



December 2022 - Newsletter

Coldwater United Methodist Church

Pastor's Ponderings by Pastor Scott Marsh

The parsonage for the church has a wood stove in the front room, with the colder days I have started to use it. A pleasure I remember from my childhood is starting a fire from the coals left smoldering from the previous night's fire. Keeping the ember alive, carefully moving kindling around it, fanning the flame alive; it's so satisfying to reinvigorate a flame that burned so bright before. I compare the feeling to restoring a piece of old furniture, or seeing sprouts shoot forth from a spring field. What was once thought trivial, lifeless, or insufficient is now meaningful, strong and abundant. God moves this way in the season of Advent. In Advent we consider the darkening days, the longer nights, and find hope in the little things that will give great light.

"The light shines in the darkness, and the darkness did not overcome it." - John 1:5

John's 1st chapter is well known for "the word became flesh" but a close 2nd is verse 5. Light in a 1st century home was a treasured thing, and darkness was much more abundant than our modern understanding. Lighting a lamp wasn't like flipping switch. The merry and cheer we feel, the comfort we feel with having a light on, the TV going in the background, was not felt in the 1st century. Don't think it was too different? Try carrying a lit candle around in the dark one night. Try to work by it, to read by it, do the dishes and try not to splash it out it's hard! The metaphor of light and the meaning of advent becomes more striking when we experience it this way. When darkness surrounds you, when your lamp is low, when you have grown weary and long for the light and cheer of summer, in our darkest day God gives us the light of the world, Jesus Christ.

So as we sit in a growing darkness, let us remember that there is a light in us and each other, a light that is waiting for the right time to break into this world. Let us nurture it, prepare for it, as we anticipate the in-breaking of God into our world. And let us join together to celebrate this light.



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<https://www.youtube.com/channel/UCRGbDaBqke3ctmHq1ctf37w>

****The Church doors are scheduled to be open 15 minutes before the start of each service and 15 minutes after the start of each service for safety reasons. Please plan accordingly.**

"Mark Your Calendars"

- ✓ **Dec 4** One day Winter VBS 2pm-5pm
- ✓ **Dec 11** Charge Conference 2:30 pm

Our Christmas services are as follows:

- ✓ **December 11 at 10:00 am—Cantata**
- ✓ **December 18 at 4:00 pm—Blue Christmas.** This service is for those who have experienced a loss of a loved one and the holidays can be difficult without them. Join us for this special service.
- ✓ **December 24 at 5:00 pm—Family Christmas Eve Service**
- ✓ **December 24 at 11:00 pm—Candlelight Christmas Eve Service**
- ✓ **December 25 at 10:00 am—Christmas Day Service.** Just one service at 10 am.

Service Times & Church Office Hours

Service Times

9:00 am Classic service
9:15 am Children's Sunday school
10:30 am Casual service

Church Office Hours

Monday — Thursday
9:00 am — 3:00 pm

"Special" One-Service Sundays

December 11 Christmas Cantata/
 Christmas Music Special
December 25 Christmas Day Service

Giving Sundays for 2023

Jan 15 – Human Relations Day
Mar 19 – UMCOR Sunday
Apr 23 – Native American Ministries Sunday
Jun 4 – Peace with Justice Sunday
Oct 1 – World Communion Sunday
Nov 26 – United Methodist Student Day

Mary & Martha Menu

1-Dec	Chicken & Biscuits
8-Dec	Beef & Noodles
15-Dec	Goulash
22-Dec	Christmas Dinner
29-Dec	Pulled Pork Sandwiches



Groups

All God's Children meets on the first Monday of each month at 6:30 PM in the Fellowship Hall. Please come and find out what we are all about. Please bring a friend.

Prayer Group meets on Mondays at 12:30 pm

Faith & Food - A Bible Study for those in their 20's, 30's & 40's—The group is now meeting on the first and third Tuesdays monthly from 6:00-7:15 pm.

Nurse's Notes

Thanksgiving we just celebrated, and the Advent Season is upon us. We all have a tendency to eat more than we should this time of the year. I find myself eating more chocolate confections than usual. Do all kinds of chocolate have any benefits to our health? The main ingredient for chocolate is cocoa. Cocoa beans have flavanols (antioxidants) which can affect and reduce cell damage in heart disease. These flavanols are more prevalent in dark chocolate which help to lower blood pressure and improve vascular function. Research has shown chocolate intake may reduce risks of diabetes and heart disease. State, Katherine Suzerainty, RD., LD., a dietitian from the Mayo Clinic, writes that commercial chocolate has ingredients that include fat, sugar and calories that could contribute to weight gain. Cocoa itself is low in sugar and fat which contribute to the health benefits.

The holidays are where chocolate confections are necessary. However, not all chocolate is equal. We have choices of milk, white, semi-sweet and dark chocolate to choose from. On Feb. 4, 2022, an article was written in the "Speaking of Health", a newsletter from the Mayo Clinic, which praised the benefits of dark chocolate. The article says the dark chocolate has many health benefits. The benefits include, lowering the risk of heart disease and diabetes, preventing blood clots, improving memory, cholesterol and preventing some types of cancer.

Dark chocolate has 50% - 90% cocoa solids that is rich in flavanols. Flavanols increase blood flow to the heart, insulin sensitivity which may reduce the risk of diabetes and may reduce the risk of skin cancer. Dark chocolate is high in calories and saturated fat. Research speculates the benefit of flavanols wins over the risks of higher cholesterol. Warning chocoholic! During this holiday season be diligent in looking for dark chocolate for a heart healthy treat. Read labels to discern if you want to eat all that sugar and fat that may be in that wonderful holiday confection. Remember, eat all chocolate in moderation. Source: mayoclinichealthsystem.org

Next blood pressure check, Dec. 18, 2022.
Keep health and Merry Christmas! Lana Hunter, R.N.

Committee News

**Greetings from the new
United Women in Faith.**



Upcoming events:

- Dec 21st – Monthly Meeting 1:30 pm.

Dear Congregation, SPRC is happy to announce the hiring of our own Tony Garn for the position of Multimedia Coordinator. Tony will bring the necessary skills to this new position and hopefully bring some of his own IT ideas. You will notice he has set up his post in the rear of church! Help us welcome him to his new staff role.

Also, we are pleased to announce the sponsorship for Tony Garn in his quest to ordained ministry. He will be pursuing this goal with our support.

NEW FIRST AID KITS AND EMERGENCY FLASHLIGHTS were purchased through Memorial Funds.

They are located in or near:

- Ushers Room
- Nursery
- Kitchen
- 2nd Floor Across From Elevator
- 2nd Floor on Hallway Wall (outside of Sunday School Rooms)

Flashlights are to remain in the ON position so they will illuminate with power outages. Please take a few minutes to locate the new equipment. Thank you, Trustees and Memorial Committees.

Announcements and Updates

The Christmas offering will be going to Coach Eby Youth and Family Center, Inc. and to Tommy's House.

Financial Secretary Needed @ Coldwater UMC—Coldwater UMC is seeking someone to serve in the leadership role of Financial Secretary. This volunteer position keeps track of individual, family and organization giving to Coldwater United Methodist Church and oversees the Teller Teams. An ideal candidate for this leadership position is organized, can keep confidences and is willing to learn our Shepherd Staff tracking software. If you are interested, please contact the office. Please pray about it if you possess these gifts.

MARY AND MARTHA help wanted: Looking for a co-leader for one of our teams. **Hours:** Thursday afternoons once every seven weeks. **Pay:** lots of happy people, gratitude from the M & M team and a free meal. Apply to Tom 517.227.6311; Sharon 517.617.4643

Backpack Buddies are collecting non-perishables in individual sizes. They will be turned in Jan. 8th. Items that can be donated are: Granola bars, pudding cups, jello cups, fruit cups, cheese & peanutbutter crackers, tuna, soups, popcorn, mac n'cheese, peanut butter individual sizes, and healthy snacks. Thank you, Cindy Stevens and our backpack buddies

Accessing Amplify Media

Here is how to access Amplify Media:

- Go to my.amplifymedia.com
- Find the person icon on the far right and click on it.
- You will see a drop-down menu. Click on "Enter Access Code"
- Once you get to that page, input our Congregation Access Code which is YMDBXS and click on "Verify."
- From there, you will input your information and set up your account.

Amplify Media offers a variety of video studies for all ages to grow in faith and understanding of God. Once you have an account, you can access Amplify Media from a computer, smartphone, tablet or smart tv. If you need help setting up your free account, please contact the church office .

January 14, 2023—MEN'S STEAKOUT IS

BACK!! The 26th Annual Branch County Men of Integrity Steak Out's featured speaker is Ken Bevel. You may remember Ken by his role as Lieutenant Michael Simmons in the 2008 inspirational movie "Fireproof" and for his role as Nathan Hayes in "Courageous." Tickets are \$20 and are now on sale and can be purchased at Becker Eye Care, 35 S. Michigan Ave., Coldwater. First come, first serve.

Pastor Scott's office is open to walk-ins on Tuesday's from 9 am -12 pm. No appointment needed.

Pastor Scott is posting a Daily Devotional throughout Advent to Epiphany (Nov 27-Jan 6) based on the book "Celebrating Abundance" by Walter Brueggemann. Look for it on the Coldwater UMC's Facebook page.

On our next Youth Collective lock-in is scheduled for December 10 – 11th at Concord UMC. Join 5 different area UMC Youth Groups for a time of fellowship and fun. Our theme is "Grace is a Gift" contact Pastor Scott if you are interest.

Poinsettias can now be ordered for \$11 each. Contact the office if you need an order form.



Thank You

Thank you so much for the opportunity to speake with your Women of Faith Group. It was such a delight! Second surgery-thyroidectomy-went well. Should be going back to work on Monday. God is good!
Love, Rose Siler

The United Women in Faith would like to express our appreciation to the United Methodist Men who helped with our Holiday Bazaar this year. THANK YOU!!!

Birthdays & Anniversaries

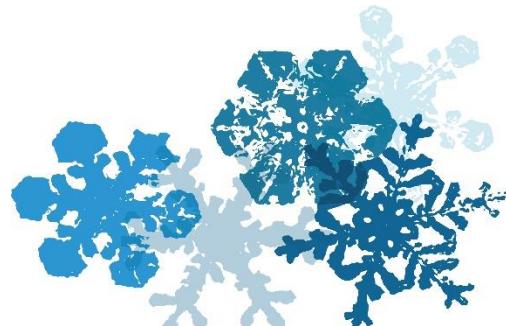
- 2nd** Chuck & Casey Putnam
- 3rd** James & Katie Tinervia
- 6th** Spencer Brayton
- 7th** Chloe Jane Garr
- 8th** Louise Dunworth
- Mike & Julie Nelson
- 9th** Nicholas Aker
- 10th** Cassidy Haupt
- Melissa Klotz
- 12th** Betty Dearing
- Dawn Frambes
- 17th** Samantha Rodesiler
- 18th** Sheila Walrack
- 21st** Roger & Naomi Fuller
- 23rd** Jason Easterday
- Anthony Searls
- Greg Rockey
- 24th** Mary Fisher
- 27th** Max Jacobs
- 30th** Erin Hansen

Prayer List

Annette
Rich & Jan Johnson
Pam Jones
Carrie Lintner
Cathy Marbaugh
Cindy Paul
Barb Pluister
Bob Pluister
Ruthie Richards
David & Carol Hindenach
Ashley Wilcox
Carolyn Yoder
**Those diagnosed with COVID-19*
**Our leaders, our nation, our world*
**The leaders within our church, committee meetings, and groups that gather*



*Please submit your Prayer request's by filling out the prayer request cards located in the pews, send an email to the church office or pastor, or call the office. *Please note that due to confidentiality the church will not publish prayer requests without permission of the individual being added to the prayer list/chain.*



December 2022

November '22							January '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4	5	6	7	8	9	10
				10	11	12	13	14	15	16	17	18	19
				19	20	21	22	23	24	25	26	27	28
				29	30				29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 7:00 am Rotary 4:00 pm M&M Diner	2 OFFICES CLOSED 6:00 pm Kids Safe space	3 10 am Christmas Brunch with UWF 10:00 am Worship Mtg
4 Communion 9:00 am Classic Service 9:15 am Children's SS 10:30 am Casual Service Maesyn Baptism 1st svc	5 12:30 pm Prayer Group 6:30 pm All God's Children	6	7 Bulletin Deadline 6:00 pm Faith & Food 6:30 pm Choir Rehearsal	8 7:00 am Rotary 4:00 pm M&M Diner 6:30 pm Trustees Meeting	9 OFFICES CLOSED 6:00 pm Kids Safe space	10 Youth lockin-Concord 1:30 pm Presbyterian Tea
11 Special Music 10:00 am One Service 2pm SPRC mtg with DS 2:30 pm Charge Conference	12 11 am Young MI Dances 12:30 pm Prayer Group	13 12:00 pm MARSP 6:00 pm Finance Mtg 7:00 pm Admin council	14 Bulletin Deadline 1:00 pm Fellowship hall rvd 6:30 pm Choir Rehearsal	15 7:00 am Rotary 4:00 pm M&M Diner	16 OFFICES CLOSED 6:00 pm Kids Safe space	17
18 BP checks 9:00 am Classic Service 9:15 am Children's SS 10:30 am Casual Service 4:00 pm Blue Christmas	19 12:30 pm Prayer Group 6:30 pm Care & Outreach	20 6:00 pm Faith & Food	21 Bulletin Deadline 1:30 pm UWF Meeting 6:30 pm Choir Rehearsal	22 Newsletter Deadline 7:00 am Rotary 4:00 pm M&M Diner	23 OFFICES CLOSED 6:00 PM Kids Safe space	24 Christmas Eve 5 pm Christmas Eve Family 11 pm Christmas Eve Candlelight 
25 Christmas Day 10 am Combined service 	26 Offices are closed	27	28 Bulletin Deadline 6:00 pm Education Mtg 6:30 pm Choir Rehearsal	29 7:00 am Rotary 4:00 pm M&M Diner	30 OFFICES CLOSED 6:00 pm Kids Safe space	31
1	2					
Coldwater United Methodist Church For the most up to date calendar go online to: www.coldwater.org						



Calendar Templates by Vertex42
<https://www.vertex42.com/calendars/>