



Happy New Year, FPC!

Time really flies, and I can't believe we are already a week into 2026. I hope you had a wonderful Christmas season and are looking forward to what a new year might bring. I have been thinking of all the different feelings a New Year stirs up in me and wondering if you might relate.

I am not a New-Years-resolution-maker... are you? It has never been my practice to begin a new year with new commitment or goals; I think mostly because I know I am always destined to fail at them!

Our culture engages in this ritual every January – we look at ourselves and our lives, decide what we want to change and then promise ourselves: this year, I'll do things better, I'll do things different. “New Year, New Me” we say.

But I tend to say, “New Year, Same Me”.

Don't hear me wrong: many people really benefit from resolutions! Resolutions aren't bad. In fact, they can be quite helpful because they often point us to a deep, God-given desire for flourishing! We should want to be more disciplined, more healthy, more prayerful, more content. When a New Years Resolution focuses us on a desire to grow, it's a wonderful tool.

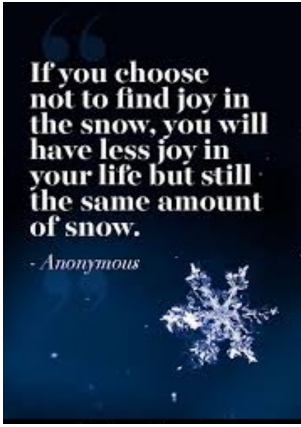
I guess I struggle resolutions because they often seem to be driven by willpower instead of grace. I can be tempted to think that if I just TRY hard enough – if I just work to change myself and make myself better – that I will achieve the life I want. But, as I recently heard someone say, our will is a little bit like a toddler in a supermarket – it is easily distracted and prone to tantrums. My will is usually not enough to change me; so resolutions can leave me feeling like a failure.

Instead, I like to offer myself **reminders** at New Years, rather than **resolutions**. I *remind* myself that God loves me – whether I'm living exactly as I want or not! I *remind* myself that God isn't a strict teacher, checking attendance at quiet times and giving me grades on my spiritual life. Instead, He is a loving parent, encouraging me to grow, and promising relationship no matter what! I *remind* myself that God is the one transforming my life as I seek to love and trust Him as best as I can.

Most importantly, I *remind* myself that my life is in His hands – and He can be trusted with it. This is the beauty of the Gospel – though we did nothing to earn it – God loves us and invites us into His family! And because we did nothing to earn God's love, we can do nothing to lose God's love.

My encouragement to all of us is to mix in some REMINDERS with our RESOLUTIONS this year, and rest knowing that we also have a “New Year, Same God!”





LADIES BRUNCH

Ladies, join us Saturday, January 24th from 9 to 11 AM. Let's turn ice to nice as we enjoy a scrumptious breakfast to melt away the winter blues. Then we'll share games and reminisce about warm memories of this frosty season. It will be

Snow much fun!!

The Grind – Men's Bible Study

All men 18 and older are invited to join *The Grind*, our men's Bible study. Beginning in 2026, we will meet on the **2nd and 4th Tuesdays of each month**. Allow God to challenge you as you grow in knowing Him better.



Next Meeting:
Tuesday, January 13th



7:30 PM



Church – Classroom 3

This is the perfect time to get connected with the men of our church, make an impact for Christ, and discover God's unique plan for your life.

For more information, contact **Paul Miller** at **330-465-8329**.

PRAYER

Please keep these people/situations in your prayers.

The prayer needs listed in **BOLD** are new to the list.

Military Service: We have 7 young men & women serving in the Armed Forces. Please keep Abraham, Isaiah, Shannah, Christa, Steven, Ryan and Gaven in your prayers.

Prayer Needs

- Prayers for our country
- Unspoken

Health Concerns

- **Shelda Spurck - recovering from a stroke**
- Steve Schlegel - recovering from knee surgery
- Holly Daugherty - healthy pregnancy
- Mary Lee's brother Don - serious health issues
- Bill Rock - low blood sugar w/heart issues
- Jessica - 3rd trimester high risk pregnancy
- Susan (James) Halliday
- Mark Lemon - cont'd prayers for progress
- Pat Thomson
- Jane Heilman

Battling Cancer

- Art Wetmore - lung cancer
- Mike Sherrick - lung cancer
- Mariann Stutzman - pancreatic cancer
- Logan - 13 yr. old with brain tumor
- Nicki
- Janet Lee
- Waldo - cont'd prayers for remainder of chemo
- Landon Sommers - Hodgkin's Lymphoma

Condolences

- **The family and Northwestern Schools in the loss of Mason Poore**
- **The family of Cody Daugherty's grandmother, Paula**

The Deacons encourage you to send cards or notes of encouragement to those in the church family experiencing prayer needs.



VOLUNTEERS FOR JANUARY 11

Greeters	Don & Joyce Rhamy
Ushers	Jerry Herman Brent St. John
Café	Shirley Swinehart
Nursery (Worship)	Connie Herman
Nursery (2nd Hour)	Wendy McKelvey
Kidz Jam	Sherri Machamer
Kids 2nd Hour	Sherri Machamer
Safety Team	Cody Daugherty
Elder Assist	Beth Miller

You can make your tithes and contributions in a variety of ways:

- Use the box in the sanctuary on Sunday morning
- mail checks to P.O. Box 259 Fredericksburg, OH
- text to "Give" to 833-648-1702
- drop off your contributions during regular church office hours
- Use this link <https://give.tithe.ly/?formId=54989dfd-ce72-447c-bbc1-6109d5ecbd89>



January 8 - Chris Nelson
January 9 - Melinda Moffitt
January 11 - Melodie Stroud



January 8 - Laura & John Scott



Becoming
a community
that cultivates
faith and
faithfulness
to Christ

ARE YOU A HUGGER??

Did You know... Hugs are good for you?

Yes, hugs are scientifically proven to be good for you, boosting "feel-good" hormones like oxytocin, reducing stress (lowering cortisol), strengthening the immune system, lowering blood pressure, improving mood, and decreasing feelings of loneliness, making you feel safer and more connected. Even a short hug can offer significant mental and physical health benefits, helping to combat stress, anxiety, and even pain.

How many hugs do we need?

Family therapist Virginia Satir said, "We need four hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth." While that may sound like a lot of hugs, it seems that many hugs are better than not enough. So, if you want to feel better about yourself, reduce your stress, improve communication, and be happier and healthier, it seems that giving and asking for more hugs is a good place to start.



Did you get
your hugs
today??