

THE LAWTON CHRISTIAN

The official newsletter of the First Christian Church of Lawton



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Time to Fall Back - to Church!

Friends and Fellow-laborers in Christ,

We are steadily falling into fall, but things are still as lively as ever in the ministry of First Christian Church. First, thank you to all who participated in our October 9th church Game Day. Particularly, our emcee John Adair, musical guest David Anderson, and all those who brought in food, prepared drinks, and stayed behind to help clean up afterwards. Your collected efforts helped make our *FCC Lawton Jeopardy!* game a huge success, and I look forward to meeting for more fun and games in the new year!

Our Stewardship Campaign *Devoted to Generosity* has begun, and copies of a 29-day stewardship devotional that goes along with our campaign were given out Sunday, October 23rd. If you haven't received yours, please stop by the church office or mention it to me on Sunday, and we will be happy to give you a copy.

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Last month, I convened meetings of SWOT analysis team and have discussed some of the board's concerns with members of our security taskforce. As a result, we are looking toward new ways to do ministry together in the coming year. We will also ensure our safety and security while we meet by having Konrad secure our doors and keep an eye out during worship, and we will begin exploring creative ways to let our community know about all the great things going on at First Christian.

In the past month, in my work as your Pastor, I have had the opportunity to help convene a town council meeting as a representative of First Christian Church, have met numerous times with our Wednesday book study group, and led Wednesday evening Bible Study with our Agape Community. Additionally, I have had the opportunity to attend a clergy luncheon at CCMH where I represented our congregation and enjoyed a presentation on the efforts of some groups to provide relief to Christians in war-torn Ukraine. I have represented the concerns of FCC at our regular meetings of the Laura Fields Trust, and I have had the opportunity to represent our congregation by convening a meeting of the Southwest Oklahoma Disciples Clergy, where I serve as our SW Clergy moderator. In addition to all of this, I have performed visitations for our housebound members, begun planning and preparation for our Advent services, and have been regularly practicing with the choir in preparation of our 2022 Cantata. It has been a busy month!

Finally, I want to thank you all for allowing me some time away to visit with my family back in Georgia. I also want to thank you for the wonderful Clergy Appreciation gift you had given to Sage and me in October. It allowed us to have a wonderful dinner and left us not only full of delicious food as well as the love of our amazing congregation.

Blessings & Peace,
Rev. Appleby



November 2022 Worship Corner

This November contains so very much variety in worship. The first two weeks will be devoted to the themes of our Fall Stewardship Campaign, *Devoted to Generosity*. If you were absent from worship on October 23rd, please make sure you get your free 29-day devotional that goes along with this year's campaign! Sunday, November 13th we will have a special moment in worship to honor our Veterans, so if you have names of those who have served that you wish to be honored, please submit them to the office no later than Thursday, November 10th. Also, on November 13th we will celebrate not only *Commitment Sunday*, but we will have our Fall Harvest Potluck following worship. Sunday, November 20th is the last Sunday in the church year, known as *The Reign of Christ Sunday*, where we will celebrate the reign of Jesus over all the earth- a reign that will culminate at the end of this present age. Finally, Sunday, November 27th marks the beginning of the Advent season. This year, our Advent series *Reflecting the Sacred* focuses on the many ways the light of Christ is reflected in our world and is based on the Scriptures and the work of Christian mystic Richard Rohr in his book *Everything is Sacred*. It is my hope that you are able to join us for all of these exciting and important services.

Sunday November 6- Responding to Need

Elders: JoJo Aubrey and Sage Appleby

Worship Leader: Brian Birdwell

Scriptures: Luke 16:19-31

Songs: "O Master, Let Me Walk with Thee"(602); "Jesu, Jesu" (600); "Make Me a Servant" (Chalice Praise 99)

Sunday November 13- Giving is More Than the Gift

(Commitment Sunday)

Elders: Lori Anderson and John Adair

Worship Leader: Sheila Fountain

Scriptures: Luke 18:9-14

Songs: "I Am Thine, O Lord" (601); "All Good Gifts" (Chalice Praise 100); "God Whose Giving Knows No Ending" (606)



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Sunday November 20- The Reign of Christ Sunday

Elders: David Aubrey and Lori Anderson

Worship Leader: Konrad Delger

Scriptures: Psalm 46; Colossians 1:11-20

Songs: "Praise to the Lord, the Almighty" (25); "My Life Flows On" (619); "Crown Him with Many Crowns!" (234)

Sunday November 27- Advent 1- Sacred Time (Hope)

Elders: John Adair and Becky Tannery

Worship Leader: Jane Springli

Scriptures: Romans 13:11-14; Matthew 24:36-44

Songs: "Come, Thou Long Expected Jesus" (125); "Season of Light" (From *Festival of Carols*); "Eternal God, Transcending Time"; Advent Prayer Response- "Emmanuel, Emmanuel" (Chalice 134)

Deacons for November

Patsy Bassel (Deacon Chair), Brian Birdwell (Team Captain), Phyllis Bowman

Fall Back November 6th

Daylight Savings Time officially ends at 2:00 am on Sunday, November 6th. However, to make things easier, just **set your clocks BACK ONE HOUR when you go to bed on Saturday, November 5th**. If you forget, you will be really early for church (which may not be a bad thing)!



October By the Numbers

October Tithes and Offerings to Date	\$ 9,044.40
October Expenses to Date	\$18,786.40
Difference	\$-9,742.00
Balance Transfers for October	\$10,000
October Average Sunday In-Person Worship Attendance	39
Year-to-Date Agape Meals/Pantry Meals Served	4711 (based on an average of 50 meals a week from the outdoor pantry)

Fun and Fellowship



**The Winners of FCC Lawton Jeopardy!
Show off Their Trophies!**



**Taco Tuesday Crowd
enjoys great
fellowship each week!
All are welcome!**

Thanksgiving Offering

Higher Education & Leadership Ministries
of the Christian Church (Disciples of Christ)

Disciplesmissionfund.org
Thanksgiving Offering 2022

Colleges

Universities

Divinity Houses

Seminaries

The Thanksgiving Offering benefits the Colleges, Universities, Seminaries, and Divinity Houses affiliated with the Christian Church (Disciples of Christ). This offering will be received during worship on Nov. 20, 2022

Agape/Outreach Ministry



Each Wednesday, our Agape Meal is served from 5:30 pm to 6:30 pm. The meal is served in our Fellowship Hall, and following the dinner, Rev. Appleby will lead a Bible Study for those who wish to stay and participate. The meal is free and will be served one meal per person. Thank you to all who help with this ministry!

According to Outreach co-chair Konrad Delger, the meal teams have served **2661 meals** since January, with approximately **270 of those meals going to children.** The Boy Scouts have been assisting with the meals, and we have a couple of other great volunteers, but we would always welcome help from anyone. Hilde Bilvais has provided assistance for folks with dogs and cats throughout the month and as always could use any donations to help with this ministry.

November Menu:

November 2 - chili dogs with cheese, baked beans,

November 9 - Chicken sandwiches, salad,

November 16 - Rib shaped pork patties, (sandwiches maybe)

November 23 - Chicken , mashed potatoes, green beans

November 30 - (To be determined)

Our Dannie and Rafie Clothes Closet is open each Wednesday from 5:00 pm to 5:30 pm prior to the meal. For more information regarding the clothes closet, please call the church office or Denise Smith.

Our Outdoor Food Pantry on the south side of our church building is always in need of donations. You may either bring them to the church office or place them directly in the Outdoor Pantry. These donations go quickly! Useful non-perishable items include the following:

- Canned ravioli or spaghetti
- Other canned meats with easy-open tops
- Packages of ramen noodles
- Pop-Tarts
- Easy-open canned fruit or pudding
- Bread
- Cheese and Crackers
- Peanut butter
- Cereal
- Bottled Water



November 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Noon - Taco Tuesday at Julio's Mexican Restaurant 1 pm CWF Business Mtg.	2 Noon - Book Study at Buffalo Grove 5 pm Clothes Closet Open 5:30 pm Agape Meal and Study 6 pm Choir	3 5:30 pm Elders	4 Noon - Just Games With Friends	5
6 Daylight Savings Time Ends 10:30 am In-person Worship	7 Monday Morning Minute on FCC YouTube Channel 1 pm - Ruth Grp at Atlanta Bread 6 pm Boy Scouts	8 Noon - Taco Tuesday at Julio's Mexican Restaurant 1:30 pm Finance Committee	9 Noon - Book Study at Buffalo Grove 5 pm Clothes Closet Open 5:30 pm Agape Meal and Study 6 pm Choir	10 6:00 pm Board Meeting 7 pm Anna Group meets In Parlor	11 Veterans Day- Office Closed	12
13 Commitment Sunday 10:30 am In-person Worship Fall Harvest Potluck after Worship	14 Monday Morning Minute on FCC YouTube Channel 6 pm Boy Scouts	15 Noon - Taco Tuesday at Julio's Mexican Restaurant	16 11:30 am Girl's Lunch Out at El Toro Noon - Book Study at Buffalo Grove 5 pm Clothes Closet Open 5:30 pm Agape Meal and Study 6 pm Choir	17	18	19 8 am Hike In the Refuge
20 10:30 am In-person Worship Thanksgiving Offering	21 Monday Morning Minute on FCC YouTube Channel 6 pm Boy Scouts	22 Noon - Taco Tuesday at Julio's Mexican Restaurant	23 Noon - Book Study at Buffalo Grove 5 pm Clothes Closet Open 5:30 pm Agape Meal and Study 6 pm Choir	24 Thanksgiving Day Office Closed	25 Office Closed	26
27 First Sunday of Advent 10:30 am In-person Worship	28 Monday Morning Minute on FCC YouTube Channel 6 pm Boy Scouts	29 Noon - Taco Tuesday at Julio's Mexican Restaurant	30 5 pm Clothes Closet Open 5:30 pm Agape Meal and Study 6 pm Choir			

Joys and Concerns



We praise God and rejoice with the following:

- Amber Delger says things are going better for her. Thank you for praying for Amber!
- Baby Mila is doing better! She gained one pound and has grown one-half inch!
- Bill Logan had stitches removed from his head, and Janice is taking care of him and all his needs at this point
- Ellen (Helen Venniro's mother) is improving from covid.
- Sherri Denning's friend, Elizabeth Pleasant's mother, has made a major comeback!

These with ongoing concerns appreciate your continued prayers:

- All of our armed forces and their families at home and abroad
- Beverly Honeycutt (arthritis pain)
- Bill Kindt (recuperating at home)
- Mel Cassady (health issues)
- Lori Anderson (back issues affecting her leg)
- Bill Logan (recuperating at home)
- Kerrie Oates (pressures of full-time nursing school and family)
- Don and Phyllis Henke (health)
- David Lindley (AFIB and other health issues) and wife Wendi
- Jazzy, Dillon, and Baby Axel
- Darlene Miller (recurrence of cancer after 20 years)

- Helen Venniro (cellulitis) and her mother Ellen (healing from covid)
- Denise Smith's father and family
- Setsuko Albertson (Theresa Aubrey's mother who is getting adjusted to a new memory care unit)
- Judy Bailey (recovering from surgery)
- Jim Horner (David and Lori Anderson's friend who has a cancer reoccurrence)
- Lynn Burris' mother (hospitalized and in need of healing) along with comfort for the family
- Fran Herring (Brian Herring's grandmother who is undergoing chemo)
- Carmine (Becky Tannery's brother-in-law) who has been put on hospice following a stroke and other heart issues
- Melissa Pratt (gallbladder issues)
- Randy Springli (pray that his positive improvements will sway the courts positively before Thanksgiving)
- Aaron (Ursula Asuncion's son) is only 50 and not doing well with chronic kidney disease
- Charles and Sandee Troy (Wendi Lindley's nephew in ICU and her sister)
- Pat Cassady's sister and nephew
- Perry Brown (Glenda Brown's father-in-law who is not well)
- Ronnie Bagwell (Glenda Brown's friend who is recovering)
- Piper Saville (healing from knee surgery)
- Robert (Amber Delger's father who is in memory care) and his wife Colleen





November Health Tip - Vertigo From Kathy Cooper, RN

Ask me, "Does everyone has crystals in their ears?" The answer is yes, we all have crystals in our ears. Inside the utricle of the inner ear are small calcium crystals called otoconia. These crystals enable us to know which way is up even if our eyes are closed. Perhaps you never heard of them, but you have them. Movements of the ear crystals cause stimulation of the nerves, and these nerves inform the brain your head is moving. In short, they act as a motion sensors, but when they break loose and migrate into one of the ear's semicircular canals it causes a disturbance in our balance.

There are many reasons why these crystals can migrate. This may be caused from a blow to the head, running into a tree limb while on the riding lawn mower, perhaps a fall, a hit on your head or other happenings. Generally speaking, the fluid located in the semicircular canals and the crystals in your utricle move only when your head moves. As soon as your head stops moving, the fluid in the canals settles. When the crystals are displaced from their gel they can float in the fluid. The crystals move more slowly than the fluid, causing your inner ear to transmit a false signal to the brain you are moving. The result is vertigo.

There are other causes of vertigo, such as: drop in blood pressure when you stand or change position rapidly, inner ear infections, and allergies causing inflammation in the inner ear to mention a few. If you experience dizziness or vertigo, you may want to consult your primary care doctor who may then refer you to an ENT doctor, depending on the examination findings and your history. There are treatments and medications available to help with the vertigo.

Stay well,
Kathy



Christian Women's Fellowship/ OK Disciples Women News

This year Christian Women's Fellowship (CWF) voted to provide for the needs of seniors in a nursing home for Christmas instead of providing food baskets. Virginia Lucas is heading this project and has contacted a facility with approximately 60 residents. This facility is strictly Medicare, and the staff at the facility are thrilled we contacted them. Also, our loose change collected in worship will go toward this project as in the past. These donations will be delivered on December 9th, so we have started collecting now. A collection box will be located by the church office and in the Narthex (see picture below). Here is a list of requested items:

Good Creamy Lotions
No-skid Socks
Lip Balm
Hats, Gloves, Mittens

Sweets
Pudding or Fruit cups
Playing Cards
Lap Blankets

We are planning on having a Harvest meal on November 13th after Sunday Service. CWF is providing the turkeys and a ham and cornbread dressing. We are asking you to bring your favorite Thanksgiving side and/or dessert to share. Jay and Tom are going to fry the birds for us and they will serve the meats. Virginia and Kathy will make dressing. We have decided to put a donation basket to offset the cost of the meat. We are also planning on having a photo booth available to have a Christmas picture taken for \$5.00. You can get the photo in an holiday picture frame or we will send you the digital copy so you can have Christmas cards made. Sherri and Jane are heading up the photo booth. Hope all of you will come and share this time of Thanksgiving.

Decorating the Sanctuary will begin Nov 21st with the fluffing of bows. We will start at 10:30 a.m. If you want to help we are glad to see you. Nancy and Joan are heading up the decorations this year with the theme of glitz and sparkles in support of the advent theme.

We gave Paul a \$50.00 gift card to Texas Roadhouse for Pastor Appreciation Day from all of his FCC family. As always, thank you for your support of our endeavors.

With love,
Kathy



(Collection box for nursing home donations - one by office and one in Narthex)

Happy Birthday!



11/1 Connie Phillips
 11/4 Sienna Shepherd
 11/5 Darlene Miller
 11/6 Coy Citron
 11/8 Jeanne Jarvis
 11/9 Piper Saville
 11/13 Amber Delger
 11/17 Taira Fountain
 11/23 Ursula Asuncion
 11/25 Joan Van Horn
 11/28 Helma Blackburn
 11/29 Ann Werner

Happy Anniversary



11/15 Bill and Ty Vaughan

(If you have a birthday or anniversary that we have left out of the newsletter, please inform the church office.)

In the Spirit of the Upcoming Season - Staff Bonuses

At the end of each year, First Christian Church takes up an offering to bless our church staff. The monies given are pooled together and given out proportionately to our hard-working staff during the Staff Christmas Luncheon as a Christmas gift from the congregation. If you would like to make a contribution to show your appreciation and support of our staff, you may do so by check. Please make your checks out to First Christian Church with "Staff Christmas Gift" in the memo section.

Church Staff and Contact Information

Pastor- Rev. Paul Appleby/pastor@fcclawton.org

Administrative Assistant - Piper Saville/office@fcclawton.org

Director of Music - David C. Anderson/davidtunespianos@gmail.com

Facilities Manager - Konrad Delger

Sound Technician - Brian Herring

Nursery - Beverly Watson

701 SW D Avenue, Lawton, OK 73501

580.355.2437 / FAX 580.355.3354 / www.fcclawton.org

(Please be sure to send your emails to the church office at office@fcclawton.org.

We no longer use fccadmin@sbcglobal.net)



First Christian Church

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