

WORSHIP

how to pray
a simple guide for
normal people

- January 5 • How to Pray: Pause
- January 12 • How to Pray : Rejoice
- January 19 • How to Pray: Ask
- January 26 • How to Pray: Yield
- February 2 • Unanswered Prayer
- February 9 • Three Transforming Prayer

UNITED METHODIST WOMEN

Meetings

Martha and Ruth Circles will meet Thursday, Jan. 16 at 1:30 pm in room B125 for the 2020 Pledge Service. Weather date is Feb. 4.

Hope Circle will meet Tuesday, Jan. 28 at 6:30 pm for Pledge Service at Dean's Restaurant in Oak Ridge.

All women of our church family are invited to any UMW programs and activities. Newsletters and registration packets for district and conference events are available in the file box on the table located across from the UMW bulletin board in Hallway A. Information also available at holstonumw.org & unitedmethodistwomen.org

NOVEMBER FINANCIALS

	Nov 3	Nov 10	Nov 17	Nov 24	Online
Total Worship Attendance	318	337	456	381	
Sunday School Attendance	184	175	198	No SS	
Giving to Budget	\$18,245	\$15,445	\$13,568	\$23,169	\$20,631
Faith Promise Giving For Missions	\$265	\$10	\$10	\$10	\$180
Faith Promise Commitments 7-1 to 6-30	\$33,097				
Received YTD	\$24,082				

On an on-going basis we accept the following in the Gathering Area Donation Center:

Good Samaritan Center Lenoir City/Loudon County: Canned foods including tuna, chicken and peanut butter; cleaning supplies, toothpaste, soap, deodorant, and shampoo

KARM: New or gently used washcloths/towels, sheets and blankets and travel size soap, shampoo, toothpaste for homeless shelter

Redbird Mission and Henderson Settlement: Box Tops for Education from General Mills products

Hospital Snacks

Individually wrapped snacks - crackers or sweets - for the Ford Loudon Medical Center surgery waiting room

THE CONNECTION



Central United Methodist Church

centralmethodist.com

January 2020

Starting 2020 Well

New Year is often a time to start new things. Eat less, exercise more. I think starting out the new year right spiritually is important as well. As I began praying a few months ago about where God wants us to go as a church as we begin 2020, the word "prayer" kept coming to me. We know the words of Jesus when he said, "My house will be called a house of prayer." To have a house of prayer as a church means that we need to be praying people.

The Pew Forum on Religion indicated that 55% of Americans pray daily, 16% pray weekly, 6% monthly, 24% pray seldom or never. If I am honest with you, in all my years at being a Christian, I still feel like a novice when it comes to prayer. I think most of us do. We often don't know what to say to God. We wonder, *if God knows everything anyway, then why pray?* We wonder why prayers seemingly go unanswered.

Because of these reasons, on January 5th, we are beginning a 6-week series on prayer. It is based on

how to pray
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normal people
series begins january 5

a book I have been reading the past couple months by Pete Greig called *How to Pray: A Simple Guide for Normal People*. It has really helped me grow in prayer. Wherever you are on the prayer spectrum (whether you pray daily, haphazardly or not much at all), my hope is that you may gain a greater intimacy with Jesus and we might, as a church, live into more of God's vision for us to be a house of prayer. - Scott



What is the prayer course?

The Prayer Course is for anyone who wants to grow in their relationship with God. It is especially designed to be used in a small group setting. It is based off the Lord's Prayer. The course consists of 8 different video sessions, with accompanying small group guides. Topics addressed include why pray, adoration, petition, intercession, unanswered prayer, contemplation, listening and spiritual warfare.

When will it be offered?

1) Sunday mornings beginning January 12th at 10:00am - 10:50am. A complete list of Sunday school classes participating will be available in the Gathering Area.

2) Wednesday mornings beginning January 15th from 9-10am led by Pastor Scott

Learn more at prayercourse.org

Good Samaritan Food Drive

During the month of January, we are following the lead of the United Methodist Women by collecting canned items for the Good Samaritan Center. Items needed include: peanut butter, canned tuna, canned chicken, canned fruits and vegetables, and other stable pantry items. Items can be brought to the church starting January 12. Our effort helps replenish their stock during the holidays. Thanks in advance for your generosity!



ATTENTION - Central Kids & Central Students Teachers, Shepherds, and Leaders:

We will have a required Safe Sanctuary Training on Wednesday, January 8th from 6:00-7:00PM for ALL Central Kids and Central Students servers. Laura McLean from the Holston Conference office will be leading it. Snacks and drinks will be provided.

BIRTHDAYS

3 Winter Hammock-Kelley	10 Midge Jessiman	16 Brett Morgan	24 Judy Leeds
3 David Willocks	10 Carolyn Lawhorn	16 Chelle Rose	25 Linda Dill
4 Polly Click	10 Beth Morrow	16 Gary Ubben	25 Laura Fenton
4 Logan Lins	10 Burke Nelson	17 Courtney Ingram	25 Madeline Greer
4 Gail Sterchi	11 Judy Fleming	17 Corrie Olson	26 Steve Cleveland
5 Keith Buckles	11 Phoebe Shelton	17 Diane Rogers	26 Rick Harvey
5 Megan Grugin	12 Bob Culver	17 Bob White	26 Harrison Mathews
5 Jane Lamb	12 Claire Donahue	18 Ken Dunlap	26 Hollie Owens
5 Beth Platfoot	12 JR Hill	18 Kathy Patty	27 April Dugger
6 Shelly Hughes	12 Zachary Williams	18 Cindy Stauffer	27 Alex Gresham
7 Bob Rogers	13 Gail McInnis	19 Steven Abercrombie	27 Nathan Ottinger
7 Amy Wyatt	13 Ethan Pratt	19 Ann Duncan	28 Donna Jennings
8 Lisa Kingrea	13 Holly Shank	20 Katie Gillman	28 Willard Summers
8 Robert Manning	14 Bradley Burcham	20 Alan Jay	29 Travis Baity
8 Susan Rollins	14 Mike Golden	20 Doris Paul	30 Candi Byerly
8 Jeff Whitney	14 Lee Trout	20 Mike Richardson	30 Ben Denton
9 David Rhodes	14 Rick Weber	20 David Ridner	31 Mary Longworth
9 Mike Waller	15 Dean Donahue	22 Barbara Cardwell	31 Reagan Loveday
9 Jim Wilburn	15 Harold Stockhoff	22 Karen Peters	31 Peg Weber
10 Eric Good	16 Paula Katcham	23 Jeff Hancock	

MISSIONS

Getting To Know Our Mission Partners

In an effort to better know the missions we are engaged with as a church, our mission team in 2020 will highlight a mission partner monthly. Because we are collecting food items for Good Samaritan Center in January, we decided to feature Good Sam by asking Director Cindy Black a few questions.

For those who don't know anything about Good Samaritan, tell us a few things about this ministry.

The Good Samaritan Center of Loudon County is an assistance ministry serving families' critical needs, helping them move from crisis to stability. The services we offer include a Food Pantry, Utility bill assistance, school supplies for students and teachers, rent assistance, food "baskets" at Thanksgiving, Pharmacy/prescription assistance, dental assistance.



What are a couple things going on with the Good Samaritan that are new or people don't know about?

Last year we implemented a program to assist those 65 years and older with assistance every 4 weeks (if needed) with food. Our policy is to limit help to every 3 months, but we felt our clients over 65 had fewer options and resources and might need more assistance. This seems to have

been very well received by our 65+ age client. Many have spoken to us how much difference this has made in their quality of life.

The Good Samaritan Center has also worked hard with our Dental Program.

Many of our clients, in ALL age brackets, have very poor dental health. Our most requested assistance in this area has been extractions. This year, we have developed a comprehensive program of dental assistance to our clients.

We have created materials for children in the school system promoting sealants and good oral hygiene, we also have created dental hygiene bags that go out with Pantry Food orders to our clients. Our dental coordinators have worked with local dentists to expand preventative and maintenance plans for our clients.

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What are three ways we can be praying for you in 2020?

A) Please pray that we as GSC staff and volunteers will keep our eyes and ears open to what God would have us do and listen to our clients and see what needs they have that we can address. Pray for the GSC staff as we coordinate and implement the program services of GSC.

B) Please pray for our building here in Lenoir City. We have some major outside issues that need repair. And then inside problems that have come from the outside damage. Pray that the right contractor will be found and the issues will be corrected. We are so fortunate to have such a wonderful facility, we need to be good stewards to keep it safe and secure.

C) Pray for our large volunteer need. We have a lot of volunteers (over 150 on the roster) but we are always needing more to replace those that move on or move away.

CENTRAL KIDS



Memory Verse

The Lord gives wisdom. Knowledge and understanding come from his mouth. - Proverbs 2:6

Overview

Week 1 - The Boy Jesus at the Temple: Knowing God is the most important thing (Luke 2:41-52)

Week 2 - Jesus' Baptism: If you want to know God, start with Jesus (John 1:19-42; John 3:22-36; Matthew 3)

Week 3 - Jesus is Tempted in the Desert: Discovering what's in the Bible can help you make the wise choice (Luke 4:1-13; Matthew 4:1-11)

Week 4 - Jesus and John the Baptist: If you don't understand something about God, ask (Matthew 11:1-6; James 1:5)

CENTRAL STUDENTS



Resurrection 2020 • January 24-26

Resurrection, our annual winter retreat, is this month! For those unfamiliar with Resurrection, it's an awesome annual event of worship and spiritual growth for youth and youth mentors. Each year over 12,000 come together in Pigeon Forge, TN, to celebrate the God of The Resurrection. The final day to sign-up is January 3rd! Visit centralmethodist.com/resurrection20 for more information and to register!

Resurrection Parent Meeting • January 5, 7:15PM

Following youth on Jan. 5, we will have a brief meeting for students and parents to address our trip to Resurrection. It is encouraged that all who are part of this trip attend.

"NEW" • 3-Week Message Series Starting January 5

It's the season of new! New Years. New resolutions. New goodies from Christmas. New. New. New. But through the eyes of Jesus "NEW" has a deeper and greater meaning than anything this world can offer in terms of "new." In this 3-week series, we will look at what "new" really means for the life of a Christ-follower.

