



*A newsletter from Central Texas MCC*

*November 2018*

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## ***THE PASTOR'S PEN***

Saying "no" can be one of the hardest things we do. But saying "no" or saying "no more" is essential to self-care. And part of self-care is setting healthy boundaries. Failure in this area inevitably leads to resentment and burnout.

I suspect that I'm not alone when I say that I'm lousy when it comes to setting healthy boundaries. So beginning in January, I and your Board of Directors will be discussing the book, "Boundaries: When to say yes, how to say no to take control of your life." by Henry Cloud and John Townsend. Each month we will begin our Board of Directors meeting with a discussion of a chapter from the book. Our intention is to address questions such as:

- Can I set limits and still be a loving person?
- What if someone is upset or hurt by my boundaries?
- How do I answer someone who wants my time, love, energy, or money?
- Why do I feel guilty or afraid when I consider setting boundaries?

I expect that not all of us will embrace all of the principles from the book, but I also expect there will be things we can incorporate into our daily living, if we are willing.

Maybe you would like to join us in our discussion at the beginning of each Board meeting starting in January. We would welcome you to do so. We would even welcome you to stay for the rest of the Board meeting, if you wish. If this is something in which you might be interested, then let me know. You can get your copy of the book on Amazon for as low as \$5. If you would like to join us, but are unable to afford a copy of the book, get with me; we might be able to help you out.

Setting boundaries takes practice and determination. Together, we can support each other in our journeys into health and wholeness. After all, that's what community is all about: supporting each other and lifting each other up.

Peace and blessings,  
Charley

## ***MARK YOUR CALENDARS***

*The following is a tentative list of upcoming church activities and community events. Contact the church for a confirmation of the calendar.*

### ***Weekly Events:***

- **Central Texas MCC Worship** (1601 Clay Ave.) on Sundays at 11:00 a.m.
- **Live and Let Live AA Group** (4209 N. 27<sup>th</sup> St.) on Tuesdays at 7:30 p.m.

**Sunday, November 4 – Time Change.** Set clocks back one hour before going to bed on Saturday evening.

**Sunday, November 4 – Accessibility Sunday.** Worship will take place downstairs in the Social Hall.

**Saturday, November 10 – Women’s HIV Support Group.** If you are an HIV+ woman who is looking for support, then join others who meet at 11AM and conclude with a home-cooked lunch.

**Sunday, November 11 – CROP Hunger Walk.** Registration for the 5K and 1-mile walks begins at 2PM at Bledsoe-Miller Park (300 MLK Blvd.)

**Tuesday, November 13 – Interfaith Thanksgiving Service** at Richfield Christian Church (4201 Cobbs Dr.) at 7PM.

**Sunday, November 18 – Accessibility Sunday.** Worship will take place downstairs in the Social Hall.

**Sunday, November 18 – Potluck Social and Annual Congregational Meeting** immediately after worship in the Social Hall.

**Tuesday, November 20 – HIV Support Group** at 6PM in the Social Hall begins with a home-cooked meal and continues with connection and conversation.

**Sunday, November 25 – Leftover Thanksgiving Potluck Social** immediately following worship.

**Sunday, November 25 – Transgender Service of Remembrance and Resilience** at Unitarian Universalist Fellowship of Waco (4209 N. 27<sup>th</sup> St.) at 5PM.

## **BIRTHDAYS**

*The following people, who join us for worship, have birthdays this month. If you have corrections or additions to the birthday list, please call the office at 752-5331 or email us at [centexmcc@earthlink.net](mailto:centexmcc@earthlink.net).*

**Megan Talley – November 8**  
**Rachel Brand – November 12**  
**Kim Grider – November 13**  
**Dustin Fields – November 14**  
**Don Cockrum – November 16**  
**Carleta Rose – November 18**  
**Jaclyn Randolph – November 20**  
**Mary Hicks – November 21**  
**Lisa Umphrey – November 21**  
**Jan Smith – November 28**

## **Time Change**

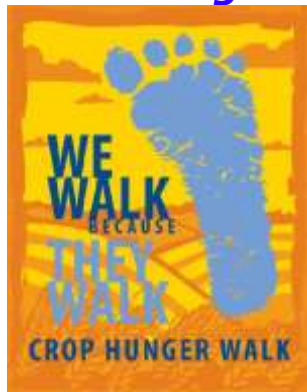


It’s that time of year to...

- Check the operation of your smoke detectors, and change the batteries. Install additional detectors if needed.
- Inspect and ready your heating system. Empty the ashes, and clean the soot from your fireplace.
- Check the weather-stripping around doors and windows, and replace those that are worn.

**...and remember to set your clocks back one hour at 2AM on November 4!**

## ***CROP Hunger Walk***



With so many natural disasters going on in our world right now, it is even more important to support organizations who help those in need.

Our next CROP Walk is **Sunday, November 11** at [Bledsoe Miller Recreation Center](#). Registration begins at 2pm at the pavilion.

This year we have special guests! Local organizations will be on hand to share their veterans programs with us in recognition of Veterans Day. We will also have goodies from the [The Egg & I Restaurants](#), Panera and Starbucks to keep our energy up!

Join us on November 11 in support of Church World Service and the Caritas of Waco Veterans Case Management Program. See you then!

## ***Interfaith Thanksgiving Service***



Join members of the Waco community on **Tuesday, November 13** at 7PM for readings and prayers from the various interfaith religious traditions in the Greater Waco Interfaith Conference on this special occasion of Thanksgiving. It will take place at Richfield Christian Church (4201 Cobbs Dr.) at 7PM. A "potluck dessert" reception will follow the service.

## ***Annual Congregational Meeting***



Join us on **Sunday, November 18** after our monthly potluck social for our Annual Congregational Meeting! It's a time a time to celebrate our accomplishments over the past year and a time to look toward the future with hope. Additionally, we will be electing Board Members and approving the financial budget for 2019.

## ***Thanksgiving Leftovers Potluck Social***



Ever wonder what you are supposed to do with all those Thanksgiving leftovers? Bring them to our Thanksgiving Leftovers Potluck Social on **Sunday, November 25**, immediately following worship. Prepare a Thanksgiving dish or bring your leftovers, and we'll enjoy each other's bountiful food and fellowship!

## ***Transgender Service of Remembrance and Resilience***



Transgender Day of Remembrance (TDOR) is an annual observance on November 20 that honors the memory of those whose lives were lost in acts of anti-transgender violence.

On the **Sunday, November 25** at 5PM, Unitarian Universalist Fellowship of Waco, Waco Pride Network, and Central Texas MCC will partner in a service honoring the memories and resilience of the transgender community. Join them and members of the community at 4209 N. 27<sup>th</sup> St. for this important and powerful gathering.

Finn Jones, executive director of Trans-Cadence, International, Inc., and candidate for the House of Representatives, District 94, will be the keynote speaker. Finn describes himself as a “Trans man helping to change the world through support, education, empowerment, advocacy and love.”