

“We are a Congregation Prayerfully Sharing the Light of Christ.”

A New Beginning for Us All by Pastor Travis K Walker

Ecclesiastes 3:1—13

3:1 For everything there is a season, and a time for every matter under the heaven;

3:2 a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted;

3:3 a time to kill, and a time to heal; a time to break down, and a time to build up;

3:4 a time to weep, and a time to laugh; a time to mourn, and a time to dance;

3:5 a time to throw away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing

3:6 a time to seek, and a time to lose; a time to keep, and a time to throw away;

3:7 a time to tear, and a time to sew; a time to keep silence, and a time to speak;

3:8 a time to love, and a time to hate; a time for war, and a time for peace.

3:9 What gain have the workers from their toil?

3:10 I have seen the business that God has given to everyone to be busy with.

3:11 He has made everything suitable for its time; moreover he has put a sense of past and future into their minds, yet they cannot find out what God has done from the beginning to the end.

3:12 I know that there is nothing better for them than to be happy and enjoy themselves as long as they live;

3:13 moreover, it is God's gift that all should eat and drink and take pleasure in their toll.

It is the start of a new year. It is a time for a new opportunity to get a fresh start at life and a new start for the upcoming year. Many of us make resolutions that we plan on keeping through the year. These are things, like the desire to lose weight or be less negative in life. Resolutions abound in our society, but unfortunately, many of these resolutions don't hold out.

Yet, with that being said, I would like to take this opportunity to suggest a resolution for the coming year. I would encourage you to take the opportunity to be a witness for Jesus Christ in all that you do. I am not asking you to go door-to-door proclaiming your faith, but rather being a Christ-like person wherever you are in life.

You might have a full-time job where you interact with people constantly. In that case, I would encourage you to treat people as if they were Jesus Christ themselves. Imagine how much better your attitude and behaviors towards other people would be if you made this your resolution. Even if you are having a rough interaction with another person, you can still act as if they were Christ and treat them with respect.

You might be retired and spend much of your time enjoying the joys of retirement. In that case, I would encourage you to spend time studying God's Word and being involved in church as much as possible. By learning more about Christ, you can be the person Christ calls you to be and therefore can witness to others when you meet them, wherever that might be.

There are many ways to witness to the transforming power of Jesus Christ. Pray and be Christ to the world, so that others may know the Good News of Jesus Christ.

Small Groups start the second week of January

We will be studying the book of Hebrews using a curriculum that goes in depth to the meaning of this great book of the Bible. During the course of the study we will be looking at the text of the book and will read the complete book by the end of the study. That is not all...we will be building relationships. Since these small groups are small, we will be able to get to know others in the Faith family. The point of these groups is to not only study God's word, but to build up his people by healthy relationship. Since every section of this group is studying the same material, we will be able to have deep scriptural discussions with anyone at church that is involved, even if they are not involved in our group.

To make it possible for everyone to participate, we need more groups. To lead a group you need only to be committed to the whole study period (second week of January to the week before Easter) and be willing to a short training the first week of January. This will allow more people to be involved in this effort to build our church. These groups allow for a safe place to invite friends that may be leery of coming to a traditional church service. These groups build community and Biblical knowledge while giving a safe place to bring joys and concerns of everyday life.

Current groups to sign up for:

Tuesday nights at 7 pm at the Walker's house. This group is open to married couples in the church. This is so that our church may become known as a place of strong marriages. We want a place where marriages can be built up, a place of encouragement, and a place where we can help each other grow.

Wednesday nights at 6 pm in the Fireplace room at the church. This group is open to anyone that is seeking a deeper relationship with God and with others in the Faith community.

If neither of these times or type of group meet your needs, please consider leading the group that you need at the time you need. The intention is not to leave people out, but to give opportunities for volunteers who want to grow in leadership skills and those that have something to give, step up and give it. If you are unsure if you are in the place to be a leader, contact a friend and lead a group together.

The goal of small groups is to grow leaders, grow community, grow our Biblical knowledge, and to grow our church.

Please sign up in the back of the church or the fellowship hall.

Any questions, sign up to be a leader, or more information, please contact Kristina Walker at 369-1351.

The UMW would like to thank everyone that came out to help with the Lion's Club dinner. A special thank you to the non-members Duane Wall, Wayne Lawrence, Norma Prosser, Mary Love and Christopher Love for helping serve the dinner.



Congratulations to Christopher Love on winning the local Boys & Girls Club Youth of the Year. Christopher will compete for the state Youth of the Year later this year.

Congratulations to Jesse Howe and Luke Vandenburg on the birth of August Brahm Vandenburg. August arrived on November 23.



Our sympathies go out to the family and friends of Cheryl Brenneman in her death.



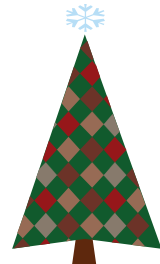
Charity food drive—each month we will be collecting food for a different charity. On the 2nd Sunday of each month we will announce the food that is most needed for that charity. Please bring your food to church on the 3rd & 4th Sundays to be taken to that charity—the charity for January will be the Comea Shelter and the charity for February will be Needs, Inc. Items needed will be announced in church.



On Wednesday, February 22, the Lenten Season begins with Ash Wednesday. Lent is a season of soul-searching and repentance. It is a season for reflection and taking stock. Lent originated in the very earliest days of the Church as a preparatory time for Easter, when the faithful re-dedicated themselves and when converts were instructed in the faith and prepared for baptism. By observing the forty days of Lent, the individual Christian imitates Jesus' withdrawal into the wilderness for forty days.

There will be an Ash Wednesday Service at Faith Church on February 22 at 7:00 p.m. Please plan to join us for a meaningful beginning to the Lenten Season.

Please keep your eyes and ears open so you'll know when to come and help 'undecorate' the church. This will happen sometime between January 8 and January 14 and many hands will make light work! Thanks!!



Please pray for:
Donna Cool
Marvin Bristow
Bonnie Leake
Ann Willis
Mary Love
Bonnie Merklin
Please call Donna Cool at 635-0276 to start an item on the prayer chain



FAITH COMMUNITY/PARISH NURSE



OSTEOPOROSIS: NOT JUST YOUR GRANDMOTHER'S BONES AT RISK

Older adults, both male and female, are potential victims of osteoporosis and there are increasing risk levels for girls and young women. Bone mass or density increases as new bone tissue is created by our bodies, starting at birth. Girls attain roughly 90% of their maximum bone mass by about age 18; boys at about 20, but then the rate of formation begins to decline. After age 30, women typically experience minor decreases in bone mass. Then menopause arrives and the rate of loss of old bone tissue escalates sharply for several years then at a lower rate for many women until they reach age 60, when it can begin to significantly outstrip new bone tissue creation. The bones become porous and subject to fractures, sometimes without any obvious precipitating event.

Factors which affect bone mass creation include gender, race, hormonal factors, age, height, nutrition and physical activity. You can't change this, but you can recognize that the groundwork for osteoporosis is laid in the years between birth and 18. The habits and behaviors of childhood and adolescence can "make, or literally break, their bones as they age." If there is a history of osteoporosis or susceptibility to bone fractures in the family, then both male and female children need to develop behaviors which can delay its onset and/or reduce its severity as they age. The National Osteoporosis Foundation (NOF) and Department of Health and Human Services have initiated a program, "Best Bones Forever", for this. (<http://www.bestbonesforever.gov>) Increasing the amount of calcium and vitamin D in the daily diet is the easiest and most essential first step. Fast foods often do not provide adequate vitamin content. Sodas/soft drinks often replace milk consumption and the focus on weight is often an excuse for giving up milk. Our bodies need milk and dairy products to provide calcium, at all ages. Foods that contain calcium include cheddar cheese, yogurt, cottage cheese, mozzarella, whole wheat bread, cream cheese, cereal and orange juice fortified with calcium. For those who are lactose intolerant, small quantities of milk or cheese may still be tolerated or lactose-free milk products are available. Vitamin D is also important because it affects the rate at which calcium is absorbed by the body. Daily exposure to sunshine is the best source. If doctor approved, supplements are available. Physical activities, such as walking, running, hiking, dancing, basketball, gymnastics and soccer should be a part of the lifestyle in which girls grow up. It is possible for exercise to become a problem when taken to excess. Obsession with training by girls involved in organized sports activities or dancing can lead to excessive exercise, reducing estrogen levels and, ultimately, creating thin bones and potential for fractures. There is such a thing as being "too thin".

You are the best role model for your child or grandchild. It is important for you to "eat healthy" and practice what you preach in terms of daily physical exercise. Behavioral ranges may be necessary for both parents and children to help them become healthy adults.

Taken from Health Ministries/Parish Nurse December 2009 Newsletter Article by Betty L Brewer (modified for FUMC newsletter)

Take care of your bones and God Bless,

Jan Anderson, Parish Nurse

UMW will be meeting on Thursday, January 26 and Thursday, February 23 at 7 p.m. in the Fireplace Room. United Methodist Women (UMW) is open to **ALL** women of the church. We hope you will join us. (we always have a yummy dessert after a brief business meeting and Bible lesson)

Save the Date!!

Saturday, January 14, 2012 at 2 p.m. will be our annual Church Conference. Please plan to attend.



Thank You Thank You

The outreach committee thanks everyone for their generous donations to the Mitten Tree. A box and numerous bags stuffed with hats, mittens & scarves were taken to the Salvation Army.

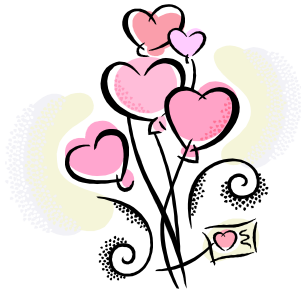
Minute to Win It and Bake Sale/ Auction is coming soon!! Watch for more details to be announced!!

February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 *Dorothy Sherard *Vicky Hildreth	4
5	6	7	8	9	10	11
12	13 7pm-church board	14 **Ben & Linda Arioso	15 *Doris Ward	16	17	18
19	20	21	22 Ash Wednesday	23 7pm-UMW	24	25
26	27 *Christopher Love	28	29			

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Sent with a prayer to:

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 *Marvin Bristow *Travis Walker	5	6	7
8	9 *Jessica Grimm 7 pm-outreach meeting	10	11	12	13	14 2 pm - Church Con- ference
15	16	17	18	19	20	21 *Jesse Howe
22	23	24	25	26 **Del & Lois Hansen 7 pm- UMW	27	28
29	30	31 *Scott Love				