

Comfort, Joy and COVID

*She gave birth to her firstborn son. She wrapped him snugly in strips of cloth and laid him in a manger, because there was no lodging available for them. Luke 2:7*

When COVID first arrived in March we rallied to do the things we had to do. We sewed and handed out masks. We checked on our neighbors. And we all thought surely this would be over by the end of the year. It isn't.

During Thanksgiving we had to process that many of our traditions and plans had to be laid aside. I spent a lot of time talking with many of you on the phone as you are processing grief. For some of you this was your first holiday season since the passing of a loved one. For others you were feeling isolated or even alone because family couldn't travel or be with you. Some had holiday dinners delivered by family and others had carry out from Bob Evans.

At the church we've had to announce that we will be doing virtual worship only through Christmas. That was a bitter pill for me and many of us. Logansport First's Christmas Eve services are literally the best I've ever been part of—glorious music, beautiful decorations and candlelight. They are a highlight of my year for sure!



In the midst of all of these changes I get to proclaim a great unchanging truth—unto us a child is born! Our Advent Theme “Comfort and Joy” comes from the Traditional English Christmas Carol “God Rest Ye Merry Gentlemen.” The song focuses on reasons not to “dismay” in spite of our outward circumstances.

The Messiah laid in a manger has come to bring us comfort and joy! That comfort and joy is not dependent upon our circumstances. That comfort and joy cannot be stolen by COVID. The comfort and joy He brings is transcendent and eternal.



I'm praying that this season, with all of its difficulties and differences, will be a powerful reminder of God's in-breaking, unshakable Kingdom.

Blessings and peace,

Pastor Beth Ann

First United Methodist Church

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## FinanceCorner

As we wind down 2020 it is time to start focusing on 2021. From the standpoint of Church finances, that means preparing an expense budget and forecasting income based on pledges. Looking at 2020, income was down, but so was expenses. Actually, we have done a great job of holding our own this year with our Church finances. I think 2021 will present some interesting challenges, once we get past this pandemic and return to a more active and normal Church again.

We can all be thankful that we have so many faithful and caring members who support our Church's financial ministry. Blessings to all of you during this time when we celebrate the birth of our Savior.

Jerry Miller  
Finance Chair

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### Paint with the Pastor

On December 16, at 6:30 PM, Pastor Beth Ann is hosting a virtual *Paint with the Pastor* session on FB live.

During this session everyone will paint an angel Christmas tree ornament. You will need the following art supplies:

- Christmas Ornament to paint. Pastor Beth Ann will use clear, but you can also use a solid color. It can be glass or shatterproof and needs to be smooth.
- Small brush or brushes
- Hair dryer to speed up drying
- Acrylic paint colors: Flesh for face and hands (mix white with tiny bit of red, yellow and blue). White for wings, light blue for robe, gold or yellow for halo and Star of Bethlehem, brown or black for hair (you could make your angel blond, (but halo won't show as well) red for heart.



### First UMC Office Update

Due to a Covid exposure, Pastor Beth Ann's assistant will be working from home until Wed, Dec 9. Lori has access to First UMC email and will be available throughout the day. She can be reached at 260-413-3662 or at loganfirst@comcast.net. Contact Pastor Beth Ann at 812-550-0267 with any emergency need.



### Christmas Flower Orders

First UMC is accepting orders for Christmas Wreaths, \$45, and Poinsettias, \$20. Contact the church office to order.



### Little Childrens Ministry

LCM plans to help several families this Christmas by selling ornaments made by our children. A Christmas tree with the ornaments is in the main hall by the offices Dec. 2-14. All donations are appreciated. Gifts will be distributed Dec 14.



### Mitten Tree

First UMC is collecting hats, gloves mittens and scarves throughout the Christmas season. You may put items in the mail slot by the office or on the Christmas tree inside the vestibule by the front office door, 6 AM—6 PM, M-F.



### Love Offering

First UMC gathers an offering at Christmas to show appreciation to our Pastor. Please place your gift in the office mail slot or send to the church by Sunday, December 20. Be sure to mark your gift as love offering. Our gifts will be presented to Pastor Beth Ann on Christmas Eve.



## Gratitude and the Mind/Body Connection

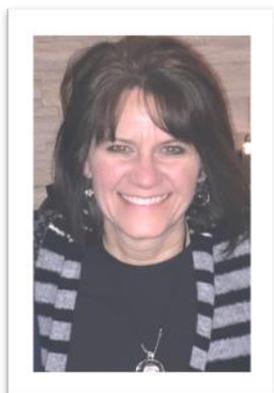
Merry Christmas to all of you and I hope that you find great joy and peace in this season. In that spirit of finding joy, many of us are struggling with the loss of connection and tradition during this Pandemic, so I thought I'd spend the a few months challenging us to focus on what we can control. We'll talk about developing healthy responses that will improve or restore our minds and bodies. This month, we will focus on practicing gratitude and the mind/body connection. Then in January, I'll share how gratitude can bring a ray of hope during the dark times of grief. In February, we'll talk about building relationships with adaptive coping mechanisms and gratitude.



Gratitude is defined as the quality of being thankful, ready to show appreciation and return kindness. *Mindfully practicing gratitude* is associated with greater happiness, improved physical health, increased resilience, less anxiety and depression. Mindfulness means being fully present in the here and now. In a world where multitasking seems vital and brings us lots of efficiency, the practice of mindfulness involves slowing down. We've got to prioritize actively listening to others speak and reflecting on their feelings while focusing *only* on that conversation. When we read a passage or journal our thoughts and feelings, we have to dedicate time to do just that. Time to reflect, process and just breathe...

While slowing down and focusing sounds like common sense, we all have multiple stressors affecting our thoughts. Being mindful means focusing only on what is at hand and being deliberate about being present in that moment. We cannot not let our minds wander off acknowledging other stressors. One way to *mindfully practice gratitude* is to pick a time every day to sit down and quietly reflect on the day. Make a commitment to journal at least one positive thing that you noticed and that you are grateful for. Once you start this practice, it will open your mind to seek out the positive. Ask yourself questions like: Where did I see God in my life today? What made me smile? What did I learn about myself? What accomplishments am I proud of? Name one person who you are glad to have in your life. Reflecting on your positive thoughts will help you see the good in your life and the good in other people.

Gratitude impacts our overall health and well-being by producing feelings of pleasure and contentment. Expressing gratitude causes our brain to release dopamine and serotonin and those chemicals make us feel good. This influx impacts us long term by increasing our feelings of self-love and empathy. It also reduces chronic aches and pains, strengthens our resiliency, and improves immune function and heart health. Feelings of gratitude reduce stress hormones such as cortisol making us more resilient to emotional setbacks and negative experiences. Having a grateful heart helps us to look for the good and count our blessing verse our burdens.



Having gratitude helps us to stay face to face with our blessings and be more emotionally connected to our loved ones. It doesn't mean that we will always be happy but it does equip us when we are sad or stressed. It helps us handle life and gives perspective to life's challenges such as being isolated during a pandemic! Lets all be grateful on the inside and express it on the outside. I'm personally grateful for each of you and the love I feel every time I walk inside and see your faces.

Heather

# Dates & Information

**Tuesdays:** Prayer, 11 AM, Sanctuary  
**Wednesdays:** Dial-up Devotion & Prayer, 2 PM  
Call 605-313-5919/ Code 635572  
Bell Choir- **ON HOLD**  
Revelation Bible Study- **ON HOLD**

## DECEMBER SCHEDULE:

**Tues, Dec 8** Trustee Meeting, 6 PM, Parlor  
**Wed, Dec 9** JOY Circle Luncheon- **POSTPONED**  
**Sun, Dec 13** Virtual Blue Christmas Service, 6 PM  
**Wed, Dec 16** Virtual Paint with the Pastor, 6:30 PM, Facebook Live  
**Sun, Dec 20** Combined Virtual Service, 9:30 AM  
**Thurs, Dec 24** Virtual Christmas Eve Service  
**Fri, Dec 25:** Christmas—Church Office & LCM Closed  
**Fri, Jan 1** New Years Day, Church Office and LCM closed

## BIRTHDAYS

**Dec 4** Don Bartlett  
**Dec 5** Michael Martin  
**Dec 6** Sheri Geisler  
**Dec 7** Jennings Hall, Carmen Jones  
**Dec 8** Doris Regan  
**Dec 9** Carol Evernham, Mary Sutton  
**Dec 10** Rich Wild  
**Dec 13** Nancy Beachler  
**Dec 15** Andrew Deane  
**Dec 19** Sheila Host  
**Dec 20** Sara Whitcomb  
**Dec 21** Abby Gear  
**Dec 27** Sally Baker  
**Dec 28** Samantha Baker  
**Dec 31** Sandy Stuart



## ANNIVERSARIES

**Dec 2** Mark & Sally Baker  
**Dec 3** Michael & Deb Swartzell  
**Dec 14** Beverly & Richard Babb  
**Dec 18** Louis & Theresa Baker  
**Dec 21** Bruce & Mary Stuart  
**Dec 23** John & Sharon Jones  
**Dec 24** Brad & Cynthia Deane



## BELL RINGING

We are scheduled Dec 10 to ring the bell at Big Lots from 11 AM to 7 PM. Call Nancy Hamilton to schedule a time to ring. Mask are required. The Salvation Army and the people they serve are in great need especially this year. Nancy's phone number is 753-6762. Thank you for your faithfulness.

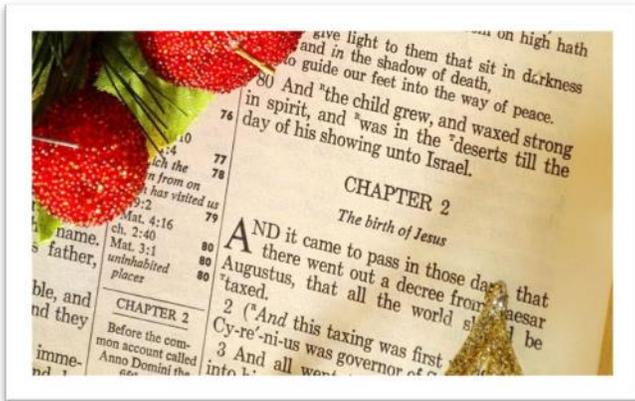


## A MUSICAL CELEBRATION OF CHRISTMAS – VIRTUAL SERVICE

SUNDAY, DECEMBER 20  
COMBINED SERVICE, 9:30 AM

## VIRTUAL CHRISTMAS EVE SERVICE

THURSDAY, DECEMBER 24  
TIME TO BE DETERMINED



## DECEMBER DAILY BIBLE READING

1 1 Corinth. 12-14	16 Titus/Philemon
2 1 Corinth. 15-16	17 Hebrews 1-5
3 2 Corinth. 1-4	18 Hebrews 6-9
4 2 Corinth. 5-8	19 Hebrews 10-11
5 2 Corinth. 9-13	20 Hebrews 12-13
6 Galatians 1-6	21 James 1-5
7 Ephesians 1-3	22 1 Peter 1-5
8 Ephesians 4-6	23 2 Peter 1-3
9 Philippians 1-4	24 1 John 1-5
10 Colossians 1-4	25 2, 3 John, Jude
11 1 Thess. 1-5	26 Revelation 1-3
12 2 Thess. 1-3	27 Revelation 4-8
13 1 Timothy 1-4	28 Revelation 9-12
14 1 Timothy 5-6	[29 Revelation 13-16
15 2 Tim 1-4	30 Revelation 17-19
	31 Revelation 20-22



## PRAYER REQUESTS

- Family of Jeff Ayres
- Deb Swartzell
- Family of Monica Stinchfield
- Dick Graf
- Jim & Claudia Rudolph
- Nicole Dotlich
- Sandy Stuart
- Raquel Perez Malloy

Jackie Mannies

Healing of relationships

Peace/unity in the US

Many unspoken requests

Safety for those traveling

### COVID 19:

Those with Covid

Those undergoing cancer treatment

Those waiting for test results

Medical personnel, care givers

LCM, local schools, staff and administration

### Continued Requests

Ed Hanawalt

Lauren Hanawalt

Sharlene Arnold

Tim Taylor

**Please email the church office at**

**loganfirst@comcast.net or call 574-753-3491**

**with prayer requests.**

## NURSING HOMES

**McKinney Place:** Beverly Hess  
Beverly Vietti

**Woodbridge:** Mike Doering  
**Millers:** Betty Thomas

## MILITARY SERVICE:

Braxton Baker	Jacob Kaley
Alex Karnafel	Matt Karnafel
Oakley Lewellen	Joshua Lyons
Tim Strubell	

# Little Children's Ministry



Happy Holidays Everyone!

After having to close for a few weeks in November, we are happy to be open and once again serving the children in our community. November ended with our annual Thanksgiving Feast. The children made either Pilgrim or Indian Hats to wear while enjoying the Thanksgiving dinner prepared by our wonderful kitchen staff. It was fun to see all of the children in their hats. The chapel focus was based on giving thanks for Jesus and all that he has done to save us!

December will be a very busy month. First of all, with the gracious support of Joy Circle, First Church, and LCM children's ornaments, we will once again be able to help several LCM families in need of gifts for Christmas. The LCM children have made it their mission to help other children at Christmas. They made ornaments in their classrooms to sell for \$1.00 each for our Christmas Fund. These ornaments will be for sale in our main hallway December 2-14. All donations raised will help to purchase gifts for other children. This mission is helping to teach children to love one another.



LCM will not be able to have our "normal" annual Christmas program. However, we are preparing to record a program with individual ages. Thanks to a generous donation from a member of First Church, we are able to provide these CDs free to all our LCM families! Thank you for the donation and giving us the chance to provide some cheer to our families during this tough year.

Paths To Quality will be here on December 16th and we look forward to continuing our Level 3 status! We are very proud of all that LCM has accomplished. Credit goes to the staff and their dedication to providing a quality program for our community.

Once again, we want to thank everyone for your support this year. We would not have been able to get through this year and its struggles without everyone working together. The staff and I would like to thank everyone who has supported us financially and for all of the prayers. We also want to thank our families for their understanding and cooperation.

We wish you all a Merry Christmas and a Happy New Year!

Sincerely,

Belinda Jordan

**LCM STAFF**

**Director:** Belinda Jordan

**Administrative Assistant:** Stormie Rivera

**CONTACT US:**

**Phone:** 574.753.3491

**Email:** loganfirst@comcast.net

**Web:** www.loganfirst.org

**SUNDAY SERVICES:**

**Virtual Sunday Services– 8:15 AM & 10 AM**

**LIVE STREAMING**

8:15 AM & 10 AM: FaceBook Live@

loganfirstunitedmethodistchurch

**CHURCH STAFF**

- ◆ **Pastor:** Beth Ann Cook
- ◆ **Administrative Assistant:** Lori Shewman  
Email: loganfirst@comcast.net
- ◆ **LCM Director:** Belinda Jordan  
Email: fumlcm@gmail.com
- ◆ **LCM Administrative Assistant:** Stormie Riveria  
Email: lcmsec@comcast.net
- ◆ **Treasurer:** Elaine Hall  
Email: loganfirsttreasurer@comcast.net
- ◆ **Financial Secretary:** Nancy Hamilton
- ◆ **Worship Leader:** Ali Williams
- ◆ **Media Coordinator:** Luann Hamilton

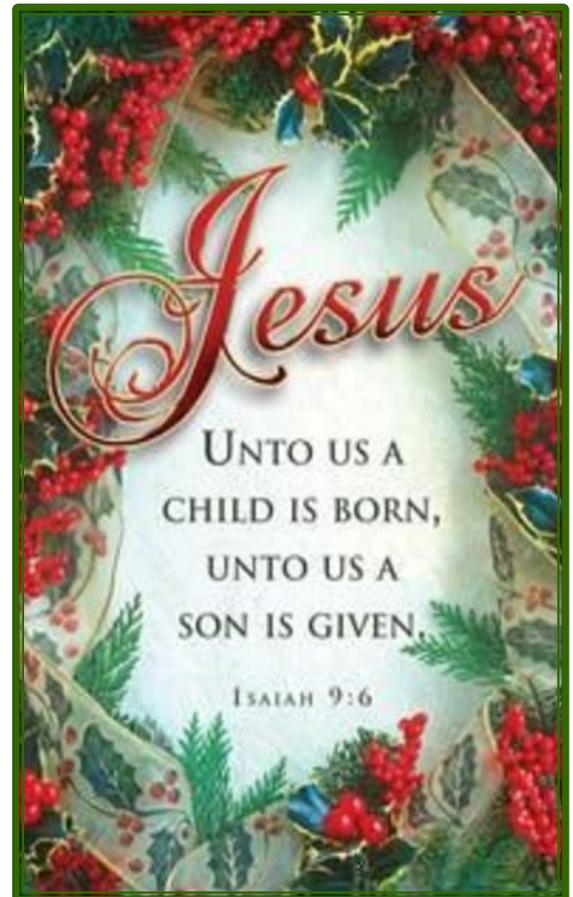


**Our Mission**

*The mission of the church is to make disciples of Jesus Christ for the transformation of the world.*

**Our Vision**

**REACH | EQUIP | SEND**



**CHURCH LEADERS**

**Our Bishop**

Bishop Julius Trimble

**Conference Superintendent**

Rev. Lori Blinn

**Associate Superintendents**

Rev. Rob Seewald

Rev. John Randall

**Church Cluster**

**Crosswind UMC**

Pastor Nick Robinson

**First UMC**

Pastor Beth Ann Cook

**Main Street UMC**

Pastor Doug Thomas

**Wheatland Ave UMC**

Bert Stover