

"There's a season for everything and a time for every matter under the heavens." ~ Ecclesiastes 3:1

I don't know about you, but there are some years I'm glad are in my rearview mirror. Throughout the month of December, I did a lot of reflecting on 2023 and what was good, bad, and ugly about the year. Perhaps that's something others do. I don't know.

Toward the middle of December, I had my last reflective supervision zoom meeting with a colleague and he pointed out to me that I went through a lot in the course of the year. He suggested that I experienced five major events in 2023, so it was OK that I recognized it as a transitional year. I can identify four of them for certain, but nonetheless, four or five major events like that are incredibly stressful.

There were a few main things the year taught me, and I am grateful for the lessons.

Since my heart stent in 2014, I have been fairly consistent exercising, but in 2023, exercise went haywire for me. I think much of the stress led to some hefty weight gains. So, in 2024, I am rectifying the situation and getting back to regular fitness routines.

Secondly, my nutritional intake is going to change, as well. It's time I am serious about what I am eating and how much I'm eating. Again, if I am going to maximize the vision, mission, and goals I feel God has invited me toward, I believe it is an act of emotional maturity to take better care of myself.

Third, I will be more intentional in self-care practices: photography, golf, exercise, walking, reading, cooking, refurbishing furniture, and other self-care activities along the way.

So, why am I sharing this? Well, first for accountability. I would welcome having folks keep me accountable because there is no reason I shouldn't emphasize these three areas of my life.

There's another reason I am sharing. Proper fitness, diet, and self-care are not just things I do for myself; they are things I do for those I serve, and if there are others in the church interested in proper fitness, diet, and self-care, I'd love to hear what you have to share.

Now, for the third reason. Just as I look forward to taking care of myself, I'm going to do a few new things in the new year as part of the work I do.

Right now, my goal is to share a weekly devotional video on the church Facebook page, and I would love to do something along the lines of a vlog with folks – which would be where I would do interviews with folks – to share/discuss the role faith plays in their lives. An example includes: someone's health journey or what it's like to be married for 50-plus years or an experience serving in Christ's name. The vlogging has unlimited possibilities.

Another plan for 2024 is to send out a regular email devotion. If there are folks in the church interested in writing one, I could share that via email or I may write something myself, since I'm often musing over this or that scripture or this or that topic in my personal writings.

I'm excited by the possibilities of what 2024 may bring, and I hope you are too. I invite you to join me in this journey. Until next time, just keep pedaling.

Pastor Mark Crist

### **Missions Tree**

Thank you for your donations of 90 food items, 29 toys/games/books/makeup sets, and 44 hats/scarves/mittens/blankets! We also collected \$500 in Missions Buckets!

These donations made it possible for the CCRC to provide Holiday Baskets for many families during this holiday season.



### **Missions and Outreach**

We will pass the Missions Buckets on January 21<sup>st</sup> for the Human Relations Day Special Offering. Learn more about this offering at <a href="https://www.umc.org/en/content/human-relations-day-sunday-ministry-article">https://www.umc.org/en/content/human-relations-day-sunday-ministry-article</a>.



### **Enhanced Online Giving**

Additional options have been enabled for online giving through our web site. You can access Online Giving or scan the QR code with your phone.

Through online giving, you have the option to give with a credit card or to setup direct deposit from your checking account. These gifts can be setup for a one-time gift or as a recurring gift. There is even an option to increase your gift to cover the cost of credit card processing fees!



We encourage you to create an account using the e-mail address you receive e-mails on from the church so your giving is associated with your account in the ChurchTrac membership system and will appear on your annual giving statement. By creating an account, you will also have access to all of the giving options mentioned above. If you do not want to create an account, there is an option to give as a guest.

### **Meals on Wheels**

The Senior Center is looking for volunteers to deliver Meals on Wheels. To volunteer, contact the Senior Center at 243-1872. Meals on Wheels provides a hot meal and human contact for the homebound.





### **Little Free Pantry**



We continue to see regular use of the Little Free Pantry. We ask you to place items directly into the pantry at your convenience. Keep in mind that winter is here! Please do not leave items in the pantry that could freeze when the weather is predicted to be extremely cold. In particular, canned goods can freeze and spoil. If you prefer, you can also make a monetary donation to help purchase food for the pantry. This helps us to provide a variety of food on a daily basis.

Thanks to Pam Campbell and Lisa Valcoure for placing food in the pantry on a daily basis!

### **Cloud County Resource Center Needs**

The Food Bank is open and accepting donations of cash or food items for distribution on Monday/Wednesday/Friday from 9:00 am – 5:00 pm.



If you would like to volunteer at the CCRC, please contact Tonya Merrill at 785-243-1065 or ccrc@nckcn.com.





# SERMON SERIES: "GOING A DIFFERENT WAY"

- JANUARY 7TH ~ AFTER VISITING THE CHILD, THE WISE MEN GO A DIFFERENT WAY.
- January 14 ~ My Story: Going a Different Way.
- January 21 ~ Moving Forward; Discovering your way.
- January 28 ~ The Accountability of Your Way.
- February 4 ~ Following your way.
- February 11 ~ Seeing God Guide Your way.





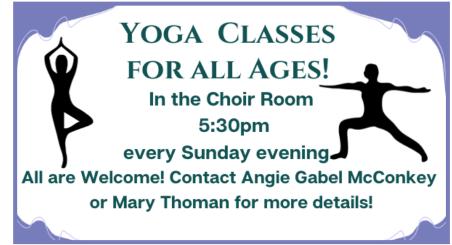


























### Snow days are coming!



We know that our church has the BEST sledding hill in our area and we want to welcome the families who come to use it this winter.

If you would be willing to help serve coffee and hot cocoa on sledding days, please let Nancy Wentz know so you can be added to the call list!

### **Christian Education Newsletter**

Angie Gabel-McConkey, Christian Education Director

### **Table Talk**

-JAM- 4 year olds to 4th grade. JAM has had a busy month! On November 29th, after Mary read them the story of Jesus's birth, they frosted cookies that were in the shape of the characters in the Nativity story they heard. Some of them had cookies to take home to share, others ate most/all of their creations... This group worked hard learning to play bells to the tune Little Town of Bethlehem and presented their hard work during the program A Room at the Inn on December 10th. We are planning to have more bell presentations during church this spring. December 13th was a fun night that included making Christmas cut-outs out of playdough, making an ornament for a loved one and playing Nativity Bingo.

In January, we are going to learn about the Wise Men that visited Jesus after his birth.

-The Rock- 5th-7th grade- The Rock decorated sugar cookies that Cindy had baked for Cookie Day on the 29th. They were very proud of their work and made sure to show me which ones they made. Many people at Cookie Day asked who made these beautifully decorated cookies! Each member of this group had a part in the Christmas program A Room at the Inn. They did a great job! On December 13th, Game Night, they joined the IMPACT group for a night of games. From the sounds of laughter coming from the room, I believe they had a lot of fun! In January, The Rock will go back to lessons from the Big Bold Curriculum.

- IMPACT- 8th-12th grade- On November 29th, Impact baked many dozens of cookies for Cookie Day. Most of the cookies sold were likely baked and decorated by this great group of youth. Thank you to all of you who donated dough for them to bake! That same night, the IMPACT group picked their parts for the play A Room at the Inn. They understood it was their responsibility to take on the larger parts to the play and they were very willing to do so. On December 13th, they invited The Rock to join them in an evening of fun and fellowship.

IMPACT will be starting a new Fathom series called The Wilderness that covers the Israelites plight in the old testament from Exodus through Deuteronomy.

Just of note: I couldn't be more proud of our children, preteens and youth for working together to put on an amazing enactment of the night Jesus was born. They've learned to work together this semester and they shined in their program <u>A Room at the Inn</u>. If you were unable to attend church on December 10th, you can see the program on the church Facebook page.

I also want to thank the team of Table Talk volunteers. We have a great group of people dedicated to this program including those making our meals in the kitchen so we can hear the word, teaching our future generation about the Bible and how to be a Christian and those willing to be aides.

### **Dates to Remember**

Wednesday, January 10th: Table Talk resumes

"For unto you is born this day in the city of David a Savior, which is Christ the Lord. Luke 2:11





2023

Thanks to the 11 volunteers who helped to ring the Salvation Army Bells at Walmart! We helped to raise \$860.00!







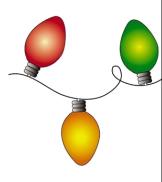




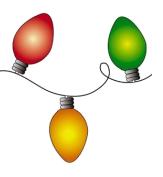




# "Room at the Inn"

















# "Soup and Santa"

































# **Christmas Caroling 2023**

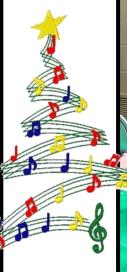
A great time was had by all as we resumed our annual Caroling event! We had 13 carolers travel around town to visit 15 members and friends! Before Caroling, lunch was enjoyed by more than 65 people!









































# Sunday Morning Volunteers

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4								Lyle		Marsha	
28					Deb			Lyle	Gannon	Marsha	Joyce
21					Patty	Patty		Lyle	Gannon	Marsha	Joyce
14					Deb			Lyle	Gannon	Marsha	
7		Monte	Nancy	Jackie Ramsey	Patty	Patty		Lyle	Julie/Donna	Marsha Wentz	
January	Worship Leader	Sound	Media	Scripture Reader	Greeters	Nursery Helpers	Children's Moment	Ushers	Acolytes	Coffee Bar	Alter Flowers

Sunday Morning Volunteers Please gather for prayer with Pastor Mark in the Chapel at 10:20am. Please Contact the Church Office If you can help with any of the Volunteer Opportunities!



# JANUARY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Habby	2	3 5:00 Sitting With Jesus 5:30 Choir Practice	4	5	9
2	Negy wan	6	10	11	12	13
9:00 Choir Practice 9:30 Crusaders Searchers 10:30 Worship	5:30pm FUMC Council		5:00 Sitting With Jesus 5:30 Choir Practice 6:00 Table Talk Meal 6:30 Classes Begin			
14	15	16	17	18	19	20
9:00 Choir Practice 9:30 Crusaders Searchers 10:30 Worship	5:30 M&M's (Missions & Ministry)		10-00 Commodities 5:00 Sitting With Jesus 5:30 Choir Practice 6:00 Table Talk Meal 6:30 Classes Begin			9:00 Ladies Coffee @ Jitters
21	22	23	24	25	26	27
9:00 All Church Activity Making Valentines 10:30 Worship			5:00 Sitting With Jesus 5:30 Choir Practice 6:00 Table Talk Meal 6:30 Classes Begin			
28	56	30	31			
9:00 Choir Practice 9:30 Crusaders Searchers 10:30 Worship			5:00 Sitting With Jesus 5:30 Choir Practice 6:00 Table Talk Meal 6:30 Classes Begin			



## **Concordia First United Methodist Church**

Belong | Believe | Become

**Pastor: Rev. Mark Crist** 

Administrative Assistant: Lisa Valcoure Christian Ed. Director Angie Gabel-McConkey

Choir Director: Renata Knox Organist: Pam Campbell

Contact Information:

Email: concordia1umc@gmail.com Website: www.concordiafumc.com

Pastor's Email: rev.mark.crist74@gmail.com

Facebook: Concordia First United Methodist Church

Church Phone: 785-243-4560

### **Sunday Services:**

Crusaders: 9:30am Searchers: 9:30am Worship: 10:30am

Wednesday Night Services: Sittin' with Jesus 5:00pm