

# The en - Light - ner

Monthly

Newsletter of

First United Methodist Church

January 2017

**Mission Statement:** To make disciples for Jesus Christ for the transformation of the world.

## January Sermon Series

*Us and We not I and Me*

**Jan. 1:** Corinthians  
12:1-11 Spiritual Gifts in Action

**Jan. 8:** 1 Corinthians  
12:12-26 United Through Christ

**Jan. 15:** Corinthians  
12:27-31 Learning to Embrace our Differences

**Jan. 22: UMW Sunday**

**1/29/17:** Corinthians  
13:1-13 Love as a Foundation

## Managing Grief Following the Holidays

So, we made it through the holidays. For some of us the holidays brought on or intensified our emotional pain from the loss of our loved ones.

It is common during the holidays to have an increase in strong feelings of sadness, loneliness, isolation, anger, distance and fear. However, there are tools that can help us manage grief following the holidays. I am not aware of any fix that will completely remove the pain of separation after the death of those whom we love. But I do believe with faith in God and the practice of wellness principles we can experience transformation from an overwhelming grief into a life filled with peace and hope. In this article, I want to share with you five steps that have helped countless people to move from paralyzing sadness to a more affirming and productive life.



### Don't Suffer Alone

It can be very crucial to our emotional, mental and spiritual progress for us to find people whom we can share our pain. There are those who genuinely care about us and will provide us with a listening ear. When we suppress our sadness, anger and fear it festers and is more likely to impede on emotions of joy, peace and a sense of connection with others. Call a friend, pastor or join a grief support group.

### Write Letters or Speak as though they are Listening

Though our loved ones are no longer present with us we can still share our thoughts and feelings with them. Take the time to write or say what we are thinking, how we are feeling or to just give them an update of occurrences. It is important for the content to be transparent and authentic without regard for parameters of logic or politeness (if you want to share feelings of hurt or anger do so.)

### Give yourself a Break

There is no universal order that determines how long grief should last or how severe grief should be felt. We are experiencing a once in a lifetime trauma. Though we will have multiple losses, each one is unique. Grief can be more like a circle than a straight line. There will be days when we feel we have left certain emotions and thoughts behind only to experience their reoccurring pain. We must give ourselves a break and accept the fact that grief cannot be controlled every moment of the day. It is important for us to set aside times and days to grieve in our own way without being critical of self.

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# Mark Your Calendar

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## Welcome



Welcome to **Denise Windsor** who joined the church recently. Denise sings in the choir and has attended First United Methodist Church for many years. **Keith, did she join or re-join?**



Welcome to **Sandy Lind** (center) who joined the church on December 25th. LaVeta Patterson is shown with Sandy and Pastor Keith.

## January



- 1st Bill Dalley - B
- 1st Wiley Teel - B
- 1st Bryson Adkins - B
- 2nd Judy Short - B
- 2nd Jerry & Kim Faver - A
- 3rd Gretchen Legler - B
- 3rd Scott Parker - B
- 5th Austin Lucero - B
- 5th Sasha Parker - B
- 6th Gary Lowman - B
- 8th Kelsey Idsinga - B
- 10th Kelsey Laurenz - B
- 10th Wanda Pettus - B
- 18th Gail & Darryl Bond - A
- 19th Bill Wood - B
- 23rd Bryn Privett - B
- 27th Jan Smartnick - B
- 30th David Sanders - B
- 31st Simone Laurenz - B



## Lay Leadership for 2017

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### Seek God's Help

The pain of separation can be more than we can face without spiritual help from God. Our faith in heaven can provide hope for a reunion with the beloved. There are times when we call on God and ask for a change in our situations. Grief can be the time when we ask God to change us because there is no changing the situation. In grief, we must seek God's help in extending our patience and to bring a measure of healing to our broken heart. We all arrived in the world through the grace of God and that same grace is powerful enough to see us through every storm of life, including grief.

### Celebrate Life

While we are in emotional pain it can be difficult to celebrate life, but not impossible. Remember the gift of joy, connection and love that God brought to us through their lives. The time can seem short that we had with our loved ones but the impact they made on us will last a lifetime. We missed them dearly through the holidays but we are so glad to have memories that we can draw from for the rest of our lives. To have known, to have lived, to have embraced and to have shared life with them is reason enough to celebrate.

For further details on grief support or counseling, please contact me. God bless and keep you all,

Pastor Keith



Ad Council Chair	Bill Wood
*Lay Leader	Linda Weems
*Lay Delegates to AC	Panzy Jordan
Librarian	Fayrene Powers
Memorials	Theressa Bradley
SPRC Chair	Fred Patterson
Finance Chairs	Wanda Pettus & Panzy Jordan
Trustees Chair	Wanda Pettus
Worship Chair	Dianne Parker
Missions Chair	Elwyn Hulett
Education Chair	Laveta Patterson
Evangelism Chair	Terry Truelock
Youth Director	Kelsey Prince
VBS	Katrina Prince
Church Treasurer	Theressa Bradley
Stewardship Chair	Donny Massey
Parsonage Chair	Kenny Herbert
Enlightener Editor	Sheryl Borden
Prayer	Cynthia Hulett
UMM President	David Myers
UMW President	JoBeth Massey

\*Lay Leader and Delegates to Annual Conference are also members of administrative Committees. (See committee members on next page.)



## First United Methodist Church Staff

Pastor - Dr. Keith Wilks  
Office Manager - Gerri Bradsher  
Nursery - Melissa Borden  
Lay Leader - Linda Weems  
Choir Director - Jan Smartnick  
Accompanist - James Golden  
Youth Director - Kelsey Prince  
enLightner Editor - Sheryl Borden  
Bishop - W. Earl Bledsoe  
District Superintendent - Jane Vaughan

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# Church Committee Members

Term expires:

2017

2018

2019

## Finance Committee

Theresa Bradley  
Linda Weems

Bobby Borden  
Gerri Bradsher – Sec  
Bill Wood

Panzy Jordan - Co Chr  
Wanda Pettus - Co Chr  
Donny Massey  
Fred Patterson

## Staff-Parish Relations

Fred Patterson - Chr  
Ginger Creighton  
Alta Elder

Brooke Cordova  
Caley Mosier  
Ruth Wood

Pat Burns  
Elwyn Hulett  
Brad Mauldin

## Nominations

Alta Elder  
Panzy Jordan  
Allyson Warrick

Theresa Bradley  
David Myers  
Jana Roberts

Keith Wilks, Chr  
Cynthia Hulett  
Kenny Prince  
Ruth Wood

## Trustees

Donny Massey  
Carol Morgan  
Wiley Teel

Wanda Pettus – Chr  
Larry Clark  
Mike Woolley

Theresa Bradley  
Fred Patterson  
Cameron Ridenour

## Memorials Committee

Jana Roberts  
Keith Wilks  
Bill Wood

Louise Odom  
Allen Roberts  
Vern Witten

Theresa Bradley – Chr  
Nan Greaves  
Ida Lou Witten

## Missions Committee

Pat Burns  
Carol Morgan  
Denise Windsor

Rodney Ennis  
Sondra Myers  
Marilyn Seddon

Elwyn Hulett – Chr  
Cynthia Hulett  
Debbie Martin

## Worship Committee

Dianne Parker - Chr  
Cynthia Hulett  
Jan Smartnick

Malin Barnes  
Evelyn Chambers  
Donna Wooley

Sheryl Borden  
Alta Elder  
Ray Welker  
Bill Wood

## Evangelism

Sheryl Borden  
Larry Clark

Bobby Borden  
Lavon Brown

Terry Truelock – Chr  
Dawn Ridenour

## Education

Laveta Patterson - Chr  
Elwyn Hulett  
Amberlynn Mauldin

Dianne Parker  
Sasha Parker  
Cameron Ridenour

Jackie Burns  
Kathy Gore  
Allyson Warrick

## Parsonage Committee

Charles Chambers  
Wanda Pettus  
Linda Weems

Kenny Herbert - Chr  
Pat Burns  
Vern Witten

Rodney Ennis  
Dave Myers  
Cliff Warrick

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**Stewardship Committee**

Gary Bonestroo  
Wanda Pettus  
Keith Wilks

Janet Herbert  
Scott Parker  
Heath Williams

Donny Massey – Chr  
Carolyn Sanders  
Linda Weems

**Church Treasurer**

Theresa Bradley

**Admin Council**

Bill Wood – Chr  
Sheryl Borden  
Theresa Bradley  
Pat Burns

Kenny Herbert  
Elwyn Hulett  
Panzy Jordan  
Donny Massey

JoBeth Massey  
David Myers  
Fred Patterson  
Laveta Patterson

Dianne Parker  
Wanda Pettus  
Katrina Prince  
Kelsey Prince

Terry Truelock  
Keith Wilks



Members of the Youth group present a skit during Children's Moments.



Members of First United Methodist Church attend a church service conducted at Wheatfields in Clovis, along with residents.



Cameron Ridenour presented the message to residents at Wheatfields in Clovis. Also present is Pastor Keith (seated left.)



Members of the choir at First United Methodist Church assist with a church service conducted at Wheatfields in Clovis.

A special thank you to **Linda Weems** for sharing these photos for the enLightner.