



“But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.

“The Lord is my portion”, says my soul, “therefore I will Hope in him”. ”

Lamentations 3:21-24 (NRSV)

February
2022

The News

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Newsletter Team

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This Is (not) A Man's World!

Well boys, we all need to congratulate some women in our church for achieving something quite remarkable. Our denomination began ordaining women as elders in 1930 so it's not that. Women became eligible for ordination as Ministers of Word and Sacrament in 1956, so it's not that either. For the first time in the history of FPCA, women have won our Fantasy Football league in back-to-back years. Marla Thomas was the defending champion from last year and we have a new champion – Talita Gottmann!



Many of you may have tuned out as soon as you read fantasy football. And while I'm not here to recap the season, I want to thank everyone who continues to play in our league. It makes for a lot of fun and playful rivalries! We hope you will sign up for the upcoming season. It'll be here before we know it! Congrats to you, Talita, for showing us boys how it's done!

Pastor Chris

Finance Update

For the month of **December 2021:**

Budget (Operating and Funds Released)

Income: \$139,833
Expense: (\$ 92,146)

Income - Expense for month:

\$47,687

Income - Expense for 2021 Year to Date:

(\$507)



Comments:

We are always so grateful for your generous donations. Because of your support we were able to:

- celebrate a beautiful Advent Festival service of worship featuring Gloria by John Rutter and Glory to God by Russell Farnell.
- enjoy the Women's Ministry Christmas event with Russell Farnell showing us how the meaning of Christmas carols helps us anticipate the birth of our Savior.
- have a beautiful and meaningful Christmas Eve Candlelight Service.
- provide several ways to give through Gifts of Hope, Christmas Joy Offering, and the Christmas Eve Offering for Presbyterian Children's Homes and Services.
- share ways to serve and help families, along with our homebound members through our Mitten Tree and Dove Tree ministries.
- share a great time together at our Kids Night Out Christmas Celebration, and our Youth Christmas Party.
- *As of December, our Capital Campaign fund balance is \$1,256,374.

We are doing well and, because of you, we are able to carry out the ministries that are calling to our FPCA family. Please contact me if you have any questions or concerns, at jeanne@firstprestexas.org.

Children's Ministry

Preschool



MONTHLY OVERVIEW

Did you know there are over 100 million love songs? Why so much interest in love? Well, it could be because God is love. And, God made every person in His image. We were literally made by love, to love and to be loved!

That is why Jesus loves everyone, and why He taught us how we can love everyone, too. Jesus gave us so many examples of loving everyone while He was on earth, and we get to share them with our preschoolers this month.

Jesus loves everyone, and we can love everyone like Jesus—that is what we want preschoolers to know. And, there's no better time in our world for children to hear this powerful truth. So, grab a party hat and a handful of confetti and let's get the party started!

WEEK ONE	BIBLE STORY Banquet Parable Matthew 22:8-10	STORY FOCUS Jesus loves everyone.
WEEK TWO	BIBLE STORY Woman at the Well John 4:1-30	STORY FOCUS Jesus loves people everywhere.
WEEK THREE	BIBLE STORY Zacchaeus Luke 19:1-10	STORY FOCUS Jesus loves people even when they do something wrong.
WEEK FOUR	BIBLE STORY Do Everything In Love 1 Corinthians 16:14	STORY FOCUS We can love like Jesus.

MEMORY VERSE	KEY QUESTION	BOTTOM LINE
"DO EVERYTHING IN LOVE." 1 CORINTHIANS 16:14, NIV	WHO DOES JESUS LOVE?	JESUS LOVES EVERYONE.
JESUS WANTS TO BE MY FRIEND FOREVER.		

Elementary and KFC



ELEMENTARY
FEBRUARY 2022

MONTHLY OVERVIEW

GOD VIEW:

THE CONNECTION BETWEEN COMPASSION AND GOD'S CHARACTER, AS SHOWN THROUGH GOD'S BIG STORY

God's compassion for us led to the greatest act of love the world had ever seen. God sent Jesus to rescue us. We reflect God's compassion when we care about others and work to make things right.

WEEK ONE

BIBLE STORY
Jesus' Mission Statement
Luke 4:14-24, 28-30

BOTTOM LINE
Following Jesus means caring about others.

WEEK TWO

BIBLE STORY
Jesus Talks With a Woman
From Samaria
John 4:1-30, 39-42

BOTTOM LINE
Show others that they matter.

WEEK THREE

BIBLE STORY
Jesus Feeds the Five Thousand
John 6:1-13

BOTTOM LINE
Use what you have to help others.

WEEK FOUR

BIBLE STORY
Jesus Heals Bartimaeus
Mark 10:46-52

BOTTOM LINE
Make time to help others.

MEMORY VERSE	<p>"THE LORD HAS SHOWN YOU WHAT IS GOOD. HE HAS TOLD YOU WHAT HE REQUIRES OF YOU. YOU MUST ACT WITH JUSTICE. YOU MUST LOVE TO SHOW MERCY. AND YOU MUST BE HUMBLE AS YOU LIVE IN THE SIGHT OF YOUR GOD."</p> <p>MICAH 6:8, NIRV</p>
COMPASSION	CARING ENOUGH TO DO SOMETHING ABOUT SOMEONE ELSE'S NEED

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Save the date

February 11: Kids Night Out from 6:00-8:00 for children 6th grade and younger.

February 25: Kids Night Out from 6:00-8:00 for children 6th grade and younger.

Youth Ministry

2022 Mental Health Goals for Every Parent

by Stephanie Thomas

If 2020 felt like a free fall, 2021 brought us a rollercoaster of emotions.

For parents, the past year took us on a thrill ride of both worry and relief: Kids are back in school! But with mask contention. Covid's calming down! Whoops, here comes Delta and the kids are now home for a two-week quarantine.

We had to make decisions about vaccines and returning to work and how to release our precious ones back into the world of cub scouts and dance and baseball and parties and indoor playdates.

And maybe you didn't have a choice in all those matters. Maybe you lost a job or a loved one, maybe you're hunkered down again for the winter. Maybe you're simply exhausted—your mind, body and soul worn down and weary from doing all you can to hold everything together.

If that sounds like you, you're not alone. We've all been there. But we don't have to stay there.

We can't say for sure when the outside world will return to normal. So we thought it might be best to focus on the inner world of mental health. Today, let's talk through a few goals we might carry into the new year to bolster us as parents and people.

Bonus: these are worthwhile goals for non-pandemic times as well.

Mental Health Goal 1: Take care of yourself every day.

Raise your hand if you missed a few showers last year. Eww, okay, put your hand down. We're kidding, of course.

Zoom meetings and toddler tantrums might mean the basics took a back seat.

So let's take the basics back. Do something that makes you feel cared for every day. If you're thoroughly clean (you're awesome, we get it) maybe you'll set aside time to workout, paint your nails, fix your hair or shave your face. The toddler will be okay.

Mental Health Goal 2: Create a safe space in your home.

Weeks ago, your first-grader set up a living room Legoland to play with during breaks from quarantine-virtual-school. And your four-year-old's Magnatiles creations regularly spill out from his room into the hallway and beyond.

You're all for relaxing a bit during these times, but the kid stuff is starting to take over!

Okay, grab some figurative caution tape and declare a spot (or a whole room!) in your home completely off-limits. While you're at it, give your kids a deadline for creativity, saying something like, "Every Saturday, we'll do a clean sweep!"

Mental Health Goal 3: Establish a rest-time routine.

Everybody needs a little time away—and now more than ever. Choose a specific time of day and call it rest time for all ages.

Rest time looks like this: Each person in the family gets a room to themselves and an hour (or two) to engage in their interests without interruption. You might set out a few favorite toys and play a podcast or audiobook for younger kids. Older kids and teens might read, draw, listen to music or work on a project or hobby.

And on those weeks when your kids aren't quarantined from school exposure—happy days!—go ahead and institute rest time on the weekends. You can thank us later.

Mental Health Goal 4: Accept that the negative emotions aren't about you.

If we adults are struggling to keep a smile on our faces, we can only imagine how hard it must be for kids to cope. After all, they've encountered the same changes we have with less understanding and less skills to work through what they're feeling.

So the next time your kid inexplicably falls apart, your middle schooler slams a door or your teen looks at you with eyes that can only mean, "YOU DO NOT GET IT," repeat the following helpful phrase to yourself: "This is not about me."

Then, when you're calm and ready, you might approach your child—young or old—with arms outstretched and say, "Would you like a hug? Talk to me about what's going on."

It's also a good idea to set some healthy boundaries. Let your kids know they are welcome to have big, uncomfortable feelings, but they're not allowed to treat you unkindly. Listen, talk and move on.

Mental Health Goal 5: Replace magic with moments.

Here's a message that's hard for our parenting generation to hear: Your kids don't need a magical childhood. **They simply need moments of connection with you.**

We can get there with Pinterest-parenting, sure. But we don't have to. We can also get there by making the most of a few moments throughout the day.

Ask questions to get to know your kid better. Listen to good tunes together while cuddled up on the couch. Play a quick game, take a short walk or give a high five in passing.

Dig into what they're into (we love requesting books from the library that scratch the latest itch).

You might even craft it up or bake it up or party it up—Instagram style. So long as you're doing so with no obligation and lots of opportunity for connection.

Our hope is that you'll find a few doable mental health goals you can latch onto for the coming year. **After all, we're better parents to our kids when we take care of ourselves.**

Blessings in Christ,

Adrian

High School girls – it's time for There{4} Teen Conference 2022!

This year's event will be on February 18-19 in person and live-streamed. The in-person event will be held at Central Bible Church in Fort Worth, TX. The address is 8001 Anderson Blvd. Ft. Worth, TX 76120.

There{4} connects high school girls with great speakers. The mission of There{4} is to inspire the next generation of girls to boldly live out their identity in Christ. This year's theme is "Hope" which is based on Lamentations 3:21-24, "Yet this I call to mind and therefore I have hope: 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. I say to myself, "The Lord is my portion; therefore I will wait for him."

Here is the schedule of events for Friday night and Saturday.

THERE{4} SCHEDULE

FRIDAY

7:00 pm: Welcome & Worship
7:30 pm: Session 1
8:00 pm: Session 2
9:00 pm: Session 3
9:30 pm: Worship
9:45 pm: Wrap Up

SATURDAY

8:30 am: Doors Open
9:00 am: Welcome & Worship
9:30 am: Session 4
10:00 am: Session 5
10:30 am: Break
10:45 am: Session 6
11:15 am: Session 7
11:45 am: Lunch
12:45 pm: Kickoff
1:00 pm: Session 8
1:20 pm: Session 9
2:00 pm: Break
2:30 pm: Session 10
3:00 pm: Worship
3:15 pm: End

If interested please contact our High School Girls Group sponsors Talita Gottmann and Kristi Carlisle. To sign up, please email thewellfpc@gmail.com by February 15. Visit www.there4gathering.com for more information.

Gifts of Hope 2021

Gifts of Hope 2021 was a great success! The following gifts were given this Christmas through this program: 30 medical kits, 16 ducks, 8 chickens, 11 fruit trees, 2 blankets for rescued slaves, 6 care kits for child victims, 7 care kits for persecuted Christians, 16 Bibles for believers in captive nations, food for 21 Arlington families for a week, 7 sets of winter items for the local homeless, 4 paperback books & 3 reams of paper for HOPE tutoring, toiletries for a month for 5 children in foster care, and 3 school backpacks for students in need. Donations will be given to World Vision, International Justice Mission, Voice of the Martyrs, Arlington Charities, HOPE tutoring, and Presbyterian Children's Home and Services totaling \$1567! Thanks so much to everyone who helped and contributed!

This Month

Some activities are postponed until further notice. The Activities marked with * are happening.



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 Monday Night Women's Bible study will meet the third Monday of each month at 6 p.m.

Tuesday Morning Bible Study*

Men and women of all ages are invited to meet in the Parlor 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 7:00 to 9:00 p.m. in the Fellowship Hall. *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, February 3, at 6:30 p.m., the Diaconate meets in the parlor to oversee the Congregational Care, Hospitality, and Fellowship ministries.

Team Meeting Night*

Thursday, February 10, at 7:00 p.m., all teams for ministry planning and coordination.

Session Meeting*

Tuesday, February 24, at 7:00 p.m., the Session meets in person in the Parlor to oversee the ministry of the church. Indoor worship, Budget, Generis, and other matters. 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 817-522-2080) 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, , 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.

Senior Flexibility Class *

Come get fit with us! The Senior Flexibility Class will meet each week on Tuesday and Friday from 9:30 to 10:30 a.m. in the Fellowship Hall.

If interested, contact Mary Spencer at 817-689-0526 for more details.

First Presbyterian Church
1200 S. Collins Street
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Deadline for the March issue of The News is February 15!

Prayer Ministry

Prayers for those with health and other concerns: Apana Agha, the Babb Family, Jack Bos, James (Andrew) Bridges, the Boice Family, Carol Browning, Vannah Caylor, Clemens Family, Frank Coburn, Edna Collins, Lloyd Counts, the Ellis Family, the Farnell Family, Don Farrell, Yvette Fielder, the Formusoh Family, the Gifford Family, Joe and Lila Glenn, the Gottmann Family, Andrew Hydock, Johnson Family, Tim Karnes (Pat May's son), Gary Lindley, Pat May, the McDermott Family, Barbara Mooers, Moore Family, Jim L. Quick, Jillian Reynolds, Joan Reynolds, Beth Rotert, Kathy Rotert, John and Donna Vickers, and Nancy Welborne.

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

Prayers for our homebound members: Esther Albright, Suzette Armstrong, Tom and Bobbie Fowler, Barbara Hughes, Jeanne Malone, Charlene Miller, Carrie Pacot, Ann Pitstick, Betty Snowden, 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 either Pastor Chris Campbell or Parish Pastor Jim Shroyer at 817-274-8286.

