



The Story

January 2019

310 S. Main Street, Lexington NC 27292 • www.fumclex.org • 336-248-2886

Let's Make a Change!

It was at this time that He went off to the mountain to pray, and He spent the whole night in prayer to God. (Luke 6:12)

He spent the whole night in prayer to God. Wow, that's a good habit! Good habits are hard to master, but I have learned it is possible.

A New Year is just around the corner, just waiting for you to make a change. In *The Power of Habit: Why We Do What We Do in Life and Business*, writer Charles Duhigg does a deep dive into the science of habits to explain how they work and how we can change them. It's a fascinating read that crisply breaks down the habit-formation process, and—perhaps more importantly—the habit-changing process.

Duhigg writes, *This process—in which the brain converts a sequence of actions into an automatic routine—is known as “chunking,” and it's at the root of how habits form. There are dozens—if not hundreds—of behavioral chunks that we rely on every day.* Habits consist of a simple, but extremely powerful, three-step loop: the cue, the routine, and the reward.

In a habit, a cue tells your brain to go into automatic mode—even walk away from a meal, thinking I ate too much? Then there is the routine, which can be physical or mental or emotional. Finally, there is a reward, which helps your brain figure out if this particular loop is worth remembering for the future. Over time, this loop... becomes more and more automatic creating a new habit.

Losing weight involves a new habit. For me to lose weight, I had to learn how to eat again: new cues, routing, and how to reward myself. The cue was to sit down, divide food on my plate in half. First, I eat what I liked, chew each bit 12 times. Half-way through the meal, I learned to pause for ten minutes to give my tummy time to communicate with my brain. Next, I attempt to eat ten more minutes. I finished with the cue of pulling my dish away, telling my brain I'm finished. The reward was: if I went out to eat, I brought another meal home. I also discovered I could enjoy food and lose weight at the same time without overeating.

Of course, it's not quite that simple. As we all know, forming new habits is hard. Just because you're telling your brain that there's a reward, doesn't mean the habit will stick. It only really sinks when—through enough repetition—your brain comes to crave the reward.

But that's not everything. There's a final key ingredient: Belief. *For a habit to stay changed, people must believe that change is possible. And most often, that belief only emerges with the help of a group, says Duhigg.* Once you learned how to believe in something, that skill set starts spilling over to other parts of your life.

Like Jesus who models how to pray all night, think of one thing you would like to change this year. If you want to write more, consider joining a writing group or begin a journal. If you want to run more, consider joining a running club or find new places to run. If you want to lose weight, or form a new habit, join or create a support group. If you want to learn to pray more, reach out more, join a group. The more positive reinforcement you can surround yourself with, the easier it will be to make difficult changes.

As we enter a New Year, let us accept the invitation of creating a new Positive Habit. Let us journey to form new changes and ultimately new habits in our lives, our church, and our community. It is possible, for Jesus has shown us the Way, the Truth, and the Life and it begins with spending time with God and one another

Have a blessed New Year!

Roger Weisner, Senior Minister

336-575-3974 - rweisner@wnccumc.net



Flower Calendar for the Altar and Narthex 2019

The flower calendar is displayed on the bulletin board in the main hallway. You are invited to sign up as soon as possible to place flowers on either the altar or in the narthex in honor or in memory of a loved one, celebration or event. Please contact Kay Wilson (336) 249-3266, if you have any questions. Be sure to contact Donna Huskins regarding the information to be printed in the bulletin for the date(s) selected.

Member Care Birthday Card Ministry

Let us joyfully unite to remember the birthdays of our shut-ins and nursing home residents. Card collection baskets are located in the 4th Avenue entry way and the main hallway near the workroom. Pastor Doug will personally deliver the cards to these dear folks.



January 14—Alvin Pope

January 18—Albert Gobble



FUMC Book Club Tuesday, January 8 (11:30a) Village Grill

Our reading selection: Unlocked by Karen Kingsbury

Operation Christmas Child Final Totals

First United Methodist Church filled 187 shoeboxes (16 more than last year). THANKS to everyone who filled a shoebox! The total number of shoeboxes from the surrounding community received at OCC Drop Off Site at First UMC was 3,057 shoeboxes.



—Judy Deal, Drop Off Site Coordinator at First Methodist Church



Pictured are the men and women who traveled to the Operation Christmas Child Processing Center in Charlotte, NC.



An Invitation to One and All *Trains and Trees Open House* benefiting Faithful Friends Animal Sanctuary in Salisbury on Saturday, January 5, (11a-5p) and Sunday, January 6 (1p-5p) at the home of Judy & William Deal, 337 Pinnix Drive, Lexington. Donations accepted. You are encouraged to invite a friend.

Check out the article about the Deal's and their decorations on the Community News bulletin board in the fellowship Hall.



CALENDAR OF EVENTS JANUARY 2019

Worship

Early Worship

1st & 3rd Sundays at 8:30a
Sanctuary

2nd & 4th Sundays at 8:30a
Fellowship Hall

Sunday School

All Ages at 9:45a

Morning Worship

Each Sunday at 11:00a
Sanctuary

Children's Ministries

Staffed Child Care

Birth—5 years
Sunday School & both services
(Children's Ministry Area,
Ground Floor)

We Worship with the Children

Each Sunday during the 11:00a
Morning Worship Service

Children's Worship

Each Sunday following We
Worship with the Children.
K-3rd graders are invited to
follow the Worship Leader to
the Children's Ministry Area,
Ground Floor.

Weekly Meetings

Teens of Life Youth Ministry

Sundays at 5p
Youth/Scout House

Boy Scouts & Venturers

Mondays at 7p
Youth/Scout House

Theology Pub

Tuesdays at 7p
Sophie's Cork & Ale

Prayer Breakfast

Wednesdays at 7:45a
Cagney's Restaurant

Chancel Bells Rehearsal

Wednesdays
Returns in February

Chancel Choir Rehearsal

No rehearsal January 2
Wednesdays at 7p
Choir Room

Men's Devotion & Fellowship

Thursdays at 7:45a
Biscuit King on Main Street

Monthly Meetings

Church Office Closed

Tuesday, January 1 (All Day)

United Methodist Women Group 2

No meeting in January

United Methodist Women Group 12

No meeting in January

FUMC Book Club

Tuesday, January 8 (11:30a)
Village Grill

Vision Team

Thursday, January 8 (6:30p)
Conference Room

Davidson Prison Ministry

Thursday, January 10 (12p)
Parlor

Endowment

Sunday, January 13 (4:30p)
Parlor

Trustees

Sunday, January 13 (5:30p)
Parlor

Evangelism

Monday, January 14 (6p)
Conference Room

Newsletter Articles Due

January 15 for February Issue

Serve meal at Crisis Ministries

Tuesday, January 15 (6p)

Missions Team

Contact: Kim Miller

United Methodist Men

Sunday, January 20 (8:30a)
Fellowship Hall

Finance

Sunday, January 20 (7p)
Parlor

Church Office Closed

Monday, January 21 (All Day)
Observe MLK Day

Amazing Grace Seekers

Tuesday, January 22 (7p)
Home of Lynn Rowe

Faithseekers Gathering

Thursday, January 31 (6:30p)
Home of Wendy Norris' mother

UPCOMING Events

Uwharrie District Laity Celebration and Training

Sunday, February 10
(1:30p-5:30p)

Pfeiffer University
Misenheimer, NC

Agenda:

1:30p - Registration & Hands
On Mission Project

2p-3p - Worship with The
Rev. Arnetta Beverly

3p-5:30p - Workshops

- Safe Sanctuary Training
- A Spirituality of Balance
(Family, Work & Church)
for Laity
- Models for Cooperative
Youth Ministry
- Community Meals 101
Ministry in Small Church
- Lay Servant Ministry
Information
- Praying in Color: Teaching
Children (and Adults!) to
Pray
- Tour the new WNCC
Archives at Pfeiffer
- Church Legacy Initiative
- Planned Giving for Local
Churches—Tapping the
Philanthropist in the Pew
- How to Develop Gracious
Accountability Groups in
Your Church

February Blood Drive

Tuesday, February 19
(2p-6:30p)
Fellowship
Hall



Old-Time Hymn Sing

Sunday
February 24
(9:45a)
Fellowship Hall



An Announcement from Staff-Parish Relations

On January 1st, Rev. Doug Rowe will begin serving Cotton Grove UMC (Lexington) as the Interim Senior Minister. His appointment with Cotton Grove will be quarter-time which means he will provide pastoral care and weekly sermon (9:30 a.m.) while continuing to provide pastoral care, shepherd adult ministries and participate in the 11:00 a.m. service at First UMC.

ALL SAINT'S SUNDAY NOVEMBER 4



Audrey Morris performed a sacred dance to "Be Still and Know" in the Adult Fellowship Sunday School Class on November 4. Thank you, Audrey for sharing your love of the Lord with us.



RISE AGAINST HUNGER EVENT 2018





**CHILDREN'S
ADVENT
FAIR**



**KOINONIA SUNDAY SCHOOL HOSTS
THEIR ANNUAL HOMEMADE SOUP &
SANDWICH LUNCH**



**THE CHILDREN WELCOME THE
SEASON OF ADVENT IN SONG.**

**CHILDREN'S CHRISTMAS
PROGRAM**

**CHECK OUT
MORE PHOTOS
ON FACEBOOK**



**Sunday, February 24
9:45 a.m. in the Fellowship Hall**

Teens of Life Youth Ministry Events & Happenings

**PASSPORT Mission Trip
July 8-July 13 @ Furman University**

Sunday, January 6 Happy New Year! No meeting

Sunday, January 13 No meeting

Sunday, January 20 (5p-6p) Evaluate Fall Events 2018 / Games

Sunday, January 27 (5p-6p) The Beatitudes

**For more information about Teens of Life Youth Ministry:
Lee Mabe, Director of Youth Ministry 336-248-2886 or maestromabe@gmail.com**

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We're on the web!

www.fumclex.org



Sympathy

Sympathy of the ministers and the members of the congregation is extended to Jamie, Matt & Maggie Armstrong and their family upon the death of Elizabeth Lorraine Graves on November 27, 2018.

Sympathy of the ministers and the members of the congregation is extended to Mike Niver (Suzanne) and family upon the death of his father, James Niver of Greensboro, NC on December 27, 2018.

Prayer Requests

June Craver
Kathy Baragona
Gail Biesecker
Lloyd Brown
Betty Caudill
Sue Corn
Harvey Dick
Linda Fisher
John & Judy Hench
Earl Hester
Bob Pearson
John Scarff
Steve Smith
Mary Louise Wilkerson

Shut-Ins

Dot Kinsey
Caroline McCree
Adrian Neal
Evelyn Sink
Dare Wilson

Piedmont Crossing (Thomasville)

Health Care

Margaret McCrary Carver
Barbara Proctor
Margaret Ragan
Nancy Wilkinson

Residents

Jo Doris Beck
Herman & Naoma Crabtree
Richard & Camille Lawrence
Madeline Palmer

Bethany Woods

(Albemarle)
Alvin Pope

Brookdale

Opal Bloome
Hilda Brower
Betty Darr

Brookstone

Albert Gobble

Genesis House (Salisbury)

Julee Smith

Pine Ridge (Thomasville)

Miheepa Jones

Rolling Green Village

(Greenville, SC)
Peggy Trollinger

Spring Arbor (Albemarle)

Bonnie Cates

Wood Haven (Albemarle)

Louise Pope

Extended Family &

Friends

Gracie Joy Hedrick
Steve Weeks
Gordon Wright
Ken Hunt
Chris Hunt
Paula Brooks
Linda Barbee
Larry Starnes
Bonnie Cook
Clay Jensen, his parents & siblings
Beth Wood Hogan
Jan Greer
Mary Lou LeGette
Pat & Gary Leonard
Debbie Bowman

Clayton Hepler
Rusty Edwards
Lynn Younts
Norma S. Trotter
Jimmy McDermott
Shannon & Steve Ford
Sherry & Roger Smith
Raye Leonard
Sandy Balsler
Craig Thompson
Lynn Mack & family
Jennifer Bagby
Katrina Hunt
Bailey Christensen
Tami Robinson
Kelli Jones
Tom Sigmon
Spencer Davis
Faye Graham
Kendall Conner
David Ogle
Tempie Almstead
Kristin Harris
Claire Dowling
Cameron & Pete Dunlap
Linda & Tom Dunlap
Carol & Steve Harris
Peggy Sisk
Anna Smathers
Pat Wilson
Jack Smith
Gene Oldham
Nakajah Vaughan
Brenda Hipp
Jane King
Breanna Wilson
Ethan Reavis

Jason & Stacy Heitman
Jenny Rains
Jimmy Davis
Bentley Leonard
John Bruce Davis
Eric Leonard
Robert, Doris, & Keith Hunt
Martha Daniel
Debra Ann Leonard
Betty Jean Whitaker
Len & Dottie Harris
Jack & Susan Phillips
Jordan Beswick
Regina Chrest
Bruce Thornton

Serving in the Armed Forces

Capt. Kacie Allred
SGT John Hall
Capt. Jarrad Thorley
SMS Jason Brownworth
SGT Alan Ingram

Church Staff

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