



State Street
United Methodist Church



The Word from the Street

Greetings Beloved,

I read constantly. It's the most important thing I think you can do with your time, because it's an opportunity to tap into the collected knowledge of the entirety of human history—while sitting on the couch.

I want to share excerpts from an article I read which *originally appeared on Medium and was republished with the author's permission in this article. The author is Jon Westenberg who founded the creative agency Creatomic.* I've picked up these nine quotes along the way. They have a lot of meaning to me. And I think you can learn something from them. Something good, lasting, and true.

1. You have to participate.

There are no free rides. When you're living on this planet, you can't just sit down and coast, expecting the rest of humanity to keep its eye on the ball for you. A life spent as a passenger, rather than someone contributing to making the world function, is a life wasted.

I know too many people who don't want to participate. They think that life is an audience sport, something to be observed and watched from a distance. They're not the only ones who miss out by not getting involved—some of them are incredibly talented, and I know we're a little poorer for their lack of interest.

2. Cry. But for the right reasons.

This is what it means to be human. To feel overcome with emotion when we have to

say goodbye, when we experience discovery, and when we look out at the world and are suddenly struck by how incredible it is. When we cry for these things, we are truly alive.

You can't be too proud to cry. You can't believe that crying is a sign of weakness, that boys don't cry, any of that machismo 19th century stuff. Crying is good. Crying is healthy. Cry for the right reasons.

3. Don't try to leave yourself behind.

You can't remake yourself whenever you wish. You can't completely discard older versions of yourself like incremental software upgrades. It doesn't work like that. You can't learn from that. You need to be able to continually progress while maintaining a part of who you were.

I think there's a beauty in remembering the clothes we used to wear. The books we used to read. The people we used to care for—and hurt. When you stop remembering, you stop moving.

4. Take care of each other.

We have to look after each other. We have to make sure we all get to wherever we are going together. It's so incredibly easy to forget to be human, and we do it all the time. We hurt other people. We betray other people. We ignore other people. But that's no way to live.

You have to reach out and touch the rest of the world. The other people. The other isolated souls.

5. Dreams are good. But living is just as important.

You have to have dreams. They're what keep you going when things go completely wrong. They're what motivate and drive and excite you enough to keep your feet firm and your pace steady.

But there's a danger, always, in spending too much time dreaming yet forgetting to live in the now, to appreciate the pain and the joy and everything around you.

6. Stop being ashamed of your work.

Everyone starts out the same way. You learn, and you improve, and you make tiny little changes every day to become better. That's how every artist, writer, founder, scientist, developer, and designer built their careers. That's what we as Christians do.

So, when you look back at the work you did, you can't feel ashamed of it. Celebrate your connection to it, because it proves your progress, and it shows how hard you worked to get here now!

7. Don't overthink it.

A lot of the time, you don't need to stress, worry, analyze, and overthink. You need to take it one step at a time and let go of the bigger picture. It's a lot more complex to attempt to solve everything all at once, when what you really need to be doing is coming up with the simplest answer for the simplest part of the problem.

Sometimes the questions are incredibly complicated. But only because we let them be, only because we don't learn how to examine those questions at their smallest level.

8. Let the days come and go.

Some days are awful and make you want to make like James Thurber and hide in a box. But they don't last forever, and they

finish when you shut your eyes and sleep. Your problems won't go away overnight, but your stress and your pain and your self-hatred—well, they could.

You can't hold onto the bad. You have to let it go as quickly as we all let go of the good things when we tire of them, or when the excitement of the moment slips away.

9. Think about the consequences.

Because we can do things doesn't always mean that we should. For me, this quote is up there with Jeff Goldblum in *Jurassic Park*—scientists are too concerned with whether they can, and they don't stop to ask if they should.

But the same applies in every other walk of life. You need to think about the consequences of your actions and how you can hurt both yourself and others. You need to examine the reasons you've chosen to drop a stone in the water and try to understand what the ripples will be. As we move into a New Year, let us learn, grow and move forward together.

Happy New Year!

God's perfect Peace is my Prayer for you,

Pastor Monique Turner

Nurture

Sunday School is Cool



Sunday School restarts January 8th! Children ages 5-12 will follow the teachers to their class rooms immediately following "Children's Time" on the steps. (about 10:15am) Please keep bringing your cans and bottles, they help with expenses.



January Birthdays

- 01/01 Don Deford
- 01/01 Rae Jump
- 01/01 Marilyn Stein
- 01/02 Al Galinski
- 01/06 Betty Dork
- 01/06 Wayne Humbert
- 01/06 Lloyd Pender
- 01/08 Sue Wagner
- 01/10 Terry Peters
- 01/11 Louella Dauer
- 01/11 Lori Ruple
- 01/19 Lee Ann Whitman
- 01/23 Vern Jump
- 01/27 Ethan Sundquist



December Anniversaries

- 01/16 John and Myrna Cammin

Prayer Fellowship

“Susanne’s Chat with Jesus”

“The Warmth of Jesus’ Presence”

Good morning Lord Jesus, it is a very *chilly* winter morning as I sit and chat with You. Yet I feel the warmth of Your presence all around me. During the month of January I will truly need You to

keep me warm as we go through another month of winter. The snowy landscape is very pretty and it brings peace and serenity to my days.



(Jesus, you didn’t experience snow while you were on earth did you?) I ask that You will bless my family and host of friends with the warmth of Your love and keep us all safe during these winter days. “I Love You Lord” and will sing Your praises forever. I am sending You a warm hug.

Thank You Jesus Amen.

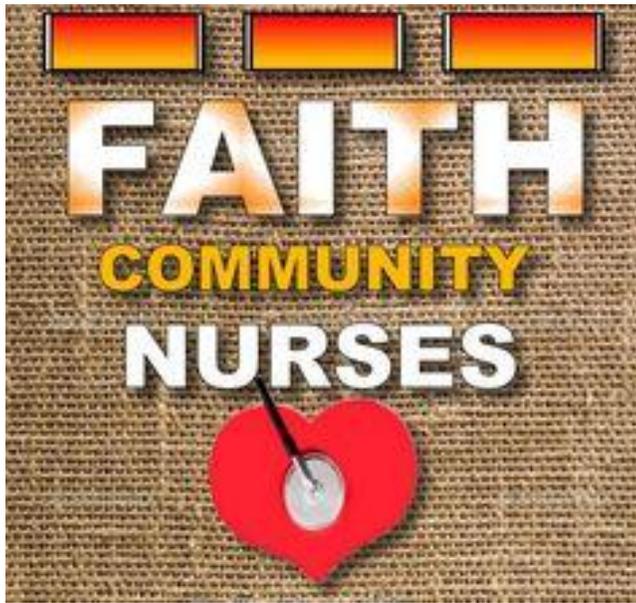
January 2017

Susanne Dillman



Maxine Schultz, Dora Moore, Dorothy Miller, Jill Burk, Bob & Betty Hare, Mark Huebler, Mary Johnson, Zella Wallace, Ed Kragenbrink, Jacqueline Matlock, Frankie & Amy, Joyce Davidson, Steve Worden, Esther Anderson, Steve Worden, Patrick & Collette Seaver, Elias & Tapuwa Mumbiro, Becky Rumsey, Yvonne Garrett, Lauren Mertz, Jerry & Lila Goff, Carol Kanarck, Sandy Hooper, David Knights, Harvey Farrand, Meghan and Andrew Kinney, Scott & Gina Seipel, Linda Smith, Marcile Cunningham, Dan & Jackie Burch, Shirley Burgess, Mona Ault, Linda Pomaville, Tosha Parker Lois Ruple

Marcello Rios, the LaMantia family, Devin Chisholm, Jean Dudewicz Dr Rose Novey and the Families of Grace Holm-Shaw and Muriel Humbert.



How Spirituality Keeps You Well Attend Church Be healthier

Planning on going to church this Sunday? That should be good for the spirit, of course – and perhaps also for the body. According to a study in Annals of Epidemiology, people who attend religious services tend to be healthier than the rest of us. More specifically, weekly churchgoers have a lower risk of death than those who never set foot inside a place of worship.

The report is part of a series of studies exploring the link between health and spirituality. Research has found that prayer and meditation seem to be associated with improved immune systems and fewer episodes of chronic inflammation.

The benefits seem to extend to mental health as well. People who identify themselves as more religious reveal lower rates of depression. Studies show that

lower suicide rate among people who regularly attend religious.

Is church a healing place? Scientists have pointed out that people who are religious seem to take better care of themselves. Regular church goers seem to be no-smokers, drink rarely and see their doctors regularly.

People who make church a habit - includes those who worship at mosques and synagogues - are more socially integrated - they have more friends and acquaintances and a better support system to help cope with life's stressful events.

Praying, meditating or attending religious services may not cure a disease but those activities may make you feel better and contribute to a more positive outlook on life.

Submitted by Sue Wagner
Faith Community Nurses



Weekend Backpack Program



We are still looking for volunteers to sign up. Remember we are offering to carpool from the church parking lot, just check the box when you sign up.

Soup and Dessert Tasting



Our annual soup and dessert tasting is scheduled for January 22, 2017. Please mark your calendars! This is a great way to fellowship and enjoy some delicious food.

Submitted by: *Mary Ann Pilditch*



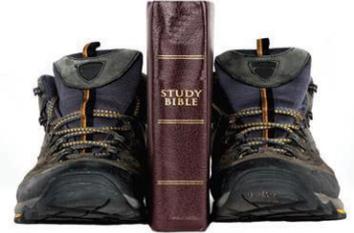
Communications

Please keep your e-mail address up to date! Please list name/s of people who will be using this E-mail. Send to statestreetcomm@gmail.com with the subject line of E-Mail Update

Stewardship

My Journey with God

A few weeks ago, I sat down at the breakfast table to write our pledge check to the church. Johnnie, our curious, five-year-old son picked up our offering envelope and asked, "Mom who are you sending this envelope to?" Seeking to be a model parent, and hoping to impart some wisdom to my little boy, I welcomed this opportunity to teach him about giving. I replied, too simply as it turns out, "This is a special envelope. We are sending money to God." Johnnie brought joy to my heart as he, looking thoughtful for a moment, said, "Mom, I hate to tell you, but everything belongs to God. This is just the part you're giving back."



Submitted by: *Janice Olafson*
Stewardship Committee

Remember, it is never too late to return your pledge for 2017. Pledge cards are available in the parlor.



Mark your calendars:

Sunday January 8th we will be Un-Hanging of the Greens will take place immediately following worship service. Please stay and help!

**"Word from the Street"
Articles for February 2017 are
Due January 20, 2016**