



# Agape' MCC Newsletter

## January 26 2010

### Upcoming Events

#### Wed January 26:

6:30-8pm New Members Class

#### Fri January 28:

5:30pm Samaritan House Supper Club

#### Sun January 30:

10:30am Worship Service

**12:30pm-3pm Taylor Lee Cuniff Baby Shower**

#### Sat February 19:

**7:30pm OpenDoor**

**Production: The Sirens in the Woods**

#### Sun February 27:

**Annual Chili & Brownie Cook-off (after morning service)**

### January Statistics

#### 01/02:

Attendance: 99  
Offering: \$2,634

#### 01/09:

Attendance: 97  
Offering: \$1,534

#### 01/16:

Attendance: 124  
Offering: \$1,652

#### 01/23:

Attendance: 147  
Offering: \$1,793

**Need a Book? A Bible?  
A Music CD?**

### New Membership Class - Tonight

#### Tonight - January 26

Rev. David will be leading a Membership Class here at Agape' **this evening, Wednesday, January 26** in the Social Hall from **6:30 to 8:00**. We will get to know each other better and explore the history of MCC and Agape' MCC. You will learn about our structure and learn about our philosophy of membership. No need to sign up, just come as Spirit leads!



New Member Class

### Baby Shower - Sunday January 30

**It won't be long now!  
Rusty and David will soon welcome their first Grandson!  
Mitzi and Stephanie, and Grand-Dads have planned a shower for Angel and Jerry to help prepare for Taylor Lee Cuniff on Sunday Afternoon:**



Taylor Lee Cuniff

**January 30, 2011  
12:30 - 3p.m.  
In Fellowship Hall  
Agape' MCC  
4615 E. California Parkway  
Fort Worth, TX 76119**

*Baby is registered at Walmart*

### Weekly Meditation by Rev. Teri Lubbers

#### Being Kind To Ourselves

*... having struggled for a lifetime with letting the needs of others define me, I've come to understand that without the healthiest form of self-love - without honoring the essence of life that this thing called "self" carries, the way a pod carries a seed - putting another before you can result in damaging self-sacrifice and endless codependence. ...Somehow, in the course of learning to be good, we*



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Link on our  
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***have all been asked to wrestle with a false dilemma: being kind to ourselves or being kind to others. In truth, though, being kind to ourselves is a prerequisite to being kind to others. Honoring ourselves is, in fact, the only lasting way to release a truly selfless kindness to others. ~ Mark Nepo, "The Book of Awakening"***

Every living, beneficial, wholesome, spiritual truth always has the potential of devolving into a rigid, controlling, life-denying dogma.

Too often we Christians have indoctrinated followers to the need for self-denial, and held up self-sacrifice as the ultimate form of love. Like most everything of importance in life there is a paradox at work here. We are always living somewhere along an infinite continuum. At one extreme a selfish narcissism, which sees only its own face in the mirror, will separate us from one another and make connection impossible. But at the other extreme is a form of self-sacrifice that is really just a codependent way of avoiding and running away from our truest selves. We can't be whole living at either extremes.

In order to "give" myself to you, I must first have a "self" to give. When Jesus says, "Love your neighbor as yourself" there is an assumption that we love ourselves, and because we have been kind to ourselves, we will know how to be kind to others. Kindness and love that flow from this place honor life, and reflect the nature of God. But an obsessive need to do for others (which is culturally and socially encouraged and applauded!) secretly masks the desire to never face and know ourselves, and is not healthy and is not love.

If I would truly hold you in high regard, and treat you with kindness, love and respect, it will flow out of knowing myself as also worthy of kindness, love and respect. Being kind to ourselves is a prerequisite to being kind to others. If they are mutually exclusive they are not real and they are not love.

**Prayer: God of All-That-Is, open my heart to the mystery of your love. Settle my uncertainties with your kindness. Help me be kind to myself so that my acts towards others will be an honest reflection of you and of your love. Amen.**

**Next OpenDoor Show- Feb 19**

Click here for ticket info: [The Sirens in the Woods](#)



## Annual Chili & Brownie Cook-Off!

Coming Soon - Feb 27

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



We have 1st, 2nd and 3rd place winners in the categories of Best Chili and Best Brownies. Winners are chosen by the number of "votes" (in the form of dollars) raised by those tasting the entries. The winners will be the entries in each category raising the highest amount of money by the end of the contest.

The Chili & Brownie Cook-Off is an annual Fun and Fundraising activity at Agape'. It takes place on **Sunday, Feb 27 after service**. If you wish to compete, registration forms will be available in the church lobby soon. Until then, **talk to Rusty Cuniff for more details**.

## Can You Help In February?

### Transportation Needed During Workshop

The MCC Denominational Workshop for **Intentional Interim Ministry Training** will be held at Agape' MCC **February 24-26**. We have received a request from the organizers to provide transportation to and from the airport before and after the workshop.



**If you are willing to help us transport workshop attendees, please contact Rev. David Wynn at [revwynn@yahoo.com](mailto:revwynn@yahoo.com).**

## Prayers

- Gail R. and her family as they mourn the passing of her mother.
- Evelyn and Gail, healing, healing.
- Grace G. for good medical test results.
- Sherry R. help and healing.
- Renny and the journey.
- For a sister church who is struggling.
- Healing for Linda G.'s dad.
- Continued healing for Stephanie L.
- Tony P. and vocational/financial journey.
- Mickey's sister's surgery, for good outcomes.
- For all who are dealing with illness and physical challenges.

*God, hear our prayers.*

## Praises

- Leigh who always shows up.
- Brennan and his dance moves.
- Nikki's creative style.
- Lynne and her gifts.
- Thomas and how he helps.
- For the OWLS, a circle of love.
- Loretta and her sweet spirit.
- For a wonderful Board Retreat.
- Nick and his servant's heart.
- For an amazing community.
- For worship that inspires.

*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.