



**Talihina First United Methodist Church  
&  
Tuskahoma First United Methodist Church**

**January 2016**  
Volume 3, Issue 1

## NEWSLETTER

### Greetings in the name of Christ;

Happy New Year! Welcome to our Best Year Yet!

This may be a bit presumptuous on my part as some of us may be facing mountains that we are not certain we can climb, however, I am not saying that this will be the easiest year that any of us have ever faced, but it can be our best year.

As I said in my sermon this past Sunday, if this year brings us closer to God and closer to our friends, if it helps us value more highly the things that really matter and causes us to appreciate more deeply the gift of simply being alive, it will be a great year no matter what our circumstances.

Some time during the next week or so, go into a quiet place and leave the world behind. Set aside a substantial block of time at one sitting for reflection and prayer.

During this time, begin with prayer; ask God for real guidance to know what is best for your life and how to accomplish it.

Then read the following Scripture passages:

- Proverbs 3:5-8 – Trusting in the Lord;
- Matthew 6:25-33 – Do Not Worry;
- Romans 12 – A Living Sacrifice, Humble Service in the Body of Christ, and Love in Action; and
- Philippians 4:4-13 – Final Exhortations & Thanks for Their Gifts.

Read them more than once; do not presume that you got the whole point the first time through.

Then pray again asking for the Holy Spirit to illuminate your thoughts; that God's thoughts would become your own. Just sit quietly and ponder what you have read.

Take time to think, jot down or draw on paper, or use a recorder for the ideas and pictures that come to you. Record them as they come; you can prioritize them later.

When you come to the point that you feel wrung out, spent of any further ability to think or imagine; stop. Give thanks to God for what's come forth, leave your quiet place and rejoin the world.

Now I know that we all have trouble finding even one spare hour in a week, much less a real block of time. Nevertheless,

if we carve it out, give up something on the calendar if necessary, surrender an appointment if possible, all the rest of our hours throughout the year ahead will amount to so much more than just time spent.

We will know where we have invested them. Our feet will be upon the best path, and we will know where we are going.

I will be practicing this on a frequent basis.

The Day of Epiphany, like the Day of Pentecost, marks the end of a major cycle of the Church Year. For Pentecost, it is the Lent-Easter Season cycle. Epiphany marks the culmination of the Advent-Christian Season cycle.

So on the Day of Epiphany, Wednesday, January 6<sup>th</sup>, the season celebrating and contemplating the mystery of incarnation and all God becoming flesh has set loose in the world.

Starting this week, we shift into a season of ministry and calling to discipleship. We spend these weeks of Ordinary Time after Epiphany on two major missional tasks: calling people for a life of discipleship and getting the church ready for its work of preparing people for a life of discipleship throughout the Season of Lent.

Let's all work together in 2016 to make sure that this year is our best year yet!

In faithful service,  
*Don Baker*

### Post Script

As many of you know, Talihina FUMC and Tuskahoma FUMC form a two-point charge, which means that I serve as Pastor at both churches, and have done so for the past 18 months.

After two years, this newsletter is now combined to serve both churches.

With all of your help, we will try to get this newsletter out on a monthly basis.

*Don*

## SPIRITUALITY

We are discovering God together through Scripture, Tradition, Reason and Experience.



### 3 Ways to Stop Stressing

United Methodist Communications

1. **Breathe.** Seems simple, right? But anyone who has done yoga knows that breathing plays an important role in nourishing our bodies. Even the Bible talks about the breath of God giving us life. So breathe deeply. Your body has a built in stress reliever.
2. **Take a hike.** Or a walk. The Mayo Clinic says that exercise in almost any form can act as a stress reliever. So go find a park or take a few laps around your building and boost those endorphins. You may actually find yourself meditating on the path right in front of you, leading you to a more peaceful state.
3. **Put your phone away.** You have been there: you find yourself checking your phone every few minutes waiting for a text, tweet, or to see what everyone else is doing on Facebook. What is with our compulsive need not just to read every message that comes, but to reply immediately? It is a great thing to stay connected, but check your phone use and give yourself a break. You will survive. Promise.



#### January Birthdays

Clarice Rae Shanks – 5<sup>th</sup>      Dr. Tim Dow – 8<sup>th</sup>  
Teddi Irwin – 6<sup>th</sup>      Mavis Martin – 15<sup>th</sup>  
Adam Harris – 23<sup>rd</sup>



#### January Anniversaries

Birthdays and Anniversaries are milestones in our lives that we look forward to. Let us know the month and day of your birthday or anniversary so that we can celebrate with you.

### Movie Night

“A Matter of Faith”

Thursday, January 28<sup>th</sup> – Starting at 6:30

Snacks are provided!

Talihina First United Methodist Church – Fellowship Hall

A Christian girl, Rachel Whitaker (Jordan Trovillion) goes off to college for her freshman year and begins to be influenced by her popular Biology professor (Harry Anderson) who teaches that evolution is the answer to the origins of life. When Rachel’s father, Stephen Whitaker (Jay Pickett) senses something changing with his daughter, he begins to examine the situation and what he discovers catches him completely off guard. Now very concerned about Rachel drifting away from her Christian faith, he tries to do something about it!



### In Our Prayers

R.A. & Charlene Robinson  
Sandi Abouzeid  
Jace O’Neal  
Norma King  
Carolyn (Sandi’s Sister)  
Barbara Gann  
Riggs Children & Family  
Lavida Freemeyer  
Lee Ross Family  
Don Rosentreter Family  
Carroll Smallwood

Chrissy & R.J.  
Paige Townley  
Anna Carlile  
Bill & Judy Burgess  
Jim Hibdon Family  
Jerry (Sandi’s friend)  
Pat Turner  
Ralph Perdue Jr. & Family  
Trenton Dominguez  
Jennifer Spires  
J.R. Smallwood

Lillian Folsom  
Tony Daniel  
Beverly Hendershot  
Larry & Lynette Mack  
Bill Morgan  
Danny & Kimberly Daniel & Family  
Lori Brickman  
Zachary Ritter Family  
Ronnie Hall  
Bill Rowland  
Edward Smallwood

R.A. & Charlene’s Daughter Shelly  
Evelyn Stone & Family  
Joe’s Grandson  
Kelly & Vickie  
Ralph Sapp  
Bill Gann  
Charlene Parker  
Roger Bentley Family  
Megan Matthews Family  
Orlean Lubbock

“Pray incessantly.” 1 Thessalonians 5:17

January is the first month of the year in our modern Gregorian calendar, and its predecessor the Julian calendar. It consists of 31 days and the first day of the month is known as New Year’s Day. It is named after the Roman god, Janus.

| JANUARY 2016   |                                 |  |   |  |   |  |
|--|---------------------------------|--|---|--|---|--|
| SUNDAY   | MONDAY                          | TUESDAY                                    | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|  |                                 |  |   |  | 1<br>NEW YEAR'S<br>DAY<br> | 2  |
| 3<br>Worship<br>9:30 am – Tuskahoma<br>11 am - Talihina<br>Sunday School<br>10 am – Talihina<br>10:30 am - Tuskahoma<br><br>12 Noon – Fellowship<br>dinner - Talihina                      | 4                               | 5<br><br><br><br><br>7 pm AA -<br>Talihina | 6 - Epiphany<br><br>6 pm – “Fix-It”<br>Fellowship - Talihina | 7<br><br><br><br>5:30 pm –<br>Fellowship Dinner<br>& Game Night -<br>Tuskahoma | 8<br><br><br><br>8 pm NA -<br>Talihina  | 9<br>10 am - Un-<br>Decorate Church<br><br>1:30 pm – Super<br>Saturday Event –<br>McAlester FUMC |
| 10 – Baptism of the Lord<br>Worship<br>9:30 am – Tuskahoma<br>11 am - Talihina<br>Sunday School<br>10 am – Talihina<br>10:30 am - Tuskahoma<br><br>12 Noon – Council<br>Meeting - Talihina | 11                              | 12<br><br><br><br>7 pm AA -<br>Talihina    | 13<br><br><br>6 pm – “Fix-It”<br>Fellowship - Talihina  | 14   | 15<br><br><br>5:30 – 7:30<br>Prayer Shawl<br>Circle - Talihina<br><br>8 pm NA -<br>Talihina                   | 16   |
| 17<br>Worship<br>9:30 am – Tuskahoma<br>11 am - Talihina<br>Sunday School<br>10 am – Talihina<br>10:30 am - Tuskahoma  | 18<br>Martin Luther<br>King Day | 19<br><br><br>7 pm AA -<br>Talihina        | 20<br><br><br>6 pm – “Fix-It”<br>Fellowship - Talihina  | 21   | 22<br><br><br>8 pm NA -<br>Talihina   | 23   |
| 24 / 31<br>Worship<br>9:30 am – Tuskahoma<br>11 am - Talihina<br>Sunday School<br>10 am – Talihina<br>10:30 am - Tuskahoma   | 25                              | 26<br><br><br>7 pm AA -<br>Talihina        | 27<br><br><br>6pm – “Fix-It”<br>Fellowship - Talihina   | 28<br><br><br>6:30 Movie Night –<br>“A Matter of<br>Faith” Talihina            | 29<br><br><br>8 pm NA -<br>Talihina   | 30   |

**January Tidbits**

January did not exist in the 10-month Roman calendar. It is considered the coldest month of the year in most of the Northern Hemisphere and the warmest month of the year in most of the Southern Hemisphere.

January starts on the same day of the week as October and ends on the same day of the week as February and October in common years. During leap years, January starts on the same day of the week as April and July, and ends on the same day of the week as July.

January’s birth flower is the Dianthus caryophyllus or Galanthus. The birthstone for January is the garnet, which symbolizes constancy.

Our God is a welcoming God. He welcomes anyone and everyone who believes in Jesus into His family. While He lived on earth, Jesus always welcomed anyone into His presence or to wherever He was preaching at the time.

## BE OUR GUEST

### OKLAHOMA UNITED METHODIST CHURCH APPORTIONMENTS – TALIHINA FUMC

| Fund                                      | Total | Paid - Pledged | Due   | Fund  | Total      | Paid - Pledged | Due        |
|---|-------|----------------|-------|---|------------|----------------|------------|
| 370 - World Service / Conf Benevolence    | \$652 |                | \$652 | 488 – Prevent/Recover Ministries              | \$17       |                | \$17       |
| 390 - Ministerial Education               | \$156 |                | \$156 | 492 – Mt Sequovah Assembly Grounds            | \$4        |                | \$4        |
| 400 - Black College Fund                  | \$62  |                | \$62  | 494 – Lydia Patterson Institute               | \$18       |                | \$18       |
| 410 - Africa University                   | \$14  |                | \$14  | 495 – Board of Ordained Ministry              | \$36       |                | \$36       |
| 426 - OK Indian Missionary Conf           | \$35  |                | \$35  | 496 – St. Paul Seminary / OCU                 | \$62       |                | \$62       |
| 450 - Camps & Conferences                 | \$71  |                | \$71  | 510 – Interdenominational Cooperation         | \$12       |                | \$12       |
| 455 – Restore Hope                        | \$24  |                | \$24  | 520 – General Administration                  | \$55       |                | \$55       |
| 456 – Skyline Urban Ministry              | \$24  |                | \$24  | 530 – Jurisdictional Administration           | \$9        |                | \$9        |
| 458 – New People New Places               | \$239 |                | \$239 | 540 – Oklahoma Conference Administration Fund | \$432      |                | \$432      |
| 460 – New Faith Communities               | \$275 |                | \$275 | 560 – Communications                          | \$127      |                | \$127      |
| 461 – Criminal Justice & Mercy Ministries | \$95  |                | \$95  | 590* - District Superintendent Fund           | \$326      |                | \$326      |
| 463 – Cookson Hills Center                | \$17  |                | \$17  | 600* - Episcopal Fund & Housing               | \$150      |                | \$150      |
| 464 – Neighborhood Services Organization  | \$5   |                | \$5   | 610* - Equitable Compensation Fund            | \$58       |                | \$58       |
| 465 – Hispanic Ministries                 | \$35  |                | \$35  | 621* - Minister's Moving Fund                 | \$58       |                | \$58       |
| 466 – Office of Mission                   | \$85  |                | \$85  | 630* - Retired Clergy Health Fund             | \$377      |                | \$377      |
| 468 – Project Transformation              | \$1   |                | \$1   | 631* - Active Clergy Health Fund              | \$186      |                | \$186      |
| 470 – Oklahoma City University            | \$227 |                | \$227 | Total General Apportionments                  | \$4,312.00 |                | \$4,312.00 |
| 471 – Campus Ministries                   | \$192 |                | \$192 | District Office Fund                          | \$388.08   |                | \$388.08   |
| 480 – Circle of Care                      | \$176 |                | \$176 | TOTAL APPORTIONMENTS                          | \$4,700.08 |                | \$4,700.08 |

#### Building a Culture of Generosity – Both as Individuals and as a Congregation

Help us contribute 100% of our apportionments by making a sacrificial offering. Enter the amount you wish to pledge in the “paid” column, tear off this section, write your name on this sheet and place it in the offering plate or mail it to the church. Or, write the account number (to the left of the description) in the memo portion of your check, and place it in the offering plate or mail it to the church. Your gifts help make Talihina FUMC a vital community of stewards.

**CONGRATULATIONS TALIHINA FIRST UNITED METHODIST CHURCH – THE CHURCH PAID 100% OF APPORTIONMENTS AGAIN IN 2016!!!  
THANK YOU FOR YOUR SACRIFICIAL GIVING AND YOUR SUPPORT!**

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*“Making Disciples Who Make a Difference”*