



CFEC: SAY WHAT NOW???

December 2024 [Vol 11]

Christian Fellowship Evangelistic Church, Inc is a house of worship for congregants, a beacon of hope and support for the community, and a safe haven for community members, the disenfranchised, and members of the congregation.

Message From Pastor Michael Kea

A Concert Starring You!!!

I come from a family of accomplished musicians who ALL owe their chops to the church. My formative years (and probably many pre-birth months) were filled with singing, musicians, timing, practice, listening, harmonizing, recitals and the like. Here's the bad news: I myself do not play any instruments! (add big sigh here)

But here's the good news for all of us who won't be "gigging" anytime soon. We are ALL called to throw a concert for the world. Ephesians 4:5 says "Let your gentleness be evident to all." This is a calling to put your gentleness on display, live and in concert for everyone you meet. There are many who are searching for people who offer a kind, loving approach toward life & others. These are the very people who will now look for backstage passes to the Kindness Concert that you're throwing in your life.

There's no need to sell tickets. We're not looking to get anything in return. The fruit of the Spirit meant to be shared without a needing a response. Promoting your concert is also unnecessary. Jesus said "If I be lifted up, I'll draw all men to me" (John 12)

So raise your lighters (or smartphones), let your light shine with the thousands of "gentleheads" around you, and enjoy the concert!

SPOTLIGHT

We are going to do things a little differently in this issue. Instead of spotlighting a person or ministry this month, we are going to spotlight a recent event: the CFEC Harvest Program, which was held Sunday, November 24, 2024. Each CFEC member was encouraged to bring family and friends, and members of the community were invited to CFEC for this magical event. The purpose of the event was to feed our spiritual bodies, and the second part involved feeding all attendees dinner. The 2024 Harvest Program was a huge success! The program started with a prayer and selections by the CFRC Praise and Worship Team. That was followed by everyone fellow-shipping and walking around greeting one another. Pastor Kea ministered to the congregation during his sermon, and after a brief pause to prepare the sanctuary for dinner, everyone ate. It was a true Thanksgiving...family, friends, and neighbors celebrating the goodness of our Lord. These are just a few of the images taken during the Harvest Program.



The decor was based upon the harvest theme: reds, browns, bright oranges, muted greens, with several pumpkins placed around the sanctuary. There was music, a play area with activities for the kids, tables and chairs, and plenty of conversation, a wide array of food (which was plentiful), drinks, and desert.









Health Corner

[Depression: Submitted by Denise J. Tucker]

Christmas conjures up images of gifts wrapped in colorful paper adorned with ribbons and bows, the rich aroma of freshly roasted chestnuts, lights twinkling, trees decorated with tinsel and colorful bulbs, the aroma of cinnamon wafting throughout the house from the cookies and pies in the oven, gifts galore, Christmas carols, our Savior being born in a manger, the excitement in children's eyes when they lay eyes on the gifts that appeared overnight, Santa and his reindeer, etc...

For thousands of people around the world, there is another side to Christmas. There is a side where thoughts are consumed by loneliness and grief. There is a side that is filled with darkness sadness, depression, and darkness. Depression can be crushing. Depression can be crushing. It can pull you down so suddenly that you are unable to identify the moment your thoughts became dark. It can sneak up on you so quickly that you can't identify exactly when the tears started cascading down your face nor the reason you are unable to stop them from flowing. You can't figure out when you first began

to shun the company of others or to prefer immersing yourself in memories of loved ones that have passed on rather than creating new memories with family and friends that love you and are still here.

You are not alone! You matter, and there are places and people you can reach out to for a lifeline. The moment you realize you are most comfortable in isolation is the moment when you should reach out to a family member or friend you trust and try to share what you are feeling. By the same token, if someone you love starts giving away their treasures or appear to never be available, be relentless in your attempts to contact them. Shower them with love and support and let them know how much they are loved and needed. Let them know they matter. When all else fails, encourage them to reach out for professional help. Be blessed, have an awesome holiday, and remember help is available. Here are some numbers and sites if you or someone you know needs help.

988 Lifeline

Crisis Text Line (Text HOME to 741741)

CFEC Connect Text (662)367-9273

NAMI Helpline (800)950-NAMI (6264)

SAMHSA (800)487-4889

Peer Support Talk Line (855)715-8255

Teen Talk Line (866)825-5856

WARMLINE.ORG

The Trevor Project (866)488-7386

54321 Grounding Technique

Upcoming Events



THEMES FOR DECEMBER



DECEMBER 1ST
CANDY CANE SUNDAY



DECEMBER 8TH
HOT COCOA SUNDAY



DECEMBER 15TH
SNEAKER SUNDAY



DECEMBER 22ND
UGLY SWEATER SUNDAY



*****Contributions to our newsletter are encouraged. If you would like to include something in *CFEC: Say What Now???* email your copy to top1sg1@gmail.com NLT the 20th of the month. Community events, accomplishments of members, etc. We would be pleased to publish all uplifting copy. If possible, please include a photo, your name, and a number where you can be reached with all copy. It takes a village to make *CFEC: Say What Now???* a success!**

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