



# Agape' MCC Newsletter

November 10 2010

## Upcoming Events

### Thu November 11:

7pm Spirit Road @ Club 1851  
in Arlington

### Fri November 12:

5:30pm Samaritan House  
Supper Club

### Sat November 13:

10am Perata Memorial Service  
**1-5pm Christmas Pictures  
Fundraiser**  
6:30pm Men's Fellowship  
Potluck

### Sun November 14:

**12pm Annual  
Congregational Forum**

### Wed November 17:

**7pm Benedictine Spirituality**  
led by Rev. Teri Lubbers- Part 2

### Thu November 18:

7pm Spirit Road

### Sun November 21:

**12pm Annual  
Congregational Meeting**

### Fri November 26:

5:30pm Samaritan House  
Supper Club

### Sun December 5:

10:30am Worship Service  
11:45am Holiday Potluck  
Dinner

### Sat December 11:

## Congregational Forum This Sunday

### Congregational Forum Nov. 14

Join us after worship service **this Sunday, Nov. 14**, to hear from the candidates running for the open positions for: Board of Directors, Personnel Committee, Lay Delegates and Alternate Lay Delegates; and review and discuss the proposed 2011 Agape' budget.



The 2010 Annual Congregational Meeting Packet was not ready at the time of this newsletter publication. However, it is hours away from completion! When it is ready, simply [click here](#) to receive your copy of the packet. You will see a page stating "2010 Congregational Meeting Packet *will be here* shortly!" until the packet is ready. Copies of the packet will also be available at the church on Sunday before the Forum.

**And Stay after the Forum for a short Music Ministry forum to discuss music ministry and the Music Survey results!**

## Memorial for Mary Perata - November 13

### Rev. Teri's Mom

Please join us for a time of celebrating the life of Mary Perata who passed away on October 16 in Lewiston, Idaho. Mary spent time with us here at Agape' over the years and considered this her spiritual home in Texas.



**If you have any pictures of Mary that you would like to share for this service, please email the images to Rev. David asap at: [revwynn@yahoo.com](mailto:revwynn@yahoo.com)**

Memorial Service at Agape' MCC for Rev. Teri Lubber's mom, Mary Perata, on **Saturday, November 13 at 10:00 a.m.**

## 6-8:30pm Annual Christmas Talent Show

Fri December 24:

7pm Christmas Eve Service

## November Statistics

11/07:

Attendance: 121

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](#)

## Our Sponsors:

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## Photo Sessions with Santa - this Sat Nov 13

### Santa Claus is Coming to Town!

Bring your pets, kids, family, plants, etc. for a photo session with Santa and friends!



Prices: 5x7 \$8 or 8.5x11 \$10

Multiple photos available upon request

**Holiday Photos  
Agape' Fellowship Hall  
Saturday, Nov 13  
1 - 5 p.m.**

## Weekly Meditation- Nov 10 by Rev. Teri Lubbers

### Tonglen

*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, 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...With the in-breath the armor begins to fall apart, and we find we can breathe deeply and relax. A kindness and a tenderness begin to emerge. We don't have to tense up as if our whole life were being spent in the dentist's chair...When we breathe out relief and spaciousness, we are also encouraging the armor to dissolve. The out-breath is a metaphor for opening our whole being. When something is precious, instead of holding it tightly, we can open our hands and share it. We can give it all away. We can share the wealth of this unfathomable human experience. ~Pema Chodron, When Things Fall Apart: Heart Advice for Difficult Times*



Long quote...but this is the best short description of why I meditate by focusing on my breath. Partly I do it to make my world spin not so fast, and partly I do it to help my own armor fall apart and dissolve, and partly I do it because I think it will help transform the world. Every event in life - whether sad or joyful, difficult or easy, full of pain or pleasure - presents us with a choice. We can either hold on tightly or we can let go, but we don't have to hoard pain and pleasure. We can let them come and go

## Contact Us At:

[www.agapemcc.com](http://www.agapemcc.com)

817-535-5002

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the way tides do on the beach. Nothing about our existence is permanent. But it doesn't have to be permanent to be precious.

Don't know about you but when I go to the dentist I have to consciously relax my body and my mind. I breathe deeply before they take my blood pressure, to consciously will myself to be calm and slow my heart rate. I love what Pema says, "We don't have to tense up as if our whole life were being spent in a dentist's chair." We don't have to live like that.

We can allow the painful things to loosen us up and teach us not to be so guarded and armored. We can allow the pleasurable things to free up our kindness and tenderness for ourselves and others. We can give it all away. We are unfathomable creatures.

**Prayer: Creator, help me to take every moment of this day as from you. Help me to sit with it, breathe it in, breathe it out, and be okay with what comes and goes. Help me experience the deep current of your love that holds and carries me. Amen.**

## Holiday Food Drive

### Starts This Week!

**Beginning this Sunday, Agape' MCC's Children and Youth** will have collection boxes for non perishable items to give to the Tarrant County Food Bank and the Samaritan House Supper Club.



Items will be collected to help provide food supplies for Thanksgiving. **Collection boxes will be available until Sunday November 21, 2010**, at which time our Children and Youth will gather up the items to be delivered to our community in need. Bring all the non-perishable items you can. Support our Children and Youth! Support our Community!

## Native American History Month

### We Celebrate in November

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

Here at Agape', we are honoring the contributions of the Native American community with spiritual symbols from that culture in our worship space. Please join us in celebrating their contributions this month.



## Benedictine Spirituality - Wed Nov 17

Led by Rev. Teri Lubbers

Rev. Teri concludes an introduction to Benedictine Spirituality on **Wednesday, November 17 at 7 p.m.**



Based on the teachings of Benedict of Nursia, we focus on *The Rule* which has four aspects: respect for all persons, stability by surrendering to Spirit and openness to change, an orientation to forgiveness, and achieving balance between being silent and active...being alone and in community. Come join us as we engage this beautiful monastic practice and see what this ancient way of Spiritual Formation is still teaching us.

## Bubb Fundraising - Update!

You Still Have Time to Recycle!

We will accept donations till the end of November. **WE REALLY MEAN IT :).** We will be contacting Bubb regarding a pick-up date at the end of this month.



**Bubb now take toys and clothing! All toys and clothes MUST be in boxes (no bags).**

Click [here](#) to see list of items you may donate for the church fundraiser. Stacy will be glad to come pick up things, meet you at the church, or at the storage unit.

For answers to your questions or to schedule donation pick up - Contact Stacy Jones at: [simonntig@gmail.com](mailto:simonntig@gmail.com) or call her at: 817-680-4083.

## Holiday Potluck - Sunday December 5

Sign Up Soon!

We will have an **Agape' Family Holiday Potluck on Sunday, December 5**, after morning worship service.



Rusty will be giving more information in upcoming weeks. Look for the sign-up sheets in the church lobby!

## Christmas Talent Show - December 11

## Come Join Us!

The 2<sup>nd</sup> Annual Agape' Christmas Talent Show will be held on Saturday, December 11<sup>th</sup> from 6pm until 8:30pm.

This will consist of a talent show in the sanctuary with treats and fun to follow in the Fellowship Hall. There may even be a visit from Santa! ALL are welcome to attend this free event and if you have a talent you'd like to share in the show that evening, please email Lisa O'Grady at [lamoreaux2000@juno.com](mailto:lamoreaux2000@juno.com).



Bring your friends and family and join your Agape' MCC family for some holiday FUN!

## Prayers

- We grieve the loss of MCC Rev. Elder Jean White of London. Prayers for her partner, Mary, and her church, family and many friends.
- Lynn F. and family - for the loss of her mother.
- For Rev. Teri.
- Mark H. sister, Lelia for healing.
- Continued healing for Grace G.
- For someone living in a dangerous environment- for her health and safety.
- For a son, John, who is struggling with health issues.
- For a daughter who is trying to be able to care for her children.
- Selling a home... that the inspection and offer go through.
- For a nephew, Ian, who is at Cooks Children's Hospital with pancreas and digestive concerns.
- For clear test results for Amy A.
- Our upcoming Congregational Forum and all of those running for elected offices at Agape'.
- Health and healing for George A.
- For all of those among us who are in transition.

*God, hear our prayers.*

## Praises

- For the life and ministry of MCC pioneer Rev. Elder Jean White.
- The amazing gift we received that allowed us to pay off the note on the Social Hall!
- For our new members!
- For Suede and Julie Bonk's Show and the OpenDoor Production team.
- For Stace and amazing fund raising and community projects!
- For a friend who showed up right on time.
- For those who reach out.
- For those who pick up the slack.
- For the Stewards of Agape'.

*Blessed are those who put their trust in God.  
Psalms 40:4*

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.