



"Let all that you do be done in love."

1 Corinthians 16:14

February
2024

The News

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Newsletter Team

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The News is a publication of
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A Picture Says a Thousand Words

There is so much to love about this photograph. Thanks to Stephanie Arredondo for capturing this important moment in the life of FPCA! This was such a special moment and it's not just because our son was included. All eight of our confirmands have been involved here at church, some going all the way back to the preschool. I know that is where Colton first met a few of his fellow confirmands. And to see them at this point, at this stage of their faith journey and development is incredible. Confirmation is always an incredible moment. And here we are, crowded in our Fellowship Hall, standing and all saying the Apostles' Creed together. If we had been in our sanctuary, we would not have had that proximity to one another. I'm not saying it needs to be like this every time, but that was another little wrinkle that made it so special. Even those in the back rows got a good look at their faces, their smiles, their baptisms. What a privilege. What a picture. Just look at it. Would you just look at it? Rejoice and be thankful.



Pastor Chris

Finance Update

For the month of December 2023:

Budget (Operating and Funds Released)

Income: \$184,807

Expense: (\$108,284)

Income - Expense for month: **\$76,523**

Income - Expense for 2023 Year to Date: **(\$11,622)**



Comments:

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

- celebrate a beautiful Advent Festival featuring our choirs of children, youth, adults, and handbells, as they told the story of the Nativity through drama and song.
- 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 at our Christmas Party for our children and youth, celebrating all that God has done for our children and youth, throughout the year.
- enjoy fellowship with our sisters in Christ, at the Advent event hosted by the Women's Ministry Team, celebrating the start of Advent – a time of anticipating the coming of our Savior.
- As of December, our Capital Campaign fund balance is \$1,510,351.

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

There is a food truck for just about every kind of food, and when the food trucks are lined up, the whole community comes out. Some people like noodles. Some people like tacos. Some people like hot dogs. And others head straight for the funnel cakes!

Next time you see a row of food trucks look around at all the people in line. Take time to thank Jesus because **Jesus loves everyone**. Jesus loves the sour as well as the sweet; the spicy as well as the mild; the simple as well as the complicated; your favorites and your not-so-favorites. **Jesus loves everyone!**

WEEK ONE	BIBLE STORY The Man with Leprosy Matthew 8:1-3; Mark 1:40-45	STORY FOCUS Jesus loves everyone.
WEEK TWO	BIBLE STORY The Unloved Woman John 8:2-11	STORY FOCUS Jesus is a friend to everyone.
WEEK THREE	BIBLE STORY Zacchaeus* Luke 19:1-10	STORY FOCUS Jesus loves us even when we do something wrong.
WEEK FOUR	BIBLE STORY Jesus and the Children Luke 18:15-16	STORY FOCUS Jesus loves me.

*Monthly Story for Toddler Curriculum

MEMORY VERSE	KEY QUESTION	BOTTOM LINE
"BE KIND AND LOVING TO EACH OTHER." EPHESIANS 4:32, NCV	WHO DOES JESUS LOVE?	JESUS LOVES EVERYONE.
JESUS WANTS TO BE MY FRIEND FOREVER.		

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Elementary and KFC



ELEMENTARY
FEBRUARY 2024

MONTHLY OVERVIEW

GOD VIEW:

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

God showed kindness by sending Jesus for us—even when we didn't deserve it. Because of God's love for us, we can be kind to everyone. Kindness is a fruit of the Spirit. And when you show kindness to others, you give them a glimpse into the heart of God, and how much God loves them. Kindness should be a characteristic of people who follow Jesus. Not only did Jesus model kindness, but He also commanded it. He taught us to treat others the way we want to be treated.

WEEK ONE

BIBLE STORY
The Kindness of Jesus
Matthew 8:1-4, Matthew 19:13-15,
Matthew 9:10-13

BOTTOM LINE
Jesus showed us how to be kind.

WEEK TWO

BIBLE STORY
Ruth and Naomi
Ruth 1-2

BOTTOM LINE
Be kind to the people closest to you.

WEEK THREE

BIBLE STORY
Go the Extra Mile
Matthew 5:41

BOTTOM LINE
Be kinder than you have to be.

WEEK FOUR

BIBLE STORY
Good Samaritan
Luke 10:25-37

BOTTOM LINE
Be kind to people who are different from you.

MEMORY VERSE

"YOU ARE GOD'S CHOSEN PEOPLE. YOU ARE HOLY AND DEARLY LOVED. SO PUT ON TENDER MERCY AND KINDNESS AS IF THEY WERE YOUR CLOTHES. DON'T BE PROUD. BE GENTLE AND PATIENT."

COLOSSIANS 3:12, NIRV

KINDNESS

SHOWING OTHERS THEY ARE VALUABLE BY HOW YOU TREAT THEM.

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Save the date.

February 9: Kids Night Out from 6:00 – 8:00 p.m.

February 23: Kids Night Out from 6:00 – 8:00 p.m.

February 25: Luncheon for Families with Children or Youth.

Youth Ministry

Helping Your Kid Navigate Their 27 Different Emotions.

by Holly Crawshaw

Have you ever found yourself in tears for no real reason? Or have you ever been so frustrated that you wanted to throw something? (Maybe you even did!) Or have you ever woken up one morning with an overwhelming sense of anxiety but couldn't quite pinpoint what exactly you're so worried about?

27 Different Emotions

Studies say that we have at least twenty-seven different, distinct emotions. Twenty-seven. Maybe that surprises you. Maybe you're a fairly even-tempered, steady person who doesn't experience super high highs or super low lows. Or, maybe you believe that stat because you've lived it. Maybe you've had twenty-seven emotions since you woke up today.

Either way, the fact is that humans are capable of feeling a lot. A lot quantity-wise and a lot depth-wise.

Have you ever stopped to think about how your kid is (or isn't) navigating their twenty-seven emotions? Imagine being six years old and waking up with an uneasy feeling in your tummy and not really knowing what it's all about. You don't even know the word anxiety—much less the source of your discomfort.

That's the situation some of our kids find themselves in—experiencing a wide range of emotions and not having the context, life experience, or even the language to talk about them.

There are a few simple steps you can take as a parent to help them navigate their variety of emotions and process what they're feeling.

1. First, Recognize the moment.

Whether or not your kid expresses their emotions openly, they're definitely experiencing them. If you have a more reserved child, knowing when they're feeling emotional may require you to observe changes in their behavior. Are they more quiet than normal? Have less of an appetite? Are they sleeping significantly more or less? Be a student of your kid and keep a pulse on when they're not quite themselves.

2. Then, Remove them from the source.

Tell your kid that it's okay to respectfully walk away from a situation or person before they take action on how they're feeling. Give them permission to go into the other room and scream into a pillow. Walking away helps them take control of their emotions.

3. Next, Tell them to breathe.

It is scientifically proven that you will be incapable of thinking until you get blood and air back to certain parts of your brain once the adrenaline of a particularly emotional moment moves it elsewhere. Tell your kid to take deep breaths in and out until they seem calmer or more stable.

4. Then, Help them name it.

You can't manage your emotions if you don't know what you actually feel. Create a feelings chart so they can easily and visually determine what they're feeling. Or, if they already know how they're feeling, give them a sliding scale to rate it. For example, How angry are you? From "a little mad" to "ready to scream your head off"? Or, Are you more sad or less sad than that time it rained out your birthday party?

It may seem silly, but giving them context for what they're feeling will help your kid weigh and process the levity of their current emotional state.

5. Finally, Refocus.

Give them a next step in addressing their emotion. If they're bummed about failing their math test, suggest the two of you sit down and look at the incorrect responses to see where they went wrong. If they're mad that their sister got a playdate and they didn't, get out the family calendar and make a suggestion for the next time they get to have a friend over. Don't solve their problem—just redirect their focus.

The most important thing you can do when it comes to helping kids navigate their emotions is to communicate that all emotions—even ones that make us uncomfortable are okay. There is no "bad" or "wrong" way to feel—only unwise or hurtful ways to respond.

Reassure them that what they're feeling is temporary, but that the way you feel about them will never, ever change.

Blessings in Christ,

Adrian

Youth Cue

youth ||:cue February 23-25, 2024



Our Youth Music Ministries will be attending the YouthCUE choir festival in February. Registration is now open! Please contact AJ Baker for more information about this transformative music ministry event.

aj.tx85@gmail.com 817-676-5175

Monthly Food Bank

Join us Saturday, February 10, 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.



Did you know?

Did you know that we have an abundance of medical items that you can borrow or have if you need them either for a little while or a longer time?

Below are listed what items are available:

1. tray table
2. wheel chair (s)
3. shower chair (s)
4. crutches
5. canes
6. reachers or grabbers
7. wedge pillow
8. bedside commode
9. forearm crutch
10. tripod cane with seat

Please let me know how we can help you.

Thanks,

Marge Dawson

mdawsonarltx@gmail.com 817-980-6825

Music Ministry



Music Ministry

Interested in leading worship through music?
Join the Chancel Choir,
Ring of Praise Handbell Ensemble,
Agape Youth Choir, or Children's Music Ministries!

Contact Russell Farnell for information:
817-274-8286 or
russell@firstprestexas.org

The 2023 Season of Giving & Sharing

FPCA congregation's abundant generosity was displayed in the 2023 Christmas Season with the following giving and sharing:

- - donations to PCHAS totalled \$2491
 - Joy Offering totalled \$627
 - Gifts of Hope totalled \$1601
- donations of warm gloves, mittens, scarfs and hats placed on the Mitten Tree that were warmly received by the Arlington Life Shelter and Salvation Army
- reaching out by choosing the 24 names of homebound members on the Dove Tree and then sharing season greetings,

Mission & Evangelism and Congregational Care Teams thank you all for spreading God's love.

Prayer Request cards

“Make your requests known unto God...” Philippians 4:6

Have you seen the new Prayer Request cards that are now available for you?

Check out the two prayer stations in the lobby of the Fellowship Hall. There you will find prayer request cards, a depository box to place your card, and a Q and A that should answer any questions you may have.

If you have a prayer request, please take a card, write your request, and drop it in the wooden box or on an offering plate. Our Prayer Team collects the cards regularly and prays for each request. If your request is confidential, just mark the card as such and your request will be honored.

If you are a shut-in, please contact Jim Shroyer at 682-445-0155 for cards.

Our church is happy to extend our prayer ministry with you!

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 Wednesday Women's Bible Study will meet on the second Wednesday of each month at 1 p.m. in the parlor. 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 parlor every Tuesday morning at 10:30 a.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 Fellowship Hall.

Ring of Praise Handbell Ensemble

Meets on Wednesdays at 6 p.m. in room 106.

Youth Choir

Meets on Sundays, from 12:45 to 1:45 p.m. (lunch for participants 12:15).

Children's Music Ministries

Meets on Sundays, from 12:45 p.m. – 1:45 p.m. (lunch for participants 12:15)



Church Leadership

Deacon Meeting

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

Team Meeting Night

Thursday, Feb 8, teams meet for ministry planning and coordination.

Session Meeting

Thursday, Feb 22, 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 on Wednesdays at 10:30 a.m. to quilt, sew, knit, crochet, embroider, and just enjoy being together. Bring your project and join in! Bring a sack lunch and join the ladies for lunch at noon.

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 March issue of The News is February 15!

Prayer Ministry

Prayers for those with health and other concerns: Eleanor Schernbeck, Ken Floyd, Jerry Tees, Harold Thomlinson, Sherry Wolfe, Sheri Quick, Charlie Nieman, Jack Bos, Carol Browning, Bettye Burdett, Edna Collins, Cyprian Engwenyi, Betty Farrell, Ivone Franzolin, Mary Lou Garrison, Joe and Lila Glenn, Jo Ann Hanson, Pat May and her son Tim Karnes, Graciela Lopez Montero, Mathias Mbeng Ndip, Tina Paulk, Aileigh Rodriguez, Tonya Scrabeck, David Spencer, Alecia Street, Susie Thurston, Donna Vickers, Nancy Welborne, Patrick Welborne, Danny Womble, Carlos and Jennyfer Zamora.

Prayers for our family serving in the armed forces: Amie Murtha, Colin A. Peden, Christopher Young

If you are a member with a family member who is on active duty in the armed services, please contact the church office at info@firstprestexas.org with the name and their relationship to you.

Prayers for our homebound members: Polly Baugh, Madge Casselman, Lucy Cleaver, Barbara Hughes, Betty Snowden, Dee Uhri, Richard Whitenight.

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.

