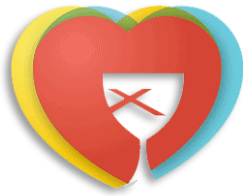


Ponca City Christian

First Christian Church (Disciples of Christ)
 210 North Fifth Street
 Ponca City, OK 74601
 580.762.1667 www.fccponcacity.com

Seeking, Serving, Sharing
 May 11, 2025



National Benevolent Association

May is Mental Health Awareness Month, and NBA's Mental Health and Wellness Team will be hosting several events throughout the month. Mark your calendars and plan to join us for our 2025 events! **There is no cost to attend these events, but registration is required.**

Resilience in Transition: Navigating Change and Nurturing Care

**Wednesday, May 14th
 2:00pm ET/1:00pm CT**

In recent years, our country has faced a whirlwind of challenges- from global crises to societal and political shifts, which have led to increases in mental health challenges. As these changes continue to shape our world, conversations about navigating change have never been more important. Our esteemed panelists, including NBA's Director of Mental Health and Wellness Rev. Joselyn Spence and Mental Health and Wellness Program Coordinator Cameron Cunningham, along with Pastora Rossy Castillo, Rev. Dr. Cedrick Von Jackson, and Pastor Taulau Tupua, will share faith-based insights and practice mental health and wellness strategies to navigate life's transitions while nurturing wellness and fostering care for self and community.

**Resilience in Transition:
 Navigating Change and Nurturing Care**
 Wednesday May 14th 2:00pm ET/1:00pm CT

Rev. Joselyn Spence, LPC, ATR, RYT
 Cameron Cunningham, M. Div.
 Pastora Rossy Castillo
 Rev. Dr. Cedrick Von Jackson
 Pastor Taulau Tupua

National Benevolent Association of the Christian Church (Disciples of Christ) Mental Health Awareness Month 2025

Service Attendance ~ May 4, 2025
 In Person: 73 Live Online: 17
 Social Media Hits: 55

Giving in Review	
As of March 31, 2025	
Income Received YTD	\$88,934.75
Actual Expenses YTD	\$75,669.80
Budgeted Expenses YTD	\$88,611.74

**Organizing Hope:
 Five Practices for Democratic Renewal**

Thursday, May 15th
 7:30pm ET/6:30pm CT

Rev. Héctor J. Hernández Marcial Rev. Angel Luis Rivera-Agosto

National Benevolent Association of the Christian Church (Disciples of Christ)

Overwhelming political changes prompt organizations to be innovative and take responsibility for helping others fulfill their purposes in times of uncertainty. How can we transform our resources, gifts, and talents into effective mobilization and organization for change? How can we connect our hearts, minds, and hands to overcome inertia and inspire action? This webinar will present a roadmap for community organizing, highlighting key steps for transformation from a grassroots perspective. It will also emphasize the crucial moral commitment to promote resourcefulness and civic action against authoritarianism. Join us as we work together toward justice, peace, and the pursuit of a fulfilling life.

This webinar will take place on Thursday, May 15th at 7:30pm ET/6:30pm CT. There is no cost to attend the webinar.

Mental Health Sunday Service and Live Talkback

**Sunday, May 18th
 6:30pm ET/5:30pm CT**

Join the NBA Mental Health and Wellness team and guests on Mental Health Sunday for an airing of our inaugural Mental Health Sunday service! After the service, Rev. Joselyn Spence, NBA's Director of Mental Health and Wellness, will host a talkback with special guests, where you can ask questions and share your thoughts!

Mental Health Sunday Service and Live Talkback

Sunday, May 18th
 6:30pm ET/5:30pm CT

Featuring:

Rev. Joselyn Spence, LPC, ATR, RYT & Special Guests

Register at nbacares.org/events

National Benevolent Association of the Christian Church (Disciples of Christ) Mental Health Awareness Month 2025

Sunday, May 11 ~ Service Information
 John 10:22-30
"How long will you keep us in suspense?"