



La Grange First United Methodist Church
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Time dated material.
Please deliver
as soon as possible.

Sages and Saints News JANUARY



Bring an article and tell us how it represents something we don't know about you.

5:00 p.m.
January 10, 2019
FUMC Fellowship Hall

It will be potluck. Bring your favorite dish, and bring a friend!
Prepare to be surprised!



JANUARY 2019

JANUARY LIGHTSHINE

Yes, it is time again for the Moravian Watchword. The Moravian community started over 200 years ago to prepare Old and New Testament texts for everyday of the week. Additionally, they choose a watchword for each month and for each year.

This year's Watchword comes to us from Psalm 34. In our English Bibles it is found in verse 14 b, while German translations provide the identical text in verse 15. The Watchword plainly calls us to, "Seek peace and pursue it."

What a great word for the upcoming year. We all might just have recovered from some uncomfortable encounters as family members of different convictions joined around the table during the holidays. We were challenged to keep the peace. As the old advice encourages, "Don't talk religion or politics..." Some of us were probably more successful in that challenge than others. Now we are back in our own four walls. The next encounter of the diverse kind is very likely the family reunion sometime during the summer.

But the encouragement to seek and pursue peace can have many different reasons in our private lives as well. How to raise the children, what channel to watch, what college team to cheer for. Seek peace and pursue it!

Looking at what is in store for the global United Methodist Church and the called General Conference in St. Louis in February I must confess that I found the Moravian Watchword prophetic in character. Please pray for the delegates who come together from all over the world to seek GOD's will for our denomination.

When you look at the image you will find that there are slivers of scripture that depict individuals – different languages, different colors – they join under the cross of Christ. They seem to be the means by which the Word of Christ is delivered to a city behind them. Over them all you find a simple bow in the sky. Remember GOD's promise that GOD put His bow into the sky to help us believe and Him remember that GOD would never again destroy all humankind. Instead in CHRIST we find GOD's "yes" to our existence and GOD's promise to bringing us closer to him.

It is always well advised to explore the context of Scripture as it is quoted in different texts. Looking up Psalm 34 in my New King James Version I loved the headline the translators gave this psalm. It reads, "The Happiness of Those who Trust in GOD". It truly is a chapter of encouragement. The Watchword belongs to a paragraph pretty much in the center of the chapter. Please read the verses 11 – 14 carefully, "Come, you children, listen to me; I will teach you the fear of the LORD. Who is the man who desires life, And loves many days that he may see good?"

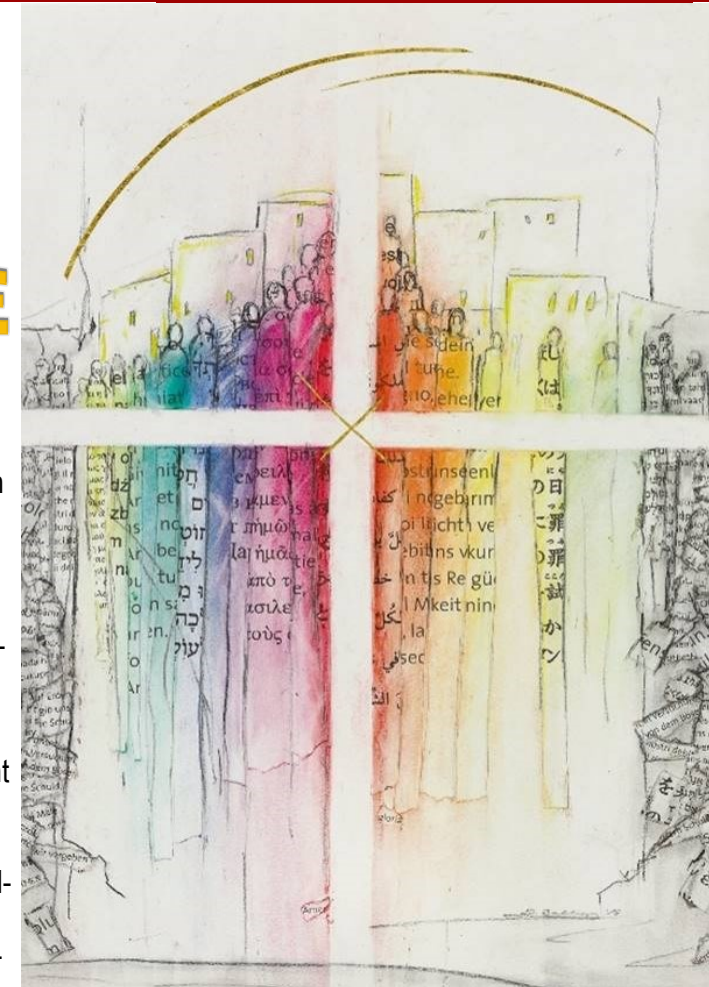
"Keep your tongue from evil, And your lips from speaking deceit. Depart from evil and do good; Seek peace and pursue it."

These are truly words to live by. It is my prayer for our denomination, our congregation, and every individual that we will find GOD's grace to put this advice into action – in 2019 and beyond.

In CHRIST's Unfailing Love

Pastor J. Paul <><

The artistic rendition for this word of encouragement was done by Stefanie Bahlinger, Mössingen, www.verlagambirnbach.de.





Choir Notes by Nancy Hajek

Oh. My. Goodness!! I just typed the new year for the first time (it's still December for me as I give you this), and wow! Where has the time gone? It's been busy, for certain!

Several choir members and I will once again be attending Fellowship of United Methodists Worship & Arts Conference (formerly Adult Choir Clinic) in Dripping Springs January 25-27, 2019. It will be a weekend of music, worship, and fellowship as we celebrate Christ and lift our hands and voices in song. Our main clinician will be renowned choral composer Mary McDonald. Break-out sessions will be offered, which include choral music reading sessions along with several others from "Choir 101," "Instruments in Worship," "Praise and Worship Music," and so much more!

After the conference, we will stay and sing in worship the following Sunday morning at the host church, Dripping Springs United Methodist Church.

Both Glory Tones and Chancel Choir will resume rehearsals on Wednesday, January 19, 2019. Bells ring at 5:30 p.m. in the Fellowship Hall and Chancel Choir sings in the sanctuary, beginning at 7:00 p.m. All are welcome and encouraged to ring and/or sing and make music to the Lord. And for the children, KMotion resumes on January 19th as well.

Soli Deo Gloria,

Nancy



| | | | | | |
|-------------------|--------|-------------------|---------|-------------------|---------|
| Sara Baker | Jan. 1 | Thomas Borgstedte | Jan. 7 | Brad Cutright | Jan. 20 |
| Joshua Ivans | Jan. 1 | Stacy Cada | Jan. 8 | Paul Faist | Jan. 20 |
| Norma Smith | Jan. 1 | David Vanek | Jan. 8 | Lori Pieratt | Jan. 20 |
| Vicki Watson | Jan. 1 | Grant Gage | Jan. 10 | Jennifer Schmedes | Jan. 21 |
| Donna Jo Webb | Jan. 1 | Thomas Baker | Jan. 11 | Haidyn Schramm | Jan. 21 |
| Trey Williams | Jan. 1 | Shelby Dixon | Jan. 11 | Carter Finch | Jan. 22 |
| Sara Williams | Jan. 1 | Norma Euton | Jan. 12 | Lorie Machinsky | Jan. 22 |
| Jasmine Zapata | Jan. 1 | Annette Cooper | Jan. 13 | Alan Cooper | Jan. 23 |
| Dillon Zuhn | Jan. 1 | Dennis McCafferty | Jan. 13 | Leonard Haynie | Jan. 23 |
| Ann Kunkel | Jan. 2 | Elaine Teas | Jan. 13 | Doris Pelt | Jan. 23 |
| Christopher Marks | Jan. 2 | Lawanda Hughett | Jan. 15 | Justin Busby | Jan. 24 |
| Catherine Marks | Jan. 2 | Charles Ebel | Jan. 16 | Chythia Thornton | Jan. 24 |
| Jack Anderson | Jan. 3 | Trina Rayburn | Jan. 16 | Dave Childers | Jan. 26 |
| Amie Finch | Jan. 3 | Jay Watson | Jan. 16 | James Kline | Jan. 26 |
| Emilie Schwarz | Jan. 4 | Christopher Davis | Jan. 18 | Curtis Simmons | Jan. 26 |
| Mary Bremer | Jan. 5 | Gay Mazac | Jan. 18 | Maurene Lange | Jan. 27 |
| Vicki Guzman | Jan. 6 | Connie Sneed | Jan. 18 | Luke Carden | Jan. 28 |
| Janetta Morris | Jan. 6 | Brooke Naiser | Jan. 19 | | |
| Steven Buck | Jan. 7 | Patsy Parker | Jan. 19 | | |

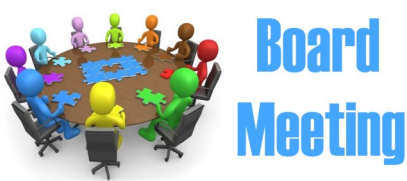
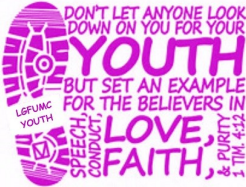
Happy Anniversary

| | | | |
|-------------------------|---------|------------------------|---------|
| Beau & Jann Schwarz | Jan. 1 | Dick & Joy Bily | Jan. 16 |
| David & Rochelle Hinman | Jan. 6 | Tom & Beverly Buscher | Jan. 16 |
| Chuck & Gay Mazak | Jan. 9 | Jeff & Patsy Parker | Jan. 19 |
| Larry & Thea Fleck | Jan. 10 | Harold & Doris Pieratt | Jan. 22 |
| Rickey & Lina Fleck | Jan. 10 | Ray & Twila Thurman | Jan. 28 |
| Seth & Marsha Pyle | Jan. 10 | John & Frances Pittman | Jan. 30 |
| K.D. & Mary Lloyd | Jan. 12 | | |



Our Methodist Men's group would like to keep the congregation informed with what we have planned for our monthly meetings. Blue Hills - A New Beginning will be our program for the month of January.

Questions? Contact Ed Collins at 979-702-9781.



Sunday, January 20th - 12:30 p.m.
YOUTH/SWAT

SINGLE BOARD MEETING
JANUARY 21 - 5:30 P.M.



WORK DATES
JANUARY 21-26

FUMC Second Chance Work Weeks For 2019

| | | |
|----------------------|----------------------|------------------|
| Jan. 21st - 26th | Mar. 4th - 9th | Apr. 22nd - 27th |
| June 10th - 15th | Jul. 29th - Aug. 3rd | Sept 16th - 21st |
| Oct. 28th - Nov. 2nd | Dec. 16th - 21st | |

AMEN Food Pantry Work Schedule For 2019

| | | |
|------------------|------------------|----------------------------|
| Jan. 14th & 17th | Apr. 8th & 11th | June 3rd & 6th |
| Aug. 19th & 22nd | Oct. 14th & 17th | Dec. 30th & Jan. 2nd, 2020 |

****Copies of LGFUMC Financials & Single Board Minutes are available upon request.**



IF:GATHERING

JOIN US FEBRUARY 8-9

We are excited to invite you to a gathering of women here in LaGrange for two days of worship and fellowship together!

We're hosting IF:Local La Grange on February 8-9th featuring [IF:Gathering 2019](#). Together, along with thousands of women around the world, we're going to learn what it means to rely on the wisdom of God and not rely on our own understanding.

Check out www.ifgathering.com to see what the excitement is about. Registration will begin December 5, 2018 through lagrange.iflocal.com and the fee is \$10.

Can't come but want to help? There is still opportunity to help. Contact myself or Michele Schramm and will be happy to let you know what we need. Stay tuned for more details as the event gets closer!

Blessings,

Kari Willrich



COFFEE LOVERS UNITE

Here are some thoughts for the coffee lovers among us. Let me know if you have some yourselves, you'd like to share.

You know you're drinking too much coffee when...

- *Juan Valdez named his donkey after you.*
- *you grind your coffee beans in your mouth.*
- *you lick your coffeepot clean.*
- *your eyes stay open when you sneeze.*
- *you can type 60 words per minute ... with your feet.*
- *you can jump-start your car without cables.*
- *all your kids are named "Joe."*
- *your only source of nutrition comes from "Sweet & Low."*
- *you don't sweat, you percolate.*
- *you've worn out the handle on your favorite mug.*
- *you've built a miniature city out of little plastic stirrers.*
- *Starbucks owns the mortgage on your house.*
- *instant coffee takes too long.*
- *your birthday is a national holiday in Brazil.*
- *you're offended when people use the word "brew" to mean beer.*
- *you have a picture of your coffee mug on your coffee mug.*
- *you don't tan, you roast.*
- *you can't even remember your second cup.*

A Thought For the New Year...

How to Improve Your Mental, Physical, and Spiritual Health

To begin improving your mental, physical and spiritual health start by making some realistic goals, and begin implementing small steps towards these goals.

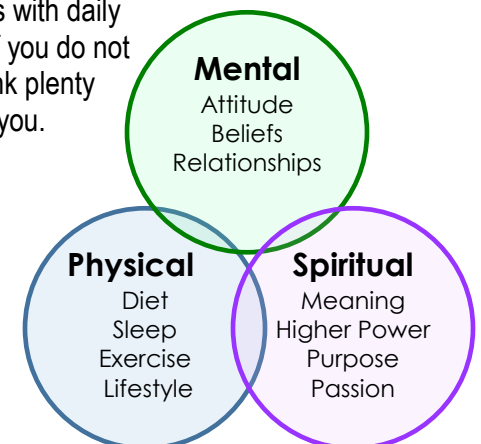
The most important goal you can make is taking care of your spirit. Make goals towards spending daily, intimate time with God. Let all that distracts you and deters you from this time be put aside. Allow at least 30 minutes per day of quiet time with the Lord. Start a Bible study to aid in your spiritual growth, and if you are married make a goal to pray together daily and have a Bible study that you can do together. Do whatever the Lord leads you to do, but do something that will feed your spirit and cause you to mature spirituality. This may look different for other people. That is okay, do what will cause you to grow and mature. If you need spiritual healing in this season, then take some time where you pull back from ministry positions and leadership roles, and allow God to "pour back into you," and restore your soul. If your "cup is empty" you cannot effectively help anyone. There is a season to be on front-line ministry and a season to allow God to pour back into your cup. You may need to be refilled in this season. Go before God and ask Him, "What season am I in?" This may not be the time that you are serving full-force, but a time that God is going to bring refreshment into your dry places.

Take care of your spirit first, and everything else will come easier.

Next take care of your mental and emotional health. Start by saying, "No," more often. Do things just for fun and pure enjoyment. Listen to your favorite music, read, garden, or paint. Try and spend at least 10 minutes outside in the sun. Set boundaries and limits with other people and on your time. Limit your time with negative and draining people. Set a guard on what causes you stress, and limit what stresses you as much as possible. Do not allow other people's problems to become your problems! Do not carry the burdens and responsibility of other people. Cut out all unnecessary things in your life, make priorities.

Finally, take care of your physical body. Get at least 8 hours of sleep. Eat balanced meals with daily fresh fruit and vegetables. Stay away from fried foods and sweets as much as possible. If you do not exercise, start walking at least 3x per week. Take a multi-vitamin and B vitamin daily. Drink plenty of water and drink green tea daily. Take warm baths to relieve tired muscles and to relax you.

The mind, body and spirit are connected so, implement goals to improve not just your physical health but your mental and spiritual health as well.



LOST & FOUND

The following items have been found in the sanctuary or the Fellowship Hall.

If any of these items belong to you, they can be picked up at the office.

- ♦ Brown & Tan Bible
- ♦ Silver Necklace with an amethyst stone
- ♦ Under Armour Lunch Tote
- ♦ Child's size 2T ivory hooded sweater
- ♦ Brown tortoise shell prescription glasses




**The Church Offices will be CLOSED on
Tuesday January 1st in
Observance
of New Year's Day!**



JANUARY 2019



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|---|--|
| | | 1 <small>HOLIDAY</small>  | 2 | 3 5:30 p.m. - Workout Group - Library | 4 7:30 A.M. - Men's Bible Study - CR | 5 |
| 6 9:00 am Traditional Service w/Communion 10:10 am Sunday School 11:10 am New Life Service 12:30 pm - 2:00 pm - YOUTH - Lunch & Lesson 5:00 pm Bible Study 6:00 P.M. - Healing Service | 7 9:00 a.m. - Christian Sisters Bible Study - FH 12:00 p.m. - Women's Emmaus Group - Conference Room 5:30 p.m. - Workout Group - Library 7:00 p.m. - Community Bible Study | 8 5:30 p.m. - Lifesong | 9 7:00 a.m. - Emmaus Men's Breakfast - Fellowship Hall 1:00 p.m. - UMW - FH 3:30 p.m. - K-Motion 5:30 p.m. - Glory Tones 6:00 p.m. - Midweek Service 7:00 p.m. - Chancel Choir | 10 5:00 p.m. - Sages & Saints - FH 5:30 p.m. - Workout Group - Library | 11 7:30 A.M. - Men's Bible Study - CR | 12 Ministerio Evangelico Christian Music Festival 8:00 a.m. - 2:00 p.m. |
| 13 9:00 am Traditional Service 10:10 am Sunday School 11:10 am New Life Service w/ Communion 5:00 pm Bible Study | 14 9:00 a.m. - Christian Sisters Bible Study - FH 9:00 a.m. - Sages & Saints - CR 12:00 p.m. - Women's Emmaus Group - Conference Room 1:00 p.m. RTA - FH 5:30 p.m. - Workout Group - Library 7:00 p.m. - Community Bible Study | 15 5:30 p.m. - Lifesong | 16 7:00 a.m. - Emmaus Men's Breakfast - Fellowship Hall 3:30 p.m. - K-Motion 6:00 p.m. - Midweek Service 7:00 p.m. - Chancel Choir | 17 5:30 p.m. - Workout Group - Library 6:30 p.m. - UMM - FH | 18 7:30 A.M. - Men's Bible Study - CR Church Security 8:00 a.m. - 4:00 p.m. | 19 Church Security 8:00 a.m. - 2:00 p.m. |
| 20 9:00 am Traditional Service w/Communion 10:10 am Sunday School 11:10 am New Life Service 12:30 p.m. - YOUTH/SWAT 5:00 pm Bible Study | 21 <u>SECOND CHANCE</u> <u>Office Closed-MLK DAY</u> 9:00 a.m. - Christian Sisters Bible Study - FH 12:00 p.m. - Women's Emmaus Group - Conference Room 5:30 p.m. - SB Meeting - Rm #15 5:30 p.m. - Workout Group - Library 6:30 p.m. - Aggie Moms - FH 7:00 p.m. - Community Bible Study | 22 <u>SECOND CHANCE</u> 5:30 p.m. - Lifesong | 23 <u>SECOND CHANCE</u> 7:00 a.m. - Emmaus Men's Breakfast - Fellowship Hall 3:30 p.m. - K-Motion 6:00 p.m. - Midweek Service 7:00 p.m. - Chancel Choir | 24 <u>SECOND CHANCE</u> 5:30 p.m. - Workout Group - Library | 25 <u>SECOND CHANCE</u> 7:30 A.M. - Men's Bible Study - CR | 26 <u>SECOND CHANCE</u> My Joy Workshop 8:00 a.m. - 3:00 p.m. |
| 27 9:00 am Traditional Service 10:10 am Sunday School 11:10 am New Life Service w/ Communion 5:00 pm Bible Study | 28 9:00 a.m. - Christian Sisters Bible Study - FH 2:00 p.m. - Women's Emmaus Group - Conference Room 7:00 p.m. - Community Bible Study | 29 5:30 p.m. - Lifesong | 30 6:00 p.m. - Midweek Service 7:00 p.m. - Chancel Choir 3:30 p.m. - K-Motion | 31 5:30 p.m. - Workout Group - Library | | |