

Connecting with God

by J. Gottman

In high school I was on the tennis team. Much of my extracurricular life revolved around tennis. I read tennis magazine for tips on how to become a better player. I entered and played in tennis tournaments. I took extra lessons during the summer and played everyday that it was nice enough to play. Every spring I worked out and practiced with the team to compete with other local high schools.

I learned a lot from the experience. For example, I learned that when I get involved in something I tend to really get involved. I want to learn everything there is to know and the goal for me is to strive for perfection in whatever the task may be. I also learned that there is a key psychological element in many things that can have a great influence on whether you succeed or fail.

One summer I attended a tennis camp where this psychological understanding took root. A guest speaker shared with us how powerful the psyche can be in our everyday life. He used this example. If enough people consistently tell a great tennis player that he or she "stinks," eventually that person's level of play will suffer. In other words the person begins to believe those outside messages. The effects can be even more significant if the people saying these things are close friends or coaches. Similarly, an average player can become a better player just by hearing positive messages and building up self esteem.

I began thinking about that day at tennis camp last week when a colleague of mine shared in his church newsletter the effect the various news outlets can have on the mental well being of a self described news junkie. He shared that at one point in his life he was depressed and went to talk with a counselor to work through his depression. After listening for a while the counselor banned him from watching or reading the news for six months. Over that period of time his outlook on life changed and improved.

My point is that every time I turn on the nightly news the only thing discussed is the state of the economy. I get that it is bad for many of our friends and extended family. I get that people are scared wondering when we will eventually hit bottom. What I am missing is the overall perspective. Yesterday, I heard that some stock indicator hasn't been this low since 1997. As a person not educated in the nuances of the financial markets that means nothing to me. What I do know is this - in 1997 I was just finishing divinity school and the world around me did not appear to be in a great panic about the economy.

As your pastor I am trying to offer words of encouragement during a difficult time. I'm not advocating burying your head in the sand or ignoring your financial advisor. What I am advocating is that perhaps we shouldn't watch the news every night or read certain parts of the newspaper if it causes increased stress. If you do end up cutting some of these news outlets from your daily life, why not read a few chapters from the Bible or spend a few minutes in prayer and see what spending a few minutes with God can do for your well being.

See you this Sunday and invite your friends!

Blessings and Peace,

Missed a Sunday?

Sermons are available online at
fccpaducah.org

PCM Pantry Report

We are collecting jars of **peanut butter** during March for the pantry. Again, our goal is 500 units. To date we have collected 13 jars. Please remember to bring your peanut butter to worship with you this Sunday.

In Our Prayers

Weekly Health Concerns

Jack Chapman, Jackson Oaks

Pat Cownie, 7040 Contest Rd.

Nan Russell, 200 Myrna Dr.

Barbara Hough, 14 Meadow Links

Sympathy

... to the family of **Juanita Phillips** who passed away in League City, TX on Feb. 25th. A graveside service will be held March 7th in Jacksonville, AR.

Memorial Gifts

Barbara Penix has given gifts to the church in memory of **Louise Beasley & Oval Crenshaw**.

Glenda Montgomery has given gifts to the church in memory of **Doyle Cartner, Steve Page, and Ben Webber**.

Couples Enrichment

The next Couples Enrichment Group meeting will be held Friday, **March 20**, at 6:30 p.m. in Fellowship Hall. If you missed the meeting last month, you can get the reading materials for the meeting from the church office or Whitney Caywood. (Child care is provided for the meeting.)

Super Sub Sale

Since our plans to sell sub sandwiches were canceled due to the ice storm, we will try again on **Sunday, Mar. 15th**. If you ordered a sub, we will have it ready after Sunday school or worship. If you ordered a sub, but no longer want it, or if you did NOT order and now want a sub, please let us know by Sunday, March 8th. E-mail Ben Morehead at benjaminmorehead@comcast.net or call 415-1891 and leave a message.

The Week Ahead

Sunday, March 8

2:00 a.m.—Daylight Time Begins

(Set clocks ahead 1 hour)

9:30 a.m.—Sunday School

10:45 a.m.—Worship & Communion

Monday, March 9

12:30 p.m.—CWF Group I

Hosts: Joyce Allbritten & Pat Cownie

Program: Ann Denton

Please Bring Blessing Boxes to meeting

Tuesday, March 10

5:15 p.m.—Finance Committee Meeting

Wednesday, March 11

4:00 p.m.—K-5 Kids Groups

5:30 p.m.—6-12 Grade Youth Groups

5:30 p.m.—Handbell Practice

Thursday, March 12

6:30 p.m.—Choir Practice

7:00 p.m.—Fannie Jones Group

Host: Alma Fritts

Bring Blessing Boxes to meeting

Easter Egg Helpers Needed

FCC's annual Easter Egg hunt will be held **Saturday, April 11th** from 10 a.m. until noon. Please bring pre-filled plastic Easter eggs in preparation for the hunt to the church office. Volunteers are also needed to assist with the activities and to hide the eggs. Contact **Miranda Peterson** for more information at mirandabees@gmail.com

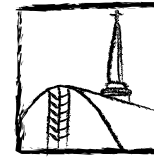
FCC's Vital Statistics

Worship Attendance—February 22, 2009

Sunday School	55
Worship	131

Financial Report—Jan 1, - March 6, 2009

Income to date	\$58,154
Expenses to date	\$70,272
Deficit	(\$12,118)



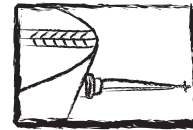
THE TOWER

FIRST CHRISTIAN CHURCH • PADUCAH, KENTUCKY

Come. See. Discover.

Members Serving March 8
Elders: Justin Trewolla & Nettie Bingham
Deacons: Cathy Warmack, John & Whitney Caywood, Mary Faith Gooch, Del & Judy Fleming, Frank & Sue Fletcher
Liturgist: Frank Fletcher
Ushers: James Craig & Madison Berry
Greeters: Bob & Donna Roseberry
Acolyte: Patrick Wadlington
Communion Preparation & Flowers: Nettie Bingham & Barbara Murphy
Communion Clean-Up: Cathy Warmack (helper needed)
Reach Out Communion: Bill & Pat Cownie, Kent & Julie Price
Time for Children: Kathy McHaney
Pew Pad Pick-Up (Mar.): Erin Gottman
Elders on Call Mar. 8-14: Don Pepper & James Craig
Sunday School Rotation: Ben Morehead

Guests in Worship Mar. 1
 Stephanie Miller, Sarah Drysdale *and others who worship with us regularly.*



First Christian Church
 (Disciples of Christ)
 415 Audubon Drive
 Paducah, KY 42001
 Return Service Requested

The Tower is a publication of
First Christian Church
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 Web site: fccpaducah.org
Ministers: The congregation along with
 J. Gottman, Mariann Lankton, Phil Justice

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This Sunday at FCC
 9:30 a.m.
 Sunday School
 10:45 a.m.
 Worship & Communion
Sermon Series:
The Disciples Next Door
Sermon:
 "James & John"

Grounds Committee Schedules Work Day
Saturday, March 7th—9 a.m. to noon
 Projects include fixing the playground fence, clean-up of planting beds, and removal of smaller tree limbs. (The committee is currently taking bids for removal of larger tree limbs, "hangers" and the large downed tree.

If you would like to help the Grounds Committee with spring clean-up, please join them on Saturday. **Remember to bring your yard tools.**

Sunday School—9:30 a.m.
fccpaducah.org

Lay School of Theology
March 28, — 9 a.m. to 2:30 p.m.
 (Rescheduled from Jan. 31st)
"And God Said What?"
 Instructor: Dr. Margaret Ralph
 The Bible is a library of books of different kinds of writings. In order to understand the revelation that the Bible contains, we must take into account each authors literary form. In this class we will examine a variety of literary forms including myth, legend, debate, fiction and song.
 You still have time to register for the class by calling the church office. The cost is \$25 and includes a continental breakfast and box lunch. The class will run from 9 a.m. to 2:30 p.m.
 This event will be held on the **upper level**. Please meet in the church conference room.

Name Tag Drawing
 The Nurturing Committee asks that you be sure to wear your name tags. They are going to be drawing name tags each week for three Sundays beginning March 8th. From those drawn, they will have a final drawing for a gift certificate to a local restaurant.

Worship & Communion—10:45 a.m.
Radio Broadcast 1560 WPAD-AM