

# Community Service Opportunities

## Houston Welcomes Refugees

### Welcome Kit Drive

**When:** May 12 (7-9pm), May 14 (9-11am)

**Items needed:** full size comforters, full size sheets, and pillows

**Goal:** 35 complete bedding kits

**Ways to help:** drop off items in the HCC lobby, or help assemble kits and write welcome notes to refugee families on Friday, May 12<sup>th</sup> after the English membership meeting

**Sign-up here:**  
[tinyurl.com/HWRHCC](http://tinyurl.com/HWRHCC)



## 1000 Hills Ministry

### Church under the Bridge

**When:** Church service on May 14 (2-4pm), Food prep May 13<sup>th</sup> or 14<sup>th</sup> (multiple times)

**What:** Serve food and participate in an outdoor church service for our neighbors experiencing homelessness

**Ways to help:** prepare and serve food, setup chairs/tables, help with worship in song

**Sign-up here:**  
[tinyurl.com/HCC1000Hills](http://tinyurl.com/HCC1000Hills)



**Questions?** Email: [communityservice@hcchome.org](mailto:communityservice@hcchome.org)



A FAMILY LIFE  
CONFERENCE



**EQ > IQ**

Strengthening your  
emotional quotient

MAY 5-6, 2023



# EQ > IQ: Strengthening your emotional quotient

The HCC Family Life ministry is excited to present a weekend conference on EQ – Emotional Quotient, aka Emotional Intelligence. Our society places a lot of value on IQ (Intelligence Quotient), but research shows that EQ is of greater importance than IQ for success in life. For example, your IQ may get you the job you want, but your EQ will help you retain and advance in your job, as you interact with others on your team. Similarly, EQ helps you in your daily relationships and impacts how effective you are in conveying the reality of Christ to others.

Our conference will introduce the 4 key components of EQ, as well as provide workshops on the management of those components:

Self-awareness  
Self-management

Social awareness  
Relationship management

## Schedule:

- Friday, May 5, 7:30 – 9:30 pm – 2 general sessions conducted in-person and on Zoom
  - Becoming Like Jesus: Faith-Based Emotional Intelligence
  - Emotional Self-Awareness: Recognizing One's Emotions and Their Effects
- Saturday, May 6, 9:00 am – 12:30 pm – 3 Zoom workshops
  - Accurate Self-Assessment: Knowing One's Strengths and Limits
  - Personal Power Through Christ: Biblically-based Worth and Capabilities
  - Empathy: Sensing Other's Feelings and Perspective

Register for the conference and find more info at [hcc.lv/EQconference](http://hcc.lv/EQconference)

## Speaker:

Sue Hurst graduated from Liberty University with a psychology degree specializing in Life Coaching. Additionally, she's earned 4 coaching certifications with 2 specifically for Emotional Intelligence. She is a speaker and Christian coach that focuses on EQ and presents it with a biblical perspective.

