



### A Note From Our Pastor

Happy 2016! I hope you had a blessed Advent/Christmas/Epiphany season.

As we begin a new year, most of our culture is talking about their New Year's resolutions. I have never been a fan of New Year's resolutions and I call them "restitutions" because the "resolutions" most people make are looking backward.

People's commitments for the new year include, for example, "losing weight" which is a result of poor eating habits over time and poor choices during the last 8 weeks or so -- Halloween candy, pumpkin pie, through all of the Christmas goodies. Folks may be resolute about what they will do in the new year, but they are still making restitution for the choices made in the past.

When I set goals for the new year, I try to make sure they are more about helping move forward -- establishing new and better habits -- rather than looking backward. In 2004, I recognized that I needed to lose weight and get in better shape. Instead of making a New Year's resolution to change that, I set a goal to run my first half marathon. For me, it was about moving forward in my choices, not looking back and continuing to beat myself up for those choices. People fail to keep their "resolutions" because they still feel guilty or heap others' expectations upon themselves. Establishing new habits and making better choices is about looking into the future to accomplish something and putting a plan in motion to accomplish that goal.

Goals and goal setting is about being S.M.A.R.T. (Specific, Measurable, Achievable, Results-focused, and Time-bound). The goals we choose should be specific so we know what we are trying to accomplish. Having goals that are measurable will let us know if we made it by having a number or a yes/no to do we do it is key to success. Making sure you are challenging yourself but also realistic in setting an achievable goal is important. You may want to go to Mars by the end of 2016, but if you don't have the physical capabilities or the financial means to buy your way on to the rocket, you might want to set a goal that can happen on earth.

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### December Budget Corner

|  |             |
|--|-------------|
| General Budget needed per month        | \$22,522.67 |
| General Budget received in November    | \$25,056.00 |
| Building Accounts received in November | \$ 40.00    |

In setting a goal to accomplish something, it's important to know that being focused on getting there will change your behaviors. The sub-text to my 2004 goal was to lose weight and exercise more. But, it was the drive to actually toe the start line of the Country Music Half-Marathon. The work I put into getting to the start prepared me to see the finish. Planning to get to the end was how the other things fell into place. To keep me on task, there was a date set for the race. Without that date, I would have been able to put off working toward that goal and the same behaviors. The time limit pushed me to make it happen.

There is a saying in running circles that finishing the race (marathon, half-marathon, 5K or whatever) is not the major accomplishment. Many say, "The miracle is not that I finished the race. The miracle is that I have the courage to start."

The same applies to our personal lives and our life as a congregation. When we are willing to come together and set S.M.A.R.T. goals for ourselves and First Christian, the change will not be in what we do or accomplish. The change will be in how we act differently.

In this season after Epiphany (January 7 until Ash Wednesday), the church takes a look at the early events and aspects of Jesus' ministry. In my sermons, I am developing a series of sermons around Jesus' early ministry and how First Christian might seek to project elements of our identity into the future. In claiming elements of Jesus early ministry, we might begin to establish new ministry priorities that move the congregation forward.

During this season, I invite conversation around the identity and ministry priorities of First Christian with you and among groups within the congregation. Your Elders will be intentionally engaging this task in their meetings. The Wednesday evening Bible study will start with exploring who we are as members of the Christian Church (Disciples of Christ). On January 6, I will facilitate a 4-week conversation on "We Call Ourselves Disciples: What Does That Mean?" at 6:00 p.m. in the Fellowship Hall.

I hope to see you there as I encourage you to engage in conversations with your family and friends and the leadership groups of First Christian Church about who we are and how we might engage in ministry moving forward. May we, together, move the ministry of the congregation forward as God is leading us.

I'll see you Sunday.

Kyle



One of the gifts God has given each of us as staff members is being able to serve at First Christian Church. We appreciate your prayers, kindness, support and the opportunity to serve with you.

THANK YOU FROM EACH OF US FOR YOUR CHRISTMAS GIFT !

Serving God together,  
Kyle, Brandon, Anne, and Barbara



## NURSERY VOLUNTEERS

Nursery is provided during the Worship service for our infants through four year olds. Barbara Thompson is our wonderful and dedicated Nursery staff person, who is in her 39th year at First Christian Church!

|            |                   |
|------------|-------------------|
| January 3  | Hilda Smith       |
| January 10 | Mattie Ray Wisner |
| January 17 | Cathey Haithcote  |
| January 24 | Evelyn Coffey     |
| January 31 | Buie Williams     |

## CHILDREN'S WORSHIP TIME

Worship and Wonder: Children ages 3 years old through fifth grade are welcome to join Donnye and Bonnye Fields following the praise hymn the 1st & 3rd Sunday of each month for their own special time of worship in the Worship and Wonder room and sometimes in Class Rooms 2 & 3.

|            |                    |
|------------|--------------------|
| January 3  | Worship and Wonder |
| January 17 | Worship and Wonder |

## SUNDAY SCHOOL

We will continue to have Sunday school for adults, children & youth from ages 4 through 12th grade.

## BIBLE STUDY

Rev. Kyle will be facilitating the Wednesday evening Bible study starting with exploring who we are as members of the Christian Church (Disciples of Christ). On January 6, he will facilitate a 4-week conversation on "We Call Ourselves Disciples: What Does That Mean?" at 6:00 p.m. in the Fellowship Hall.

## Disciples Women (CWF)

The Women's Group will meet January 12 beginning with Helping Hands at 9:30 am followed by CWF at 11:00 am. Please bring a sack lunch. There will not be a program. We will be discussing how to allocate the proceeds from the Bake Sale to our local outreach organizations.

## Elders Meet

The Elders will meet Sunday, January 17, at 8:00 am

## Board Meet

The Board will meet Sunday, January 17, at 5:30 pm

## Circles Meet

Circle I - Tuesday, January 19, at 1:00 pm in the Parlor

Circle III - Tuesday, January 19, at 6:00 pm in the Gathering Area.

## Men's Group

The Men's Group will meet January 10, at 7:30 am for breakfast. Guest speaker TBA

*Thank You*

Circle III would like to extend a sincere Thank You to Wilma Beam for hosting our Christmas potluck dinner at her home for all of us and our guests. As wonderful time was enjoyed by all!

## GOOD SAMARITAN

Thank you to everyone for your generosity in 2015 in donating needed foods to Good Samaritan. We should all be proud of ourselves for amount of food and cash we donated! The food need for January is hot and cold cereals.

## Prayer Concerns of the Church

### **In Nursing Homes, Hospitals or Assisted Living**

*Carriage House Inn*

Rose Marie Clark

Melba Henry

Mary Lynn Prince

*Glenn Oaks*

Albert Smithson

*Brookdale Senior Living*

Cornelia Riddle

*Life Care—Tullahoma*

Lisa Adams

### **At Home**

Linda Carden

Sandy Craig

Terry Craig

Brenda Hancock

Buddy Haynes

Virginia Ann Haynes

Bucker Huffman

Miles McCullough

Curtis Morton

Annette Palmer

Leighton Reed

JoAnn Smith

Ted York



# January 2015

| SUN   | MON | TUE   | WED  | THU               | FRI | SAT |
|---|-----|---|--|-------------------|-----|-----|
|   |     |   |  |                   | 1   | 2   |
| 3   | 4   | 5   | 6<br>6 pm Bible Study<br>with Rev. Kyle<br>7 pm Choir  | 7<br>9:30 am CBS  | 8   | 9   |
| 10<br>7:30 am Men's<br>Breakfast                    | 11  | 12<br>9:30 am Helping<br>Hands<br>11 am CWF | 13<br>6 pm Bible Study<br>with Rev. Kyle<br>7 pm Choir | 14<br>9:30 am CBS | 15  | 16  |
| 17<br>8 am Elders<br>Meet<br>5:30 pm Board<br>Meets | 18  | 19<br>2 pm Circle I<br>6 pm Circle III      | 20<br>6 pm Bible Study<br>with Rev. Kyle<br>7 pm Choir | 21<br>9:30 am CBS | 22  | 23  |
| 24  | 25  | 26  | 27<br>6 pm Bible Study<br>with Rev. Kyle<br>7 pm Choir | 28<br>9:30 am CBS | 29  | 30  |
| 31  |     |   |  |                   |     |     |



## January Birthdays

- 3 Harriet Melson  
Larry Morton
- 11 Kay Young
- 12 Bob Bellar
- 15 Isaac Caperton
- 17 JoAnn Smith
- 20 Morris Haynes
- 25 Ann Marie Morton
- 28 Bobby Newell
- 29 Shana Pitts

## January Elders

- Lynn Riddle
- Wayne Schumann

## January Deacons

- Jennifer Carden
- Eric Richardson
- Hilda Smith