

Central United Methodist Church
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Non-Profit Organization
US Postage Paid
Radford, VA
Permit Number #17

Return Service Requested



January 3, 2017

Mark your Calendar

January 5

1:30p Grief Group
6:30p Experiencing God Study

January 6

7:00p Knitted Together

January 7

9:30a Un-Decorating the Church
2:00p Gilbert Baby Shower

January 8

4:15p F5
5:30p Fellowship Dinner
6:00p U-Nite

January 9

7:00p Evangelism Team Meeting

January 10

6:30p Disciple I Bible Study

January 11

6:30p Pastor Bible Study
7:00p Café Logos
7:30p Chancel Choir

January 12

6:30p Experiencing God Study

January 13

Newsletter Articles Due
12:00p Kitchen Angels
7:00p Knitted Together

January 15

6:00p Youth Group - Junior High
6:30p Youth Group - Senior High

January 16

6:30p UMM

January 18

7:00p Café Logos
7:30p Chancel Choir

January 19

12:00p WEOs
1:30p Grief Group
6:30p Experiencing God Study

January 20

6:00p Care Shepherds Dinner

Central News

Central United Methodist Church

From My Perspective

It's that time of year when I have to act quickly. Any delay on my part, and I will end up disappointed. Experience has taught me not to be hesitant where this is concerned. So I make certain that I buy several bags while I can.

Several bags of what? M&Ms. But not just any kind of M&Ms. It's one variety that is only available in December, and then goes away after the New Year. These special M&Ms are made with dark chocolate and have mint flavoring added. In case you're wondering how a diabetic justifies eating candy, read on.


I discovered a few years back that dark chocolate is loaded with antioxidants and has several health benefits. But that's not why I buy them. I buy them because they're delicious. Believe it or not, I have discovered that if I keep these M&Ms at the ready, I'm less likely to go on a sugar binge.

I store the M&Ms in the freezer. When I get a sweet craving, I get 3 or 4 M&Ms out of the bag. The fact that they're frozen forces me to chew them slowly. The mint and chocolate flavors linger on my tongue for a long time. My sweet tooth is satisfied. I end up satisfying my craving without eating a pound of sugar.

I know my body, and I know I eat less when my taste buds get the satisfaction they're craving.

We humans tend to do whatever we think we must to satisfy our cravings. In our spiritual lives, we are often guilty of seeking satisfaction in places and practices that won't really satisfy. When we find ourselves craving a deeper relationship with God, everybody has a formula. More this, less that. But what truly satisfies is what we teach and model. Prayer, service, and internalizing the Word of God. That's where satisfaction is found.

See you Sunday. I might be eating M&Ms. What we do here matters.



*"Strange are the gifts that the Wise Men bring
To so small a Child, to so strange a King.
Sovereign gold, but his brow was torn
When they hailed him King,
with a crown of thorn;
Frankincense, that they might provide
Perpetual praise to a God who died;
But none so strange as the myrrh they gave
To anoint the clothes of a three-day grave."*

*- Excerpt from "Visit of the Wise Men"
by Timothy Dudley-Smith*

EPIPHANY

Upcoming Events

Upcoming Meetings

If you serve on the following teams, please make note of the scheduled meetings:

- *Evangelism Team*, Monday, January 9th at 7:00p
- *Mission Team*, Tuesday, January 24th at 7:00p
- *Council on Ministries*, Sunday, January 29th at 4:00p
- *Administrative Board*, Sunday, January 29th at 7:00p

Un-Decking the Halls

Join us on Saturday, January 7th at 9:30 a.m. to help take down and put away our Christmas decorations as we leave the Christmas season and enter into Epiphany. Everyone can help, the more the merrier! Questions can be directed to Laura Angell, Gayle Miller, or the Church Office.

Gilbert Baby Shower

Come celebrate the upcoming birth of Dale and Angela Gilbert's first grandchild at a baby shower on Saturday, January 7th, at 2:00 PM in the Fellowship Hall. "Baby Girl" Gilbert is due the end of February. The excited parents (Austin and Sayde Gilbert) are registered with Target and on Amazon.

UMM

United Methodist Men will meet on Monday, January 16th at 6:30p for a potluck dinner. Bill Lacy will be our speaker. All men of the church are invited.

WEOs

WEOs will meet on Thursday, January 19th at 12:00p for a potluck lunch. Be thinking about your favorite memory of Christmas.

Care Shepherds Dinner

Care Shepherds are invited to their annual dinner on Friday, January 20th at 6:00p. Please RSVP to Gayle or Kathy by Monday, January 16th.

Children & Youth

F5/U-Nite

Our first 2017 F5 & U-Nite is this Sunday, January 8th! Drop off your K-5th grade child in the Fellowship Hall at 4:15p for F5. A fellowship dinner for everyone begins at 5:30pm, followed by our youth led U-Nite service at 6p. Brooke Quesenberry will be our speaker. Join us!

Wonderful Wednesdays

Thanks to all who helped make this a great semester of Wonderful Wednesdays! We will resume next semester starting February 1. More volunteers are always needed! Also, we are in need of Capri Suns for next semester. If you can donate a box, please drop them by the Church Office, or in the kitchen.

OPERATING BUDGET

	12/25/16	1/1/17
Needed YTD	\$505,580	TBD
Received YTD	\$496,476	\$11,706
Building Fund	\$27,909	\$830
Designated Gifts	\$1,853	\$484
Received Sunday	\$14,650	\$11,706

ATTENDANCE

	12/25/16	1/1/17
Morning Worship	-	93
Sunday School	-	102
Traditional Worship	160	100
Total Worship	160	193

VOLUNTEER SCHEDULE

Nursery, Sunday January 8
Darrell & Janie Fisher
Lisa & Jess Ninnis, Karen Radford

Nursery, Sunday January 15
Rob & Kendal Colley
Mary Simms, Jackie Hester, Jess Ninnis

Meet and Greet, Sunday January 8
Pathfinders

Meet and Greet, Sunday January 15
Choir

PRAYER REQUESTS

April Salvant	Johnny Crews
Pat Yanhko	van Kamp
Kathleen Ratcliffe	Graham & Jennie
Doyle Lyons	Simmerman
Nick Pappas	Family of
Peggy	Judy Trail
T.G. Gearheart	Carper Server

PRAY FOR OUR MILITARY

Ryan Haynes – California
Kerry Keys – South Korea
Jeffrey Kincaid – Hawaii
Elizabeth Venegas – North Carolina

Giving Thanks

I would like to thank those who made phone calls, sent cards, brought food, and most of all for your prayers when I was sick. It was greatly appreciated. - Tommy Meredith

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Dear Church Family, we wanted to take an opportunity to thank you for your love and support, first during Crystal's recent surgery, and then during the death of her grandmother. Having no family here in Radford, we are constantly amazed at the way the people of Central have stood in the gap and treated us with such kindness and generosity. This recent event in our lives was no different. Folks from this church took our kids to school, brought meals, sent cards, and lifted prayers. It is a grace we don't deserve and one for which we are deeply grateful. Thank you for being Christ unto us. Love, The Nettletons

Notable Notes

El Salvador Applications

It is time to apply for our 2017 trip to El Salvador! This will be the 5th year CUMC has gone - we've been able to watch children grow, see the completion of the mission house, and watch several churches being built and come to life. Everyone is welcome to come as we can use all talents. The trip is the first full week of July (exact dates TBD based on airfare prices). We will be doing construction work, bible school for children, and running a medical clinic. Applications can be found in the Church Office or the back of the sanctuary. Questions can be directed to Mandy Preedom or Pastor Don. Applications are due by the end of January.

Furniture Need

We have become aware of a family in need of bedroom furniture, such as bed frames and mattresses, dressers, night stands, etc. If you have anything you are able to donate, please contact the Church Office.

Choirs in January

As a reminder, there will be NO hand-bell, children or youth choir rehearsals for the month of January. Chancel Choir will continue to meet on Wednesdays as regularly scheduled.

Sunday School Teacher Needed

We are currently seeking a teacher for the 4th & 5th grade Sunday School class. If you feel led to help in this capacity, please see Lyman Jones or Debra Taylor. Thank you for prayerfully considering this great opportunity to nurture our children!