



# Meriden Messenger

Meriden United Methodist Church

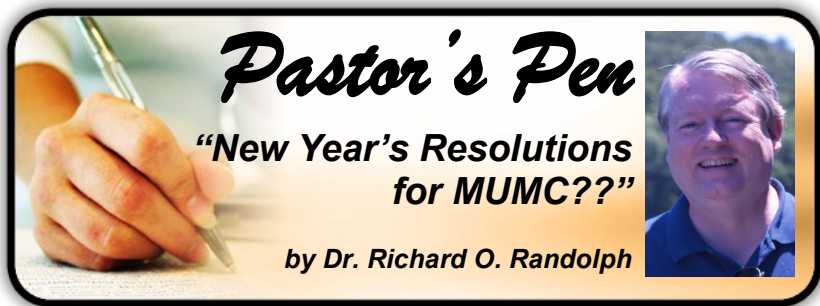
January 2012

## Flourishing in Times of Fear and Anxiety *A Sermon Series for January and February*



We live at a time where there is great fear and anxiety at both the individual and social level. Economically, we are enduring the “Great Recession,” a time of declining economic activity and soaring unemployment. Politically, our country seems deeply fractured at a time when we face important challenges both domestically and internationally—and when the future of democracy itself seems at risk. Socially, we are in the midst of great turmoil. At the same time, many families and individuals face mounting fears and anxieties, concerning their jobs, their homes, caring for aging parents. This sermon series will explore how Christians can flourish even during these fearful and anxious times.

- ✓ **January 8:** “What Does It Mean to ‘Flourish’? A Christian Perspective”
- ✓ **January 15:** “Hanging by a Thread: Families and Stress”
- ✓ **January 22:** “Finding Financial Security in Tough Times”
- ✓ **January 29:** “Growing Up (and Parenting) in a Hostile Environment”
- ✓ **February 5:** “A Christian Response to America’s Woes”
- ✓ **February 12:** “‘Can’t We All Just Get Along?’ The Erosion of Civility in America”
- ✓ **February 19:** “Keeping the Faith When Times Are Bad”



It is a common practice to make “New Year’s Resolutions” as we begin the new year. These are usually personal resolutions that involve committing ourselves to becoming a better person in some dimension of life. Many of these resolutions are familiar to us because we seem to make them year after year after year. That’s usually because we failed to follow through on a resolution the previous year (or years).

For instance, this year I am once again making a New Year’s Resolution to exercise more, get in better physical shape, and lose some weight. I’ve been making this same resolution for a few years now. Before making this resolution again, I spent some time analyzing what went wrong with carrying out this resolution in previous years. I decided that my past failures had two basic causes. First, I didn’t develop a plan for exercising more and losing weight. Second, I didn’t really believe that I would be successful in developing a new exercise routine.

However, I’ve decided that this year is going to be different. I’m going to develop an exercise plan with some help from a trainer at my local gym. Part of this exercise plan will include some realizable mile-posts along the way. By setting and achieving intermediate mile-posts, I will be able to see myself making progress and hopefully my self-confidence and determination will grow as a result.

Thinking about personal resolutions led me to an interesting question: **Should churches make New Year’s**

## **Resolutions just as individuals do? If so, what resolutions should we make at Meriden UMC?**

In my thinking, I finally decided that while churches do not need to make “New Year’s Resolutions,” they do need to set goals for each year. Further, these goals should grow out of and reflect our unique set of values and priorities at Meriden UMC. But, this raises another important question: **What are our values and priorities at Meriden UMC?**

Since September, we have been involved in a process for identifying the values and priorities that define Meriden UMC as a community of faith. On the basis of these values and priorities, we will establish some long-range goals for our congregation. Ultimately, I hope that we can establish 3-5 goals for the next five years. Once these goals are established, then we can think strategically about some mile-posts that will help us measure our progress and build confidence along the way.

We began this process in the fall with our “Blue Sky” events. At these events, persons were encouraged to dream boldly about our church and its prospects for the future. I recorded everyone’s hopes and dreams. The results from all of the “Blue Sky” events are being compiled into a single report that should soon be available to everyone in the church. We will use this “Blue Sky Report,” as well as other information, for the next steps in the planning process.

From the beginning, I have tried to make this process as open as possible for everyone at Meriden UMC. We want everyone to have input into the values, goals, and priorities of our church. Everyone is important and we want to value everyone’s insights and dreams. Therefore, it is important that everyone commit to participating in the meetings this winter, as we continue and complete this planning process.



## Christmas Adoption Thank You

I just want to thank all of you who helped make Christmas 2011 a little better for those less fortunate through God's Storehouse Christmas Adoption Project on December 17. 143 families applied to be adopted and there were 6 more that had not applied that walked-in making a total of 149 families we were able to help. A total of 584 people were served. This was 49 more than in 2010.

People at MUMC have big hearts. Your big hearts and caring ways were shown by...

- ♥ adopting an individual or whole family,
- ♥ donating money to buy for those not adopted,
- ♥ cutting a couple of loads of firewood and delivering it to the home,
- ♥ making and donating 6 large quilts, 30 baby quilts, and 300 pillowcases,
- ♥ sewing a couple of bathrobes for 2 hard to fit people,
- ♥ donating your gently used clothing, shoes, bedding, toys, bicycles, etc.
- ♥ bringing soup and snacks for the workers,
- ♥ helping set up,
- ♥ serving coffee and keeping things in order,
- ♥ helping take gifts to the vehicles,
- ♥ being patient and listening to the stories of the patrons.

This is an enormous project that would not be possible without the help of so many caring people. Thank you MUMC! Karolyn



## Children's Program

Thanks to all who were present for the Children's Christmas program on December 18th. The children had a really good time putting together the program and they were very pleased with the response from the congregation.

I would like to extend a very special thanks to the ladies who are working with the children each and every week. Pat Scott, Nancy Lord, Betty Majors, Jill Tuck, Charisse Powell, Helen Atherton, and Pam Pollom. For this program we also had special help from Claudia Long, Casey Woodward, and Lucia McKeithan. Claudia has the musical talent that I lack, Lucia spent much time working on costumes, and Casey helps with getting the children organized.

In addition, my husband John who not only puts up with me through these endeavors, but who does so much behind the scenes. Such a program would not be possible without all of this help and support. We look forward to bringing more programs to you all in the future.

God Bless You All. Pat Welborn.



## UMW Meeting Wednesday, January 4th, 9:30am

The United Methodist Women will meet at 9:30am on January 4th for their monthly meeting and fellowship. Karolyn Conaway is the hostess and in charge of the program. All women of the church and guests are invited to attend!

# An Exercise in Spirituality, Using “The Lord’s Prayer”

Contributed by Lloyd Inglis



Breathe in deeply, praying **Our Father who art in heaven**. Hold your breath for a moment and then release it slowly thinking; **truly, God is magnificent**.

Then repeat with the rest of the Prayer as follows.

In - **Hallowed be thy name**. Hold.

Out - **Your name is to be revered**.

In - **Thy kingdom come thy will be done**. Hold.

Out - **Show us the peace and glory of your kingdom**.

In - **Thy will be done on earth as it is in heaven**. Hold.

Out - **It is Thy will, not mine to be done**.

In - **Give us this day our daily bread**. Hold.

Out - **Help us recognize our true needs instead of wants**.

In - **Lead us not into temptation**. Hold.

Out - **We are weak and need your help to deal with all the worldly temptations**.

In - **Deliver us from evil**. Hold.

Out - **We often are not strong enough to deal with evils**.

In - **For thine is the the kingdom**. Hold.

Out - **A kingdom we can enjoy with your forgiveness**.

In - **The power and the glory**. Hold.

Out - **The real power is in You**.

In - **Forever and ever, Amen**. Hold.

Out - **Lasting for eternity as You have told us. So be it**.

## January Birthdays

1/03	Taylor Hamon	1/20	Bob Stapel
1/03	Crystal Welborn	1/20	Dr. Richard Randolph
1/03	Jerry McClurg	1/21	Lisa Duniven
1/05	Kaitlenn Chase	1/21	Ella Davids
1/08	Joe Farrant	1/23	Carol Monhollon
1/08	Larry Powell	1/23	Mary O'Donnell
1/10	Sarah Grose	1/23	Kay Fiebig
1/10	Warren Swank	1/24	Rhonda Quiet
1/12	John Welborn	1/24	Jeff Wellman
1/12	Don Schaeffer	1/24	Emalee McClurg
1/13	Lucy Korber	1/24	Madison Greene
1/13	Bethany Payne	1/26	Joe Eichenberger
1/13	Cameron White	1/27	Kathy Swank
1/17	Pam Clark	1/27	Paul Monhollon
1/17	Gary Silversmith	1/28	Caitlyn Ross
1/18	Marty Silversmith	1/29	Mary Paige Bramlett
1/19	Grace Powell	1/29	Marvin Waters
1/20	Chad Smith		

## January Anniversaries

1/05	Lonnie & Raelene Schnacker
1/08	Mike & Carol Monhollon
1/08	Lonnie & Raelene Schnacker
1/17	Joe & Pam Farrant
1/20	Jill & Kris Tuck
1/20	John & Susan Corum
1/30	Les & Katie Grose
1/31	Jerry & Marjorie McClurg



*To add birthdays and anniversaries please notify the church office.*



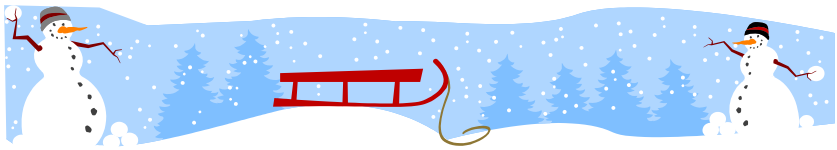
### **Vision Statement**

"Sharing God's love within our community and into the world community."



# January 2012

Sunday	Monday	Tuesday	Wednesday
<b>Communion 1</b> 11:15am Staff/Parish Relations	<b>2</b> 5:30am Body & Soul 5:00pm Daisy Scouts	<b>3</b> 9:00am Women's Exercise Group 5:45pm Body & Soul 6:30pm Boy Scouts	5:30am B 6:00 Yo 7:0
<b>8</b> 11:15am Finance 11:15am Trustees 1:00pm Volleyball	<b>9</b> 5:30am Body & Soul 6:30pm Cub Scouts	<b>10</b> 9:00am Women's Exercise Group 10:00am Jayhawk Area Agency 5:45pm Body & Soul 6:30pm Boy Scouts	5:30am B 6:00 Yo 7:0
<b>Potluck 15</b> 12:00pm Admin. Co. 1:00pm Volleyball	<b>16</b> 5:30am Body & Soul 8:30am Men's Breakfast 5:00pm Daisy Scouts	<b>17</b> 9:00am Women's Exercise Group 5:45pm Body & Soul 6:30pm Boy Scouts	5:30am B 6:00 Yo 7:0
<b>22</b> 11:15am Outreach 1:00pm Volleyball	<b>23</b> 5:30am Body & Soul 6:30pm Cub Scouts	<b>Newsletter Due 24</b> 9:00am Women's Exercise Group 10:00am Jayhawk Area Agency <b>Newsletter Due</b> 6:30pm Boy Scouts	5:30am B 6:00 Yo 7:0
<b>29</b> 1:00pm Volleyball	<b>30</b> 5:30am Body & Soul	<b>31</b> 9:00am Women's Exercise Group 5:45pm Body & Soul	<b>For a full what par utilized, v click on on the ev</b>



Wednesday	Thursday	Friday	Saturday
<p><b>4</b>                      Body &amp; Soul                      1pm HS/MS                      Youth Groups                      7:00pm Choir                      Practice</p>	<p><b>5</b>                      9:00am Women's                      Exercise Group                      5:45pm Body &amp; Soul                      7:00pm Volleyball</p>	<p><b>6</b>                      5:30am Body &amp; Soul</p>	<p><b>7</b>                      Quilt Group                      8:00am Basketball                      Clinic                      4:00pm Korber                      Birthday Celebration</p>
<p><b>11</b>                      Body &amp; Soul                      1pm HS/MS                      Youth Groups                      7:00pm Choir                      Practice</p>	<p><b>12</b>                      9:00am Women's                      Exercise Group                      5:45pm Body &amp; Soul                      7:00pm Volleyball</p>	<p><b>13</b>                      5:30am Body &amp; Soul</p>	<p><b>14</b>                      8:00am Basketball                      Clinic</p>
<p><b>18</b>                      Body &amp; Soul                      1pm HS/MS                      Youth Groups                      7:00pm Choir                      Practice</p>	<p><b>19</b>                      9:00am Women's                      Exercise Group                      5:45pm Body &amp; Soul                      7:00pm Volleyball</p>	<p><b>20</b>                      5:30am Body &amp; Soul                      6:30pm Boy Scouts</p>	<p><b>21</b>                      8:00am Basketball                      Clinic</p>
<p><b>25</b>                      Body &amp; Soul                      1pm HS/MS                      Youth Groups                      7:00pm Choir                      Practice</p>	<p><b>26</b>                      9:00am Women's                      Exercise Group                      5:45pm Body &amp; Soul                      7:00pm Volleyball</p>	<p><b>27</b>                      5:30am Body &amp; Soul</p>	<p><b>28</b>                      8:00am Basketball                      Clinic</p>
<p><b>view of the calendar including parts of the church are being visit <a href="http://www.meridenumc.org">www.meridenumc.org</a> and Church Calendar. Then click on the link for locations and times.</b></p>		<p><b>9:00am:</b> Sunday School  <b>9:45am:</b> Welcoming Time  <b>10:00am:</b> Worship Service  <b>11:00am:</b> Fellowship Time</p>	

## Looking Ahead to February...



Here are some upcoming events in January you might want to remember...

- Feb 1st - UMW monthly meeting at 9:30am
- Feb 4th - Quilt Group All Day
- Feb 5th - Staff/Parish Relations Committee at 11:15am
- Feb 12th - Finance & Trustee Committees at 11:15am
- Feb 14th and 28th - Jayhawk Area Agency on Aging at 10:00am
- Feb 19th - Administrative Council at noon, after the potluck.
- Feb 20th - Men's Breakfast served at 8:30am.
- Feb 26th - Outreach committee at 11:15am.
- Feb 21st - Newsletter deadline. We will be mailing and folding the newsletter on Feb 28th at 10:00am.

The Women's Exercise Group meets every Tuesday and Thursday from 9:00am to 10:00am. The choir practices every Wednesday at 7:00pm.

HS and MS Youth Groups meet every Wednesday at 6:00pm. Body and Soul Fitness meets each Tuesday and Thursday at 5:45pm and each Monday, Wednesday, and Friday at 5:30am.

Please check out our online calendar at [www.meridenumc.org](http://www.meridenumc.org) to see all of the activities going on at our church in January and beyond!

**Please remember any activity in the church needs to be scheduled in advance through the main office.**



## Choir News

Happy New Year! New songs, Cantata, Children's program, and caroling...what an exciting 2011 we had!

Caroling was a fun evening for the young and old! Seeing some of our special friends that used to sing with us such as Elizabeth Trimble, Ida Swank, Georgene Watson, Helen Atherton, and others that listened to us with loving hearts and sang right along. The smiles that came over everyone as we sang the familiar carols was heartwarming. Our songs spoke for us when we didn't know what to say. Everyone had a voice of joyful noise! Thank you!

Easter will be here soon so join us on Wednesday evenings in 2012 and let the music be a tool to help draw you closer to a place of worship. Keep saving those "Best Choice Labels" for us!

Keep Singing, Claudia

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## Body & Soul Fitness Classes!

We care about the health of your body - and your soul. Our goal is to encourage you to pursue both physical and spiritual fitness, wherever you are in the world. With that in mind, starting January 2nd, MUMC will host Body & Soul Fitness classes with Blanche Wulfekoetter instructing. The theme this time will be "I'm All In."



Early Bird? Come on Monday, Wednesday, and Friday at 5:30am. Like to workout after work? Come on Tuesdays and Thursdays at 5:45pm. We can't wait to see you!