How are you doing on your goals for the First 100 Days of 2020? In 2020, there are 100 days between January 1 and Good Friday, and I made the observation that this is a great season for making an all-out effort in some area of your life where you know you want to make progress and maybe have struggled to do so. Maybe it’s decluttering your home. One of my personal goals has been to address health and fitness goals. For me, this involved finding a doctor and finding a sustainable exercise routine. So far, so good, but I’ve got the rest of this season to make sure these good intentions become healthy habits.

Pastor Yiwen encouraged us again this past Sunday about goal setting and “Creating a Personal Mission Statement,” and to use this time at the beginning of the year to look back and to look forward for a year, but also for a decade. His words prompted me to revisit my own personal mission statement and list of goals. I keep a list of 100 or so goals. They are a mix of short and long-term, big and small, personal and public. The resource I used develops goals in 5 big areas: Family, Friendship, Finances, Fitness, and Faith. (Fitness includes Spiritual, Intellectual, and Physical goals; Faith includes Personal, Church and Kingdom goals. My last major re-vamp of this list was three years ago. It’s amazing how many things have been checked off. Other things aren’t as far along as I would like. For instance, I wanted to start a practice of sermon run-throughs. If you were at church Sunday, you learned that Pastor Yiwen and I do have this practice, now. They say the human tendency is to over-estimate what we can get done in the short-term and underestimate what we can get done in the long-term. I would be glad to share a link to this resource if you will email me (realizing that it is targeted at pastors).

The number 214 is not just an address! Have you joined the 2:14 crew? Several months ago, I invited the church to join me in the practice of praying for our church every day at 2:14 pm (Our address is 214 W. Main Street.). Many of you took up that invitation and continue to pray daily, setting a reminder alarm on your phone or watch. The basic prayer is that God would use First United Methodist Church to share the heart of Christ from the heart of Carbondale. You might also pray your own growth, for the church staff, and even for our denomination.

Regarding the United Methodist Denomination, the new proposal for the future of our church that I wrote about last week appears to be gaining the support of many di-verse constituencies in the church. The team of 16 people who negotiated the potential solution all gathered for a presentation which you can watch online (UMNews.org) and which we will plan to show at the church sometime soon. Perhaps the most striking part of the presentation was the deep and genuine show of respect and love the participants had for one another. It is a striking and welcome contrast to the vitriol and divisiveness that characterized our last General Conference. Maybe it’s a sign of hope for our next General Conference (in May, 2020).
**January 16 to Jan. 30**

**Sunday - Third Sunday after Epiphany (cont’d)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>10:45</td>
<td>Worship Service</td>
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<tr>
<td>10:45</td>
<td>Super Church</td>
</tr>
<tr>
<td>12:00</td>
<td>Confirmation Class, Rm. 409</td>
</tr>
<tr>
<td>13:00</td>
<td>Scouts Girl Troop 66, Room 410</td>
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</tbody>
</table>

**Monday—Church Office Closed**

**Tuesday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30</td>
<td>Men’s Group, Heritage Room</td>
</tr>
<tr>
<td>9:00</td>
<td>Daniel Plan, Room 403-NOT MEETING</td>
</tr>
<tr>
<td>9:00</td>
<td>Golden Yoga, Room 404 *</td>
</tr>
<tr>
<td>10:15</td>
<td>Making Sense of the Bible Class, Heritage Room</td>
</tr>
<tr>
<td>12:30</td>
<td>Rotary Club, Conference Room</td>
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</tbody>
</table>

**Wednesday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:45</td>
<td>Handbells</td>
</tr>
<tr>
<td>6:00</td>
<td>Grateful Hearts, Room 308</td>
</tr>
</tbody>
</table>

**Thursday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00</td>
<td>Chimes</td>
</tr>
<tr>
<td>9:30</td>
<td>Golden Yoga, Room 404 *</td>
</tr>
</tbody>
</table>

**Friday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30</td>
<td>Lois Payne, Visitation, FUMC</td>
</tr>
<tr>
<td>11:00</td>
<td>Lois Payne, Memorial Service, FUMC</td>
</tr>
</tbody>
</table>

**Saturday**

**New Year, Same Promises**

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Our new sermon series started on January 12th!
“New Year, new you!” This is the message we get from pop culture, year after year. We vow to make changes to our diet, exercise habits or lifestyle, but instead of those resolutions, most things stay the same. This may be cause for disappointment, but there is some consistency we can celebrate. God’s promises to us do not change with the calendar or the latest fitness trend. Rather than focusing our energy and attention on making (and all likelihood breaking) promises to ourselves, come to Crossroads for our “New Year, Same Promises” series, and let’s spend the first part of the new year learning about and appreciating
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**In Sympathy:** Sympathy to Lindsey & Darren Bailey and family and friends on the death of her mother, Cynthia Anderson Greten of Oakdale, IL who passed away on January 8, 2020.

**Calendar Dates for 2020:** PLEASE come in to the Church Office and write in or call in your church-related events held in January and February 2020 on the Office Calendar as soon as possible.

**Saturday Night Live and PrimeTimers**—Will not meet in January 2020.

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**New Year, Same Promises**

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**Our 2020 flower chart is ready for sign-ups. It is in the same location - on the wall at the incline, leading to the church office.**

**In Sympathy: Sympathy to Lindsey & Darren Bailey and family and friends on the death of her mother, Cynthia Anderson Greten of Oakdale, IL who passed away on January 8, 2020.**
Disciples for Sunday, January 19, 2020

Altar Flowers are given by Tom and Carolyn Gallegly and Family in memory of Bob and Wilma Gallegly.

Acolytes: 8:15: Lexi & Logan Frick
Indoor Greeters: Pam Yarbrough, Trina Thomas
Liturgists: 8:15: John Phelps
10:45: Nancy Mitchell
Sound System Operators: 8:15: Joe Swindell
10:45: Dow White
January Ushers: Dan Anderson III and Michael Koch, Co-Captains; 8:15 Doug Bedient, Steve Mitchell, Scott Wright; 10:45 Donna & Don Bryant, Jr., Gene Morgan, Adam Delmore

Coffee Hosts: 8:15: Joe & Kathy Swindell
10:45: Sara & John Hinde
Outside Greeters: The Koch Family
Van Driver: Brian Gorecki
Welcome Center: 8:15: Kathy Swindell
10:45: Sara Hinde
January Nametags: Betty Graig
Children’s Church: Rob & Linda Lucas
Youth Helpers: Kayli and Rayna Lucas
Children’s Church Registration: JoVonna Noble

Disciples for Sunday, January 26, 2020

Altar Flowers are given by Barb and Doug Bedient in memory of our parents and in honor of Margo and John and their families.

Acolytes: 8:15: Paige Hefferman
Reese Matzenbacher
Indoor Greeters: The Matzenbacher Family
Liturgists: 8:15: Bill Crippen
10:45: Linda White
Sound System Operators: 8:15: Scott Wright
10:45: Ron Browning
January Ushers: Dan Anderson III and Michael Koch, Co-Captains; 8:15 Doug Bedient, Steve Mitchell, Scott Wright; 10:45 Donna & Don Bryant, Jr., Gene Morgan, Adam Delmore

Coffee Hosts: 8:15: Joe & Kathy Swindell
10:45: Sara & John Hinde
Outside Greeters: Jon & Sandy Gobert
Van Driver: Dan Anderson, III
Welcome Center: 8:15: Kathy Swindell
10:45: Angie Voss
January Nametags: Betty Graig
Parish Nurses: 9:15 Sharon Meyer; 11:45 Dana Oberg
Children’s Church: Necia Jannings
Children’s Church Regis.: George & Shirley Everingham
Youth Helper: Super Church

Making Sense of the Bible invites us into an honest conversation about the Bible. The study begins with foundational questions such as, How and when was the Bible written? It moves on to address real questions people frequently ask that continue to divide Christians, including:

- Were Adam and Eve real people?
- Why is God so violent in the Old Testament?
- Why would Paul command women to “keep silent in the church”?
- Is Jesus the only way to salvation?
- How does God view homosexual people?
- Is the Book of Revelation a guide to the End Times?

Starts January 20 and 21 - Monday 6:30 – 8:00 PM; Tuesday 10:00 – 11:30 AM

FINANCIAL PEACE UNIVERSITY
Begins THURSDAY, JANUARY 30
6:00-7:30 p.m.

Join us as we learn about the basics of budgeting, dumping debt, planning for the future, and much more.

This 9 week course includes workbook, lessons, access to website and online community, budgeting tools and much more.

1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/12—no class, 3/19, 3/26, 4/2
Childcare will be available if needed.
Cost is $80/family
To register or for more information, contact Necia 457-2416

Marion Medical Mission extends its appreciation to FUMC-C’dale for supporting the installation of water wells in four communities in September and October 2019. These wells will provide 400 people with safe drinking water!

Thank you for supporting this mission! Informational postcards with photographs can be viewed and are on the bulletin board in the narthex.

Thank you, Missions Committee
In May of 2016, this column contained an article on detecting a stroke using the acronym FAST. Now the acronym is BE FAST. All members of the family can learn this and call for help.

Cold weather increases the risk of stroke. It is thought that cold weather constricts the blood vessels which conserves heat, but raises the blood pressure. The coldness perhaps thickens the blood, making blood clots more likely. Of course, one is less likely to exercise when it is cold out, and during the holidays one may overindulge in rich foods and alcohol. Increased stress may also cause blood pressure to spike.

Any time the blood flow to the brain is interrupted, a stroke can occur. There are some warning signs that we need to be aware of, since early intervention can make such a difference.

B stands for balance. A sudden onset of dizziness and loss of balance is a sign of an oncoming stroke.

E stands for eyes. Blurred vision or loss of vision in one eye may indicate a stroke.

F stands for face. Ask the person to smile to see if only one side of the mouth goes up into a smile, while the other side droops. This uneven smile is one sign of a stroke.

A stands for arm. Is one arm numb or weak? Have the person to raise both arms. Does one arm drift downward? This is another sign of a stroke.

S stands for speech. Is the speech slurred? Have the person to repeat a simple sentence. Is the sentence repeated correctly? Slurred speech can be a sign of a stroke.

T stands for time. If you observe any of the above signs, call 911 immediately! Time is of the essence!

A stroke is an emergency. BE FAST!