



Upcoming Events

Thu Feb 11:

7pm Spirit Road- Rituals Yesterday and Today w Tiffany Whitley

Sat Feb 13:

8pm Karen Williams in Concert (at Youth Orchestra Hall)

Mon Feb 15:

6:30pm Orientation to Deacon Training

Wed Feb 17:

7pm Ash Wed Service

Sat Feb 20:

7pm Men's Fellowship @ Rusty & David's home

Sun Feb 21:

Noon-2:30pm New Members Class

Sat Feb 27:

6:30-9pm Game Night

Sun Feb 28:

Chili Cook-Off (after service)!

Sun Mar 7:

12:00pm H1N1 Presentation

It's Never Too Late To Plan Early!



**Comedian
Karen Williams**

Healing with Humor Tour!

For 25 years Karen has been creating laughter. If you've missed her on HBO, LOGO, Olivia Cruises or at any of her shows from San Francisco to NYC to Sydney, catch her New Show in Ft. Worth, Saturday, February 13, 2010!



Comedian Karen Williams

This Sat, February 13

8 p.m.

Youth Orchestra Hall

4401 Trail Lake Dr / Fort Worth Texas 76109

Tickets: \$40 Reserved / \$25 General (at the Door)



Weekly Meditation - Feb 10 2010

by Rev. Teri Lubbers

Sending and Receiving

The practice of tonglen - sending and receiving - is designed to awaken bodhichitta, to put us in touch with genuine noble heart. It is a practice of taking in pain and sending out pleasure and therefore completely turns around our well-established habit of doing just the opposite. Tonglen is a practice of creating space, ventilating the atmosphere of our lives so that people can breathe freely and relax. Whenever we encounter suffering in any form,

February Stats:

02/07:

Attendance: 112
Offering: \$3,409

02/14:

Attendance:
Offering: \$

02/21:

Attendance:
Offering: \$

02/28:

Attendance:
Offering: \$

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the tonglen instruction is to breathe it in with the wish that everyone could be free of pain. Whenever we encounter happiness in any form, the instruction is to breathe it out, send it out, with the wish that everyone could feel joy. It's a practice that allows people to feel less burdened and less cramped, a practice that shows us how to love without conditions. ~ Pema Chodron, "When Things Fall Apart: Heart Advice for Difficult Times"

I was reminded of this practice last night as I watched CNN's ongoing coverage of Haiti. I first learned about Tonglen meditation when Darfur, Sudan was all over the media. At that time I found myself obsessing and feeling helpless and guilty about the suffering of the women in the refugee camps, who were trying to provide for their children, trying to stay safe, trying to make a life. How could I enjoy my life when so many were suffering?

My spiritual director suggested that Tonglen practice might be a way to engage suffering in a transformative way. Instead of armoring ourselves against pain or powerlessness, suffering or sadness, Tonglen teaches us to sit with it, and with each in-breath, to breathe in the murkiness and darkness, the helplessness and hopelessness, while holding the desire and intention that everyone be free from suffering. And then with each out-breath we breathe out a sense of cool fresh air, a sense of open space, a sense of light and wholeness, peace and happiness, holding the intention that all might know joy.

Maybe it sounds corny or silly or foolish. How can this possibly make a difference? How can the simple act of breathing and meditating make a difference? Because we are all intimately interconnected in this field of love and energy we live in. Every thought makes a ripple. Every breath and prayer affects the whole. When we allow ourselves to be vulnerable and not so armored, some place deep within us opens up and we become conduits of God's love and power; we become the change we desire in the world.

Prayer: Beloved Creator, you call me to be a place of transformation, a point of contact between your Spirit and the world of form in which I live. Lead me today so that my thoughts, words and actions might reflect your love and being. Let your peace begin with me. Amen.



It's Time for the Agape' Chili Cook-off!

Yee-haw! It's that time of year... the annual Agape' MCC Chili Cook-Off and Brownie Bake-off: great competition, great food and great fun!

Registration: Forms in church lobby; **must enter by Feb 14**

Fee: \$10 per entry - **Fees are due by Feb 21**

The contest will take place on Sunday, Feb 28 after service. Please return contest entry forms and fees to Rusty Cuniff.



Deacon Training

Agape' MCC trains and equips a team of Deacons whose role it is to provide a spiritual presence to those experiencing illness, loss, stress, change and crisis. If you feel a calling to be a part of this team, please

Resolve Conflict, LLC

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www.resolveconflictionline.com
or call 877-9-2agree

PICK UP THE PHONE...

& raise funds for Agape'!

Call the Kudlac Insurance Agency at 817-656-0885. Identify yourself as a member or friend of Agape' MCC and ask for an insurance quote: home, auto, renters, life, etc.

Agape' MCC will receive a \$25 check
for your inquiry.

Contact us at:

www.agapemcc.com

817-535-5002

Join Our Mailing List!

contact Rev. David at revwynn@yahoo.com or 817-535-5002.

We will have an **Orientation to Deacon Training on Monday, February 15 at 6:30 p.m.** in the Social Hall to discuss what will be involved in and required in this intensive training.



New Member Class

New Member Class, Feb 21

If you are interested in seeing what being a member of Agape' is all about and interested in joining the church, plan to attend our New Member Class on **Sunday, February 21st, from noon until 2:30pm** in the Social Hall. Rev. David will lead the class.



We Want Your Stories & Ideas!

During the Season of Lent, we will be focusing on "Making Sense of the Journey...the Risk of Real Community". **We are gathering people's stories** about a time or event in your life that was transformational, epiphinal, greatly successful, a huge failure, or just a great teacher, to share with the community. These can be named or anonymous. We will be using these in a number of ways...in Updates, in special Services, etc... **Please keep your story to one page, approximately 150 words, 12 point font, and submit them to revwynn@yahoo.com or agapemcc@aol.com by February 21st.**

We also want to extend our experience of community and are asking for folks to **suggest places or events where we might be of service** like:

a work day in a local animal shelter or with an animal rescue group, a service project or worship service in an area nursing home or retirement center, a project with a local daycare or school, a project with Habitat for Humanity or other housing and homeless organizations, work with the food pantry, etc... You might consider joining our group that provides meals at the Samaritan House on the second and fourth Fridays of each month.

So, tap into your connections and email suggestions or options to revwynn@yahoo.com or agapemcc@aol.com. It is our hope that as you make suggestions you will be available to also facilitate and lead the project, we will makes sure the volunteers are ready!



Game Night Is Back!

The Agape' MCC Deacons are sponsoring an all-church Game Night on Sat, Feb 27. Everyone is encouraged to bring a snack to share. Coffee and tea will be provided. There will be some games provided, but please feel free to bring some games of your own!

Agape' Game Night

Sat, Feb 27

6:30 - 9:00 p.m.

Everyone Invited!



Prom Dresses for CPS Teens

Agape' has been approached by an organization called P.A.L.(Preparation for Adult Living) to collect new or gently used Prom dresses that can be used by youth who are in alternative care (foster care, residential treatment, group homes, etc.).

The PAL program was implemented in 1986 to ensure that older youth in substitute care (foster home, group home, Residential Treatment Center) are prepared for their inevitable departure from the Texas Department of Family and Protective Services' care and support. At any given time, there are about 3,500 youth 16 years of age and older in substitute care. PAL program staff strive to provide each of these youth with skills and resources they will need to be healthy, productive adults. Preparing youth for adulthood is much more than teaching them how to balance a checkbook and sign a lease. PAL services include involvement in programs aimed at improving youths' self-esteem and improving their ability to make responsible decisions. PAL helps youth face the challenges of adulthood and independence.

We will be **collecting dresses through March 7**; all sizes and styles are welcome and needed. If you have any questions, please contact Patti Stephens at 817-501-2514 or via e-mail at pattandleigh@sbcglobal.net



We Need Office Volunteers!

Several of our office volunteers here at Agape' have been blessed with some changing life events that have required them to step down from volunteering.

So we are looking for a group of folks who can share the "job" of helping out with administrative tasks as well as the daily activities of helping with phone calls, visitor letters, gathering Sunday's stats, etc....

If you are available to help out one day a week or every other week for a couple of hours, please email Rev. David at revwynn@yahoo.com or phone the church at 817-535-5002. Thank you!

Lent 2010: Making Sense of the Journey - The Risk of Real Community

As we prepare to begin the Festival of Lent this year at Agape', we hope that you will join us as we explore the forty day spiritual journey that will lead us through the Festival of Easter. Beginning with a candlelight service in the Taize Tradition, <http://www.taize.fr/en> on Ash Wednesday, February 17 at 7:00, we will seek to rediscover the lost art of being in real community that brings individual and communal

wholeness. Come and hear what God is saying to you and us.



Can you Donate Some Frequent Flyer Miles?

As an act of stewardship as we prepare to purchase flights and housing for our Pastor and Lay Delegates to attend General Conference, we are asking if there are some who can donate frequent flyer miles for the trip to Acapulco. The Conference is from June 28 to July 2. If you can donate, please contact Rev. David at revwynn@yahoo.com or 817-535-5002.



Church Janitorial Contract

The Agape' Janitorial contract is up for renewal. We will be obtaining 3 quotes before deciding in March who will be awarded the new contract for our Church Janitorial service. We are looking for referrals from you if you know someone who might be interested in bidding the job. Does your company use someone you think we should talk to, let us know? Email Rev. David at revwynn@yahoo.com or call 817-535-5002.



Protected From H1N1 This Spring?

Ben Curry, H1N1 Education Specialist with Tarrant County Public Health, will give a brief educational presentation addressing:

- * the differences between H1N1 and Seasonal Flu,
- * strategies for protecting your church and family,
- * and details about H1N1 vaccine, including where to get it for free.

When: March 7, 2010 @ 12:00 PM

Where: Agape' MCC

Prayers:

- Brad D. ask for prayers for his mother who is in rehab for a stroke.
- Those grieving the passing of Bobbi.
- Good outcomes for Cindi B's medical procedure.
- Marie E. during big life transitions.
- For parents as they support their child.
- For all who feel alone that they may find community.
- For continued healing for Cassy B.
- Sister of Carol S, Marie, with marriage problems and no transportation to get kids to and from school/work.
- Parents of Carol S. as they try to counsel daughter to go home and start over.
- Susan's sister-in-law, colonoscopy.
- Those who are grieving the loss of their pet Bud.
- Mark on loss of his pet Benji.
- For Comedian Karen Williams.

Praises!

- Good news for Carrie and Sarah!
- For the leaders who do so much to help us save paper and be good stewards!
- For the gift of real community.
- For all of the abundance we are blessed with.
- For Marley the dog!
- For friends and family.
- For Leigh and Kris' contributions to our Black History Reflections.
- For Open Door Productions.

Our Mission- With open hearts, open minds, and open arms, Agape' MCC is a nurturing faith community seeking God's will by celebrating inclusive worship, redefining family, and providing a voice for justice.

Our Core Values- We believe that a sacred space: Welcomes and affirms all people; Does not "stand idly by" in the face of inequity and injustice; Communicates the unconditional love of God for all; Improves the spiritual connections between each person and God as she or he understands God.