

Grace Weekly Email Update

April 29, 2026

Message from JD Cunny (Associate Pastor)



May is just around the corner, and with it comes a full season for many of us.

Some are planning high school or college graduation celebrations. Some will be celebrating Mother's Day, including several here at Grace who will experience Mother's Day for the very first time. Soon school will be out, kids will be home, and the normal rhythms of the school year will begin to shift. By the end of the month, Memorial Day weekend will be here, and many families will already be looking ahead to Vacation Bible School, youth camp, summer trips, and vacations.

In the middle of all the planning, celebrating, traveling, and schedule changes, let me encourage you to be intentional with your time with the Lord. When our routines change, time with Jesus can easily get squeezed out. It happens to all of us at one point or another. But summer does not have to be a season where we drift. It can be a season where we grow.

As you look ahead, make a simple summer plan that helps you stay connected to Christ. Spend time in God's Word. Pray with your family. Worship with your Grace family. Find moments to slow down and listen to the Lord.

May this summer be full of good memories and spiritual growth as we walk closer with Jesus.

Pentecost Potluck, Sunday, May 24

Speaking of Memorial Day weekend, we invite you to join us on **Sunday, May 24 at 11:15AM in the Student Ministry Building for our Pentecost Potluck** as we celebrate the birth of the Church and the gift of the Holy Spirit.

Because Pentecost falls on Memorial Day weekend this year, our **9:30AM and 11:00AM modern services will combine into one 10:00AM service**. The 8:30AM traditional service and 6:00PM Monday night service will remain the same.

Please visit [GraceFS.com](https://www.gracefs.com) for more information and to sign up to bring a dish through Meal Train. You may also contact JD through [email](mailto:jd@gracefs.com) or 479-806-8711 with what you plan to bring. Meal Train link [HERE](#).

God Bless,

JD

WORSHIP SERVICE — May 3 & 4

Traditional (8:30am Sunday)

Hymns: Come, Sinners, to the Gospel Feast; He Touched Me

Modern (9:30 & 11:00am Sunday, 6pm Monday)

Songs: Reasons; Same God; Holy Forever; Gratitude

Live Stream @ 10am Sunday: [Facebook](#) & [YouTube](#)

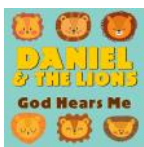
Past Sermons/Materials: Click [HERE](#).

Holy Community celebrated at all services.

KIDS MINISTRY

Jr. Kids: Infants—PreK Contact: [Christine Turpin](#)

Kids Church K-5th Grade Contact: [Sarah Reykers](#)



Jr. Kids Theme: Daniel & The Lions

Daniel lived much of his life in a foreign land, Babylon. Despite the struggles, God helped Daniel and his friends, Shadrach, Meshach, and Abenego, every step of the way. We can trust God to help us in

all things too.

Memory Verse: "My help comes from the Lord." - Psalm 121:2a



Kids Church K-5th Grade: Simply Loved—Where Kids Experience God's Greatest Gift



VBS — Coming Up Soon—June 7-10

Need Volunteers + Towels

What A Mess VBS is underway! Sign up [HERE](#) to volunteer. Have questions? Text (479-414-2071) or email [Sarah](#)! Also, looking for

donations of old towels.

Early Registration Gets You A VBS Shirt



Be sure to register by 5/10/26 in order to be guaranteed a VBS shirt—this includes kids and volunteers!



****CORRECTION****

Return Dates of Items from
"paint splat" from the "VBS needs wall":

NON-FOOD ITEMS BY MAY 3

Which is THIS Sunday!

DASH & FM

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

Contact [Dana](#) For DASH and FM

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



Join Us on Wednesday Evenings 6-7:30pm

During the school year, DASH and FM meet routinely every Wednesday from 6-7:30pm. We have dinner, games, worship, biblical lessons, and small groups. Small groups are split by grade level and male/female.

CONNECT

Contact [JD Cunny](#) for any questions.

BIBLE STUDIES: Full details & sign-ups click [HERE](#).



The Journey from Easter to Pentecost
Wednesdays, April 8-May 20, 6-7pm (7wks)
Ezra Room-Kids Church; Co-Ed Bible Study
Facilitator: JD Cunny & Terry Gallamore

This group has already started, but feel free to join us for a class at any time. We move from resurrection hope to Spirit-empowered living. Click [HERE](#) to sign up.



New Connections Class
Sundays, 11am-12noon, Starts May 3 (6 wks)
Facilitators: **Staci Moore & Amy Sweeten**

Our New Connections Class is a welcoming space to connect with others, learn more about our church, and a chance dive deeper into what we believe. Whether you're new to Grace or just want a deeper understanding of our mission, this class is the perfect place to start! Click [HERE](#) to sign up!



Lunch for Widows & Widowers
Thursday, May 14, 12noon-1p, Activity Center

Join other widows and widowers for lunch on Thursday, May 14, for a discussion on "What Now? Considerations after Widowhood." Whether you became a widow or widower months ago or many years ago, this discussion will help you think through some important legal and personal things that everyone needs to consider. It will also be a great time to meet other people at Grace. Lunch is free but we ask that you sign up so that we have space and food for all. Sign up [HERE](#).

Click [HERE](#) for details of **ON-GOING GROUPS**

- Upper Room (Women) May 6 & 20
- By Hook, Needle & Craft (Women and Men) May 7 & 21
- Men's Fellowship Lunch (Men) May 7

EVENTS



Garden Party
Saturday, May 9, 10:00 AM-11:30 AM
Details and to sign-Up [HERE!](#)
Contact [Abbie Tedford](#) with any questions!



Selah Weekend
Church Wide FAMILY Retreat
October 2-4, 2026 (Fri—Sun)
Ozark Natural Science Center,
Huntsville, AR

Selah is a church-wide retreat designed for every age! Join us for a full weekend of activities focused on rest, relaxation, and renewal. Check out full details and to sign up, click [HERE](#).

MENTAL HEALTH MINISTRY

Contact [Rick](#) for more information.



[Meet Our Team](#)
[Mental Health Resources](#)
[Mental Health Page](#)



From Kristen Ferguson, MS, LAC

Mental Health Awareness Month: A Therapist's Perspective

May is Mental Health Awareness Month—a time to reflect on the importance of emotional, psychological, and spiritual well-being. As a therapist, I often remind clients that caring for your mental health is not a sign of weakness; it is an act of caretaking to oneself.

Who should consider therapy? Therapy is not only for moments of crisis. It can benefit anyone navigating stress, grief, relationship challenges, anxiety, depression, life transitions, or simply seeking greater self-understanding. Just as we care for our physical health, tending to our inner life is essential for living fully and faithfully.

The benefits of therapy. Therapy provides a safe, confidential space to process emotions, gain clarity, and develop healthy coping strategies. It can improve relationships, increase resilience, and help individuals experience greater peace and purpose. Many find that therapy also deepens their spiritual life by removing barriers such as unresolved pain, fear, or shame.

A biblical perspective. In 3 John 1:2, we read: "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." This reflects a holistic view of health—mind, body, and spirit. Additionally, seeking wise counsel is encouraged in Proverbs 11:14, highlighting the value of guidance and support.

What you may not know

- Mental health concerns are more common than many realize—millions of people experience anxiety or depression each year.
- Therapy is not about replacing faith, but often works alongside it, helping individuals better engage with their beliefs and community.
- Early support can prevent struggles from becoming overwhelming, making it easier to find hope and healing.

As a church community, we are called to "carry each other's burdens" (Galatians 6:2). Seeking help—whether through prayer, community, or professional support—is a courageous and faithful step toward wholeness. If you or someone you love is struggling, know that you are not alone, and support is available.

SERVE

Contact [Michelle Thomas](#) for more information on local mission efforts.
Contact [Kathleen Halliburton](#) for more information on mission efforts outside of our community.



Blood Drive

Sunday, May 31, 8a-12p
Student Ministry Building

“Love your neighbor as yourself” takes many forms and this is a simple way to live it out. Join us for

our church blood drive and help bring hope and healing to those in need. Our community is in desperate need for blood and we want to do our part! If you have any question please contact [Michelle Thomas](#). Click [HERE](#) to sign up for a time slot.



Eight Days of Hope

Buffalo, NY Outreach

July 18-25, 2026

Sign-Up Deadline: May 15

Click [HERE](#) for full details and to sign up.

PRAYER

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

Community & World

Unsaved

United States

Countries in Turmoil

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

Those struggling with grief

Christians in Nigeria

Grace Families

Ron Adams

Mary Carter

Grace Friends

James Virgil (Bill James friend)

Collin Douglas (Bill James friend)

Grace Community Church

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Email: contact@gracefs.com / Office Hours: 9-5 Monday-Thursday

Website: 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.*