

December 19, 2018
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www.memorialfrankfort.com

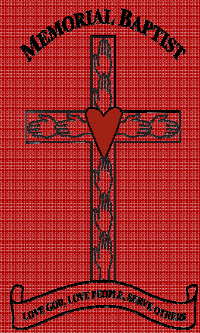
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The Heartbeat

Newsletter

Love God, Love People, Serve Others.



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SLOWING DOWN

Several times over the years, I have written an end of the year newsletter article about how busy we are and that a good resolution to make for the new year might be to slow down a bit. I think that this time of the year many of us are tired and need to recharge and maybe even need to straighten out our priorities. If for no one else but myself, I am going to revisit this subject in this article.

First, I'll start off with some myths about busyness:

1. Busyness=Importance.
2. Someone actually wins the rat race.
3. Hurrying will buy you more time.
4. Downtime=Wasted Time.
5. Yelling at other drivers will make them go faster.

If you believe any of the above myths, you may need to change your perspective on busyness.

Busyness has many negative effects:

****It effects our performance in school or at work.** (Are you a workaholic? Will you have those tendencies to become busy? Or are you a slacker at school or work? Work your best, but don't overwork yourself.)

****It effects our personal and recreational life.** (Do you take time for yourself to enjoy life? Do you take time to fellowship with God and other Christians? When is your Sabbath? What does it consist of?)

****Busyness effects our relationships with other people.** (You don't want your busy schedule to get in the way of loved ones. If you're worried that this might be happening, check out the warning signs. Do your conversations seem real? Do you or both you and your loved one talk just about yourself? While you're talking to someone, are you going through a mental to-do list? Watch out! If your focus is on what you're supposed to be doing and not on your loved one, this relationship may be headed for difficult times. You'll need those friends!)

****And of course, busyness can also effect our walk with God.** (Are there days when you skip reading the Bible altogether or rush through it to get on to something else? Are you truly worshiping God by not spending any real time with him?)

So what can you do to slow down this Holiday Season?

1) Learn what works best for you. Are you a night person? A morning person? Somewhere in between? Are you an extrovert or an introvert? What weekly activities are essential for you? Some essential activities might include time for personal growth and development, dating your spouse, quality time with your kids, and serving at church.

2) Identify required responsibilities.

Now that you have identified your essentials, consider what responsibilities you have due to work or school. Many of these activities are not optional, so it's important to plan for them in advance.

3) Learn to say, "No." Just because you're invited to the housewarming party of your best friend's sister's cousin, you don't actually need to attend. Protect your

time and your family. Protect your sanity by only saying, "yes" to the best things, not to everything. Saying, "No" to our devices is important too. Smartphones, tablets, computers, and other electronic devices have become a huge drain on our free time. They cause us to feel that we might be missing out if we don't obsessively refresh. Saying no to the digital cry for attention can make a big difference.

4) Build margins. Do this in every area of life that you possibly can. Plan fifteen minutes of travel time when you only need five. Schedule downtime throughout your day so you can recharge. Grouping errands and appointments in the same area and time-frame can help minimize your need to make many trips.

Remember that God calls us to an abundant life, not a hectic life. Busyness will creep in wherever we don't stand strong. Feel free to say no and learn to enjoy some downtime; there is no need to feel guilty for protecting your sanity. I'm on the journey with you, still learning to guard my calendar and daily feeling the pull to engage with the hustle and bustle. I'd love to hear how you are slowing down and being intentional this season.

Running with Him,

See



Lee Meadows

Pastor for Youth

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THANKS/MEMORIAL

I want to thank everyone for the birthday cards. I received over 45 cards from my church family. I was very blessed.

Love you, God Bless, Betty Mason

Dear Church Family,

Thank you for all the love, prayers and acts of kindness shown to our family during this time of loss.

Also, thanks for the delicious meal following the memorial service. We have been blessed through your actions.

Randall & Janice Dobson

FAMILY

NEW ARRIVAL

Maggie Kate Tackett born Dec. 18 to Dylan & Stacey. She weighed 6 lbs, 15 oz and was 19 inches. She is the granddaughter of Brian & Karen Tackett.

OTHER EVENTS THIS MONTH

GYF LUNCHEON

Tuesday, January 8

Cheesecake Factory in Lexington. We will leave at 10:30 A.M. Come join in the fun!

ENVELOPES

You can pick up 2019 envelopes in the Narthex area. These box sets do not have names and number on them. Please remember to write your name on it if you are paying in cash. If you have old envelopes that have your name and number on them, please feel free to use those.

GIVING STATEMENTS

We will be sending out the giving statements for 2018 in January. Once you receive them please look over and if you have any questions, please contact the church office. All end of year giving must be given before December 31 and if the gift is mailed in, it must be post dated for December 31 or before to be included for 2018 giving statement.

MISSIONS

MBC SOUP KITCHEN DAY

ACCESS SOUP KITCHEN & MEN'S SHELTER

We serve lunch on the third Tuesday of the month at 12 NOON.

If you would like to volunteer, please contact Kathey Parr at 502-545-0449 or kylerskathey@yahoo.com.

SIMON HOUSE MINISTRIES

Simon House is a nonprofit transitional living facility for homeless adult women who are pregnant or have children. In collaboration with other agencies and organizations, we provide a safe, stable, and healthy environment that encourages, educates, and empowers residents to become self-sufficient and productive members of our community and the larger society. They are in need of the following supplies: shampoo, conditioner, hair products, deodorant, lotions, toothbrushes, toothpaste, bath & hand soap, dish and laundry soap, paper towels and cleaning products.

MUSIC TOGETHER® CLASSES BEGIN IN JANUARY!

This upcoming session, your little ones (ages 0-5) will love jumping and hiding in "John the Rabbit" and "Sneak and Peek." You'll all be mesmerized by the beautiful lullaby, "Arroró, mi niño" and enjoy the catchy rhythms of "Jim Jam Drummer." In addition to nine weekly classes, tuition includes audio recordings to play at home and on the go, a colorful illustrated family songbook, and resources with bonus music-making ideas to try at home. Email Marilyn White at marilynssonggarden@gmail.com for more information.

CHURCH ACTIVITIES

The church office will be closed on Tuesday, January 1, 2019. There will be no activities on Wednesday, January 2.



Find us on

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Search: www.memorialfrankfort.com

For the Record

	Sunday Dec. 2	Sunday Dec. 9	Sunday Dec. 16			Totals
Bible Study	85	92	101			
Worship Service	106	110	171			
Contributions given in memory of Narvilla Woody, Barry Lynch, Sam Oleka, Tony & David Marraccini.						
Budget Offerings	5,239.00	3,864.00	8,739.00			17,842.00
Lord OT Harvest	725.00	2,755.00	3,729.00			7,209.00
Designated Gifts	2,495.88	657.00	588.00			3,740.88
Total Gifts	8,459.88	7,276.00	13,056.00			28,791.88

MEETINGS THIS MONTH

DEACON MEETING

Sunday, January 13
at 12:15 P.M.

BUSINESS MEETING

Wednesday, January 9
at 6 P.M.

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Guy Gilbert CHURCH OFFICE CLOSED	2 Tara Bright David White NO ACTIVITIES	3	4	5 Jackson Austin
6 Bible Study, 9:30 A.M. Worship Service, 10:50 A.M.	7 Addison Fraley	8 Bonnie Franklin Karen Phillips GYF Lunch in Lex, 10:30 A.M.	9 Pearl Johnson Bible Study, 10 A.M. Bible Study & Prayer Mtg., 6 P.M. Worship Prep, 7:30 P.M.	10 Maddie Starkey	11	12 Jennifer Ringrose
13 Trina Wallace Bible Study, 9:30 A.M. Worship Service, 10:50 A.M. Deacon Meeting, 12:15 P.M.	14	15 Emily Devore Micheal Fraley	16 Jorge Sousa Bible Study, 10 A.M. Awana, Bible Study & Prayer Mtg., 6 P.M. Worship Prep, 7:30 P.M.	17	18	19 Wanda Harrod
20 Bible Study, 9:30 A.M. Worship Service, 10:50 A.M.	21 Sharon Parrent CHURCH OFFICE CLOSED	22 Soup Kitchen Day, 12 Noon	23 Paula Collins Rhonda Pacey Bible Study, 10 A.M. Awana, Bible Study & Prayer Mtg., 6 P.M. Worship Prep, 7:30 P.M.	24	25 Geraldine Weaver	26 Tyler Anglin
27 Bible Study, 9:30 A.M. Worship Service, 10:50 A.M.	28 Tom Bright Amelia Chase- Wise	29	30 Kevin Gilbert Bible Study, 10 A.M. Awana, Bible Study & Prayer Mtg., 6 P.M. Worship Prep, 7:30 P.M.	31 Belinda Minor		

Sunday Schedule

Children & Youth Bible Study	9:30 - 10:40 A.M.
Adult Bible Study	9:40 - 10:40 A.M.
Sunday Worship	10:50 A.M. - 12 NOON

Wednesday Schedule

Adult Bible Study	10 A.M.
Adult Prayer & Bible Study	6 - 7:30 P.M.
Awana (age 3 - 8 th)	6 - 7:30 P.M.
Worship Preparation	7:30 - 9 P.M.

SUNDAY WORKERS

We would like to remind everyone that our contract with the cleaning people does not include the cleaning of the Bible Study classrooms or the kitchen/fellowship hall. Contact the church office if you would like to volunteer your time to help around the church. God has gifted each of us with abilities so we can make a contribution to His kingdom. Don't wait to be recruited, but look for opportunities to volunteer. If you would like to volunteer for one of the categories below, please contact the leader for that group.

	<i>January 6</i>	<i>January 13</i>	<i>January 20</i>	<i>January 27</i>
<i>Ushers</i> (Jim Franklin 352-1556)	Jim Franklin David Collins Nick Dungan David Starkey	Bill Wallace David Banks Graham Duvall Bill Evilsizor	Guy Gilbert Rick Nesselrode David White Benny Young	Bob Fentress Alan Beghtol Sonny Clark Steve Lanphier
<i>Noah's Ark - Crib-2 Yr.</i> (Paula Collins 226-4450)	Guy & Elsie Gilbert	Trina Wallace	Kay Quire	Scott & Kay Quire
<i>The Garden - 3-4 Yr.</i> (Stephanie Starkey 352-7972)	Kathey Parr	Lindsay James	Erin Wheeler	Becky Devore
<i>Narthex Workers</i> (Donna Jones 695-4527)	Bob & Bonita Fentress	David & Stephanie Starkey	Alan Beghtol Bill Evilsizor	Kathy Parr Sharon Parrent
<i>Sunday Van Driver</i> (Jim Franklin 352-1556)	Brian & Karen Tackett	Bill Wallace	David White	Jim Franklin
<i>Lock-up</i>	Guy Gilbert	Gilbert Guy	Guy Gilbert	Guy Gilbert
<i>Worship Prayer Ministry</i>	Donna Jones	John Reed	Graham Duvall	Bonnie Feedback
<i>Deacon Door Greeter</i> (David Banks 695-9222)	<u>Narthex</u> Pam Hershey <u>Hallway</u> John Reed	<u>Narthex</u> John Wilhite <u>Hallway</u> Brian Tackett	<u>Narthex</u> Amaka Oleka <u>Hallway</u> David Collins	<u>Narthex</u> John Wilhite <u>Hallway</u> Guy Gilbert
<i>Prayer for Pastor</i>	Amaka Oleka	Ruth Wiley	Brian Tackett	Brian Tackett
<i>Wired Worship</i> Dianna Moore (502-319-0059)	Erin Wheeler	Janet Lanphier	Linda Young	David White



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Future Events



COMING
WEDNESDAY, JANUARY 16