**Our Vision** 

To be a faithful, growing church that demonstrates true community, deep Christian spirituality and a passion for justice. (Micah 6:8)

You remember the song, don't you? I know you don't want to admit that you ever actually watched Hee Haw, but you did! You remember the moonshine drink'n, banjo picking, straw chewing, comedy-variety show with a down home country twang to it? It began in 1969 and they're still showing reruns today. I bet you not only remember the song, but when you read the lyrics, you'll begin singing it in your mind.

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(WARNING! – DO NOT READ THIS RIGHT BEFORE YOU GO TO BED. YOU'VE BEEN WARNED!)

"Gloom, despair, and agony on me - Deep, dark depression, excessive misery. If it weren't for bad luck, I'd have no luck at all - Gloom, despair, and agony on me" - Buck Owens & Roy Clark

If you noticed, I titled this Pastor's Note with a question mark. Do you see it? Gloom, despair, and agony on me? Our monthly newsletter is snail mailed and or emailed to a couple hundred plus people. It is my estimation that most if not all the recipients of the newsletter are Christians, and more importantly, faithful-followers of Jesus Christ. Praise the Lord!

I have the high honor of working with many people, from various backgrounds and the beauty of it all, is their stories. I love to hear and watch people light up as they share part of their life experience. Being a bit of a story teller myself I find it to be good medicine for us to share our lives in story form and I'm thankful for each one.

But as you know, not all stories are created equal and for every hairraising adventurous story I'm told, there almost always is a gutter story. Actually, I'd rather refer to them as valley experiences and we all have them, don't we? I'd guess for many of us it seems that our valley experiences seem to be more prominent than our mountain top experiences, and I'm here to tell you that's ok. Please don't ever think that because the chips are down that you aren't a beautiful and vibrant child of God. BECAUSE YOU ARE!

Too many times though I think we live in less than a well-lit atmosphere. God created light in Genesis 1 and He called it good. I shared last Sunday that when Father had completed His creation (and I imagine God was raring back with his thumbs pushing out his suspenders with an endless smile and an eternal gaze) saying this was very good! Well that's what the Bible proclaims in Genesis 1:31, less the suspenders of course.

# ~Pastor's Note~

### Gloom, despair, and agony on me?

You and I are very much a part of Father's creation and He said that we were VERY GOOD!

I don't want to speak for you, but wow! God said; "I was very good"! Thank you Father, I needed that!

So, why the "gloom, despair, and agony on me"?

Millions of people are diagnosed with clinical depression and praise God, they not only find good help for the disease, but they are able to flourish in the midst of such a potentially disabling illness. I heard a person tell me one time, to not get in the way of them and their Prozac. It's the one thing that helps them to function and leave the depression in the dark so they can operate in the light. Praise God for good medications!

Are you struggling with gloom, despair and agony on you? It's ok beloved. There are so many reasons to feel like you are depressed. The loss of a loved one, job issues, money problems, health concerns and relationship issues can leave us feeling depressed.

Maybe for you, a good workout or a 30-minute walk clears your head to allow you to pull out of the heaviness of life. I've been told that a good diet and plenty of sleep can help. Maybe completing a few menial tasks every day is good medicine for you. But that's not true for everyone. Sometimes it's just good to talk with someone who you can trust to listen to you and not try and fix you. Thank God for Celebrate Recovery!

But maybe you need professional advice. If you think that you are struggling with depression, you probably are and I'm encouraging you to reach out to your doctor today. Chances are it could be seasonal depression and your doctor can give you some good direction to help you to begin pulling out of the gloom, despair, and agony. Please, don't spend another day wondering if you are depressed.

Let's talk. Tell me your story and I'll tell you mine. We will find good medicine when we open up to one another, and maybe just maybe, that's all the therapy we really need. But if not, today would be a good day to make that appointment to go and see your doctor.

Shifting gears, I'd like to ask you about your spiritual health. How are you? Where are you? Are you spiritually oppressed? There is an oppressor and he has come to choke us out and leave us for dead, and Jesus says, I have come that you may have life and life to the full. Praise God and hallelujah to the Lamb!

Our Mission				
To be and to share the Good News of Jesus Christ,				
witnessing, loving and serving from our doors	steps "to			
the ends of the earth." (Acts 1:8)	Y			
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Remember, Jesus is the light of the world and that's where the Christian is supposed to be operating. But sometimes, it gets heavy and we find ourselves burnt out. Is that where you are? Let's talk beloved. I want to hear from you. I want to listen to hear your spiritual heartbeat, and together we can seek the Lord for His perfect help.

The LORD is my Shepherd, I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul. He guides me in paths of righteousness for His name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. **Psalm 23:1-6 (NIV)** 

You see beloved, we are valley people, lead always by the Good Shepherd. Never forgotten or forsaken. Never abandoned or kicked to the curb. We are our Father's craftsmanship and we ARE very good and the Lord has put us together to be light to one another.

So, no more gloom, despair, and agony on us! For we are people of the Most-High King. We are a royal priesthood and a holy nation!

Yes, there will be tuff times, but our God will be in the thick of it with us. Yes, we will be exhausted at times and He will refresh us. Yes, we will occasionally fall down and He will always pick us up.

The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. **Psalm 18:2 (NIV)** 

He alone is my rock and my salvation; he is my fortress, I will never be shaken. **Psalm 62:2 (NIV)** 

No more gloom, despair, and agony on us beloved!

Let's go to the ROCK!

I'm in, are you?

Let's talk.

Shalom dear one.

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#### SHUT INS June Turner Ruth Shields Margaret Goodwin Donnie Hypes

### HEALTH

CONCERNS Pat Hartlev Eddie Williams Betty Williams Nancy Tabor Zack Carter Patty Baker Wayne Collins Carol Stafford Patty Camacho Leigh Anne Hines Owen Shirlev Hines Toni Russell Glen Kersey Jo Hartley Breanna Nicodemus Terry Barton Sr. Roger Stacy Tom Farmer Beth Hayes Chris Tinder Cleo Halsey Clancy Griffin Ellen Elliot Gracie Figeruroa Melissa Smith Vicki Carl Walker Mary Baker Kenny Adams JR Shrewsbury Catherine Gillespie Gavin Lynn McCure Burney Daken Bishop Donnie Hypes Kenny Ramos John Gibson Matt Anderson & Family The mother of George Smith Betty Lou Gibberson Steve Aichel Joann Shrader



**Praver Requests** 

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#### **BEREAVEMENT**

The family of Marilyn Hypes The Family of Jerry Parker The Family of Sue Godwin The Family of Tonia Russell in the loss of her niece Melissa The Family of Dean Linkous

#### PRAYER REQUEST

Randy & Jan Bailey Retha Smith & Family Our Pastor Our Country **Our Church Family** Dewayne Joseph Garry David Epperly Robert Searle Jon Gendron Trey McDaniel **Our First Responders** General Church **Regional Church** Regional Minister & Staff Fred Haller

**UNSPECIFIED REQUEST** 

The Goldsworthies



### Need a Ride To Church? Contact the church office at 304-327-5633 or Darrin Coe at 276-245-8374

WZA Wednesday Every Wednesday at 5:30PM



### **God's Special Time**

Kairos Cookies for the March Monthly Walk

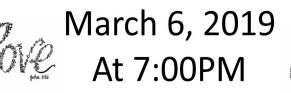


Due March 1, 2019 By 12 Noon



March 3, 2019 & March 31, 2019









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For more information or to help contact Carolyn Bassett



Greetings all,

There is a lot going on in our church. We just recently got back from mid-winter retreat. Mid-Winter was held February 8-10, 2019. We took a total of eight (8) youth and three (3) adults, up to Parkersburg, WV. I believe a good time was had by all. (see photo below)

Be on the look out for a middle school & high school youth group meeting. This will be on Sunday evenings, but further details have yet to be worked out at this time. So be on the look out for additional information.

The next thing on the calendar is a Youth Sunday. That Sunday will be a combined service lead by the youth of the church, that will be March 31, 2019 at 10AM. Following the service the youth will have a spaghetti dinner fundraiser. More details are to come in the near future.

Also we are in the works of planning our Annual Easter Egg Hunt for the youth. The tentative date for that is April 13, 2019. More information is to come on that as well. As always thank you for the chance to be of service to you all, Sarah Neal





# March 16, 2019 at 9AM In Bethany Hall



# March 16, 2019 at 9AM Location to be determined



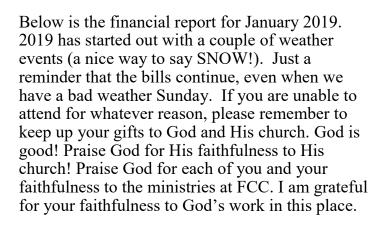
Words will never be able to properly thank you for your love and kindness that you demonstrated during the recent time of mother's passing. We are so fortunate to be a part of this family that really lives out its commitment to "being Jesus" wherever we are. Your love through gifts of prayer, flowers, food, hugs, tears and laughs made us truly appreciate how connected we are as family and how we hold each other up whenever we are in need. God indeed blessed us during this time, and most of all, He blessed us with this loving family at 2200 Bland Road. Thank you all, and may God's Shalom be with each and every one.

Love, Ronnie and Gale **January 2019** 

TREASURER'S

REPORT

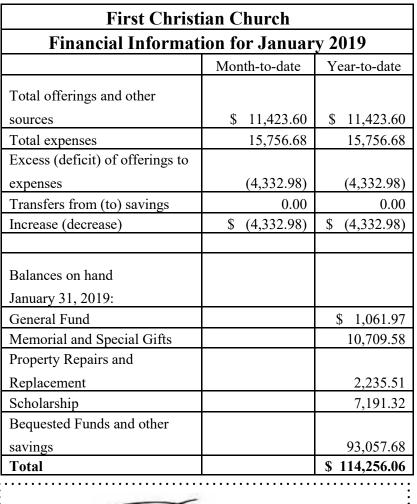
### Treasurer's Report



As a reminder, please continue to check for LIGHTS, RUNNING TOILETS, A/C OR HEAT, etc. following all meetings at the church. Don't assume someone else will lock up or turn off. This really helps to hold down utility costs. Also, if you become aware of maintenance issues with the property, please bring it to the attention of the Property Ministry Team (Co-chairmen, George Birkelbach and Scott Collier) or the church office. Delayed repairs can be more expensive than when they are caught early.

Our Church is truly blessed!

Ronnie Hypes, Treasurer







Celebrate Recovery Up

God continues work through Celebrate Recovery. In the month of January we served 282 meals (over 50 every Thursday). \$212.00 was donated to our Celebrate Recovery program.

Men and women also started doing step studies on Monday nights.

We have plenty of opportunities for you to become involved in C.R. You could participate in the program or volunteer.

We can certainly use desserts every Thursday. If you would volunteer a dessert on any Thursday it would be deeply appreciated.



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## **March 2019**

☆Birthdays

Anniversaries

 $\bigtriangledown$ 

| SUN                                 | MON                     | TUE                     | WED                              | THU                          | FRI                                 | SAT                          |  |  |
|-------------------------------------|-------------------------|-------------------------|----------------------------------|------------------------------|-------------------------------------|------------------------------|--|--|
|                                     |                         |                         |                                  |                              | 1                                   | 2                            |  |  |
|                                     |                         |                         |                                  |                              | *Kairos Cookies Due 12 Noon         |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
| 3                                   | 4                       | 5                       | 6                                | 7                            | 8                                   |                              |  |  |
| *Kathy Evans                        | *Violin Practice 2:45PM | *Maria Reyes            | *Wowzza Wednesday                | *Men's Prayer Meeting 7:30AM | ð                                   | 9                            |  |  |
| *Combined Worship Service 10:00AM   | *Boy Scouts 7:00PM      | *Praise Team 4:30PM     | *Praise Band Practice 6:00PM     | *Celebrate Recovery 6:00PM   |                                     |                              |  |  |
| combined worship service rototexity | by scous 7.001 M        | *Prayer Meeting 6:15PM  | *Choir Practice 7:00PM           | Cultural Recovery 0.001 M    |                                     |                              |  |  |
|                                     |                         | *Bible Study 7:00PM     | Chon Fractice 7.001 M            |                              |                                     |                              |  |  |
|                                     |                         | Bible Study 7.001 M     |                                  |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
| 10                                  | 11                      | 12                      | 13                               | 14                           | 15                                  | 16<br>∧                      |  |  |
| *Contemporary Service 9:00AM        | *Betty Lou Gibberson    | *Union Mission Dinner   | *Wowzza Wednesday 5:30PM         | *Men's Prayer Meeting 7:30AM | *Newsletter Submissions Due 11:00AM | *Ronnie Hypes                |  |  |
| *Sunday School 10:00AM              | *Violin Practice 2:45PM | *BCC Praise Team 4:30PM | *FCC Praise Band Practice 6:00PM | *Celebrate Recovery 6:00PM   |                                     | *Men's Breakfast             |  |  |
| *Traditional Service 11:00AM        | *Boy Scouts 7:00PM      | *Prayer Meeting 6:15PM  | *FCC Choir Practice 7:00PM       |                              |                                     | *Women's Breakfast           |  |  |
|                                     |                         | *Bible Study 7:00PM     |                                  |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
| 17                                  | 18                      | 19                      | 20                               | 21                           | 22                                  | 23                           |  |  |
| *Mr. & Mrs. Hawkins                 | *Violin Practice 2:45PM | *BCC Praise Team 4:30PM | *Newsletter Assembly 10:00AM     | *Men's Prayer Meeting 7:30AM |                                     | *Russ Taylor                 |  |  |
| *Contemporary Service 9:00AM        | *Boy Scouts 7:00PM      | *Prayer Meeting 6:15PM  | *Wowzza Wednesday 5:30PM         | *Celebrate Recovery 6:00PM   |                                     | *Youth Committee Meeting 9AM |  |  |
| *Sunday School 10:00AM              |                         | *Bible Study 7:00PM     | *FCC Praise Band Practice 6:00PM |                              |                                     |                              |  |  |
| *Traditional Service 11:00AM        |                         |                         | *FCC Choir Practice 7:00PM       |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
| 24                                  | 25                      | 26                      | 27                               | 28                           | 29                                  | 30                           |  |  |
| *Contemporary Service 9:00AM        | *Gracie Matthews        | *BCC Praise Team 4:30PM | *Wowzza Wednesday 5:30PM         | *BCC Praise Team 4:30PM      | *Natasha McDaniel                   |                              |  |  |
| *Sunday School 10:00AM              | *Violin Practice 2:45PM | *Prayer Meeting 6:15PM  | *FCC Praise Band Practice 6:00PM | *Prayer Meeting 6:15PM       |                                     |                              |  |  |
| *Traditional Service 11:00AM        | *Boy Scouts 7:00PM      | *Bible Study 7:00PM     | *FCC Choir Practice 7:00PM       | *Bible Study 7:00PM          |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
| 31                                  |                         |                         |                                  |                              |                                     |                              |  |  |
| *YOUTH SUNDAY                       |                         |                         |                                  |                              |                                     |                              |  |  |
| *Combined Worship Service 10:00AM   |                         |                         |                                  |                              |                                     |                              |  |  |
| *Youth Fundraiser after Worship     |                         |                         |                                  |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |
|                                     |                         |                         |                                  |                              |                                     |                              |  |  |

We heartily welcome all May you be blessed today. Office Hours: M-F 9:00 am -1:00 pm 304-327-5633 www.bluefieldfcc.com





<u>9:00 am Worship Service</u> Contemporary Church Service Sunday School: 10:00 am <u>11:00 am Worship Service</u> Traditional Church Service Douglas W. McDaniel Jr., Pastor

> First Christian Church Disciples of Christ 2200 Bland Road Bluefield, WV 24701



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