

FRIENDSHIP UNITED METHODIST CHURCH NEWSLETTER

January 2019

Hydration and Renewal

Recently I read an article about the 5 simple signs that can tell us that we are dehydrated:

- Urine should be clear when you are well hydrated, but when the urine is bright or dark yellow – it may be a sign that our kidneys are working overtime because of not having enough water.
- If your lips are dry and cracking and winter weather or sunburn isn't the cause sip more water throughout the day to keep lips and mouth healthy and moist.
- If you feel extra worn down and spend more time on the couch than on any other activity this may be a sign you are dehydrated. Research suggests one of the best ways to combat fatigue is to increase your water intake: water is key to restoring energy.
- If your skin is dull, irritated, rough and/or flaking these can be signs that you need more water.
- Cramping muscles are signs you need more water and possibly additional electrolytes as well. Years ago, Scott's doctor wrote a prescription for him to stop leg cramps: water, potassium, magnesium, and calcium.

As I thought about our need for water, I thought about scriptures which relate the importance of water. Psalm 23:2b-3a points out that the Lord (our Shepherd) leads us beside still water and restores our soul. Jeremiah 2:13 describes God as the fountain of living waters. Jesus offers the woman in John 4:10 the gift of living water if she will accept it. There are more scriptures that remind us of the value of the living water that only God can give.

Sometimes the local church becomes dehydrated too. It is important to stop and think about what we are doing to keep drinking from the source of living water and how we are doing sharing living water with others. One way we plan

to evaluate this is through the **Church Strategic Planning that we will be working on January 4 and 5, 2019.** Everyone who loves Friendship and cares about Friendship's continued ministry is invited to attend. Please join us as Congregational Specialist, Chris Lynch guides us in moving from where we are now to where God is leading us in 2019 and beyond. Our physical bodies need hydration and our spiritual bodies need hydration. We are commissioned to offer living water to our neighbors.

Your presence at the retreat is needed.
Nellie

Prayer and Fasting is Necessary Now

Our community and world are changing. For centuries, the Church has had a positive impact on the communities where Christians dwell. For a variety of reasons, this is changing yet, the world is thirsty for living water and choosing thirst quenchers that don't satisfy. As the people of God, we are being challenged to spend time in increased fasting and prayer. We will not all approach this call to fasting and prayer in the same way. However we all have the opportunity to pray and seek how God is leading "me" in fasting coupled with prayer.

A Church-wide Strategic Planning Retreat will be Friday evening, January 4, 6:30 – 8:30 p.m. and Saturday, January 5, 9:00 a.m. – noon. Everyone in the congregation is encouraged to attend.

For local residents, you will have a copy of a Worship Survey in your newsletter. Please fill out and return by December 30. Thank you!

Happy Birthday to

Ciji Vinson	1/01
Hadley Welch	1/05
Pat Felmet	1/06
Larry Sanders	1/08
Glenn Williams	1/08
Jamie Williams	1/09
Tinsley Williams	1/09
Deborah Deal	1/12
Charles Larsen Jr.	1/15
Jeffrey Fickes	1/20
Keith Hoke	1/20
Kelsey Duncan	1/24
Robin Fickes	1/26
Marie Williams	1/28

Happy Anniversary

Ken & Sheila Sanders	1/09
Jim & Cynthia Ashley	1/15



Worship Leader – Frank Caldwell

Communion Servers- Joyce Newman

Money Counters

January 6	Ethel & Sara
January 13	Ethel & Sara
January 20	Ethel & Sara
January 26	Ethel & Sara

Nursery

January 6
January 13
January 20
January 26