



THE

FORECASTER

FAIRMOUNT CHRISTIAN CHURCH

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fresh

Hope®

FOR MENTAL HEALTH

Peer Support Groups Begin May 1st

INSIDE THIS EDITION:

Fresh Hope for Mental Health	Page 2	New Members.....	Page 4
Impact Spring Fair	Page 3	Attendance & Giving	Page 4
New Mobile/Online Giving System	Page 3	Branches & Jacob's Ladder Production.....	Page 4
Mission to Fairmount	Page 3	Camp Rudolph Ladies Retreat	Page 4
National Day of Prayer	Page 3	May Calendar	Insert

Fairmount Christian Church Mental Health Ministry



Did You Know...

... approx. 1 in 4 adults in the US experiences a mental illness or is personally affected by someone with a mental health challenge?

... approx. 1 in 5 youth aged 13-18 experience a severe mental disorder?

According to the CDC, in 2015:

... suicide was the 10th leading cause of death overall in the US.

... suicide was the 3rd leading cause of death among 10-14 year-olds, and the 2nd leading cause of death among 15-34 year-olds.

... there were more than twice as many suicides (44,193) in the US as there were homicides (17,793).

A mental health crisis exists in the world. People are in pain and crying out for help. Oftentimes, the first place they come is to their church. It's time we reach out and minister to these hurting children of God.

Fresh Hope for Mental Health® is an international network of Christian peer-to-peer mental health support groups whose mission is to empower those with mental health challenges, along with their loved ones, to live full and rich lives in spite of having a mental health diagnosis. Fresh Hope groups approach mental health recovery from a hope and faith-filled perspective. It is a mutual-help, peer-to-peer support group in which members encourage one another as equals under the guidance of a certified facilitator. The meeting format includes both a large and small group experience, where members can share as little or as much of their "journey" as they desire.

Fresh Hope is also a professionally-guided group, with a variety of educational, ministerial, social service, and psychiatric representatives serving on the Board of Directors, in addition to Fresh Hope group members.

**Fresh Hope Support Groups
Tuesdays from 7-8:30pm
beginning May 1st.**

**Held in Trailer 3, located just
behind the Family Life Center.
(Childcare not provided.)**

Fairmount's Facilitators

**Joe McHale
Charlie Thomas
Sandy Thomas
Caryn Woodard**

**Confidential Email
freshhope@fairmountchristian.org**

Fresh Hope is not intended to replace professional treatment such as therapy and prescribed medications when needed. Rather, Fresh Hope serves as a supplemental support and information system so that members and those who love them might develop tools to help them manage their illness on a daily basis in order to live with dignity and hope in Christ.

You are welcome to begin attending a Fresh Hope group at any time. Discussion topics vary from week to week, addressing a broad range of mental health challenges. Loved ones are also welcome any time and are encouraged to attend even if the person they love is not yet ready to take that step.

Proven Track Record

The Fresh Hope movement began in 2009 after Pastor Brad Hoefs felt called to start a faith-based support group from a Biblical, hope-filled point of view.

Pastor Hoefs developed six faith-based, Biblical tenets (principles), which were key to his own personal recovery, and are now proven to be instrumental to others in offering hope and key insights into a wellness-driven, successful road of recovery from a Christian perspective.

Fresh Hope's proven track record:

- 96% of weekly participants attribute their participation as the reason they now feel more hopeful than prior to their participation in Fresh Hope.
- 92% of those who have attended other mental health support groups say that Fresh Hope has been more positive and helpful in their recovery than any previous groups.
- 86% of those who were suicidal prior to coming to Fresh Hope report that they have not been suicidal since participating.
- 71% have had no hospital stays (outpatient or inpatient) since attending Fresh Hope, which they attribute to their participation in Fresh Hope.

**To learn more about Fresh Hope, visit www.FreshHope.us,
or send a confidential email to freshhope@fairmountchristian.org.**



Impact Spring Fair April 29, 4:30-7pm

Enjoy dinner, Impact partner displays, and a silent auction featuring gift cards, vacation rentals, tickets, get-a-ways, etc. Invite your friends and family to join you for this time of food, fellowship, and fundraising for FCC's missions ministry, IMPACT.

Contact Chris Santasiere or Sherri Fadool if you're able to donate any of the above items.
csantasiere@fairmountchristian.org
sfadool@fairmountchristian.org
(804) 559-8070

Mobile/Online Giving

By Brandon Woodard

We are launching a new online and mobile giving system that will provide you ease, security, and peace of mind! The Pushpay Mobile/Online Giving System is fully functional as of April 10, 2018. **Our current online e-giving system will cease to function on April 30, 2018.** If you currently have recurring transactions set up, please cancel and switch over to Pushpay. Remember that your annual statement, which is mailed to the address we have on file for you, is the official record of your giving.

Online Giving - visit fairmountchristian.org and choose **Online Giving**.
Mobile Giving - text **FCCGift** to **77977** to get the app or visit your app store.

***NOTE: You will need to create a new account for your first transaction through Pushpay. Your old e-giving login information will not work.**

Please contact me or Veronica Brewster with any questions.
804-559-8070 | bwoodard@fairmountchristian.org | vbrewster@fairmountchristian.org



Mission to Fairmount 2018 is on Saturday, May 5th. This is Impact Jerusalem's most local of local missions in which we strive to assist our very own elderly, single parents, widows, and physically or financially unable with basic home repairs, yard work, special projects, etc. Last year we received 30+ requests for assistance, however we only had 37 volunteers. **THEREFORE, WE NEED YOU!** Get ready to be a blessing to your church family on May 5th. Volunteer signups continue on Sunday, April 22nd in the Worship Center lobby and the front foyer. Contact Ed Muller with questions (edwardmuller@mullerconstruction.com or 240-2299).



National Day of Prayer ~ Prayer Breakfast May 3rd at 6:30am in the Family Life Center Speaker: Lieutenant Terry Sullivan

NATIONAL DAY OF PRAYER

Fairmount invites the community to a time of prayer, fellowship, and a free breakfast on **May 3rd at 6:30am in the Family Life Center**. Our speaker is **Lieutenant Terry Sullivan** with the Hanover County Sheriff's Office Criminal Intelligence and Crime Prevention Unit and SHIELD program.

Lieutenant Sullivan served in the United States Air Force during the first Gulf War. After an honorable discharge, he began working for the Gulfport Police Department in Mississippi. In the mid-nineties, he and his family moved to Virginia and he began his career with the Hanover County Sheriff's Office. Lieutenant Sullivan currently supervises the Criminal Intelligence Unit and Crime Prevention Units, which also encompass the Sheriff's Office Homeland Security Initiative, SHIELD Initiative, FBI Joint Terrorism Task Force and Violent Crimes Task Force. He is a pastor at Beaverdam Baptist Church, is married to his wife Misty, and has three boys, TJ, Wyatt, and Josiah.



**We hope you'll join us for a morning of prayer and encouragement.
RSVP to the church office to let us know how many will be attending.**



FAIRMOUNT

CHRISTIAN CHURCH

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OUR CHURCH

NEW MEMBERS

Transfers:

Bill & Jan Lipscombe, 3/17
Cheryl Sclater, 4/15

Baptisms:

TC Atkinson, 3/20
Charlene Armistead, 3/25
Matt Ligon, 4/8

Children's Choir Performance
Branches and Jacob's Ladder
April 22nd - 5pm, Sanctuary



The Colors of His Love
The Heavens Declare
the Glory of God

ATTENDANCE & GIVING

	04/08	04/15
8:15 Traditional Worship:	121	128
Children's Worship:	5	4
9:30 Contemporary Worship:	468	470
Children's Worship:	38	43
Online Views	127	98
11:00 Traditional Worship:	136	153
Children's Worship:	84	85
11:15 Modern Worship:	308	324
Online Views	54	61

Total: 1,341 1,366

Bible School: 575 610

Budget Requirements: \$44,862 \$44,862

Budget Receipts: \$37,869 \$38,112

SERMON SERIES



**FAIRMOUNT
CHRISTIAN CHURCH
MINISTRY LEADERSHIP TEAM**

- Rick Raines - Senior Minister
- Chris Santasiere - Associate Minister
- Mike Langley - Associate Minister
- Tracy Thomas - Worship/Music Minister
- Ryan Card - Associate Worship Minister
- Josh Smith - Interim Youth Minister
- Ashley Sears - Children's Director
- Amber Grubbs - Early Childhood Director
- Brandon Woodard - Church Executive



Camp Rudolph Ladies' Retreat ~ April 27-28:

Speaker - Wendy Fitzgerald with *If Then Move*
Worship Leader - Crystal McCarthy, Avalon COC.
Cost is \$50 for both days or \$25 for Saturday

only. Visit camprudolph.org/ladies-retreat/ for details and to register.