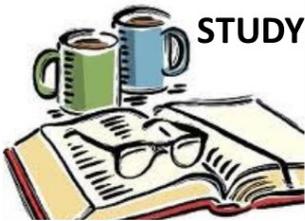


The Messenger

Pastor Kevin Cochran

Friendship United Methodist Church, 5222 NC 150 East, Browns Summit, NC 27214 (336-656-7151) December 2019

PASTOR'S STUDY



From the Pastor's Study . . .

God With Us

Isaiah 7:14 – Therefore the Lord himself will give you a sign: The virgin will be with child and will give birth to a son, and will call him Immanuel.

The name "Immanuel" in Hebrew means "God is with us," and Old Testament prophecy finds its fulfillment in the birth of Jesus Christ. Give special attention to the "with us" part of this divinely given name. God is "with us" not only in the spiritual sense, but also on that night many years ago, God was "with us" in the physical sense. It denotes that, by means of Jesus, God has identified with mankind. God knows us on a personal, intimate level. What is the significance here? What does it mean to have God with us?

It means **relationship**. A relationship that was broken is mended. God, in all his glory, from his holy dwelling, came for the salvation of mankind. He appeared in flesh, destined to die, determined to rise. God desires a relationship.

It means **forgiveness**. We are unable to save ourselves. In forgiveness, God in Christ, takes away our sin. God's grace comes to us, setting us free from the bondage of sin in our life.

It means **love**. It means we were made out of pure love. Why, if God is there and he loves us, don't we feel this love all the time? Because we are in this world of sin and despair; and it is because of this, that we need to be in church and worship together and pray together and lift each other up. Jesus said to love God and love each other. And in this love, the hopelessness of the world is forgotten and the hope in Jesus Christ is restored.

It means **eternity**. The forgiveness we are given and the relationship we have and the love that we enjoy is leading us to one thing: eternal life with God. This life is not all there is. Ecclesiastes 3:11 says, "He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end." We are meant for eternity. God wants to give us an eternity with him, where there is no sin; where there is no death and dying, no pain or crying. We are meant for eternity.

Jesus is Immanuel; God with us. He is the one that was, that is and is to come. In the birth of Jesus, we have a relationship with the Father, we have the forgiveness of the Father, we have the love of the Father, and we have the promise of eternal life with the Father. This "God with us" can transform our lives and our living and give us a new purpose, a new direction, a new destiny. This will lift our lives and our living above the ordinary and the mundane. God is with us today, just as he was that first Christmas when a mighty God lay in a tiny manger and reminded the world of what love looks like.

Merry Christmas!
Pastor Kevin

GOD WITH US
IMMANUEL



December

Wintry mornings wrapped in white,
 Evenings, calm and still,
 Snowflakes dancing all around,
 Sled rides down a hill,
 Gatherings with loved ones -
 Such a pleasure to remember -
 all memories and special gifts
 That come with each
 December.

MERRY CHRISTMAS and HAPPY NEW YEAR

Dear Sisters and Brothers in Christ,

This Christmas season I hope you have every opportunity to remember God's love for you. We serve a mighty God with endless grace and love. I hope you can celebrate with family, both at home and in the church, and make wonderful memories. Please take time to remember those that have lost love ones and will feel the pain of their absence. Remember the church and the important role it plays in displaying God's love to the world, and remember to truly celebrate the meaning of Christmas, to love one another.

My family and I praise God for calling us to be part of such a loving church family and we look forward to worshipping and serving together in 2020.

Merry Christmas and Happy New Year!
Kevin, Malisa, Sean and Sarah Cochran



Sunday, December 1
Hanging of the Greens Service
9:55 a.m. worship

Saturday, December 7
Family Night
6 p.m.
Covered-dish

Tuesday, December 10
UMM Meeting - 6:30 p.m.
Libby Hill - Reidsville

Sunday, December 22
Christmas Cantata/Communion
9:55 a.m. worship

Tuesday, December 24
Christmas Eve Candlelight Service
Brown Summit UMC - 5 p.m.

For
 Unto
 us a
 CHILD
 is born
 Unto us a Son
 is given, and the
 Government shall be
 Upon His shoulders,
 and His Name shall be called,
 Wonderful, Counselor,
 Mighty God, Everlasting Father,
 Prince of Peace!
 Isaiah 9:6

*Congratulations
on your
Engagement*

Congratulations on the recent engagement of Jake McLamb and Nicole Tejada! May God bless you as you plan your 2021 wedding. Jake is the son of John and Nikki McLamb and the grandson of Pat McLamb.



Everyone likes to be remembered, cared for, and reminded that they are loved.

December Special Friend:

Alice Hilliard
Whitestone, Apt. 310
908 Scottish Rite Drive
Greensboro, NC 27407

As we get closer and closer to Christmas, the world will try selling us on the idea that the best gift...; the most important gift...; the most appreciated gift...; will be purchased at their store. But for followers of Jesus at Christmastime, we remember, and celebrate, the greatest, most wonderful gift we have ever received; Jesus the Christ...

**MERRY CHRISTMAS FROM YOUR
MESSENGER STAFF!
MAY GOD BLESS YOU DURING
THIS HOLIDAY SEASON!**

DECEMBER 21
THE FIRST DAY
OF WINTER



**Food Pantry
Needs for
December**

On the first Sunday of each month, we collect donations of non-perishable food

for the Community Food Pantry at Fairgrove UMC. Please bring your non-perishable donations to Friendship on Sunday, December 1. This month, we are in need of the following items: Jiffy cornbread mix, canned sweet potatoes, mac & cheese, stove top stuffing, 1 lb. bags blackeyed peas, pouches of mashed potatoes, canned greens (collards, etc.), canned fruit, cranberry sauce, 1 lb. bags white rice, and evaporated milk. No glass containers. Thank you for your support of the Food Pantry.



Ham Supper

The annual **Ham Supper** sponsored by the United Methodist Men was held on November 2, with over 200 people attending. It was a huge success. Thanks to everyone who came out

to support the Ham Supper and to all our volunteers. Friendship has such wonderful volunteers, and your help makes this event a huge success. The funds raised are so important to the United Methodist Men and will be used for various mission projects, including building handicap ramps.



Christmas Bazaar

Another successful "**Crafty**" Christmas Bazaar was held on Saturday, November 16. We would like to sincerely thank the congregation, family and friends, and the entire community for supporting our bazaar. Many thanks to everyone who shopped, donated baked goods, or gave of your time and helped with the bazaar. We could not have done it without you! The proceeds from the table rentals and the bake sale will support the Children and Youth Ministries Committee.

All Saints' Sunday



All Saints Day is a holy day, one that invites the church into a special time of reflection and remembrance. At Friendship, we celebrated our All Saints Sunday on November 3, and recognized Christians of every time and place, honoring those who lived faithfully and shared their faith with us. We named aloud those individuals who passed away this past year and candles were lit in their memory. We are reminded that, when we gather for worship as the people of God, we are surrounded by what the writer of Hebrews calls "a great cloud of witnesses," saints of every age and time who have gone before us. All Saints is a time to remember the believers who have gone before us. All Saints is also a

time to remember that we are all called to be Saints. On our special Sunday, candles were lit as we remembered our Saints: Harvey Clark, Anne Hooper, Rebekah Hedrick, Barbara Watkins, Luther Lowe, Rev. Martin Carty, Lynda Mae Arrington Eckler, John Rosson, Cliff Warren, Marie Davis, Patty Hopkins, John McLamb, Sr., Mary Sue Chrismon, Donnie Simpson, Mary Ann Maxwell, and Carolyn Long.



On **Veterans Day**, we pause to recognize and thank the men and women who have served our country in the armed forces. This day reminds us of the strength, bravery, and sacrifice that members of our military demonstrate all around the world so we can continue to live in the land of the free. On Sunday, November 10, Friendship's veterans were recognized and honored for their service to our great country. On that special day, we saluted and thanked our veterans: Wayne Brann, Dwight Chrismon, Elmo Chrismon, Lee Gordon, Clarence Hilliard, Joe Jones, Henry Lambeth, and Mike Linnane.



Packing Party

A huge thank you to everyone who participated in our annual church-wide **Operation Christmas Child Shoeboxes**. A Packing Party was held on Sunday, November 17, and 119 shoeboxes were completed! Thanks for your donations throughout the year and your financial contributions. The boxes were blessed during the worship service on November 24 and then delivered to Reidsville Christian Church. These boxes will be transported to a processing center for further inspection. The Friendship congregation is amazing!



Friendship United Methodist Church will hold its annual Hanging of the Greens worship service on **Sunday, December 1, at 9:55 a.m.** This is a special service that culminates with our sanctuary being adorned for the Advent season. Come celebrate the beginning of the Advent season, as we sing traditional Christmas carols while learning the symbolic meaning of our sanctuary decorations during this special worship service, followed by the congregation hanging Chrismons on the Chrismon tree. These unique ornaments are symbols of the Christian faith. Join us and bring your family and friends with you to this special worship service as we prepare our hearts and minds for the Advent season and to watch the sanctuary come alive with its Christmas décor!



Join us at Friendship for Family Night on **Saturday, December 7th, at 6 p.m.** Bring your favorite covered-dish and enjoy a time of fun and good fellowship. Santa will be there for the children. We can't wait to see you there.



Pastor Kevin Cochran will lead an Advent Bible Study on the book titled "Because of Bethlehem: Love is Born; Hope is Here" by

Max Lucado on Monday mornings beginning December 2, at 10 a.m. at Friendship, and Tuesday evenings, December 3, at 6:30 p.m. at Brown Summit. The study will meet each Monday morning and Tuesday evening, December 2 through December 17. Explore how the One who made everything chose to make himself nothing for us. He experienced hunger and thirst. He went through the stages of human development. He was taught to walk, stand, and wash his face. He was completely and genuinely human. Because of Bethlehem, we no longer have marks on our record . . . just grace. We have the promise that God is always near us, always for us, always within us—and that we have a friend and Savior in heaven. Long after the guests have left, the carolers have gone home, and the lights have come down, these promises endure. All are welcome to join in the Bible Study. For additional information, please contact Pastor Kevin (336-552-8130).

Session 1: God Has a Face

**December 2 – 10:00 a.m. – Friendship
December 3 – 6:30 p.m. – Brown Summit**

Session 2: Worship Works Wonders

**December 9 – 10:00 a.m. – Friendship
December 10 – 6:30 p.m. – Brown Summit**

Session 3: God Guides the Wise Session 4: Every Heart a Manger

**December 16 – 10:00 a.m. Friendship
December 17 – 6:30 p.m. – Brown Summit**

BECAUSE OF
Bethlehem



Christmas Cantata

This Christmas, we return to the scene of a humble manger where the great Light of the world was born. We join with the shepherds and angels, in awe of God's Love come to earth. Amidst the noise and distractions, we still our hearts as we bow before Him and worship the one true King. On **Sunday, December 22, at our 9:55 a.m.** worship service, Friendship's choir will present our Christmas Cantata "Come Let Us Adore". The blend of new seasonal anthems and traditional carols will awaken different perspectives of the Christmas story. Come join us as you come adore Him and relive the miraculous story of Christ's birth.



Poinsettias are a beautiful way to honor loved ones at Christmas and are beautiful adornments to our worship service. It is that time of the year when we decorate our Sanctuary throughout the Advent Season. If you would

like to place a poinsettia in the sanctuary for two Sundays (**December 22 and December 29**) in honor or in memory of someone, you may bring the poinsettia to the church on December 21 at 2 p.m. Please contact Daniese Smith (336-375-3845) if you plan to bring a poinsettia. Also, provide her with the individual's name whom you wish to honor or in memory of. The poinsettias may be taken home after the worship service on December 29.



During the Christmas Holidays, Friendship United Methodist Church has a wonderful method of distributing Christmas cards to its congregation. You'll find a special mailbox in the narthex or vestibule that can be used in which to place Christmas cards to your church family. Address your cards with the first and last name of the person who is receiving them. Cards will be sorted into alphabetical order for pick up on Sunday, December 22. The mailbox will remain in the vestibule through December 29 and all unclaimed cards will be discarded after January 12.

Share the Warmth mission outreach helps our neighbors who need assistance with their fuel costs. During this holiday season, the Truth Seekers Sunday School class will lead the effort of coordinating Friendship's monetary gifts by working with Monticello Oil Company to identify families who would benefit. If you would like to "share the warmth," please join our class in this mission project. Please make your check payable to Friendship UMC, designate "Heating Fund" and place your donation in the offering plate. If you wish to mail a check, please send it to P.O. Box 462, Browns Summit, NC 27214. Any cash donations may be given to Diane Hilliard or one of our class members. A check will be delivered to Monticello Oil after December 22nd and they will apply the money appropriately. Thank you.



CHRISTMAS EVE CANDLELIGHT SERVICE



Brown Summit UMC
December 24, 2019
5:00 p.m.



Church Family -

Larry & Lovetta Bailey, Ken Ball, LaVerne Brande, Wendell Brande, Wayne Brann, Dwight Chrismon, Elmo Chrismon, Margie Chrismon, Herbert Hooper,

Ruth Hopkins, Sue Lambeth, Buddy Mullis, Bobbie Papoulias, Margie & Melvin Roberson, Pastor Nick & Libby Scandale

Other Friends & Family - Wayne Barham, Sandy Black, Jack Garland, Lou Jolly, Billy Lawson, Pat McLamb, Jimmy Sloan, Al Vaden, Ray Williams

In Sympathy - the family of Lois Hooper Barber, the family of Maureen Esterline, the family of Pauline (Polly) Hedrick Brewer, the family of Denise Brann Young



Our **homebound members** can't come to church due to health or other reasons. Please pray for them or take a moment to send a note or card to let them know that they are missed. It will brighten their day!

Alice Hilliard (Birthday: October 30)
Whitestone, Apt. 310
908 Scottish Rite Drive
Greensboro, NC 27407

Pauline Holt
Room 408-B
BellaRose Nursing & Rehab
200 BelaRose Lake Way
Garner, NC 27529

Ruth Hopkins
7160 Brown Summit Road
Browns Summit, NC 27214

Greeters

December 1 - Nikki McLamb
December 8 - Diane Hilliard
December 15 - Margie Chrismon
December 22 - Shannon Law
December 29 - Kay Wagoner

Ushers

December 1 - John McLamb & Seth Rosson
December 8 - Clarence Hilliard & Chris Collins
December 15 - Dennis Hisey & Henry Lambeth
December 22 - Chris Law & Clayton Johnson
December 29 - Frankie Wagoner & Kyle Watkins

Please arrive by 9:30 a.m. If you will not be available, please contact someone to fill in for you or call Henry Lambeth (336-656-3178).

FUMC Contacts

Bulletin Items: Renee Troxler 336-656-9809
renee.troxler@yahoo.com

Prayer Chain Requests: LaVerne Brande
336-656-3212 (lbrande@triad.rr.com) or
Frances Cable 336-656-3089
fcable@triad.rr.com

Fellowship Hall Reservations:
Daniese Smith 336-375-3845
sibbyswims@aol.com

Messenger: LaVerne Brande 336-656-3212
lbrande@triad.rr.com or
Frances Cable 336-656-3089
fcable@triad.rr.com

Pastor Kevin's Office Hours

Friendship

Monday and Tuesday — 9 a.m. — 12 noon

Brown Summit

Wednesday and Thursday — 9 a.m.—12 noon

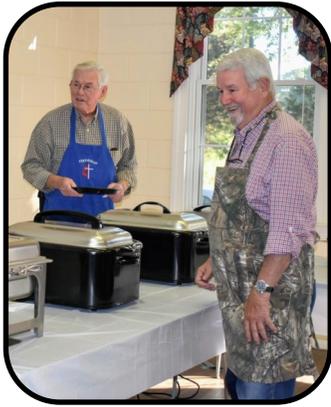
Friday – Day off

Other hours by appointment
(336-552-8130)

Emergency calls only
between the hours of 9 p.m. and 8 a.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Hanging of the Greens Service Happy Birthday! Buddy Mullis Karsyn May	2	3 Happy Birthday! Skeeter Strader	4 Happy Birthday! Wade Forbes Justin May	5	6	7 Family Night Happy Birthday! Kelly Brown Maxine Daniel Happy Anniversary! Taft & Kerry Cable
8 Happy Birthday! Colby Cable Diane Hilliard	9	10 UMM Meeting Happy Birthday! Donnie Huffines Phyllis Jones	11 Happy Birthday! Christie Brande	12	13	14 Happy Anniversary! Clayton & Sarah Johnson
15	16	17	18	19 Happy Birthday! Nick Scandale	20 Happy Birthday! Daniel Brann David Brann	21 First Day of Winter! Happy Birthday! Elmo Chrismon
22 Christmas Cantata	23 Happy Birthday! Taylor Hoopingarner	24 Christmas Eve Service Happy Birthday! Ken Brown Jessica Cable	25 	26	27	28 Happy Birthday! Jill Simpson
29	30 Happy Birthday! Reid Thompson	31 New Year's Eve Happy Birthday! Jimmy Chrismon				5th Sunday Night Singing - January 12 Jackson UMC



Ham Supper



Crafty Christmas Bazaar



Veterans Day



Shoebox Packing Party





In memory of
Rev. Martin Carty



In memory of Mary Sue Chrismon



In memory of Harvey Clark



In memory of Marie Davis,
Patty Hopkins and Mary Ann
Maxwell



In memory of Rebekah Hedrick



In memory of Anne Hooper



In memory of Carolyn Long



In memory of Luther Lowe



In memory of John McLamb, Sr.



In memory of John Rosson



In memory of Donnie Simpson



In memory of Cliff Warren

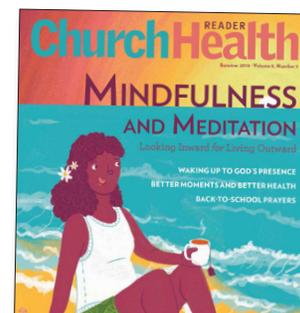


In memory of Barbara Watkins

GETTING STARTED WITH MINDFULNESS

Mindfulness practices bring many benefits but don't have to be overwhelming. Like many habits, the more we practice, the better we get, but we don't have to be experts before we can start. Here are some ideas for getting started with mindfulness in small doses in a variety of ways until you hit your stride.

- 1. Mindful Mornings.** Are you aware of how you start the day? Even before you get out of bed, take some deep breaths, use a favorite centering prayer, or pause to be aware of how the various parts of your body feel.
- 2. Working Ways.** When you sit in your chair, let yourself feel your body come into contact with the chair, the floor, the desk, or other physical tools of your profession. Draw a breath and let it out slowly before moving on to be physically present to another dimension of your space before being lost in the rush of tasks.
- 3. The Best Intentions.** We all have things we have to *do* every day that consume most of our time. It only takes a few seconds to choose something that we want to *be* today—kind, calm, patient. What value is on your heart that you want to embrace in this moment?
- 4. Noticing Senses.** Try using a sense you don't usually focus on. Close your eyes and listen. Stop moving and be still. Inhale deeply the fragrances around you. Touch a new texture. In that moment, what is that sense of discovery like?
- 5. All the Feels.** We do so much on auto-pilot, from small tasks like brushing our teeth to important tasks like how we fuel our bodies or have conversations. For one minute, turn off auto-pilot. What does it feel like to brush your teeth? To scratch the dog's chin? To inhale clean laundry?
- 6. The Real Truth.** When you have a self-deprecating thought, nip the rumination in the bud by speaking truth out loud. Say something positive and admirable about yourself, take a deep breath, and sit with the truth for a moment before moving on.
- 7. Flickering Flames.** Light a candle and simply watch it flicker and dance. Let the simple movement of the light calm you. You are not trying to think about anything or accomplish anything but simply notice.
- 8. Soothing Showers.** A warm shower already has a calming effect for many people. Use it as an opportunity to intentionally slow down, notice the sensory experience and observe your thoughts without judging them.
- 9. Ritual Richness.** Your own mini-ceremony for anything from how you prepare your tea to clearing your desk—and your mind—at the end of the day can create calming space for you to better manage stress in your life.
- 10. Cool Spots.** Choose a spot where you can be alone for five minutes—even in the midst of a group of people, such as on a bus or subway ride. Anywhere you can close your eyes, breathe intentionally, and observe your senses will help reduce stress.



GO ONLINE >>

Visit chreader.org for more resources on mindfulness