

WEEKLY SERVICES:

*In the case of inclement weather please call the church,
check our facebook page or website for cancellations.*

Sunday **Sunday School** for all ages: 9:45am
 CHURCH: 11am

Tuesday **Youth Group:** 6:30pm

Wednesday **Mid-Week Bible Study:** 6:30pm

Thursday **Kid'z Klub:** 6:30pm

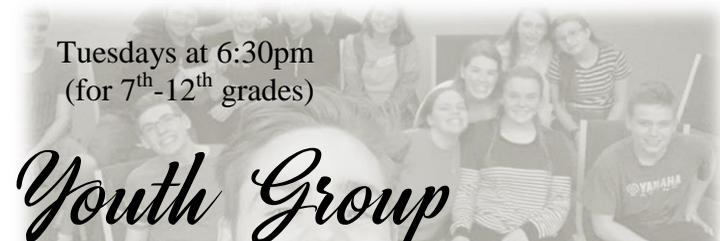
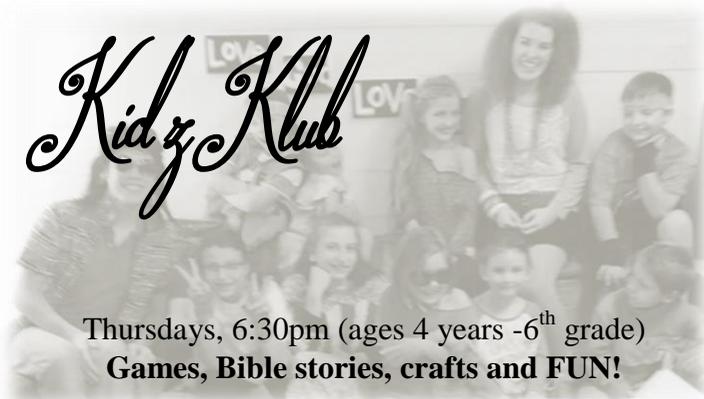
HAPPENINGS in January:

Wed. 1 Happy New Year!

Sun. 12 Leadership Meeting: after church

HAPPENINGS in February:

Tue. 11 Elder's Meeting

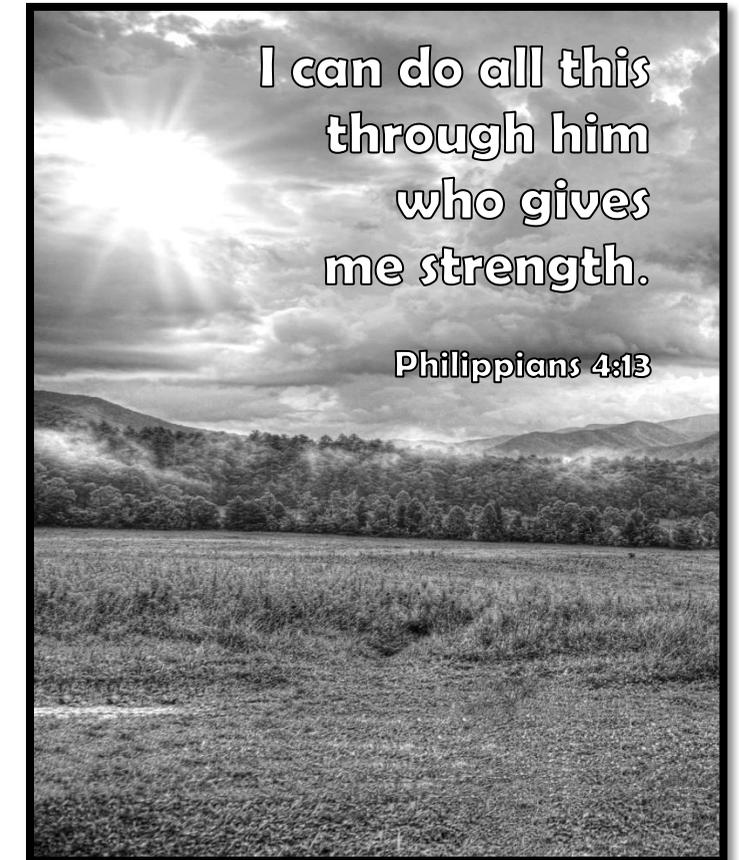


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Do Not Make New Year's Resolutions

This is the time of year when people talk about New Year's resolutions. This is only natural since this season often includes a fair amount of excess. Over-eating, over-indulging, over-spending this year makes us think about changes we want to make in the new year. Here's my advice:

DO NOT MAKE NEW YEAR'S RESOLUTIONS. Sorry to shout. Just wanted to make sure you could hear me clearly. Over the years I've learned some things about New Year's Resolutions.

Mainly, I think this is a lousy time to set big goals for yourself. Many of us will take time off over the holidays, and when you do, you get this warped view of how much time you have to invest in things. When you're off of work, it doesn't seem like anything to add, say, a trip to the gym every day. But once you get back to work and other "normal" commitments (and just wait until you or someone in the family gets sick), big goals become all but impossible.

I know someone who, a few Christmases ago, told me one of his New Year's Resolutions was to read through the entire Bible in just 90 days. And I said, "Wow, that's a great goal." After all, the Bible says we're supposed to encourage one another. What I thought was, "There's no way you're going to read through the Bible in 90 days. It's an admirable goal and you're going to be fine on January 1, but after that, we're talking about as much as an hour a day of reading and you're a busy person and you don't particularly like to read." (And, let's be honest, Leviticus is no picnic.) No surprise, he didn't finish.

Because this is a rough time of year to start something new and because we sometimes have unrealistic expectations about what we can accomplish, I offer this advice:

1. **Think small, not big.** The easiest and most lasting kind of change in our lives is often incremental. What are the kinds of things that you can do day in or day out to move you toward where you want to be? For

example, let's say one of your goals is that when you visit the dentist you hear, "Everything looks good—no cavities." One of the best things you can do for that is to floss your teeth every day, which is kind of a drag because it's day in and day out. But it's pretty easy to add into your life. Flossing is what you might call a "maintenance goal." Nothing wrong with those.

2. **Think about things you can give up.** It's sometimes easier to stop doing things than to start doing things. In other words, before you add things into your life, consider taking something out. Alternatively, if you want to start doing some things, know that you're probably going to need to stop doing some of the things you are currently doing. Saying "yes" to one thing means saying "no" to something else.

3. **Be careful about announcing your goals to people.** Social psychologists tell us that if you think about a big personal goal and tell people about it, they will congratulate you and think more highly of you, which will make you feel good in the moment and, actually, less likely to do it. Goals are plans against the status quo and talking about them actually gets in the way of doing the hard work of achieving them. You have to talk about big goals carefully. Don't be upbeat about them.

All this to say, Happy New Year. Enjoy it. And if you want to make some changes, consider the above and let's start in February.

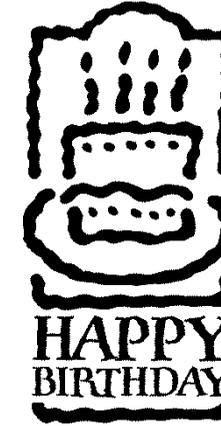
Pastor Glenn



Seeking the Best

I believe that appreciation is a holy thing — that when we look for what's best in a person we happen to be with at the moment, we're doing what God does all the time. So in loving and appreciating our neighbor, we're participating in something sacred.

Fred Rogers



January

6 - Troy
9 - Claire
9 - Teresa
11 - Katherine B.

February

13- Hannah
15 - Avalea
21 - Fred

Happy New Year ♪ *Happy New Year* ♪ *Happy New Year*



Reason for Cheer

A psychologist has determined that the Monday in the last full week of January is the most depressing day of the year. This year, "Blue Monday" falls on January 24.

Cliff Arnall calculated this date based on a combination of bad weather, Christmas debts, broken New Year's resolutions and the end of the holiday break.

But no matter how bleak things seem — regardless of the time of year — Christians always have reason for hope. Thankfully, we can look beyond our earthly circumstances to the promise of new life with God forever.

As Martin Luther King Jr. said, "We must accept finite disappointment, but we must never lose infinite hope."