



# December 2016 Newsletter

Volume 39, Number 12

**Thyatira Presbyterian Church  
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## **PASTOR'S PAGE**

Thyatira's Vision Discernment Guidance Team, made up of Carly Moore, Jada Ware Guy, Bill Hall, Greg Hager, Karen Townsend, and myself, has been meeting this fall to begin the process of understanding the need and value of discerning God's vision for the future of Thyatira.

We have also begun preparing for how to share what we have learned with the entire congregation as well as develop a process to include all who want to participate.

As Jada shared in worship on Sunday, November 13, the Session has voted to approve the first step: to adopt a revised Mission Statement. This statement will serve as the foundation for vision discernment, since an organization's vision must always be utterly consistent with its mission (its self-understood identity). As the Session learned at this year's retreat, a short, easy to understand mission statement is an important tool for ministry because it puts into a local context a particular church's identity as part of the Body of Jesus Christ.

While taking into consideration both the previous Mission Statement based on the Scriptural passage of Micah 6:8, and the Session's work on distilling that fairly long statement into a shorter form, the Team recommended the following Mission Statement which is based on the description of the Biblical church of Thyatira found in Revelation 2:

Thyatira Presbyterian Church  
A Living Legacy of Love, Faith, Service, and Patient Endurance

The Team was enthusiastic about offering this alternative because of the way it links the Biblical past to the Millbridge present, incorporates the 260+ years of Thyatira's history in this community, and suggests a future in continuity with the efforts of those who have gone before us. In addition, the Team feels these four characteristics very accurately describe the people of the current Thyatira, and are a simple, easy way of presenting who we are to those who do not yet know us.

During the next month or two, the Team will help the congregation to learn, memorize, and appropriate the Mission Statement before turning to the Vision Discernment process.

As a starting point for the Vision Discernment process, the Team plans to use the phrase in Revelation 2:19 that follows the four characteristics: "I know your last works will be greater than your first," to remind us that God has a bright future in mind for us. It simply remains to learn the shape of God's dream which is the art and act of discernment.

Please be in prayer for the Team and the whole church as we listen for the revelation of God's dream for Thyatira.

Peace, Stacey



**AROUND THE CHURCH**  
**ACTIVITIES, EVENTS, AND HAPPENINGS**

**SPECIAL SERVICES IN DECEMBER**

**December 4**  
**Communion & Joy Gift Program**  
**11:00am**

**December 11**  
**Big Music Sunday**  
**11:00am**

**December 24**  
**Christmas Eve**  
**5:30pm**

**December 25**  
**Christmas Day**  
**11am Worship (no SS)**

**Girl Scout Troop 697** has started a new community project - the Little Free Library. Its temporary location is the front porch of the church. "Take a book and leave a book."

**GENEROSITY UPDATE:** For the first three weeks of November, we are 76.6% of our goal for the month. Let's keep up the good work.

The first meeting of the newly formed **BOOK CLUB** will be the fourth Thursday in January. We will be discussing guidelines and picking books. Please contact Melissa Waller for more information: 704-314-6166, or [Melissa.waller@live.com](mailto:Melissa.waller@live.com).

**SUNDAY SCHOOL TEACHERS & SHEPHERDS NEEDED!**

We are blessed with so many young ones in Rotation Sunday School that we need additional Teachers, as well as Shepherds to assist them. We need YOU! As a teacher, you would be responsible for teaching only once or twice a month. You will receive complete lesson plans and can count on the support of the rest of the Sunday School team. Shepherds provide support for the Teachers and can assist as often as they like. Either way, helping brings many rewards for less time than you would imagine. Please contact [Leigh Anne Wetmore](mailto:LeighAnne@wetmore.com) at 704-278-3180 if you would like to be either a Teacher or a Shepherd or would like more information.

**PLEASE HELP US CARE FOR THE BLESSINGS WE HAVE RECEIVED!**

The Women of the Church recently shared a very generous gift with whole church: a brand new set of tables for Fellowship Hall. Please make every effort to keep these tables in good condition by keeping them covered when used, especially during children's art projects and other messy activities. Thanks so much for your cooperation!

**The Raymer Family to Tanzania**

Our gratitude and appreciation for all of your prayers, words of encouragement, and financial partnership as we begin the process of preparing for our journey to Tanzania.

How else can you participate in support:

- Talk about us...Share our story with your family, friends, and coworkers. Share our names and phone number 704-956-1032; we don't mind.
- Send us an email at [jkaymer@aimint.org](mailto:jkaymer@aimint.org) message NEWSLETTER to be added to our quarterly email newsletter;
- Friend us on Facebook: JustinandKristen Raymer to see our monthly blog posts and have messaging abilities with us via Facebook or find our blog at [jkaymer@aimint.org](mailto:jkaymer@aimint.org);
- Talk to us...how do you see yourself joining us in partnership to the unreached?

**DECEMBER...**

**Liturgists**

- 4 — Flora Calderón-Steck
- 11 — Leigh Anne Wetmore
- 18 — Bill Hall
- 25 — Janet Lambert



**Nursery Schedule**

- 4—Jessica Swanson, Robin Luther
- Courtney Bell, Janet Lambert
- 11—Carly Moore, Leigh Anne Wetmore
- Linda Rogers, Selena Bell
- 18—Corrie and Cindy Connolly
- Beth Bates, Lydia Richmond
- 25—Volunteers based on attendance

**Ushers**

- Jay Bates
- Ted Fuller
- Charlie King
- Melissa Kluttz
- Ben Watts

**THYATIRA PRAYER CONCERNS**

<u>Brightmoor Nursing Center:</u>	Frank Fuller
<u>Lutheran Home:</u>	Mullie Varner
	Rebecca Morrison
<u>C/O George Calhoun:</u>	Mary Alice Calhoun
<u>White Oak Manor, Charlotte:</u>	Ruby Erwin
<u>At Home:</u>	JoAnn Kerr
	Ted Deal
	Carol King

- The family of Teresa Hall who passed away on November 13, 2006
- Linda Gaylor's mother, Barbara Phillips
- Dana Milam's friend, Stacia Henry in Jamaica - she and her husband are without jobs and are in need
- Nell Fuller's niece, Mary Jo Wood, is undergoing cancer treatments
- Judy Leazer (co-worker of Sharon Deal) is taking Leukemia treatments
- Mark Quinn (the husband of Sharon Deal's best friend) has been diagnosed with Rectal/Colon Cancer in Florida
- Drema Clemens' mother, Bertha Warden
- Millicent Hoffner's brother, Joe Kerr
- Mike Hawkins who has RA
- Former member, Pat Hall
- Debbie Belk, a friend of Joyce Caldwell
- Jimmy's mother and father, Ernestine & Bill Hoffner
- Matt, Desha Carson and family, friend of Corrie Connolly, Asia missionaries
- Paul Rogers' daughter and family are missionaries in Pakistan

**DECEMBER BIRTHDAYS**

- 2 Richard Luther
- 3 David Kern
- 4 Rachel Moss
- 6 Ronald Goodnight
- 6 Tommy Ingram
- 6 Matt Moore
- 9 Connor Edwards
- 14 Jerri Seaboch
- 15 Ted Deal
- 15 Emery Franz
- 17 Georgia McCorkle
- 18 John Cress, Jr.
- 19 Paul Rogers
- 19 Tom Turner
- 20 Mandy Bates
- 22 Cari McCachren Shah
- 22 Robert Wilkie
- 24 Steve Daniel
- 24 Carol Graham
- 26 Christi Reber
- 29 Drema Clemens
- 31 Sandra Swanson
- 31 Bill Hall, Jr.

**PRESCHOOL NEWS....**

During the past month the two year old class talked about letter C with circles and clowns using all shapes and colors to make their clowns. For letter D, it was dinosaurs. They made several different dinosaurs, also using colors and shapes. Our nursery rhyme for this month was Humpty Dumpty. We continue to work on shapes and colors, saying our ABCs and 123s. We enjoyed our Thanksgiving feast on Tuesday, the 22nd. Wishing everyone a blessed Thanksgiving.

Each day the 3 year olds sang Thanksgiving songs and talked about what they are thankful for. The children continue working on the alphabet, making a craft for each letter—feathers on turkey for F, gingerbread man for G, horn of plenty for H and Indian corn for I. They made a Blessing Mix to share with their families and decorated a turkey cookie. We also celebrated Abby's birthday with cupcakes. This was a fun and busy month.

God gave us a beautiful November and our class enjoyed playing outside and watching the leaves put on their fall displays. We studied the letters Hh, Ii, Jj and Kk and our themes were Harvest Time and everything Thanksgiving. During our week on Harvest Time we made Scarecrows and Indian corn crafts. From there we learned about the Pilgrims and the Native Americans who helped them survive in their new land. We crafted turkeys and made Indian and Pilgrim hats. We celebrated Thanksgiving as a class on Tuesday, November 22, and invited our parents to come hear our favorite Fall and Thanksgiving songs. Thanks be to God for His many blessings!



## Challenges of the Season

This is the time of year when there are many celebrations which often include bounteous amounts of food, desserts and drinks. Although no one is going to totally keep to the most healthy eating habits during the Thanksgiving and Christmas seasons, everyone can make an effort to control the number of sweets and other unhealthy foods which are so popular.

### Food Glorious Food

Choose foods that give you the nutrients your body needs, such as vegetables, fruits, lean meats and whole grains.

Try eating a healthy meal before you go out to holiday celebrations so that you aren't as hungry.

Try healthier versions of your favorite foods. (This applies to those who are serving and those who are guests).

Eat smaller portions and do not skip meals.

When there is lots of food to choose from, be picky. If you don't love it, don't eat it. Eat slowly and be mindful, savor every mouthful.

### A Spoonful of Sugar

There are specific results which occur when we eat too many extra sweet treats and drinks.

There is increase calorie intake which leads to weight gain. Empty calories do not satisfy and often lead to increased hunger and overeating

Spikes and dips in blood sugar lead to increased fatigue.

All of this can lead to a decreased immune system

Excessive sweets also lead to dental health risks

Negative effects on the liver, blood pressure and blood sugar levels can put us on the path to chronic disease.

### Until all Are Fed

While this is a time of abundance for many of us, there are those who are in need. Many struggle with food insecurity and may not know where or when they will get their next meal. Donations to a soup kitchen or pantry often increase at this time of year. It is important to consider the quality and nutritional value of donations. Many of those who are struggling have health issues as well and need healthy foods low in sodium, sugar and fat.

According to one study, health conditions of food pantry customers include:

Diabetes	21%
High Blood Pressure	46%
High Cholesterol	45%
BMI in Obesity Range	52%

### Give of Your Best

The following items are suggestions for food donations that are healthier choices especially for those with diabetes or heart disease.

- Brown rice
- Whole grain pasta, oats and cereal
- Dried beans or lentils
- No-salt added green beans, tomatoes, and corn
- Canned peaches and pineapple in 100% juice
- Canned chicken or tuna in water
- Peanut butter (natural, no trans-fat)
- Olive oil
- Salt-free seasonings and spices

Consider some of these donations which make the season healthier for everyone.

### Peace Like A River

This season which is filled with joy and thankfulness for most is also a time of stress and even loss for some. It is important to take care of ourselves and others at this time.

Plan ahead-try to set realistic goals for what you will accomplish.

Set a budget and stick to it. Generosity which later becomes regret does not make for lasting happiness for anyone.

Nurture yourself. Ask for help when you need it.

Quiet your mind through activities such as meditation, a massage, sitting quietly, prayer and reading scripture.

Say "NO" to invitations when your schedule is too full.

Get adequate sleep.

Stay in the present and live each moment.

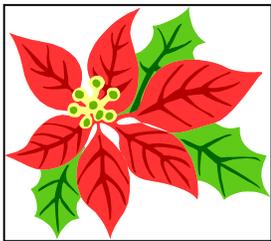
Seek Joy. Thanksgiving and Christmas are wonderful seasons to be uplifted and try to dwell on those blessing we are receiving rather than on the losses and difficulties we have faced.

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## DECEMBER 2016



Thyatira Youth Group is holding their annual Poinsettia Sale. The cost of each plant is \$12. The poinsettia(s) may be placed in memory of, or in honor of a special loved one. Please place this form in the offering plate, or mail to the church. Deadline is Monday, December 12<sup>th</sup>.

Please make checks payable to: **Thyatira Church.**

IN MEMORY OF

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IN HONOR OF

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TOTAL NUMBER OF PLANTS \_\_\_\_\_

TOTAL AMOUNT \$ \_\_\_\_\_