

# The Calling

Rev. Jessica Moffatt Seay, Senior Pastor

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First United Methodist Church

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*"Rejoice in the Lord always; again I will say, Rejoice. Let all people know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and minds in Christ Jesus." Philippians 4:4-7*

Several years ago, Dr. Thomas Holmes, a psychologist, developed a scale of stress-producing events based on a study of 7,000 subjects, as a means of predicting the probability of physical illness within the next 12 months. He assigned a numerical value to a variety of stress-producing life experiences, such as the loss of a job, moving to a new city, starting a new relationship, and the death of a spouse. Dr. Holmes decided that Christmas (and not a particularly difficult Christmas, simply living through December 25 in our culture) will earn you 12 stress points. (On his scale getting caught breaking the law was assigned 11 points. Christmas was deemed more stressful!)

A writer by the name of Bridget Kuhns took Dr. Holmes' stress scale and applied it to Mary the Mother of Jesus as the basis for an amusing essay. Mary, according to Ms. Kuhns, earns 40 stress points for a pregnancy, plus an additional 20 points for an unplanned pregnancy. She receives 25 points for a change in living conditions. Mary's marriage to Joseph earns her 50 points more. A change in financial status adds 38 points. Ms. Kuhns gives 39 points for the birth, plus 16 points for a change in sleeping habits, and 15 points for a change in eating habits. Not to mention all those uninvited guests: shepherds and angels coming and going at all hours of the day and night, and of course, those three kings from the East.

Dr. Holmes says that people get sick when they reach 200 points. Ms. Kuhns calculates that Mary's Christmas ordeal earned her a whopping 389 stress points! But, you don't have to be the mother of Jesus to feel stress at Christmas. How ironic that while we prepare to celebrate God's gift of "peace on earth" we allowing our preparations to cause anxiety!

In his letter to the Philippians, the apostle Paul reminds us that there is a way to experience peace, not only at Christmas, but throughout the year and in the midst of any situation. We can condense his advice, into three phrases:

Anxious in nothing.

Prayerful in everything.

Thankful in anything.

When these three attitudes guide our lives the peace of God settles quietly over our hearts and minds, even at Christmas. This week, I invite you to take Paul's threefold advice to heart. The peace of God which surpasses all understanding will deepen your joy in the coming of Christ.

*Jessica*

Televised from the Sanctuary at  
10:50am on Cable One, Channel 7

Broadcast from the Sanctuary at  
11:00am on KVSQ AM 1240

**8:30 AM**  
**McClure Chapel**

**10:50 AM**  
**Sanctuary**

**11:05**  
**Colvert Ministry Center**



Since 1917, the Oklahoma United Methodist Circle of Care has been helping "at-promise" Oklahomans through its ministries of the Boy's Ranch in Gore, the Children's Home in Tahlequah, Independent Living Programs, Pearl's Hope Transitional Housing @ Frances E. Willard Ministry Center, in Tulsa, Holsinger Home for Children in Enid, and Child SHARE Foster Care. With the support of United Methodist Congregations and individuals, we are making a lasting, Christian difference in people's lives.

Each night, in care, Circle of Care is serving over 330 children through residential and foster care. The outstanding youth and children you help had a combined 3.0 GPA last school year for the third consecutive year. The children and youth of Circle of Care also served over 849 hours of community service as of September 30, 2009.

When you give to Circle of Care you can have a feeling of pride and ownership. An ownership that you know you helped a child in need – a pride that passes on to that child, and they continue passing it on through their lives by your Circle of Care Christmas Eve gift.

Please remember these outstanding, "at-promise" children and youth this year through your prayers and gifts! Thank you for making a difference in the lives of many!

Dear Church Family,

What an Awesome God we serve and what an Awesome Church we have. I want to thank each and every one of you for your visits, gifts, cards, food, calls and most of all your love and your prayers during my recent illness. Words cannot express how grateful I am to all of you for the love you showed me. Isn't God wonderful? I praise Him each day for His love and His care. Again, thank all of you.

With much love,  
Janie Courtney

## Sunday's Music

This Sunday is the **First Sunday after Christmas Day**. The exciting Season of Christmas continues.

In both worship services John Emery's closing voluntary will be "**On Christmas Day in the Morning**" arranged for organ by Mary Helen Moorhead. This moderately familiar carol's tune, WALTHAM, in Long Meter, was composed by J. Baptiste Calkin, 1872. Also in both worship services today, Lori Capshaw, pianist, will join with John Emery, cellist, in a fine arrangement of "**The Wexford Carol**" arranged by Daniel Kelley.

In the 10:50 worship service on this *Sunday after Christmas*, the Sanctuary Choir will be singing "**There Is Faint Music**" by Dan Forrest. The anthem is copyright © 2009 by Hal Leonard Corporation, and is quite emotional in its musical composition. (I don't often use that phrase to describe our anthems, I must be getting old, don't ya know!) Anyway, if you haven't heard it before, I think you will be moved at its beauty.

I trust that you didn't miss any of our Christmas music or drama presentations and, indeed, our Christmas Eve worship experiences.

Please read this text from Sunday's music.

### There Is Faint Music

There is faint music in the night,  
and pale wings fanned by silver flight;  
a frosty hill with tender glow  
of countless stars that shine on snow.

A shelter from the winter storm,  
a straw-lined manger, safe and warm,  
and Mary singing lullaby,  
to hush her Baby's sleepy sigh.

Her eyes are fixed upon His face,  
un-heeded here is time and space,  
her heart is filled with blinding joy,  
for God's own Son, her baby Boy!

Shalom, *Bob*

## CHURCH CALENDAR

### Sunday, Dec 27

8:30 am Worship / Chapel  
9:30 am Sunday Morning Live  
9:45 am Sunday School  
10:45 am Power Up / Children's Church  
10:50 am Worship / Sanctuary  
11:05 am EPIC Worship / CMC  
5:00 pm Jr. High Youth  
6:00 pm Sr. High Youth  
6:00 pm Hearts on Fire Prayer Time  
6:30 pm CR Step Study-Men  
7:00 pm CR Step Study-Women

### Monday, Dec 28

1:00 pm Clothes Closet Opens

### Tuesday, Dec 29

12:00 pm Noon Prayer Time

### Wednesday, Dec 30

9:00 am Clothes Closet Opens  
10:30 am Mom's Praying  
5:30 pm Prayer Ambassadors  
6:15 pm Worship / CMC  
6:15 pm Ignite / CMC  
7:00 pm Celebrate Recovery  
7:00 pm Mid-Week Youth

### Thursday, Dec 31

1:00 pm XYZ Bridge Club

### Friday, Jan 1

New Years Day  
Church Closed



### Captivated by Love

Women's Retreat

February 19-20, 2010

at the Colvert Ministry Center

### Dates to Remember:

Jan 18	MLK Day / Church Closed
Feb 17	Ash Wednesday
Feb 28-Mar 2nd	Festival of Faith
Mar 7	Chili Cook-Off
Mar 14	Daylight Savings Time Begins
Mar 28	Palm Sunday
Mar 29-April 2	Holy Week

## Missionary News



We just received Christmas greetings from Wes & Joy Griffin, directors of the International Leadership Institute in Carrollton, Georgia—

*'2000 years after the birth of our Savior, still one-third of the world asks, 'Who is Jesus?' These people have never even heard His precious name. The apostle Paul exhorts us, 'For whosoever shall*

*call upon the name of the Lord shall be saved. How then shall they call on Him in whom they have not believed? And how shall they believe in Him of whom they have not heard? And how shall they hear without a preacher? And how shall they preach, except they be sent? As it is written, How beautiful are the feet of those who preach the Gospel of peace, and bring the Good News of glad tidings.'* (Romans 10:13-15)

*Ten years ago, God gave a vision of leaders being trained around the world to accelerate the spread of the Good New of the Gospel of Jesus Christ through ILI. Today, over 45,000 passionate alumni all over the globe are modeling beautiful feet as they take the Great Commission seriously and apply what they have been taught at ILI conferences.*

*Recently, within a one week period, this dream was fulfilled as ILI conferences were held simultaneously on 5 different continents: Africa (Jos, Nigeria), Asia (Kuching, Malaysia, Europe (Malenovice, Czech Republic), South America (Campina & Curitiba, Brazil), and North America (California & Georgia).*

*We praise God for the upcoming national conferences to be held in January & February, 2010: Costa Rica, India, Ethiopia, Ghana, Nigeria, Colombia, Tanzania, Liberia, Thailand, Paraguay, Democratic Republic of the Congo, and Brazil.*

*Thank you for making it possible for ILI to have Beautiful Feet! This Christ season, we pray that your best present to give and also to receive will be Jesus!*

*Until all worship, Wes & Joy"*

We have been supporting the Griffin's for 14 years through Faith Promise.



**Feet of a new believer evangelized by ILI alumni.**

## **FOCUS ON FOLKS**

**In the Hospital, or recently dismissed:**

**Sunday School Greeters for December:**

Main Building - Wesley

Colvert Ministry Center - Foundations

## **BIBLE STUDIES OFFERED**

**Breaking Free:** The Journey, the Stories, a study written by Beth Moore, will be led by Karen Chaffin. The class will begin on Monday January 18 at 6:30 p.m. in the Colvert Ministry Center.

**Disciple One:** Disciple One will continue on Mondays at 6:30 p.m. beginning on January 4. Rev. Roger Wood will facilitate the study of the Scriptures through the Book of Revelation.

**Precept:** Janie Courtney will lead the Precept Bible Study of 2 Timothy on Thursdays beginning on January 7 at 9 a.m. in room 116 in the CMC. Barbara Shields will lead a Kay Arthur study on Covenant: God's Enduring Promise on Thursdays from 12:30 to 2:30 in room 116 in the CMC.

**Financial Peace:** Dave Ramsey's Financial Peace University will be co-led by Sally Reser and Barbara Hisey on Thursday evenings at 6:30 p.m. beginning January 7th in room 116 in the CMC. Cost is \$95 per couple.

**Alpha:** Rev. Dan Patman will continue to facilitate the Alpha course in basic Christianity on Thursdays at 6:30 p.m. in the CMC.

**Celebrate Recovery:** Celebrate Recovery will continue on Wednesday evenings at 7:05 p.m. in the CMC. CR is a program of support and encouragement for those experiencing life's struggles and difficulties.

**Young Adults:** A Young Adult Sunday School Class will begin on Sunday, Dec. 20, in the "Upper Room" of the CMC. Rev. Adam Ricks will facilitate the class. All young adults college age and above are invited to attend.

## **MISSING**

If you borrowed the Parallel Bible from the Love Sunday School Classroom please return it to the classroom or to the church office.  
Thank you!



### Prayer Chain

To place a prayer request with the FUMC Prayer Chain ministry please call:

**Lenny Frank at 465-7515**

**Wadell & Sheila Altom at 223-7272**

**Joann Keithley at 223-0062 or joannkeithley@sbcglobal.net**

**Mary Lou Fisher at 223-6898 (H) 223-9367 (W)**

### Casper Cards Hand & Foot Canasta

Beginning in January, Hand and Foot Canasta will be played on the 2nd and 4th Mondays, from 1 p.m. to 4 p.m., at the Colvert Ministry Center, room 115 B.

If you have any questions please call or email Sharon Bakie at 918-316-1619 or sebakie@gmail.com; Carolyn Graysneck at 223-6558 or graysneck@cableone.net or Helen Thompson at hthompson@ahec.osrhe.edu.

This is a part of the XYZ Ministry of the First United Methodist Church and AHEC Senior University and all seniors are invited to come enjoy the fellowship. Beginners as well as experienced players are welcome. Hope to see you and your friends January 11, 2010.



### Hearts on Fire

Will not meet in December  
we will resume on  
Sunday, January 3, 2010



### Children's Ministry Announcements

- We hope to see you in PLUG IN this week as we wrap up what we have learned about COM-PASSION. This week we will talk about the fact that God showed the world His love, and we will ask ourselves the question, How will you show the world? We will continue to work on our bible verse, John 3:16. We may even show off how many of us have memorized it this month!
- Then, in POWER UP (children's church), we will dig deeper into how we will show the world God's love. We have some fun things planned and we hope to see you there.
- Amy and Kori want to say a special THANK YOU to those of you who have volunteered this year in children's ministry. There have been many of you and we really appreciate your willingness to serve in this way. We look forward to another Christ filled, fun filled, KID filled year. Thank you so much!!

### COAT DRIVE CONTINUES

The Clothes Closet is still in desperate need of children's coats - all sizes. Collection tubs will be out in the Main Building and the CMC. Thank you in advance for your generosity.

Non-Profit Organization  
U.S. POSTAGE PAID  
Ardmore, Oklahoma  
Permit No. 183



*Loaves & Fishes*

*December  
Pork & Beans  
14-16 ounce can  
Or you may donate money  
to the emergency fund*