



NEWS & EVENTS

First Christian Church, Guthrie

405-282-4080

www.fccguthrie.org

Sharing Christ



First Christian Church of Guthrie

Growing in Faith

#FCCallin



January 3, 2022



THIS SUNDAY!

We currently have 14 pots of chili in the competition and can always use more! Feel free to call the church office (405-282-4080), e-mail Karen Allen at karenkallen@cox.net or text her at 405-615-2240 if you want to enter. We have mild, medium and hot categories.

We also still have a number of side items we need and would love to have you sign-up for those as well. Items we need:

24 hotdogs	32 hotdog buns	5 bags of oyster crackers
2 boxes of saltine crackers	3 pans of cornbread	6 bags of Fritos
2 bags of Doritos	2 large bags of shredded cheese	2 Bottles of Mustard
7 Desserts	2 3lb tubs of Sour Cream	

These are the “totals” of each thing we need. If you can bring one or two of an item that is great too. Please feel free to call, text or e-mail to sign up or go online and use the sign-up genius link.

Sanctuary Undecorating

This Sunday following the Chili Cook-off, the Worship Team invites everyone to stay and help “undecorate” the Sanctuary. We appreciate all the work they put into making our worship space beautiful for the Advent season. Let’s all stay to help them clean up this Sunday.

LifeLine Screenings are happening this Saturday at FCC! If you would like to sign up for these affordable, non-invasive preventative health screenings, call 800-679-5191 or go online to <https://llsa.social/HC>

2023 Commitments

During Sunday's sermon everyone was invited to fill out a card that reflected some goals in the areas of spiritual health, mental/emotional health, and physical health. If you weren't able to be in-person on New Year's we hope you will take a moment to fill out a card. If you would like, you can place it in an envelope and put your name on the outside. Our hope is that on New Year's Eve 2023 we will open these during worship and see what progress you made on the goals for 2023. You can drop yours in the offering plate this Sunday!

Also, a special thank you to Staci Carey for jumping in Sunday morning when Karen woke up with laryngitis. She did an amazing job! We also appreciate Stacey Johnston doing announcements, Wayne Elder with the prayer and Brian Pierson with the Words of Institution. We have a wonderful church family who are always willing to serve... even on a moment's notice!

In 2023...letting Jesus be Lord of my life means:

Spiritually: _____

(Maybe that looks like regular church attendance, getting involved in a particular ministry, more Bible study, scripture memorization...)

Mentally/Emotionally: _____

(Maybe that means extending more grace, not focusing on the negative, reshaping my thoughts around what Jesus would do, realizing it's okay to not be okay and confiding in someone, recognize my limits and saying "no" to some things and "yes" to others, forgiving someone....)

Physically: _____

(Making healthy choices, seeing myself as God sees me, more sleep, eating better, drinking more water, exercise...)



Prayer Requests

We pray for our church family:
Gretchen Hanna and family in the death of her mother, Carol Field. Memorial Service will be held Wedn., Jan. 4 in Edmond. Cathy Clark-Mitchell and Jim Case and family in the death of their father, Bob Case. Funeral Service will be held Sun., Jan. 8 in Ponca City. Esther Weir, Margaret McNeely, Dennis Ochs, Kameron Hopper, Patsy Crick, Kim Crick, Dennis Lynch, Velma Cox, Steve Ochs, Mickey Eckley, George Dreessen, Gerald Whitfield, Denise Shoun, Carl Biggs, Joan Dreessen

We pray for our friends and family members: Jim Harman, Kathleen Morris, Charlotte Cascio, Jean Moses, Wes Weir, Wayne Simmons, Bill Seals, Eddie Tomlinson, Rae Lynn Lovelace, Phil Pingel, Pearl Speer, Shelly Jordan, Barry Resecker, Shane and Renee Leathers, Larry Nagel, James Stowe, Karen Nemecek, Ed & Katherine Walton, Marty Stamp, Bradley Wilson, Joyce Brandes, Treva Seals

Our military all over the world: Sonny Crick, Court Machtloff, Bonnie Epperson, Jonah Friese, Garret Canning, T.J. Wilson, Matt Byce, Braxton Canning

Interested in joining our church family or being baptized? We would love to have that conversation with you anytime! Feel free to call the church office at 405-282-4080 and visit with Ronnie.

2022 Giving Statements will be mailed out by January 31, 2023. If you have had a change of address, please notify the church office ASAP.

Life Line Screening goes beyond regular checkups to look inside your arteries for signs of plaque build-up



All 4 Screenings for \$149

Carotid Artery Disease:

An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.

Peripheral Arterial Disease (PAD):

An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.¹

Abdominal Aortic Aneurysm (AAA):

An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a life-threatening medical emergency.

Atrial Fibrillation :

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.²

We will be in your neighborhood soon Sat., January 7, 2023

**First Christian Church (DOC), 402 E Noble Ave
Guthrie, OK 73044**

Get your special Community Circle pricing!

Three ways to register and receive the special discount:

Call toll-free: 1-800-679-5191

Online: [LLSA.SOCIAL/HC](https://www.llsa-social.com/HC)

Text: the word [circle](https://www.llsa-social.com/HC) to 216-279-1607



Getting Screened is Simple!
Painless, non-invasive, keep your clothes on.



¹ <https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease-pad>

No single screening can detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

² <https://www.heart.org/en/health-topics/atrial-fibrillation>

Screening results are provided to you in about 14 days. We direct all participants with abnormal results to take the report to their physician. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Price does not include any applicable review fees. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. If you are unable to attend the screening for any reason whatsoever, we will issue a gift card for the full amount to be used by you, or anyone you choose, for future screening services.

DIG IN to the Word...Bible Study with us!



We have an ongoing group of people who do Bible studies together on the YouVersion Bible app. If you want to join the group and discussion, download the app, send a friend request to Karen Allen and she will invite you to each study.



YouVersion Reading Plan - New Year's to Beginning of Lent					
Date	YouVersion Plan	Length of Plan	Date	YouVersion Plan	Length of Plan
1-Jan	Practicing the Presence of God	5 Days	31-Jan	Growth Spurt	7 Days
2-Jan	Practicing the Presence of God	5 Days	1-Feb	Growth Spurt	7 Days
3-Jan	Practicing the Presence of God	5 Days	2-Feb	Real Hope: All In	5 Days
4-Jan	Practicing the Presence of God	5 Days	3-Feb	Real Hope: All In	5 Days
5-Jan	Practicing the Presence of God	5 Days	4-Feb	Real Hope: All In	5 Days
6-Jan	Forward to a New Year	5 Days	5-Feb	Real Hope: All In	5 Days
7-Jan	Forward to a New Year	5 Days	6-Feb	Real Hope: All In	5 Days
8-Jan	Forward to a New Year	5 Days	7-Feb	High on Faith	4 Days
9-Jan	Forward to a New Year	5 Days	8-Feb	High on Faith	4 Days
10-Jan	Forward to a New Year	5 Days	9-Feb	High on Faith	4 Days
11-Jan	Breakthrough - How to Get unstuck	5 Days	10-Feb	High on Faith	4 Days
12-Jan	Breakthrough - How to Get unstuck	5 Days	11-Feb	Evangelism Made Easy: Jesus at the Door	5 Days
13-Jan	Breakthrough - How to Get unstuck	5 Days	12-Feb	Evangelism Made Easy: Jesus at the Door	5 Days
14-Jan	Breakthrough - How to Get unstuck	5 Days	13-Feb	Evangelism Made Easy: Jesus at the Door	5 Days
15-Jan	Breakthrough - How to Get unstuck	5 Days	14-Feb	Evangelism Made Easy: Jesus at the Door	5 Days
16-Jan	Taking Care of Your Mental Health - Audio	5 Days	15-Feb	Evangelism Made Easy: Jesus at the Door	5 Days
17-Jan	Taking Care of Your Mental Health - Audio	5 Days	16-Feb	Strange Scriptures to Grow Your Faith	7 Days
18-Jan	Taking Care of Your Mental Health - Audio	5 Days	17-Feb	Strange Scriptures to Grow Your Faith	7 Days
19-Jan	Taking Care of Your Mental Health - Audio	5 Days	18-Feb	Strange Scriptures to Grow Your Faith	7 Days
20-Jan	Taking Care of Your Mental Health - Audio	5 Days	19-Feb	Strange Scriptures to Grow Your Faith	7 Days
21-Jan	Real Hope: Forgiveness Changes	5 Days	20-Feb	Strange Scriptures to Grow Your Faith	7 Days
22-Jan	Real Hope: Forgiveness Changes	5 Days	21-Feb	Strange Scriptures to Grow Your Faith	7 Days
23-Jan	Real Hope: Forgiveness Changes	5 Days	22-Feb	Strange Scriptures to Grow Your Faith	7 Days
24-Jan	Real Hope: Forgiveness Changes	5 Days	23-Feb	Begin Lent in Jesus' Footsteps	6 Days
25-Jan	Real Hope: Forgiveness Changes	5 Days	24-Feb	Begin Lent in Jesus' Footsteps	6 Days
26-Jan	Growth Spurt	7 Days	25-Feb	Begin Lent in Jesus' Footsteps	6 Days
27-Jan	Growth Spurt	7 Days	26-Feb	Begin Lent in Jesus' Footsteps	6 Days
28-Jan	Growth Spurt	7 Days	27-Feb	Begin Lent in Jesus' Footsteps	6 Days
29-Jan	Growth Spurt	7 Days	28-Feb	Begin Lent in Jesus' Footsteps	6 Days

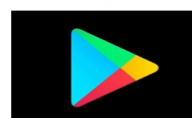
Download the You Version Bible Apple on your Smart Device or go to <https://www.youversion.com/>

If you have an iPhone



App Store

If you have an Android (all other phones)



Play Store

1. Once you download the app, create a user profile
2. Send a "friend request" to Karen Allen
3. Karen will accept it and begin sending you invites to each study. You can choose to join a study or wait for the next invite.