

May 25, 2025 Volume 70 Issue 19



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7AM MEN'S PRAYER BREAKFAST 9AM FOOD PANTRY 7PM CHOIR

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10AM SUNDAY SCHOOL 11AM WORSHIP

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Rev. David Chisham Senior Minister

THE HIDDEN DISABILITY

I haven't been tuning in to the show "The Chosen" as faithfully as some of you have. If you're not familiar

this is a dramatization of Jesus and the lives of his disciples and followers that has received critical acclaim for its storytelling, production quality and focus on being historically accurate. I've especially enjoyed that their portrayal of Jesus is not stiff and overly pious—they let this Jesus laugh and relax.

For me, one of the characters who really jumps off the screen in "The Chosen" is Mary Magdalene. Through the ages Mary Magdalene's reputation has been dragged through mud. She's been labelled a prostitute and in many ways her importance has been marginalized. But the Gospels are clear; she stayed through the crucifixion, she showed no fear in helping prepare Jesus' body for burial, and she was the first to share the good news that Jesus is risen from the dead. As one theologian said, at one brief period in time, Mary Magdalene was the entire church! Her place in the resurrection accounts is pivotal.

Mary Magdalene's background, however, is less clear. During Jesus' ministry we hear that she was amongst a group of female followers of Jesus. In passing, the Gospel of Luke also says that Jesus exorcised seven demons that had possessed her. Some scholars think this meant that seven exorcisms were performed upon her. While it's difficult to translate what that means specifically, generally we can assume that Mary was extremely traumatized emotionally and psychologically, and Jesus' presence in her life meant healing.

The show "The Chosen" has helped me see how fragile she is, and she reminds me of countless individuals who suffer emotional and psychological trauma on a daily basis. In our culture, the significance of this suffering is often diminished and kept hidden. We wonder, if other people really knew our hidden thoughts and doubts, would they still love us and accept us?

May is mental health awareness month. And it's important for the church to encourage all of our brothers and sisters to not be ashamed. As a congregation we emphasize creating space for everyone, no matter their ability or disability, to be loved and welcomed in our church community. For those going through mental illness, you are loved and welcomed here, and we desire to create a space for you to belong, and if possible, to be healed.

As a pastor I've had countless conversations with church members dealing with a greater or lesser degree of what might be labelled mental illness. It might be a mild or deep depression. And I've had some church members who've been dealing with psychotic episodes. As Christians we're not immune from extreme emotional trauma.

If you are struggling with some of these things, we want you to know that you're not alone, that you're loved, and that we want the best for you. Certainly, we believe that Jesus' presence in our lives can help. And often medical professionals can help. While we all wish a simple prayer would fix everything, Jesus says there are things that take some time and prayer for healing to be found.

The mystery of Mary Magdalene's situation is certainly deep. And the mysteries of mental illness in the lives of people we love, and in our



own life, are also deep and often frustrating. But we want you to know there is help, there is hope, and you're not alone. Never be afraid to speak to me or one of our staff or elders if you or someone you know is struggling!

"...at one brief period in time,
Mary Magdalene was
the entire church!"

May the peace that passes understanding fill your body, soul and mind!

See you at the Table,





Rev. Tom Jones Associate Minister

May is mental health month.

Our mental health deserves our attention. We go through different life events, crises, and other stresses. Dealing

with all of our emotions during these times can be difficult. We were not meant to carry our burdens alone. Sometimes we just need a trusted friend who can listen and show that they understand.

FCC has Stephen Ministers who are trained to listen and walk with you through difficult times. Spiritual, physical, and emotional health are all important and necessary for us to live whole, healthy lives. Take time for yourself to maintain your health. Jesus said, "Love your neighbor as yourself." Let's not forget our self-care and loving ourselves.



Our mental health deserves our attention.



Youth@FCC Special Thanks to Oliver for making our communion bread for Youth/ Senior Sunday!





Lauren Disney Youth Director

It's been a while since I submitted an article, but I have been busy finishing my second year in Seminary and doing activities with our youth group. Speaking of

school, it's been a healthy challenge for me!

Here's where I'm going to be *humble* and share something that I think is <u>VERY</u> important – taking care of your mental health (and practicing self-care)!

During a discussion with the academic dean at my school earlier this year, she noticed I was having some focus issues and asked me if I had seen a medical specialist for diagnosis (though I was still getting good grades). I was surprised by that question, but it got me to thinking that perhaps I should be taking better care of myself. It became more apparent that I was struggling with reading, finishing papers, and a few other things – plus, I knew that mental health issues had been part of my family history for many generations.

Here's where I'm going to be humble and share something that I think is <u>VERY</u> important – taking care of your mental health (and practicing self-care)!

One of the things our church does well is inclusion of everyone — especially those people who have physical and mental health disabilities. We have so much support here! I also try to be honest with my youth and encourage them to be

their best. *BUT* – I can't do that without following my own advice!

Last month, I started seeing a psychiatrist for the first time, just to get evaluated and find out if medication was needed. Sure enough, he said I have an anxiety disorder and a touch of ADHD. I have started taking medication and continue to see him once a month to monitor how I'm doing.

Here's the thing he told me that struck me the most – no one is going to hand you a medal or applaud you at the end of your life for struggling too much and NOT seeking help when it is needed! Most people never think of it that way. I'm forever grateful that someone important cared enough to ask me if I was ok, and the great news is that I'm now feeling so much better! The same goes for everyone reading this – please take care of yourself and know there's no shame in monitoring/taking care of your mental (and physical) health!

And another reminder - God loves you, it's a blessing to have you in our church, and we are here for you!

God bless and Carpe diem,

Lauren



Kids @ FCC

Sunday School

Preschool/Kinder will hear the story of "The Fisherman's Net".

 1^{st} – 5^{th} Graders will learn more about Paul's letters and do activities regarding "The Fruit of the Spirit".

Children's Church

Preschool/Kinder will learn about the "Ten Plagues of Egypt". 1st – 3rd Graders will hear how Jesus is like the Tabernacle.

Sunday Afternoon Program

NO REGULAR MEETINGS.

Watch this space for special activities.

Youth/Senior Sunday





















The CCSW Disciples Women's Assembly is being held June 27-28, 2025 at Ridglea Christian Church in Fort Worth.
All women are invited & encouraged to attend this special regional event.

Our theme this year is "I Got You!" based on Isaiah 41:10. Keynote speaker is Rev. Jeneille Lagrone and a Bible Study will be led by Georgia Traylor–Julien

Attached you will find a flyer with more information as well as information about registration & hotel reservations.

Early Bird Registration \$115 is due by June 2, 2025. After June 2 the fee will be \$125.





Prayer List

Those in need of prayer:

Abraham Ortega

Kaylene Burgard

Nancy Stanley

Patsy Hill

Fred Yates

Vincent Cooper

Pat Marshall

Ginny Estes

Joshua Harrison

Mary Beth Corbett

Linda Taylor

Lisa Craven

Mark Cranford

Cricket Harrison

Betty Odom

Fred Schwiening

Lana Cooley

C.C. Petteway

Pat Chambers

Kathy Landrum

Sheila Crudgington

Gary Thompson

Military:

Tyler Brown-

grandson of Lyn Brown

Families, Friends Beyond FCC

Cindy Garcia-

CLC Teacher

Barrett Wood-

cousin of Ginny Estes

Jay Warren -

friend of Pat Marshall

Kairos Conde-

nephew of Olivia Espino

Grayson Pickett-

friend of Jeweli Flores

Al Schorre-

friend of Sharon Boyd

Robin Diegan & Jason Diegan-

cousins of Ginny Estes

Amanda Bryant-

friend of Dave & Kathy

Cromwell

Freda Benton

Amanda Lee-

friend of Janice Ford

Reymondo Garcia-brother of

Maria Vinson

Gary Kennedy

friends of

Lauren & Justin Disney

Fred Copeland—

father of Lauren Disney

Ed Keah

friend of Joy Singleton

J.M. Moore -

father of Kathy Landrum

Oscar Garcia -

brother of Amparo Olguin

Birthdays

Names in red are youth and

children

05/01 Betty Couch

05/01 Julie Lastoka

05/02 Jed Heard

05/02 Cierra Stanford

05/05 John Espino

05/07 Gwyn Hill

05/09 Barbara Estes

05/09 Nathan Dziuk

05/10 Linda Hyatt

05/11 Nancy Stanley

05/11 Tom Hill

05/13 Bea Lea Somerville

05/15 Ernie Gilkerson

05/18 James Coffman

05/19 Jill Wright

05/20 Matti Erwin

05/21 Grayson Stanley

05/23 Sandra Wills

05/26 Fay Carey

05/27 Brenda Morris 05/27 Chloe Wells

05/27 Amber Hopper

05/28 Greyson Flores

05/28 Justin Disney

05/31 Carol Thompson

<u>Anniversaries</u>

05/01 Jessica Garrett Southern & Kevin Southern

05/07 Marty & Sherry Wallace

05/17 J.R. & Amanda Bourland

05/19 Tom & Meta Jones





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