



Agape' MCC Weekly News May 19 2010

Upcoming Events

Wed May 19:

**6:30-8:30pm New
Membership Class**

7pm Choir Rehearsal

Thu May 20:

7pm Spirit Road: So,
You Think You're NOT
creative?

Sun May 23:

10:30am Worship
Service

11:45am Meet, Greet &
Eat!

12:30pm Core Leaders
Meeting

Wed May 26:

7pm Choir Rehearsal

Thu May 27:

7pm Spirit Road: Finding
God in Pop Culture

May Stats:

05/05:

Attendance: 127
Offering: \$1,143

05/12:

Attendance: 115
Offering: \$2,312

05/19:

Attendance: 106



Come to Meet, Greet & Eat This Sunday!

Men's Fellowship members will provide this
month's meal... you provide the appetite!

The menu is a Picnic Theme- hamburgers, hot dogs, etc. Members
and friends pay \$5; our guests eat for free. Come join us!

Meet, Great and Eat- This Sunday, May 23, after service



Weekly Meditation, May 19, 2010

By Rev. Teri Lubbers

Letting Go of Pain

*Oddly, it's often easier for us to give up our
pleasure than our pain. It's easier to give up our sex life, our hot
fudge sundaes, or the pats on the back and such, than to let go of
our pain, fear, and insecurity. We identify with them, we really
hold on to those conditionings...When we go beyond attachment
to pleasure and pain, allowing the long-conditioned responses to
be met by awareness instead of being compulsively acted out, we
experience a deeper happiness. An opening of the heart and
mind occurs, a feeling of fulfillment in the moment. ~ Stephen
Levine, "A Gradual Awakening"*

Don't know about you, but I confess that I talk to myself. It can take
many forms: a friendly chat, a nagging lecture, a playful nudging, or
getting chewed out because I have caught myself doing "it" again,
whatever "it" happens to be.

I just got home from visiting my father in Arizona; the first time I have
seen him since my step-mother died two months ago. I came home
sad. About Dad and June, and also about how easy is it to slip into
conditioned ways of being, especially when it involves immediate
family. My fifteen-year old self can show up in a heartbeat - complete
with all her fear and pain, insecurity and fragility - given the right
setting. Every one of us is comprised of a cast of characters, who wait
in the wings for just the right moment to make an appearance.

Offering: \$2,914

05/26:

Attendance:

Offering: \$

Need a book? A Bible? A music CD?

Shop Online at Your Agape' MCC Bookstore. Save 20% on most items & get 5% back for our church. Link on our Virtual Store Link:



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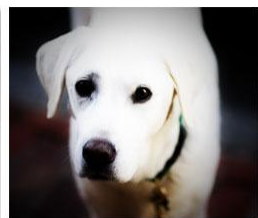
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**PICK UP THE PHONE...
& raise funds for**

So I had to remind myself today that it is possible to go beyond pleasure and pain. Awareness and Spirit can penetrate those conditioned responses. So while I had a good cry, I didn't have to cry the whole day. It is possible to let go of pain and compulsive acting out. It is possible to experience a deep happiness that doesn't depend on attachment to pleasure or pain. It is possible to open up instead of close down, to release instead of tense up, and to relax instead of hold life with white-knuckled fists.

Sometimes awareness comes in a flash. Sometimes it's gradual. But it comes...

Prayer: God may your grace surround me, and transform old conditioning, energies and attachments that no longer serve your purpose for me. Open my heart and mind that your spirit may flow freely in me today. Amen.



Everman Animal Shelter Needs YOU!

Thanks to those who have brought food for the pets at the Everman Animal Shelter! And we can do more - they still need the following supplies: bleach, Dawn dishwashing liquid, concentrated Lysol, and bags of puppy food

and adult dog food.

Just bring these items to the church (leave in the Fellowship Hall) and volunteers will get these items to the shelter.

Imagine General Conference Update



Thanks to everyone who has completed the MCC Structural Change Survey it out earlier by the Agape' MCC Lay Delegates.

So for we have received **47** completed surveys! There is still time to complete the survey and give your input to our Lay Delegates before conference. Here's a link to the survey (if you haven't already taken it):

<http://survey.constantcontact.com/survey/a07e2sw4kcng6v6xw3j/start>

Please complete soon. Results of the survey will be announced by the end of this month. These results will help guide your church delegates to vote on the proposed changes at the Business Meeting in June.

The General Conference business meeting will be held on Tuesday, 29 June 2010, in Acapulco, Mexico. The business meeting packet is now available for download. The packet includes the following documents:

- MCC Business Meeting Agenda,
- MCC Procedures Manual,
- MCC Board of Administration Chair Report (BOA),
- MCC Board of Pensions Report (BOP),
- MCC Elders Nominating Committee Report (ENC),
- MCC Lay Ministry Council Report (LMC),
- MCC Lay Delegate Manual.

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!

Click [here](#) to view and download each of the above listed documents
In addition, by the 1st of June, we will receive the Moderator's Report, information on the candidates for the Governing Board, and an updated plan for implementing the proposed structure.

The revised proposals are now available for your review and to download at www.structurereview.mccchurch.org.

They are presented and explained in several related documents, beginning with the Preamble and followed by:

1. **Overview of the Proposed Structure** - Provides explanatory detail for each element of the proposed structural change and refers to the relevant Bylaw amendment proposals and or other actions that would be needed in order to implement the particular element.
2. **Proposed Structure at a Glance** - Shows the proposed decision-making authorities and the reporting relationships that would be created.
3. **Bylaw Amendment Proposals** - Provides detail on each of the Bylaw amendment proposals that General Conference will be asked to approve in order to implement the proposed changes in the MCC structure. Approval requires a 2/3 affirmative vote by the Lay House and a 2/3 affirmative vote by the Clergy House.
4. **Charter of the Governing Board** - Approval requires an affirmative vote by a majority of the Lay House and a majority vote of the Clergy House.
5. **Who Is My Elder?** - Shows the differences between the responsibilities that the Elders would have as they provide care and consulting services for churches.
6. **Cost of the Proposed Structure** - Provides an overview of the anticipated cost of the proposed structure compared to the current structure.

Prayers:

- For Louise and her family as they grieve the passing of her brother
- For Janie and her family as they grieve the passing of her sister
- For Teri's Uncle and healing all around
- Continued strength for Anna
- Healing for Pat
- For all of those seeking employment
- For all of those negotiating life changes and challenges
- For everyone who is traveling
- For those who struggle with depression
- For Rev. George's heart and prayers for Jimmy
- Those who need employment.
- In need of reliable transportation.

Praises!

- For our new drums gifted by Open Door Productions

- For our Board and their tireless work on our behalf
- For our Deacons in training
- For our Worship Coordinator and Chief Sanctuary Decorator :-) Leigh Wolfer
- For Rev. Robert and his amazing Spirit
- For the Men of Agape' stepping in to provide our meal this Sunday
- For Rusty and all the ways he leads
- For vacations that renew us
- For Rev. Teresa and her teaching
- For Barbara and her wisdom
- For Eli's graduation
- To all my Agape' family- I really needed those hugs and kisses on Sunday. Fuel for the week!

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.