

Grace Weekly Email Update

April 2, 2025

Message from Pastor Jeff



Jesus called us the salt of the earth, but if the salt stays in the container it doesn't do much good. Salt works when it is in contact with food. It needs to be poured out. That's why we are joining with the CALL on Saturday, April 12, for our annual pancake breakfast and Easter Egg hunt. Rather than being on church property, we'll be going downtown and joining with others in our community. At the same time, we have the opportunity to support and celebrate a ministry doing God's work! Check out all the details [here](#). They also have a 5k and a Family Fun Run that morning.

This Sunday at 12:15pm is our Adoption/Foster Care Support Lunch. If you have adopted/fostered in the past, are currently adopting/fostering, are looking to foster/adopt, or just want to support those who are, sign up for the lunch [here](#). This is a great opportunity to build a community of support around our foster/adoptive parents.

Thank you to Rick Ralston for bringing the message this past weekend. If you have struggled with worry or anxiety, we'll have part two this Sunday. I look forward to sharing with you. I got to spend some time in Kids Church this week while Rick preached, and I am super grateful for all of our great volunteers who are pouring truth and life into our children. Seeds are being planted for the next generation to stand as spiritual champions!

Yours in Christ,

Jeff

WORSHIP SERVICES — April 6 & 7

Traditional (8:30am Sunday)

Hymns: Rock of Ages, Cleft for Me; Nothing But the Blood

Modern (9:30 & 11:00am Sunday)

Songs: Battle Belongs; Ancient Gates; He Who Is To Come; The Image

Modern (6pm Monday)

Songs: Ancient Gates; He Who Is To Come
You Are My All In All; The Image

Live Stream @ 9:30am Sunday: [Facebook](#) & [YouTube](#)

Grace Community Church

4001 Brooken Hill Dr., Fort Smith, AR 72908

479.646.1177

contact@gracefs.com

Office Hours: 9-5 Monday-Thursday

www.gracefs.com

*Grace Community Church exists for the glory of God,
to make visible the kingdom of God, and
to declare the grace of God to all the world.*

KIDS MINISTRY (Infants—5th GRADERS)

Contact [Christine](#) for Children's Ministry.

Kids Page on Grace Website—Click [HERE](#).



April Kids Church Theme: Jesus Loves Us

Jesus was betrayed by His followers, beaten, and died a cruel and torturous death. When He died, He took all of our sin on Himself and paid the ultimate price for our sins. As God, death would not defeat Him. Jesus rose from the dead! If we believe in Him for our salvation, we can be with Him forever! Jesus not only forgave us like He did Peter but wants us to have eternal life with Him. Jesus loves us!



Monthly Memory Verse: For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life. (John 3:16)

Grace to Support the CALL's

Bunny Breakfast & Rabbit Run; Saturday, April 12

For this year's pancake breakfast and egg hunt, we will be supporting one of our community partners and we hope you will join us in supporting them downtown at the River Park Buildings and Amphitheater on Saturday, April 12! All proceeds from the event benefit The CALL in Crawford & Sebastian Counties.

The Rabbit Run 5K will start at 8, followed by the Family Fun Run at 8:30. The Family Run will consist of a quick out and back that is about 1/2 of a mile round trip! Hang out afterward for the Bunny Breakfast event featuring a pancake breakfast, music, and fun activities for all ages from 9-11



AM. Race participation is not required to attend the breakfast and activities. Our local school mascots will also have a chance to race against the Easter Bunny! The Easter Egg Hunt will start at 11 to wrap up the morning.

SIGN UP OR DONATE [HERE](#). (Receive 10% off with promo code: 5VYWXLPG for either event!)

VOLUNTEER OPPORTUNITY: We are also looking to add volunteers to help with the event, so if you would like to help with any part of the event, please contact Christine by Sunday, March 23. Cooking/serving food, games/crafts, and cleaning up are the areas that will be needed. Volunteers will be in shifts from either 8:30-10 or 10-11:30.

Kids Summer 2025 Camp at Siloam Spring

July 21, 8am—July 25, 5pm; (3rd-5th Grades)

Kids Camp sign ups have officially begun for Summer 2025.

Kids who have completed 3rd, 4th, or 5th grade as of May 2025 are eligible.



Please click the link for more information or to sign up, spots are limited! This is a great opportunity for

children to be with other believers their age and enjoy fellowship and fun. If you have any questions or concerns, please contact [Christine](#). To register, click [HERE](#).

DASH & FM

(6-8th grades) & (9-12th grades)

Contact [Dana](#) For DASH and FM

Dash/FM Page on Grace Website—Click [HERE](#)



Weekly Gatherings: Wednesdays, 6:00pm!

Join us for food, fun, and fellowship!



4-9-25: Dash Only (6th,7th,8th graders) meet at Monkey House. Food and fee provided by Grace. Parents: Drop off (6pm) and pick up (7:30pm) at Monkey House.

Senior Sunday, May 4!

We will celebrate in the Student Ministry Building with a luncheon after the 11:00 worship service. Invite friends and family to celebrate. Be sure to sign up for the luncheon [HERE](#) as well as provide Senior information for the “Senior Brochure.”



Parents: Important....Please send three pics to Dana no later than Sunday, March 16. Two pictures of the senior when he/she was younger and one senior picture. Email these to [Dana](#).

Summer Camp—Few Spots Left 6th –12th Grade

We only have a few spots still available. Must [register](#) ASAP. First and second deposits will be due...\$200 total. If you need financial assistance for camp, please contact [Dana](#).



Scholarship Donations Appreciated—If you would like to help a student(s) go to camp this year, we would greatly appreciate full or partial scholarships. Donations can be made by clicking [HERE](#) (instructions in second paragraph of “Youth Summer Camp 2nd Installment” page).

TRAIL LIFE USA

(K-12th grade boys)

Contact [JD](#) for Trail Life.

**Troop 316, First 3 Mondays
of Each Month (April 7, 14, 21)
6:15-7:30pm, StuMin**



Trail Life USA is a Church-Based, Christ-Centered, Boy-Focused mentoring and discipleship ministry that speaks to the heart of a boy. Set in the context of outdoor adventure, boys are engaged in a Troop setting by male mentors where they are challenged to grow in character, understand their purpose, serve their community, and develop practical leadership skills to carry out the mission for which they were created.

CONNECT/EVENTS



Adoption/Foster Care Support Luncheon **THIS Sunday, April 6, 12:15-1:30pm** **Activity Center**

The goal of this lunch is to create awareness and develop support systems that better serve our Grace families who are fostering or in the adoption process.

Who is invited to this lunch?

1. Anyone who is in the adoption process or serving as a foster family
2. Anyone who has adopted/fostered in the past who would like to lend wisdom and support to these families
3. Anyone who would like to support our adopting/fostering families

Please register [HERE](#) so we can make the appropriate accommodations.



The Chosen Study: Season 1 **Wednesdays, April 9, 8 Weeks** **5:45-7:30pm (Women's Group)**

This study will be built around "The Chosen" series. The Chosen is a TV series that follows the life and ministry of Jesus. The group will watch an episode together, study scripture that the episode is based upon and discuss. This group is led by Erin Delassus. Click [HERE](#) for more information!

Peace for the Anxious Heart Study (Women's Group) **Wednesdays, April 9-30, 6-7pm, 4 weeks** **Leaders: Jamie Webb and Alecia Farley**

This 4 week study will walk you through the lives of Biblical characters who walked through anxiety themselves. It will remind you of God's love, the hope of the gospel, and the presence of God who provides lasting peace in the battle against anxiety. Please be sure to sign-up [HERE](#) to secure your spot!



Men's Camping/Float Trip—May 2-4 (Fri-Sun) **Steel Creek Campground, Buffalo River, (Outside of Ponca)**



Join guys from Grace as we enjoy some outdoor adventure in God's beautiful creation. For many people, there is just something about sitting around a campfire and telling stories that is good for

the soul. It is also great way to get to know some guys from Grace whom you may not know. It is a great chance to unwind and slow down from the fast pace life and get outdoors under the stars.

Cost: \$40 - Camp only, \$45 - Float only, \$85 Camp & Float
Invite a friend/coworker to join us. Register [HERE](#).

CONNECT—On Going Groups



**Upper Room Daily Devotional
Discussion Group**
1st & 3rd Wednesdays *Revised*
1-2pm, Activity Center

Using the Upper Room Daily Devotional Guide, ladies discuss the daily reading and the Bible verses as a launching pad for in-depth discussions to include sharing personal experiences. Class is led by **Ava Imotichey**.



**By Hook, Needle & Craft
Women's Group**
1st & 3rd Thursdays
1pm, Activity Center

Join a group of women who love crafts and visiting with each other. Crafts include knitting, crewel, needlepoint, cross-stitch and any other craft you wish to do. If you are gifted with these talents or want to learn, join these ladies in this wonderful ministry. On the few occasions when the first day of the month falls on a Thursday, meetings will be on 2nd & 4th Thursdays. Class is led by Mary Carter.



Men's Lunch Huddle
Thursday, April 3, 12pm
The Egg of Fort Smith
3801 Planters Rd.

This is a great way to connect with other men at Grace. Invite a friend or coworker. (First Thursday of each month)



Moms Growing in Grace
(2nd Tues each month—Sept-May)
Remaining Dates:
April 8, May 13, 6-7:30pm
Kids Church Classroom

Moms Growing with Grace is a group where mothers can come together. Whether you are raising children now, are pregnant, are fostering, or have grown children, all are welcome. We come together each month to discuss topics that matter to us and use our faith and experiences to encourage each other. Our study this session will be "Reclaiming Motherhood: Embracing the Untamed, Beauty, Fun, Passion & Vitality of Motherhood" Questions, contact Jessica Michael 479-322-2164 or Ariana Gallamore 417-274-4671 (free childcare provided)



April—National Child Abuse Prevention Month

CASA is a non-profit organization which advocates for abused and neglected children within the court system. Find out more on their



[website](#).

Be sure to check out the newsletter attachment in today's email. You will see one of Grace's own...Deb Card — CASA Advocate of the Month!



Support Arkansas - Alaska Missions

Grace has supported the ministry of Arkansas - Alaska Missions for several years. This ministry focuses on the villages of Metasta, Tanacross, Tetlin, Northway and Tok. During the summer months, VBS, bible studies, family night worship, and retreats are held weekly to plant seeds of hope through the love of Jesus. If you would like to purchase items needed for their summer programming, you can do so on their [Amazon registry](#).



Collecting Shoes for Arkansas Family Alliance —for TEENS

May is National Foster Care Awareness Month. Currently, there are approximately 380 children in foster care in Sebastian County. Grace will be participating in the Walk a Mile in My Shoes campaign by collecting ADULT size, new shoes for teens in the foster system through the month of April. Shoes can be dropped off in the designated area of the Worship Center. All shoes collected will be displayed on the lawn of Sagely and Edwards Realtors on Rogers Avenue on Thursday, May 15 for public awareness. Contact [Kathleen](#) if you have any questions.



EDOH, Buffalo, NY Outreach, July 19-26

Are you looking for a mission trip, but don't want to travel outside the United States? Maybe Buffalo is just the opportunity you are looking for. We will be serving people in a district that has substantial needs. This is a great trip for families and people of all ages to serve together. Projects will include all skill levels. Lodging and meals are provided while serving with EDOH. If riding on the church bus seems to be too much for you, you can fly at your own expense and arrangements for transportation to and from the airport will be available. There are lots of variables to this mission opportunity. If you can't be gone for that many days but still want to serve, please contact [Kathleen](#) to discuss alternatives. Details are still being finalized, please sign up [HERE](#) if you are interested.





Care Portal

Simply put, the Care Portal is a technological system that connects people who can

help with people who need help...right now, in real time. You can register (by using the QR code on the right) as a care provider and do the simple training online. Please contact [Susan Mixon](#).



Upcoming Events Supporting Some of Our Community Partners



The CALL's Bunny Breakfast & 5K Saturday, April 12

If you are interested in being on Team Grace for the 5K (walk or run), please contact [Christine Turpin](#). Click [HERE](#) for a link to the Sponsor Packet.



First Choice Pregnancy Center Walk for Life, Saturday, April 19

Grace will sponsor the first 20 participants. Contact [Kim Green](#) to learn more. Click [HERE](#) for more information about this event.



Kick for a Cause Sun., May 4, 1:30pm, Northside HS

Enjoy a day of thrilling soccer action, community spirit, and a chance to make a real impact. All proceeds will support Arkansas Family Alliance, helping families in crisis right here in our community. For more information and tickets click [HERE](#).



CASA Benefit, May 27 FSLT Dark Nights Theater presents "Girls' Weekend"



Community Services Clearinghouse True Grit Ride

Benefiting Backpack Food Program
Saturday, June 28

Click [HERE](#) for more information about this event.

MENTAL HEALTH MINISTRY

Contact [Rick](#) for more information.



Message from Kerry Underwood, MS, LPC, LMFT

Hi Grace Family!

This month, the Mental Health Ministry has been focusing in on the topic of anxiety. I think if you are a living, breathing human, you have experienced anxiety in some form or fashion at some moment or season in your life. Many of us experience this alone and unequipped because we don't recognize what it is or are afraid to acknowledge what it is. My prayer for each of you is that if you are in a season of life where anxiety is overwhelming or impacting your quality of life, please reach out to one of us here at Grace and let us help support you and equip you. In the meantime, here are some practical steps that each of us can take when we come across any amount of anxiety in our lives.



1. Prayer and Meditation on Scripture

Prayer is a powerful tool for addressing anxiety. Bringing your worries before God can provide comfort and peace (Philippians 4:6-7). Take time each day to pray about your concerns, asking God for peace and guidance.

Meditate on **Scripture** that encourages peace and trust in God. Verses like **Matthew 6:25-34**, **Psalm 34:4**, and **Isaiah 41:10** are reminders of God's provision and faithfulness.

2. Practice Mindfulness and Breathing Techniques

Mindfulness helps you stay present in the moment rather than being consumed by future worries. This can involve focusing on your breath, calming your thoughts, and not letting your anxiety spiral.

Breathing exercises, such as deep breathing or the "Box Breathing" technique (inhale for 4-6 counts, hold for 4-6 counts, exhale 4-6 counts, hold 4-6 counts), can activate your parasympathetic nervous system and promote relaxation.

3. Engage in Physical Activity

Regular physical activity has been shown to reduce anxiety by releasing endorphins, which are natural mood boosters. Activities like walking, jogging, or yoga can help improve your mood and overall well-being.

Exercise is extra helpful if you can get outside in the sunshine (vitamin D) and provides an opportunity to focus on God's creation and appreciate the ability to move and care for your body.

4. Seeking Support from Others

Community support is important. Being part of Grace on Sunday mornings or a small group at Grace can provide both spiritual and emotional support. Sharing your struggles with trusted friends or mentors can offer comfort and perspective.

Counseling with a Christian therapist can also help. They can guide you in practical techniques for managing anxiety while integrating your faith.

5. Journaling and Reflection

Writing down your thoughts can help you process and better understand your anxiety (this is scientifically proven!). Reflect on the things you are grateful for, as this can shift your focus from fear to thanksgiving.

Keep a **gratitude journal**, noting at least three things you're thankful for each day. This practice encourages a mindset of gratitude rather than worry.

6. Set Boundaries and Limit Stressors

Limit exposure to stressful situations when possible. Set boundaries on how much news or social media you consume. Constant exposure to distressing information can increase anxiety. Our brains are not wired to be able to know all the things about all things in this world and function in a streamline and healthy way.

Create a daily routine to structure your day and give you a sense of control over your time.

7. Rest and Sabbath

Taking time to rest is essential for managing anxiety. **God created rest** as a rhythm of life (Genesis 2:2-3). Consider taking a Sabbath or just setting aside regular time for rest and renewal.

Ensure that you're getting enough **sleep** and allowing your mind and body to recharge. Aiming for 8 hours is a fabulous goal!

8. Focus on What You Can Control

Anxiety often stems from fear of the unknown or things outside your control. Focus on what you **can** control: your thoughts, actions, and responses.

Trust in God's sovereignty over what you cannot control. Acknowledge your limitations and surrender your anxieties to God, trusting that He is in control (Romans 8:28).

9. Practice Gratitude and Positivity

Shift your mindset by focusing on positive aspects of your life, even when you're feeling anxious. This can be challenging, but it aligns with the biblical call to **"take every thought captive"** (2 Corinthians 10:5).

Practice **thankfulness** as a form of spiritual warfare, reminding yourself that God's goodness prevails despite circumstances.

10. Trust in God's Promises

Holding on to God's promises can bring comfort in anxious times. Remind yourself that God is with you (Psalm 23:4), that He hears your prayers (1 Peter 5:7), and that His peace surpasses understanding (Philippians 4:7).

I know we live in a world that is designed to make us fearful and anxious but we serve a God that desires far more for our lives than that. I have hope that if you practice even a few of these you will begin to feel relief in small ways. And of course, always remember you are not alone. You are seen. You are loved, and we at Grace want to walk alongside you during this journey called life!

In Him,

Kerry

MENTAL HEALTH MINISTRY

Contact [Rick](#) for more information.

Mental Health Ministry



Scan this QR code or
go to Gracefs.com/mental-health

Are you concerned about your personal mental health or that of a family member? Do you struggle with knowing who you can talk to? Do you carry the common concern that others cannot know? Perhaps you are ready to discuss it, but are just not sure what the next right step is? Talk to our mental health team! The form is confidential.

Once the form is received, the director will contact you to set up a confidential meeting to further understand your needs and assist in the options for your potential next steps

PRAYER

If you have prayer needs, please submit request [HERE](#).

Community & World

Unsaved

United States

Ukraine, Russia, Israel, Gaza

All Military

Foster and Adoptive Parents

Victims of Violence

Weather Disaster Victims

Eight Days of Hope Ministry

Those who are sick

Those struggling w/mental illness & addictions

Walker & Jessica Lowe (YWAM Missionaries)

Spring Breakers

Grace Families

Roger Ross

Erin DeLassus

Carla Hilliard

Kimberly Dye

Ralph Mills

Cancer Fighters—Grace Family

Ken Harvey

Nora Lowe

Tom Kaufenberg

Sympathies

Family and Friends of Becky Basinger



Volunteers Needed for Bible Story Hour

Grace Place Preschool is looking for Volunteers to come help with Bible story hour once a week. If you are interested in learning more or in volunteering please contact [Natalie Cole](#).

Grace Place Preschool

Summer and 2025-2026 Open Enrollment

OPEN ENROLLMENT has begun for Summer 2025 and the 25/26 school year at Grace Place.

If you are interested in Summer care for your child ages (8 weeks - 5th grade) or if you are interested in enrolling your child (8 weeks-PreK) in the 25/26 school year, please contact Grace Place through [our Email](#) or call the preschool office at (479) 646-6503.

Grace Place Preschool Is Hiring

Grace Place is looking to hire one to two full-time staff members. Applicants need to be at least 18 years old, have a high school diploma or GED, and be able to pass a background check. Experience with children is preferred. Please contact Grace Place Preschool at (479) 646-6503 or stop by the Grace Place Preschool office to pick up an application.

EASTER SERVICES



Our Good Friday service will be a time of worship, prayer, and reflection on the seven last words of Jesus. All are welcome to join us at 12pm or 6pm in the Worship Center!



Join us this Easter as we celebrate the resurrection of Jesus Christ and the hope it brings to all. Experience a service filled with joy, worship and reflection on the incredible gift of new life. Whether you're a longtime member or a first-time visitor, we welcome you to be part of this special day as we come together in faith, fellowship and thanksgiving for the love and grace of our Savior.