



Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

John 11:25-26

April
2023

The News

Table of Contents

4-Week Study on Prayer 2
Finance Update..... 3
Children`s Ministry 4
Youth Ministry 6
Volunteers Needed!..... 8
Monthly Food Bank 8
Presbyterian Childrens Homes and Services Luncheon in Fort Worth..... 9
Spring 2023 Bible Study for Women 10
This Month 11
Prayer Ministry..... 12

Newsletter Team

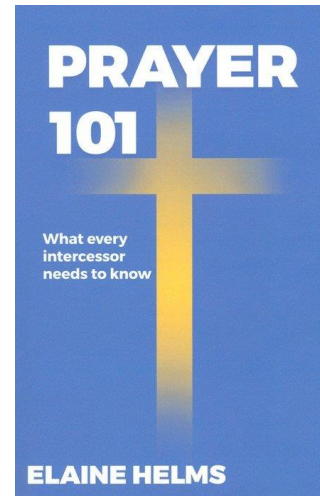
Talita Gottmann, Editor

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First Presbyterian Church of Arlington
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Arlington, TX 76010

Contact us at
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4-Week Study on Prayer

March was a month full of events locally, nationally, and globally that prompted Christians to prayer. Chances are there were specific circumstances in your life or that of a friend or family member that needed prayer as well. Most times, those events are not broadcast on TV and may be known only to a small number of people. As Christians, when we are privileged to be invited and included in those moments, we need to be ready to show and share God’s love. One important way to do that is to offer, “May I pray for you?”



This can be intimidating for many people, even me sometimes. You do not always know how someone will react. You do not want to be pushy or seen as proselytizing. Yet it is our duty as believers to do so.

A book we believe will be beneficial for anyone is Elaine Helms’ Prayer 101 and I will facilitate a study on this book over four weeks. We will meet in person in the parlor on Sundays from 1-2pm and by Zoom on Mondays from 6-7pm. The Sunday bunch is encouraged to get a quick lunch or bring your lunch to the parlor and eat together before our time begins. The book can be purchased on Christianbook.com but you are free to buy it wherever you choose. (Note: When I searched for this on Amazon, I am shown a book with the same title by the author Warren Wiersbe. I’m sure it’s a fine book but it is not what we will be using.)

Childcare will be available but we need advanced notice of the number of children and their ages. If you wish to participate, please send me an email (chris@firstprestexas.org) with your preferred day and time. We believe this is the beginning of something vitally important in our life and future here at FPCA.

Pastor Chris

Finance Update

For the month of February 2023:

Budget (Operating and Funds Released)

Income: \$89,459
Expense: (\$90,569)

Income - Expense for month: **(\$1,110)**

Income - Expense for 2023 Year to Date: **\$14,599**



Comments:

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

- begin the season of Lent with two meaningful Ash Wednesday services, and an invitation to participate in the Lent Experience with challenges that hopefully enrich your faith this season and beyond.
- partner with the Souper Bowl of Caring organization, through our youth ministry, to "tackle" hunger in our city.
- participate in the YouthCUE choral festival - truly a life-changing weekend for our youth, who were learning lessons of how our faith applies to real life and "teaching and admonishing each other with psalms, hymns, and spiritual songs."
- bless our community by providing our church family with opportunities to be a mentor or prayer partner for children in partnership with Kids Hope USA and Blanton Elementary.
- launch a New Member Class learning what it means to be a part of the Presbyterian tradition and connecting with the ministries of FPCA.
- As of February, our Capital Campaign fund balance is \$1,516,219.

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



PRESCHOOL

APRIL 2023

MONTHLY OVERVIEW

1, 2, 3... it's Easter! And we are SO excited to share with our youngest friends that Jesus is alive! We want our preschoolers to know that Jesus isn't just a character in stories. Jesus is alive, and He wants to be their friend forever! This month, we are sharing the most important event in history with our preschoolers. Jesus changed the world, and He still has the power to change people's lives today. Why? Because Jesus is alive!

WEEK ONE	BIBLE STORY Palm Sunday Matthew 21:1-11, 15-16	STORY FOCUS We celebrate Jesus because He is special.
WEEK TWO	BIBLE STORY Easter Matthew 26:20-50; 27:1-2; 28:1-7; John 13:33; 14:1-3, 28	STORY FOCUS Jesus is alive.
WEEK THREE	BIBLE STORY Breakfast on the Beach John 21:1-14	STORY FOCUS Jesus is alive, and He wants to be our friend forever.
WEEK FOUR	BIBLE STORY Great Commission Matthew 28:19-20	STORY FOCUS Jesus wants me to tell others He is alive.
WEEK FIVE	BIBLE STORY Early Church Acts 2:42-47	STORY FOCUS Jesus taught us how to love one another.

MEMORY VERSE	KEY QUESTION	BOTTOM LINE
"I AM ALIVE FOR EVER AND EVER!" REVELATION 1:18, NIV	WHO IS ALIVE?	JESUS IS ALIVE.
JESUS WANTS TO BE MY FRIEND FOREVER.		

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Elementary and KFC



ELEMENTARY

APRIL 2023

MONTHLY OVERVIEW

GOD VIEW:

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

We live in a "me-centered" world, where people act as if the world revolves around them. It can be hard to figure out how to be humble throughout the different circumstances we face. Thankfully, we don't have to figure this out on our own. When Jesus was on earth, He gave us the ultimate example of humility. Jesus is God, and He put that aside for us. Through His life and death, Jesus also showed us how to serve others and put them first.

WEEK ONE

BIBLE STORY

Palm Sunday / Jesus Washes His Disciples' Feet
John 12:9-16, 13:1-17
(supporting: Matthew 21:1-11)

BOTTOM LINE

Jesus put others first.

WEEK TWO

BIBLE STORY

Crucified and Risen
John 18:12-20:23 (supporting:
John 16, Matthew 26)

BOTTOM LINE

Celebrate because Jesus is alive.

WEEK THREE

BIBLE STORY

Being Humble Like Jesus
Philippians 2:3-8

BOTTOM LINE

Put others first because Jesus put you first.

WEEK FOUR

BIBLE STORY

On the Road to Emmaus
Luke 24:13-35

BOTTOM LINE

Put others first by helping them understand.

WEEK FIVE

BIBLE STORY

Jesus Restores Peter
John 21:1-19 (Supporting: John
18:1-27)

BOTTOM LINE

Put others first by making things right.

MEMORY VERSE

"DON'T DO ANYTHING ONLY TO GET AHEAD. DON'T DO IT BECAUSE YOU ARE PROUD. INSTEAD, BE HUMBLE. VALUE OTHERS MORE THAN YOURSELVES."

PHILIPPIANS 2:3, NIRV

HUMILITY

PUTTING OTHERS FIRST BY GIVING UP WHAT YOU THINK YOU DESERVE

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Upcoming Children's Ministry Activities

April 1: Spring Festival from 3:00-4:00 p.m. Egg Hunt at 3:50 p.m.

April 14: Kids Night Out from 6:00-8:00 p.m.

April 28: Kids Night Out from 6:00-8:00 p.m.

April 30: Luncheon for Families with Children in 6th Grade and Younger and YMM.

June 5-9: Vacation Bible School from 9:00 a.m. to noon.

Youth Ministry

The shooting at yet another school is hard to wrestle with as adults, but even harder for our youth. My prayers are with all of those affected because of the school shooting that happened last month at Lamar High School. As I wrestled with how to minister to our youth during this time, I ran across this article for youth workers that I feel is good for parents as well. I hope the article is helpful and if you have any questions, please do not hesitate to reach out to me. May the Lord bring you peace and comfort during this time.

Processing the tragedy of school shootings

By Kara Powell

Shocked. Numb. Scared. Overwhelmed. Angry. Sad. Confused.

School shootings or other community violence can stir up a wide range of emotions in all of us. In the wake of such a tragedy, you and the young people around you might be feeling any of these emotions, or all of them at once.

In a culture desensitized toward violence, it can become too easy to look the other way. Words sometimes ring hollow, unable to fill the void left in the aftermath of tragedy after tragedy. But in the days and weeks following community violence, the young people in your home and church may want—or need—to process what happened with you.

We know this is not easy, so we've put together a few next-step resources you can utilize.

1) Use phrases that help them feel safe to share

Start with something basic, like, “What do you know about ...?” to assess what they've heard, seen, or processed already. This will give you a baseline for what else to ask or say. Try to match your response with their level of awareness. You'll find a handful of other open-ended phrases might prompt young people to speak more freely, especially when they're confused, sad, or scared:

- Tell me more ... [about what you're feeling; what you mean; what you're experiencing.]
- I wonder how ... [that person might feel; we can help; this is impacting you?]
- Let me know if ... [you want to talk more later; you have a friend who's struggling with this; you start to feel anxious or afraid.]

Chances are good that the young people in your life will pose questions for which you don't have answers. Here's a useful response to keep handy:

“I don't know, but ...”

There are a number of ways to access the power of this question to hold a safe space with a teenager:

I don't know, but ...

- that's an important question.
- I wonder that, too.
- thanks for sharing it with me.
- how about we meet again later to talk about it again?

You might, of course, have an answer to the question. But even if you do, it might be wise to step back and probe a bit before unleashing your “right” answer. It might turn out that being heard is more important than the answer itself, at least at the moment.

As in any conversation with a teenager in pain, be mindful of moving too quickly to problem solving. In the wake of tragedy, lead with questions such as these:

- What feels helpful right now?
- Is there anything you need? (Have you eaten? How are you sleeping?)
- Who else is helping you through this?
- When would it be helpful to check in again?

2) Pray and sing laments to God

“Why are you so far off? Why have you hidden your face from me?”

Common spiritual reactions to tragedy include anger at God, questioning God, and struggling to trust God. The most appropriate response to these kinds of reactions is to lament. Lament is a God-given tool to pray and worship our way through pain and tragedy. While uncomfortable and sometimes awkward to read, the psalms of lament (there are over 65 of them) in the Bible give us language for crying out to God in ways we might not normally find acceptable. That’s exactly why they’re preserved for us.

In response to traumatic experiences, it is critically important for a community of faith to offer space for this kind of response to God. As youth workers, we may fear taking students to those places of doubt, anger, and disappointment with God. However, failing to create an environment for authentic lament can result in spiritually and psychologically short-circuiting the necessary healing process. We have the opportunity to offer the hope of Christ and his re-orienting power to lives that have been plunged into trauma and disorientation.

Consider taking time in your next gathering for a reading of Psalm 88, 80, 61, 13, or 10. Ask reflection questions like, “Is it okay to say these kinds of things to God? Where could this kind of prayer go from here?” Then read through the psalm again and invite students to journal or draw their own continuing prayer for a few minutes. Afterward, talk through their feelings of comfort or discomfort in approaching God that way. If you’re a parent, try reading one of these psalms with your family as a way to grieve tragedy together.

3) Look for signs of post-traumatic stress

It’s possible that shootings and other violence across the country will cause some young people in your community to experience post-traumatic stress, even if their experiences are vicarious (for example, watching videos of traumatic events on social media). Symptoms include feeling hopeless, numb, on guard or scared, having trouble sleeping or eating, or other physical distress.

If someone you know is experiencing these symptoms, start by encouraging them to take a break from watching and reading news related to the events. Use some of the tools above to ask good questions and help them process what’s going on. If signs of post-traumatic stress linger more than a couple of weeks, it’s a good idea to help the young person find professional help.

Dr. Cynthia Eriksson, a trauma specialist in Fuller’s School of Psychology, also has offered these suggestions for pastoral care we can offer to young people experiencing post-traumatic stress:

We need to let them express whatever is going on in their minds in terms of their relationship with God. Our pastoral and parental tendency is to come in with some sort of answer, to help people not

doubt anymore. However, the most important first step is to be heard, even if what needs to be said are horrible thoughts toward God. Let go of the need to be a theological educator and stay in the moment in a pastoral place with that person. Acknowledge that it's often hard to see God in the midst of those experiences.

If we turn to someone in the midst of doubt and say, "God is going to get you through this," we risk the possibility of the person feeling guilty or judged for not being able to hold onto that hope themselves. I'll never forget when I discovered Psalm 88. It doesn't end with professions of God's faithfulness, but rather something like, "I'm going to die". There are moments in life where we do not see the hopeful side, and it seems impossible to hold on to God's goodness. For many, it might take a long time to see God in the midst of what happened. The most caring thing is to hear the doubts and not try to "fix" the person or convince him or her otherwise.

Blessings in Christ,

Adrian

Volunteers Needed!

We are thrilled to announce that FPCA will produce a youth and children's musical depicting the story of Noah and the flood, called A TECHNICOLOR PROMISE. The musical is June 10th, and we need people of all ages to bring this story to life! If you are crafty, handy, can sew, paint, or just want to be an extra set of hands, starting in March we are going to need help to begin building this show.

Please contact Sonia Ellis at SONIAJUSTL@GMAIL.COM or call the church office for more information or to volunteer.

Monthly Food Bank

Join us Saturday, April 8, 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.



Presbyterian Childrens Homes and Services Luncheon in Fort Worth

As your FPCA table hosts. We'd like to invite everyone to attend the PCHAS luncheon May 2 from noon to 1PM. This is both a "development event" and a chance to learn what services PCHAS provides. We view development in the broader sense that you might respond support their services as a volunteer or a foster or adoptive parent - you might also be that network connection giving referral information to someone who doesn't know about PCHAS services.

Hope you can attend - Marge & Bob Dawson

hope
grows
here

SAVE THE DATE!

May 2, 2023
12:00 pm

Ridglea Country Club
3700 Bernie Anderson Ave
Fort Worth, TX 76116

*A luncheon event
benefiting the
children of PCHAS*

RSVP
Maria Shupe
303.718.9619
maria.shupe@pchas.org

Marge & Bob Dawson
817.980.6825
mdawsonarltx@gmail.com

 Presbyterian Children's
Homes and Services

Spring 2023 Bible Study for Women



Spring 2023 Bible Study for Women

**Tuesday, April 18, to Tuesday, May 23
6:30 p.m. in the Parlor**

Understanding God's character is foundational to worship, the spiritual discipline we are highlighting this year. This Tuesday evening study will explore the richness of God's character and teach us how best to reflect those attributes in our own lives.

The study guide is \$10, and you can order it from <https://thedailygraceco.com/products/the-attributes-of-god-study>.

Online registration:

- FPCA Website (firstprestexas.org) → Our Ministries → Adult Ministries
- Scroll down to Women's Ministry and register

Women's Ministry Team

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 Monday Night Women's Bible Study will resume Monday, September 19. The 2022-2023 study is *Celebrating Sabbath: Accepting God's Gift of Rest and Delight*. Questions? Contact Debbie Richardson at 817.675.2867 or Sheri Quick at sheriq@aol.com.

Tuesday Morning Bible Study

Men and women of all ages are invited to meet in the Brides Room every Tuesday morning at 10:30a.m.

CWF Women's Bible Study

Meet virtually every Wednesday at 7 p.m. EXCEPT the last Wednesday of the month they meet at FPCA in the Parlor.



Music Ministries

Chancel Choir

Meets on Wednesdays from 7:00 to 9:00 p.m. in the Choir Room.

Ring of Praise Handbell Ensemble

Meets on Wednesdays at 6 p.m.

Youth Choir

Meets on Sundays, from 12:15 to 1:45 p.m.

Children's Music Ministries*

Meets on Sundays, from 12:15 p.m. – 1:45 p.m.



Church Leadership

Deacon Meeting

Thursday, April 20, at 7:00 p.m., the Diaconate meets in the parlor to oversee the Congregational Care, Hospitality, and Fellowship ministries.

Team Meeting Night

Thursday, April 13, teams meet for ministry planning and coordination.

Session Meeting

Thursday, April 27, 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.



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 May issue of The News is April 15!

Prayer Ministry

Prayers for those with health and other concerns: Graciela Lopez Montero, Jim and Jamee Shroyer, Bettye Burdett, Jack Bos, Carol Browning, Billie Jo Campbell, Edna Collins, Cyprian Engwenyi, Betty Farrell, Bunny Floyd, Mary Lou Garrison, Joe and Lila Glenn, the Hydock Family, Pat May and her son Tim Karnes, Gary Lindley, Mathias Mbeng Ndip, Jim L. Quick, Tonya Scrabeck, Esther Teboh, John and Donna Vickers, Nancy Welborne, Patrick Welborne, Danny Womble.

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

Prayers for our homebound members: Barbara Hughes, Charlene Miller, Betty Snowden, Dee Uhri, Richard Whitenight, Mary Jane Wright, Polly Baugh, Lucy Cleaver, Madge Casselman, Elizabeth Harris.

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.

