



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

DISCIPLE DIGEST

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

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WORSHIP SERVICE 10:00 A.M.

Coffee & Conversation 9:00 a.m



JULY 2023

DISCIPLE DIGEST

First Christian Church (Disciples of Christ)



JULY 2023

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

FAMILY RELATIONSHIPS AND BOUNDARIES, PART II:

Dedicated to Family Week, Dr. Sandra S. Jenkins

Tired of feeling like conflicts become catastrophic events? Does it seem like your loved ones use words or actions to hurt one another too often? Do arguments escalate with most everyone becoming frustrated or even enraged with one another too quickly?

GREAT questions to explore! In healthy families, members mutually respect and support one another. There is, in a general sense, compassion and love. Even when conflict does arise, the family may possess some ways for resolution maturely as skills emerge. Unfortunately, many families do not always pick the best time/s to resolve these situations.

It's no secret that family systems can be stressful and complicated. Further, you sense a need to reduce stress or alleviate the situations. But, if you're constantly feeling overwhelmed, it is difficult to see a resolution clearly. Getting a facelift on some of your strategies could help.

At this juncture, it may be time to consider setting boundaries more clearly. Just like fences separate physical property, relational boundaries refer to the limits a person has with another person. Your boundaries are your personal guidelines and space for how you expect other people to treat you, and they can help reduce some of this emotional intensity.

Regardless, implementing them can seem easier said than done. To make the situation simple, it is important to set up logical guidelines. Thus, let's begin with four types of boundaries and responses meant to bring greater clarity and ways help implement them:

Physical Boundaries:

1. Physical
2. Moral
3. Financial
4. Emotional

Typical Responses:

1. Touch that is off limits,
2. NO is a complete sentence.
3. Expressing, "I am uncomfortable with that" or "No thank you."
4. Only saying YES when you mean it

In a healthy family system, each person assumes responsibility for his or her part in keeping the system balanced and safe. For example, a parent might set a boundary against unwanted

Healthy boundaries can and should be consistent. This means that they ebb and flow based on each family system, and there isn't a right-or-wrong way to use them. However, effective boundaries also work best when rule-bound or concise and defined- there isn't any guess work about them when both parties clarify what both need and want.

While issues are inevitable in every family system, and what people want are not always realized, it helps to establish more practice with making communication competent between parties. Some families have chronic, unhealthy boundaries that perpetuate a sense of continued dysfunction, often bringing increased stress to a household.

Still, practice communicating can help. But, it does take conscious work. There are numerous kinds of problematic boundaries, and they aren't always apparent. Slowly working toward resolutions with patience and love can prove productive. Here are a few examples:

Invasion of Privacy (Physical)

All people need privacy and personal space. These needs should be understood and respected.

Invading your privacy may include:

1. Reading through your personal mail or email without permission
2. Persistently asking or probing for private information
3. Going through private areas (like a bedroom or office in the home)

Recognizing Problems: Gaslighting

Gaslighting is one of the most difficult to manage. It is a tactic where person/s attempt to manipulate the conversation, trying to move you into second-guessing yourself. Stated another way, a person does not need to possess a personality disorder to gaslight; rather, the tactic can occur in any relationship and often appears as a rude statement about your personality or beliefs with which you disagree because the communication style adapted has been going on for a long time. Further, the person gaslighting may tell you s/he is stating something for your own good, but the outcomes are rarely positive since persons may:

1. Deny the situation altogether (after being accused of it by the other party)
2. Attempt to blame you for issues that reflect more than one person in a situation
3. Try to convince/manipulate you into something, such as believing people do not like you
4. Tell blatant, outright lies
5. Present Nonverbal and verbal communication that are often inconsistent

Bottom line, it makes communication strained, and certainly requires a goodly amount of skilled listening to manage so that parties do not get into a charged discussion. Here are a few characteristics that might also appear, thus demonstrating dysfunctional communication. The final part of this article next month will provide more positive insights! Stay tuned!! DRJ



Disciples Women's Ministry

The June meeting was very informative with Reiki demonstrations by Kathy Daniels and her friend Mary. Carrie Lero explained the healing nature of crystals. A huge thank you to these ladies for their time and expertise.

We will be helping with the all church picnic on August 13th following worship. Watch for details.

If you have an idea for an upcoming meeting please contact Suzy, Denise or Susan Knapp.

LADIES NITE OUT

July 11th

Red Lobster

Meet at the church at 4 p.m.

Arriving at our destination at 5 p.m.

Sign up on the bulletin board.

Contact Suzy for with questions



"Instructions for living a life. Pay attention. Be astonished. Tell about it."

—Mary Oliver



Comfort in Mourning:

The Family of Becky Burnett Friend
The Family of Chad Miller
The Family of Loren Thomas
The Family of Loretta Crawford

Healing Prayers:

Brynleigh Adams
Gene Bland
Don Brockhaus
Olivia Franklin
*Susan Knapp
Darlene Overmyer



Continuing Concerns:

Thaniel Bulau
Dave Foltz
Mr & Mrs. Kennedy
Joe Philpot
Jerry Price
Charlie & Susan Simpson
Raegan Wonderly
Nursing Homes
Ukraine

*Denotes Members

Nursing Home Residents..

The Gardens
*Romaine Boundy

Van Crest of Payne
*Velma Albert

Military:
Cameron Cramer

JULY SERVERS

Elders
Charlie Simpson
Max Hibbard

Worship Leader
Max Hibbard

Greeters
Sharon Cooper
Susan Knapp

First Scripture Reader
Tracy Gunderman

Please pray for our campers.



- 07/02 Carrie Lero
- 07/02 Milo Workman
- 07/08 Sandra Leslie
- 07/09 Lillie Hibbard
- 07/10 Anna Gunderman
- 07/12 Shirley Cramer
- 07/13 Corey Harris
- 07/14 DeLean Dotterer
- 07/14 Aden Lero
- 07/17 Denise Renollet
- 07/18 Kara Thompson
- 07/20 Ethan Rhonehouse
- 07/23 Michelle Mawer
- 07/26 Eternity Bassler
- 07/31 Sheryl Garza

Happy Anniversary!

- 07/04 Josh & Carrie Lero
- 07/08 Roger & Jenifer Nicelley
- 07/10 Dave & Lori Clark



Klair Hoover will be leaving to be the camp nurse on July 9th. Emily Kowalski will be attending camp the same week. Haylie Lero will be attending adult conference from July 30—Aug.6. Jan Commers will be at camp for two weeks in July.

Camp Address: 10335 Maple Dell Rd., Marysville, Ohio 43040

Flowers For Worship:

- 7/02 Herm Guelde- In Memory of Jean
- 7/09 Lero's-In Honor of Our Anniversary
- 7/16 Lero's-In Honor of Aden Birthday
- 7/23 Paul Long-In Memory of Helen Long
- 7/30



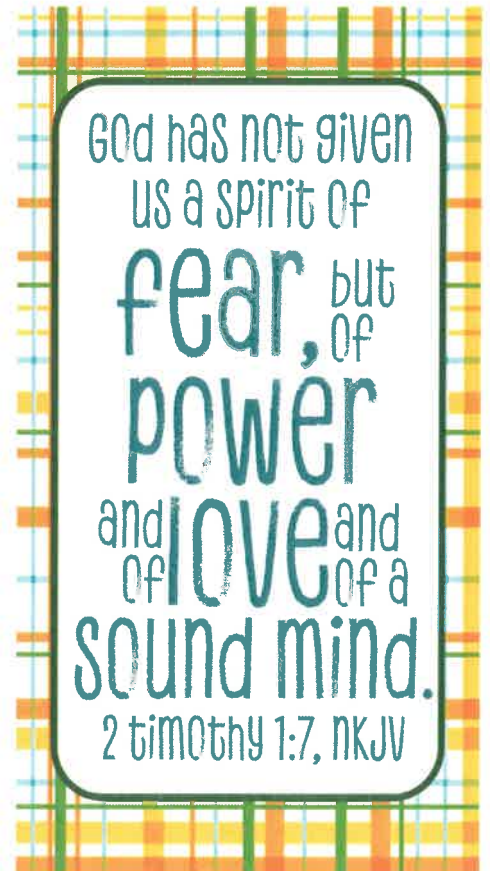
ATTENDANCE

- 5/28 49
- 6/04 49
- 6/11 52
- 6/18 48



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.





FROM THE ELDERS

Here is a devotion by James Banks entitled **Hope That Holds**

"I know Daddy's coming home because he sent me flowers." Those were my seven-year old sister's words to our mother when Dad was missing in action during wartime. Before Dad left for his mission, he preordered flowers for my sister's birthday, and they arrived while he was missing. But she was right: Dad did come home-after a harrowing combat situation. And decades to always hold on to hope.

Sometimes holding on to hope isn't easy in a broken, sinful world. Daddies don't always come home, and children's wishes sometimes go unfulfilled. But God gives hope in the most difficult circumstances. In another time of war, the prophet Habakkuk predicted the Babylonian invasion of Judah (Habakkuk 1:6; see 2 Kings 24) Remembering God's kindness to His people in the past, Habakkuk proclaimed: Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the LORD, I will be joyful in God my Savior' (3: 17-18)

Some commentators believe Habakkuk's name means "to cling." We can cling to God as our ultimate hope and joy even in trials because He holds on to us will never let go.

**How does rejoicing in God help you in difficult times?
What can you do to praise Him today?**

Father, thank You that come what may,
My future is bright with You!

An abundance of gifts

In 2022, people set some amazing Guinness World Records. A Nebraska man paddled more than 37 miles in a hollowed-out pumpkin boat. A Vermont teen wearing 4-inch heels walked more than 600 feet across a tightrope. And an Oregon man found and alphabetized all 26 letters in a can of alphabet soup in 2 minutes and 8.6 seconds. (The toughest part, he says, is distinguishing subtle differences between letters such as M and W.)

Your talents might not earn you any world records, but they certainly can grow faith and change lives. Whether you're good at teaching, singing, writing, cooking or accounting, the church can put those skills to productive use. Romans 12 lists many more qualities you may not realize are spiritual gifts: graciousness, serving, generosity, acts of mercy, loving and honoring others, extending hospitality, rejoicing and weeping with people, making peace.

You might not be able to outperform the alphabet soup record. But God abundantly blesses each of us to "outdo one another in showing honor" (Romans 12:10, ESV) and in sharing his love.

—Stephanie Martin



BLANKET SUNDAY AT FIRST CHRISTIAN IS JULY 30TH. THANK YOU FOR YOUR GENEROUS DONATIONS. WE HAVE SUPPORTED THIS MINISTRY FOR MANY YEARS. ENVELOPES MAY BE PLACED IN THE OFFERING PLATE AT ANYTIME.

Children's Summer Activities

During worship the young children are provided activities by Vivi Myers. We are please to have our young people share their talents with the little ones.

Men's Group

The Men's Group continues to meet the third Saturday of the month at 9 a.m. at the church.

All men are invited to attend. If you have questions, please contact Paul Long.



All Church Swim



The Youth Groups are inviting everyone to come to the Paulding pool on July 15th at 1 p.m. for fun in the sun. Admission to the pool is \$3.00 per person. Snacks are available to purchase. There is a picnic area outside the pool if you would like to bring your own refreshments. Contact Carrie Lero if you have questions.



All Church Picnic

We are planning an all church picnic on August 13th following worship. Please mark the date on your calendar. More details will be coming soon.

"Yes, you will be enriched in every way so that you can always be generous. And when we take your gifts to those who need them, they will thank God."

- 2 CORINTHIANS 9:11



CWS | CWSBLANKETS.ORG

Thank You

Thank you to those who donated geraniums for Pentecost. They decorated the sanctuary beautifully and are now planted in front of the church to be enjoyed all summer.

Thank you

Thank you for the generous donation to Paulding Area Support Society. Your support is greatly appreciated.

*Marcia Pressler
Treasurer*

Thank You

Thank you to everyone for the birthday cards, I enjoyed them very much. I appreciate all the thoughts and prayers during my recent procedures. The reports came back good. No problems!

*Love you all,
Velma Albert*

Thank You

Thank you for the cool blanket, the special service and letting use the church for my party. Thanks to everyone wishing me good luck on my future.

I really appreciate your thoughtfulness!

Braxton Ricker





Caring and Sharing Food Pantry

Needs this month are canned beans and condiments (ketchup & Mustard).

Usage at the pantry continues to increase. This April the pantry helped 55% more people than we did in April of last year.

People can sign up for C&S emails using this link: <http://eepurl.com/ighENz>

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

- 07/02 Matt Strayer, Tracy Gunderman, Cindy Grace
- 07/09 Jan Commers, Paul Long, Sandy Bandy
- 07/16 Max Hibbard. Susan Simpson, Charlie Simpson
- 07/23 Nicole Harris, Angela Bowers
- 07/30 Charlie Simpson, Joan Tope, Dan Workman

Outreach Committee

We have received thank you's from all the donations we have made in the past few months.

I would like to thank Gary, Vicky, Sue, Cindy G. and Pastor Jenkins for their service for the summer lunch program.

We will be collecting school supplies for school. Crayon boxes of 16 and 24. #2 lead pencils, lots of Elmers glue sticks and liquid glue, Westcol pointed scissors, boxes of Kleenex, washable markers, book bags, and school boxes. Anything your kids need other kids need also. Buy extra & donate.

Blessings,
Genelta

Mowing Schedule

There is a sign up sheet on the bulletin board for mowing the church property. It is for 2 weeks at a time and starts on Mondays. If you would like to sign up but pay someone to mow for you, please indicate that on the sign up sheet.

June 26– July 9 - Matt Strayer

July 10-July 17 - Darwin Riley

July 18– July 23 –Genelta Levos

July 24– August 6-Gary McClure

August 7-August 20-Matt Strayer

August 21-Sept. 3-Hailey Harris

Sept. 4-Sept 17 Darwin Riley

Sept. 18– Oct 1 Gary McClure

Oct. 2-Oct. 15– Corey Harris



First Christian Church Fund Summary

06/12/2023 11:11 AM

Page: 1

	100 TITHES AND OFFERINGS	105 SPECIAL HOLIDAY-PEN TECOST	200 BUILDING/MAI NT.	700 MENS GROUP	Total
05/07/2023	3,485.00	75.00	20.00	0.00	3,580.00
05/14/2023	1,876.00	0.00	20.00	0.00	1,896.00
05/21/2023	2,311.00	0.00	114.00	35.00	2,460.00
05/28/2023	1,467.00	0.00	5.00	0.00	1,472.00
Total	9,139.00	75.00	159.00	35.00	9,408.00

*Susan K. Simpson
Financial Secretary*

6/12/23

FIRST CHRISTIAN CHURCH



WORSHIP: SUNDAYS-10 A.M.



Pastor Sandra Jenkins # 419 466-2005.

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

July 2023



Sun Mon Tue Wed Thu Fri Sat

						1
2	3	4	5	6	7	8
			NO WORSHIP/ MEMBERSHIP/ TECH NO TRUSTEES			
9	10	11	12	13	14	15
		DWM NITE OUT- 4 P.M.	NO FINANCE MEETING			MEN'S GROUP-9 A.M. ALL CHURCH SWIM-1 P.M.
16	17	18	19	20	21	22
ELDERS MEET- ING-8:30 A.M.		NO BOARD MEETING				
23	24	25	26	27	28	29
30	31					

“Devote yourselves to prayer, being watchful and thankful.”
Colossians 4:2

SERMONS & SCRIPTURE

ELDERS: Charlie Simpson & Max Hibbard
 WORSHIP LEADER: Max Hibbard
 1ST SCRIPTURE READER: Tracy Gunderman
 GREETERS: Sharon Cooper
 Susan Knapp

7/02 SERMON: Power of the Gospel SCRIPTURES: Romans 6:12-23 & Genesis 22:
 7/09 SERMON: Inner Conflict SCRIPTURES: Romans 7: 6-12; 14-25 & Genesis 24: 1-9 60-67
 7/16 SERMON: Abba Father SCRIPTURES: Romans 8: 1-14 & Genesis 25
 7/23 SERMON: Isaac Blesses Jacob SCRIPTURES: Matthew 13
 7/30 SERMON: Spirit, SCRIPTURES: Genesis 29: 15-28 & Romans 8: 26-39



DOLPHIN — Because dolphins often swim alongside ships, they've been used to symbolize Christ's presence, guiding people through earthly life and into eternal life. Although they're mammals, dolphins have been depicted as the fish that swallowed Jonah. Jesus compared his three days inside the tomb to Jonah's three days inside the fish, so dolphins also came to symbolize resurrection.

It's a miracle!

I believe in miracles. While I believe in the possibility, under God, of any kind of miracle, I am committed especially to the miracle of the changed life. When a human being goes from despair to hope, when a lost soul comes home, or when a mean and destructive person becomes kind and fruitful, the greatest of all miracles has occurred.

—J. Ellsworth Kalas

Prayer for July 4th

The following lines are from a long prayer, "That America Fulfill the Promise of Its Founding," by Rabbi Mordecai Kaplan. Though written in 1945, it rings true yet today. (Full text at <https://tinyurl.com/nhc8747x>.)

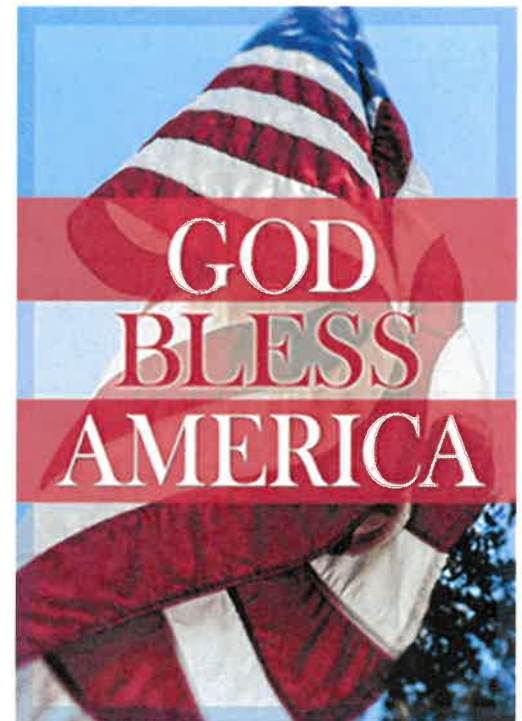
O God, who is Liberator and Redeemer, Lawgiver and Judge, ...

May America remain loyal
to the principles of the Declaration of Independence,
and extend their application
to ever-widening areas of life.

Keep out of our life all manner of oppression,
persecution,
and unjust discrimination;
save us from religious,
racial and class conflicts;
may our country be a haven of refuge
to the victims of injustice and misrule.

Instruct us in the art of living together,
of reconciling differences of opinion
and averting clashes of interest,
of helping one another
to achieve a harmonious and abundant life ...

That the Star-Spangled Banner,
the symbol of our American democracy,
may ever wave o'er the land of the free
and the home of the brave. Amen.



Puzzle!

Jesus instructs us to give and serve. What does Proverbs 3:27 (NIV) tell us *not* to do? To find out, cross out all the following letters. Then write the remaining letters in order on the spaces below.

B J K Q X Z

BWJITJHQBHLZDGBOK
 DKFOROMTBHJOBSEQXZT
 OKXWJHOBMIZTIJSDOKU
 EWXBHEQNITKISIZNYOU
 RPJZOWBEQRTOAXCZTXJ

DO NOT _____

PROVERBS 3:27, NIV

Answer: Do not withhold good from those to whom it is due, when it is in your power to act. Proverbs 3:27, NIV

In what land and at what age did Moses die?

- A. The land of Israel; 100 years old
- B. The land of Canaan; 70 years old
- C. The land of Moab; 120 years old
- D. The land of Judah; 102 years old

Answer: C (See Deuteronomy 34:5, 7.)



Sprinkle and split

A sprinkle of pepper and a dab of soap illustrate a big concept from God's Word.



What you need:

- Shallow dish
- Water
- Black ground pepper
- Toothpick
- Dish soap
- Bible

What you do:

1. With the dish on a table, fill it halfway with water. Don't jiggle the dish.
2. Sprinkle pepper on the water.
3. Dab the toothpick into a drop of soap. Then touch its tip to the center of the water and observe.
4. Read Psalm 103:8-12.
How does this experiment illustrate God's forgiveness?
5. Explain the science behind this experiment: The soap disturbs the water's surface tension. The soap molecules don't want to interact with the water. This repels the water molecules from the soap, causing the floating pepper to also move to the sides.