



Join us on this fourth and final Sunday of Advent. Mr. Richard Garrick (and his trumpet) will be with us at both services.

Vic & Anna Mae will light the last candle on the outside ring of the wreath - the “Gifts” candle. The greatest gift of all will soon be ours in the manger.

Pastor’s sermon is titled “The John Perspective” from [John 1:1-18](#).

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Benefits of Caroling

Here's a [BBC article](#) on the benefits of singing Christmas carols. There's nothing new in it, but it's a nice round up of the various ways singing is good for your overall health. Back 30 years ago you'd have only seen stuff like this in music therapy texts or in books in the back of theosophist book stores. The commonplace acceptance of the benefits of music making these days is very gratifying, and a sign of how much things have changed.

Here are a few snips from the article:

"As it's an aerobic activity singing improves heart health with related benefits to overall health and is linked to longevity, stress reduction, and general health maintenance. Singing also brings a great amount of happiness. It is impossible to sing well with a long face because it affects your pitch. Keeping the positive momentum up is essential. If we smile as we sing then people soon feel the benefit in more ways than one. There is also the adrenalin kick brought on by a performance - a sensation familiar to both professional opera singers and even anyone brave enough to step up to the microphone to sing in front of their friends in the pub. . . .

. . . the body is an integrated system, sometimes called the human body-mind, linking the nervous, endocrine and immune systems. The physical, mental and emotional - these three things are interwoven. Because music is multi-sited in the brain and we're also involving ourselves in strong aerobic activity and singing is a form of exercise, it means there's a release of what's called the pleasure hormone. But when we sing we also see a measurable decrease in stress hormones like cortisol - a direct correlation in the physical endocrine system." . . .

. . . "It lifts us up on a spiritual level, it helps our self-esteem, and it's great for all ages from toddlers to grannies - you can have a good sing and let your hair down." . . .

Join us tonight (Friday), Sunday and Monday at 6:00 p.m. for some Healthy Exercise as we carol our way hither and yon! Come and share the joy of Christmas with members of our church family. You will be glad you did.

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There is no brunch this Sunday, sorry, but there will be "breakfast as usual" at 8:45. A special breakfast will be served on Dec. 28 in honor of Pastor's last Sunday with us. Please join us!

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Next Wednesday night is Christmas Eve. Our family worship service will be at 5:00 with our children's pageant. The traditional service will be at 7:00 with our bell choir and Service of Carols. Our Christmas Eve offering will benefit Samaritan's Purse in their fight against Ebola.

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The pastor's last Bible study is Monday at 1:15. We will go to Romanelli's for lunch Tuesday, Dec. 30, at Noon. Meet at the church at 11:45 if you need a ride.

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There is still time to make your reservation for Pastor Cobb's retirement dinner at Renault Winery on Jan. 18. Sign up with Dawn Duran! (For groups wishing to sit together, please designate someone to give Dawn a list.)

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Please check your mailboxes Sunday! They are filling up.

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Please don't forget to bring in canned goods, etc. for the Community Food Bank. The effort will continue through the winter.

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Our Presbytery Executive, Rev. Dr. Debby Brincivalli, will be here Jan. 4 to lead us in worship, communion, with a "town hall" type meeting following. There will be one service that day at 10:00. Come and have your questions answered.

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The Fellowship Committee will have their first soup sale of 2015 on Sunday, January 11th. If you are interested in making soup, please sign up on the sheet posted in the foyer and get your soup containers from Kris Jenoriki. The soup will be sold before the first service and in between both services on Jan 11th. We hope to have many types of soups and also hope to see many of you there!!

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The Holland family will be here Jan. 11 and will lead a special musical service at 9:30 and 11. The following week there will be one service at 10:00 again so everyone who wants to attend the pastor's retirement event can be at Renault by noon.

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Many thanks to all who brought in Angel Tree gifts. A total of 65 gifts were given to local needy children. Wow!

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A total of 74 estimate of giving cards were received towards our 2015 budget. The total pledged for the year 2015 is \$124,424. It's not too late to make a commitment!

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Come January as you're putting away your Christmas decorations think about recycling the Christmas greeting cards you received from family and friends. St. Jude's recycled card program accepts all types of greeting cards (year round now). Donated cards are cropped, put on blank card stock and recycled into new cards, which are then sold to customers. This program is operated by Kids, Corp., a program for the children at St. Jude's to learn entrepreneurship skills. All types of greeting cards, including Christmas, are used. Please send the front of the card only and exclude all Hallmark, Disney and American Greeting cards. 5" x 7" size or smaller is requested, and if there is any writing on the back of the card front, we request you do not send as we are unable to use. Give your card donations to Russ, Kris, or leave them in the office.

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Sunday Servants

Lay Assistants

9:30 Russ Adkisson
11:00 Linda Gillis

Deacons Guest Book

9:30 Naida Burgess
11:00

Head Ushers

9:30 Elaine Riskey, Carol Thomas
11:00 Mary Bew, Betty Lloyd

Acolyte

9:30

Collection

9:30 Betty Price, Roy Birkbeck

Nursery

9:30 Jennifer Platt

Refreshments

Van Driver

Tina Brown

Breakfast Club Kitchen Crew

Set-up – Libby Little

Cook – Ed Little

Clean-up – Ginny & Bill Davenport

Please Remember in Prayer

Betsy Cunius
Melissa Wooding
Jack Hanlon

This Week in Our Church . . .

Sunday

8:45 Breakfast
9:30 Sunday School & Worship
10:30 Refreshments
11:00 Worship
6:00 Christmas Caroling

Monday

1:30 Bible Study
6:00 Christmas Caroling
Senior Youth

Tuesday

Wednesday *Christmas Eve*
5:00 Family Worship
7:00 Traditional Worship

Thursday *Merry Christmas!*

Friday

Saturday