

FIRST CHRISTIAN CHURCH



Hey Church Family!

A common theme amid those I counsel is, at some level, the fear of rejection. No human likes rejection. Being rejected is incredibly painful; neurology even demonstrates it. MRI studies demonstrate that the pain we experience during *social* ostracism, or one might say rejection, activates the same region of our brain as *physical* pain. That is, our brain processes *social* pain the same as *physical* pain (for more, see <http://www.apa.org/monitor/2012/04/rejection.aspx>).

In fact, repeated instances of rejection can be devastating to us humans. Depression, anxiety, rage, and other powerful negative emotions will often arise. Rejection leads to loneliness. And prolonged loneliness is incredibly painful and destructive to humans. Of course, without healthy coping mechanisms, humans will do whatever possible *to end* those powerful negative emotions.

This is typically the cause of numerous addictive behaviors, whatever you choose to abuse: alcohol, food, sex, etc.. Most people are desperate to medicate and numb those terrible feelings.

This is so very important to recognize in your life. Why? *Because whether or not you are conscious of it, you will make decisions in life in order to avoid rejection.* You will make decisions to avoid being lonely. (And of course, being alone doesn't mean you feel lonely—ask any Introvert. Yet, being alone for prolonged periods does cause loneliness.)

Now, this is true of nearly any realm of life in which we have relationships: friendships, acquaintances, business colleagues, and of course, marriages.

Fear of rejection is a powerful motivator.

I am amazed at how many persons I know who put up with an enormous amount of toxic nonsense and even abuse because of the profound need to feel connected. *In order to escape rejection and loneliness, they put up with behaviors that no healthy, rational human would tolerate.* And typically, they don't value the things they're putting up with either! They're just too afraid of rejection to change what they tolerate.

How many couples have I met who are constantly locked in the same patterns that cause pain, grief, and even deep wounds because of a fear of standing up for themselves and losing the relationship? How many individuals have I met who are constantly stuck in the same pattern at work because standing up for themselves might cause them to lose their jobs? How many individuals do I know who hold superficial relationships with so-called “friends” who are actually horrible friends, but do hold on out of fear of rejection? How many women, particularly, have I met who continue to stay attracted to the same type of immature, loser boy-men types *who they think they can change and fix* just because those kind of boy-men types accept them?

Too many to count. It's sad. Fear of rejection is a powerful motivator.

What do you *do* out of that fear? What do you *not* do out of that fear?

- Do you withhold how you *really* feel with your family member/friend/spouse because you're afraid they'll cut you off? Leave you?
- What secret are you keeping from that person?
- What habit do you have that you won't tell the person about because of what s/he might do?
- What decisions do make in life each day that *keep you* locked in your position in life because you're afraid of being rejected?
- What decisions are you making at your job out of fear of being rejected by your boss? By your peers? By your competitors?
- Who do you keep employed even though they shouldn't still be paid, but do so because you don't want to lose their friendship?
- What routines do you have in life that you wish were different, but fear of rejection by friends and lovers keep you locked in those patterns?
- Do you feel guilty when you don't measure up to some imagined standard and feel rejected by God?

What should we do about this?

If you think the following suggestions will provide some quick-fix pill for what ails you, then you don't understand how growth occurs. Really. *The growth occurs* when you put into practice these suggestions.

First, take the time to identify and write the decisions you're making (probably) because of a deep-seated fear of being rejected and becoming lonely. Be gut-level honest. Thinking about it is not enough. Healing begins when you get your thoughts and feelings *out of you*. Journaling, at minimum, is wonderful at this. A trusted counselor or friend is even better. And when you journal, pray. I personally journal like I'm writing to God. Many, many breakthroughs have come to me by God during my journaling.

Second, fantasize for a bit. Look over your list of decisions you are making (those things you're doing or not doing—both are decisions). And here's the fantasy: assume you'd have **tons of love and support** in whatever you'd *really* like to do (that is healthy). What would you do? What would you really like to say that you're not saying to that person? You guessed it: write it. Journal your answer. What healthy decision would you make if *there were no real danger of being rejected at all*?

Third, get really busy forming healthy relationships with people who are safe and give you unconditional love. You only want to be close to people who *give you permission* to have your *own* view. You have a true friend when you can share your feelings of disagreement, in gentleness, and *not feel disconnected in the relationship at all*. The relationship—the commitment to each other—is in no way at stake, no matter how much you have a different view.

This suggestion is so very powerful because it will give you the relationship “nutrients” that you need, *especially when you have to make decisions in some other relationships that might end when you stand up for your own views/feelings*. This is like a safety net. Imagine your life like a river with several tributaries filling it in from various angles and with varying depth and magnitude. Most people only have one or two tributaries filling their river with water...and those two are probably weak, somewhat toxic tributaries (really, how many healthy, wonderful relationships do you have?). And with a deep-seated, visceral understanding of this fact, people carry a profound fear of rejection (“If those tributaries cut me off, no matter how toxic, *then I'll have no one!*”). *You need to have several, healthy, full tributaries feeding into you each week*. And trust me: when you do, it will become increasingly easy to make the decisions you're afraid to make.



Fourth, make up your mind that you will no longer make decisions based on the fear of rejection of other people. Make up your mind. Really...you must *decide* that you will not spend the rest of your life in a self-constructed prison of intimidation and fear. The person you're afraid of losing *holds all the power over you*. S/he is your warden. S/he is your god. And that's scary. What a sad, sad way to live. So...make up your mind. Decide to do whatever it takes for the rest of your life to make decisions that help you grow alongside healthy people. Here's a tip that will help: if you're a Christian, God is absolutely on your side in this endeavor. God doesn't want you *ever* to fear other humans more than God (Matt. 10:28).

Fifth, once you've received some support from healthy, trusted friends, begin making decisions and having conversations that face your fears. Your counselor and/or friends might help you role-play what you'll say. And here's a tip: when you have that conversation with the person that you've been avoiding, tell the person what your fear is. Be vulnerable. Admit that you've not been forthcoming *and why*. “I've been meaning to tell you how I feel but I've been so afraid that you'd reject me. Will you reject me if I open up to you about how I feel?” Most people will receive that. If they don't, *then you certainly know that they are not safe*. Begin to limit your exposure to such people rapidly.

I'll stop there. This will get you started. And remember: nothing you do will make you start *to like* being rejected. It will always make you anxious to some degree. So be it. This is why we have healthy relationships with people who are safe. But again, no matter what, it means that you don't make decisions based on the fear of being rejected. There *are* people who will like you. There *are* people who will accept you. God designed us for relationships and He will provide them for you if you look in the right places. If you keep changing to fit the *other person's* desires, then you don't really exist at all. And that's terrible! God designed you to be you, not for you to be someone else.

Don't give up. It's time to be set free from the prison of fear and "what ifs" that plague you. Rejection is bad. But living a life of fear of that rejection, while making decisions that you don't *truly* value, is worse.

For the Kingdom,

David W. Pendergrass, Ph.D. Senior Pastor

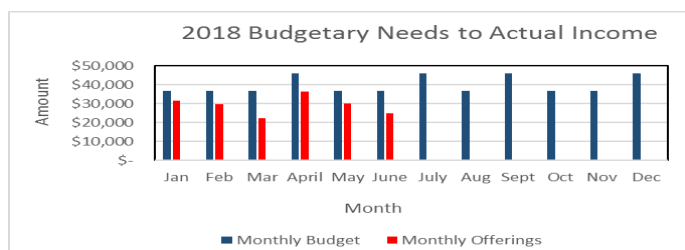
STEWARDSHIP

Because you give, FCC is able to provide a place for people to come who are hurting and lost, a place to learn more about God and his incredible love for us, a place where God can use people to change lives! With your gifts and time we are able to provide food through LINK and household items through the Helping Hands closet. Because you give, we can maintain a wonderful facility for children to attend preschool, for those new Christians to be baptized, for bible studies, for recovery groups to meet, for couples to get married, for families to dedicate new babies and for families to say goodbye to their loved ones who have been called home. We are so thankful, because of so many, we can continue to minister and to be a place and a people that God can use to change lives!

The Trustees continue to watch the finances of the church. The church is growing and sometimes it takes a little time for the finances to catch up. As we have mentioned in previous monthly newsletters, we are lacking in what we need to support our budget for 2018. Based on pledges, loose offering, and non-pledged funds we are at about 70% of what is needed. To keep the congregation informed, we will be including the chart below each month to show our average income needed compared to our monthly offerings.

Please note the following:

- On average we need \$9,204 per Sunday to cover our budgetary needs.
- Some months have 5 Sundays, the graph will indicate those months with an increase in the budget number.
- Larger one-time gifts or early annual payments of pledges will be spread over the remaining months.
- These numbers represent what is given to the Unified Budget for our operating, missions and outreach budget. It does not include gifts for the building, capital improvements or other designated gifts.
- The June numbers are preliminary, any change should be minimal. The Trustees will meet later this month to approve the June statements.



May Budget (4)	\$ 36,817
May Actual	\$ 30,084
May Deficit	\$ 6,733
June Budget (4)	\$ 36,817
June Actual	\$ 24,922
June Deficit	\$ 11,985

We were about 19% behind where we needed to be for May and 32% behind for June. At this rate, on average, we will be behind roughly \$115,000 at year end. If you haven't pledged, please consider doing so. If you could consider an additional gift for 2018, it would be very much appreciated. The Trustees are keeping a close eye on the finances and will keep you further updated through the newsletter and bulletins. If you have questions, please contact the Trustees via e-mail, trustees@fcclawrence.org.

Monthly giving will fluctuate from month to month, some of the fluctuation is related to the timing of gifts. If someone is on vacation or misses a Sunday, their gift may fall into the next month. To avoid this, might we suggest setting up recurring payments through our online giving option. Just go to our website and click the "Give" button. We recommend the ACH option as the fees are much less, than using a credit card. If you have questions or need help, please contact Lisa in the Finance Office.

Ways to Give

Online - fcclawrence.org - Click the "Give" Button **Phone** - Text [fcclawrence](http://fcclawrence.org) to 77977

Offering Plate – Each Sunday **Mail** – First Christian Church, 1000 Kentucky Street, Lawrence, Ks 66044

CHILDREN'S MINISTRY



Rolling River Rampage VBS was a great success! Throughout the week, there were 60 children on the FCC campus! Nearly 40 of you (church members/attenders) volunteered to help! That means that 60 children (and nearly 40 grown-ups) heard about Jesus for five days straight! That's certainly a reason to celebrate.

VBS (Vacation Bible School) is not just a fun summer event for children. It offers a chance for FCC to invite children (and their families) to our campus. Families learn that church is a safe place for their children to have fun, and that they leave with new knowledge. Many of the children who attended VBS were unchurched. VBS offered them the opportunity to hear the


Gospel (good news of Jesus) and to give them the chance to call FCC home.

The relationships established at VBS do not end at the close of VBS. Families continue to hear from FCC Kids, inviting them to events and to Sunday activities. Families are offered services and encouragement well beyond the week of VBS. FCC Kids will even send birthday cards to the children who attended.

Please join us in praying for the children and families who attended VBS. Pray that they will remember VBS fondly and that their knowledge and understanding of Jesus may increase. Pray that they will begin to attend church regularly and that families will acknowledge and honor Jesus in their homes.

Elaine W. Pendergrass (Pastor to Children)

elaine@fcclawrence.org

 [FCCLawrenceKids](https://www.facebook.com/FCCLawrenceKids)

THE GIVING TREE PRESCHOOL



universe.

The Giving Tree summer camps are underway. Our June camp theme was Out of this World! We had a great week full of many activities including dramatic play in our own space shuttle, space slime, astronauts and moon rocks in the sensory table, space songs and daily outdoor exploration!

Each day we created a fun craft and enjoyed an out of this world snack! What an exciting week to explore all that God has created here on Earth and in the



Our July camp theme is Summer Superheroes. This ever popular theme brings much excitement to children and provides ample opportunities for them to use their imagination. We plan to create a superhero headquarters in our dramatic play area. The most exciting part will be sharing about the best hero of all...Jesus! We plan to have a fun filled week.

We are currently accepting enrollment for the 2018-2019 school year. Please contact me for more information if you have children 3 years old to kindergarten and are interested in having them attend preschool.



Julie Hafenstine (The Giving Tree Preschool Director)

www.lawrencepreschool.com

 [TheGivingTreePreschool](https://www.facebook.com/TheGivingTreePreschool)


The Giving Tree
CHRISTIAN PRESCHOOL

YOUTH MINISTRY



Now that our students are out of school for the summer, I am looking forward to what God has in store for our youth students during the summer. FCC YTH is excited to implement the strategy of Gather, Grow, Go within its ministry.

During the summer break we will continue to gather on Wednesday nights, Sunday mornings, and other various occasions. We desire to pour into the students, so that they grow to become more like Jesus. We work to accomplish this part of the strategy through biblical education, prayer, and discipleship with students; both individually and collectively. As students

mature in Christ, FCC YTH desires to go out into the world to serve practical needs and spiritual needs of others primarily by sharing ourselves and the gospel of Jesus Christ.

During the summer, on Wednesday nights, FCC YTH will be going through a series called: "The Christian Gauntlet." We will be using the Scripture of 2 Peter 1:5-8 as our framework to discuss the concept of "adding to our faith." God has challenged me to add on to my faith, and I want to give our students the same challenge. On Sunday mornings, FCC YTH will be start the Right Now Media series called "Doctrine." The Sunday morning study for the summer will focus upon basic essentials of the Christian faith led by Francis Chan, who led the previous Sunday morning series.

FCC YTH will still have normal gatherings on Wednesday nights. Doors open at 5:00 PM and gathering activities last from 6:00-7:30 PM.

Upcoming Dates:

June 4-8: Vacation Bible School (VBS) (On June 6, FCC YTH will help VBS instead of normal youth gathering.)
July 16-20: Super Summer Camp

Please Note: Starting on June 13, FCC YTH will change our gathering time to 6:00-7:30 PM. Doors will still open at 5:00 PM, but we are moving our worship start and end time up 30 minutes, so our student ministry's time will end at the same time as the adult study on Wednesday nights.

Paul Porter (Pastor to Youth and College)

paul@fcclawrence.org



@fcc_yth



fbl.me/fccyth



COLLEGE MINISTRY

Transit College Ministry is the University/College Ministry of FCC Lawrence. We congratulate our college students who have finally survived finals and are now enjoying the summer. We do not have an organized gathering during the summer, but if you are a college student or a college-aged student who is still here in Lawrence, I would love to meet you and treat you to meal to get to know you better! Please contact our Pastor to Youth and College, Paul Porter, for more information: paul@fcclawrence.org.

Paul Porter (Pastor to Youth and College)

paul@fcclawrence.org

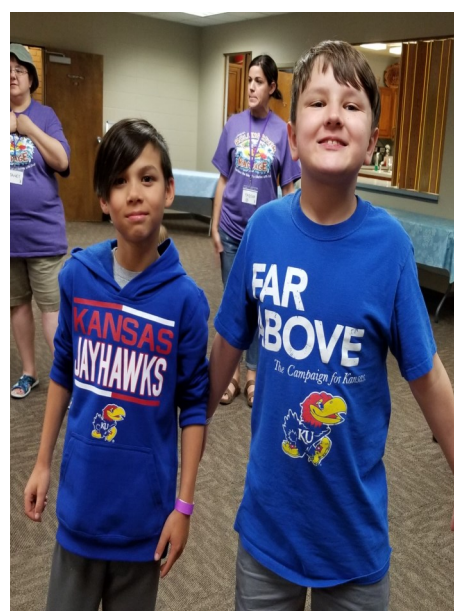
WORSHIP MINISTRY

The FCC Choir has begun our Summer hiatus. Many thanks to the choir for their dedicated servant hearts and willingness to share their gifted voices. What an honor and privilege it is to honor the Lord in song and to encourage the church. If you're interested in joining the choir when they begin singing again in September, please contact Greg Boyle at greg@fcclawrence.org.

Greg Boyle (Traditional Worship Director)

greg@fcclawrence.org

COMMUNITY AT FCCC



REFRIGERATOR PAGE

Schedule
ALERT!

During the month
of July

Traditional Service
is at 8:30am

times are being
temporarily adjusted



The
giving Tree

CHRISTIAN PRESCHOOL

NOW ENROLLING

CONTACT: [JULIE@FCCLAWRENCE.ORG](mailto:julie@fcclawrence.org)



Park & Play

July 19
10 am - Noon

South Park West
1141 Mass St.



WANT TO LEARN MORE ABOUT JOINING FCC?

COFFEE & QUESTIONS

SUNDAY AUGUST 5TH, 10:15AM, FELLOWSHIP HALL



NEW SERMON SERIES

FAQ
FREQUENTLY ASKED
QUESTIONS

JULY 22ND - JULY 29TH



SUNDAY, JULY 8TH, 12:30PM

LINK

SIGN UP IN FELLOWSHIP HALL



THURS, JULY 12TH, 11AM, PERKINS

JOY

JUST OLDER YOUTH



DGROUPS

WHERE YOU GROW TO BE LIKE JESUS

FIND A FULL LIST OF DGROUPS IN THE
FELLOWSHIP HALL



FIRST CHRISTIAN CHURCH

1000 Kentucky Street • Lawrence KS 66044

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Matthew Mulnix, Modern Worship	matthew@fcclawrence.org
Paul Porter, Pastor to Youth and College	paul@fcclawrence.org
Elder Board	elders@fcclawrence.org
Trustee Board	trustees@fcclawrence.org

Want to make an announcement? Send an email to social@fcclawrence.org

Office Hours: Monday — Friday, 9am to 4pm (closed 12-1pm) 785-843-0679

Come to First Christian this week! Traditional Worship 9am • Modern Worship 11am