

The Good News

MID-MONTH EDITION

No. 20

October 18, 2018

Published twice monthly by the First Presbyterian Church of Commerce, Texas

Looking for Help When Stress Hits

There's something new this month at FPC. It is the start of a new class which is being hosted by **Martha Clevenger and Helon Razniak**. They will make use of a video to help participants take part in Tai Chi classes on Tuesday mornings at 9 a.m.

Tai Chi is an ancient form of martial art that originated in China. It focuses on concentration and control of the body. Over the years, it has become more well-known as a series of exercises that provide health and stress reducing benefits for those who practice it. Its movements are gentle, slow and easy to replicate for almost anyone, which makes it especially useful for those people who can't sustain the jarring impacts of more strenuous exercises. Just as appealing is its pace—slow and methodical—which perhaps helps explain why it seems to help reduce stress.

There are a lot of stressors in today's world. Anything that can reduce stress has to be a good thing, right? With certain exceptions, such as why someone is allergic to peanuts or can't stand the color chartreuse, the Bible is the go to place when we are troubled. That is especially true when we are under extreme stress.

Isaiah 41:10 tells us..."do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand."

That is pretty powerful advice and, when taken to heart, can go a long way to reducing the fears and stress that you may feel from time to time.

The Bible is a big book and that is just one verse in it. There are lots more verses that can fill the need, whatever it is, in your life. You have only to read it to find them.



Brenda Estes, as part of the efforts of the joint Evangelism and Membership Committee, designed and ordered these beautiful mugs to give to FPC's visitors.

Upcoming Community Events

Thursday, Oct. 31, 5:30-7 p.m.—Trick or Treat on the Square, for children 14 and under.

Recurring Monthly Events

- 2nd Wednesday, 1-4:30 p.m. at TAMUC Alumni Center—Silver Leos Writers Guild meeting.
- Thursdays, 6-8 p.m.—Family Night at the Commerce Public Library.

Next time we'll add your event if you call the church office at 903-886-3783.

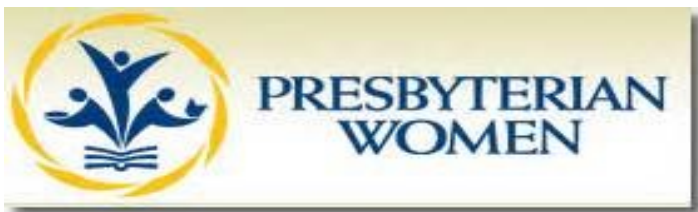
Don't Forget!



**Sunday, Oct. 21,
6 p.m.**

**Bring a side dish
or a dessert**

(Brought to you by the Membership Committee)



The PW Fall Gathering is at the Gilmont Camp & Conference Center this weekend—Oct. 19 and 20.

The next PW Circle meeting is Monday, Nov. 12, at 9 a.m. in Fellowship Hall.

Presbyterian Women?

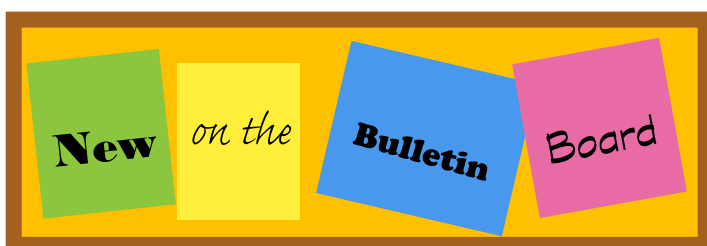
Aren't they in charge of our church rummage sale and spaghetti dinner?



Presbyterian women find ways to be Christ's hands and feet in the world, and that often means finding ingenious ways to raise awareness of and money for mission. Make no mistake! While we are tagging the items for the rummage sale or boiling noodles for the spaghetti dinner, our hearts and minds are also prayerfully mindful of why we do what we do: to help the world, one spaghetti dinner or quilt raffle at a time.

Think You Know Presbyterian Women?

Think Again and Prepare to Be Amazed!



- ♦ A letter from the **Thalian Culture Club Foundation** noting a donation to the Commerce Food Pantry thanks to the community's support of the club's annual auction. The letter also wished the food pantry continued success in doing the "good work that you do for our community."

Destructive Hurricanes Keep Coming, But So Does the Response of PC(USA)

Hurricane Michael is the latest destructive storm to strike the United States. It was huge, devastating the Florida panhandle and parts of surrounding states. Click [here](#) to read about the response that Presbyterian Disaster Assistance is organizing.

FPC Is Online!

www.facebook.com/fpcccommerce

www.facebook.com/group/fpcccommerce.

<https://twitter.com/fpcccommerce>

www.fpc-commerce.com.

Food Pantry Donation Items

The Commerce Food Pantry typically serves between 30-40 different families in need each week—over 120 families each month. Donations remain an important source of its ability to help these people. Remember to help out the food pantry with a donation of food each Sunday.

Here are suggested donations. There is a box just inside the sanctuary for your donation.

1st Sunday—Saltine crackers

2nd Sunday—Ranch Style Beans

3rd Sunday—Spaghetti sauce (in cans)

4th Sunday—Chili without beans

5th Sunday—Canned pineapple

In addition to the above, the Commerce Food Pantry is always in need of grocery paper bags with handles (Braum's paper bags are perfect). If you have any spare paper bags, please consider donating them at any time.

DEADLINE FOR NOVEMBER NEWSLETTER

The Good News for November will go out Thursday, Nov. 1. If you have news, pictures, or a story to share, the deadline is Monday, Oct. 29. Email it to fpc-commerce@embarqmail.com

In Our Prayers at First Presbyterian

Our Troops	Gordon Hunter	Bruce Campbell	Sara Grace Pullen
Melba Blount	Amy Lopez	Joe Yeakley	Grace Byrd
Gayle Shumate	Gladys Gray	Mildred Miller	Gaye Furry
Preston Helton	Catherine King Robertson	Bennie Neve	Ron Davis
Jan Burns	Audrey Hucks	Larry Ratliff	Jack Gray
Jean Angotti	Jim Calvert	Tammi Fucci	Adele Reeves
Bob Wilkins	Joe Dipiazza	Deryl McKenzie	Danny Spruel
Kristen Anderson	Family of Freda Lambert	Nancy Smith	Petra Strassberg
Gary and Melba Strobel		Pat Skaug	Joe Tinch

Additions to Prayer List

Since our last newsletter, we've added **Joe Tinch**, a friend of Roger and Carole McKenzie, to our Prayer List. Joe has been diagnosed with non-Hodgkin's Lymphoma. Please keep him and his family in your prayers, as well as all those on our list.



If there is someone you would like to add to our prayer list, please contact the church secretary.

Upcoming Bible Readings

**Sunday (October 21) Is the
22nd Sunday after Pentecost**

Gospel: Mark 10:35-45 *The Request of James and John*

Psalter: Psalm 104:1-9, 24, 35c *God the Creator and Provider*

Epistle: Hebrews 5:1-10 *Jesus the High Priest*

Old Testament (and sermon focus): Job 38:1-7, 34-41 *The Lord Answers Job*

**Sunday (October 28) Is the
23rd Sunday after Pentecost**

Gospel: Mark 10:46-52 *The Healing of Blind Bartimaeus*

Old Testament: Psalm 34:1-8 *Praise for Deliverance from Trouble*

Epistle: Hebrews 7:23-28 *Another Priest*

Old Testament (and sermon focus): Job 42:1-6, 10-17 *Job Is Humbled and Satisfied / Job's Fortunes Are Restored Two-Fold*

Assisting with Worship

The following people are assisting with worship the next two Sundays.

October 21

Head Usher: Monty Howard

Candle Lighter: TBD

Liturgist: Martha Clevenger

October 28

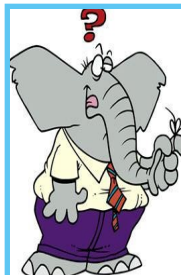
Head Usher: Ric Estes

Candle Lighter: TBD

Liturgist: Brenda Estes

Please remember to let our worship leaders know how much you appreciate them. If you would like to help with worship in some capacity, please contact Rev. Rasco or the church secretary.

Did We Forget Something?



Maybe we forgot an event you are organizing for FPC or a committee report you wanted to get in The Good News. Or maybe you forgot.

We apologize for the brevity of this edition. We just couldn't find much going on. That's why we depend on you to keep us informed.

VOL NTEER
all that's missing is U!