

GROUPS

Brotherhood (Men)

Tuesday 6:30am
One Chapel Austin

You Belong Here! (Women)

Monday 6:30pm
5604 Southwest Pkwy #1328
Austin, TX 78735

BeReal. Check-In.

Friday 7pm
One Chapel Austin

Free Forever

Sunday 7pm
One Chapel Austin

RESOURCES

Center for Relational Care

www.relationalcare.org
(512) 492-6200

Abundant Life

abundantlifecounseling.com
(512) 288-5100

Timothy Center

www.timothycenter.com
(512) 331-2700

Christian Counselors of Texas

cctx.org

Denise Cleveland

www.denise.cleveland.com
(512) 576-2009

Sarah Arnold, LPC

restoredfamily.com
(512) 627-3880

Listening Prayer

Jan Willoughby
(832) 370-0987

CRISIS & SUICIDE

Lore Cottone, LMSW (512) 848-9413
Denise Cleveland, LCSW (512) 576-2009

National Suicide Prevention Lifeline (800) 273-TALK (8255)

suicidepreventionlifeline.org/chat

In case of extreme emergencies or if in danger:

Integral Care Crisis Center (512) 472-4357

OVER
WHELMED
HOPE FOR
ANXIETY &
DEPRESSION



ONE CHAPEL

It's so great to have you here today!

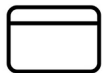
One Chapel is a place where church feels like home. A family for you to belong to, where people know your story. A place to help you move from where you are to where God wants you to be.

Here are a few things to help you get oriented...



COFFEE

Fresh Summer Moon coffee is brewed every Sunday. Being rooted in the community is one of our values. Supporting local businesses is one way to show our appreciation.



NAME TAGS

Wearing name tags breaks down the first barrier in getting to know someone. Wearing them every week makes everyone feel at home. Even the pastor wears a name tag.



KIDS

Engaging classes with age-specific curriculum allow kids to have fun, enjoy friends, and learn about the Bible; all in a safe, clean environment.



COMMUNION & CREED

The communion table and declarations of belief have had a place in Christian worship for centuries. We remain rooted in history and open to the mystery of the Holy Spirit at work.



TEAMS

Volunteers make things happen around here every week. Brewing coffee, greeting visitors, teaching kids, running tech, and more are all parts of Team One.



GROUPS

Church is about more than Sunday services. Small and medium-sized groups meet all around the area during the week to share life with friends and make disciples.

Make yourself at home. Enjoy the service. Stay a while.

LEARN MORE ONLINE AT
www.onechapel.com

Overwhelmed...by Stress

44% of Americans say that they are more stressed today than they were 5 years ago.

60% of all illnesses and diseases...have their root in our STRESS levels.

We think this is DO-ABLE. But we rarely ask is this Sustainable.

(Job 9:25 NCV) My days go by faster than a runner; they fly away without my seeing any joy.

#1. It is better to have less of what doesn't matter and more of what does.

(Ecclesiastes 4:6) Better one handful with tranquility than two handfuls with toil and chasing after the wind.

#2. It is better to live by design, than to live by default.

(Psalm 139:16) All the days ordained for me were written in your book before one of them came to be.

#3. It is better to get the right things done, than to get more things done.

Strategy #1. Learn when to stop CARING.

Matthew 6:34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself.

Because when you care about EVERYTHING you often care about the WRONG things.

Strategy #2. Find time to RECOVER and RESTORE.

#3 Take ACTION and CARE about what matters.

IT IS WELL

When peace like a river, attendeth my way,
When sorrows like sea billows roll
Whatever my lot, thou hast taught me to say
It is well, it is well, with my soul
It is well
With my soul
It is well, it is well with my soul

Radios de interpretación al español disponibles en el vestíbulo.

onechapel.com