

St. Andrew UMC

## Newsletter, January 2023

Dear Church,

It is the beginning of a New Year. I am reminded of the words from a John Lennon Christmas song, "And so this is Christmas. What have you done? Another year over and a new one just begun."

If we are honest with ourselves, every day is a new opportunity to reflect on what we have accomplished thus far and start over if we need to. We can set new goals, end unhealthy practices, and begin healthy ones. However, we're not always great at doing this on our own. Sometimes these artificial time pieces, like the end of a year, and the beginning of a new one, help give us definitive moments to reflect on needed changes and start anew.

As many of you know, 2022 was a difficult year for me and my family. However, I am doing my best to use the challenges I have faced as a growing opportunity. At the beginning of 2022, I set new goals to be a healthier person. I began exercising and eating a healthier diet, and I started seeing a therapist. It has been a lot of hard work physically, emotionally, mentally, and spiritually, but I am thankful that by God's grace I am becoming a healthier version of the person God created me to be.

I'm sharing this with you simply as a testimony that when we set goals and stick with them, they do eventually pay off. It can be hard when we step on the scales and the needle doesn't move for a few days, or when we get distracted while working a project and put it off a week or more. But if I have learned anything from my time of intentional growth, it is to be patient and gracious with myself so that I can learn to be consistent for the long haul.

I am reminded of the words of C.S. Lewis, and I am paraphrasing, "We do not have a soul, we are a soul." In other words, humans are composite beings: mind, body, and spirit. Jesus points us to the Scripture in the Old Testament that that says, "Love the Lord with all your heart, soul, mind and strength." Another way of saying it might be, "Love God with all that you are." That means healthy practices for our minds, bodies, and spirits.

If you have been putting something off, now is the time to start. You can do it. Establish a routine. Create reasonable goals. Find an accountability partner. The New Year is a great time to start anew.

If I can help encourage you in any way as you begin the new year, please don't hesitate to reach out. There's nothing I would love more than to know that I can help you fulfill God's plan and purpose for your life.

Love in Christ,

Pastor Jonathan



## Sheila's Page



Dear Church,

Happy New Year!!

Thank you to all that reached out to let me know your favorite Christmas memory; it was so heartwarming to hear what makes Christmas so special to you and your families!

January 1<sup>st</sup>, the first day of the calendar year, a time where we make resolutions; losing weight, stop smoking, stop drinking so much caffeine, etc. but it is more than that, it is a time of new beginnings, a time to start fresh, to leave the pain, hurt, anger and discontent in the past.

If you have ever wanted to read the Bible in one year, now is the time to start and to make it easier on you and me, I found a reading chart and starting January 1<sup>st</sup> and ending January 31<sup>st</sup>, we should read Genesis 1 to Exodus 6 to stay on path. I hope that some of you will join me in this challenge!! But please do not stress if you do not get it done, show Grace to yourself!! If you would like to share your progress with me, I would love to help us hold each other accountable throughout the new year!

I am including some scriptures below that are good for new beginnings. It is my hope they bring you peace and comfort in the coming year!!

- 2 Corinthians 5:17
- Proverbs 16:9
- Isaiah 65:17
- Romans 12:2
- Esther 4:14

As we are starting the new year, please know that I am here for you no matter the need. Do not hesitate to call, text, or email me at any time. I am always here for you!

In closing, I leave you with my scripture for the month of January, *"For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope"* (Jeremiah 29:11)

In Christian Love,

Sheila Radochio, Minister of Congregational Care

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304-415-0863 (cell)

## Melanie's Page

### Children's Ministry:

Please note time changes for weekly childcare on Sundays in Cottrell Hall – All ages welcome!

Jan. 1 and 8 – 10:30-11:30 a.m.      Jan. 15, 22 and 29 –  
9:45-10:45 a.m.

**Compassion Camp** – monthly – All children in Gr. K-5 are invited!

Sun. Jan. 15 – 4:00 -5:30 p.m. in Cottrell Hall    The theme for January is *Homelessness*.

### Youth Ministry

*District Youth Retreat – Fri. Jan. 13 – Sun. Jan. 15 at Asbury Woods*

*Winter Jam – Sun. Jan. 22 – Charleston Coliseum – 5:00 p.m.*

### Outreach Opportunities

Opportunities are available to meet and connect with our neighbors during the month of January. Is God calling you to participate in any of the following? All are welcome. You may call the church office at 304-727-7114 for further contact information.

#### *Personal Care Kits*

Karen Bradley's Small Group is continuing the collection of items for personal care kits for St. Albans schools. Items needed are: chapstick, tissues, shampoo, conditioner, body wash, soap, toothbrushes, toothpaste, deodorant, hair brushes/combs, and feminine hygiene products. Please place your donations in the box in the overflow. Thank you!

*Walking Group* - Mon. Jan.2, 9, 16, 23 and 30 at 4:00 p.m. at St. Albans City Park

Toni Fitzwater's Small Group

*Fresh Fruit Distribution* - Wed. Jan. 18 - at the Villager Apartments

Meet at St. Andrew at 4:00 p.m. to prepare the bags

Tim Priddy/ Diana Taylor's Small Group

*Sharing a Meal* – Thurs. Jan. 26 at 11:15 a.m. at Christ's Kitchen

Fishermen Small Group



### **Food Donations for the St. Albans Food Pantry**

On the first Sunday of each month, items are collected for the St. Albans Food Pantry. For Jan. any non-perishable food items are always welcome! However, the most needed items at this time are: oatmeal, pancake mix and syrup, peanut butter, brownie mix, and potato sides. Your support for this ministry in our community is greatly appreciated. Thank you!

### **St. Andrew Piecemakers**

To request a Prayer Pillow made by St. Andrew Piecemakers, please call Melanie Ogu, 304-724-7114, option 5.

### **Meeting Dates 2023**

#### **Church Council**

Feb. 16  
Apr. 20  
June 15  
Aug. 17  
Oct. 19  
Dec. 21

#### **Finance**

Jan. 10  
Apr. 11  
July 11  
Oct. 12  
Oct. 23 – Budget only tentative

#### **Trustees**

Jan. 3  
Feb. 14  
Mar. 14  
May 9  
Sept. 12  
Oct. 10  
Nov. 14  
Dec. 12

#### **SPRC**

Feb. 20  
May 1  
Aug. 28  
Nov. 13

**Nominations**

Mar. 20

Sept. 18

**Small Group Leaders**

TBA

**Connect, Grow, and Serve**

- Sun. Jan. 1           **The Vine: Virtual Message and Music**  
**Choir Rehearsal** – 9:30 a.m. in the choir room  
**One Service** – 10:30 a.m. in the sanctuary
- Mon. Jan. 2           **Walking Small Group Outreach** – 4:00 p.m. at St. Albans City Park
- Tues. Jan. 3           **Trustees** - 6:30 p.m. by Zoom
- Wed. Jan. 4           **Weekly Small Groups** – 6:30 p.m. by Zoom
- Sun. Jan. 8           **The Vine: Virtual Message and Music**  
**Choir Rehearsal** – 9:30 a.m. in the choir room  
**One Service** – 10:30 a.m. in the sanctuary  
**Monthly Small Group with Karen Bradley** – 9:00 p.m. by Zoom
- Mon. Jan. 9           **Walking Small Group Outreach** – 4:00 p.m. at St. Albans City Park
- Tues. Jan. 10           **Finance** – 6:30 p.m. by Zoom
- Wed. Jan. 11           **Weekly Small Groups** – 6:30 p.m. by Zoom
- Thurs. Jan. 12           **Fishermen Small Group** - 11:00 a.m. in Rm. 100
- Fri. Jan. 13 – Sun. Jan. 15   **District Youth Retreat** – at Asbury Woods
- Sun. Jan. 15           **The Vine: Virtual Message and Music**  
**Choir Rehearsal** – 10:00 a.m. in the choir room  
**Worship 10:30** a.m. in the sanctuary  
**Compassion Camp** – 4:00-5:30 p.m. in Cottrell Hall
- Mon. Jan. 16           **Walking Small Group Outreach** – 4:00 p.m. at St. Albans City Park
- Tues. Jan. 17           **Prayer Pillow Group** – 9:30 a.m. in Rm. 300

Wed. Jan. 18                    **Small Group Outreach** – Fresh Fruit Distribution at Villager Apts.  
    Meet at church at 4:00 p.m. to pack fruit  
**Weekly Small Groups** – 6:30 p.m. by Zoom

Sun. Jan. 22                    **The Vine: Virtual Message and Music**  
**Choir Rehearsal** – 10:00 a.m. in the choir room  
**Worship**-10:30 in the sanctuary  
**Winter Jam Youth Event** - Charleston Coliseum – 5:00 p.m.

Mon. Jan. 23                    **Walking Small Group Outreach** – 4:00 p.m. at St. Albans City Park

Wed. Jan. 25                    **Weekly Small Groups** – 6:30 p.m. by Zoom

Thurs. Jan. 26                    **Small Group Outreach** – Sharing a Meal  
    11:15 a.m. at Christ's Kitchen

Sun. Jan. 29                    **The Vine: Virtual Message and Music**  
**Choir Rehearsal** – 10:00 a.m. in the choir room  
**Worship**- 10:30a.m.  
**Small Group Leaders** – 1:00 p.m. at Pastor Jonathan's house

Mon. Jan. 30                    **Walking Small Group Outreach** – 4:00 p.m. at St. Albans City Park

If any of these meetings pertain to you, a Zoom link will be sent in the Midweek Update.

**January Birthdays**

2        Sue Ann Holstein  
4        Jeff Goode, Sheila Harrison  
5        Chuck Young II  
7        Nathan Hall III, Judi Thompson  
8        Cathy McCallister  
9        Andrew Lawson  
10       Jim Bowles, Roger Rasmussen  
12       Peggy Allison, Alyson Hoff  
13       David Duncan  
15       Maxwell Stumpf  
21       Hunter Easter  
22       Emma Ellis, Jeff Harrison, Carmen Priddy  
23       Keith Asbury, Olivia Fitzwater, Tim Priddy  
26       Lori Counts-Smith, Betty Moore, Megan Rohan  
30       Peggy White  
31       Cheryl Quinlan

**January Anniversaries**

7        Jeff & Sheila Harrison

**Prayer Concerns**

Our Church; Our Staff; Nursing Homes & Shut-ins; Healing for our nation and the world; Those suffering from anxiety/stress; Unspoken; Our Military; Rev. Jarrold & Debbie Lanham; Dinah Withrow; Bill Hensley; John Hensley; Melissa Henrich; Mike Cook; Vicki Kiner; the family of Kyle Esh; Angela; the family of Dennis Kanfield; Teresa Davis; Emma Lou Swain and family in the passing of her husband, Charlie Swain; the family of Charles "Chucky" Yeager in his passing; Jim Joseph; the family of Dean Kincaid; The family of Alyssa Randolph in her passing; Michael Long; the family of Bill Riggs in his passing; David Kesler; Dinah; Hallie; Chaffin Family; Bennett Family; Prichard Family; Bill Hensley; Rose Hensley; Don Nichols; Eugene Workman; Family of Ellen McCoy; Mike Cook; the family of Brandon Hearn; Tim DeBord; Oscar & Carol Hutchison; Mary Lawrence; the family of Jack Swiney, Sr.; the congregation of St. Francis of Assisi in the passing of Father Patrick McDonough; the family of Caren Thomas