



**How beautiful on the
mountains are the feet of
those who bring good news,
who proclaim peace, who
bring good tidings, who
proclaim salvation, who say
to Zion, "Your God reigns!"**

Isaiah 52:7

July
2022

The News

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The Post-Quarantine Church

During my time as serving as a pastor, I have collected (and even read!) many of Thom Rainer's books. One of the reasons I was excited to attend the Fellowship Community's National Gathering was because Thom was one of the speakers. Attendees were given a copy of his most recent book *The Post-Quarantine Church*. Rainer presents "six urgent challenges and opportunities that will determine the future of your congregation." I would love the opportunity to walk through this book with whoever would like to join me. It is accessible, short, and written with a deep love for the flourishing of the church. Starting in mid-July, I would like to offer a book club just for this book. Days and times have not been decided yet. But please send me an email if you would like to be a part of it. The book can be purchased on most websites. The cheapest I have seen so far is christianbook.com. I think this could be an eye-opening and inspiring endeavor! Just as we have been looking at the early church in Acts, we are in a sense an early church after the quarantine. Let's draw upon the research and wisdom of those who have been helping pastors and churches through these tumultuous times.

Pastor Chris

chris@firstprestexas.org



Phishy Emails

Occasionally, members and friends of FPCA will receive a suspicious email from Pastor Chris or someone else on staff. The email indicates some kind of need, but not to call to talk or verify. Just as a reminder, neither Pastor Chris nor anyone from our staff will solicit help through email like this.

We will especially ***never ask for help through the form of gift cards.*** You will notice the return address on emails like these is not actually from our church. Be sure to call the church or the staff member and make sure it is a scam before you do anything.

Finance Update

For the month of May 2022:

Budget (Operating and Funds Released)

Income: \$109,609

Expense: (\$71,367)

Income - Expense for month: \$38,242

Income - Expense for 2022 Year to Date: \$71,234



Comments:

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

- begin a set of sermons from the Psalms drawing upon God's wisdom and guidance from this amazing collection
- launch 3-week new members class, Fixin' to Join – An Adventure in Christian Community, along with a reception to welcome our new members
- have a churchwide luncheon with youth and staff from the PCHAS Foster Care Village in Itasca and take them to the UTA baseball game for the final game of the season
- celebrate our graduating seniors at First Presbyterian

As of May, our Capital Campaign fund balance is \$1,262,098.

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.

New little library

Have you noticed the little free library in the Narthex? This is mainly for our young friends. You do not need to share a book to take one. If you do take a book or two from the little library, try to bring some to share.

Many thanks to Harold Thomlinson for constructing this precious tiny library and to his grandson, Foster, for the lettering on the door.



Children's Ministry

Preschool



MONTHLY OVERVIEW

Last month, we began teaching preschoolers that they can make waves that can change the world! July brings even more stories to teach our preschoolers how they can make waves with the help of Jesus.

This month we will learn about kindness, goodness, faithfulness, gentleness, and self-control. Yes, these can be tough to choose, but when Jesus is my friend forever, Jesus can help me do everything. That is what we want our preschoolers to know. And, when they do choose love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, our preschoolers will make waves that can change the world!

WEEK ONE	BIBLE STORY The Good Samaritan Luke 10:25-37	STORY FOCUS Jesus can help me choose kindness.
WEEK TWO	BIBLE STORY City on a Hill Matthew 5:14-16	STORY FOCUS Jesus can help me show God's goodness.
WEEK THREE	BIBLE STORY David and Jonathan 1 Samuel 20, 2 Samuel 9	STORY FOCUS Jesus can help me choose faithfulness.
WEEK FOUR	BIBLE STORY Jesus and the Little Children Mark 10:13-16	STORY FOCUS Jesus can help me choose gentleness.
WEEK FIVE	BIBLE STORY When Jesus Is Your Friend Forever John 3:16	STORY FOCUS Jesus can help me choose self-control.
MEMORY VERSE	KEY QUESTION	BOTTOM LINE
"JESUS ANSWERED, 'I AM THE WAY AND THE TRUTH AND THE LIFE.'" JOHN 14:6, NIV	WHO CAN HELP YOU DO EVERYTHING?	JESUS CAN HELP ME DO EVERYTHING.
JESUS WANTS TO BE MY FRIEND FOREVER.		

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Elementary and KFC



ELEMENTARY

JULY 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
The Good Samaritan
Luke 10:25-37

BOTTOM LINE
Show kindness to everyone.

WEEK TWO

BIBLE STORY
City on a Hill
Matthew 5:14-16

BOTTOM LINE
Show God's goodness to others.

WEEK THREE

BIBLE STORY
David and Jonathan
1 Samuel 18-20, 2 Samuel 9
(Supporting: 2 Samuel 4:4)

BOTTOM LINE
Be faithful so others can count on you.

WEEK FOUR

BIBLE STORY
Jesus and the Little Children
Mark 10:13-16

BOTTOM LINE
God can give you the strength to be gentle.

WEEK FIVE

BIBLE STORY
Taming of the Tongue
James 3:1-6

BOTTOM LINE
God gives you the power to have self-control.

MEMORY VERSE

"GOD BEGAN A GOOD WORK IN YOU. AND I AM SURE THAT HE WILL CARRY IT ON UNTIL IT IS COMPLETED. THAT WILL BE ON THE DAY CHRIST JESUS RETURNS." PHILIPPIANS 1:6, NIRV

PHILIPPIANS 1:6, NIRV

MAKE WAVES

WHAT YOU DO TODAY CAN CHANGE THE WORLD AROUND YOU

Save the Date

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



Vacation Bible School

We just finished a great week of VBS. We had a great mix of kids from ones who are at FPCA about every week to some who had never attended before. Our daily themes were God created me with a purpose, Jesus invites me to follow Him, I can trust Jesus with my life, love others like Jesus loves me, and I can change the world around me with how I live (fruit of the Spirit). We had a great time and got to know the kids and their families better. One mom attended FPCA as a kid and was excited to bring her daughter when she saw that we were having VBS. Another mom used an Uber to bring her child because their car broke down. When we found this out, we helped with transportation while the car got fixed. One 4- or 5-year-old old girl totally shocked us when she started walking up to leaders on Friday and listing the fruit of the Spirit that we had been teaching all week.



Youth Ministry

Using a Feelings Wheel: Why it's Helpful and How it Works

by Kayla Lin

I know. You might be thinking, “*What in the world is a Feelings Wheel, and what makes it practical for my everyday life?*” A Feelings Wheel is a tool used to help recognize and communicate feelings. Although it may seem a bit extra, a Feelings Wheel is a way to work smarter, not harder, with teenagers when identifying and managing emotions. **To get a better picture, a Feelings Wheel is a circle that at the center has “core” or basic emotions (emotions that are more easily identified or expressed) and more complex or “secondary” emotions on the outer edge.**

So, what’s the point? The more specific your student can be in labeling their emotions, the more understanding you will have for them and they will have for themselves. My go-to feeling when I was a teen was “frustrated.” It was my answer when I was hurt, anxious, insecure, disappointed, or powerless. But really, it was my answer to explain my negativity without having to be vulnerable. Aren’t those other secondary emotions more honest and accurate though? A Feelings Wheel allows us to open up instead of hiding behind what is the easy or standard answer. **Increased relief comes with increased specificity in identifying our emotions and empathizing with them.**



Core emotions can be seen as the eight-pack of crayons and secondary emotions are the 64-pack. The eight-pack gets you by with the necessities, while the 64-pack can be a blend of multiple emotions that provide a more specific label (for example, yellow vs. macaroni). Core emotions are happiness, sadness, disgust, fear, surprise, and anger. Secondary emotions encompass any other emotion. With a Feelings Wheel, the core emotions are at the center of the circle—which is the easiest place to start. After choosing the most accurate core emotion, you can use your finger to identify the more specific emotions that you connect with on the outer edges of the circle. These more specific emotions are what you can explain to others so that they have a deeper understanding of what you are experiencing. That’s way better than the “frustrated” answer, right?

Not only is it helpful for others to understand what is going on inside of us, it is helpful for us to know what is going on inside of ourselves. When we identify our feelings specifically, we are able to learn how to respond and take care of those emotions more accurately.

So, what can this look like for your family? Here are a few ideas to use the Feelings Wheel:

1. Practice often.

Add the Feelings Wheel to conversations about the highs and lows of each person’s day with the whole family at dinner or in the car. This allows greater insight into what your teenager’s day has been like as well as normalizes talking about real emotions instead of using just the easy or go-to answer. When you participate in using a Feelings Wheel, you are modeling appropriate ways to process and communicate emotions as well as giving them an opportunity to share without feeling targeted or in the spotlight.

2. Use it before the breakdown.

Your teenager might go through seasons when they are more sensitive or on edge. This might be a good opportunity to have a one-on-one conversation and help bring light to the shift. Use the feelings wheel to help them identify the emotions they are feeling in that moment. Typically, when we hold our emotions in, they eventually explode. Being able to talk prior to an explosion can be preventative by allowing them to take care of their emotions before they are forced to. Emotions demand to be felt. You can choose when to take care of them, or they will choose for you.

3. Use it during a shutdown.

Your teenager might not be the “blow up” type, but that doesn’t mean all is well inside. If your student seems more quiet or isolated, it can be helpful for you to pursue them and check in. Referencing the Feelings Wheel can help them see what they may be experiencing and is a beginning to understanding it better. Sometimes they might not even realize what is going on inside of them until they are given the words, especially since there may be situations in which some feelings and expressions of those feelings seem similar to one another.

4. Empathize.

We all respond to situations differently, and our emotional response is no exception. By being specific in how we use our emotions we can pinpoint a common shared experience that will help us to understand what each other may be feeling. If we empathize with where they are, it allows them to feel accepted even if you do not agree. (That is a conversation for another time!)

Again, this may seem like a completely different shift from your family's norm and may even be a little awkward at first, but can you imagine what it would be like for your family to have the freedom to communicate with each other how you are actually doing? This could be a brand new avenue for each person in the family not only to be able to understand each other but to know how to take care of each other as well. This would continue to make your home the safe haven everyone runs to the best part being that everyone becomes involved in making it happen.

Blessings, Adrian Rodriguez

Monthly Food Bank



Join us Saturday, July 9, starting at 8:30 a.m. to distribute food, or bring your neighbors to receive food, at the Arlington Charities mobile food bank.

St. Andrew's United Methodist Church

2045 SE 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.

This Month

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



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 not meet in June, July, and August. The group will resume in September.

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 handbell ensemble will not meet again until fall.

Youth Choir

The youth choir will not meet again until fall.

Children's Music Ministries

The children's choirs will not meet again until fall.



Church Leadership

Deacon Meeting

The diaconate will not meet in July.

Team Meeting Night

Teams will not meet in July.

Session Meeting

The session will not meet in July.



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!

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 August issue of The News is July 15!

Prayer Ministry

Prayers for those with health and other concerns: Apana Agha, Shannon Annen, Christine Apperson, Jack Bos, James (Andrew) Bridges, Carol Browning, Vannah Caylor, Billie Jo Campbell, Frank Coburn, Edna Collins, Lloyd Counts, Cyprian Engwenyi, the Farnell Family, Don Farrell, Joe and Lila Glenn, the Gottmann Family, Grady Herzog, Andrew Hydock, Tim Karnes (Pat May's son), Jade Leathem, Manuel LeBlanc, Gary Lindley, Pat May, Mark Moore, the Mooers Family, Christopher and Victorine Ngochi, Jim L. Quick, Jillian Reynolds, Joan Reynolds, Beth Rotert, Kathy Rotert, 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.

