

# FCBC WEEKLY UPDATE

Volume 3 — Issue 22

## In this issue:

- This week at FCBC
- Welcome Jim Johnson
- Sunday School
- Pray
- Service opportunity
- And more...

## This week at First Central:

### This Sunday

The following two weeks, June 5 and 12, Jim Johnson will be with us sharing a series called, "Heaven: The Best is Yet to Come." See below for more information. There are also flyers around the building that you can give to friends as an invitation.

Sunday, June 19, Kevin King, one of our missionaries will be with us. We'll also have What in the World? Luncheon that day.

You can watch the services live on Facebook [here](#). You can also view the service (after the fact) on Pastor Mark's [blog](#) and on the church website, [www.firstcentral.church](http://www.firstcentral.church).



Please keep Pastor Mark and Carol in your prayers as they are visiting their daughter, son-in-law and beautiful granddaughter in New Zealand. ☺ See [Pastor Mark's blog](#) for pics!

## Some dates on the horizon — Please make a note of them and plan to be here.

**Semi-Annual business meeting** — June 15 at 6:30 PM

This is your church business. Please be here.

**What in the World Luncheon** — June 19 following our worship service. Kevin King will be joining us.

**Church Picnic** — Sunday, June 26 at Buttery Brook Park in South Hadley. Regular worship service at 10:30 am.

**No Sunday School** that day.

If you'd like to bring something to the picnic (not required) please bring one of the following:

- Watermelon
- Chips
- NON-refrigerated dessert

**FIRST CENTRAL welcomes back Jim Johnson** of Justapreacher Ministries to speak on the following dates. Jim's series is entitled:

### "Heaven: The Best is Yet to Come!"

- Sunday, June 5 - 10:30 am
- Wednesday, June 8 - 6:30 pm
- Saturday, June 11 - 9 am coffee & donuts – Teaching begins at 9:30
- Sunday, June 12 10:30 am



## We offer several Sunday School options:

Audience	Topic	Location	Teacher
<b>New class:</b>			
Adults	Joshua	Library	Rik Martin
Adults	Colossians	LFH	Joe Martin
Adults	Jude	Room 311	Doug McVeigh
Women	Luke	Gym	Christine Kulig
Youth	Genesis	Room 211	Doug Dolbow

All children's classes are on the first floor.

*"If anything is excellent or praiseworthy - think about such things..." Philipians 4:8*

You do not have more problems than other people - you just think about them more often! Stop: go back and re-read that sentence. Take a moment and consider what it means. It is what you think about that produces how you feel. If you do not believe that, try getting angry without first having angry thoughts, or getting sad without first having sad thoughts. You cannot do it, can you? To experience a feeling you must first have the thought that produces it.

That is life-changing information; it is knowledge the devil doesn't want you to have. If you change how you think you will change how you feel! Nothing can hold your negative feelings in place other than your own thinking. The truth is, it is your thinking that is negative, not your life! Once you understand that you can get back on the path to happiness again. But change takes time. You did not become negative overnight and you won't become positive overnight. But you can start. How? By doing two things: First, by treating your negative thoughts in the same way you treat flies at a picnic - shoo them away and replace them with thoughts that are 'excellent and praiseworthy.' You have that choice! Second, by thinking about God's goodness. David did: 'Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities; who heals all your diseases; who redeems your life from destruction; who crowns you with lovingkindness and tender mercies' (Psalm 103:2-4 NKJV).

So, if you are serious about changing your life, start changing how you think!



**Service Opportunity:** Once again we have the opportunity to serve our brothers and sisters at Pine Brook Camp in Shutesbury by helping with some construction projects.. No date has been set but it will be sometime this spring. Bill Martin is the point person, so contact him at 413-204-0222 for more information and/or to volunteer.

