



FIRST CHRISTAIN CHURCH
(Disciples of Christ)
1233 Emerald Rd.
Paulding, Ohio 45879

DISCIPLE DIGEST

FIRST CHRISTIAN CHURCH
ISSUE NO. I-2023
MINISTER: REV. DR. SANDRA JENKINS

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WORSHIP SERVICE 10:00 A.M.

Coffee & Conversation 9:00 a.m

JANUARY 2023



DISCIPLE DIGEST

First Christian Church

(Disciples of Christ)



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MISSION OF FIRST CHRISTIAN CHURCH

The mission of this Congregation shall be—

To lead people to faith in Jesus Christ.

To encourage their active commitment to His service.

To facilitate their growth in grace and in the knowledge of Christ.

Further, it shall be our mission to work for the unity of all Christians and to participate in the common task of building the Kingdom of God.



PASTOR'S PAGE: CHAPLAINCY AND PASTORING

ANGER VERSUS UNRESOLVED ANGER: POSITIVE AND DESTRUCTIVE FORCES AT WORK

by Rev. Dr. Sandra Jenkins

Someone raises his voice in the office, another one retreats, to the privacy of her own space, yet another slams the door with indignation, and still another hurls objects wildly -- all faces of a most powerful and pervasive force: anger. Consider the following questions, answering true or false:

- I have trouble remaining close to people and others say I am "cold."*
 - I frequently have recurring minor health problems, e.g., a cold or cough.*
 - I have low tolerance for religious practices and find most religious people hypocritical.*
 - I fail to recognize the "pit falls" in business deals.*
 - I have feelings of anxiety but can't seem to "put my finger on it."*
 - I do not do well in getting my anger out.*
 - I am uncomfortable confronting others.*
 - Sometimes, I get into fights with others, shouting or yelling, or sometimes slapping or hitting.*
 - If something goes wrong, I am usually not the one who caused it.*
 - I believe I have been cheated out of many good areas of life.*
 - Once you cross me, that's it. I am not likely to give you another chance.*
 - The old saying, "What goes around comes around" could not happen fast enough for some of those dishonest people out there who REALLY deserve it.*
- (If you answer true to less than even half of these, you may be experiencing some form of unresolved anger in your life.)*

Regardless of what may cause the anger, justified or not, negative reactions to anger diminish our empowerment. In fact, the longer we cling to the negative reaction, the harder it gets to manage the anger. This type of negative response is called “unresolved anger.”

According to author/counselor, Gary Smally, unresolved anger is so passionate it has the capacity to sustain misery, gripping us by our very being and holding us there for a long, long time.

We have long since been educated about unresolved anger’s incessant grip over our lives. But, have you ever wondered why each of us is so well equipped with a capacity to manage both tolerance and anger all in the same body, mind and spirit? I suspect it is because we need a balance of both in order to maintain a deeper level of understanding in our personal and professional relationships.

Acquiring balance between patience and anger means confidently incorporating the different qualities of both into your life without judging one or the other emotion as better or worse, and/or losing yourself in the process.

In *The Prophet*, author

discusses how opposing emotions bring clarity and understanding to our relationships. For example, he writes: “Without sorrow, you can never know joy.” Since most people have experienced sorrow and joy at some time in their life, it would be hard to imagine one without the other. Instead, try to imagine the rest of your life without ever shedding another tear! I dare say that is not something we would guarantee could happen, or ever would happen. Anger and patience complement each other and, in most instances, are quite similar. Both require the same passion to drive them. Both require a certain “look before you leap” mentality before acting. Moreover, both are behavioral choices: we choose which one to do or not to do.

Kahlil Kibran

In order to gain understanding, I am not suggesting you seek out patient communications and arguments proportionately. Rather, consider channeling the unresolved anger you possess in a more positive direction. This would require a fuller understanding of patience and anger, incorporating the wisdom to balance the use of *both* in your interactions. Achieving balance is not doing good over evil -- certainly, that is desirable! Acquiring balance between patience and anger means confidently incorporating the different qualities of both into your life without judging one or the other emotion as better or worse, and/or losing yourself in the process. In other words, when angry, accept the anger, but endeavor to find useful ways in which to channel it without losing control. Likewise, when patience is required, bask in the peaceful serenity it offers, while being careful not to hang a “doormat only” sign over your forehead!

Regardless, most of us still argue with unresolved angry styles learned in our youth, and often these behaviors are manifested during arguments. There are five different dysfunctional personality types I refer to in unresolved angry interaction:

THE SCREAMER

This person is characterized by, no surprise, loud, vicious yelling and/or hollering. S/he generally interrupts a great deal because what s/he has to say is far more important than what you have to say. Plus, the situation, along with both the cause and anger, is generally your fault.

THE SILENT MOVIE

This person generally withdraws and you spend hours agonizing over what the person. Sometimes, this individual sometimes withholds affection, meaningful touch, stays angry for long periods, or even refuses to associate with you in any fashion until you apologize for what you did wrong. This individual tends toward anger; however, ever so silently. S/he tends to agonize hours over whatever might be angering him or her.

THE RIDDLER

The riddler is the type of person who becomes angry at you, but you are not quite sure he/she is angry at all. Sometimes, it takes months for you to figure it out until s/he slips an ugly remark about the argument you had several days, weeks, or even months ago. Plus, it is not their responsibility to tell you what the anger is. It is your job to figure it out and come back with a practical plan and guideline for repairing the damage. When all that is said and done, you may be “out of the dog house” by then.

THE SLAMMER

A “slammer” is often quick tempered, using doors, pots, pans, or other such inanimate objects to hurl, and with which to make a lot of noise until someone gets the idea s/he is angry. Sometimes this personality is a combination of other personality types, further creating confusion in the dysfunctional angry style. Either way, you can’t win. In fact, you may be damaged yourself in the “acting out” process of their behaviors.

THE CUTTER

“Cutters” use degrading remarks to get you feeling so guilty and low for the anger they feel, you wish you could crawl into a hole and never come out. The cutter is generally

excellent at manipulating you into exactly what s/he wants, and at least for a short time, you might even fall for it.

Anger itself, from time to time, is not so much a “bad thing” as the fact that most people are currently dealing with some sort of form or other of “unresolved anger.” Even though everyone has had encounters with anger, few know how to manage it properly. Instead, we learn to coexist with our dysfunctional ways of fighting, because at the very least, they are more familiar to us. Perhaps most prefer “peace at any price” to the anxiety anger brings, and as such, run when anger occurs, experience trauma during an argument, or simply react to the confrontation anger exposes. I believe the real problem is not anger, but not having *learned* how to stand and “fight.” The word “fight,” according to The New Webster’s Dictionary means: *battle; struggle; contest*. Most people are not knowledgeable of “fighters” in this sense. As such, it follows that a fight does not have to mean something violent or explosive. Consider from Webster’s definition that “*fighting,*” then, *is a personal challenge, contest, or struggle to avoid yelling, screaming, and /or using physical violence of any form in favor of a more positive approach*. A healthy fight might engage heart to heart, heated discussions, requiring courage and strength, plus a removal of “comfort zones” (i.e., old and familiar habits). Healthy fights would demand something stronger than yelling, screaming or violence: bona-fide intelligence, common sense, painstaking practice, and most of all, old fashioned hard work!

I have long often sensed the success of relationships, be they work or social, has little to do with how well we treat one another on a day to day basis. It is easy to be “nice” when things are going relatively smooth. Rather, it is how well we treat each other during an unresolved anger escapade that is the true “acid test” of an honest, caring, and deeply rooted relationship!

Proof of light



On January 6 Christians celebrate Epiphany, when the Magi came to worship baby Jesus. Epiphany, which means an appearance or manifestation, symbolizes the first recognition of the Savior by non-Jews. Because Epiphany also is a reminder that Jesus came as the light of the whole world, its symbols include light, candles and a star.

How did the wise men know — and how do we know — that Jesus is the light of the world? As preacher George Buttrick said, “It would little avail to ask how we know. That would be like asking how we know that Beethoven’s ‘Hymn to Joy’ is joyous. If a man were to say, ‘It is not joyous to me,’ he would not condemn the music; he would tell only his morbidity. There is no logic to establish an axiom, for an axiom is the basis of all logic; and the soul of Jesus has axiomatic truth. Jesus is light, and there is no proof for light except light itself.”



FROM THE ELDERS

A Devotion by John Blasé entitled Don't Forget the Giver

It was just before Christmas, and her kids were having a difficult time with gratitude. She knew how easy it was to slip into that kind of thinking, but she also knew she wanted something better for the hearts of her children. So she went through the house and placed red bows on light switches, the pantry and refrigerator doors, the washing machine and dryer, and the water faucets. With each bow there was a handwritten note” “Some of the gifts God gives us are easy to overlook, so I've put a bow on them. He is so good to our family. Let's not forget where the gifts come from.”

In Deuteronomy 6, we see that the future of the nation of Israel involved the conquest of existing places. So they would move into large flourishing cities they did not build (v. 10), occupy houses filled with good things they didn't provide, and benefit from wells and vineyards and olive groves they didn't dig or plant (v. 11). All these blessings could be easily traced back to a single source- “the LORD your God (v. 10). And while God lovingly provided these things and more, Moses wanted to make sure the people were careful not to forget (v. 12).

During certain seasons of life it's easy to forget. But let's not lose sight of God's goodness, the source of all our blessings.

As we go into the new year, let us remember our blessings, big and small, and give God the thanks daily. God bless and Happy New Year to each and everyone and remember to give God thanks.

Thank You

The family of Bob Leslie would like to say thank you for all the prayers and support during our loss.

Love,
Sandy Leslie
Steve Leslie and Family
Missy Leslie and Family
Nicole Harris and Family

First Christian Church,

I wanted to personally thank you for your generous donation to the food service department at Paulding Schools. Your donation will be deposited into our No Kid Goes Hungry account.

This account is used to cover family billing accts that are in the negative.

Our community & schools district is blessed to have you!!

Merry Christmas,
Holly Dangler



DWM,

Thank you for the wonderful luncheon after the memorial service.

Helen loved her time with DWM, and her work with the funeral dinners, and others.

Accept this contribution to your funeral dinner fund. If you haven't started a fund, use this to start one.

I know that's what Helen wanted. (see her notes, attached.)

Thanks again,
Paul Long & Family

First Christian Church,

Thank you for all you do to help us serve neighbors. We appreciate your support with the recent donation of food.

Caring & Sharing Food Pantry



Comfort in Mourning:

The family of Randy Clemens
The family of Ronnie Breedlove

Healing Prayers:

Jerry & Ruth Ann Beck
Gene Bland
*Nate Bland
Noah Johnson
Dora May Laney
Lorean McCullough
Chad Miller
*Bonnie Parker
Matt Reinick
*Wanda Rohlf
*Charlie Simpson
Pat Strayer



Continuing Concerns:

Thaniel Bulau
Dave Foltz
Veronica Kromer
Jim McClullough
Kenny Santo
Nursing Homes
Ukraine

*Denotes Members

Nursing Home Residents..

The Gardens

*Romaine Boundy
*Betty Hamman

Van Crest of Payne

*Velma Albert

Military:

Cameron Cramer

JANUARY SERVERS

Elders

Sandy Bandy
Sue Simpson

Worship Leaders

Deb Santo

Greeters

Joan Tope

First Scripture Reader

Sharon Cooper



- 1/02 Sandy Bandy
- 1/05 Vicki McClure
- 1/06 Jan Commers
- 1/08 Sharon Kline
- 1/10 Paula Riggerbach
- 1/15 Bonnie Parker
- 1/16 Sherry Short
- 1/18 Clint Reinhart
- 1/19 Kevin Daniels
- 1/19 Brenda Mathys
- 1/21 Jennifer Mudel
- 1/23 Kelly Ricker
- 1/27 Logan Mudel
- 1/28 Jeanine Hoover



- 1/03 Larry & Cindy Grace
- 1/17 Clint & Malerie Reinhart
- 1/17 Dan & Darla Smith

Another year for God

Another year is dawning; dear Father, let it be,
in working or in waiting, another year with thee....

Another year of progress, another year of praise,
another year of proving thy presence all the days.

Another year of service, of witness for thy love;
another year of training for holier work above.

Another year is dawning! Dear Father, let it be,
on earth, or else in heaven, another year for thee.

Annual Reports

All Committees need to have their annual report information to the office by January 31st.



Thank you.

Flowers For Worship:

- 01/01 Ann & Greg Reinhart-Happy New Year
- 01/08 Herm Guelde-In Honor of Family
- 01/15
- 01/22
- 01/29



2023 Flower Calendar

The Flower calendar for the upcoming year is posted on the bulletin board. If you would like to sponsor the flowers for a Sunday worship, please sign up on the bulletin board. Cost is \$20.00 paid to the office.

ATTENDANCE

11/27	43
12/04	43
12/11	43
12/18	55



Disciples Women's Ministry

The next Disciples Women's Meeting is January 3rd at 10 a.m. All women of the church are encouraged to attend. We will be planning the upcoming year.

The women enjoyed their Christmas party. Winner of the decorated sweater contest was Sharon Cooper. Thanks to everyone who attended.



NEWSLETTER DEADLINE IS THE 15TH OF THE MONTH



Monthly Budget Needs

In order to meet our monthly budget needs We need an offering of \$10385.50 per month.



COUNTERS

- 01/01 Matt Strayer, Tracy Gunderman, Cindy Grace
- 01/08 Jan Commers, Paul Long, Sandy Bandy
- 01/15 Max Hibbard. Susan Simpson, Charlie Simpson
- 01/22 Nicole Harris, Angela Bowers
- 01/29 Charlie Simpson, Joan Tope, Dan Workman



First Christian Church Fund Summary Nov. 2022

Caring and Sharing Food Pantry

The Caring and Sharing Food Pantry appreciates the support of the church members so much. Dan Bulau has been working closely with the food pantry and is keeping us informed of there current needs. For January the pantry is in need of eggs. You may bring them to the church or take them to the pantry on Wednesday or Saturday mornings from 9 a.m. to noon.

Outreach Committee

The Outreach committee coordinated our Christmas giving this year, making sure 18 children had gifts for Christmas and provided the families with a Christmas meal. Thank you to everyone who helped with this ministry.

Thank You

Thank you church family for the generous Christmas gift. I really appreciate your kindness.

Denise



2023 Offering Envelopes

Please pick up your 2023 offering envelopes in the narthex. If you have questions, please contact Susan Simpson.

Contribution Statements

If you would like a 2022 giving statement please contact Sue Simpson or let the office know.

<i>Dates</i>	100 TITHES AND OFFERINGS	106 SPECIAL HOLIDAY-THA NKSGIV	107 SPECIAL HOLIDAY-CHR ISTMAS	200 BUILDING/MAI NT.	205 New Church Roof	700 MENS GROUP	Total
11/06/2022	4,452.76	170.00	0.00	0.00	0.00	0.00	4,622.76
11/13/2022	1,675.00	40.00	0.00	50.00	2,000.00	0.00	3,765.00
11/20/2022	1,370.46	20.00	0.00	0.00	0.00	30.00	1,420.46
11/27/2022	1,385.00	0.00	100.00	10.00	0.00	0.00	1,495.00
Total	8,883.22	230.00	100.00	60.00	2,000.00	30.00	11,303.22

Susan K. Simpson

12/13/22

FIRST CHRISTIAN CHURCH



WORSHIP: SUNDAYS-10 A.M.

OFFICE HOURS: TUES.-FRIDAY 8 a.m.-12 p.m.

BELL CHOIR EVERY SUNDAY FOLLOWING WORSHIP

Pastor Sandra Jenkins # 814-403-8659.

January 2023



Sun Mon Tue Wed Thu Fri Sat

1	2	3	4	5	6	7
Happy New Year!		DISCIPLES WOMENS MEETING-10 A.M.	WORSHIP/ MEMBERSHIP- 6:30 P.M. TRUSTEES-7 P.M.		EPIPHANY	
8	9	10	11	12	13	14
			STEWARDSHIP/ FINANCE -6:30 P.M.			
15	16	17	18	19	20	21
ELDERS-8:30 A.M.	MLK DAY	BOARD MEETING- 7 P.M.				MEN'S GROUP-9 A.M. @ FCC
22	23	24	25	26	27	28
29	30	31				
LAITY SUNDAY						

SERMONS & 2ND SCRIPTURE

January 01, 2023 Letting Go, Matthew 2: 13-23
 January 08, 2023 Light to the People, Isaiah 42: 1-9
 January 15, 2023 "Paul's Prayer: Grace", 1 Corinthians 1: 1-9
 January 22, 2023 Calling All Disciples, Matthew 4: 12-23
 January 29, 2023 Laity Sunday

ELDERS: Sandy Bandy & Sue Simpson
 WORSHIP LEADER: Deb Santo
 1ST SCRIPTURE READER: Sharon Cooper
 GREETERS: Joan Tope



We have an exciting announcement! Walmart is now helping us serve our neighbors in Paulding County.



Shop at [Walmart.com](https://www.walmart.com), online or using their app, and round up your total to the next dollar. That change will be donated to Caring & Sharing Food Pantry. Learn how small acts can lead to big impact by scanning the QR code.



Register Today and Round Up

- Sign in to your Walmart account...or create one if you need to
- Click on "Services" at the top, just right of the Walmart logo
- Choose "Community and Giving" from the dropdown menu
- Select "Support a local Charity"
- Type in "Caring and Sharing" in the search box
- Choose "Caring & Sharing Food Pantry" as the charity to support

How It Works

When you shop at [Walmart.com](https://www.walmart.com) online or through the app, you'll be asked if you still want to "round up" your payment when you check out. Those few cents will add up over time and make big difference for the clients of the Caring & Sharing Food Pantry. Thank you for helping us serve your neighbors.

Roundup donations will go toward the cost of the pantry's new building until it is fully funded. Then, they will offset operational expenses.