



As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete.

John 15:9-11 (NRSV)

June
2022

The News

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Newsletter Team

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The Young Church Flourishing

It's summertime which means we're going to spend some time working through one of the books of the Bible. Last year we journeyed through Nehemiah and the feedback was great. We were picking up the pieces still coming out of Covid and continued to regather as this portion of the body of Christ. A year later we are still continuing to regather and grow. We have known that wherever we are headed will not be the same place we were a couple years ago. We're in uncharted waters, at least for our generations of Christianity. But there is another example of followers of Jesus finding their way in an unknown and hostile world. And throughout the book of Acts, we read of the young church flourishing. This series is not meant to draw direct parallels between what we are doing and experiencing with what the early church did, but I would hope we can learn and apply some of what they did to our context. Just like Nehemiah, we will not cover every single verse in Acts, but we should all come away with a greater appreciation, knowledge, and hope for our future.

Speaking of hope for our future, I had the privilege of participating in a unique experience in May. Our sons attend Pantego Christian Academy and I was invited to be part of a pastors panel. Four of us sat on a stage in front of an assembly of 4th and 5th graders. The 5th graders submitted questions and each of us were asked to answer three of them. Let me tell you, there were no softball questions by these students. Some of this was ordination exam material!



The questions I was asked to answer were: 1) Did Judas go to heaven? 2) If the Jews did not believe in Jesus only, why was he the King of the Jews? 3) How did we get the Bible we have today? Whoa! Other topics included the trinity, the baptism of Jesus, how God was created (spoiler, he wasn't!), dealing with feelings for revenge or retaliation, talking to and listening to God, even dinosaurs! It was a blast sharing the stage with leaders from other churches and expressions of faith. But I was very proud to represent FPCA and share the message of God's love to some very inquisitive and faithful young disciples!



Pastor Chris

Finance Update

For the month of **April 2022:**

Budget (Operating and Funds Released)

Income:	\$72,923
Expense:	(\$81,553)

Income - Expense for month:	(\$8,630)
Income - Expense for 2022 Year to Date:	\$32,992



Comments:

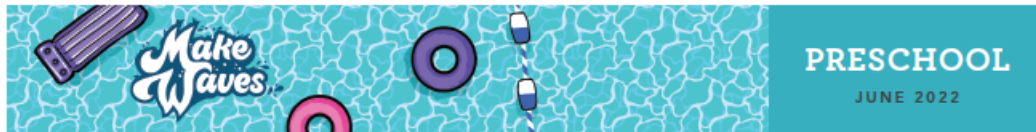
We are always so grateful for your generous donations. Because of your support we were able to:

- journey through Holy Week with meaningful services for Palm Sunday, Maundy Thursday, Good Friday, all culminating with the worship and celebration of Easter Sunday,
- enjoy a time of fellowship with a church-wide breakfast on Easter morning,
- have a fun Spring Festival provided by our children's ministry team for the kids of our church and neighborhood,
- kick off a new Women's Ministry Bible study which was about using the Psalms as a guide for prayer,
- join with all youth moms and daughters for a special and fun day together at Painting With a Twist, provided by our youth ministry team.
- As of April, our Capital Campaign fund balance is \$1,262,851.

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

Have you ever seen the commercial where one person does something kind? Then, a person who witnesses this kindness, is motivated to do something kind. Followed by another person seeing this kindness who feels moved to also be kind. It's not just in commercials. It's in real life, too. Waves of generosity. Lives changed. And, it all begins with one act of kindness.

During the next two months, we are going to be teaching our preschoolers that they, too, can Make Waves when they choose kindness—as well as love, joy, peace, patience, goodness, faithfulness, gentleness, and self-control. Most importantly, we want them to know that Jesus is there to help them choose these things. Because when Jesus is my friend forever, Jesus can help me do everything!

WEEK ONE	BIBLE STORY We Love Because God Loves Us 1 John 4:9-13	STORY FOCUS Jesus can help me choose love.
WEEK TWO	BIBLE STORY Paul and Silas in Prison Acts 16:16-34	STORY FOCUS Jesus can help me choose joy.
WEEK THREE	BIBLE STORY Abigail Intervenes 1 Samuel 25:1-35	STORY FOCUS Jesus can help me choose peace.
WEEK FOUR	BIBLE STORY Simeon at the Temple Luke 2:22-39	STORY FOCUS Jesus can help me choose patience.

MEMORY VERSE	KEY QUESTION	BOTTOM LINE
"I CAN DO EVERYTHING THROUGH CHRIST, WHO GIVES ME STRENGTH." PHILIPPIANS 4:13, NLT	WHO CAN HELP YOU DO EVERYTHING?	JESUS CAN HELP ME DO EVERYTHING.
JESUS WANTS TO BE MY FRIEND FOREVER.		

Elementary and KFC



ELEMENTARY
 JUNE 2022

MONTHLY OVERVIEW

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

We were created in God's image. God sent Jesus to show us the best way to be human. But God knew we'd need help. That's why God sent us the Holy Spirit. With the power of the Spirit, we can produce fruit that points others to Jesus. Every month, kids discover something about God's character and how they can reflect or respond to that character because they are created in God's image.

WEEK ONE	BIBLE STORY We Love Because God Loved Us 1 John 4:9-13	BOTTOM LINE Love others because God loves you.
WEEK TWO	BIBLE STORY The Apostles Are Treated Badly Acts 5:17-42	BOTTOM LINE Choose joy no matter what's going on.
WEEK THREE	BIBLE STORY Abigail Intervenes 1 Samuel 25:1-35	BOTTOM LINE You can help others make peace.
WEEK FOUR	BIBLE STORY Patience Principle Proverbs 15:18	BOTTOM LINE Be patient with each other.

MEMORY VERSE	"THE FRUIT THE HOLY SPIRIT PRODUCES IS LOVE, JOY AND PEACE. IT IS BEING PATIENT, KIND AND GOOD. IT IS BEING FAITHFUL AND GENTLE AND HAVING CONTROL OF ONESELF." <small>GALATIANS 5:22-23A, NIRV</small>
MAKE WAVES	WHAT YOU DO TODAY CAN CHANGE THE WORLD AROUND YOU

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Save the date

June 6-10: Vacation Bible School from 9:00- Noon.

August 5-6: Overnight Parents and Children Camp at Riverbend Retreat Center in Glen Rose.

Vacation Bible School

Vacation Bible School is June 6-10 from 9:00 to noon for children 4 years old to 6th grade. The theme is Make Waves: What You Do Today Can Change The World Around You. The memory verse is John 7:38 “Whoever believes in me rivers of living water will flow from within them.” Kids will enjoy Bible lessons, games, snacks, arts and crafts, and magic tricks.

Please scan the QR Code below with a



smart device to access the registration form.

Youth Ministry

5 Ways to Cultivate Emotional Resilience in Your Kid or Teen

by Dr. Chinwé Williams

Have you ever wondered why innocence is so often associated with childhood? I believe it is because it is only through the eyes of a child (or a child-like imagination) that we see how playful life can be. When you are a child, you tend to see the good in everything. You feel protected by your parents and teachers from any danger that may come to you. Some correlate innocence with naiveté. But, if you really think about it, innocence is a strength—a tool of protection for a child who in many ways is helpless to manage the unpredictability and complications of this life. However, being a teenager is when things start to get much more complicated. Your teen may experience heartbreak, stress, academic and social pressures and begin to realize that the world is not so fair. With life's inevitable ups and downs may come feelings of skepticism, distress or despair.

As a parent, you have the opportunity to teach your child emotional resilience. Emotional resilience is one's ability to adapt to or “bounce back” from a stressful situation or crises with confidence. These skills will educate your child on how to emotionally cope when life presents them with negative or disappointing situations. You will feel reassured knowing your child no longer needs to come to you for every solvable issue. They can take care of themselves and use these lessons as they mature into adults.

Here are five ways you can cultivate emotional resilience in your kid or teen.

Emotional Awareness and Regulation

Emotional resilience is connected to emotional regulation. If your child has trouble expressing their feelings, they can become angry and if that anger or frustration is suppressed for too long, it can eventually lead your child to use drugs or alcohol or any number of things to cope. Instead of resorting to self-medication or other harmful ways to channel powerful emotions, kids and teens can learn how to be aware of their emotions and manage them appropriately.

Life can be demanding and full of change and adversity, therefore it's important that our kids and teens learn to embrace some degree of uncertainty without melting down or blaming others.

One way to help your child with their emotional regulation is to teach them not to blame other people for their actions or emotions. Accountability and self-mastery are helpful skills to develop as they mature. They simply need to share how they feel about an experience and take full responsibility for whatever emotion is elicited. Although, no emotion is wrong, all emotions do not need to be acted upon. Reacting rather than responding to a powerful emotion can cause your kid or teen to do something they might regret later. Learning to think before acting is a sign of maturity and emotional resilience.

Focus on the Positive

Stress has a way of making your child focus on the negative. As school gets more demanding, your high schooler may begin to believe they will not graduate or get into a good college. They could think they will face too many struggles in the future that they cannot handle. Motivate your teen to develop a positive mindset when it seems like everything can go wrong.

Teach your child positive affirmations such as "I can only get better" or "Just because I failed one thing today does not make me a failure." You can help your child understand that failures and challenges are learning experiences. You can get better with each mistake you make as long as they are not repeated. Give your teen credit for putting themselves out there and trying.

Believing in Themselves

Your child may have the mindset that money and popularity are the only ways to achieve success. There are many definitions of success. Success and overcoming challenges for any child begins with believing that they can do anything they set their mind to with the right support along the way.

You can inspire your child to believe in themselves by asking them three things they did well the past week and how they felt. This will give your child the recognition that they are winners every day they try. You can also ask them to list good things others have said about them.

Share these positive acknowledgements with them often. They will eventually recall these kind words in any challenging situation they endeavor and any door they open.

Managing Perfectionism

Imperfection is synonymous to being human. However, many children and adults strive to be perfect despite plenty of evidence that shows that perfectionism causes psychological distress. Perfectionism can rob our children of their peace due to holding unnecessarily high and even unrealistic standards. Emotionally resilient kids have growth mindsets and understand that striving for excellence is a worthy goal. But striving for perfection is an impossible one.

When our children make a mistake, they think that they are failing or not measuring up to a set standard. But we can teach our kids that life is about exploring, experiencing, and growing. I often share with the teens that I counsel that life becomes much more interesting once we abandon our urge for perfection and aim for excellence and imperfection instead.

As caring adults, we play a part in breaking the cycle of perfectionism for our kids and teens.

Here are some replacement thoughts or "affirmations" that can help your child to cope with perfectionistic thoughts:

- My worth isn't based on my accomplishments.
- Not everything deserves 100% of my time and energy.
- It doesn't have to be perfect to be powerful.
- Mistakes are an opportunity to learn and grow.
- I will give myself grace when I make a mistake.

And as much as possible, avoid using the word “perfect” entirely, even as a way to praise an achievement, such as earning an A+ on a difficult exam. This can cause children to believe that they **MUST** achieve at an incredibly high and perhaps unrealistic level. Instead, acknowledge the effort it took to earn that high grade. For example, you can say “Wow, I saw how hard you studied for that exam. I'm proud of you. How do you feel?”

Asking for Help When Needed

Emotionally resilient individuals know to ask for help whenever they need it most. After all, no man is an island and no help means no positive changes. Your tween or teen may not want to come to you or another adult for help, thinking it is a sign of weakness. Let your child know they are using their strength when they ask for assistance—it is not a sign of weakness. Remind your teen of the positive outcomes that come from asking for help.

Always give your child the impression that you are always available to listen to them whenever they have their struggles. An emotionally resilient child becomes a young adult who is in control of their feelings and can adapt to a positive outlook naturally.

Blessings, Adrian Rodriguez

Mother and daughter youth event



Monthly Food Bank-Arlington Charities

Join us Saturday, June 11, starting at 8:30 AM to distribute food or bring your neighbors to receive food to the Arlington Charities mobile food bank.

St. Andrew's United Methodist Church
2045 S.E. Green Oaks Blvd,
Arlington, TX, 76018

It's just east of New York Ave, so if you're coming from the west, make a U-turn at Sherry St. Volunteer parking is just south of the church and food is distributed on the west side of the church.



A Praise and Prayer from the Shidelers

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. -- Joshua 1:9 (NIV)

Dear Kim and FPCA Family,

In our March update we asked you to pray for the marathon we were running in our roles with Wycliffe and SIL. We are grateful for your prayers that sustained us as we finished that marathon even as we limped across the finish line!

A progress report:

- Praise! Brett's additional trip to organize the information gathered in his mid-Feb trip to Africa was beneficial. The team accomplished its goals and the information has been shared with those who need to see it.
- Praise! The time Brett and the other SIL Global leaders had together in Germany was incredibly helpful as the participants shared the challenges they faced and brainstormed solutions, as well as prayed for and laughed with one another. Team building at its finest!
- Praise! Brett, unfortunately, tested positive for COVID two days after returning from Germany with Marla and her father, Bill, testing positive two days after that. Marla, who was already in Orlando for meetings with the team with whom she serves, was informed she'd have to quarantine for the week of meetings. Son, Adam, drove to Orlando to pick her up and take her to their home in Tallahassee. How grateful she is for Adam and Christina who opened their home to her! Brett and dad, Bill, were quarantined at home in Washington and looked after each other. Even in this, we praise God for healing and hospitable family. Marla was able to participate in team meetings via Zoom from Tallahassee. Not as wonderful as being face-to-face, but it worked! (And Marla enjoyed a longer time with grandson, Edward!)
- Praise! Brett, Marla, and Bill have now recovered from COVID and are slowly getting caught up on all that piled up while we were all feeling lousy.

What's next?

We are heading to Loveland! We'll arrive on Saturday evening, 14 May, and will be at Faith Church for both services on two Sundays; 15 and 22 May. We are looking forward to seeing as many as possible during our time with you! We would welcome opportunities to connect with you and the Faith family. We'll be contacting you to see if we can set something up! If you don't hear from us, please email or call. While COVID has delayed our visit for way too long, we look forward to reconnecting with our Faith family!

Please pray:

- For God's Hand of protection on us and our car as we travel.
- For good times of connection.
- For scheduling as we schedule times to connect with our Loveland family.

Blessings, Brett and Marla

Transform Update

First, we want to thank you all for your generosity and patience as we move forward with our Transform journey. We continue to make progress and are getting closer to having a firm date when we will begin the construction process. A few representatives from the Transform team met recently with Goff and Blueline to discuss the phasing of the project, delivery of final drawings, and other details to make sure we are fully prepared for Phase 1.

Here are some updates that we have so far:

Update Highlights

Funding-

- The 2020 total commitment/donation amount is \$1,938,235
- Over the period of 2019 through today:
 - Donations received: \$1,463,383
 - Donations received since January 2022 \$59,615.00
- Balance to meet the 2020 total commitment: \$474,852.00

Design and Contractor-

- The general contractor, GOFF Companies, delivered to us their preliminary pricing last month in the amount of ~\$2.5MM. This is based on the Blueline preliminary floor plans. With supply chain delays, building material price increases and labor challenges.... construction costs continue to increase.
- Our FPCA team is reviewing sequencing and pricing to determine optimum path forward for initial phase.
- Within the last 30 days additional engineering and architectural work have been done in order for Blueline to deliver a final set of drawings mid-June. GOFF will then revise their pricing and meet with us in mid-July to review their scope of work and associated pricing.
- We would expect to have a follow up TRANSFORM update for you sometime in late July.

Word search book of Acts

J	A	M	E	S	X	I	L	E	F	H	X	Y	X	M
G	G	R	E	T	E	P	A	U	L	F	N	L	L	N
W	D	G	Q	E	T	H	I	O	P	I	A	U	X	O
W	X	Q	R	P	S	A	P	P	H	I	R	A	U	I
B	T	T	J	H	O	P	I	L	I	H	P	S	P	A
W	X	D	E	E	C	N	H	A	T	C	E	D	R	Z
G	C	O	R	N	E	L	I	U	S	O	S	A	I	M
Z	M	O	U	N	T	O	F	O	L	I	V	E	S	S
S	W	L	S	A	N	M	E	L	I	T	A	D	C	I
E	V	A	A	N	E	M	O	R	W	N	M	K	I	T
S	Z	I	L	A	P	P	I	R	G	A	M	C	L	P
V	S	D	E	N	B	E	A	U	T	I	F	U	L	A
R	T	Y	M	I	X	B	S	A	B	A	N	R	A	B
R	O	L	I	A	J	L	Q	S	N	E	H	T	A	P
S	A	L	I	S	D	A	M	A	S	C	U	S	R	A

Agrippa	James	Saul
Ananias	Jerusalem	Silas
Antioch	Lydia	Stephen
Athens	Melita	struck dead
baptism	Mount of Olives	
Barnabas	Paul	
Beautiful	Pentecost	
Cornelius	Peter	
Damascus	Philip	
Ethiopia	Priscilla	
Felix	Rome	
jailor	Sapphira	

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 in the parlor the third Monday of each month at 6:30p.m.

Tuesday Morning Bible Study*

Men and women of all ages are invited to meet in the Brides Room every Tuesday morning at 10:00a.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 Choir Room. *Nursery care is provided if requested.*



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, June 16, at 7:00 p.m., the Diaconate meets in the parlor to oversee the Congregational Care, Hospitality, and Fellowship ministries.

Team Meeting Night*

Thursday, June 9, at 7:00 p.m., all teams for ministry planning and coordination.

Session Meeting*

Thursday, June 23, 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
Arlington, TX 76010

Deadline for the July issue of The News is June 15!

Prayer Ministry

Prayers for those with health and other concerns: Apana Agha, Christine Apperson, Jack Bos, James (Andrew) Bridges, Carol Browning, Vannah Caylor, Billie Jo Campbell, Edna Collins, Lloyd Counts, Cyprian Engwenyi, the Farnell Family, Don Farrell, Joe and Lila Glenn, the Gottmann Family, Andrew Hydock, Tim Karnes (Pat May's son), Jade Leathem, Manuel LeBlanc, Vivie Leasure, Gary Lindley, the McGown Family, Pat May, Mark Moore, Christopher & Victorine Ngochi, Jim L. Quick, Jillian Reynolds, Joan Reynolds, Beth Rotert, Kathy Rotert, Aileigh Rodriguez, Tonya Scrabeck, Jamee Shroyer, John and Donna Vickers, Nancy Welborne, and Danny Womble.

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, Tom and Bobbie Fowler, Barbara Hughes, Jeanne Malone, Charlene Miller, Betty Snowden, 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 either Pastor Chris Campbell or Parish Pastor Jim Shroyer at 817-274-8286.

