

# MONTHLY NEWSLETTER

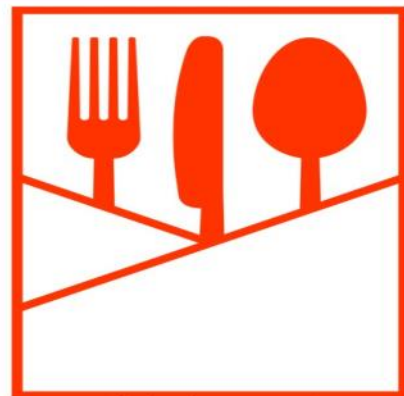
# DAYSPRING

## JANUARY 2026

## PACESETTERS

### *Taste of Italy*

**Sunday, January 11, 2026  
12:00 Noon**



Enjoy lunch at Hellertown's "Taste of Italy" for mixing and mangia! This restaurant was voted "favorite Italian" by Lehigh Valley Style magazine. Their full menu will be available; lots to choose from and it is BYOB. Feel free to bring your own "spirits." Located at 639 Main St.; parking and handicapped entrance behind the restaurant. Main door is on Main Street side. A great way to greet and meet fellow members. Sign-up is posted in the Narthex. OPEN to ALL 55+

Questions, directions, or cancellations; call Diane: 610-838-8334.  
**Deadline to Register: Sunday, January 4**

## *Saluti!*

## Thirsty Thursday & THEOLOGY

Join Pastor Phil for a discussion of  
*Is there a difference between  
a Christian and a Follower of Jesus?*

**January 15<sup>th</sup> @ 7pm**

*Third Thursday of the Month*

*Braveheart Highland Pub Lowlands Bar*

## ANNUAL MEETING

**Christ Lutheran Church, Hellertown**

**Sunday, February 1, 2026**

**11:00am in the Sanctuary following Worship**

*A light luncheon will be offered post-meeting.*

**See what we accomplished in 2025  
See where we are headed in 2026**

*Annual Reports will be available Sunday, January 18, 2026.*

**Children's Learning Center**

**610.838.9790**

Monday - Friday 7:00am - 5:00pm



christ lutheran hellertown  
You are welcome here.

Come join the journey.

**Church Office**

**610.838.0400**

Monday - Friday 10:00am - 4:00pm

*Closed for Lunch Noon - 1:00pm*

The printed word carries the power to change the world. That is why some places ban books, for fear, that words will create ideas, that in turn, will result in actions. As in the past I list my favorite words...or phrases that I have read this past year and share with you. I hope you enjoy my collection of quotes. If you ever come across a quote or phrase that speaks to you, please send it to me.

"When great difficulties arise, and troubles beset, regard your perplexity as a call to deeper thought and more vigorous action. Nothing will attack you that you are not capable of overcoming; no problem will vex you that you cannot solve. The greater your trial, the greater your test of strength, and the more complete and triumphant your victory. However complicated your maze of confusion may be, there is a way out of it, and the finding of that way will exercise your powers to the utmost, and will bring out all your latent skill, energy, and resource. When you have mastered that which threatens to master you, you will rejoice in a new-found strength." **-James Allen**

"Judgment keeps you stuck. Curiosity gets you results." **-The Black Swan Group**

"What you're not changing you're choosing."

"The whole life of the good Christian is a holy longing, that is our life, to be trained by longing." **-Augustine**

"For me faith is more about longing and thirsting than knowing and possessing." **-David Brooks**

"Every day, I wake feeling grateful.

I no longer pray to any deity-imagined or immortal.

I don't cast my eyes upward while pleading for redemption or deliverance.

I ask for nothing and expect nothing in return.

I don't believe in or live out a transactional relationship with eternity.

Instead, I simply choose to be kind and compassionate without expectation or reciprocity.

For me, the meaning of life comes each day,

simply by setting aside moments in time, to be grateful.

As I wake each morning and as I close my eyes each night

my first and my final words to the universe are always,

'I am grateful.' And I am." **-Steve Ramirez**

"It's not about getting a ticket to heaven, it's about becoming an instrument of God to transform this world." **-Tony Campollo**

"The tendency to claim God as an ally for our partisan values and ends is the source of all religious fanaticism". **-R. Niebuhr**

"There is a pleasure in the pathless woods,

There is a rapture on the lonely shore,

There is society, where none intrudes,

By the deep Sea, and music in its roar:

I love not Man the less, but Nature more." **-Lord Byron**

"Whoever, then, thinks that he understands the Holy Scriptures, or any part of them, but puts such an interpretation upon them as does not tend to build up this twofold love of God and our neighbor, does not yet understand them as he ought."

**-Augustine**

"Days pass, and the years vanish,

and we walk sightless among miracles.

Fill our eyes with seeing

and our minds with knowing.

Let there be moments when your Presence,

Like lightning, illumines the darkness in which we walk.

Help us to see, wherever we gaze,

that the bush burns, unconsumed.

And we, clay touched by God,

will reach out for holiness and exclaim in wonder, 'How filled with awe is this place...'" **Jewish Sabbath Prayer**

"A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit." **- D. Elton Trueblood**

"The older I get the more deeply I believe, but the less beliefs I have." **-Bishop John Spong**

"Faith is not believing the creeds, doctrines, or dogmas; faith is trusting the divine presence to be in every moment, in every tomorrow." **-Bishop John Spong**

"The single biggest problem in communication is the illusion that it has already taken place."

Know God loves you! **Pastor Phil**

## Council Corner

Council Corner

Your Church Council last met on December 16th. It is hard to believe we are entering a New Year! A New Year means the Annual Meeting is approaching. It will be on February 1st, immediately after the service with a lite lunch afterward. Please add it to your calendars. It is your opportunity to hear about, have a voice and vote on the plans we set out for our Faith Community. The Annual Report of the church will be available in church on Sunday, January 18th.

At our last monthly meeting, we agreed on a budget for 2026 which will be voted on at the Annual Meeting. We are in the process of becoming a **Reconciled In Christ** church – a certification process in which we affirm that all are genuinely welcome and invited to be a part of our Faith Community at Christ Lutheran. We will be voting on a related Welcome Statement for our website at the meeting as well.

We are also looking at ways to strengthen our Teams and enable better communication between them, with the council and with the congregation.

A Happy and Healthy New Year to all!

Your Church Council will meet next on January 20th.

*Year to Date thru November 2025*

	Church	Learning Center	TOTAL
Receipts	\$580,008	\$794,160	\$1,374,168
Expenses	<u>-\$574,363</u>	<u>-\$822,430</u>	<u>-\$1,396,793</u>
TOTAL	\$ 5,645	-\$ 28,270	-\$ 22,625

**Budgeted Giving** \$389,949

**Actual Giving** \$401,739

JANUARY VOLUNTEERS	4	11	18	25
COFFEE HOUR		Altar Guild	Brunch	Men's Group
SOUND TECH	Kurt Rank	Kurt Rank	Kurt Rank	Kurt Rank
A/V TECH	Kevin Gough	Mark Stana	Ken Doremus	Kevin Gough
COMMUNION	Louise Wagner Patty Ivenz			Quiet Communion Enid Rank
GREET/USHER	Jodi & Scott Raab	Aiden & Mike McNeish	Barbara & Bob Pasternak	Louise & Lee Wagner
READING(S)	Cheryl Glasker	Corky Blake	Mary Ann Horvath	Dave Kubisek
PRAYERS	Tiffany Wilten	Kevin Gough	Angela Drake	Carolyn Raudenbush





# NORTHEASTERN PENNSYLVANIA SYNOD MONTHLY NEWSLETTER

## Sharing the Story: An Invitation to Experience Mission Support

*Written by: Georgia Suranofsky, God's Work, Our Hands Storyteller*



*2025 Adventure Camp, supported by a NEPA Synod Witness & Service grant received by participating congregations of the Pretzel City Parish.*

DID YOU KNOW that your Mission Support helps fund important initiatives across the synod? Your contributions are making a significant impact and helping others grow in faith, supporting the synod's lanes of Growing Young, Gaining Strength, and Going Beyond Death to Life, along with the values of Loving, Healing, and Engaging like Jesus.

As a God's Work, our Hands Storyteller (formerly Mission Interpreter) for over 13 years I have had the privilege to share stories and say Thank You to many congregations in our synod. Charlotte Gross and I currently coordinate the storytelling ministry. We are invited to visit congregations for worship, meet with congregation councils or be part of faith formation.

I have learned about all the ministries in our synod and the ELCA including our ecumenical partners. When I first started exploring the ministries, it was overwhelming to know the support that changed many lives by doing God's work in the world. The Witness and Service Ministry Team receives a portion annually from your Mission Support giving that is used to fund grants for outreach projects and events. My own congregation has applied and used grants for outreach in my community. If I would not have been involved and understood how mission support giving is used, our outreach may not have happened. In my role, I receive the evaluations after a grant is completed. This gives me the opportunity to contact the sponsors and find out more about how the money was used. Many of the conversations are turned into stories that are shared on the synod website at [godslove.org/missionsupport](https://godslove.org/missionsupport) or under Resources, Mission Support on the synod's website.

There are many ways you could be part of the team of storytellers. I have met many people in the pews through visits or on the phone/zoom to hear how their ministries are helping others because we all share our Mission Support giving. We can do so much more together than any individual can do alone.



When I first started sharing stories and saying thank you to congregations, I had no idea that my life would be enriched by their stories and eagerness to do more. Many times, I have heard, “I can’t believe our mission support giving helps do this. I had no idea.”

Mission Support can be understood better and communicated with the help of various resources. The resources can be found on the synod website at [godslove.org/missionsupport](https://godslove.org/missionsupport) or under Resources, Mission Support. The resources are designed to be used in various media formats. The best way to gain insight into the vital importance of Mission Support is regular sharing of stories, including an in-person visits from a God’s Work, Our Hands Storyteller. Please Contact Georgia Suranofsky at [georgiasuranofsky@hotmail.com](mailto:georgiasuranofsky@hotmail.com) to schedule a visit from a storyteller.



2025 technology upgrades project, supported by a NEPA Synod Witness & Service grant received by Ziegels Union Church

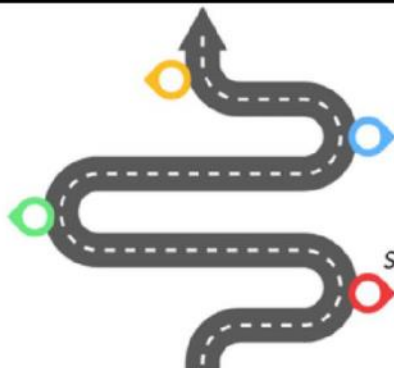


Georgia Suranofsky at the God’s Work, Our Hands Storyteller display during the 2025 Synod Assembly.

**GOD'S WORK  
OUR HANDS  
STORYTELLERS**

**Want to hear stories of mission support impact?**

Consider inviting “God’s Work Our Hands Storyteller” to a Council meeting, faith formation, Sunday morning, or coffee break! Contact Georgia Suranofsky at [georgiasuranofsky@hotmail.com](mailto:georgiasuranofsky@hotmail.com)



# Engaging Generosity: *A Roadmap for Vitality*

A Generosity Extravaganza

Sponsored by the Southeastern Pennsylvania Synod and Northeastern Pennsylvania Synod

**January 24, 2026 + Trinity Lutheran Church, Lansdale**

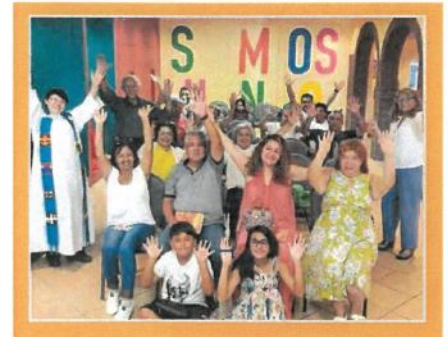
**REGISTRATION OPEN**

**[godslove.org/events](https://godslove.org/events)**

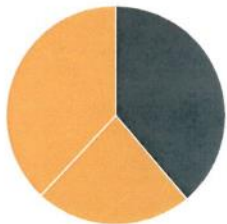


# MISSION SUPPORT: WHAT DOES MY OFFERING DO?

Every week, Lutherans across the country gather to worship. Many of us give to our congregation as part of this experience. ELCA members give about \$1.6 billion annually as regular offerings to ELCA congregations and worshipping communities. When you give your offering, most of it stays with your congregation to fund its vital work. A portion — about 5%, on average — becomes Mission Support, given by your congregation to your synod. Because of Mission Support, our hands can do God's work in more places than any one person or congregation could alone. Together we experience the way of Jesus; discover community, justice and love; and help more people experience the difference God's grace and love in Christ make for all people and creation.

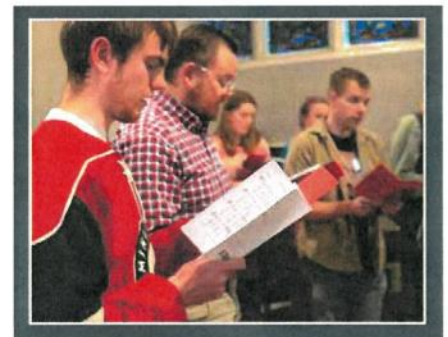


## Your **MISSION SUPPORT** funds a variety of churchwide ministries.



**38% BUILDS CHRISTIAN COMMUNITIES** in the United States by enabling us to:

- Plant and support hundreds of worshipping communities.
- Revitalize congregational ministries and reach out to their surrounding communities.
- Promote leadership opportunities, discernment and education through leadership initiatives.
- Support the work of seven ELCA seminaries and 27 ELCA colleges and universities.
- Host events and leadership opportunities for youth and young adults.
- Support regional work through directors for evangelical mission as well as candidacy and leadership managers.
- Prepare and implement a system for recruiting and assigning rostered ministers.

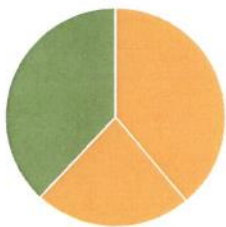






Another **23% GROWS THE GLOBAL LUTHERAN CHURCH** and addresses issues around the world, enabling us to:

- Accompany new Lutheran churches, expand ministries and train leaders and evangelists.
- Send missionaries to accompany communities around the world.
- Address social inequities and work for justice.
- Cultivate and maintain relationships with 149 other churches through the Lutheran World Federation to strengthen the church and its global work.
- Foster relationships between ELCA synods and 65 companion churches, for a total of 127 official relationships.
- Work with leaders and members of our African-descent, American Indian, Alaska Native, Arab, Middle Eastern, Asian, Pacific Islander and Latiné communities.



Finally, **39% STRENGTHENS AND SUSTAINS THE MINISTRY and MISSION** of the whole church, enabling us to:

- Offer ministry resources and opportunities to lay leaders for networking.
- Develop social messages of the ELCA as topical documents to focus attention and action on timely, pressing matters of concern to church and society.
- Sustain ecumenical and interfaith relations.
- Partner with congregations and ministries across the church as they explore new, innovative ways of being church in a constantly changing world.
- Invest in technology and communications.
- Engage in research and strategic planning.
- Create and share resources for faith, discipleship, prayer, stewardship and worship.



Thank you for your ongoing support and faithful partnership! For stories of your impact, visit [LivingLutheran.org/SOFIA](http://LivingLutheran.org/SOFIA). To find additional Mission Support resources, visit [ELCA.org/SOFIA](http://ELCA.org/SOFIA). Scan the QR code to view the new Mission Support video "What Does My Offering Do?"





# Consider sponsoring Altar Flowers to celebrate life's special occasions:

Memorial Birthday Anniversary  
Graduation Wedding Baptism

1. Place your order directly with: **Andy's & Penewell's 610-838-0121** or **Pondelek's 610-838-0961**  
(both have delivery access to Christ Lutheran)
2. Sign up on the **Altar Flower Chart** in the Narthex, or contact the Church Office, 610-838-0400 or [churchoffice@clcht.org](mailto:churchoffice@clcht.org) with the following information:
  - a. Date for Sponsoring Altar Flowers
  - b. Your Celebration or Memorial Message for Bulletin
  - c. Preference for Distribution (picking up or donating to the Homebound)

Look no further than your refrigerator to save energy. Here's a few of a July 21<sup>st</sup> post on **one5c**. Check out the entire article on their website.

Did you know that refrigeration and freezing account for about 7% of electricity use in the average U.S. home. Seems like as good a chance to shave off some excess electrons as any, no? We probably all know the basics of improving the energy efficiency of a fridge (ahem, keep the dang door closed!), but confusion around other particulars abounds. For example: The internet is full of conflicting advice about how much the fullness of a fridge can impact how well it runs. But putting aside how jammed your chiller is or what model you have, there are plenty of ways to make sure it's not needlessly hoovering up energy—and driving up emissions and your electric bill in the process.

## 1. Set the Right Temps

Avoid needlessly ratcheting down the thermostat in either the fridge or the freezer. The Department of Energy recommends setting the fridge temperature between 35 and 38 degrees Fahrenheit, with optimal performance right around 37. No matter what, though, keep everything below 40, which is the USDA's threshold for keeping perishable food safe to eat. The freezer should be set to 0.

## 2. Clean the Coils

A condenser coil, which is most often located in the back of your fridge, is responsible for releasing heat and regulating the inside temperature. But the outward-facing network of tubes tends to accumulate dust. When too much covers it, that gunk barrier can make it more difficult to dissipate heat, causing the fridge to work harder. Cleaning the condenser coils every few months with a Swiffer-style wand and dust pad can ensure a fridge is operating more efficiently. One important safety PSA: Unplug the fridge before you do this.

## 3. Give It Room to Breathe

Just as vital as keeping the condenser coils clean: Making sure they have room to do their work. Avoid pushing the fridge flush against the wall so that hot air has space to dissipate away from the appliance. Energy Star

recommends maintaining a few (translation: 2 to 3) inches of distance. **Angela Drake, ECO Team Editor-at-Large**



# CHRIST LUTHERAN **BOOKCLUB**

**JAN 12<sup>th</sup>:** **Nuclear War: A Scenario**  
by *Annie Jacobsen*

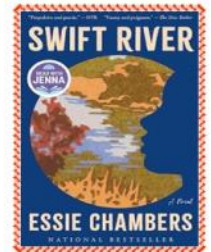
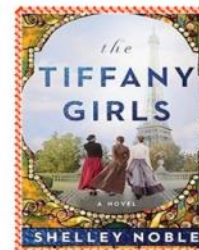
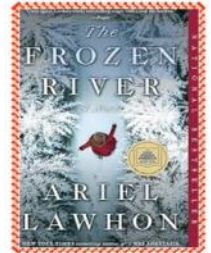
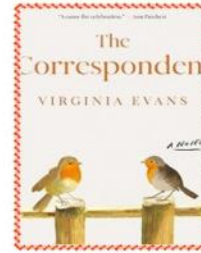
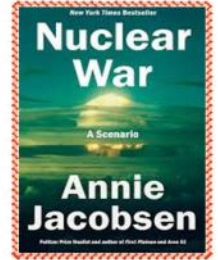
**MAR 30<sup>th</sup>:** **The Correspondent**  
by *Virginia Evans*

**MAY 18<sup>th</sup>:** **The Frozen River**  
by *Ariel Lawhon*

**JUL 27<sup>th</sup>:** **Wayward Girls**  
by *Susan Wiggs*

**SEP 28<sup>th</sup>:** **The Tiffany Girls**  
by *Shelley Noble*

**NOV 30<sup>th</sup>:** **Swift River**  
by *Essie Chambers*



Contact Nancy DeVogel: [ndevogel@gmail.com](mailto:ndevogel@gmail.com)

**COMPLIMENTARY COPIES** available while supplies last!

**Maureen DeBellis** Spiritual Director

email: [spiritdirect@clcht.org](mailto:spiritdirect@clcht.org)

Due to donations from church members, Spiritual Direction sessions will be offered to members of Christ Lutheran at a very discounted rate of \$10. Sessions can be held in-person or online (limit 6 sessions/2025).



- ★ Wondering where God is in your life?
- ★ Struggling to see God's presence in daily activities?
- ★ Feeling a holy disconnect?
- ★ Desiring a deepening life of prayer?

When these kinds of questions and interests begin to stir,  
Spiritual Direction may be what your are looking for.

*Maureen DeBellis is a spiritual director, inter-spiritual companion, a teacher of Heart Rhythm Meditation (HRM) and a retreat guide for the Spiritual Exercises of St. Ignatius. She has a BA in Marriage and Family Studies from DeSales University and a Graduate Level Certificate in Spiritual Direction from Moravian Theological Seminary in Bethlehem, PA.*



## INCLEMENT WEATHER

Log on or tune in to  
**WFMZ (Channel 69)**  
for closing information.

Please always use your best judgment when deciding whether or not to join us.

# WFMZ-TV

## DUNGEONS & DRAGONS

*THE WORLD'S GREATEST ROLEPLAYING GAME!*

### 2<sup>ND</sup> & 4<sup>TH</sup> SUNDAYS

FOLLOWING WORSHIP

**SAMUEL.RAUP@GMAIL.COM**

Christ Lutheran Church  
69 Main Street, Hellertown  
brings its Congregants *AND* Community...

## Reiki



*COMPLIMENTARY* Half-Hour Sessions

with a Reiki Master

*APPOINTMENTS* highly recommended and greatly appreciated

Monday, January 5<sup>th</sup>, 4:15 - 7:30pm

Contact Judy Chernikovich-Clemens for details and to schedule your appointment today!

☎ 610-657-2607 ✉ [jbird1952@yahoo.com](mailto:jbird1952@yahoo.com)

## BIBLE STUDY

### THURSDAYS

#### 12:15-1:15PM

**IN THE CHURCH LIBRARY  
OR VIA ZOOM**



christ lutheran hellertown

You are welcome here.

Come join the journey.

share what you love  
about our church

<https://bit.ly/3JQjIUd>



## MEN'S GROUP

### TUESDAYS AT NOON

### IN THE CHURCH LIBRARY OR VIA ZOOM

## Quilters

**Wednesdays 8:30am**

**Thursdays 5:30pm**

### Come Join Us!

**All Skill Levels Welcome**

## Yoga

~Mind~Body~Spirit

Every Saturday morning at 9:30



Coffee Hour HOSTS NEEDED

Sign-Up Sheet  
in the Narthex

For details or with questions, contact:

Liz Hanson 952-221-2297  
hansonje3@hotmail.com

or

Elise Cheung 952-334-6412  
elise.m.cheung@gmail.com



## Adult Christian Education

Every Sunday  
with Pastor Phil  
9:00-9:45am

**BEYOND BELIEF**  
Marcus Borg

In the  
Church Library  
or via ZOOM

## Chair Yoga

with Nancy D

**Tuesdays and Thursdays**

**10:30 - 11:30am**

**ALL ARE WELCOME**

**Free Will Offering**

**South Lounge/Sanctuary**



## Food Bank • Collection

*Specially Requested Items in January:*

**Canned Fruit**  
**Large Soup Cans**

**RED WAGON**  
Drop-Off

*in the Volunteer Room*



## Are you attending events at CLC?

Hello, my name is Debbi Pereira and I am the Communication Specialist at Christ Lutheran Church, Hellertown.

I design ads for the church and post them currently on Social Media, Saucon Source, create the Sunday Brunch Placemat, and maintain our website.

**If you are taking pictures at any event and would like to share, please send them to [dpereira@clcht.org](mailto:dpereira@clcht.org) with any details, including the event name and dates, and I will post them for you!**

Thank You

# January Birthdays

**Silas Butterfield 1st**

**Janet Zavacky 1st**

**Steve Barnes 2nd**

**Sandra Richard 2nd**

**Willow Lentz 3rd**

**Jonah Beers 5th**

**Lori Gough 6th**

**Morgan Lamper 6th**

**Marion Szabo 6th**

**Christopher Nagy 7th**

**Lynne Nork 7th**

**Violet Sharma 7th**

**Mandy Mayer 11th**

**Charles Coe 13th**

**Tyler Washburn 13th**

**Marissa Harley 14th**

**Andy Staruck 14th**

**Stephen Lamper 15th**

**Rachel McCallister 18th**

**Barbara Pasternak 18th**

**Melanie Rose Wentum 18th**

**Carter Myers 19th**

**Evelyn Patterson 20th**

**Luca Sagrati 22nd**

**Carol Dishmon 25th**

**Nancy Stern 25th**

**Lisa Rupert 27th**

**Glenn Butterfield 28th**

**Bonnie Banks-Beers 29th**

**Gen Cheung 29th**

**Danielle Young 29th**

**Judith Atherholt 31st**

**Luke Eustice 31st**

**Danica Schultz 31st**

## JANUARY ANNIVERSARIES

**Matthew A. & Allison M. Sterner 1/1/2005**

**Carl & Sandra L. Moran 1/7/1978**

**Robert R. & Claudia Allen Rogers 1/8/2000**

**Matthew J. & Beverly J. Piszal 1/21/1967**

**Allen C. & Elizabeth F. Wolfe 1/24/1962**

**Gerhard A. & Karen G. Milla 1/29/1990**

**Michael A. & Patty Jo Ivenz 1/31/1982**



national  
**GLAUCOMA**  
AWARENESS MONTH  
JANUARY



Visit our Information Room off the Narthex for Educational Materials

# Enid Rank

## Faith Community Nurse

If you have any questions or would like any additional information on anything listed on this page, please don't hesitate to contact me.



[nurse@clcht.org](mailto:nurse@clcht.org)  
610-349-2970

**Meal Ministry**  
**Monday**  
**January 26h**

*Lite fare delivery to the homebound*

Monthly  
Communion Service  
**Saucon Valley Manor**  
1050 Main Street Hellertown, PA 18055  
**Thursday January 15th**  
**2:00pm** Parishioners welcome to  
join Pastor Phil, Josh, Bonnie, and Enid for  
some worshipping, singing and mingling!

# GIGGLES

Girls In God Growing Loving Eating Sharing

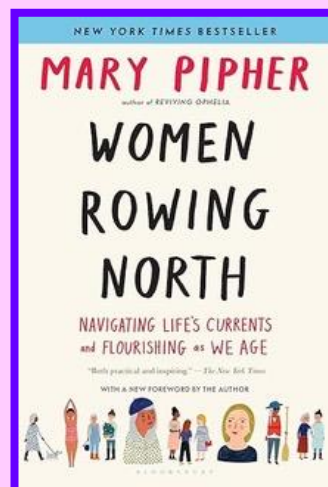
## Women's Group

### Book-of-the-Month

## "Women Rowing North"

by Mary Pipher

Wednesdays @ 10:00am in the South Lounge



# JANUARY CALENDAR

SUNDAY



MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

SATURDAY

				<b>1 NEW YEAR'S DAY</b>  	<b>2</b>  	<b>3</b>  
<b>4</b> 9am Adult Education 10am Sunday School 10am Worship w/Communion 11:15am Conf Class 1	<b>5</b> 4:15-7:30pm Reiki	<b>6</b> 10:30am Chair Yoga Noon Men's Group	<b>7</b> 8:30am Quilters 10am GIGGLES	<b>8</b> 10:30am Chair Yoga 12:15pm Bible Study 5:30pm Quilters	<b>9</b>  	<b>10</b> 9:30am Yoga
<b>11</b> 9am Adult Education 10am Sunday School 10am Worship 11am D&D 11:15am Conf Class 2 12 Noon Pacesetters <i>Taste of Italy</i>	<b>12</b> 7:00pm BookClub	<b>13</b> 10:30am Chair Yoga Noon Men's Group	<b>14</b> 8:30am Quilters 10am GIGGLES	<b>15</b> 10:30am Chair Yoga 12:15pm Bible Study 2pm Communion Service <i>SV Manor</i> 5:30pm Quilters 7pm Thirsty Thurs <i>Braveheart</i>	<b>16</b>  	<b>17</b> 9:30am Yoga
<b>18</b> 9am Adult Education 10am Sunday School 10am Worship 11am Brunch	<b>19 MLK</b>  	<b>20</b> 10:30am Chair Yoga Noon Men's Group 7pm Church Council	<b>21</b> 8:30am Quilters 10am GIGGLES	<b>22</b> 10:30am Chair Yoga 12:15pm Bible Study 5:30pm Quilters	<b>23</b>  	<b>24</b> 9:30am Yoga
<b>25 BEAR CREEK</b> 9am Adult Education 10am Sunday School 10am Worship 11am Quiet Comm 11:15am Conf Class 1 11am D&D	<b>26</b> 11am Meal Ministry	<b>27</b> 10:30am Chair Yoga Noon Men's Group	<b>28</b> 8:30am Quilters 10am GIGGLES	<b>29</b> 10:30am Chair Yoga 12:15pm Bible Study 5:30pm Quilters	<b>30</b>  	<b>31</b> 9:30am Yoga



# Youth & Family Minister

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Josh Gulotta

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## Ode to the Hobby

January is National Hobby Month! A hobby is a funny thing. We don't earn anything or win anything with our hobby. There's no end goal or final product of a hobby. Still, hobbies give us entertainment, relaxation, and a chance to live beyond homework and chores. A 2009 study showed that family members with hobbies had better heart health, higher self-esteem, and lower levels of depression. January is a great time to encourage family members to discover new hobbies or revisit old ones. Maybe one of these pastimes speaks to you:

**Cooking & Baking:** Why not learn your grandparents old recipes? Or design your own Christmas cookie recipe to premiere next December?

**Reading:** It's never been easier to access a good book. Use your library card to unlock thousands of books on your phone! A good fantasy series can pass the time on cold winter weekends.

**Pet Tricks:** It's not just dogs that can learn tricks. Cats, bunnies, snakes, and even goldfish can be trained to perform. Keep the kids and your pets occupied!

**Video Gaming:** Gaming has become a huge part of American culture, and grownups shouldn't miss out on what kids are playing. If you have a grandfather who has a toy train village in his basement or attic, try to get him into Minecraft — the controls will be easier than he thinks!

**Hiking:** With so many amazing trails nearby, why not take up hiking? The more you hike, the more you'll learn about bushcraft, trailblazing, and nature identification!

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