

The Herald

First Christian Church (Disciples of Christ)



March 2008

Pastor: Katherine Bryant Graves

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There will be a special Coffee Hour on March 1, to celebrate the impending arrival of Ryan and Vanessa Thomas' baby!

Please Give to the Hungry

March is FCC's month to bring food to church for the Interfaith Council's Food Pantry. In 2008 the Food Pantry served over 15% more people than in 2007, so all donations are very much needed. The list below are the basic foods most needed, along with a few non-food items.

Foods most needed at the Pantry:

Rice
Egg Noodles
Northern Beans (dry)
Pork and Beans, etc.
Crackers
Oatmeal
Tuna Fish
Ravioli and other Canned Pastas
Rice Mixes
Tuna Helper, etc.
Soup
Tea and Coffee
Jelly
Sugar

Also:

Laundry Detergent
Dish Detergent
Diapers - sizes 4-5
Paper Towels
Grocery Bags (used)
Zip-Loc Bags - Gallon Size
Empty Dish Detergent Bottles

The following items are Not Needed:
(These are provided by the government.)

Macaroni and Cheese
Green Beans
Peanut Butter
Beef Stew
Spaghetti
Tomato Sauce
Spaghetti Sauce
Canned Fruit



Compassion

In this day and age, compassion can be a tricky thing. We are caught somewhere between the time and ministry of Jesus, and well, the reality of today. Despite being someone with a natural tendency toward outreach, I still struggle with my own demons of cynicism and appropriate boundaries, and my strong belief in how natural consequences can be an effective teacher.

Yet, is it really this simple? An interesting conversation with Katherine brought me to thinking about this approach, and how taking this mindset might color my call to be compassionate. Now, don't think I have abandoned my belief system regarding natural consequences. It's how I parent my children, and how I was parented by my own mother and father. Thus far, it has served me well and I don't find myself in jail or in trouble, and my children usually act in a civil and considerate manner. So, there is something to this system, and there are probably several of you agreeing with my reasoning right at this very moment!

However, in terms of the church, where does all of this leave Jesus, and what he represented? Jesus was compassionate, and as Katherine and I discussed, his compassion was administered in the hopes that those he helped would "bear fruit." Jesus, in my understanding, must have had an eye on the future, and a hopeful eye at that. He helped, probably understanding that not everyone he touched would change, but in the hope that he was at least giving them a chance. Like the planting and growing of a tree, he was willing to work at the nurturing and growing of that tree, with of course no guarantees. Any of us that garden or landscape know that sometimes our work does not bear fruit. Sometimes things die! Just ask Greg about the nandina he so valiantly tried to save, and lost the fight. Yet, there are times when we are rewarded for our efforts, far beyond anything we could have imagined! As my garden was winding down last fall, I could not bear to let some of my plants shiver alone and die in the cold snap that was coming. I had to try. So, taking some pretty pots and some soil, I gently dug up the plants and brought them indoors. With a warm south window sun shining down on them, some careful nurturing and feeding, I have had beautiful blooms all winter long. My ivy transplant must have had some volunteer seeds in the transplant soil, and beautiful marigolds sprung up in my kitchen window, in the dead of winter. Talk about fruit!

As a church, we not only have the chance to assist people in need, but we also have the chance to be changed ourselves! For when we reach out and help others, the fruit that grows is often within our own selves. Suddenly, joy becomes a more frequent companion in our daily walk, and we become a part of something larger, something beyond ourselves. First Christian, we are growing into a ministry that I would have NEVER imagined possible for us at this time last year...we are growing into a community of faith where helping hands are coming together as one, and fruit is in full bloom.

Blessings~Debra Whitley

Upcoming Events

Lenten Study begins Wednesday, March 4th, for six weeks of study, reflection and prayer. All programs will begin at 5:30 PM and will include meals. Child care will be available upon request.

Lenten Devotions:

- Lenten Devotional Booklets are available on the table in the back of the sanctuary, for a cost of \$3.00.
- Online Daily Devotional from The Upper Room:
www.upperroom.org/devotional/

First Christian will host this month's Carbondale Interfaith Council meeting at 7 p.m. this evening. In addition, we are also the host for the Ralph Anderson Interfaith Dialogue on "Greed, the Economy and Religion" next Monday, March 2 at 7:30 p.m. All are invited to attend these events.

The twelfth annual Greek Dinner will be Saturday, April 25th, at 6:00 PM in the Fellowship Hall.

Martha Ellert and Derek Hamblin will give a joint voice recital on Saturday, March 6, at 7:00 PM in the sanctuary.



Splinters from the Board

First Christian Church Board met on Sunday, February 22, 2009 following worship. Along with the usual items of approval of minutes and receiving the Treasurer's Report, the board heard reports from each Avenue of Service and the Pastor. The following is an attempt to condense the information presented to the board and make it available to the congregation.

Treasurer's Report: January General Operating Income: \$8,205.58
Expenditures: \$13,278.15

Congregational Care:

- The children are following the lectionary in Sunday School.
- There will be a Lenten Study during the Wednesday Night Programming. Wednesday night suppers will be suspended after April 1 until Fall programming begins in September.

Facility and Finance:

- Board approved expenditure of \$638.00 for Maintenance Agreement from Voss Heating for furnaces and air conditioners.
- Board approved expenditure of \$600.00 from Burke Electric to install voltage surge suppressor as part of needed improvements to the fire alarm system
- Board approved change in the job title of Mary Burnam to Administrative Assistant. No change in pay or benefits is included with the change.
- Three work days are being planned for the spring.

Outreach:

- Helping Hands Coffee Hour raised \$88.00 for the Helping Hands Fund.
- \$1.00 of each ticket sold to the Shrove Tuesday Pancake Supper will

go to the Helping Hands Fund.

- A new website created by Joel Thom- an is almost ready to be published.
- There will be a baby shower for Van- essa and Ryan Thomas in early March.
- A BBQ is being planned for young families in the spring.

Pastor's Report:

- Katherine will be attending 2 Con- tinuing Education Meetings in April. Clergy Ethics April 18
CEO Workshop April 28-30

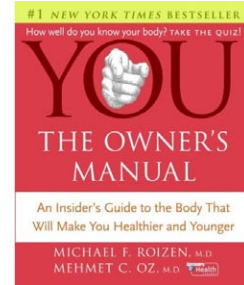
Unfinished Business:

- Board passed a revision to the Extreme Weather Policy which states the "Hourly staff shall be paid for the days the office is closed because of extreme weather conditions." All employees will be encouraged to complete any work possible at home if the office is closed.

New Business:

- A new "Child/Youth Protection Policy" was discussed. It will need to be reviewed by legal counsel and the insurance carrier. The Board will meet with our insurance representa- tive on March 8 following worship.
- Mary Burnam and Marleen Shep- herd inadvertently did not use all of their vacation time in 2008. During 2009, they will be allowed to take unused vacation days from 2008 during an emergency. This will be for this year only. They are also encour- aged to read the Employee Handbook more carefully.

Library



Roizen, Michael, F., and Oz, Meh- met C. You: The Owner's Manual. Harper, 2005

Doctors Roizen and Oz, who have become household names for their frequent appearances on television talk shows, have penned an essential book for the understanding of the human body, its function, and care. Writing for the layman rather than their medical colleagues, the doctors address each of the major organs— heart, brain, bones and muscular system, lungs, digestive system, etc.—explaining its function (with diagrams), and suggesting methods and life style changes that will aid in preventing major malfunctions of the organ. Among the topics treated are how to prevent heart attacks, how to ease arthritis symptoms, how to improve your sex life, and how to cope with cancer. Factoids, myth busters, tests, and other techniques are employed to present information in an interesting, friendly manner. Check out the chapter on diet, with recipes included. You: The Owner's Manual is available in the FCC Library under the call number: 613.22/R741y, or ask a librarian.

—Thomas Kilpatrick.

To Your Health

“A picture is worth a thousand words”.... have you ever heard that phrase? How about “experience is the best teacher”?

Both these phrases have come to have new meaning to me over this winter. As most of you know, Bob's parents, Paul and Betty Schulhof, came to Georgia for a 9 day visit to share Christmas with us. Unfortunately Paul became ill requiring hospitalization and a stay at a Nursing Home/ Rehab Center and the visit became eight weeks rather than 9 days.

What I learned from this experience is that when you are 94 and 90 years old, are on medications, see multiple doctors and you travel many miles from home where you become ill, that having VITAL MEDICAL INFORMATION becomes a problem. When Paul was admitted to the hospital, we had only sketchy information about what medications he was on and no dosage for any of them, no names of doctors in Florida with contact information, and a very confused and unclear medical history. Betty was so distraught about the situation that she could not remember and most of the questions asked by the ER doctor was stated and then changed several times. It became necessary to have a friend go to their apartment in Florida, find the medication bottles with doctor's names, call the doctors and the druggist, and try to piece together the results...of course Paul went to the hospital on Saturday so it was Monday morning before we had a fairly clear picture of medications etc.

You may ask what this story has to do with you...Everything! Right now, please get a 3x5 index card or similar item, a pen, your prescription bottles, your address book etc and sit down at the kitchen table... we are going to work!

On this index card, Write your full name (as it appears on your insurance card), your address, phone number, next of kin and their information. List all your medications just as they appear on the prescription label including drug store where filled, dosage and times they are taken. List the names, address and phone number of every doctor you see and what you see them for. List when you had a pneumonia and flu shot and where you received them(doctor's office, public health etc)...List your insurance carrier by name only with no numbers, list which is your primary and which is your supplement...List whether or not you have a “durable power of attorney for health care” or Five Wishes Document, listing the person who can make decisions for you, where you keep the original of this document and if you have a “do not resuscitate order”...List any major illnesses you have had like a heart attack, hepatitis, multiple pneumonia, diabetes

and whether you are on insulin, etc.... List any allergies whether drug or food or other things...List any surgery you have had and the approximate date and where performed...

Now fold this card and put it in your wallet, purse or some place where it will be with you AT ALL TIMES. After each doctor's visit, take the card out and review medications and make any changes needed to keep the information up to date. This information could save your life!!!

I will be back in the Health Ministry office starting March 11th. ...or any other time you would like to set up an appointment with you. You can also reach me by email at fcparishnurse@aol.com or call me on my cell phone 618-457-7125...I can help you get this set up, help you get a durable power of attorney health care if you do not have one, and answer any questions you may have to get your medical history and information up to date.

May you enjoy good health everyday,

Marge Schulhof,
R.N. B.S., Parish Nurse



Outreach

It's 2009 and we're already 3 months into the new year! So much has happened in such a short time. Outreach has grown into more than it was last year, and exciting conversations are taking place regarding this vital, evolving ministry. Curious? Uncertain? Excited? We welcome all of these things and more. Below, you'll find a few of the things Outreach has been working on as of late. If you want to know more, you're welcome to attend our meetings, anytime! Open communication is key, and we welcome the input and insight of anyone who has interest.

Helping Hands- This fund is one we've had for a while. As you have heard, it helps congregants first, and

then those outside our congregation that are in need. This year, we have had to call on the fund a bit more to address the issue of homelessness in our community. So, be watching for events, including a monthly helping hands coffee hour, that will help us keep this fund alive. We collected \$88.25 at the last bake sale coffee hour. A big thanks for everyone who donated time in making things for the sale.

Child and Caregiver Safety Procedures- We have been a small church for quite some time now, but thanks to the "baby boom", we are growing! Suddenly, we are realizing a need for policy and procedures that will protect both our children and caregivers, and help give parents peace of mind

while they are at worship. A brochure concerning these new policies will be coming very soon and will be available to anyone who would like a copy. Talk to Debra Whitledge if you have immediate questions.

FCC's Role in the Larger Community- Meetings and talks are already underway as we identify our resources, boundaries, and ability to help those who may come to our door for assistance. We are making positive connections with the social organizations that assist those in need, and are learning very quickly what we are and aren't able to do, as we try and bring the ministry of Christ to those outside our church walls.

Pancake Dinner - What a good looking group!

Many thanks to all who helped with the Shrove Tuesday Pancake Supper. We had a wonderful turnout- about 80 people!



This Month in Sunday School

In February, the children learned about God's healing love and were encouraged to think about ways we can be healers like Jesus, such as putting ourselves in the place of others, having compassion when people are hurting, and attending to those with special needs. We also enjoyed the Pancake Supper, where children made masks, scratch-art crowns, and Mardi Gras jewelry.

In March, we enter the season of Lent and the children are encouraged to travel God's paths by following in Jesus' way. Portions of Psalms 19, 22, 25, 107 and 118 will be explored in age-appropriate language and activities.

The themes of these psalms are that God has paths for us to follow, God is always with us, God is speaking through all the wonders of this world and all space beyond it, God's word helps us stay close to God, God's love is with us no matter what, and for this we give thanks to God.

Throughout Lent, all children will begin Sunday School with a ritual that symbolizes the Lenten journey. They will help to build a "path" with tea lights that light the way to Easter. Each week older children will be keeping a "Psalms for Lent" journal during class.

I know this will be a particularly meaningful time together, and I'm encouraged by the community of faith our children are becoming. We have continued in Sunday School throughout my tenure to focus on the idea that "We are the Church." Take a peak at the third-floor classroom and you will see on the walls how your children have been the church throughout the last

few years: learning, teaching and serving together. We have much to be proud of.

Young Disciples on a Mission

Young Disciples offerings continue each week, so encourage your children to give of their own allowances or help raise funds for our important causes. We are very close to reaching our Heifer Hope Basket goal of raising \$50! The Sunday we hit our goal, we will be having a little snack party during Sunday School to celebrate.

After Heifer, we begin a new collection for the Good Samaritan House to coincide with adult collections during that time. We will be raising money specifically to help buy an item to benefit the homeless children in our community this month.

New safety policy in the works

Our small and intimate church family has always been such a safe space, we've never felt a need to implement precautionary safety measures for our youth. However, the modest growth the church has been experiencing the last few years has caused many of us to rethink this.

Thankfully, nothing has happened to warrant the need for a protection policy. We want to ensure that nothing ever does. We also realize that the casual, comfortable and unrestrictive atmosphere we've enjoyed here for years at FCC could be exploited. It's unfortunate that we even have to consider this possibility, but the truth is, we must. The church board and staff are currently working on a Child/Youth Protection Policy. This will greatly

affect how we "do church" at all age levels. A lot of changes are in the works, but the policy will not be finalized until legal counsel and the church board have approved it. In the meantime, there are a few changes we will be implementing immediately to make our church the safest environment possible. Starting in March, the outside doors to the Education Building will remain locked at all times, so everyone will need to enter the church by the sanctuary doors.

Also, we are asking that children age 12 and under be accompanied by a responsible adult at all times. Currently, children are in Sunday School from 10:15 to 11:15 a.m., when they are escorted back to their families in worship, with the exception of babies and toddlers in the nursery. Outside of Sunday School and church activities where child-care is provided, parents or guardians are responsible for the supervision of their children. We would also like to minimize the running and roughhousing in the Fellowship Hall during and after church for the safety of both our children and our elder members.

Stay tuned for additional safety measures we will be taking in the weeks ahead. Feel free also to voice any ideas you may have that will help ensure our children's safety or ask any questions about the policy we are developing. Many thanks for your cooperation!

Marleen Shepherd
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First Christian Church Birthdays and Anniversaries

March Birthdays

3/1 Sue Gindlesparger	3/24 Judy Ashby
3/6 Evelyn McNeely	3/25 Ruth Thomas
3/8 Joyce Maloney	3/25 Richmond Adams
3/8 Alyssa Phelps	3/26 Bill Deutsch
3/9 James Eddings	3/26 Tony Hunter
3/16 A.P. Benson	3/27 Sherri Nance
3/18 Martha Wills	3/28 Philip Marchal
3/22 Katy Whitledge	3/30 Robert Crawshaw
Heather Wagner	3/30 Susan Eddings

March Anniversaries

3/12 Joe & Shirley Elliot
3/17 Bill & Sandy Kayne



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