



DECEMBER 31, 2018

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At the end of the year and the beginning of a new one - there always seems to be both “lists” and “resolutions.” The website “life hack” has put together a “list” of 40 potential “resolutions” entitled, “40 Self Care Techniques to Rejuvenate and Restore Yourself.” I have paired that list down to 10, but if you want to see all 40, here is the link: <https://www.lifehack.org/571589/40-self-care-ideas-for-healthy-mind-and-body>

1. Set aside time to practice daily prayer and gratitude. (I consider prayer to be dialogue - so I try to set aside time to listen to God, as well as talk.)
2. Make time for meals. Turn technology off and don't multi-task. Enjoy your food and company. (I need to do better at the “fellowship” aspect.)
3. Declutter your home, office and car. Get rid of things that do not make your life easier or more beautiful. (Amen - I'm learning that less means more time not maintaining things.)
4. Find an exercise that you thoroughly enjoy and do it. (I'm working on it!)
5. Surround yourself with supportive and growing people. (Hmmm, like a church family?)
6. Challenge and grow yourself - you'll feel better as a person, and your confidence will soar. (Still working on the exercise thing.)
7. Sleep in a pitch black bedroom. (Get enough sleep as well.)
8. Allow an hour or so buffer in your schedule so as not to rush from one thing to another. (I've got to try to see if I can make this a habit.)
9. Take time to plan the following day. (Jana and I try to do this together.)
10. Catch up on back burner projects - dentist, paperwork, and so on. (An ounce of prevention is worth a pound of cure.)

Bob Goff has a chapter in the book Love Does, entitled, “Skin in the Game.” He says he picked a fight with a bully in the seventh grade. He writes, “By the time a teacher came over to break it up, (his opponent) was covered in blood. Nobody realized all of it was mine, so I declared myself the winner...” He goes on to state: “...people who loved God had disputes just like everyone else. Some people acted religious about it, and they seemed to get even more religious the bigger the dispute was.

I get why people don't want to go hand-to-hand with the depth of kindness Jesus found common. I get why it's easier to just say what sounds like the right stuff from inside the bunker. The problem is, the Bible said the only weapon any of us really has is love. But it's love like a sword without a handle and because of that, sometimes we'll get cut when we pick it up.”

Beyond all the self-care hacks up above, I want to get some skin in the game. I know it is going to get messy and I also know I'm going to be bloodied.

Matthew 10:37-39 (The Voice)

Jesus taught, “If you love your father or mother more than you love Me, then you are not worthy of Me. If you love your son or daughter more than you love Me, then you are not worthy of Me. If you refuse to take up your cross and follow Me *on the narrow road*, then you are not worthy of Me. To find your life, you must lose your life—and whoever loses his life for My sake will find it.”

Jesus calls His disciples to a radical commitment. Those who truly follow Jesus must be willing to follow Him to the point of death, just as He will later die for His commitment to God and others. Thus, whether they die literally or figuratively, His followers give up their lives for Him.

Dear Lord Jesus, we got a lot of living, (er, dying) to do - and while we are being consumed by this thing called life, grant us power to love, even our enemies. We have got to get more skin into the game. Amen



Men's Breakfast will be next Sunday at 8 am.

Faithweavers will resume January 9th at 5:30 pm.

The East Missional Area Strategy Team will be holding a Chili Cookoff on Jan. 24th at 6 pm here at Saint Pauls. All the churches in the District will be providing crockpots of Chili. Saint Paul's will be responsible for providing 6 of them. Prizes will be awarded. Everyone is invited to come and sample some chili.

The next Leadership Table Meeting will be January 31st at 6:30 pm.

Men's Emmaus Walk will be Feb. 21-24. Women's Emmaus will be Feb 28-Mar.3.

For King and Country will be in Concert in Wichita Falls on April 11th at 7 pm. Contact the office if you are interested in going.

3 Easy Ways to Give



service

At the Church



text

"walk the talk"
to 73256



online

[spumcduncan.com/
online_giving](http://spumcduncan.com/online_giving)



Kathy Allred's surgery went well
Sunday School Class
The Rue's new Grandson
The UMC Christmas Commercial of Children telling
the meaning of Christmas



RJ and Carla – for the loss of his son in law
Kathy Allred – recovering from Surgery
Mary Branch – letting go of past hurts
Trustees Committee
Xylene and Alexis moving to Marietta
Lisa Hill – lost her mom

Ann Johnson – Trish Lister’s Mom moving to assisted living.
Farah Doorman – Back Surgery
Branch’s daughter and husband had acid thrown in their car at their new house.
Car windows being shot out in town
James Benkley – continued recovery
Sara Riggs – Going to Court for Mediation for Divorce
Marcia Haskins – toe removal
Jeff Greening
Jim and Edith Suiter – Jim is getting increasingly weary – he is beginning to talk of dying. It is a difficult time for both of them.
Edith Suiter’s Nephew – Diagnosed with Lymphoma
Paula McConnell – Trying to get to the bottom of some health issues, involving lungs primarily.
Courtney - The Allred’s 11 yr. old grandchild with neurological issues.
Trish Lister – Prayers to get her through the next couple weeks
Pam McEarchern
Karen Gibson – Cancer
Gary Gibson – Recovering from Surgery. Cancer
Jan Smith – Cancer
Jennifer Shahan – Heart Problems
Iva Johnson – Hospice
Christy Thurston
Beth Horn
Addie McMurrin
Chuck Green and Family – Cancer
Karen Stanfill – Cancer
Rebecca’s cousin has eating disorder, liver failure and on transplant list
Kathy Bridges – Cancer
Joe Perry – Kidney cancer
Stacy Mettler – Breast Cancer
Margaret Averre – Throat cancer
Daniel Whittney – Colon cancer; now liver cancer
Tammy Noland – Cancer
Jennifer Allred – Spinal pain and fibromyalgia
Gloria McCoy – cancer
Melinda Douglas – Lung Cancer