



Heart Beat Newsletter

Zion United Methodist Church
Loving God, Loving People, Serving the World

January, 2023

Pastor Carol's Comments

I've never been a New Year's Resolution maker. Maybe it's because I'm pretty sure I wouldn't be a very good New Year's Resolution keeper. I'm in good company. The Chamber of Commerce reports that about 16% of Americans keep some of their resolutions, and about 13% keep none of them. People are most likely to give up their resolutions by 1/19!

If you do set a goal for the new year, you can find lots of advice on how to succeed in keeping it. Most of the recommendations start with making your goal specific and achievable. They also include choosing a goal that's important to you (not to other people's expectations of you), having a buddy to help keep you accountable, and scheduling time to actually carry out your resolution.

The most common resolutions have to do with improving the fitness of your body, schedule, and finances. But, I have a suggestion for improving our spiritual fitness. My suggestion is to pick a resolution from Scripture. Scripture is full of short, easy-to-remember "commandments" that can easily be turned into resolutions. Here are a few examples:

- This year, whatever I do, in word or deed, I'll do everything in the name of the Lord Jesus. (Colossians 3:17)
- This year, I will give thanks in all circumstances. (1 Thessalonians 5:18)
- This year, I will (truly) love my neighbor as myself. (Mt 22:39, Mark 12:31, Luke 10:27, among others)
- This year, I will (really) love my enemies and pray for them. (Matthew 5:44)

If none of these reflect a goal you'd like to aim for, there are so many more. Jesus' teachings are a great place to start. The Psalms and Proverbs are full of possibilities. If you need some direction, a quick search online for verses related to your goal will turn up some more. Then, commit to repeating your verse each morning to set your intention for the day. You have plenty of Zion "buddies" you can enlist to help you.

As of this writing, I haven't chosen my resolution yet, but I will by New Year's Day. It will be specific, meaningful to me, and one I can be held accountable for. I hope you'll join me. Hopefully, we will all greet next year having kept our resolutions, and our spirits will be the healthier for it!

News Around Zion

Christmas Giving

Thanks to Laurie and her crew of elves, 29 families were assisted this year. The families included 68 children. Thanks to all who made Christmas brighter for our neighbors.

Our Christmas tree is surrounded by hats, mittens, scarves, underwear, and blankets. They are ready to be delivered to the Marketplace for All People at St. Paul's UMC in downtown Toledo.

Sign-Up Time!

You can now sign up for 2023 readers and flowers. Flowers are still \$15. The opportunity to read in worship is still free!

Servant Leadership in 2023

Our 2023 "Servant Leadership" roster is available in the narthex. Please check to confirm which committees you have agreed to be part of. Our committees meet on an "as-needed" basis, so please watch the bulletins and newsletter for when your committees will meet.

6th Annual Electronics Recycling Day

We will hold our 6th Annual Electronics Recycling Day on Sat., 1/21, from 10-2. Can we beat last year's total of nearly 12,000 lbs. or our record of 14,600 lbs. (7.5 tons!) from '21?

Save the Date

Put the Ham Loaf Dinner on your calendar: Thurs., 2/16.

Bible Study Resumes on "Body and Soul" Tuesdays

Bible Study will resume meeting on Food Pantry Days from 2:30-3:30. We will try something new in the weeks leading up to Lent. We will discuss some upcoming passages from the lectionary—the list of recommended readings for each Sunday. If you can't attend, feel free to pick up a copy of the readings and questions to think about in the narthex.

On-line Giving Now Available

Zion now offers an online giving option. By clicking the button on

[Donate Now](#)

our web site or the link on our Facebook page, donations can be made securely by electronic check or credit card. Although there are no monthly fees for this service, *there are processing fees for each transaction*. If you decide to use the online option, please consider checking the box that adds an amount to your donation to cover the fees.



2022 Highlights in Pictures



Church Information

Pastor Carol Williams-Young
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Worship at 10:25 a.m.

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Find us on Facebook: whitehousezionumc



Upcoming Events

- Tues., 1/3, 2:30-3:30, Bible Study
4-6 p.m., Food Pantry
6:30 p.m. Girl Scout Troop #10143
Tues., 1/10, 6-7 p.m., Girl Scout Troop #16232
Tues., 1/17, 2:30-3:30, Bible Study
4-6 p.m., Food Pantry
6:30 p.m. Girl Scout Troop #10143
Wed., 1/18, 6 p.m. Church Council meeting
Sat., 1/21, 10 a.m. - 2 p.m. Electronics Recycling Day
Tues., 1/24, 6-7 p.m., Girl Scout Troop #16232
Tues., 2/7, 2:30-3:30, Bible Study
4-6 p.m., Food Pantry
6:30 p.m. Girl Scout Troop #10143
Tues., 2/14, Valentine's Day
6-7 p.m., Girl Scout Troop #16232
Thurs., 2/16, 4:30-7 p.m. Ham Loaf Dinner