

THANK YOU!

You are reading an exclusive, bonus, electronically distributed August issue of First Christian Church-Greeley DOC's *Christian Caller* newsletter!

The September issue of the newsletter will once again be mailed via the US Post Office and will appear in your mailbox during the first week in September.

The deadline for September news items is Monday, August 15.

Happy end of summer!

**What does the LORD require of you
but to do JUSTICE and to LOVE KINDNESS
and to WALK HUMBLy WITH your God?**

Micah 6:8

SAVE THE DATE!

Please mark your calendar.....Thrive will be hosting a breakfast fundraiser 7:00-9:00am Sunday, September 25, at Applebee's in Greeley. For just \$10, you get a full meal with pancakes, eggs, and your choice of meat, and you'll know you are helping First Christian Church's Thrive ministry make mental health resources available to people in our community.

Over the past year, 13 households in our congregation have reached out to Thrive for care; the Thrive scholarship fund has helped families receive the services. Your support of Thrive programs is appreciated!



The Christian Caller Newsletter

Exclusive, non-posted August 2022

Dear Friends—

We are kicking off our Fall season with an exciting Sunday on September 4th. We are blessed to share our space with two other worshipping congregations, the Iglesia Mision Evangelica and the Micronesian Christian Church of Greeley. On September 4th at 10:00 am, we will gather outside under our tents for worship with all three congregations sharing in word and music. This will be followed by “whiz bang all churches potluck”!!!

Love, Mark

TIME VALUED MAIL

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RETURN SERVICE REQUESTED

First Christian Church
(Disciples of Christ)
2230 13th Street
Greeley, CO 80631

First Christian Church Greeley (Disciples of Christ) holds Sunday worship services in the sanctuary at 10: 00 am.

Child care is provided during the service.

Find more information at www.fccgreeley.com.



Contact Us

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Christian Women's Fellowship

We hope all of you are having a wonderful summer and staying cool.

September is just ahead and we will be starting with a general meeting on Thursday, September 1st at 1:30 pm. The evening groups will be hosting it.

For those people who are on the CWF Board, we will be meeting on Thursday, August 11 at 9:30 am in the parlor. We will do planning for the 2022-2023 year of CWF.

Looking forward to having an exciting year as we join together in fellowship,

LaVonne Rogakis & Sandy Beiser

RH RN

RIGHT HERE/RIGHT NOW-August 7!

All \$1 bills and checks written to FCC with "RH/RN" in the memo line go toward meeting immediate needs within our church family or community.

August Birthdays

- 01 Viola Corliss
- 03 Paula Armstrong
- 05 Rodney Herman
- 06 LaShonda Cordova
- 09 David Haining
- 10 Sandy Beiser
- 10 Isaiah Gray
- 13 Ronelle Heitman
- 15 Caren Renee Haining
- 27 Phyllis Hansberry
- 31 Sam McMichael

Help your mind and body with Diaphragmatic Breathing

Diaphragmatic breathing (or "Belly Breathing," as it is sometimes called) has many benefits:

Reduces stress and keeps you calm

Increases energy levels

Boosts immunity

Relieves pain

Lowers blood pressure

Strengthens the lungs and diaphragm

Improves core muscles and posture

Here's how to do it:

1. Sit in a stable and comfortable position with feet flat on the floor.
2. Close your eyes and allow your body to relax without tension in your shoulders, neck or face.
3. Put a hand on your chest and a hand on your stomach. Inhale slowly through your nose until you feel your stomach rise slightly against your hand. Exhale slowly and feel your stomach fall away from your hand towards your spine.
4. Try to keep the chest as still as possible while taking slow breaths with only your stomach moving.

Breathing exercises should always be done in moderation. If you feel dizzy, stop and rest.

Start out small and do not force yourself to breathe deeply.

If you have a medical condition, consult your doctor before beginning significant breathing exercises.

First Christian Church Governance Meetings

Ministries Cabinet, 5:30 pm: August 9

Christian Women's Fellowship, 9:30 am: August 11

General Board, 5:30 pm: August 18

Pastor Judi's Bible Study on Genesis begins Sept. 8th, 2:00 pm

Pastor Judi will begin a new bible/book study on September 8th at 1:30 pm in the parlor. The study is open to anyone and will cover the book *And It Was Good: Reflections on Beginnings* by Madeleine L'Engle. As this book's cover explains:

"Most of the literature on Genesis and creation emphasizes what was created, and how. But in *And It Was Good*, Madeleine L'Engle casts long, loving, and perceptive glances at not only the created universe but at its Creator as well. At every level she sees the connections between Made and Maker, and in the vast beauty, order, and complexity of our world she observes many of the characteristics of God, the first poet."

We will read and study both the book and selections from the book of Genesis. The study will last 6 weeks and will invite participants to read 2 chapters each week at home in addition to some scripture reading. (approximately 15-20 minutes a day). At the end of the 6 weeks we will continue moving to the next book in L'Engle's "Genesis Trilogy, *A Stone for a Pillow*."

Please let Pastor Judi know by September 1st if you would like to join so that we can order enough books.

Mission Matters

Back to School Drive ends August 7



Help students in District 6 have the supplies they need to get their new school year off to a great start. The Mission Team will be holding our annual Back-to-School Drive from Sunday, July 17, through Sunday, August 7. We will collect school supplies for our partner school, the Fred Tjardes School of Innovation, as well as the Family Center at School District 6. The Fred Tjardes School appreciates art supplies in particular, such as 24-count crayons, 12-count colored pencils, 8-count markers, glue sticks, and construction paper. The Family Center helps students all across the school district and especially needs #2 wooden pencils, pens, spiral notebooks (wide and college-ruled), sharpies, glue, dry-erase markers, pocket folders, rulers, and scissors. Please place your donated items in any of the school-bus boxes located around the church. Thank you for your donations to school children in our community!

IRCNoCo Food Truck Festival – August 4

IRCNoCo is hosting their second annual Food Truck Festival fundraising event on Thursday, August 4, from 4:30-7:30 p.m. in their north parking lot at 3001 8th Ave. In addition to food trucks, there will also be entertainment and games. It is a fun event for the whole family!

Want to help a refugee family in Greeley? Check out this [Amazon Wish List!](#)

