



News From The Rock

Solid Rock United Methodist Church • Warren, Indiana

Concession Committee

The Concession Committee would like to thank all of you who volunteered at the concession stand in 2013. Because of your generous support we were able to make the following contributions: Church Building Fund, \$1000; Scholarships, \$1500; Bread of Life Food Pantry, \$1000; Blessings and Needs, \$200; and Christmas December to May, \$1200.

We are looking forward to seeing all of you next year. Those who have never helped, please consider signing up next year as it is a great time and helps not only our community but benefits the children who really appreciate our presence and support to them.

Depression support group being formed

Pastor Kathy is working to form a depression support group, possibly led by counseling students from Huntington University. Anyone interested in participating in such a group should contact Pastor Kathy, letting her know what evenings and times would work for you. The group will meet at the church and will begin mid-January or later. You may contact her at pastorkathy@solidrockumc.com or (765) 210-4368.

Youth Fellowship

Thank you to Wanda Spahr for providing snacks for us the month of December, and also to Perry Spahr for the pizza for our meeting on December 22. Another thank you to Cindy, Kodi, Teresa, and Tamara for the help with our lasagna supper. We should be able to purchase our basketball goal and also a ping pong table! Thank you to all who came!



Our lock-in will be on January 3 starting at 4:00 p.m. and ending at 8:00 a.m. Saturday morning. Please bring sledding clothes and sleds if there is snow. Bring a 2 liter of pop or drink, and some kind of snack food, as well as sleeping bags and pillows. There is rumor of a Nerf war so you might want to bring your own Nerf guns.

Remember that UMYF is open to all youth in grades 6-12, so come and join us and bring a friend!

UMYF Schedule

- January 3-4: Lock-In, 4:00 p.m. at the church
- January 19: Meeting, 6:45-8:15
- February 2: Make pizzas after church
- February 16: Meeting, 6:45-8:15

United Methodist Women

Women of Solid Rock met Thursday, December 5, 2013, for their last meeting of the year, with 12 members present. We were delighted to have President Barbara Hart again able to preside after her recent illness. She led us into the Christmas season with a devotional entitled "The True Christmas Story," as we focused on the following thoughts: First, all prophesies were fulfilled, orchestrated by God.

Jesus experienced humanity at all levels. Through Jesus, we are sons and daughters of God. Barbara also shared the 2013 Prayer Calendar Mission Focus—that of the Methodist Church in India, which leads in that country through the Methodist School of Nursing.

Carolyn Winters was able to be with us



United Methodist Women

Just Leaning on the Rock!

by Pastor Kathy Newton



Act like people with good sense and not like fools. These are evil times, so make every minute count. Don't be stupid. Instead, find out what the Lord wants you to do. (Ephesians 5:15-17)

This morning at Bible study we discussed how Christmas makes us nostalgic.

"...with the help of the Holy Spirit and a humble spirit of our own, we can move closer to God in this New Year"

If Christmas makes us nostalgic, then the New Year turns our eyes and thoughts to the future. Questions come to mind like, "What will the new year hold?" "Will my schedule and busyness reduce?" "Will I use my time better?" etc.

In our scripture we see Paul's advice to act like people with good sense. Obviously the problem of unwise living has/is not limited to our culture. Paul's Ephesus had some of the same issues we do today.

The advice offered through this scripture is three-fold. First, remember our time on this earth is limited. None of us know the time or day but we know for sure the day will come. Second, make the most of every opportunity. This is not an excuse or permission to take advantage of someone but a charge to do as God directs every chance you get. Third, find out what the Lord wants and do it.

To me this last statement supports the two previous. So how do we accomplish the latter? I believe the answer lies in setting God as our TOP priority, setting time aside each day to nurture our relationship with our top priority and then give ourselves completely to God and God's will. Sound simple? It's not but with the help of the Holy Spirit and a humble spirit of our own, we can move closer to God in this

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Congratulations!

On December 12 David and Jo Keller and Ashley and Liam Cook traveled to a frigid Lombard, IL, to attend the graduation of Lauren Keller-Pacheco from Chiropractic School at National University of Health Science. Lauren is now a proud Doctor of Chiropractic Medicine and is looking forward to start practicing in Arlington Park, IL.

November Financial Update

General Offerings	\$14,815
General Fund Expenses	\$12,049
Building Fund Contributions	\$3,311

"This is God's universal purpose for all Christian suffering: more contentment in God and less satisfaction in the world."

—John Piper

News From The Rock

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Solid Rock United Methodist Church

P.O. Box 322
Warren, Indiana 46792

www.solidrockumc.com

Worship Schedule

Sunday School at 9:00

Worship at 10:00

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Church Phone: 375-3871

Church Office

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Hours: 9 a.m. to Noon

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News deadline for the February newsletter: January 19

Depression

by Dr. Archibald D. Hart

What most people associate with depression is a feeling of gloom or sadness, but there is a much more important set of symptoms to keep in mind: depression is usually accompanied by a "slowing down" of the body. A profound lethargy or fatigue is probably a more important signal that you have succumbed to depression than whether or not you feel profoundly sad. The more pronounced the fatigue, the more serious is your depression.

What are the more common symptoms of a major depression? Usually, it is diagnosed when at least five of the following symptoms are present during the same time period, with at least one of the first two symptoms present. In addition, the symptoms must be present most of the day, nearly daily, for at least two weeks:

- Depressed mood
- A marked diminished interest or pleasure in almost all activities
- Significant weight loss/gain
- Insomnia or hypersomnia (oversleeping)
- Agitation or retardation of thinking, memory, etc.
- Fatigue or loss of energy
- Impaired concentration and indecisiveness, or
- Recurring thoughts of death or suicide

Reactive depressions can have some or all of the above, but they are usually not as debilitating. Most people with reactive depression can continue their normal work and home duties. With the more serious endogenous depressions, people can become totally incapable of fulfilling normal life responsibilities.

Primary care physicians need to be alert for the signs of depression. Studies have shown that 6 to 8 percent of all outpatients in primary care settings have major depressive disorder. Often, their physical complaints are a mask for the depression.

If you find yourself experiencing any of the following, you may want to ask whether you are depressed:

- Pain — including headaches, body aches and abdominal pain
- Low energy and excessive tiredness (including claims of being "chronically fatigued")
- Reduced capacity for pleasure or enjoyment
- Moods such as apathy, irritability, anxiety or sadness

• Sexual complaints or problems with sexual functioning or desire

Lesser forms of depression may produce some or many of these symptoms or the symptoms may not be as persistent. Discuss this with your doctor to see if you are possibly suffering from a "low grade" form of depression.

From *Focus on the Family* website

For everything a season

Wanting his sons to learn not to judge too quickly, a man sent each, in turn, on a quest to look at a pear tree far away and report what he saw. The first son went in winter, the second in spring, the third in summer and the fourth in fall. Finally, the father gathered the young men together. "What did you see?" he asked.



The first son reported seeing an ugly tree, bent and lifeless. The second disagreed, saying it was budding with fresh new life. The third son reported finding a tree laden with sweet-smelling, beautiful blossoms, while the fourth insisted it drooped with ripe fruit.

The father said his sons were all correct, for they'd seen the same tree, though at different seasons of its life. "Don't judge a tree — or a person — based on just one season of life," he counseled his children. "Who they are can only be known at the end, when all life's seasons have been lived.

"Furthermore," he added, "don't give up on your own life if you experience a hard season, such as winter, or you'll miss out on the renewal of spring, the joy of summer, the fulfillment of autumn."

Humor to break up the winter blahs

- Don't let your worries get the best of you; remember, Moses started out as a basket case.
- Some people are kind, polite and sweet-spirited ... until you try to sit in their pew.
- People are funny: They want the front of the bus, the middle of the road and the back of the church.
- Quit griping about your church; if it was perfect, you couldn't belong.
- Forbidden fruits create many jams.
- Working for God on earth doesn't pay much, but his retirement plan is out of this world.

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New Year. In turn, may God bless you with faith that can move mountains, hope that springs eternal and love more abundant than the stars in the sky.

Happy New Year,
Kathy

again after an earlier illness and was able to lead us in prayers of joys and concerns for our local community, our members, and our friends. Membership Pledge Cards for the new year were provided by President Barbara for use in 2014, which will open with meetings after the winter months' vacation period of January and February. The next meeting will be March 6, 2014.

In continuation of the meeting of December, Margaret Bell called the roll for attendance (12 members) and read the minutes of the October 3 meeting, plus a very special thank you note from Katie Davidson, Clinic Assistant at Andrews Elementary, where our U.M.W. has supplied funds for clothing for children in need. The report of our Treasurer was given, showing a balance on hand of \$830.30.

Pastor Kathy Newton gave our program today in the form of an entertaining and meaningful "Christmas Story," featuring a main character named "Red-Headed Robbie," who needed answers to his question, "What is Christmas?" He learns, and we remember, Christmas is a time to forgive; to give up selfish ideas; a time to be helpful to others; a time to be showing kindness to others; a special time to honor Christ by being like Him.

A lengthy discussion to clarify our financial/budget planning for our new year followed. Solid Rock United Methodist Women will be supplying a total of \$400 to assist various needs of women and children in our neighborhood.

Respectfully submitted,
Margaret Bell, Secretary

The search is over

For much of the last three months, I have been attending various services hoping to find a place that could fill the void in my life caused by the move from Warren. At each, I gave myself about a month, going not only to actual services, but also to Sunday school classes. Each time, I tried to assess what it was that made me hesitate to consider it as a replacement for Solid

Rock. I never felt at home. This was in spite of the fact that I did not have to demonstrate my willingness to be a part of the group by participating in the charade of being one of a pair of ducks waddling onto the Ark. Members seemed friendly, but certainly not as warm and inviting as those in Solid Rock.

A non-denominational situation was suggested by an ex-sister-in-law. That lasted only one visit. The decibel level of the "rock and roll" band was so high my tympanic membranes actually vibrated throughout the service. A baby cried almost the entire time. Naturally, its wails were drowned out, but you could see its mother trying to comfort it. I wanted to go and warn her how much irreparable damage was being done.

For a time, I thought maybe I had been spoiled because the only pastors I had known were Kathy J. and Kathy N. and the only pastors here were men. However, that was not the only reason. It just did not seem that I belonged.

Finally, went to a UMC in a town sixteen miles away. I knew the first day that it was a place that "fit." After attending for a month, that feeling has been confirmed repeatedly. The pastor is a bright, warm man with a sense of humor. There are multiple opportunities for volunteering. I could select ongoing activities every day, and am still exploring where to focus all this free time I have never had to contend with before.

I am comfortable and feel blessed to have been led there. It is not Solid Rock, but I believe that is where God wants me now.

Barbara Kleinhans

Fill a jar

Need a new tradition to begin the new year? One way to reflect on your blessings as the days and months pass is to fill a Blessing Jar. Simply find a container (ideally with a lid) and place it in a prominent place in your home. Next to it, set slips of paper and writing utensils.

Encourage every family member to jot down one thing they're grateful for every day. If you have a large family, you may need one jar for each person. You can also use different-colored



paper slips for each family member.

Every week, sit down together and review the many ways that God is present in your lives.

Passing the test

Samuel Stokes, a missionary who worked with lepers in India in the early 1900s, walked through the Punjab region with only a water bottle and a blanket. He depended wholly on the hospitality of the region's residents.

In one village, Stokes received a particularly hostile reception. Village leaders sat in chairs in a circle, leaving Stokes sitting on the floor the entire evening. When he asked if he might teach them and nurse their sick, they hurled insults at him. Stokes offered no reply.

Finally, the men gave the missionary some stale bread crusts in a dirty bowl. Stokes thanked them and ate. This scene repeated itself for two days. But then on the third day, the top village official laid his turban at Stokes' feet as a sign of respect. "We'd heard that Jesus' disciples were commanded to love their enemies," the man said, "and we decided to put you to the test."

Having seen Jesus' love in action through Stokes, the amazed villagers found him credible. They served him a rich feast and listened eagerly to his teachings.

Where's your Ebenezer?

The words of the well-known hymn "Come, Thou Fount of Every Blessing" were written in 1757 by pastor and hymnist Robert Robinson. While most of the lines resonate with singers and listeners, the reference to "Ebenezer" may prove confusing:

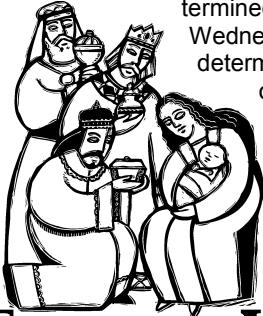
Here I raise my Ebenezer;
Here by thy great help I've come.

In 1 Samuel 7:12, Ebenezer, Hebrew for "stone of help," is what Samuel names a stone memorial he erects to God after Israel wins a battle against the Philistines. (Similarly, the name Eliezer appears several times in scripture, meaning "My God, [my] help.")

If you were to "raise [your] Ebenezer" in memory of a place where God helped you, where might it stand? Maybe it's at the scene of a car accident you survived, or on a college campus where your faith was challenged or molded. Maybe it's a peaceful spot in nature where you sensed the Spirit's presence. Or maybe it's simply in your heart, where a figurative Ebenezer monument can remind you of the Lord's constant care and love.

Epiphany's significance

The church season of Epiphany begins on January 6 each year. The name comes from the Greek word *epiphaneia*, meaning "to appear, to show or to manifest." The ending date of the Epiphany season is determined by Ash Wednesday, which is determined by the date of Easter.



EPIPHANY

Epiphany for Christians is that it symbolizes the first recognition of Christ by Gentiles, or non-Jews.

The season of Epiphany emphasizes the divine nature of Jesus, the light of the world. Symbols for the season include light, a star and the color green, which represents life, growth, hope and eternity.

Traditionally, Epiphany Day marks the arrival of the Magi, or wise men, to worship the infant Jesus.

The significance of

May God make your year a happy one!

Not by shielding you from all sorrows and pain,

But by strengthening you to bear it,
as it comes;
Not by making your path easy,
But by making you sturdy to travel
any path;

Not by taking hardships
from you,
But by taking fear from
your heart;

Not by granting you

unbroken sunshine,
But by keeping your face bright, even
in the shadows;

Not by making your life always pleasant,

But by showing you when people and their causes
need you most, and by making you anxious to be there to
help.

God's love, peace, hope and joy to you for the year ahead.



Prayer for the New Year



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UNITED METHODIST CHURCH

