

## Emotions are an

integral part of life. Obviously. In fact, some of the most fascinating characters and cultures in media are our attempt to create characters without any emotion. The Star Trek character Spock is probably one of the most interesting examples. He had a constant struggle he faced with having emotions but trying to suppress them on a consistent basis. And he is very successful throughout his life.

And, for some of us, there is a strong desire to just not feel anything. In fact, there are any number of substances and opportunities in our world to avoid as much emotion as possible. And I completely get that. Sometimes emotions are simply incredibly overwhelming and it makes us feel like we can't function. In fact, depression and anxiety can be so overbearing that finding ways to simply not feel anything often feels like a better option.

However, just eliminating emotion is not what God had intended for us. In fact, I believe the many times we see God express emotions reveals to us the necessity and benefit of having our own emotions. But, too, emotions are a great way to know how we should make decisions in life, but not often the way we do make emotional decisions.

And what I mean is that we all make many emotional decisions. In fact, I would argue we make many of our decisions based upon how we feel. And, often, those emotional decisions don't lead us to make the wisest or best decisions in life. In fact, emotional decisions are often why we get caught in addiction and bad habits. All of us can point to a significantly bad decision we've made because we were angry, afraid, upset or even exceedingly joyful.

However, emotions are a great key to making

decisions when we understand why we're feeling what we're feeling. Anxiety and fear as well as joy and peace can reveal to us what our body is telling us, too. If we feel fear and anxiety, we can look at our lives and try to figure out where that is coming from. Maybe something is not quite right in some relationship or how we're viewing a situation and that anxiety is telling us we need to dig deeper into what's going on. Maybe we're feeling excited and hopeful, which means we might want to determine where that's coming from and take steps to take advantage of what's going on around us.

But more often it's the negative and uncomfortable emotions that will help guide us. It's those emotions that can help us determine what we need to do differently or changes we need to make in our lives so that we can get back in step with what God desires for us. And when we can spend time in prayer and reflection, that connection with God, and possibly with the counsel of wise Christians around us, we can often find ways to not only alleviate those emotions but also step into step more closely to God's desire for us.

I said last Sunday that God will often speak to us either through a gentle whisper or with a brick upside the head. The gentle whisper is often our own emotions and the pressures we feel in life. If we can make changes and adjust those things when we feel it initially life often is simpler and more peaceful. If we can't, God gets his brick out. Psalm 34:18 tells us, *"The Lord is close to the brokenhearted; he rescues those whose spirits are crushed."* I pray as he draws near to us, we draw near to him and accept his wise counsel. Serving Him and you,  
Matthew

## Christmas Eve

Sunday, December 24th at 5:00pm we will be having our annual Christmas Eve service. This will be more of a community focused service, which hopefully will be an annual community service but we will host it this year.

## Family Night Christmas

On **Wednesday, December 18<sup>th</sup>** we will be having a Christmas Celebration at Family Night. We will start with a Christmas potluck (ham provided) followed by some songs by the kids and a family craft for everyone to participate in. Everyone is invited to this joyful celebration. We eat at 6:00pm. There will be no Family Night December 25<sup>th</sup> or January 1<sup>st</sup> and 8<sup>th</sup>.

## Youth Offering

Sunday, December 29<sup>th</sup> will be our next youth offering. We have been blessed with good offerings the last year and have used the money to primarily pay for camper fees and food for Family Night. It's a blessing to have resources so we can continue to serve the youth in our church and community well.



## Prayer List

Kirsta Anderson-colon cancer spread to liver  
Steve Bailey - pancreatic cancer  
Tina Batterton - home, needs shoulder surgery  
Randy Bollinger - cancer  
Pat Breiland - congestive heart failure  
Cooper Davis - cancer treatments  
Rita Herren - mass on breast  
Larry Jennings (friend of Brandon) - hospice  
Wendy Kaler - doing better  
Anthony Klinebough - masses found, more tests  
OCC Shoeboxes  
Rosemary Prather - knee surgery  
Tom Stevens - cancer treatments  
Mark Stoneking - cancer  
Terry Stower - cellulitis  
Sam Thome - healing  
Pam Trone - biopsy  
Becky Watson - cancer treatments

### Condolences

Mike Duckwiler family  
John Stambaugh family  
Ned Graham family  
Kirsta Wilson family  
Debbie Opp family

## November Financials

	Actual Offering	Year-to-Date Offering	Year-to-Date Budget
Nov 3rd	\$1,053.00	\$39,652.39	\$40,987.76
Nov 10th	\$964.00	\$40,616.39	\$41,919.30
Nov 17th	\$977.00	\$41,593.39	\$42,850.84
Nov 24th	\$1,350.00	\$42,943.39	\$43,782.38

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You Are Welcome At  
Our Services!

Sunday

Morning Worship.....9 a.m.

Sunday School.....10:30 a.m.

Wednesday

Family Night.....6:00 p.m.

Events:

Sun. Dec. 1<sup>st</sup> – Community Christmas  
Sing, UMC @6pm

Wed. Dec. 4<sup>th</sup> – Family Night @6pm

Sun. Dec. 8<sup>th</sup> – Board Mtng. @6pm

Tues. Dec. 10<sup>th</sup> – Man Up @6:30pm

Wed. Dec. 11<sup>th</sup> – Family Night @6pm

Wed. Dec. 18<sup>th</sup> – Family Night @6pm

Thurs. Dec. 19<sup>th</sup> – Ladies’ Fellowship  
@6pm

Tues. Dec. 24<sup>th</sup> – Christmas Eve  
Service @ 5pm

Sun. Dec. 29<sup>th</sup> – Youth Offering  
Sunday

All events are subject to change. Please  
keep up to date by checking the bulletin,  
Facebook page or website.

