

DECEMBER 23, 2018



Naomi Drew, M.A., is an expert on conflict resolution and peacemaking in schools and homes. Her website is learningpeace.com. She writes (and I condense):

“Hope is actually something we create. It's not something that magically appears from an outside source. We each have within us the capacity to generate hope. It's critical that we be absolutely intentional about nurturing hope in our lives and the lives of our children.

Now more than ever, overcoming fear and holding onto hope are essential. The eight steps below will enable you do this. Try these steps yourself and teach them to your kids. Do some of these as a family. Know that it is within your control to become more hopeful. Don't let (fearful) news (and polarized social media) be your undoing. You can take charge.

Be Kind to Yourself

Think about what you need most, and then do it. Is it a cup of tea, a brisk walk, some downtime, quiet music, a little rest, or reading inspirational literature? Whatever it is, grant yourself permission to do it, even for just a few minutes. These small moments accumulate and transform the texture of our days.

Pray

Light a candle and pray, meditate or reflect. Just silently reflecting in front of a lit candle is extremely nurturing and healing. Try to do this at least 5 minutes every day. Don't skip this -- it's very powerful.

Limit Current News

Oversaturation with news is detrimental to emotional health. If you read a newspaper in the morning, let that be enough. You don't need to turn on the TV or radio too, especially before bed. Drastically curtail any news you let your children watch.

Treat Each Day Like a Precious Gift

Be vigilant in looking for things and people to appreciate. What if today was the last day of your life? Shift your gaze to appreciation. Who and what are you grateful for? Make a list each day and add to it.

Take a Break

Every morning, afternoon and night, take a 30-second break to look at the sky, breathe deeply and offer thanks.

Let the sky be a touchstone to hope. Think of other people around the world as you look at the sky, and know that we all share this planet together. Among all of us, we have the ability to create solutions to the problems that now exist.

Express Love Tangibly

Hugs, words, notes, acts of kindness -- be indiscriminately generous with all of them. Hug and kiss your kids longer and with deeper feeling. If you like how the clerk treated you in the store, thank her. It's also very comforting both to the giver and receiver of each loving act.

Say This Affirmation Every Day

Say this affirmation every day and see where it leads you: "I am the key to peace."

Most of us believe, erroneously, that peace will come from people or institutions much larger than we. Just the opposite is true. Peace starts with each individual and it will only come to this world from the people themselves.

Make a Difference

Reach out beyond your normal scope. Don't wait. Each time we make a difference in the lives of others, we create hope in ourselves. Our accumulated gestures of care and compassion will ultimately transform our lives and the lives of others. We are each the source of that transformation."

She puts a lot of transforming power into our hands. I can't think that you and I, separate from God, have that kind of power. Instead, the old hymn runs through my mind:

"My hope is built on nothing less Than Jesus' blood and righteousness; I dare not trust the sweetest frame, But wholly lean on Jesus' name. On Christ, the solid Rock, I stand; All other ground is sinking sand. All other ground is sinking sand."

And while I'm thinking about that - let me give you some scriptural references:

Psalm 18:1-3 (Voice)

I love You, Eternal One, source of my power.

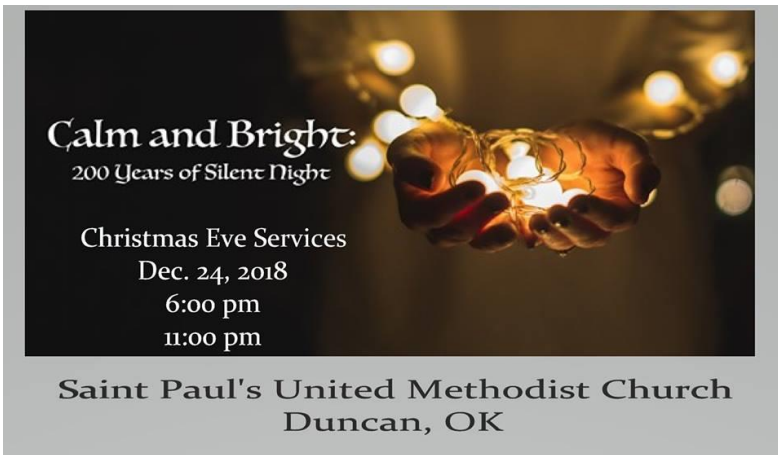
The Eternal is my rock, my fortress, and my salvation;
He is my True God, the stronghold in which I hide,
my strong shield, the horn that calls forth help, and my tall-walled tower.

I call out to the Eternal, who is worthy to be praised—
that's how I will be rescued from my enemies.

Matthew 7:24-27 (Voice) (Jesus is teaching!)

Those people who are listening to Me, those people who hear what I say and live according to My teachings—you are like a wise man who built his house on a rock, on a firm foundation. When storms hit, rain pounded down and waters rose, levies broke and winds beat all the walls of that house. But the house did not fall because it was built upon rock. Those of you who are listening and do not hear—you are like a fool who builds a house on sand. When a storm comes to his house, what will happen? The rain will fall, the waters will rise, the wind will blow, and his house will collapse with a great crash.

Jesus, be our Rock, our fortress, our salvation. Be our shield. Be our power. Be our hope. Amen



Sunday (12/23) Advent Week 4 – Hope
6:00 pm– Book Study

Monday (12/24) 6:00 pm – Interactive Christmas Eve Service
11:00 pm – Christmas Eve Service

There will be two Christmas Eve Services on December 24th 6:00 pm and 11:00 pm. The 6 pm Service will be a family friendly Service.

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.

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	text	online
At the Church	"walk the talk" to 73256	spumcduncan.com/ online_giving



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. Prayers for good test results. Also, patience for the last week of school.

Kathy Allred – Surgery on Dec 27th

RJ's son in law Jeff not doing well. Going off Dialysis after Christmas.

Courtney - The Allred's 11 yr old grandchild with neurological issues.

Trish Lister – Prayers to get her through the next couple weeks

Pam McEarchern

40+ employees laid off at Halliburton

Karen Gibson – Cancer

Gary Gibson – Recovering from Surgery. Cancer

Marcia Haskins – struggling with multiple foot wounds

Sara Riggs – Divorce

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 Whitney – Colon cancer; now liver cancer

Tammy Noland – Cancer

Jennifer Allred – Spinal pain and fibromyalgia

Gloria McCoy – cancer

Melinda Douglas – Lung Cancer