



This Sunday's Worship — January 22—9:35am and 10:55am

Third in the Six-Week "Life Passages" Sermon Series



Decisions...Decisions
Young Adults Developing Faith

Sunday's **Feed the Hungry Offering** will go to **Family Promise of Bristol**. This program will provide an opportunity for us to show God's grace and Christ's love to families facing homelessness in the Bristol Area. **Family Promise of Bristol is seeking a director for the program. More information about this position may be found on the bulletin board in the main hallway.**

Mid-Week Mędłę - Wednesday Opportunities for Community

5:45 pm meal 6:20 pm program

Today, Wednesday, January 18

**Program: Agencies that build community in Bristol TN/VA
United Way of Bristol - Lisa Cofer, Executive Director**

Next Wednesday, January 25

**Menu - Chicken Tenders, Mashed Potatoes, Green Beans, Side Salad, Rolls,
Chocolate Mousse Cupcakes**

**Program: Agencies that build community in Bristol TN/VA
Bristol Herald Courier - Nate Hubbard, Sports Writer**



What would you do if you weren't afraid?

Before he left town, Reverend David Stancil handed me a card with these Godly words: "What would you do if you weren't afraid?" It is an interesting question, isn't it? What would be your answer? I bet that you already have an idea as to what you might say. David's answer was to change jobs. He moved from being pastor at First Baptist here in Bristol to being pastor in Columbia Maryland. His new job is going to be very challenging. It also has the potential of being very rewarding.

"What would you do if you were not afraid?" is a question that I believe that God is asking each and every one of his children every morning. God knows that we don't do some things that we would do if we could set aside our fear. Christina and I were guests at a wonderful wedding of very good friends last summer. The reception was held in one of the barns at the fair grounds. The bride and her attendants all wore short dresses so that when the time came, they could dance. And wow, they could dance! It was amazing. I have always enjoyed the enthusiasm and spirit of people who can dance well.

I am not a dancer. I am as stiff in body as an alive human being can be. I do love to do square dances and line dances and even the Texas two-step, because I have learned those dances and am not embarrassed in them. But just going out on a dance floor and letting it all go? Nope. Not me. I am too afraid.

Is fear keeping your feet nailed to the floor? What would you do if you were not afraid? One of the best books out there for freeing oneself from constipating fear is Julia Cameron's The Artist's Way. Cameron believes that everyone is endowed by the Creator to be creative. Everyone is an artist waiting to be unleashed. She writes

For most of us, the idea that the creator encourages creativity is a radical thought. We tend to think, or at least fear, that creative dreams are egotistical, something that God wouldn't approve of for us. After all, our creative artist is an inner youngster and prone to childish thinking. If our mom or dad expressed doubt or disapproval for our creative dreams, we may project that same attitude onto a parental god. This thinking must be undone.

Do you have some thinking that needs to be undone? Who told you that you can't dance or whatever it is that you don't do out of fear? Do you really think that God wants you to live that way? Do you remember what angels always say to humans when they encounter humans? These angels of Creativity say, "Do not be afraid." It is my belief that God wants us to live unafraid. I think that God wants to unleash our dancing feet. I know that God wants us to be creative, for we are made in God's creative image. After all, what is it that we who live in Jesus have to be afraid of?

Blessings, Joe-d

Julia Cameron's Basic Principles

1. Creativity is the natural order of life. Life is energy: pure creative energy.
2. There is an underlying, in-dwelling creative force infusing all of life—including ourselves.
3. When we open ourselves to our creativity, we open ourselves to the creator's creativity within us and our lives.
4. We are, ourselves, creations. And we, in turn, are meant to continue creativity by being creative ourselves.
5. Creativity is God's gift to us. Using our creativity is our gift back to God.
6. The refusal to be creative is self-will and is counter to our true nature.
7. When we open ourselves to exploring our creativity, we open ourselves to God: good orderly direction.
8. As we open our creative channel to the creator, many gentle but powerful changes are to be expected.
9. It is safe to open ourselves up to greater and greater creativity.
10. Our creative dreams and yearnings come from a divine source. As we move toward our dreams, we move toward our divinity.

Julia Cameron, The Artist Way: Creativity as a spiritual practice.

From Our Parish Nurse

Dear Friends,

You may recall that last week I wrote to you about arthritis and included some helpful tips about house cleaning with arthritis. I also mentioned the importance of low impact exercises as they offer benefits without undue strain on the joints.

Today I would like to tell you about an opportunity to hear a specialist in the field of rheumatology speak locally. We have been invited to hear **Dr. Chris Morris** speak at Avoca Christian Church during the "**Lunch and Learn**" session on **Friday, January 27, 2012, at 10:30 a.m.** **There is no cost for the lunch.** I am making my reservation and would love to have some of you attend as well. The **DEADLINE for reservations is Monday, January 23, 2012.** In order to make reservations you must **let me know by this Sunday.** I will turn in all reservations on Monday to Pam Cole, the Parish Nurse at Avoca. If you live with arthritis or have a family member who does, you should certainly benefit from this presentation, so I hope you will attend and hear this rheumatologist who practices in Kingsport.

As you know, not everyone interested in this subject has access to a computer, so I'm asking those of you who read this to help me 'spread the word' about this opportunity. You are so appreciated for everything you do for our Parish Nurse program

Blessings to you all, Vivian Eckerson, RN, Parish Nurse



Vivian Eckerson

Mission Work Request

As part of the Holston Conference Vital Congregation Initiative, our church responded with 2012 goals. One of our focuses is ***First United Methodist Church's Missions.***

A committee was established with the following members: Suzanne Rollins, Carol Taylor, Joe Rhymer, Annie Elliott, Ray & Kathy Feagins, co-chairs.

As we plan what is needed in 2012 in terms of people, money, facilities and time, we ask that if you are a leader of a group of people, a Sunday School Class or any mission project done in the name of First UMC, please provide the following information:

- 1. What is your mission's purpose?**
- 2. What were your mission's 2011 accomplishments?**
- 3. How many people are involved in your mission? Who are they?**
- 4. What was the approximate time involved in your mission during 2011?**
- 5. Do you need additional volunteers in 2012? How many and for how much time?**

Please send this information to erayfeagins@gmail.com. Or you may call either Ray or Kathy Feagins at 423-652-0282. Thank you in advance for your help as we got forth together in discipleship.
Ray & Kathy Feagins

First United Methodist Church

January/February 2012

EVERY SUNDAY

9:35 am Sunday School

9:35 am The River - Chapel

10:35 am Coffee & Donuts

4 pm Women's Prayer Group

4 :30 pm HYE

8 pm AA - Ed Wing

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			18 1 pm Church Staff 4 pm Prayer Shawl Ministry - library 5:45 pm Mid-Week Medley meal & program 7:30 pm Chancel Choir	19 6:30 pm - Board of Trustees - library 7 pm - Yoga 8 pm - AA - Ed Wing	20 8 pm NA - Ed Wing	21 9:30 am - noon HYE 9:30 am - Quilters - TH 6:30 pm - Emmaus Community - TH
22 Feed the Hungry Offering - <i>Family Promise of Bristol</i> 6 pm - Finance Committee - library 7 pm - Administrative Council - TH	23 10 am Intercessory Prayer - Sanctuary 12 noon NA - Ed Wing 7:30 pm - Highlands	24 6:30 am Men's Prayer Breakfast TH - Women's Prayer Breakfast - library 10:30 am Meals on Wheels 6:30 pm Junior League 8 pm AA - Ed Wing	25 4 pm Prayer Shawl Ministry - library 5:45 pm Mid-Week Medley meal & program 7:30 pm Chancel Choir rehearsal	26 7 pm - Yoga 8 pm - AA - Ed Wing	27 8 pm NA - Ed Wing	28 9 am - 9 pm Highlands Youth Ensemble rehearsal 8 pm NA - Ed Wing
29 Feed the Hungry Offering - <i>Holston Home for Children</i>	30 10 am Intercessory Prayer - Sanctuary 12 noon NA - Ed Wing 7:30 pm - Highlands Youth Ensemble	31 6:30 am Men's Prayer Breakfast TH - Women's Prayer Breakfast - library 6:30 pm Brownie Troop 8 pm AA - Ed Wing	February 1 4 pm Prayer Shawl Ministry - library 5:45 pm Mid-Week Medley meal & program 7:30 pm Chancel Choir rehearsal	2 7 pm - Yoga 8 pm - AA - Ed Wing	3 8 pm NA - Ed Wing	4 9:30 am - noon OAKE Choir rehearsal 8 pm NA - Ed Wing
5 Feed the Hungry Offering - <i>Bristol Faith in Action</i>	6 10 am Intercessory Prayer - Sanctuary 12 noon NA - Ed Wing 7:30 pm - Highlands Youth Ensemble	7 6:30 am Men's Prayer Breakfast TH - Women's Prayer Breakfast - library 6:30 pm Brownie Troop 8 pm AA - Ed Wing	8 4 pm Prayer Shawl Ministry - library 5:45 pm Mid-Week Medley meal & program 7:30 pm Chancel Choir rehearsal	9 9 am Haiti Team - Library 7 pm - Yoga 8 pm - AA - Ed Wing	10 8 pm NA - Ed Wing	11 9:30 am - noon OAKE Choir rehearsal 8 pm NA - Ed Wing
Minister's Convocation - Lake Junaluska, NC - Feb. 6-9						