

## Pastor's Notes

Can you believe it? December 2021 is finally here! I don't know about you, but I am looking forward to a better December 2021 than December 2020 in the life of our church. More on that in just a moment. Let me recap some of the things that took place in November.

**November 4<sup>th</sup>** - We held our last Faithful Families class. There are some health initiatives we are seeking to put in place after completing these classes. We will be offering healthy tips and recipes in each month's Bits and Blessings so be on the lookout for those. Also, we will receive a mobile Salad Bar unit from Hardeman Healthy Outreach that will allow us to offer salads at our potluck meals moving forward.

**November 9<sup>th</sup>** was our last time this year for our "Park and Ride" event. There is some discussion if this will return in the Spring.

**November 18<sup>th</sup>** - The Adult Ministry had 18 people travel to Shiloh to see the new film on the Battle of Shiloh, tour the grounds at Shiloh, and enjoy some delicious food at Hagy's Catfish Hotel. Everyone had a great time.

**November 18<sup>th</sup>** - I delivered 43 shoeboxes to Bolivar for Operation Christmas Shoebox - Thank you to everyone who participated in this wonderful ministry.

**November 21st** - We observed the Lord's Supper in our evening service which is always a special time in our church.

**November 28th** - We kicked off the Week of Prayer for International Missions. This year's Lottie Moon Christmas Offering goal is \$8,500.

I am looking forward to what is in store for our church this Christmas season. We are looking to restore some of the fun and joy of the Christmas season each Sunday in December leading up to Christmas.

**December 5th** - is Ugly Christmas Sweater Sunday. Dig out your ugly Christmas Sweater and come join the rest of us that Sunday morning. I can't wait to see those sweaters!

**December 12th** - We will be caroling down Washington Avenue at 4 p.m. We will ride along in a hay wagon and sing Christmas carols to our neighbors on Washington Avenue. Afterwards we will come back to the church and enjoy hot chocolate and cookies.

**December 19th** - We will have a Secret Stocking Giveaway during the morning service. I won't give out many details, but you will not want to miss it.

Then finally on **December 24th** - we will have Candlelight Christmas Eve Service with a Twist at 5 p.m. This will be a different spin or "twist" on our traditional Candlelight Christmas Eve Service. I hope these events will create a little more joy this December. Of course, the greatest joy this December and every December is we get to celebrate the birth of our Lord and Savior Jesus Christ!

I do want to make you aware of a couple of holiday scheduling changes. We will not have Wednesday Prayer Services on December 22nd and December 29th. This means our Monthly Business Meeting which would have been held on December 22nd has been moved to December 15th. Also, there will be no evening service on December 26th. Let me take this opportunity to wish each one of you a Merry Christmas from our family!

Bro. Troy

<b>November 2021 Report thru Nov 21<sup>st</sup></b>	
<b>Average Attendance in Sunday School:</b>	<b>44</b>
<b>Average Offering:</b>	<b>\$6,734.67</b>
<b>Lottie Moon Christmas Offering to Date:</b>	<b>\$2,500.00</b>

### **Nutrition and Health Information**

#### **December:** Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

- Invited to a party? Offer to bring a healthy dish along.
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.
- Being out more than usual can mean cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you are sleep deprived, you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating. Most of all, remember that the season is about celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

### **New Address**

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