



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

DISCIPLE DIGEST

FIRST CHRISTIAN CHURCH
ISSUE NO. VIII-2023

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WORSHIP SERVICE 10:00 A.M.

Coffee & Conversation 9:00 a.m



AUGUST 2023

DISCIPLE DIGEST

First Christian Church

(Disciples of Christ)



AUGUST 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.



FROM THE ELDERS

Devotion by Kenneth Petersen Entitled Unchanging God

An iconic photo shows the tread of a boot against a gray background. It's astronaut Buzz Aldrin's footprint, which he left on the moon in 1969. Scientists say that footprint is likely still there, unchanged after all these years. Without wind or water, nothing on the moon gets eroded, so what happens on the lunar landscape stays there.

It's even more awesome to reflect on the constant presence of God Himself. James writes, "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows" (James 1:17). The apostle put this in the context of our own struggles: "When troubles of any kind come your way, consider it an opportunity for great joy" (v.2 NLT) Why? Because we're loved by a great and unchanging God!

In times of trouble, we need to remember God's constant provision. Perhaps we might recall the words of the great hymn "Great Is Thy Faithfulness": "There is no shadow of turning with thee;/thou changes not, thy compassions, they fail not;/as thou hast been thou forever wilt be. "Yes, our God has left His permanent footprint on our world. He will always be there for us. Great is His faithfulness.

**What kind of troubles are you facing today?
How does understanding god's unchanging presence
help you in you struggles?**

God, I'm discouraged because of these hardships of late. I worry about how things will turn out. Yet I know You're there and will provide. Help me to rest in that assurance.

Comfort in Mourning:

Healing Prayers:

Les Guelde
Haley Philpot

Continuing Concerns:

Ryan Lee Adams
Thaniel Bulau
Dave Foltz
Mr & Mrs. Kennedy
Joe Philpot
Jerry Price
Leslie Santo
Raegan Wonderly
Nursing Homes
Ukraine

*Denotes Members



First Scriptures

- August 6th-Psalm 17: 1-7, 15
- August 13th-Psalm 105: 106, 16-22, 45b
- August 20th-Psalm 133
- August 27th-Psalm 124

Flowers For Worship:

- 8/6 Dennis & Susan Knapp-In Honor of our 45th Anniversary
- 8/13 Mike & Sharon Kline-In Honor of Virginia's Birthday
- 8/20 Griffith Family-In Honor of Leonard Levos's Birthday
- 8/27 Griffith Family-In Honor of Genelta Levos's Birthday

ATTENDANCE

	Total	Member	Non Member	Child	Visitor
6/25	32	27	2	2	1
7/02	52	34	7	4	7
7/09	53	41	3	6	3
7/16	49	39	8	2	0
7/23	62	43	8	8	3



Nursing Home Residents..

The Gardens
*Romaine Boundy

Van Crest of Payne
*Velma Albert

Military:
Cameron Cramer

AUGUST SERVERS

Elders
Matt Strayer
Paul Long

Worship Leader
Jan Commers

Greeter
Leah Gunderman

First Scripture Reader
Suzy Strayer



- 08/02 Paul Biery
- 08/04 Owen Workman
- 08/05 Tony Santo
- 08/06 Jamie Clemens
- 08/08 Suzanne Strayer
- 08/10 Paul Long
- 08/10 Olivia Mendez
- 08/10 Karson Mudel
- 08/10 Steven Strayer
- 08/12 Melanie Bandy
- 08/12 Brian Vance
- 08/14 Reese Lero
- 08/15 Virginia Paulus
- 08/18 Linda Reinhart
- 08/23 Katie Strayer
- 08/24 Zane Daniels
- 08/24 Genelta Levos
- 08/24 Leslie Townley
- 08/28 Vada Bandy
- 08/28 Betty Ganger
- 08/29 Max Hibbard
- 08/29 Vivianne Myers
- 08/30 Lydia Reinhart



- 08/07 Mike & Jennifer Workman
- 08/09 Max & Donna Hibbard
- 08/16 Gary & Linda Kadesch
- 08/17 Don & Gail Stoller
- 08/26 Dennis & Susan Knapp

August Elders Meeting
August 20th
Following Worship



**All are
Welcome**

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.



August 13th

Following worship

We will be enjoying a picnic. The Men's Group will be providing the meat that they will be grilling. The Worship Committee will be bringing buns and condiments. The Membership Committee will provide chips. The Women's Group will be providing the paper products and drinks. Please bring a dish to share And maybe your special chair. Carrie Lero and the Youth will be overseeing games. See you then!!

God is watching

In the cafeteria line one day, a seminary dean noticed a bowl of big, juicy oranges. A sign by it read, "Take only one. God is watching you!" At the other end of the lunch line sat a large plate of freshly baked chocolate chip cookies. Beside it was a hastily scrawled note, likely from a hungry student: "Take as many cookies as you want. God is back there watching the oranges."

The message behind that good-natured irreverence? If you believe that God's sight is limited to one place, then your idea of God is too small!



DISCIPLES WOMEN'S MINISTRY

The women's group had a great time at Red Lobster in July.

We are working on organizing our cupboards and supply room . Because of a generous donation we were able to purchase 2 new mixers.

We will be planning for the rest of the year at our next meeting on August 1st at 10 a.m. We hope to see you there.

SPEAKERS

We have scheduled speakers for Sunday worship through the end of the year. If you know of someone you would like to have come on a Sunday please contact the Pulpit Fill Committee with contact information. The board appointed committee is Denise Renollet, Tracy Gunderman and Paul Long.

August Speakers

13th-Paul Long

20th-Reverand Mike Valentine, Regional Elder

27th-Jammie Hughes-Music/Message

September Speakers

3rd-Mike Jackson

10th -Patti Stoller

17th-Sarah Noggle

24th-Dan Wilder-Music/Message

—adapted from *The Wired Word*



Caring and Sharing Food Pantry

Needs this months needs are canned tuna and pasta.

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

Most of the food C&S shares with our neighbors is donated.

Thank You

NEWSLETTER DEADLINE IS THE 15TH OF THE MONTH



Thanks for Your Support!

Monthly Budget Needs

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



COUNTERS

- 08/06 Matt Strayer, Tracy Gunderman, Cindy Grace
- 08/13 Jan Commers, Paul Long, Sandy Bandy
- 08/20 Max Hibbard. Susan Simpson, Charlie Simpson
- 08/27 Nicole Harris, Angela Bowers

OUTREACH

The Outreach Committee is collecting school supplies for kids. If you would like to help with this ministry please place your items in the tub located in the entry way. Thank you for supporting this ministry.

BACK TO SCHOOL



Thank you

Several people have taken time to weed and mulch around the church property. We appreciate your hard work in keeping up with the property maintenance. Thanks again.



Mowing Schedule

Thank you Mowers. Your help with mowing the property is very much appreciated.

- 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

07/10/2023 08:31 PM

	100 TITHES AND OFFERINGS	111 CWS-BLANKE TS	200 BUILDING/MAI NT.	Total
06/04/2023	2,662.00	0.00	5.00	2,667.00
06/11/2023	1,320.00	0.00	25.00	1,345.00
06/18/2023	2,140.00	0.00	0.00	2,140.00
06/25/2023	935.00	10.00	20.00	965.00
Total	7,057.00	10.00	50.00	7,117.00

Susan K. Simpson
Financial Secretary

7/10/23



FIRST CHRISTIAN CHURCH





WORSHIP: SUNDAYS-10 A.M.

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



August 2023

Sun Mon Tue Wed Thu Fri Sat

Today I will thank God for the blessings others have brought into my life.		1 Disciples Women's Ministry— a.m.-10 A.M.	2 Worship/ Membership/ Tech-6:30 p.m. Trustees-7 p.m.	3	4	5
6	7	8	9	10	11	12
13 Picnic-following worship 	14	15 Board meeting-7 p.m.	16	17	18	19 Men's Group— 9 a.m.
20 Elders meeting- Following wor- ship	21	22	23	24	25	26
27	28	29	30	31		

Make the world a better place one person at a time. Start with yourself."
— Linda Poindexter

SPEAKERS

- 8/06 Sermon: Rev. Dr. Sandra Jenkins
- 8/13 Guest Speaker: Paul Long
- 8/20 Guest Speaker: Reverend Mike Valentine, Regional Elder
- 8/27 Guest Speaker: Jammie Hughes

ELDERS: Matt Strayer Paul Long
 WORSHIP LEADER: Jan Commers
 1ST SCRIPTURE READER: Suzy Strayer
 GREETERS: Leah Gunderman
 CHILDREN'S MOMENT: Suzy Strayer





The following items serve as “little guideposts on the footpath to peace,” according to author and pastor Henry Van Dyke (1852-1933):

- to be glad of life, because it gives you the chance to love and to work and to play and to look up at the stars;
- to be satisfied with your possessions but not content with yourself until you have made the best of them;
- to despise nothing in the world except falsehood and meanness, and to fear nothing except cowardice;
- to covet nothing of your neighbor’s except [their] kindness of heart and gentleness of manners;
- to think seldom of your enemies, often of your friends and every day of Christ;
- to spend as much time as you can with body and with spirit in God’s out-of-doors.

Daily reasons to celebrate

Poor August, the only month without holidays! Still, there’s lots to celebrate these final weeks of summer. Enjoy some summer flavors: August 1 is National Raspberry Cream Pie Day; August 2, National Ice Cream Sandwich Day; August 3, National Watermelon Day; August 10, National S’mores Day (have a bonfire!); and August 24 is National Peach Day.

If you share life with young kids, have a water balloon fight on — you guessed it — National Water Balloon Day, August 6! Head out for a final (National) Beach Day on August 30. Or head out for an intergenerational hike on National Trail Mix Day, August 31.

And don’t forget to celebrate God’s precious gifts of friends — National Friendship Day is the first Sunday in August; creation — Global Sleep Under the Stars Night is August 8 (prime time for meteor showers!); laughter — National Tell a Joke Day is August 16; and the opportunity to put God’s love into action by serving others — on August 22, National Be an Angel Day, or August 28, National Thoughtful Day, and, for that matter, every day of the year — holiday or not.

Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.”

Miles Kington

Ingredients for true success

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these.

—George Washington Carver



Farm Stress Resource Handout

Sarah Noggle, Extension Educator, Extension, Paulding County, The Ohio State University.

Bridget Britton, MSW, LSW, Behavioral Health, Field Specialist, The Ohio State University.

Thanks for checking out the farm stress resources. This list includes websites, articles, and handouts from across the US. If you have additional questions or want to reach out for help, please contact our Farm Stress Team.

Ohio Resources and Handouts

Ohio State Extension Rural and Farm Stress Website and Blog <http://u.osu.edu/farmstress>

Ohio State Rural and Farm Stress Task Force
<https://extension.osu.edu/about/resources/extension-task-forces/rural-and-farm-stress>

OSU Extension/Center for Public Health Practice
<https://u.osu.edu/cphp/ohio-mental-health-resource-guides/>
Based on resources in every county

Knowledge Exchange – Ohio State <https://kx.osu.edu/>

Ohio Department of Agriculture Farm Stress
www.gotyourbackohio.org

Potential Training

Mental Health First Aid Training
<https://www.mentalhealthfirstaid.org/>

Trauma-Informed Care <https://fcs.osu.edu/programs/healthy-relationships-0/trauma-informed-care-approach>

Handle with Care <https://www.handlewithcareoh.org/>

988 Suicide & Crisis Lifeline

- Call or text 988 to connect with a trained licensed professional counselor within minutes.
- Free, confidential, anonymous, and secure 24/7.
- Features active rescue where trained counselors connect with emergency services to save texters from immediate self-harm.
- The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text, and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crises, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

Resources up to date as of 10/12/2022

Chat with our OSU Extension, Behavior Health Field Specialist, Bridget Britton, britton.191@osu.edu, or call 330-365-8160

Other University Extension Resources

- North Central Farm and Ranch Stress Assistance Center <https://farmstress.org/>
- Michigan State University – Managing Farm Stress https://www.canr.msu.edu/managing_farm_stress/
- Farm Crisis Center <https://farmcrisis.nfu.org/>
- University of Minnesota Coping with Farm Stress <https://extension.umn.edu/rural-stress>
- North Dakota State University Farm and Ranch Stress <https://www.ag.ndsu.edu/farmranchstress>
- University of Illinois Extension <https://web.extension.illinois.edu/agsafety/factsheets/copefm.cfm>
- Upper Midwest Agricultural Safety and Health Center (UMASH) Stress & Mental Health <http://umash.umn.edu/stress/>
- Resilient Farms, Families, Businesses & Communities: Responding to Stress <https://fyi.extension.wisc.edu/farmstress/>
- University of Wisconsin Education Disaster Education Network <http://www.uwyo.edu/uwe/programs/wyo-disaster/stress.html>
- South Dakota State Extension <https://extension.sdstate.edu/tags/farm-stress>
- Purdue University Extension <https://extension.purdue.edu/farmstress/coping-with-farm-stress/>

Mental Health and Addiction Emergency or Crisis?

Mental Health and Addiction EMERGENCY
A mental health and/or addiction emergency is a life-threatening situation. An immediate response from law enforcement or medical attention is needed. A person may be actively trying to harm themselves or someone else. In other situations, a person may be out of touch with reality, be unable to function properly, or may be out of control.

Examples of mental health and addiction emergencies are:

- Active suicide threat.
- Threatening harm to self or others.
- Self-injury that needs medical attention.
- Severe intoxication.
- Inability to care for oneself.
- Apparent drug overdose.

If someone is having a mental health and/or addiction emergency, CALL 911.

What to expect when you call 911:

- A dispatcher will answer your call and ask about your emergency.
- Local law enforcement or paramedics will be sent to your location.
- In some cases, a crisis intervention team will accompany law enforcement.
- You will get help dispatched immediately.
- You may be transferred to 988, if appropriate.

911

Mental Health and Addiction CRISIS
A mental health and/or addiction crisis is not a life-threatening situation. Intervention may be possible without an immediate response by law enforcement or medical attention. A person may be thinking about hurting themselves or someone else or may be extremely emotionally upset or distressed.

Examples of a mental health and addiction crisis are:

- Talking about suicide or planning to harm oneself.
- Talking about harm to self or others.
- Self-injury that doesn't need immediate medical attention.
- Overuse of alcohol or other drugs.
- Extreme depression, anxiety, or other mental illness symptoms.

If someone is having a mental health and/or addiction crisis, CALL 988.

What to expect when you call 988:

- A trained professional will answer your call.
- The professional will ask you to describe your crisis.
- In many cases, the professional will assist you over the phone and link you to additional care as necessary.
- In some cases, a mobile team will be sent to your location.
- If necessary, the person experiencing a crisis will be taken to a stabilization facility.
- You may be transferred to 911, if needed.

988

988 SUICIDE & CRISIS LIFELINE | mha.ohio.gov/988 | RECOVERY Ohio

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text, and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crises, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

Other Helpful Places To Go

Center for Rural Affairs:

<http://www.cfra.org/news/180130/10-helpful-resources-farmers>

Crisis Text Line: Text "CONNECT" to 741741:

<https://www.crisistextline.org/>

Iowa State University. Iowa

Concern 24-hour hotline: 1-800-447-1985

National Suicide Prevention

Lifeline: 1-800-273-TALK (8255)

National Suicide Prevention Lifeline

Crisis Chat:

<https://suicidepreventionlifeline.org/talk-to-someone-now/>

Veterans Crisis Line: 1-800-273-8255,

Press 1 (website also has a chat option)

<https://www.veteranscrisisline.net/>

Video Links

Stress and Our Bodies.

<https://ed.ted.com/lessons/how-stress-affects-your-body-sharon-horesh-bergquist>

Other Stress handouts related to farms

- My Coping Strategies Plan, Kansas State <https://www.bookstore.ksre.ksu.edu/pubs/MF3418.pdf>
- Responding to Distressed People, NDSU <https://www.ag.ndsu.edu/publications/kids-family/responding-to-distressed-people/fs1805.pdf>

Fill in the blanks with the correct words. Then transfer the letters to the numbered boxes below to complete Psalm 107:1, NIV.

Puzzle!

Fill in the blanks with the correct words. Then transfer the letters to the numbered boxes below to complete Psalm 107:1, NIV.

- Shape that symbolizes love 31 15 7 18 5
- Part of a stove used for baking 12 3 24 29
- Color made by red and yellow 28 42 7 8 27 37
- A present 1 32 20 11
- Clothing a girl wears 19 22 43 44 33
- Something you open to go into a room 40 29 17 47
- Opposite of soft (sound) 34 17 41 30
- To take a long walk 14 2 9 38
- A high body temperature 45 50 49 48 42
- Items used to build or fix things 13 35 21 16 26
- Edge of the sea 10 23 46 51 4
- Home for a bee 6 25 36 8

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28		
29	30	31	32	33	34	35	
36	37	38	39	40	41	42	43
44	45	46	47	48	49	50	51

Answer: heart, oven, orange, gift, dress, door, loud, hike, fever, tools, shore, hive; Give thanks to the LORD, for he is good; his love endures forever. Psalm 107:1, NIV



Use simple ingredients and your imagination to bake these fluffy, cloud-like treats.

What you need:

- 3 egg whites
- ½ tsp. vanilla extract
- Mixer
- 2 Tbsp. powdered sugar
- 1 Tbsp. cornstarch
- Parchment paper

What you do:

1. Preheat oven to 300°. In a mixing bowl, combine egg whites and vanilla. Whisk eggs with mixer at medium speed until frothy.
2. While whisking, gradually add sugar and cornstarch. Keep whisking at high speed until stiff peaks form.
3. Spoon mixture onto a baking sheet lined with parchment paper. Create fun shapes.
4. Bake 20 minutes. Cool and enjoy!