



FIRST

VISIONS

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THE PASTOR PONDERS



"EXERCISING BODY, MIND, AND SOUL"

As Los Alamos experiences a snowier-than-usual winter, I recall that at the age of 11 I fractured my leg in a snow-sledding accident. I hit a steel mailbox pole doing about 60 miles per hour. It was a very bad break; my left femur shattered into twenty-seven different fragments. Back then today's orthopedic surgeries and rehabilitation procedures were as yet unknown, so my doctor simply put a cast on my leg and hoped the bone would eventually regenerate.

For eighteen months my left leg was completely concealed in a cast, with only the toes sticking out. When that cast was finally removed, my leg was not much bigger around than a garden hose; all of the muscles had atrophied from lack of use. It simply dangled from my body, a useless appendage.

Throughout the next two years thereafter I struggled daily to rebuild that leg. It took one full year after the cast was removed before I could walk without crutches. Eventually I could not only walk, but run. I began running every day, a practice which I methodically kept up for more than forty years. When we relocated to the mountains of Los Alamos I soon discovered that running was beyond me, but I continue to both walk and hike virtually every day - rain, snow, or shine. So while I may be fat, I'm reasonably fit. I particularly want to keep my leg from ever again shriveling up from lack of use.

Just as leg muscles need regular exercise to maintain their proper functioning, so does the rest of our bodies. And so do our minds -- something medical science is proving more and more true as it seeks to discover the causes and cures for the awful disease called

Alzheimer's. And still further, so does the human soul. God has lovingly provided each of us with a soul, a wonderful spiritual dimension which is part and parcel of every human being. Much like leg muscles, souls must be regularly exercised lest they shrivel up and become useless. The human soul is best exercised by regularly employing it in communication and interaction with its Creator, Almighty God.

As we move into the year 2009, a wise "New Year's Resolution" for each of us would be to commit to a "whole person" program of fitness - the regular, deliberate exercise of our entire self: body, mind, and soul. Since our very lives are gifts from God, such exercise is ultimately good Christian stewardship.

Dore Ring

SUNDAY MORNING

DURING ADVENT 2008





**LIVING WATER MISSIONARIES
TO NICARAGUA
DENNIS & SUSAN TRUMBLEE
HOME FOR A VISIT**

**GOD BLESS YOU
AS YOU RETURN TO GOD'S WORK
IN NICARAGUA**



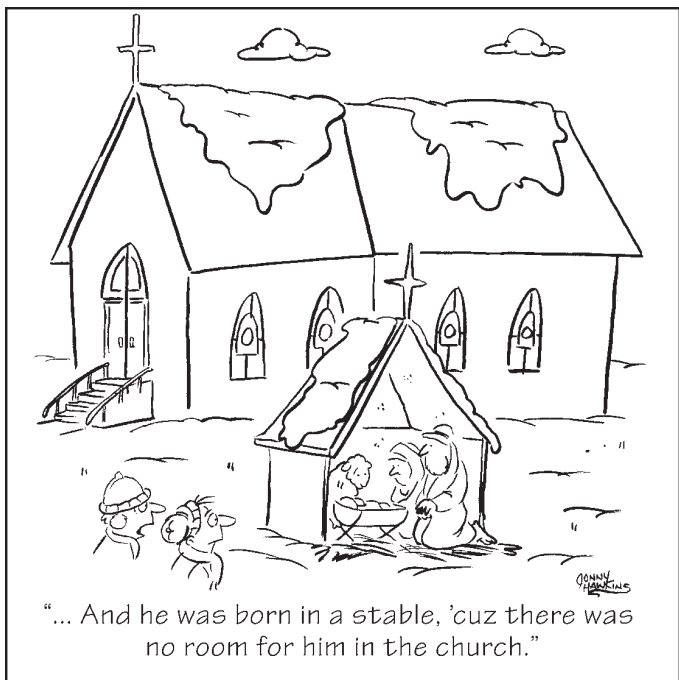
SPECIAL JANUARY DAYS

Birthdays:	<i>Carrie Shuman</i>	01/17
<i>Bethy Terrell</i>	<i>Jensina Sheppard</i>	01/19
<i>Jason Grider</i>	<i>Virginia Lee Souder</i>	01/23
<i>Dennis Gill</i>	<i>Al Blackstock</i>	01/25
<i>Robyn Collom</i>	<i>Jim Little</i>	01/27
<i>Caroline Ronsculp</i>	<i>Carolyn Pearson</i>	01/27
<i>Craig Siebe</i>	<i>Eileen Douglass</i>	01/28
<i>Martha Zumbro</i>	Anniversaries:	
<i>Clayton Pearson</i>	January 12	
<i>Kyle Cash</i>	<i>Kemp & Nancee Beebe</i>	
<i>Clara Leschnitzer</i>		



Elisa Adkison, daughter of Brenda Adkison of Platte City, MO and Travis Knapp, son of Karen and Jeff Knapp of Los Alamos, NM were wed at Twin City Bible Church in Urbana, IL on Dec 20, 2008. The couple took their honeymoon in Door County, Wisconsin. Elisa graduated from Northwest Missouri State with a Bachelors Degree in music education, from Kansas State University with a Masters in music performance, and is currently working on an Artist's Diploma at the University of Illinois Urbana-Champaign. Travis graduated from the University of Illinois Urbana-Champaign with a Bachelors in music performance, and is currently working on his Masters in musical performance at the University of Illinois Urbana-Champaign. The couple will be residing at 1003 W. Clark St Apt 7 Urbana, IL 61808

TEEN MISSION Fund Raiser!!!!
BREAKFAST BURRITOS, SERVED SUNDAY,
JANUARY 11, 2009
HELP THE TEENS EARN MONEY FOR THEIR
MISSION TRIP TO FOUR CORNERS. BREAKFAST
IS FROM 9:30 A.M. THRU 10:30 A.M. OR UNTIL
THEY ARE GONE, IN THE FELLOWSHIP HALL.



First United Methodist Church
called to:

Seek God,
Share Christ's Word,
Serve His World

The next edition of Visions will be dated January 23.
 The deadline for articles is Wednesday, January 14.

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 Ann LePage
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Ark Child Development Center
 Lorri White, Director
 (505) 662-4822

Sunday Services & Activities
 8:30 a.m. Contemporary Worship
 9:45 a.m. Sunday School
 11 a.m. Traditional Worship
Wednesday Activities
 Chancel Choir 7 p.m.
Friday Roller Skating
 First Session
 5:30 p.m. to 6:45 pm
 3rd graders & younger
 Second Session
 7 pm to 9 pm
 4th graders & older

UPCOMING EVENTS Highlights

Sermon Titles

Sunday, January 11 - 1st Sunday after the Epiphany Pastor Ring's Sermon "John's Gospel--Chapter One (through verse 34)"
 Sunday, January 18 - 2nd Sunday after the Epiphany ARK Sunday Human Relations Day observed Pastor Ring's Sermon: "John's Gospel--Chapter One, Verse 35 through Chapter Two"
 Sunday, January 25 - 3rd Sunday after the Epiphany Stewardship Follow-Up Celebration Pastor Ring's Sermon: "John's Gospel--Chapter 3"

Youth Mission Fund Raiser Breakfast Burritos

Sunday, January 11, 9:30 to 10:30 am in the Fellowship Hall

Church Council

Sunday, January 11, 7 pm in the Friendship Center

UMW Study

Monday, January 12, 11 am in the Friendship Center

Outreach/Missions

Monday, January 12, 6 pm, in the Library

Disciple II

Monday, January 12, 6:30 pm in the Friendship Center

Staff

Tuesday, January 13, 10 am in the Library

Education

Tuesday, January 13, 10 am in the Library

SPRC

Tuesday, January 13, 10 am in the Friendship Center

Newspaper Articles due

Wednesday, January 14

Choir

Wednesday, January 14, 7 pm in the Sanctuary

City-Wide Worship & Prayer

Thursday, January 15, 11:30 am in the Sanctuary

Boy Scouts

Thursday, January 15, 7 pm in the Fellowship Hall

1st Light

Thursday, January 15, 7 pm in the Sanctuary

Skates

Friday, January 16, 5:30 pm

Parents' Night Out

Friday, January 16, 6 pm

Martin Luther King, Jr.

Monday, January 19, Offices Closed

Disciple III

Monday, January 19, 6:30 pm in the Friendship Center

UMW Study

Tuesday, January 20, 11am in the Friendship Center

Sister to Sister

Tuesday, January 20, noon in the Friendship Center

Ark Board

Tuesday, January 20, 6 pm in the Mid-High Room

Choir

Wednesday, January 21, 7 pm in the Sanctuary

City-Wide Worship & Prayer

Thursday, January 22, 11:30 am in the Sanctuary

Boy Scouts

Thursday, January 22, 7 pm in the Fellowship Hall

1st Light

Thursday, January 22, 7 pm in the Sanctuary

Skates

Friday, January 23, 5:30 pm

Rev. Paul West -

4 Corners - Pot Luck

Sunday, January 25, 5 pm in the Fellowship Hall

Disciple III

Monday, January 26, 6:30 pm in the Friendship Center

Finance

Tuesday, January 27 at 6:30 pm in the Library

Many, Many Thanks To All
For Your Most Generous
Christmas Bonuses!!!!
Your Grateful Staff.