but not intrusive. One conversation starter may be: “It’s normal to feel overwhelmed. I know that you want to do well (in school/sports/making friends) so I am sure that you might feel some pressure sometimes. You are not alone. I’m open if you ever want to talk about it.” Your teen may not open up initially. The key is making yourself available for when they’re ready.

3. Be open

Sharing your struggles with distraction, numbing, and avoidance may help your teen better cope with their own experience. For many parents, the thought of disclosing their own teenage antics is a nightmarish proposition. However, research suggests that parents who have an open, warm, and nurturing relationship with their children can help them to buffer stresses that can otherwise be destructive. Your teen may not show deep interest or ask many questions. Don’t worry, they are listening.

4. Stay tuned in

As a therapist, I can’t emphasize how important it is to plug into your teen. What does that mean? Get to know their musical taste, favorite artists, even purchases. Know the names of their friends and even their enemies. Regarding social media, I am an advocate of intermittent parental monitoring. This one is tricky; teens also need some degree of privacy. But it is a parent’s responsibility to know what is going on. The content you discover may clue you into ways to better connect with your child. Or, alert you to signs of stress. As parents, we must plug into this important aspect of teen social life. Don’t tell my teens I said that.

5. Seek Professional help

Part of our job as parents is to help our children find resources to be successful. That can include a school counselor, therapist, or trusted church leader. Remember that there are many avoidant

behaviors that are simply a part of adolescence. It is helpful to consult with a professional who can assess the severity and offer assistance. One technique that I like to teach is mindfulness. Mindfulness is ideal for decreasing distressful thoughts. The ability to disrupt a cycle of negative thinking is crucial for optimal mental health and can help teens to “plug-in” in order to get “unstuck.”

Whether or not they tell you or show you, your teen values your engagement. What are some ways that you can plug into your teen this week?

Blessings,

Adrian Rodriguez

Finance Update

A Note from Jeanne

Hi all! This month's Finance Update is a little different, but I wanted to keep you in the loop.

We are currently transitioning to a new accounting software which will save the church money and hopefully will expand our reporting abilities in new and exciting ways. But as with all transitions, it takes a little time during the transition period. So I don't have finalized numbers for you yet.

But I can tell you some encouraging news financially. The first thing is that our January giving total was more than several of the previous year's January giving totals.

Another encouraging bit of news is that the average amount pledged per family, for 2020 increased significantly compared to the average pledged amounts per family in all the previous years I've worked at the church. And I've been here a long time as Finance Manager - almost 16 years.

So I sincerely thank you for believing in our church's transformative ministries, and for your generous giving. You all are truly inspiring to us!

Jeanne Chin

Finance Manager



Women`s Ministry team



“Because of the Lord’s great love we are not consumed, for his compassions never fail. **They are new every morning**; great is your faithfulness... **the Lord is good to those whose hope is in him, to the one who seeks him.**”
Lamentations 3:22-23,25

STARTING 2020 WITH JESUS

The FPCA Women’s Ministry Team would like to thank all the ladies that attended the “New Year, New Beginnings” event on Saturday, January 11th and made it a great success! We had a wonderful time visiting with each other over brunch, and learning ways to have more intentional daily time with the Lord from our amazing speaker, Martita Lynch. As Martita said, “Developing relationships is a process... just start!” We pray that this helped set the tone to start 2020 as a year where each of us are seeking to develop a deeper relationship with Jesus.



The Women’s Ministry Team seeks to serve God through encouraging women to grow in their relationship with Jesus Christ, and equipping them to serve the Lord.

This Month



Bible Studies

Men's Bible Study

The Men's Bible Study group meets every Wednesday morning at 8:00 a.m. in the parlor. Men of all ages meet and enjoy great fellowship and a prayer session. All men are invited to join this study.

Women's Bible Study

The Women's Monday Night Bible study is open to all women. The next meeting is at 6:00 p.m. on Monday, March 16, in the parlor.

Tuesday Morning Bible Study

Men and women of all ages are invited to meet in the Bride's Room every Tuesday morning at 10:00 a.m.

Music Ministries



Chancel Choir

This is the primary worship leadership ensemble for the 11:00 service. The choir also sings for special services around Christmas and Holy Week. It is more than just a great choir; it is a caring fellowship. Rehearsals are on Wednesdays from 7:30 to 9:00 p.m. *Nursery care is provided during rehearsals.*

Ring of Praise Handbell Ensemble

This intergenerational handbell group rehearses Wednesday evenings from 6:15 until 7:15 p.m. If you are interested in ringing, please contact Russell Farnell (fpcamusic@yahoo.com or 817-274-8286).

Youth Choir

During the school year, this group of youth in grades 6 to 12 meets on Sunday, 12:45 to 1:45 p.m., in the choir room.

Children's Music Ministries

The children's choirs meet from 12:45 to 1:45 p.m. on Sundays during the school year. Children ages 4 (when school starts) through grade 5 participate in activities including music/singing and bells/chimes, instruments, and listening activities. There are two sections, divided by age, and both participate in the 11:00 worship service twice per year, usually in December and April.



Church Leadership

Deacon Meeting

Thursday, March 5, at 6:30 p.m., the Diaconate meets in the parlor to oversee the Congregational Care, Hospitality, and Fellowship ministries.

Team Meeting Night

Thursday, March 12, at 6:45 p.m., all teams meet for worship in the chapel with subsequent gathering into respective teams for ministry planning and coordination.

Session Meeting

Thursday, March 26, at 7:00 p.m., the Session meets in the parlor to oversee the ministry of the church. The work of the Diaconate, church administration, and all Discipleship, Worship, Facility Management, and Mission and Evangelism ministries will be discussed.

Discipleship



Library Team

The library team works the first Wednesday of each month, from 7:00 to 8:30 p.m. Anyone interested is welcome. No particular skill is required, the work is easy, and we always have a good time as we process books to be added to our inventory. If you would like to be involved in library work but cannot come at that evening time, please contact Sandy Thomlinson (at 817-460-8050) and special daytime work sessions can be arranged.



Fellowship

Happy Quilters

This group meets Wednesdays at 10:00 a.m. to quilt, sew, knit, crochet, embroider, and just enjoy being together. Bring your project and join in!

Saints Alive!

Church seniors will meet for a potluck lunch on Thursday, March 19, at 11:30 a.m. in the Fellowship Hall. Bring a casserole, salad, or dessert and enjoy a fun and interesting afternoon.

Contact Bev Koch (817-261-3202) for details.



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Deadline for the April issue of The News is March 15!

Prayer Ministry

Prayers for those with health and other concerns: Apana Agha, Elaine Bahn, Jack Bos, James (Andrew) Bridges, Vannah Caylor, Frank and Allena Coburn, Edna Collins, Lee Carol Copeland, Michael Dearnorff, the Farnell Family, Don Farrell, Yvette Fielder, the Gifford Family, Joe and Lila Glenn, Olivia Gottmann, Andrew Hydock, James Irons, Bob Johnson, Tim Karnes (Pat May's son), Gary Lindley, Pat May, Barbara Mooers, J.D. Paulk, Betsy Pense, Nita Price, Jim L. Quick, Jillian Reynolds, Joan and Homer Reynolds, Donna Vickers, Nancy Welborne, and Karl Winter

Prayers for our family serving in the armed forces: Ben Boughton, Riley Curnutt, Austin Curran, James Dailey, Eric Dill, Jeff Grimes, Nathan Haerer, Damien King, Mike Mancini, Amie Murtha, Stephen O'Neil Sosa, Colin Peden, Jason Polk, Ryan Powell, Ryan Regalado, Peyton Steeno, Christopher Young, and Robbie Wallace

Prayers for our homebound members: Esther Albright, Suzette Armstrong, Shirley Bragg, Tom and Bobbie Fowler, Jack Gray, Marge Harrand, Barbara Hughes, Barbara Kraemer, Jeanne Malone, Allen and Charlene Miller, Cary and Ruth Moore, Carrie and Cosme Pacot, Ann Pitstick, Al Smithson, Jack and Betty Snowden, Lorraine Swanson, Brooks and Connie Taylor, Dee Uhri, Richard Whitenight, and Mary Jane Wright

Pray for those who do not know Christ!

If you have any congregational care needs, please contact Pastor Rich McDermott at 817-274-8286.

