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Issue 1

From Our Pastor

It's that time of year again. The gyms are about to get really crowded. :) Have you made resolutions? Have you given up? We can start over at any point, but this season is a good reminder of all the possibilities for our lives.

Many years I vow to eat fewer brownies or to stop worrying about things I can't change. Some years I've decided to take more road trips or that I will actually read a book for fun (that's mine for 2013). If you're still searching for a new project for the new year, I think our lectionary passage for this week is one we could all aspire to live.

Colossians 3:12-17

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

The passage sounds lovely, doesn't it? The trouble is, running a marathon without training might be easier than letting the peace of Christ rule our hearts. Like many resolutions, this is a tall order. And like all the resolutions we end up sticking to, it happens little by little.

The writer doesn't give us much of a game plan, but I would like to suggest that we start by taking more time to breathe. Whatever balance our respective lives might need right now, I think this is always a good place to start. Many of us live from "to do list" to "to do list" or shape our lives by putting out the next fire. Even those of us who are in need of more activities often live in an anxious type of quiet. Taking time to care for ourselves, taking time to get to know ourselves so that we know better what would balance our lives, can make us more compassionate people.

This may mean more long walks, more time for silent prayer, more fun books, or more quiet sunrises with a cup of coffee. It might mean an art project, starting a journal, or caring for a new puppy (I'm considering this one for 2014). Whatever you choose in the new year, remember to breathe. Remember to forgive (even forgiving ourselves). And remember that we can start over as many times as it takes.

Rutherford County Laity

The Rutherford County Laity Fellowship will meet January 28 at Fellowship UMC in Murfreesboro. The meeting will begin at 7:00 p.m.

Outreach

During December Kedron contributed from the budget to the Sixty-First Avenue UMC Christmas Missions and to the program in Rutherford County to help foster children. Also we purchased food through the food angel program at Kroger.

Recipe for a Happy New Year

Take 12 whole months. Clean them thoroughly of all bitterness, hate, and jealousy. Make them just as fresh and clean as possible. Now cut each month into 28, 30, or 31 different parts, but don't make up the whole batch at once. Prepare it one day at a time out of these ingredients.

Mix well into each day one part of faith, one part of patience one part of courage, and one part of work. Add to each day one part of hope, faithfulness, generosity, and kindness. Blend with one part prayer, one part meditation, and one good deed. Season the whole with a dash of good spirits, a sprinkle of fun, a pinch of play, and a cupful of good humor.

Pour all of this into a vessel of love. Cook thoroughly over radiant joy, garnish with a smile, and serve with quietness, unselfishness, and cheerfulness. You're bound to have a happy new year.

The Magi should be a great comfort to us. They brought all they had to the Lord, not just their expensive presents, but their very lives.

— Fleming Rutledge, "Who are those Magi?" sermon in The Bible and The New York Times

January Calendar

Saturday, January 5:

7:00 a.m. Men's Breakfast

Sunday, January 6:

Epiphany of the Lord

8:45 a.m. Sunday School

9:15 a.m. Choir Practice

9:30 a.m. Worship Service

10:30 a.m. Choir Practice

Sunday, January 13:

8:45 a.m. Sunday School

9:15 a.m. Choir Practice

9:30 a.m. Worship Service

10:30 a.m. Choir Practice

Wednesday, January 16:

9:30 a.m. Handwork Ministry
Carol Dorn's home

Sunday, January 20:

8:45 a.m. Sunday School

9:15 a.m. Choir Practice

9:30 a.m. Worship Service

10:30 a.m. Choir Practice

1:00 p.m. Administrative
Council meeting

Sunday, January 27:

8:45 a.m. Sunday School

9:15 a.m. Choir Practice

9:30 a.m. Worship Service

10:30 a.m. Choir Practice

10:30 a.m. Feb. newsletter info
due



"'Never having to say you're sorry' is 'Love Story', not faith."

Men's Breakfast

The monthly first Saturday men's breakfast will be January 5. We will eat at 7:00 a.m. Men, come join us.

No Jan. Fellowship Supper

We will not have a January First-Wednesday Fellowship Supper. The next will be Wednesday, Feb. 6.

Choir Practice

We will continue to meet Sunday mornings at 9:15 in the fellowship hall. We will practice for a few minutes after worship services. Additional practices will be announced when scheduled.

Handwork Ministry

The Handwork Ministry meets the third Wednesday of the month to knit and crochet. The January 16 meeting will be at the home of Carol Dorn at 9:30 a.m. Please plan to join us if you knit, crochet or would like to learn.

Administrative Council

Our Administrative Council will meet on Sunday, January 20. The meeting will begin at 1:00 p.m.

Bucket Offerings

In January the offerings placed in the buckets carried by the children at Sunday morning worship will be given to the Smyrna/LaVergne Assistance Coalition.

Thank You

Thanks to all who helped with Christmas for our shut-ins, the children's Christmas party, and the program at worship service, Dec. 23.

Epiphany Sunday at Kedron

On January 6 we will bring baby gifts and/or monetary donations to be given to Miriam's Promise. The Miriam's Promise organization helps with crisis pregnancies and adoptions. The United Methodist Church supports this organization which helps many people.

Food Bank

You may bring donations for the Smyrna/LaVergne Food Bank to the church the first and second Sundays of the month and they will be delivered to the Food Bank. The suggested item for January is jelly. However, any non-perishable foods are accepted. The need is great.

Happy Birthday to:

Catherine Lawrence	January 4
Katelyn Patterson	January 11
Shannon Stacey	January 11
Ardeth Obenauf	January 12
Myron Palmer	January 15
Jude McCollum	January 21
Lynn Lee	January 22
Shana Stacey	January 24

Happy Anniversary to:

Ron & Ardeth Obenauf January 29

Who Said This?

"You shall love the Lord your God, therefore, and keep his charge, his decrees, his ordinances, and his commandments always."

-NRSV (hint, Deuteronomy)

Luke 1:78-79 spoken by Zechariah was the quote in the December newsletter.

Word Puzzle

Read Matthew 2:13 and unscramble the following word puzzle.

After Jesus was born, an angel came to Joseph in a dream and said,

" _____ / _____ "

T G E P U A E K T H E T

I D C L H N A D H S I

H M E O R T D N A L E E F O T

_____ "Based on Matthew 2:13.

Y T E P G

Answer: Get up, take the child and his mother and flee to Egypt.

Help Them Find Their Way

Help Mary and Joseph find their way to Egypt.

