



Hartsville United Methodist Church

224 River Street, Hartsville, TN 37074

615-374-2400 ♦ www.hartsvilleumc.org

Methodist Messenger January 2024

A Word from Pastor Tim:

In churches, restaurants, and homes across this great land I often hear people discussing who God is. I'm very thankful that this takes place. We need to discuss our understanding of God with one another. But there is a travesty I often see happen. When someone's belief is questioned, they will respond by saying "Well, I just believe God is like this..." Then proceed to describe those characteristics of God.

The reason this bothers me, is that it is not rooted in anything. It's just someone's opinion, maybe even just someone's wish. I don't believe God thinks this way. I don't believe God thinks that way. I don't believe God would do this. Or that. It's all just our opinion. Nothing factual. No concrete truth. Just our best guess.

In light of this, it's only fair to point out, we're all just guessing. The things that we know, for a fact, are very few. Everything else is just our opinion and we are doing the best we can to guess. Or are we?

When I was a young child in school, I had a teacher one time that encouraged guessing. She said "don't be afraid to guess at the answer. All of your answers are just guesses until I tell you whether they're right or wrong. So don't be afraid to guess. But what you want to do is make an educated guess." In the end, all of our answers to life's biggest questions, including, what is God like? They all are guesses. We better make sure that they are educated guesses. We need to make sure we are educating ourselves the best we can with the scriptures God has given us, so that our opinions are formed by that, and not just our best wishes and desires. The former helps us to see God through the light of scripture. The latter causes us to create a God in our own image.

Do you know the god of the Bible? If not, are you just creating God in your own image? Let's be intentional about educating ourselves so that our answers might change to "because I found this in scripture, it forms in me the belief that God does this." Yes, that's still a guess. But it's a much more educated guess. Educated by the word of God not just our own thoughts.

Want to know scripture better? Come join us on Tuesday nights at 6 PM at the Goose Creek Coffee Café where we will read and discuss scripture as a community.

NOW EVERYONE HAS AN ACTIVITY AVAILABLE DURING SUNDAY SCHOOL TIME AT 10 AM. THE CHOICES ARE AS FOLLOWS:

Class	Ages	Leader	Location
Nursery	Newborn – 3yo	Gilda	Downstairs nursery
Youth Group	4yo- 5 th grade	Kathy R.	Youth Classroom
Brunch and Bibles	6 th -12 th grades	Kayla J.	Fellowship Hall
John Wesley Class	18yo and up	John O.	Upstairs Class rm

Sunday School For All Ages

Handbell Choir

Would you be interested in being a part of a handbell choir? We would like to start a handbell choir after the first of the year. To do so we will need to help purchasing the handbells. If this is something you would find meaningful, please consider donating towards this project. But first we must make sure we have people wanting to participate. Is that you? Please talk to Seth and let him know of your interest.

Community Bible Study

January 9th will kick off the start of our new bible study. We will meet each Tuesday evening at 6PM. We will start out by meeting at the Goose Creek Coffee shop on River st. Please make plans to come join us.

Prayer List

The backbone of a church is prayer. Place this somewhere you will see it often. Then let every sighting be a reminder to pray for these. Please update the church on those on this list and others that need to be added.

Alice White	Curtis Butcher
Maxton Hawkins	Rosemary Denham
Alice Livingston	Jenny Bradshaw
Jim Hunt	Bert Gammons
Eddie Taylor	Beth Rolin
Bill Berkeley	Richard Robertson
Zoe Rose	Ann Thurman
Tia Davis	Flo Dunavant
Helen & Don Voss	Jill Harper
Jennifer Summers	David Parker
Ashley Warwick	Wendy Finn
Jon Hare	Ashly Hare
Amanda Garey	Levi Owen
Tonya Arnold	Joe Fergusson
Micheal Oliver	Chris Conner
Micheal Cothron	

Mission of the Month

Miriam's Promise stands in the gap, building bridges through unplanned pregnancy counseling and child placement services. We offer assistance for domestic and independent adoption, as well as post-placement services. This ministry receives some of its funding through your apportionment dollars. Additionally, any money given at the altar during January will be donated to support this effort.

The Chapel Hill Chronicle



Chapel Hill United Methodist Church

92 Beasley Bend Road in Riddleton, TN
Sunday Worship at 9 AM
Sunday School at 10:15 AM

“To read a poem in January is as lovely as to go for a walk in June.” ~Jean Paul

BIRTHDAYS:

Jacob Watkins January 10th
Levi Holder January 11th
Greg Hager January 14th
Charneal Smith January 28th

IN LOVING MEMORY:

Mrs. Sadie Trusty January 13th
Mr. Dick Brimm January 15th

Rest in peace in the arms of the Lord and in the beauty of Heaven. You will be whole and happy always.

**Nathan James Kimble
Raleigh, North Carolina
February 15, 2007 – December 4, 2023**
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Though it can be difficult to talk about **suicide**, it's important to listen without judgment and offer support when a loved one is in crisis. Making a safety plan can also help them navigate intense emotions in the future. Suicide is a serious issue around the globe. In fact, in 2020, suicide was the 12th leading cause of death in the United States, according to the National Institute of Mental Health (NIMH).

If you or someone you know is in crisis and considering suicide or self-arm, please seek support:

Call or text the 988 Suicide and Crisis Lifeline at 988;

Text HOME to the Crisis Textline at 741741;

Not in the US? Find Hotline in your country with Befrienders Worldwide;

Call 911 or your local emergency services number if you feel safe to do so;

If you are calling on behalf of someone else, stay with them until help arrives. You may remove weapons or substances that can cause harm if you can do so safely.

If you are not in the same household, stay on the phone with them until help arrives.

According to the NIMH suicidal thoughts are symptoms of extreme distress and should not be dismissed or ignored. If you or someone you know is considering suicide or self-harm, ask them directly whether they are experiencing suicidal thoughts. Though it may sound counterintuitive, research shows that asking if someone is thinking about suicide does not increase the risk of suicidal ideation and may actually be beneficial. Listen to your loved one without judgment, take their concerns seriously and let them know that you care.

Asking follow-up questions can also help you determine the best way to provide support. Such as:

- *Have you tried to harm yourself before?**
- *Have you thought about how you would do it?**
- *Do you have a plan?**
- *What might make you act on these thoughts or feelings?**

Use active listening techniques, listen without interruption. Avoid trying to disprove any negative statements by saying "things aren't that bad" or "other people have it worse" or words like stupid, cowardly, weak, referring to it as "a choice" or saying that it is a sin.

Instead of arguing, losing your patience, or debating whether suicide is right or wrong, offer support and let them know they can open up to you. Work with them to remove firearms, knives, drugs, pills from their environment.

The National Alliance of Mental Illness (NAMI) recommends speaking calmly and asking simple and direct questions, such as "Can I help you call your therapist?" If they don't have a therapist, you can also ask whether they need help finding one or if they would consider going to a hospital.

Make a safety plan: Identify any triggers or signs of suicidal thoughts, outline healthy coping strategies, list friends or family members to contact, write down emergency contacts, i.e.: therapist, psychiatrists or crisis hotline, reduce access to lethal means, i.e.: firearms, knives, pills..., and stay in touch with your loved one.

The 988 Suicide & Crisis Lifeline also offers 24/7 confidential support for anyone in emotional distress. Encourage your loved one to call or text 988 or visit [lifeline.org](https://www.lifeline.org) to chat with a trained crisis worker. ALWAYS THERE IS THE EMERGENCY NUMBER: 911

“Lets build bridges, not walls. ~MLK, JR.

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Help Center Peanut Butter	1 Happy New Year	2 Church Office 10am-2pm	3	4	5 Church Office 10am-2pm	6
7 Communion Offering Miriam's Promise	8 Church Office 10am-2pm	9 Church Office 10am-2pm	10	11	12 Church Office 10am-2pm	13
14	15 MLK Jr. Day	16	17	18	19	20
21 Guest Speaker Rev. Ric Wright	22	23	24	25	26 Church Office 10am-2pm	27
28 Guest Speaker Jonathan Dow	29	30 Reader 7th Robbie Jones 14th Hadley Boswell 21st Jonathan Brown 28th J Mac Crabtree	31 Kid's Message 7th Kayla Jones 14th Kathy Atwood 21st Leah Brown 28th Beth Crabtree	1 Ushers Kelley Family	2 Flowers 7th Kelley Family 14th Mary Sanchez 21st _____ 28th Leah Brown	3 Prayer Team 7th Kathy Robertson 14th John Oliver 21st Betty Gross 28th Natlie Knudsen

Hartsville First United Methodist Church
224 River Street
Hartsville, TN 37074

Recipe Corner

Chocolate Eclair Pie
By Staci Dunavant

2 Boxes instant vanilla pudding mix (small boxes)
4 cups milk
1 (8 ounce) container whipped topping thawed
1 1/2 boxes graham crackers
1 can milk chocolate frosting

In a medium bowl, whisk together pudding mix and milk until smooth. Fold in whipped topping.

Line bottom of a 9-inch x 13-inch pan with a single layer of graham crackers, breaking some if necessary to fill the layer. Pour half the pudding mixture over the crackers and spread evenly. Top with another layer of crackers. Pour the remaining pudding mixture over the second layer of crackers and top with a third layer of crackers.

Remove lid and microwave frosting for 30 seconds. Carefully spread the frosting over the top layer of graham crackers. Refrigerate at least 8 hours or overnight. Serve chilled and store any leftovers covered in the refrigerator.

Want to submit a recipe? Send it to Pastor Tim!