



LIVING WITH PURPOSE by Samantha Tidball

Around the world at this time people are required to stay socially distant from one another in order to help slow the spread of COVID-19. God created us to live in community, so social isolation takes a toll on our psychological health. However, it is critical we take social distancing seriously to prevent health care systems from getting overloaded which can ultimately lead to more deaths. As a result, people are spending more time at home and some have more time on their hands than they know what to do within a creative and positive way.

During this time of quarantine, it is as if someone hit the pause button for most of society. The days are blending together and boredom is hitting some people harder than others. Since we have not collectively experienced anything like this pandemic in our lifetime, it is easy to feel anxious from the unknowns and worries over loss of life, jobs and normalcy. It is also not unusual to experience boredom.

Still, boredom is not necessarily a bad feeling. Many psychologists claim boredom is necessary for our brains to generate creative solutions to problems or serve as an artistic outlet for our anxiety. On the other hand, boredom can cause trouble when we feel tempted to sin or become apathetic. Boredom can lead to incredible ingenuity or creative expressions of our humanity that bring glory to God. In fact, Isaac Newton came up with his greatest discoveries after being sent home from Cambridge University in order to stay safe during the bubonic plague. The year he spent at home was known as his “year of wonders.” During this time he discovered important theories about gravity, optics and calculus.

What if this could be a year of wonders for us? This does not mean we have to make a huge discovery or come up with some novel theory. Perhaps during this time we can make room for self-care and self-reflection that will be crucial for our faith development. Perhaps we can learn how to love others better during this time, or even begin a new hobby. Whatever we do during this unique time, it can be an opportunity to explore the good things God has planned for us. Amen.

FROM PASTOR PAUL:

This article resonated with me as I read it and I wonder if others are feeling the same. Yes, I am still working, but I am not able to move around the city as I used to, or see people face to face. As an extrovert, I miss that social connection, and I am finding social distancing to be difficult. However, this time has also pushed me to learn new ways of reaching out to people and sharing the message of Christ. Perhaps this time of social distancing can be a time of awakening for the church and the world. We need to care for each other, share resources, and provide a new understanding of how we live and work in the world for the glory of God. Let us take this time to pray, reflect, and return with a new awareness of our mission to be the body of Christ, Amen.

Deadline for the *Journey* is **Thursday, May 21**, at Noon publisher@fcc-hsv.org

3209 Whitesburg Drive, Huntsville, Alabama 35802 Telephone: 256-881-0150 **Leave a message.**

Online Sunday Worship Services: 8:15 & 10:30 a.m. (Where to stream following page)

GRATEFUL LIFE COMMUNITY CHURCH SUPPORT

Community Outreach and Christian Women's Ministries are partnering in May to solicit financial support for Grateful Life Community Church, our sister Disciples church in Huntsville whose primary ministry is to the disadvantaged and homeless members of our community. If you would like to contribute, please write your check to FCC with Grateful Life in the memo line and mail it to FCC. Thank you.

CORONAVIRUS ISOLATION ISSUES

If you or someone in your family are suffering from depression or loneliness during this pandemic please feel free to call Pastor Paul Allen at any time at 785-323-7540. You may want to talk to him about other issues you are experiencing such as abuse or dependence on alcohol or drugs. He may be able to help you, or he may assist you in getting the help you need.

Either way, asking for help is the first step in getting better.

OFFICE SCHEDULE UPDATE

We are resuming regular office hours, Monday - Friday 9:00 a.m. - 5:00 p.m., beginning this week. Only one staff member will be in the office per day. As a result, the office will be closed from 12:30 p.m. - 1:30 p.m. for lunch. Others will still be working remotely from home when they are not in the church office.

Temporary office entrance. Our Early Childhood Ministry is scheduled to re-open on Monday, June 1, and will temporarily use the north entrance to the church (by the office) exclusively. If you must come by the church, you will need to use the office door approximately 40 feet to the left, as you face the building, of the north entrance. There is a doorbell button to press.



This QR code is linked to the Church's PayPal giving page for your convenience.

WEEKLY PRAYER CONCERNS

- Kitty Durham, visitor
- Kevin Frankland, husband of Wendy Keller Frankland
- Charles Gilliland
- J. B. Hodge
- Lucy & Lainey Jones, granddaughters of Grad & Joan Goodson
- Elsie Keller, sister-in-law of Walt Keller
- Gail Killough
- Stephen McCreary
- Ann McNaron
- Bobby Moore
- Paul Seward, brother of Jeff Seward
- Bob & Mary Spencer
- Kay Stegall
- John Stigmire, brother of Deloris Edgeton

REGIONAL PRAYER REQUEST

Mt. Zion Christian Church, Hayneville, AL

We are temporarily publishing, as space allows in the printed version of the *Journey*, the prayer concerns that are usually listed in the Sunday bulletins. Concerns are listed for one month unless we receive an update. Long term prayer concerns are published monthly in the *Journey*. Send requests to publisher@fcc-hsv.org or call the church office at 256-881-0150 and leave a message.

Please notify the Pastors or the church office if you are going to the hospital and would like to be contacted

ONLINE WORSHIP SERVICES

Stream live at 10:30 am on Sundays (or watch pervious services anytime) on YouTube at: www.youtube.com/channel/UCzQCRY8Vfa-IDhugUnUhCKw

You may also stream services live on Sundays at 10:30 am (and see announcements throughout the week) on Facebook at: www.facebook.com/First-Christian-Church-DOC-Huntsville-AL-227266764409

Finally, stream services at 8:15 and 10:30 am on Sunday at: www.twitch.tv/fcchsv

ACTIVITIES AND SUNDAY SERVICES AT CHURCH

remain suspended until further notice due to health concerns. We are working on a phased approach to resume activities & Sunday services.

THIS WEEK'S FOOD BASKET is in honor of the marriage of Rhett & Leah by Bobbye Riggs.



Often without even realizing it, we allow and foster a fear cycle growing inside. One negative thought causes some fear. That fear causes a more negative thought which in turn produces greater fear.

Before you know it, the fear has grown to a very large proportion. As it gains momentum, the fear begins to direct us, it takes over and we are swayed along.

How do you intervene in the increasing fear cycle?

1) First be aware of the inner dialogue that is happening. Notice the thoughts and the effect of those thoughts.

2) Then, grab one thought and make a conscious decision to do thought replacement with a thought that is more positive. This is actually a basic principal in Cognitive Behavioral Therapy. Or another way to say it, if you will take that thought and run it by Christ. Let Christ examine the thought and substitute a thought of which he would approve. "...we take every thought captive and make it obedient to Christ." 2 Corinthians 10:5.

In this way, we exercise our faith. As we do this again and again, we change our inner space and can stop the fear cycle.

Rev. Dr. Amanda Ragland, LMFT

PARKING LOT PROJECT



New accessible sidewalk and curb cut leading to the Sanctuary, Parlor, and Family Services entrances.



New asphalt in the Sanctuary parking lot awaiting striping and new signage .

