



Fairview UMC Newsletter

Hand in hand with Christ, we can!

Pastor Ryan Campbell

11048 W. ST RD 28 Redkey, IN 47373

Adult Sunday School: 8:45-9:15 Service: 9:15-10:30am



Sad at Christmas? Advice for coping with holiday blues

A UMC.org Feature by Joe Iovino*

December 4, 2014

In December, we watch “magical” Christmas movies, shop from stores promising a special season, and hear songs proclaiming this as “the most wonderful time of the year.” We feel pressure to be jolly, but **sometimes we’re not**.

If you or someone you love is struggling with the Christmas blues, you are not alone. Many people find the season difficult. To help you through what may be a challenging **Christmas season**, we sought sound advice from United Methodist pastors, counselors, and others.

Accept feelings

Though you may feel like you are *supposed* to be merry, don’t force it. “You just can’t be where you’re not,” says retired United Methodist state correctional chaplain, The Rev. Ben Wright. “So if you feel down,” he continues, “feel down.” As he tells the members of the grief support group he facilitates in **his United Methodist congregation**, “When we acknowledge that we are down, it helps us.”

We ought to give others space to feel whatever they are feeling as well. **United Methodist counselor Cindy Elrod** cautions, “be in touch with your own anxiety that may surface when you are in the presence of someone who appears to be in distress, so that you are not trying to ‘fix’ them in order to ease your own distress.”

Manage expectations

There can be a lot of pressure to make Christmas perfect. Megan Forshey, program manager of **Gilda’s Club Nashville**, reminds us to, “try to let go of how things have always been or are supposed to be and allow this holiday to reflect your current reality.” If you are feeling blue, the goal of perfection can lead to stress or disappointment. Keep expectations realistic, and receive the season as it comes to you. When supporting a friend through a difficult period, help keep the pressure low. Don’t push the “holiday spirit” upon your loved one. Give space and permission for them to cancel a day of shopping, or to initiate a deep conversation on a day you had planned for celebration.

Be selectively social

While everything in you may want to be alone, fight that urge sometimes. Retired United Methodist Chaplain, Lieutenant Colonel Daniel H. Nigolian of the United States Air Force, encourages those who are struggling to “get with other people.” When serving those deployed far from family during the holidays, “Chaplains work very hard to provide fellowship opportunities for the troops whenever and wherever they happen to be,” Nigolian continues. Don’t feel obligated to attend every Christmas event, but make sure you make time to be with other people. Nigolian also recommends others stay connected with those who are feeling blue during the holidays. “I always worry about the person who is alone,” he says. “I would stay with that person until relieved by someone close to him or her. I think it’s that important.” So stick close and remember, not everything you do together needs to be Christmas related. Mundane chores like laundry and grocery shopping can be lonely times. Offer to help.

To submit to the Newsletter:

Contact Janet Amundson @ janetramundson@aol.com or call: (765)744-0852 Or put your information in the box in the hallway in the Fellowship Hall Please help keep the Newsletter going by adding your submission!



To receive newsletter electronically in full color in your email, please submit your email address to Janet as well!

**Fairview
UMC Movie Night!!
Jan. 29th 6pm**

**Showing :
THE WAR ROOM**

The power of prayer is the focus of this movie! A must see for Christians!

**Community event,
all welcome.
Popcorn and
Coffee available!**



February’s movie :
God’s Not Dead!



**Breakfast
Brunch
Jan. 17th**

**Fellowship Hall
(following church)
Free Will Offering
Stay and have breakfast
with us!**

Allegiance

Is BACK!

Coming January 7th at 7pm

Refreshments at 6pm. If you missed them the last time you missed a wonderful Christian Concert. They are fantastic! Join us please! This group is amazing!

FAIRVIEW UMC INFO:

Church Phone: 765-789-8959
Pastor Ryan: 765-369-4099
Ryan’s Cell: 765-256-0331
www.umcfairview.com
www.facebook.com/Fairview.in

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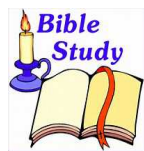
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On Going Events:



2pm each Wed. Cacklin' Hens knit and crochet group. Come learn to knit and crochet with Becky, Shirley and Judy!

Bible Study every Wed. evening at 6pm in the Fellowship Hall.
"Study to show thyself approved unto God." II Tim. 2: 15



Grown UP COLORING PARTY! FELLOWSHIP HALL Monday's at 2pm

All supplies are furnished, we have 'dot to dot', color by number and regular coloring pages that very complex making them perfect for adults!
 See Becky Harlow for any concerns or questions!

Did you know?

- ◆ *The Tigris River originates in the melting snows of the Taurus Mountains in turkey and flows southeast for 1,150 miles, joining the Euphrates 40 miles north of the Persian Gulf.*
- ◆ *In times of famine bread could be made not only with grain, but with 'beans and lentils, millet and spelt'. (Ezekiel 4:9) mixed with it.*
- ◆ *Gnosticism, a dangerous heresy, taught that the spirit was good and the body was evil. So the body had to be treated harshly and this led to asceticism. This is the apparent background for Paul's words in I Tim. 4:3 "They (the Gnostics)...order them to abstain from certain foods."*



Third Sunday of each month:
JIMMY RIDDLE
 will play and sing!



No Birthdays & Anniversaries in January!

Fairview Woman's Guardian Angels
 Jan 19th at 6pm in the Fellowship Hall!



THE LORD'S PRAYER

A little girl attempting to quote the first verse said: *"The Lord is my shepherd and that's all I want."* She did not make a serious mistake, for if the Lord is our shepherd, what more do we want?

- We shall not want for rest: "He maketh me to lie down in green pastures."
- We shall not want for refreshments: "He leadeth me beside the still waters."
- We shall not want for guidance: "he leadeth me in the paths of righteousness for his name's sake."
- We shall not want for courage: "Yeah, though I walk through the valley of the shadow of death, I will fear no evil."
- We shall not want for companionship: "Thou art with me."
- We shall not want for comfort: They rod and they staff, they comfort me."
- We shall not want for necessities: "Thou preparest a table for me in the presence of mine enemies."
- We shall not want for joy and gladness: "Thou anointest my head with oil; my cup runneth over."
- We shall not want for any good thing in this life: "Surely goodness and mercy shall follow me all the days of my life."
- We shall not want for any good thing in the life to come: "I shall dwell in the house of the Lord forever."

Submitted by: Judy Retter

Youth Center Breakfast

First Saturday of each month!
 7am-10am!

Fantastic breakfast served on the first Saturday of every month!



Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.
 Romans 10:17 NIV

The Eagle and the Snake:



Eagle does not fight the snake on the ground. It picks it up into the sky and changes the battle ground, and then it releases the snake into the sky. The snake has no stamina, no power and no balance in the air. It is useless, weak and vulnerable unlike on the ground where it is powerful wise and deadly.

Take your fight into the spiritual realm by praying and when you are in the spiritual realm God takes over your battles.

Don't fight the enemy in his comfort zone, change the battle grounds like the Eagle and let God take charge through your earnest prayer. You'll be assured of clean victory.

Pray without ceasing.

Can you believe it is that time of year again already? New years resolutions to be made and broken. Does any of us even remember what last years resolution was? We all do it, we make them and we break them. It's a fact of life. All through the years we make promises that we try to keep, and then we end up breaking them, not deliberately but it happens.

This year, I really hope to keep my #1 New Years Resolution: *To walk each day of my life with Jesus.* I am asking as many of you that would like, to join me in this same resolution.

Here are some scriptures and thoughts to help us along the way in this endeavor to walk hand in hand with our Lord this coming year.

He has shown us *how we are* to walk: ***"Your ears shall hear a word behind you saying, "This is the way, walk in it."*** *Isaiah 30:21*

He has promised us *we will not faint or grow weary* from our walk: ***"They shall run and not be weary, they shall walk and not faint."*** *Isaiah 40:31*

He has told us He requires us to *walk humbly* with him: ***"...And what does the Lord require of you but to do justly, to love mercy, And to walk humbly with your God?"*** *Micah 6:8*

He told us to walk while the *light is with us!*: ***"Walk while you have the light, lest darkness overtake you."*** *John 12:35*

We are to walk in the *newness* not of life, not like we walked before we knew Him. ***"Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we should walk in the newness of life."*** *Romans 6:4*

Remember that we live in a physical world, but that the spiritual world is where the truth lies: ***"Walk by faith, and not by sight."*** *II Corinthians 5:7*

Again, He reminds us it is a real, spiritual walk and struggle that bleeds over into our flesh: ***"I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh."*** *Galatians 5:16*

Our God, is a God of love, so of course, He asks us to walk in love just as He did: ***"And walk in love, as Christ also loved us and given Himself for us,..."*** *Ephesians 5:2*

Walk *worthy*: ***"That you may walk worthy of the Lord, fully pleasing Him,..."*** *Colossians 1:10*

If we accomplish walking with him in a worthy way we will: ***"walk with Me in white, for they are worthy."*** *Revelations 3:4*

From those scriptures this is what I perceive: That God has shown us how to walk (*Is 30:21*) when he said "walk this way." He then goes on to promise us (*Is. 40:31*) that we will not grow weary in our walk with Him because He will provide our strength.

I understand from these passages that He requires of us a humble walk as we behave justly and love mercy. (*Micah 6:8*) How many of us truly understand the meaning of 'love mercy'? Have you sinned? Are you grateful for His mercy? Yes, and YES! Very grateful, I DO SO LOVE that He is merciful towards me in my sin! So yes, I love mercy!

I don't want to stumble around in the darkness, I do want to walk in the light! (*Jn 12:35*) Jesus is the light of my world, without Him, I fall because of the darkness around me. We live in a very dark and evil world, but Jesus gives us hope, light and love. Because we were buried with Christ in our sin, we are born in to a 'new' life. Therefore walk in the new life and not in the old sinful life. Be a new creation, a new person in Jesus Christ. (*Romans 6:4*)

Believe that this physical world is not the 'do all, end all'. It isn't even close! The things we cannot see are much more 'real' than those we can see. Can you see the air you breathe? No... can you live without it? NO! We don't see the wind, but when it blows fast, we see the results it produces, the damage it does... the spiritual world is just as real as the physical world. It's called 'faith'. WALK IN IT! (*II Cor. 5:7 and Gal. 5:16*)

Walk in LOVE, as God so loved us, love as He loved. Love those to Christ, who do not know Him, by example. (*Eph 5:2*) Loving one another, as He loved us, pleases Him! But REMEMBER, He loved everyone, not just those who loved Him, but those who hated Him as well.

And walk worthy of all that He has done for us! I feel so unworthy at times of His love and mercy. I pray I am walking in a way He would want me to as I try to be worthy of Him. (*Col. 1:10*)

What awaits us if we do learn to walk with Jesus as He has shown us? As he has required us to do? We will walk with him eternally and be worthy of Him. (*Rev. 3:4*)

It's a matter of love really, do we love Him enough to walk in the ways He has asked of us? Sometimes it is so hard, we all stumble and fall in our endeavor to walk the Christian walk. What's important is that we get back up and continue marching on towards the goal of a closer walk with Jesus.

I can promise you, (and it's a true promise), the closer you walk with Him, the more you will want of Him. Life doesn't get easier, but it does get 'simpler'. The simplicity is in knowing that no matter what happens in your life, you can face it because HE is always there walking beside you!

Have a wonderful, BLESSED and CLOSE walk with JESUS through the New Year!

Janet



JOY!

JOY!

Filled with the fullness of God



C.O.F.F.E.E.

h r i s t
f f e r s
o r g i v e n e s s
o v e r
v e r y w h e r e



Ephesians 3:19

Ezekiel 34:11-16

I M Y S E L F O R E I L L A H S
B N R D V W A T C H F M A K E F
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O H U L L A N D L A I T E W B C
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O P V H T T H E M O S M O V E R
E C I T S U J D E T I B A H N I
A D H L P S T H G I E H N O P U

Winter LAY LEADERSHIP Classes!
January 31,—March 6, 2016
2:30 p.m. to 5:00 p.m.
Muncie Riverside UMC
1201 N Wheeling Ave
Classes available:
Basic Lay Speaking, Leading Prayer, Accountable Discipleship, History & Polity.
\$30 per class
Send Checks to:
East District UMC
PO Box 2464
Muncie, IN 47307

“For thus says the Lord God: Behold, I, I myself will search for my sheep, and will seek them out. As a shepherd seeks out his flock when some of his sheep have been scattered abroad, so will I seek out my sheep; and I will rescue them from all places where they have been scattered on a day of clouds and thick darkness. And I will bring out from the peoples, and gather them from the countries, and will bring them into their own land; and I will feed them on the mountains of Israel, by the fountains, and in all the inhabited places of the country. I will feed them with good pasture, and upon the mountains of Israel. I myself will be the shepherd of my sheep, and I will make them lie down, says the Lord God. I will seek the lost, and I will bring back the strayed, and I will bind up the crippled, and I will strengthen the weak, and the fat and the strong I will watch over: I will feed them in justice.”