

February 2010 Volume 11, Issue 2

Hello from Debbie...



Happy Valentine's
Day!

Myers Singles Mission Statement

The Myers Singles Group is a Christian community of individuals on the singles journey that provides opportunities to share life experiences, mutual support, and personal growth in a loving and caring atmosphere.

Happy February
Birthday!



February celebrates the month of love and what better person to love than yourself!! In our journeys to love ourselves, this is a good time to determine the difference between self-esteem, self-love and self-centeredness.

Self esteem means to hold oneself in high esteem, feeling worthy of a good life and good treatment by others. Self-esteem results from self-respect and respect from others. Self-respect includes competence, confidence, mastery, achievement, independence and freedom. Respect from others includes recognition, acceptance, status, and appreciation.

Healthy self-esteem is a realistic appraisal of one's capacities and begins with deserved respect from others. This usually begins to be built in childhood, when we learn some new skill, or take a risk, a parent says, "Good! You learned how to tie your shoe!" And so begins the building of self-esteem. As children we are dependent on adults to give us the foundation of our self-esteem and be role models for what is good.

Self love is the ability to hold onto our good qualities and strengths even when we are feeling bad about ourselves or something we have done. It is the strength to see our short comings and love ourselves enough to know that we can learn and grow and not to give up on ourselves because we are not perfect, made a mistake or still have some problems. In other words, we are worthy of love even if we are not perfect.

Self-centeredness is self-esteem and self-love gone too far. It means that the world revolves around us, we are at the center of our world, meaning that we think that we are better than anyone and everyone else and so are more deserving, in other words, selfish.

Good self-esteem means that we have enough self-confidence to not need the approval of others. We don't need to wear the latest fashions, be the thinnest or the richest to feel good about ourselves. It is feeling good about who we are on the inside, so that approval and love does not have to come from the outside before we can love ourselves.

To have self-esteem and self love we do not need to be self-centered, we do not have to be the best looking or make the most money. In fact acting or being self-centered is a kind of arrogance that is usually a cover-up for low self esteem, or a lack of self-love.

God is Love, and His love is very different from human love. God's love is unconditional, and it's not based on feelings or emotions. He doesn't love us because we're lovable or because we make Him feel good; He loves us because He is love. He created us to have a loving relationship with Him, and He sacrificed His own Son to restore that relationship.

Come and join us on Tuesday nights, as we learn to love ourselves and others through the Love of God.

Debbie



Shared joy is a double joy; shared sorrow is half a sorrow.

~Swedish Proverb

February's Meetings...

Myers Singles meet each Tuesday at 6:30 pm at the church unless otherwise stated.

Myers Sunday School Class meets from 9:30-10:15 in the choir loft (at the front of the Sanctuary).

The current series we are using is titled: *Lord I have sinned but I have several excellent excuses*. It is an open discussion class and very relaxed atmosphere.

Feb 2 – 'Life's Healing Choices' – First session of Rick Warren's series. Debbie Brown and Beverly Huddle will facilitate the series.

Feb 9 – LEO! – Instead of going to a restaurant we are having a covered dish supper so we can continue studying **'Life's Healing Choices'**.

Feb 14 – Valentine's Day – We're hosting a

coffee house at the church beginning at 3:00. There'll be plenty of food, music, and games. Please bring a snack to share and invite a friend.

Feb 16 – Planning Session at 5:30. Bring a bag supper and your ideas!

Regular meeting follows at 6:30 with **'Life's Healing Choices'**.

Feb 17- Ash Wednesday at Myers – Supper at 5:00 (please let Myers know if you're coming; cost is donation) and Service at 6:15 in the Sanctuary.

Feb 23 – Open Forum **Dan Seufert** leads our open forum discussion. Always interesting!

Please share your talents and sign up to work on a committee.

Area Happenings...

Singles Bible Study at First Baptist Church in Lincoln on Thursday, Feb 11. Supper at 7:00; Bible study follows in the Family Life Center. Come enjoy Christian singles fellowship.



In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other.

~Linda Ellerbee

Fraleay Singles Connection – at Fraleay Baptist Church. Call Sandy de Weese at 704.263.2171 for info.

Fresh Start Widows Group at the Gaston County Recreation Center - Call for more info at 704.922.2170.

Café Phoenix – First Baptist in Shelby on third Fridays at 6:30.

Gastonia Adult Rec Center – Feb 5 (Fri) *Midnite Starz* band and Feb 20 (Sat) *16th Avenue Band*. Dances begin at 7:00 and admission is \$5.00.

Schiele Museum – Come to the Schiele for FREE! on the 2nd

Tuesday (4 – 8), and the 4th Friday (1 – 5).

Simple Folk – A group that plays classic acoustic music from the 50's to now. Gaston County Library on Feb 23 at 7:00. Free...

The Music Man Junior – at Cleveland Community College (Feb 12, 13, 19, & 20 at 7:30 and Feb 14 & 21 at 2:30)

Music at the Depot – Winter Acoustic Series, Sponsored by the Gaston County Museum. Chris Cook plays on Feb 12 at 6:30. 205 W Main St, Dallas - Tickets are \$10 in advance; \$13 at door. For more info, call 704.922.7681, ext 105.

Eastern Caribbean Cruise – Highlighters Dance & Social Club, May 23. For info call 704.747.8311.

Plans are in the works for a



SOUTH FLORIDA
02.07.10
gathering!

Details will be announced at our meeting.

I Corinthians 13:

⁴Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶Love does not delight in evil but rejoices with the truth. ⁷It always protects, always trusts, always hopes, always perseveres.

¹³And now these three remain: **faith, hope** and **love**. But the greatest of these is **Love**.



If you were going to die soon and had only one phone call you could make, **who** would you call and **what** would you say? And **why** are you waiting?

~Stephen Levine