

The Proclaimer

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Merry Christmas!

I have a confession to make to you: Over the last month I have slacked on running and staying in shape. I can tell you all the excuses as to why I haven't run; life is busy, I have a toddler, it's getting cold outside, etc... But the reality of all of these is the fact that I just haven't cared enough to make it a priority. So, this last week I decided to start running regularly again, and do you know what happened? IT FELT TERRIBLE!

Whatever stamina and conditioning I had before, most of it was gone. Running three miles felt as hard as running 13 miles. Deep down I knew that it was going to feel this way. I remember when I first started running, and I hated every single minute of it because it was painful. My body was not used to working that hard in that way for that long. But once I ran regularly for a few weeks my body adapted and it actually felt good to run.

Over the last month my "running muscles and lungs" have atrophied. If you are unfamiliar with this term it means, *a gradual decline in effectiveness or vigor due to underuse or neglect*. I had underused and neglected my body. We can see this happen in many different areas of our lives can't we? If we don't ever change the oil in our vehicles we can see that our car becomes ineffective because of neglect. If we don't challenge our brains to think critically or memorize something regularly we can notice a decline in our "brain power". Many things in life require constant or routine upkeep to make sure they continue to work and be effective.

I think we can have spiritual atrophy as well. If we are not regularly focusing on our spiritual growth and the care of our soul I believe that it will atrophy. Our spiritual life will not be full of vigor and life, but it will slowly dwindle away until we forget that we even had a relationship with Jesus. It doesn't happen quickly, but through small choices over time that ultimately add up to the shrinking of our souls.

How has your "soul training" been going? Have you been exercising your spiritual muscles lately, or have you been neglecting that area of your life? The great thing about atrophy is that it can be reversed. All we have to do is start and then stick with it. So, if you haven't been reading your Bible, having devotions, attending Church, praying, feeding the fire of your soul all you have to do is start. It's that easy.

But, it's not going to feel easy when you start. It might be uncomfortable. You might feel discomfort and you might even get discouraged. My encouragement to you would be to not give up. In Joshua 1:9 God says, *"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."* Don't be dismayed when it feels difficult. The results and spiritual growth that will happen in your life will be far worth the initial pain.

Pastor Jadon

Musings from the Minister of Children's Programming

I have had the privilege of serving since July of this year and have been considering what to call my monthly article. There are so many things that have long titles here at METOLIUS FRIENDS COMMUNITY CHURCH. As you can see the very name of our church is rather long. So I float this idea to see what you think. "Monthly Musings of Minister of Children's Programming Metolius Friends Community Church."

Now for some serious thought: The verse that comes to mind for me this time of year is from 2 Corinthians 5:17, "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold all things are become new."

At the end of this month a new year begins and its always a good time to see what it will bring. We know a new President will take office, new programs, and new cabinet. I know there will be a new I Phone, our computers will become old and need updating and if you bought a new car it will become old.

We look to the New Year with hopes for better version of us and with Christ there is the Promise of a new version of us, an update of who we can be in Christ. Becoming like Christ is an ongoing journey and with the New Year it is good to look and have Jesus make us a new creature, to have Him replace the old and become new. Old habits, Old grudges, Old hurts, Old ... you fill in the blanks. Better still do like it says in Psalms 139:23, 24 and let God search you and direct you in what it will mean to become a new creature in Christ.

Search me, O God, and know my heart:
try me, and know my thoughts:
And see if there be any wicked way in me,
and lead me in the way everlasting.

Sometime this month do take time to stop and allow God to make you a new creation in Him and look forward to what the New Year will bring. In this tech driven world will you allow our Lord and Savior, Jesus Christ to update your software, check it for viruses and eliminate those unwanted cookies that slow you down?

MERRY CHRISTMAS TO ALL!

Dayton Durley



Christmas Sock Exchange Party!

December 7, from 6pm - 8pm

Where: The home of Terry Macy

Who: All Ladies! Daughters are welcome as well!

How It Works: Bring a new pair of socks stuffed with goodies and wrapped. Bring your favorite Christmas food/treat to share also!

Questions: Contact Audrey Ross or Augusta Davis



Caroling Party

December 18th, at 6:00pm, we will have our annual Caroling Party! Come dressed warm and bring your favorite Christmas treats to share after the caroling with hot chocolate.



Christmas Eve Candlelight Service

6:00pm.

Invite your friends and family!



"Nothing Ever Happens Here!"

Please join us for a special Christmas Program

Sunday, December 25 at 10:45am

- 1st - Evan Powell
- Loretta Swanson
- 2nd - James Macy
- 4th - Fawn Farrester
- 6th - Suzanne Harding
- 7th - Elaine Henderson
- Norma Bergstrom
- 10th - Juanita Hawkins
- Gamin Snyder
- 12th - Gordon Wood
- 13th - Larena Hawkins
- 14th - Cindy Struck
- 16th - Gene Smith
- 17th - Tegan Macy
- 18th - Ray Fretheim
- 20th - Richard Macy
- Jon Powell
- 22nd - Lori Moore
- 25th - Ruth Landreth
- 27th - Brittany Phillips
- 31st - Carol Anderson
- Betty Fretheim



- 11th - Bob & Judy Bozarth
- 27th - Harvey & Janet Rose
- 29th - Malcolm & Katy Meredith



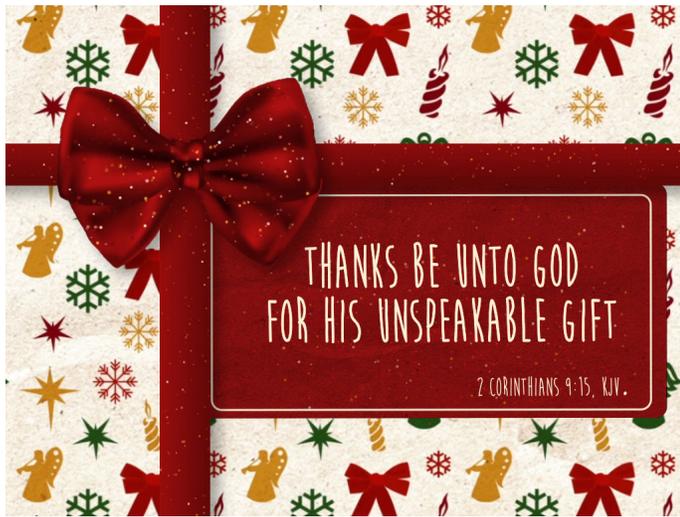
December 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Immanuel, God With Us</i></p>				1 9:00 am Coffee Fellowship @ the church 6:00 pm Community Kitchen	2 5:00 pm AA Meeting @ the church	3 4:30 pm Elder/Staff Christmas Party
4 9:45 am Sunday School 10:45 am Worship 12:30 pm Program Practice 5:00 pm YG at Macy's	5 8:00 am Breakfast Fellowship @ Beetle Bailey	6 9:00 am Mom's Group @ the church 6:30 pm Bible Study @ Drahn's	7 5:45 pm Elder Ministry Team Meeting 6:00 pm Ladies Christmas Sock Exchange Party 	8 9:00 am Coffee Fellowship @ the church 6:00 pm Community Kitchen	9 5:00 pm AA Meeting @ the church	10
11 9:45 am Sunday School 10:45 am Worship 12:30 pm Program Practice 6:00 pm Youth Group	12 8:00 am Breakfast Fellowship @ Beetle Bailey	13 9:00 am Mom's Group @ the church 6:30 pm Bible Study @ Drahn's	14	15 9:00 am Coffee Fellowship @ the church 6:00 pm Community Kitchen 7:00 pm Christian Ed Ministry Meeting	16 5:00 pm AA Meeting @ the church	17
18 9:45 am Sunday School 10:45 am Worship 12:30 pm Program Practice 6:00 pm Christmas Caroling With Hot Chocolate and Dessert	19 8:00 am Breakfast Fellowship @ Beetle Bailey	20 9:00 am Mom's Group @ the church 6:30 pm Bible Study @ Drahn's	21 7:00 pm Stewardship Ministry Meeting	22 9:00 am Coffee Fellowship @ the Church 6:00 pm Community Kitchen 	23 5:00 pm AA Meeting @ the church	24 6:00 pm Candlelight Service
25 No Sunday School 10:45 am Christmas Program No Youth Group 	26 8:00 am Breakfast Fellowship @ Beetle Bailey	27 9:00 am Mom's Group @ the church 6:30 pm Bible Study @ Drahn's	28	29 9:00 am Coffee Fellowship @ the church 6:00 pm Community Kitchen	30 5:00 pm AA Meeting @ the church	31

Ross Family Vacation In Wyoming

Come Worship with Friends



Sunday

9:45 am Sunday School

10:45 am Morning Worship

6:00 pm Youth Group

Metolius Friends Community Church
575 Hood Ave.
Metolius, OR 97741