

## All Church News

### Minister's Message: Compassion Motivates Our Movement

**CONTACT: Rev. Dr. John Regan [jregan@fcedmond.org](mailto:jregan@fcedmond.org) 405.341.3544**

In the first century, Jesus founded a movement that spread like wildfire across the Roman Empire. It grew rapidly not because its ideas had been field-tested or because there was a savvy ad campaign behind it, but because it was relevant and addressed the deepest and most profound concerns of human beings. The love and compassion of the early church improved the lot and life of people. People found unconditional love, compassion, a place to belong, and a community that listened and responded to their hurts and confusions. In the twenty-first century, the love and compassion of Christ's church are still desperately needed in our Edmond community. And one of the great advantages of our age and our community is we have tremendous resources, connections, and partners to meet the concerns of our fellow citizens and their deepest human concerns.

On Sunday at our Annual Ministry Planning meeting, we will be highlighting some of the vulnerabilities that impact our neighborhoods and schools. We will have conversations about how we can better collaborate with existing non-profits, human agencies, schools, and other congregations to meet the threats and traumas that our children and families face. We want to move more closely to the frontlines of promoting and nurturing childhoods of wholeness that will reduce the need for rescue and repair later.

Part of our initial task will be to become better informed about the trauma and trials that too many of our children and families in Edmond face. Through the years First Christian Church of Edmond has answered the call of our community for help. If you are interested in learning how this kind of collaboration can happen when concerned citizens rally together, you might want to attend an event First Christian will be hosting in our Sanctuary on Tuesday, September 25 at 6:30pm. It's a documentary film entitled *Resilience: The Biology of Stress & the Science of Hope* which chronicles the birth of a new movement among pediatricians, therapists, educators, and communities who are using cutting-edge brain science to disrupt cycles of violence, addiction, and disease. (I encourage you to read the article by Elaine Warner below to learn more.)

We live in a time where our communities need compassionate leaders and citizens who can find solutions together. First Christian has assets – people, buildings, relationships, and faith. These assets of abundance, when coupled with imagination and collaboration, will allow us to imagine new forms of ministry. We are stepping up and moving forward because we are a movement for wholeness founded by a leader and Lord who told us some things just cannot wait.

### Film Showing – Resilience: The Biology of Stress & the Science of Hope

**CONTACT: Elaine Warner [okietravel@yahoo.com](mailto:okietravel@yahoo.com) 405-620-3807**

On Tuesday, September 25 from 6:30-8:30pm, First Christian Church will present a screening of the award-winning documentary *RESILIENCE: The Biology of Stress & the Science of Hope*. The one-hour film is the work of James Redford and Karen Pritzker that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress.

*"The child may not remember, but the body remembers."* Research, which began in the mid-1990s demonstrates an undeniable link between adverse childhood experiences and socioeconomic crisis. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, ACEs can alter brain development and have lifelong effects on health and behavior. However, as experts and practitioners profiled in

*RESILIENCE* are proving, what's predictable is preventable. These physicians, educators, social workers, and communities are daring to talk about the effects of divorce, abuse, and neglect. And they're using cutting-edge science to help the next generation break the cycles of adversity and disease.

To help our audience process the powerful message, a panel of professionals who are experts in their fields will be present, including Sen. Adam Pugh; Major Paco Balderrama, of the OCPD; Price Brown, executive director of Elementary Education, Edmond Public Schools; and Carolynn MacAllister, retired OSU professor and founder of Resilient Payne County. This showing is made possible by the sponsorship of the Potts Family Foundation.

## Exploring Mindfulness and Contemplative Practices

**CONTACT: Rev. Dr. Chris Shorow [chshorow@fcedmond.org](mailto:chshorow@fcedmond.org) or 405.341.3544**

Join us this weekend as we welcome back Dr. Andy Fort from TCU who will lead us in conversations and exercise around mindfulness and contemplative practice. Invite a friend and join us!

### Saturday, September 15

9:30am – First Presentation - What is mindfulness, and what is its value today? (Exercise)

10:45am – Second Presentation - Contemplative Practice in a Group Setting (Exercise)

12 noon – Lunch Break

1:30pm – Contemplative Exercises

### Sunday, September 16

10:00am – Dr. Fort will present on Contemplative Practices

## Parking at First Christian

**CONTACT: Karla Mahan [kmahan@fcedmond.org](mailto:kmahan@fcedmond.org) 405.341.3544**

The City of Edmond has notified us that our far west parking lot, located on the South West corner of 1st and Boulevard, will be closed for approximately 2 weeks while scheduled maintenance and resurfacing is performed. This parking lot, often described by church members as the "Taco Bueno" parking lot, is owned by our church but the City of Edmond is responsible for the paving and upkeep of the surface. This longstanding relationship with the City serves our city and is a great cost savings relationship for us. We ask for your patience until the City finishes the project. Thank you!

## Church Golf Tournament

**CONTACT: Scott Peters [speters2576@gmail.com](mailto:speters2576@gmail.com) 405.627.8610 Randle Lee [randlelee@msn.com](mailto:randlelee@msn.com) 405.819.3427**

On Sunday, October 7, there will be an 18-hole fundraising golf tournament for First Christian Church at Kickingbird Golf Course. This will be a two-person scramble and two divisions (2 adults or parent/child team) with prizes to be awarded for both. To sign up to play, contact Scott or Randle (above).

The tournament committee is looking for sponsors interested in donating raffle items. These will be auctioned off with the proceeds going to the FCC's General Fund. All interested parties contact Scott or Randle (above).

## The Benevolence Fund is in Need

**CONTACT: Karla Mahan [kmahan@fcedmond.org](mailto:kmahan@fcedmond.org) or 405.341.3544**

Through your generosity, First Christian Church gives assistance to the Edmond community and beyond, as funds are available. This is done through our Benevolence Fund, which allows us to provide aid to those in immediate need, most commonly rent, food or catching up on bills. Priority is given to church members, so most of the money helps our church family; although there are people who fall between the cracks of what the HOPE Center of Edmond can offer and need a helping hand as well. This fund is at the discretion of the ministers and is intended to provide short-term help to people in crisis. At this time, the Benevolence Fund has been depleted and needs your donations. Feel free to give any amount!

## Wednesday Evenings at FCC – Come UNITE!

**CONTACT: Jennifer Humphrey [jhumphrey@fcedmond.org](mailto:jhumphrey@fcedmond.org) or 405.341.3544 ext. 105**

From Bible Study to Legacy Planning, Singing to Yoga, Dinner to Small Groups, UNITE has something for everyone! UNITE is a semester of Wednesday evenings when people of all ages—children, youth, and adults—can spend time together, form lasting relationships, and grow in their faith. For a calendar of dates and Wednesday night time schedules, visit [www.fcedmond.org/unite](http://www.fcedmond.org/unite)

## Trivia Night Fundraiser - a Success!

**CONTACT:** Lauren VanOsdol [lauren.vanosdol@gmail.com](mailto:lauren.vanosdol@gmail.com) 405.517.2713

Thank you for the outstanding turnout this past Sunday for our first annual trivia night! We had just over 100 participants forming small teams as we covered 10 categories of questions. The selected categories for our 2018 edition included geography, sports, phobias in movies, Harry Potter, logos, famous Okie's, missing lyrics, potpourri, movie quotes, and of course—the Bible. Our teams gave it a great shot; including the Evangelical Quiztians, the Titanic Swim Team, Moses And the Millenials, the Ninja Bears and the Trivia Queens—but in the end, The Shredley's took home the win (the Shorow/Medley team). We ate, we laughed, we sang, and some of us even danced, all with **the common purpose of raising over \$1,800 for Breakfast on Boulevard and the FCC Youth Missions fund**. Thank you all so much from the VanOsdol family. We had a blast and can't wait to do it again next year!

## Dates to Remember

**September 15 – Mindfulness with Dr. Andy Fort**, 9:30am – 1pm, Sanctuary

**September 16 – Mindfulness with Dr. Andy Fort**, 10am, Chapel

**September 16 – AMP Event**, 12:15pm Fellowship Hall

**September 18, 21 & 25 – Advanced Tai Chi**, 10am, Hallway by Rotunda

**September 18, 20, 25 – Advanced Tai Chi**, 6:30pm, Sanctuary

**September 19 & 26 – UNITE!**

**September 20 – Lunch Bunch**, 10am games, lunch served at 11:30am

**September 23 – Life After Loss**, 4:30pm, Room 130

**September 25 – Documentary screening & panel discussion – *RESILIENCE: The Biology of Stress & the Science of Hope***, 6:30pm, Sanctuary

**September 30 – Flu Shots**, 8:30am-12:15pm, Faith Community Health Team Office (in pastoral office's suite)

**October 2 – Beginner Tai Chi** starts, 11:15am, Room 201

**October 3 – Yoga** begins at Unite, 6:30pm, Basement

**October 4 & 18 – Lunch Bunch**, 10am games, lunch served at 11:30am

## Worship News

### On the Worship Schedule

Worship at First Christian – Sundays at 8:15, 9 & 11am

**September 16, 2018** - Minister: Rev. Dr. Chris Shorow; Scripture: Matthew 22:34-40; *Children Worship & Wonder: Creation*

**September 23, 2018** - Minister: Rev. Dr. Chris Shorow; *Children Worship & Wonder: Noah*

**September 30, 2018** - Minister: Rev. Mark Taylor; Scripture: Acts 2:44-46; *Children Worship & Wonder: Abram & Sarai*

### Watch and Listen to Sermons Online

Watch and listen to sermons from our worship services anytime! To watch live streaming of our services, follow the link at [www.fccedmond.org/live](http://www.fccedmond.org/live) To listen, visit our Sermons page at [www.fccedmond.org](http://www.fccedmond.org) Tell your friends, neighbors, family, and co-workers about First Christian Church, point them to our website, and encourage them to watch and listen online!

Need Wifi? Be our guest! Public wifi access is available at First Christian Church. Use password "fccedmond".

"Like" our Facebook page - First Christian Church of Edmond - and stay up-to-date on all the latest events!

## Serve News

## Outreach Ministry Spotlight – Meet Some of Our Outreach Partners

**CONTACT: Geri Moffatt** [gerimoffatt@cox.net](mailto:gerimoffatt@cox.net) 405.650.4970

Through your generosity, First Christian Church gives to Outreach Partners throughout our community and beyond. A goal of this committee is to provide information about some of these ministries.

This month, we are highlighting **Habitat for Humanity**. This is a nonprofit, ecumenical Christian housing ministry working in partnership with God and the community to build simple, decent, affordable housing, and to provide hope for responsible, hard-working, limited income families living in substandard conditions. Go to [www.habitat.org](http://www.habitat.org) for more info!

## Children's News

### Trunk or Treat Fun!

**CONTACT: Jennifer Humphrey** [jhumphrey@fccedmond.org](mailto:jhumphrey@fccedmond.org) 405.341.3544

Save the Date for **Sunday, October 28, from 5 to 7pm**, for a night of fun at our **Trunk or Treat Event** hosted by the First Christian Church Children's Ministry. All children are invited to "trick-or-treat" in the East Parking Lot and play fun games on the lawn. Bring a canned food item for a donation to the Edmond HOPE Center. Get those costumes ready! We hope to see you there!

**Trunks Needed!** Want to sponsor a trunk? Register here:

<https://fccedmond.ccbchurch.com/goto/forms/230/responses/new>

### Children's Ministries Upcoming Events

**CONTACT: Jennifer Humphrey** [jhumphrey@fccedmond.org](mailto:jhumphrey@fccedmond.org) or 405.341.3544 ext. 105

Ages 3 years old through 5th grade - join us each Sunday morning at 10am in the Children's Education Hallway for Sunday school.

Preschool & PreK (3, 4 & 5-year-olds) - Room E12 (Children's Hallway)

K & 1st Grade - Room E19 (Children's Hallway)

2nd & 3rd Grade - Room E17 (Children's Hallway)

4th & 5th Grade - Room A23 (Family Life Center)

**UNITE on Wednesdays**, beginning at 5pm - FCC's Wednesday night programming, UNITE, has started! Go to [www.fccedmond.org/unite](http://www.fccedmond.org/unite) for more details. **Items Needed for UNITE** - We are in need of a few items for dinner & activities for the Fall UNITE session. If you think you can help, check out the List of Needs here:

[https://fccedmond.ccbchurch.com/need\\_detail.php?need\\_id=353](https://fccedmond.ccbchurch.com/need_detail.php?need_id=353)

**Trunk or Treat, Sunday, October 28** - Save the date for this cool children's event!

## Student Ministries News

### Student Ministries Calendar of Events

**CONTACT: Rev. Mark Taylor** [mtaylor@fccedmond.org](mailto:mtaylor@fccedmond.org) or 405.341.3544 ext. 102

Join us each Sunday morning at 10am in the Family Life Center for breakfast, announcements and Sunday School classes!

**Wednesdays at 5:45pm - UNITE!** Go to [www.fccedmond.org/unite](http://www.fccedmond.org/unite) for more details. **Items Needed for UNITE** - We are in need of a few items for dinner & activities for the Fall UNITE session. If you think you can help, check out the List of Needs here: [https://fccedmond.ccbchurch.com/need\\_detail.php?need\\_id=353](https://fccedmond.ccbchurch.com/need_detail.php?need_id=353)

**Sunday, September 16 - Youth Interfaith Tour 2018** - This program is sponsored by the Oklahoma Conference of Churches and is designed to build bridges of understanding between different faith organizations. We will be traveling to three different houses of worship with youth from across the metro area. Go to [www.fccedmond.org/register](http://www.fccedmond.org/register) to sign up for this event!

For more dates and times of **all Student Events** - go to [www.fccedmond.org/studentprograms](http://www.fccedmond.org/studentprograms)

## Care News

## Yoga Class Begins October 3

**CONTACT: Shelley Regan [saregan@outlook.com](mailto:saregan@outlook.com) or 405.414.3544**

Our faith community health ministry is focused on the physical and mental well-being of our faith community and offers programs and educational tools for a healthier lifestyle. To support your journey toward wholeness they are pleased to host an 8-week yoga class this fall, meeting Wednesday evenings from 6:30 to 7:30 pm in the basement. The course begins Wednesday, October 3.

This all-level vinyasa flow class will coordinate movement with breath to flow from one yoga pose to the next, calming the mind and body. Our instructor is Alexa Mangum. She will provide modifications as well as options to take each student's practice to a new level. Beginners are welcome. Free, open to the public, and no registration required. Simply bring your own yoga mat and join us! **Meeting these Wednesdays: October 3, 10, and 24, November 7, 14, 28, December 5 and 12.**

Our instructor, Alexa Mangum, RYT200, started practicing yoga in 2008 during law school and immediately knew this practice would be life-changing. Alexa says "Yoga taught me confidence, concentration, and composure. Yoga continues to transform me daily so that I am more present in my everyday life." Alexa began teacher training at YogaLife in Norman, OK in 2016, so she could learn more about yoga and help others enjoy the same experience. Come practice with Alexa on Wednesday evenings, and discover how yoga can enhance your life!

## Tai Chi for Better Balance

**CONTACT: Donna Clark, [tdscl5@gmail.com](mailto:tdscl5@gmail.com) 405.413.1954**

Our faith community health ministry is happy to announce Tai Chi is back for the fall! Tai Chi can be done sitting or standing and does not require anything but comfy clothes and shoes. It is slow movements to meditative music that uses all muscles of the body. There will be an advanced class and a beginner class.

### **Advanced Tai Chi is a 6-weeks long course, beginning September 18**

- Morning classes will be on Tuesdays and Fridays from 10am to 11am (excluding 9/28) through 10/30. Class will be held in the hallway near the rotunda.
- Evening classes will be on Tuesdays and Thursdays from 6:30pm to 7:30pm (excluding 9/27 & 10/25) through 11/1. Class will be held in the Sanctuary.

### **Beginner Tai Chi is a 6-week long course, beginning on October 2**

- Morning classes will be on Tuesdays and Fridays from 11:15am to 12:15pm (excluding 11/9) through 11/13. Class will be held in the classroom upstairs behind the Chapel (Room 201).

**Please RSVP** to the class by contacting Donna (above).

## Flu Shots Available September 30 at FCC

**CONTACT: Donna Clark, [tdscl5@gmail.com](mailto:tdscl5@gmail.com) 405.413.1954**

On Sunday, September 30, from 8:30am to 12:15pm, flu shots will be available in the Faith Community Nurses office. The cost (without insurance) is \$25 for the flu shot. Most insurance is accepted so please bring your insurance card. Quadrivalent Flu (4 Strains), High Dose Flu (for those 65 and older) and Flu Mist will be available this year. Shots will be available through Passport Health.

## In Our Prayers This Week

**THOSE IN NEED OF PRAYER** Bill & Connie LaRue, John & Dot Hammond, Ed & Mary Walker, Paul & Nancy Gaines, Karen Baldrige

**OUR SYMPATHY AND PRAYERS TO** The Jarrett Family & Gladys Dronberger in the passing of their mother and friend, Phyllis Jarrett, on September 1. Services will be held September 14 at 1pm at FCC-Edmond AND TO Cherrie Steele and Family in the passing of their husband and father, Bob Steele, on September 7. Services were held on September 13 at FCC-Edmond AND TO Karen Killackey and the Regan Killackey Family on the passing of their husband and father, Jim Killackey, on September 7. Services were held September 11 at FCC-Edmond.

*Please share your prayer requests with us so we can pray for you. Contact Pastoral Assistant, Iris Muno Jordan at [ijordan@fcedmond.org](mailto:ijordan@fcedmond.org) or 341-3544, ext. 110.*

## Happy Birthday FCC Friends!

**9/16** Greg Dunn

**9/17** Tracy Nester

**9/18** Max Moore, Sharon Mugg, Megan West

**9/19** Jack Smith

**9/20** Don Mecoy, Casey Murphy, Brenda Wood

**9/21** Jan Allison, Merna Burns, Stella Harris

**9/22** Linda Burrows, Richard Cutter, Bill Howell, David Larrison, Shelley Regan

**9/23** Jerri Brigham, Donna Combs, Jeff Fine-Thomas

**9/24** Melody Coco, Ken McClain, Matt Sauls, Zoya Schmoyer, Bob Thomas

**9/25** Campbell Christensen, Rob Farrah

**9/26** Mary Ann Hess, Lynn Holzberlein

**9/27** Grady Daniel, John Osburn

**9/28** James Larrison, Randel Shadid

**9/29** Travis Gallaway, Alan Simpson

**9/30** Margery Wallace