



The Witness

January 2010



*Your Word have I
treasured in my heart...*

Psalm 119:11

Pastor Jeff

Amos 3:8 *The lion has roared- who will not fear? The Sovereign LORD has spoken—who can but prophesy?* NIV

The Old Testament Prophets were very unique people who were called to be God's spokes person in strange and unusual ways. Most of us do not spend much time studying the prophets but there are many lessons we can learn from them. Here are some of their bazaar approaches to the ministry: Isaiah walked around naked for two years, (Don't worry, God is not calling me to this ministry), Hosea married a prostitute, and Ezekiel lay on his side for over a year and ate one meal a day cooked over manure (mmmm tasty). They often lived difficult lives and had the enormous responsibility of delivering God's message to God's people. Sometimes that message was harsh and sometimes it was full of hope. A couple few years ago a friend loaned me a book called Knowing The Bible 101 by Bruce Bickel and Stan Jantz. They have a fresh and descriptive way of explaining the Bible. The chapter on the prophets is called Grumpy Old Men. They certainly come across that way. They rebuked the people of Israel and Judah with the fury of a storm warning them about the judgment of God. While they came across as harsh, they were also the best encourager and friend God's people had. When they did not listen to the prophets and judgment came, the prophet's message changed. It changed into a message of hope, deliverance and encouragement. There is a lot we can learn from these grumpy old men like loving God, loving others, living right, trusting in God, social justice and the list goes on. Let us learn from the mistakes Israel and Judah made and let us learn from these grumpy old men, God's timeless messengers.

"Grumpy Old Men"

Starting on January 17th I will be preaching a sermon series on the first six Minor Prophets, "Grumpy Old Men." The Minor Prophets were amazing Men of God whose message is timeless. With each sermon will come a study guide which will be in your bulletin to help you study the prophets. Join us as we discover what these "Grumpy Old Men" have to teach us.

- January 17- **Hosea-** The Faithful God Who Pursues Us.
- January 24- **Joel-** Sound The Alarm!
- January 31- **Amos-** The Lord Has Spoken!
- February 21- **Obadiah-** Justice For Judah and Edom.
- February 28- **Jonah-** God's Foreign Missionary.
- March 7- **Micah-** What Does The Lord Require of You?



**Check out the website at
redbankumc.org**

A Healthier You!

Psalm 139:14

"I praise you because I am fearfully and wonderfully made....I know that full well"

Friends at Red Bank United Methodist Church: As 2010 Wellness chairperson, I want to share timely suggestions for you to be a healthier member within our church body. Each month, you will read about topics such as sleep, physical activity, nutrition and stress. A goal from this newsletter snippet is to help you strengthen your mind and body. However, with any of these suggestions, seek a physician's approval when applicable. Know that you are a physical miracle from God (Psalm 139:11); therefore, empower yourself with healthier behaviors! Happy reading and stay healthy!

Sleep

January 2010: From the National Sleep Awareness Roundtable, sleep disorders are common in both men and women. There is a prevalence and severity of certain sleep disorders in minorities and underserved populations. Effects of sleep loss and sleep disorders represent a public health problem. More importantly, sleep disorders have been associated with health consequences including hypertension, diabetes, obesity, depression, heart attack, stroke and at-risk behaviors. Health agencies such as the Department of Health and Human Services (HHS) target these complications. www.nasart.org

Next month, recommended hours of sleep for age groups will be revealed.

We have a family we are trying to help who is in need of a car. If you have a car you are willing to donate to the church, please contact Pastor Jeff. You will be able to write this off your taxes.



We are a caring family seeking God's direction through prayer to reach the lost and grow through Christ, for Christ and in Christ.

- Rev. Jeff Lambert, Pastor
(Home 842-1151, Cell 653-7982)
- David Brackett, Program Director
- Linda Towers, Administrative Assistant
- Marti Redden, Children's Director
- Garry Woodside, Music Director
- Jan Woodside, Pianist
- Adolph Canales, Sexton
- Greta Satterwhite, Preschool director

Celebrate

...I will celebrate before the Lord. 2 Samuel 6:22b

Celebrate the New Year by volunteering

- to help with Safe House. The program is running with the minimum number of volunteers. Safe House runs Monday, Tuesday, and Wednesday each week, 2:30—6:00. You may work any day for any length of time. Pray about your participation in this very important program and contact David Brackett as soon as possible.
- to help on Wednesday nights. We need individuals to chaperone the youth in the gym from 6—6:30 p.m. You can do one week a month or every week. Having these volunteers will free David to work with puppet team rehearsals and Allison to work with dance team rehearsals.
- to help fill Winter Survival Bags for the homeless. Leave donations in the church office: hand warmers, gloves/mittens, small bottles of lotion, chap stick, small bars of soap, small packages of Kleenex.
- to donate a car to the church that can be given to a needy, very deserving family.

Youth in January

- 3 9:45 Cornerstone Sunday School—Chase
4:45 Support Team
5:15 Rock Café
5:30 Open Gym
6:00 Foundation Bible Study
7:00 Evening Worship
8:00 Boxer Night
- 6 5:30 Dinner
6:00 Dance & Puppet Rehearsals & Open Gym
6:30 The Wall Program
- 10 9:45 Cornerstone Sunday School—Cook
4:45 Mentor Meeting
5:15 Rock Café
5:30 Open Gym
6:00 Foundation Bible Study
7:00 Evening Worship
- 13 5:30 Dinner
6:00 Dance & Puppet Rehearsals & Open Gym
6:30 The Wall Program
7:30 Resurrection Leaders Meeting—Loft
- 15 4:00 LEAVE for Resurrection '10
- 17 9:45 Cornerstone Sunday School—Dalton
4:00 Return from Resurrection '10
- 20 5:30 Dinner
6:00 Dance & Puppet Rehearsals & Open Gym
6:30 The Wall Program
- 24 9:45 Cornerstone Sunday School—Greever/Deitzen
4:45 Mentor Meeting
5:15 Rock Café
5:30 Open Gym
6:00 Foundation Bible Study
7:00 Evening Worship
- 27 5:30 Dinner
6:00 Dance & Puppet Rehearsals & Open Gym
6:30 The Wall Program
- 31 9:45 Cornerstone Sunday School—Hardin
4:45 Leadership Team Meeting
5:15 Rock Café **YOUTH SUNDAY**
5:30 Open Gym
6:00 Foundation Bible Study
7:00 Evening Worship

Kid's Korner

On Wednesday nights, the children are finishing their study on *The Armor of God*. This month, we will study *Super Heroes of the Bible*. Join us at 6:30 every Wednesday.

- Three small tables painted.
- Teacher and helper for preschool children on Wednesday nights.
- Children's Church teacher and helper during the 11:00 service every Sunday for ages 3—K.
- We need a few people to organize two closets in the Children's Department. Work a few hours in the morning or evening for a couple of days.

We will begin a new Sunday School for Children in February. Classes will be K-2 with Carron Trainor and grades 3-5 with Skipper Fairbanks. Volunteers are needed to be helpers in these classes. See Marti if you are willing to help 4 times a year.

Gifts from the Heart

Thank you, thank you, thank you for your faithful and generous support of the Angel Tree Ministry. Because of you, thirty-one children received gifts and God's Word. Each family also received a Bi-Lo gift card. As we made the deliveries, we were met with joyful faces and grateful hearts! Blessings to each of you!

Our church—You have blessed our lives by being the special people you are. During our recovery, your calls, cards and prayers were a constant source of comfort and encouragement. Love and blessings to all. Paul and Drew Lowe

The church staff would like to thank you for your very generous gifts to us at Christmastime. We are so blessed by your support and love and look forward to serving with you in 2010. Love and blessings to each of you.

The Carver-Tarwater class has honored their teachers and pianist by a gift to the church: Anne DeFriesse, Georgette Edwards, Rudy Hoppe, Garry Woodside, Harold Buck and Nellie Margaret Mitchell.

Thursday Morning Bible Study begins Thursday, January 14. The study will meet for one hour beginning at 10 a.m. in wing "B" of Fellowship Hall. The study will be "FEAST—Finding Your Place at the Table of Tradition." Everyone is invited; David Brackett will teach the class.

Congratulations to Sue Ferrell!!! January 9 celebrates the 10th year of the Monday, Wednesday, Friday exercise class. Join them at 9 a.m. to look and feel better in 2010!!!

CAC Hours
Monday, Wednesday, and Friday
8:00—noon

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Happy New Year</i>	2 8:00 UMM Program and Breakfast
3	4 6:30 Men's Bible Study 7:00 Bethel Study	5 7:00 Stanfield Small Group	6 2:30 Safe House 5:30 Dinner 6:30 Program 7:30 Choir Practice	7 6:45 AA Meeting	8	9
10 4:00 Missions Committee	11 6:30 Men's Bible Study 6:30 Coley Small Group 7:00 Bethel Study	12 7:00 Trustees 7:00 Stanfield Small Group 7:30 Evangelism Committee	13 2:30 Safe House 5:30 Dinner 6:30 Program 7:30 Choir Practice	14 10:00 Morning Bible Study 6:30 Stamping Group 7:00 AA Meeting	15 4:00 Youth to Resurrection '10	16
17 4:00 SPR Committee Meeting	18 6:30 Men's Bible Study 6:30 Coley Small Group 7:00 Bethel Study	19 2:30 Safe House 7:00 Stanfield Small Group	20 2:30 Safe House 5:30 Dinner 6:30 Program 7:30 Choir Practice	21 10:00 Morning Bible Study 7:00 AA Meeting	22	23
24	25 6:30 Men's Bible Study 6:30 Coley Small Group 7:00 Bethel Study	26 2:30 Safe House 7:00 Stanfield Small Group	27 2:30 Safe House 5:30 Dinner 6:30 Program 7:30 Choir Practice	28 10:00 Bible Study 10:30 Young- at-Heart 6:30 Stamping Group 7:00 AA Meeting	29	30
31 9:45 Confirmation Class begins						

