

*I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you..."*

**Philippians 1:3-4**



July  
2024

# The News

# Table of Contents

.....	2
Finance Update .....	3
Children`s Ministry .....	4
Youth Ministry .....	6
Monthly Food Bank .....	8
Welcome Team – help us welcome guests! .....	8
This Month.....	9
Prayer Ministry.....	10

## Newsletter Team

Talita Gottmann, Editor

The News is a publication of  
First Presbyterian Church of Arlington  
1200 South Collins  
Arlington, TX 76010

Contact us at  
[thenews@firstprestexas.org](mailto:thenews@firstprestexas.org)

*“I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you...” – Philippians 1:3-4*

I’ll eventually stop talking about our trip to Scotland and Northern Ireland, just not quite yet... In just two weeks, we saw an incredible amount of castles, churches, scenic views, historic landmarks, along with a good number of distilleries. When in Rome, or Speyside...

There were so many small things that reminded me of home and y’all. Maybe it was experiencing cold and rainy weather we seem to never experience here. I could not help but mentally compare what it must have been like. That was never more true than our last morning in Scotland. Temperatures were hovering around 39 degrees and when we looked up to the mountains nearby, there was snow. In June!! That was a remarkable sight in itself.



We had the pleasure to attend Sunday worship at St. Giles’ Cathedral in Edinburgh. And in much of the service, I was comparing different parts of the service with ours, the architecture, the choir, the organ, serving communion, looking over and noticing John Knox in a stained-glass window and imagining what it must have been like to hear the preaching of the thundering Scot echo through the church.

I thought about y’all after hearing about severe weather that had impacted our house and wondering who else might be dealing with that. But perhaps the most poignant thing that made me think of home was something the Church of Scotland has chosen to do. Due to dwindling attendance and available funds, the denomination has

put 100 church properties up for sale, some dating back to the 18th century. If you have been dreaming of a Scottish fixer upper, here is your chance.

According to data from the most recent census, a majority of Scots now claim they have no religion, which is incredibly heartbreaking considering how important Scotland was in the growth of Presbyterians, especially in the United States. Instead of asking W.W.J.D? (What would Jesus do?), I wonder W.W.J.K.D? (What would John Knox Do?). I do not like to rejoice in something negative, but that reality made me appreciate the commitment and love y'all have for the church, this church. Thank God for all of you.

Pastor Chris

[chris@firstprestexas.org](mailto:chris@firstprestexas.org)

## Finance Update

**For the month of May 2024:**

Budget (Operating and Funds Released)

Income:           \$63,243  
Expense:         (\$87,406)

Income - Expense for month:                   **(\$24,163)**

Income - Expense for 2024 Year to Date:   **(\$17,605)**



### Comments:

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

- join Christians around the world to celebrate God's gift of the Holy Spirit to the church on Pentecost Sunday.
- celebrate our graduating seniors at FPCA, and the way they have been a representation of Jesus Christ to their peers and the world.
- turn to God in prayer and meditation, on the annual day of observance of the National Day of Prayer, in our chapel.
- enjoy a luncheon and outing with the children and youth from Presbyterian Children's Homes and Services.
- launch our ministry/small group called Embrace Grace which provides emotional, practical, and spiritual support for single, young pregnant women.
- Provide an opportunity to give to the Pentecost Offering which supports young people in Christ.
- As of May, our Capital Campaign fund balance is \$809,927.

We are doing well, and, because of you, we can 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](mailto:jeanne@firstprestexas.org).

# Children's Ministry

## Preschool



### MONTHLY OVERVIEW

No one likes for a party to end, so let's keep this party going! That means you can keep all of those streamers, hats, and party horns right where they are because we have MORE to celebrate! This month, we're celebrating Jesus because Jesus gives me joy!

We're not talking about the happiness you get from a carnival ride or a triple scoop of ice cream kind of joy. We're talking about the joy only Jesus can give! It's the kind of joy that we can have no matter what. It is a joy that lasts forever!

So grab a handful—or two—of confetti. It's time to start the party . . . AGAIN!

WEEK ONE	BIBLE STORY Shepherds and Angels * Luke 2:8-20	STORY FOCUS Jesus came to give the world joy.
WEEK TWO	BIBLE STORY Wedding at Cana John 2:1-11	STORY FOCUS Jesus helps us have joy.
WEEK THREE	BIBLE STORY Be Joyful with Others Romans 12:15	STORY FOCUS I can help my friends have joy.
WEEK FOUR	BIBLE STORY Heaven Revelation 21, 22:1-5; John 14:3	STORY FOCUS I can have joy forever because Jesus wants to be my friend forever.

*\*Monthly Story for Toddler Curriculum*

MEMORY VERSE	KEY QUESTION	BOTTOM LINE
"I BRING YOU GOOD NEWS OF GREAT JOY THAT WILL BE FOR ALL THE PEOPLE." LUKE 2:10, ESV	WHO GIVES YOU JOY?	JESUS GIVES ME JOY.
<b>JESUS WANTS TO BE MY FRIEND FOREVER.</b>		



**ELEMENTARY**  
JULY 2024

**MONTHLY OVERVIEW**

**GOD VIEW:**

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

Choose joy! This may be a commonly used phrase you've heard, but what does it *actually* mean? Joy is more than being excited about the good things that happen to us. Joy is an attitude—a decision to trust God no matter what is going on in our lives. From the very beginning, God had a plan for the world. As we dive into the Bible, we'll discover God's plan for us and how God has been at work through it all. When we see and celebrate what God is doing, we can find true joy!

<b>WEEK ONE</b>	<b>BIBLE STORY</b> Shepherds and Angels Luke 2:8-20	<b>BOTTOM LINE</b> Jesus brings joy to the world..
<b>WEEK TWO</b>	<b>BIBLE STORY</b> Wedding at Cana John 2:1-11	<b>BOTTOM LINE</b> Jesus showed us how to have joy.
<b>WEEK THREE</b>	<b>BIBLE STORY</b> Be Joyful with Others Romans 12:15 (Supporting: Acts 2:42-47)	<b>BOTTOM LINE</b> You can help others find joy.
<b>WEEK FOUR</b>	<b>BIBLE STORY</b> Heaven Revelation 21, 22:1-5	<b>BOTTOM LINE</b> Celebrate what God will do.

<b>MEMORY VERSE</b>	<b>"ALWAYS BE JOYFUL BECAUSE YOU BELONG TO THE LORD. I WILL SAY IT AGAIN. BE JOYFUL!" PHILIPPIANS 4:4, NIRV</b>
<b>JOY</b>	<b>CHOOSING TO CELEBRATE WHAT GOD IS DOING</b>

# Youth Ministry

## *How to Have a Mental Health Check-In With Your Teen and Preteen*

By Dr. Chinwé Williams

Is your teen or tween behaving more differently than usual? I know, this probably seems like a trick question. The emphasis is on the word more. For example, has your usually uber-responsible fourteen-year-old neglected to take the dog out again, forgot two class assignments in a row, and just failed an exam in his easiest subject? Or has your outgoing, mild-tempered eleven-year-old started to disappear into her room for hours at a time and when she does come out, she is increasingly prone to tearful and aggressive outbursts?

Whether your child is a preteen or a teen, mental health symptoms are widespread around this age. Studies show that mental health and substance use had been rising among adolescents even prior to the pandemic. According to the CDC, 7.1% of children ages 3-17 have been diagnosed with anxiety and 3.2% with depression. In addition, the National Alliance on Mental Illness says that one in five teenagers from 13-18 will experience a “severe mental disorder,” as well as 13% of kids from 5-15 years old.

So, the COVID-19 pandemic did not cause the decline in youth and adolescent mental health, but it certainly didn't help.

The puzzling changes that your child is going through will not go away if you ignore them. And with the strange 18 months we've all experienced, we need to check-in on our child's mental health now more than ever.

If you are struggling with how to check-in on your child's mental health, here are some tips to get you started.

### **Keep an Eye Out on the Warning Signs**

Preteens and teens have different developmental needs than adults. They are at a phase in life where their peer connections are incredibly important. Depending on their age, stage, and level of maturity, your preteen or tween may not fully comprehend how the past 18 months have impacted their world. Also, preteens and teens enter puberty with mood changes due to hormonal changes that have nothing to do with the pandemic. It is important to watch out for these signs, particularly if they're interfering with your teen's life.

- **Changes in school performance.** Your child may be falling behind in school. Even if your child is not a “perfect” student, watch for changes in effort. An occasional poor grade is one thing, but it is an entirely different matter if your child simply stops trying.
- **Changes in sleep.** Your child may have trouble falling asleep, waking up in the middle of the night, or is sleeping too much. There may be something more going on with them if they prefer to spend most of their days in bed.
- **Intense moodiness.** Your child may spend a lot of time crying or getting very angry. If this type of behavior goes on for at least two weeks, your child could be battling mental or emotional distress.
- **Loss of interest in activities they enjoy.** Teens like to have fun on the weekends with their friends or join clubs or sports to be more social. However, experiencing struggles like

anxiety, despair, or depression can make them lose interest in things and people they once enjoyed, causing extreme isolation.

- **Changes in appetite or weight.** If your child is hardly eating, or hoarding food, or you see fluctuations in their weight, they could be struggling emotionally and/or with a food-related concern.

### **Ask Questions**

Once you observe signs that your child may be struggling, it is time to ask questions. It may feel awkward at first, but it is better to ask a question imperfectly than not to ask it at all. The key here is to encourage them to open up. One way to create a connection is to share your stuff first. First, start off by sharing how your day went. This will help your child to establish trust that they can come to you. Afterwards, you can ask them if they can share something about their day.

Avoid asking open-ended questions like: “Are you okay?” Otherwise, you will just get an “I’m fine” response.

Instead, ask them questions that involve somewhat lengthy responses like:

- “What’s taking up most of your headspace today?”
- “What was your favorite part of your day?”
- “What was difficult about your day?”
- “What load are you carrying that feels particularly heavy today?”
- “When was the last time you hung out with your friends?”
- “When was the last time you went outside and moved your body?”
- “How can I encourage or support you better moving forward?”

This should inspire a dialogue between you two.

### **Offer Validation Instead of Solutions**

Depending on how your child responds, as a parent, you may be quick to offer a solution to save your preteen or teen from struggling. However, whatever your child is going through is often too complex to have a simple solution. One of the most productive things you can do when your preteen or teen is struggling emotionally is to listen. Avoid giving advice, making cliché statements, or aggressively coaching them on what to do to get out of the slump. Unless they ask specifically for guidance, it is better to listen to what they have to say with no interruptions or judgments. It is great for your preteen and teen to know that you are listening and taking what they say seriously.

Validate that you understand they are having a tough time and compliment them on their efforts. Remind your preteen or teen that you are always there for them. Validation is not necessarily agreeing with your child’s assessment of their situation. Instead, validation is a communication tool that helps to shore up the parent-teen relationship foundation.

When you have a stable, nurturing relationship with your child, they will feel more comfortable coming to you for help when they are in trouble.

### **Refer Your Child to Other Sources**

Generally speaking, keep whatever your child shares with you in confidence. Be sure to obtain permission before sharing the private details of their struggles with anyone. However, there is a caveat to that. There is one occasion where you will need to share what you have heard. If your child

shares something that places themselves or someone else in danger, seek immediate help from a mental health professional.

If they share a struggle that does not fall into that category (such as academic or social pressures), but your child would rather work through it with someone else, try not to take it personally. Simply refer them to another adult like a mental health therapist, pediatrician, school counselor, or youth leader. The important thing is that your preteen or teen gets the support they need.

As awkward and uncomfortable as it may initially feel, daily mental health check-ins will help bring you closer to a stronger relationship with your preteen and teen. If you need additional support with a kid or teen struggling with anxiety or depression, consider grabbing a book I co-authored called *Seen*.

In the book **Seen: Healing Despair and Anxiety in Kids and Teens Through the Power of Connection**, we outline five connection tools that will guide parents and caring adults to help kids and teens feel seen and heard.

Blessings,

Adrian

## Monthly Food Bank

Join us Saturday, July 13, 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 is 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.



## Welcome Team – help us welcome guests!

We want to make sure that guests are always welcomed when they enter our church, and that someone is available to answer any questions they may have. They may need help finding the nursery, the restrooms, etc. We have two Welcome Team members each Sunday currently, but soon will need four, when the current phase of construction is complete. Beginning June 30, there will be a Welcome Team poster and sign-up sheet in the Narthex where you can sign up to be part of the team for a particular date. Welcome Team members arrive at 10:30am and are available at a designated entrance. One team member will need to remain in the narthex for the entire service and the others can join the congregation in the sanctuary approximately 10 minutes after the service starts at 11:00am.

Help us show guests that we are glad they are here! Help us make guests feel welcome! Help us show God's love to guests by greeting them warmly and answering any questions they may have.



# 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 resume on September meeting 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](mailto: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**

Will Resume on Wednesdays September 4th from 7:00 to 9:00 p.m. in the Fellowship Hall.

### **Ring of Praise Handbell Ensemble**

Will resume on Wednesdays September 4th, at 6 p.m. in room 106.

### **Youth Choir**

Will resume on September 7th Sunday, from 12:45 p.m. – 1:45 p.m. (lunch for participants 12:15 p.m.).

### **Children's Music Ministries**

Will resume on September 7th on Sunday, from 12:45 p.m. – 1:45 p.m. (lunch for participants 12:15 p.m.).



## *Church Leadership*

### **Deacon Meeting**

Thursday, August 15, the Diaconate meets.

### **Team Meeting Night**

Thursday, August 8, at 7:00 p.m., all teams meet for ministry planning and coordination.

### **Session Meeting**

Monday, August 22, at 7:00 p.m., the Session meets 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 August issue of The News is July 15!**

## Prayer Ministry

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

**Prayers for our family serving in the armed forces:** 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](mailto:info@firstprestexas.org) with the name and their relationship to you.

**Prayers for our homebound members:** Madge Casselman, Lucy Cleaver, 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.

