

CTK Family News

February 2012

The executive staff of Evangelical Outreach and Congregational Mission went on retreat yesterday. In the midst of sharing hopes and dreams, someone let loose with a wild comment. It was a funny joke in the midst of a serious conversation that broke a few things loose. But then someone else picked up on it and carried the joke a bit further and then someone else hit the grand slam. Soon we were all holding our sides, wiping our eyes and catching our breath. Laughter is not only good for the soul — it is good for the body as well. That good belly laugh gave each of us benefits that last far beyond the actual humorous moment.

Laughing relaxes the entire body as well as boosting the immune system. When we laugh we trigger our endorphins which gives us an overall feeling of well-being and happiness. Stress is lowered, our heart works better and negative emotions begin to dissolve.

So imagine the benefit of laughing at yourself! As I think about the healthy leaders I know, I realize they just don't take themselves too seriously. I love to cook and recently made (from scratch) some cauliflower and potato soup. The recipe sounded tasty with lots of good seasonings and cilantro but once it was complete it was a bland, gray mess. My husband and dinner guest (yes, of course someone else had to be present for this debacle) were kind but I knew it really was pretty awful. And so I laughed. I just laughed it off. I could have reacted any number of other ways that would have made this little molehill into a big mountain but I chose not to. I chose to laugh. And then what could my dinner partners do but laugh right along with me?

Spontaneous laughter is great but I think we get even more benefit every time we take a split second before reacting and chose laughter as our best medicine.

Written by: Mary Frances an ELCA Pastor currently living in Naperville, Ill.



Join us on February 19th, Transfiguration Sunday for a potluck following service as we prepare for the Lenten season. Bring a dish to share, and maybe there will be a King's cake!



Join us for Ash Wednesday service on Wednesday, February 22nd, at 5:30 p.m. as we begin the Lenten season.



Join us every Wednesday night during Lent at 5:30 p.m. for a brief service. After service stay to share in a dinner of soup and sandwiches! If you wish to bring a dish for these meals, please sign up in the narthex. 😊



ADULT VALENTINE'S DINNER/GAME NIGHT

When: Saturday, February 18th at 5:00 p.m.

Where: Fellowship Hall

For Whom: Adults ages 20 and up

Provided by: CTK Youth

Come join us for a dinner served and provided by the youth, for the adults! Come enjoy some great fellowship and maybe win a prize or two! Bring a friend or loved one, and come celebrate with your church family! THIS IS A KID FREE NIGHT, so leave the kids at home and enjoy some adult conversation! 😊

EMPTY BOWLS LUNCHEON

Please support the Salvation Army Women's Auxiliary annual fundraiser to help with the food programs to feed the hungry in our area.

**Wednesday - February 29, 2012, Tupelo Furniture Mkt., Bldg #5
10 a.m. to 1:00 p.m.**

Tickets: 213-3774, 801-9936

**To volunteer to help the day of the luncheon call 231-2879,
801-9936**

**To donate to the Bake Goods and Casserole Sale call 844-4917,
841-0676**

February Celebrations!!



Birthdays

19th Erin Gilmore

23rd Precious Hill

28th Andrey Hill



Baptismal Anniversary

26th Trey & Preston Hill



Wedding Anniversary

8th Bob & Sue Setera



**16 quilts giving to Helping Hands
4 quilts given to All Saints Episcopal
3 quilts given to nursing homes & shut-ins**

23 quilts = 23 extremely happy people! 😊

Thanks to Lula for heading the Faithful Quilting group, you guys are doing a fantastic job, keep up the great work!

**Have anything that needs to go in next week's bulletin
or next month's newsletter?**

- **Don't forget all announcements for the bulletin are due every Wednesday by 1:00 p.m.**
- **Also all announcements or special events & occasions for the newsletter are due by the 20th of each month!**

All announcements and news can be emailed at christtheking1382@att.net or just call the church office!



<p><u>February 5th</u></p> <p><i>Lector: Shameka Hill</i> <i>Acolyte: Precious Hill</i> <i>Keyboard: Robyn Gilmore</i> <i>Crucifer: Jimmy Hill III</i> <i>Ushers: Lula & Jocalyn Cruz</i> <i>Counters: Shameka Hill & Michelle</i></p>	<p><u>February 12th</u></p> <p><i>Lector: Greg Smith</i> <i>Keyboard: Ashlynn Foster</i> <i>Acolyte: Robyn Gilmore</i> <i>Crucifer: Genesis Allen</i> <i>Ushers: Precious Hill & Joshua Hester</i> <i>Counters: Ron Poplin & Paul Bullock</i></p>
<p><u>February 19th</u></p> <p><i>Lector: Michelle Hester</i> <i>Keyboard: Joshua Hester</i> <i>Acolyte: Jimmy Hill III</i> <i>Crucifer: Jocalyn Cruz</i> <i>Ushers: Ron & Flo Poplin</i> <i>Counters: Paul Bullock & Toni Hill</i></p>	<p><u>February 26th</u></p> <p><i>Lector: Paul Bullock</i> <i>Keyboard: Precious Hill</i> <i>Acolyte: Robyn Gilmore</i> <i>Crucifer: Preston Hill</i> <i>Ushers: Michelle & Joshua Hester</i> <i>Counters: Michelle Hester & Toni Hill</i></p>

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>1st</i> 4:30 p.m. Praise Dance 5:30 p.m. Wonderful Wednesday	<i>2nd</i>	<i>3rd</i>	<i>4th</i> 9:00 a.m. Gymnastics 9:00 a.m. – 12:00 p.m. Council Retreat 10:00 a.m. Quilting
<i>5th</i> 9:30 a.m. Holy Communion	<i>6th</i> 6:30 p.m. Boy Scouts	<i>7th</i> 7:00 p.m. SCA	<i>8th</i> 4:30 p.m. Praise Dance 5:30 p.m. Wonderful Wednesday	<i>9th</i>	<i>10th</i>	<i>11th</i> 9:00 a.m. Gymnastics 10:00 a.m. Quilting
<i>12th</i> 9:30 a.m. Holy Communion	<i>13th</i> 6:30 p.m. Boy Scouts	<i>14th</i> 7:00 p.m. SCA 	<i>15th</i> 4:30 p.m. Praise Dance 5:30 p.m. Wonderful Wednesday	<i>16th</i>	<i>17th</i>	<i>18th</i> 9:00 a.m. Gymnastics 10:00 a.m. Quilting 5:00 p.m. Valentines Dinner/ Game Night
<i>19th</i> 9:30 a.m. Holy Communion	<i>20th</i> 6:30 p.m. Boy Scouts	<i>21st</i> 7:00 p.m. SCA	<i>22nd</i> 4:30 p.m. Praise Dance 5:30 p.m. Wonderful Wednesday	<i>23rd</i>	<i>24th</i>	<i>25th</i> 9:00 a.m. Gymnastics 10:00 a.m. Quilting
<i>26th</i> 9:30 a.m. Holy Communion	<i>27th</i> 6:30 p.m. Boy Scouts	<i>28th</i> 7:00 p.m. SCA	<i>29th</i> 4:30 p.m. Praise Dance 5:30 p.m. Wonderful Wednesday			