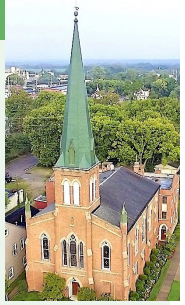




# The Steeple Bell— January 2023

Franklin First United Methodist Church

*“Under the Green Steeple”*



*“The human mind may devise many plans, but it is the purpose of the Lord that will be established.” Proverbs 19:21*

This was a frustrating holiday season for air travelers – especially if you were flying Southwest Airlines. Did you know that 62% of their flights were cancelled? People were stranded, unable to get to their destinations. Why did this happen?

According to an article written by the New York Times, it was due to a “technology meltdown.” Southwest uses a “Point to Point” model of operation, which means that they do not utilize hubs – which are central points through which passengers are routed to catch connecting flights (for example, Delta Airlines has a hub in Atlanta). Southwest flies between smaller cities (offering more direct flights) and their scheduling is like a giant puzzle, trying to keep track of planes, pilots, and crews at any

given moment in time.

Southwest is the largest airline in the US in 23 out of 25 markets, yet when the massive winter storm hit a large portion of the country just before Christmas causing the safety cancellation of many flights (for all airlines), Southwest’s system became overloaded and couldn’t keep track of where its planes and staff were at. With a hub system, equipment and personnel end up at centralized locations, but this is not the case for Southwest’s style of operation. Their only option was to cancel and try to regroup. Obviously, the number of holiday travelers added to the stress on their overwhelmed procedures.

I find an interesting correlation here. The new year lies before us, and while we look forward with hope to the coming twelve months – we do not know for sure what the year will bring. It is important that we make our plans carefully to equip ourselves to handle the unexpected.

As we review The Bible, God’s Word advises us on many aspects of daily life. Relationships, finances, Godly living, sin, forgiveness – these are just some of the topics that scripture addresses. When we adopt guidelines portrayed on television or social media, among peers that do not know God, or our own rationalizations – we will reap what we sow. We will end up with our own meltdown.

I pray that 2023 will bring blessing for each of us and that we will establish our plans in the Lord. God’s Biblical directives are given because God knows what will make us prosper. When the Lord is for us, who can be against us?

Happy New Year!

Pastor Laura

**Faith  
Seekers  
Sundays  
9:30 am**



Join our Faith Seekers group  
on Sunday mornings.

All are invited!

## Thank You!

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The New Year is here, but I didn't want the old year to pass without saying thank you to the many folks who worked to keep the ministry of Franklin First vigorous. Thanks to those who...

- ◇ Supported the church financially through our general and special funds to reach out in the name of Christ.
- ◇ Worked through the Women's Circle for funeral dinners, the Musical dinner, noodle making and the Fall Marketplace, the Scrapbooking event, and Breast Cancer Awareness Sunday.
- ◇ Shared their musical talents that made worship more meaningful.
- ◇ Worked behind the scenes, whether through cleaning and organizing, generating quality communication, preparing communion or decorating, or making repairs as needed.
- ◇ Kept in contact with church friends to decrease isolation and extend love.
- ◇ Worked in our mission and outreach efforts to feed the community, tend to medical concerns, and clothe the needy. And what fun to bless our young people through the Angel Shop!
- ◇ Blessed the Anthony Wayne students and staff through measures that showed our care and concern.
- ◇ Manned community events to connect with neighbors and make Franklin First more visible in the town.
- ◇ Worked with our children; whether through nursery, Children's Church, VBS, or other initiatives to open their hearts to Jesus.
- ◇ Helped with technology to extend the message of the Gospel.
- ◇ Sought God's leading for the future of this congregation. It takes faith and courage to try new things. Thanks for taking next steps.
- ◇ Took out their phones to snap a ministry picture or offer material to record our ministry for the future generations of FFUMC.

These are broad categories of thanks, and this list does not cover everything. It is a blessing to work with fellow Jesus followers who understand that pew sitting alone does not fulfill the mission of God. It will be interesting to see what God has in store for us in 2023.

Pastor Laura



### Correct Contact Information?

Please be sure the office has the correct cell phone number, home phone number, address, email, etc. for your family. Confirm with the office if you are unsure.

## Free Medical Clinic

Thanks to Dr. Rick Chamberlain and his volunteer staff, Franklin First continues to offer a free medical clinic weekly on Tuesdays from 5:30 – 6:30 pm. Patients are welcomed with dignity and respect and are offered basic medical care. For more extensive issues, Dr. Chamberlain will refer as necessary. This ministry seeks to meet the needs of those who are uninsured or underinsured, and we have welcomed some of our guests from immigrant communities who bring a translator with them. We serve adults and children. Each person is invited to a time of prayer with Pastor Laura. We are grateful for the Ohio River Valley UMC grant that funds a portion of the clinic expenses.



## Thank You

**From the Rhude Family:** Words cannot express enough all the love and prayers my family and I have felt during this difficult time in the loss of Jerry. Thanks you so much for the cards, phone calls, messages, gifts of food and donations to the church. All of you made this a little easier to endure. We know he is in a better place even though we miss him so much. Love my family and church family.

Blessings to all of you  
Monica Rhude and family

**From Tom & Dorothy Rayburg:** A big thank you to everyone that's responsible for the college student gift bags. Our granddaughters Kayla and Allie were so excited and grateful for the gifts.

**From Pastor Laura:** Thank you to all who sent us Christmas cards this year. I did not get cards sent, but we certainly enjoy all the greetings.



## Snack Packs

Many of the students at Anthony Wayne Elementary rely on school meals for daily nutrition. Obviously, they do not have these resources on the weekend, so Franklin First supplies weekly snack packs that provide shelf-stable food items to kids

who the school has identified as being "at risk." In 2022, more than 4,000 snack packs were provided. Each snack pack costs approximately \$3.50. We are grateful for the Ohio River Valley UMC grant that pays for part of the expenses for these provisions.



## Sunday Worship

If you are interested in helping with Sunday Worship as an usher or greeter, please contact the [office](#).





## Women's Circle Next Meeting— January 9th

Women's Circle will meet on Monday, January 9th at 6:30 pm in the Fellowship Hall. Pizza will

be provided. Join us for us for some fellowship as we plan for the new year.

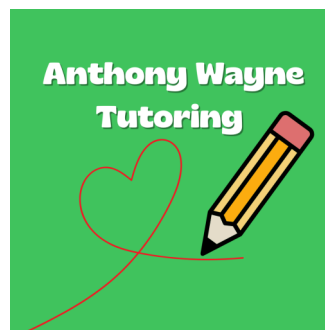
## Community Dinner Partnerships

Franklin First is the host church for two complimentary community dinners offered to our neighbors. We partner with Hope and Red Lion UMC Churches on the first, fourth, and fifth Tuesdays each month; along with St. Mary's Catholic Church every Thursday to provide nutritious meals to all who choose to join us. In 2022, more than 2,000 dinners were distributed. We are grateful for the Ohio River Valley UMC grant that funds a portion of the meal expenses.



## Anthony Wayne Tutoring Resumes Soon!

Franklin First is excited to resume tutoring with Anthony Wayne Elementary students after an extended COVID hiatus. School staff has selected first grade students who are in need of basic literacy instruction for the coming winter/spring session. Tutoring takes place at Anthony Wayne School on Thursdays from 3:15 – approximately 4:30 (or whenever your student is picked up by their adult). The school staff provides a simple lesson. The tutoring runs from January 12 through March 30 (none on March 9). Talk to Linda Smith or Karen Anderson ASAP if you can tutor or be a substitute. What a great way to bless a child!



## Anthony Wayne Holiday Luncheon Thanks

On behalf of the staff, please relay their thanks for what they told me was the best holiday lunch they have ever had! They really needed it and thanks for taking such good care of them.



Also, our thanks for the continued support of our students with the snack packs.

Last, I have list of students for tutoring that was given to me on Friday. I will make calls after the New Year and send the permission forms home after getting verbal confirmation from the families.

Merry Christmas and Happy New Year from all of us at Anthony Wayne!

All the best,  
Jim Rhodes, Principal

## Church Council Meeting

Church Council will meet on Monday, January 16th at 6:30 pm in the Fellowship Hall. All are invited to attend the meeting. Committee Team Leaders please plan to attend.

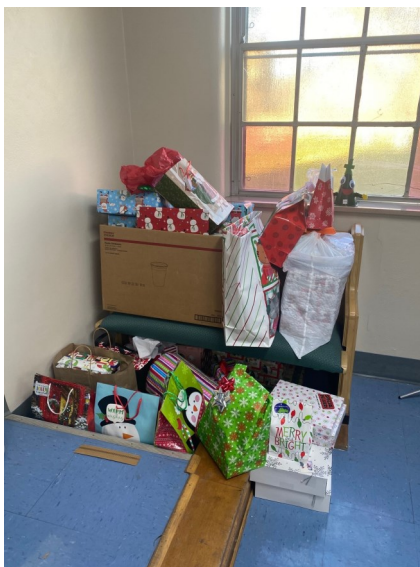
## Mission & Outreach Meeting

The Mission and Outreach Team Meeting on January 10th at 6:30 pm. Join us as we make plans for the upcoming year.

## Christmas Basket Distribution

On December 19, Franklin's Christmas Gift and Food Basket Distribution blessed 42 families, including 156 people. Toys were given to 53 children ages 0-12 years, and 25 teenagers ages 13-18 years. There were 60 toys left over that were taken to the Warren County Head Start program.

We want to thank Tami Chamberlain and her willing crew for all of their great work. This year's drive was co-sponsored by GTCO and Jim & Susie Mears. Sister churches St. Mary's Catholic and St. Paul's Lutheran also contributed. Target and some private donors purchased some of the gifts for the teens. A special thank you to Franklin City Schools for collecting food items and to Franklin City Workers for transporting those items to Franklin First UMC. This is certainly a community effort!



## Missions Team Update



Franklin First is collecting Personal Care Items for The Pantry this quarter: shampoo, soap, deodorant, toothpaste, etc.



### Personal Care Products for The Pantry

The Missions Team is collecting personal care products such as toothpaste, shampoo, soap, etc for The Pantry during the months of January, February, & March. Bring your contributions to the church on Sunday or drop them by the office during the week.

### Personal Hygiene Product Collection for High School

The Franklin Junior and Senior High School is in need of personal hygiene products for their students. Products such as tampons, pads, deodorant, etc. for students not able to afford such products.





## Angel Shop Scheduled to Re-open

Prom is an exciting event for many high school students and for others it is a time of great anxiety. No student should worry about missing out due to their family's financial situation.

Franklin First will be once again opening our "Angel Shop" with gently used formal dresses, men's formal wear, and accessories (shoes, purses, jewelry, etc..) for high school students who are in need of formal attire.

Limited quantities/sizes will be available. Donations will be accepted but not required for all items and will benefit the community missions of Franklin FUMC.

Franklin FUMC is also accepting donations of clean/pressed formal dresses, men's suits, ties, shoes, purses, jewelry, and other formal attire. Donations can be dropped off at the church Tuesday, Wednesday or Thursday's between 9am - 2:30pm, Thursday evenings between 4-5pm.

If you are interested in helping with this ministry, please reach out to the office or Jenny Chilcutt.

Help us spread the word and share!

DRESS TO BE YOUR BEST  
**ANGEL SHOP**



SHOP WITH US FOR  
PROM & HOMECOMING FORMAL WEAR  
Gently Used Formal Dress & Accessories

### 2023 Angel Shop Hours

January 28	4 –7 pm
January 29	1 –2 pm
February 11	4 –7 pm
February 12	1 –2 pm
February 25	4 – 7 pm
February 26	1 –2 pm
March 25	4 –7 pm
March 26	1 –2 pm

## Franklin First Giving

### Online Giving/We SHARE:

This is a great choice for when you are unable to join us for Worship to continue to support the church. You can either set-up a recurring payment or give each time you visit the site.

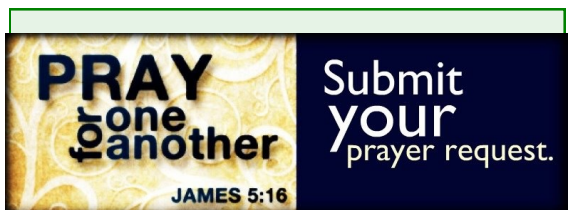
Connect by using this link:

[franklinfirstumc1.weshareonline.org](http://franklinfirstumc1.weshareonline.org)

### Amazon Smile

When you shop at AmazonSmile, Amazon will donate to Franklin First United Methodist Church. Support us every time you shop. Just follow the prompts from the link below:

<https://smile.amazon.com/ch/31-0599434>



### Submit a Prayer Request Anytime

Use the link below to submit a Prayer Request anytime. The link will send an email directly to the Pastor and our prayer warriors will begin the prayers for your request.

[franklinfirstumc.breezechms.com/form/862a54](http://franklinfirstumc.breezechms.com/form/862a54)

## Living Legacy

I was struck by the comments of Jim Martin at the memorial service of Jerry Rhude. He talked about running into members of the Moore family as he and Kathy got settled into the Franklin community and Franklin First UMC. Jim mentioned the ongoing positive legacy of this family in so many arenas in the Franklin area.

Isn't that a great witness? Wouldn't we all like to believe that our life has left a lasting blessing after we are no longer here physically? We all have gifts and graces to offer in the name of God. What will be your legacy? It might be in the work world, through the church, or by volunteering. We all have something to share.

One way to leave a legacy in the life of the church is through financial contributions to our Permanent Endowment Fund. Endowments enable our ministries to continue beyond our limited life span. Franklin First is a very community-minded church, and whether we are blessing kids in the schools, providing nourishing meals or life-giving healthcare, and thus sharing salvation in Christ, we are living as the hands and feet of Jesus. Our acts of love and kindness bring peace to a strife-ridden world.

"It is more blessed to give than to receive." (Acts 20:35) These words of Jesus remind us that giving to a cause that champions the same beliefs and values that we hold can help us understand that we are part of something bigger than ourselves. We are part of bringing "good news of great joy" to the world.

If you would like to contribute to the Permanent Endowment Fund, make sure that your donation is labeled for this fund. We will make sure that it is invested accordingly. Pastor Laura

## Living Legacy



God of the ages, you have blessed us with another year.

Help us to make room for the blessings that are in store for us in the coming months.

May we be open to learn the right lessons, even if they hurt a little.

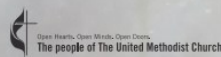
Help us to be patient so that we won't miss divine opportunities.

Show us how to be fulfilled without material possessions, so that we will not miss what it means to be a blessed people.

Enable us to be a blessing so you will recognize us as the ones who gave you bread when you were hungry, drink when you were thirsty, and clothes when you were naked.

In Jesus' name we pray, Amen.

*Adaptation of a prayer by the Rev. Kevin B. Smalls*



Have you been on our updated website? Check it out:

[www.franklinfirs](http://www.franklinfirs)

[tumc.org](http://tumc.org). Let us

know what you think!



## Beyond Our Walls

In the past year, Franklin First has made a significant commitment to reaching disciples beyond the walls at 303 South Main St. We have invested in livestreaming our weekly Sunday Worship Service. We have upgraded our website and have consistently posted a variety of content to our Facebook, Instagram, and Twitter accounts to engage and attract followers otherwise not connected to Franklin First. We are able to measure our progress at these ministries with insights provided by the host. Our reach during 2022 has been considerable:

- ◆ Facebook page reach: 95, 057 (a 446% increase from 2021)
- ◆ Instagram reach: 5,501 (a 1.1K % increase from 2021)
- ◆ Facebook page visits: 4, 001 (a 46.8% increase from 2021)
- ◆ Facebook page new likes: 134 (a 61.4 % increase from 2021)
- ◆ Since June our Website at [franklinfirstumc.org](http://franklinfirstumc.org) has had 2899 site visitors.
- ◆ YouTube Channel: 982 views (a 999% increase from 2021)
- ◆ YouTube Channel Watch Time: 20.6 hours (553% increase from 2021).
- ◆ Since August: 2,755 people have viewed our Google Business Profile.
- ◆ Since August: our Google Business Profile has had 510 interactions.

Have you checked out all of our media outreach sources? Take a few minutes to see what we have been up to; share the links on your Facebook feed or pass on to a friend who might be interested.

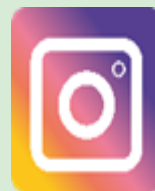
Do you have an idea for our website or for social media? Do you want to get more involved in this ministry? Reach out to Theresa in the office.

## Franklin First UMC Social Media Links



**Facebook:**

[www.facebook.com/  
FranklinOhioFirstUMC](http://www.facebook.com/FranklinOhioFirstUMC)



**Instagram:**

[www.instagram.com/  
franklinfirstumc303](http://www.instagram.com/franklinfirstumc303)



**Twitter:**

[twitter.com/  
FranklinFirstU1](https://twitter.com/FranklinFirstU1)



**Website:**

[franklinfirstumc.org](http://franklinfirstumc.org)



**YouTube:**

[www.youtube.com/  
@franklinfirstumc3362](http://www.youtube.com/@franklinfirstumc3362)

### ***Give Franklin First a Review!***

*Take a moment to tell others what you like about Franklin First. Use the link below to give us a review on Google. The more positive reviews and interaction, the better placement we receive when individuals search for a church in Franklin.*

<https://q.page/r/CebjXokui9PHEB0/review>





(Continued from page 9)

came the first Methodist Church founded west of the Mississippi River. In 1803, John Sale and Joseph Oglesby were the preachers for this large circuit. The circuit riders traveled on horseback, with their large saddlebags under them as depicted by the printing shown in Fig. 2 below. These itinerant clergy were important teachers among the early settlers. They lodged in their cabins and conversed with their families. They often held two-day meetings, and kept up a system of quarterly district meetings. Men and women would walk twenty and sometimes thirty miles to attend one of these services. At night, the men would be quartered in barns and outhouses and the women in the cabins.



Fig. 2. Image of a Methodist preacher traveling on his circuit.

As the population in Ohio grew during the early 1800s, more circuit districts were formed within the new state. Up through 1810, prominent circuiting rider ME ministers who preached in Franklin besides John Sale and Joseph Oglesby were Benjamin Lakin, John Collins, and John Sale. However, the names of the itinerant preachers from 1810 through 1835 haven't been discovered in either local or state church archives. According to the 1810 US census the population in the village of Franklin was 202 and still part of the Miami Circuit as shown in Fig. 3., which is the map of the Methodist districts in Ohio for 1810. However, within a few years, Franklin became part of the Union circuit from a splitting of the original Miami Circuit. Although circuit riders would regularly preach in

Franklin homes and fields during the early 1800s and presumably formed a local "Class" with a lay leader appointed from the male residents to hold informal services between the more or less regular stops by the circuit riders. According to the 19<sup>th</sup> century historian Henry Howe, a common church building was built in Franklin circa 1808 at the corner of Center (i.e., Main) and Second Streets for all the church groups in Franklin to share. In the year 1823, the Presbyterians, Methodists and New Lights congregations united in erecting a larger church building on a lot on the northwest corner of Third and Center (Main) streets.



Fig. 3. Ohio Circuits Before 1810: Mad River (MR); Miami (MI); White Oak (WO); Scioto (Sc); Deer Creek (DC); Delaware (De); Hockhocking (HO); Fairfield (Fr); Knox (Kn); Tuscarawas (Tu); Deerfield (DMH); West Wheeling (WW); Muskingum (Mu); Letart Falls (LF); Wills Creek (WC).

In the next segment of this series on the 225 years of the presence of Methodists in Franklin, the period from 1823 through 1848 will be covered. Circuit riders still conduct the formal religious services on more regular basis while the lay members become more active.

**2023 Homecoming & 225th  
Celebration—Mark Your Calendar  
Sunday, September 24th**

*Attention  
croppers  
and  
crafters!*

***Franklin First United Methodist  
Church invites you to***

# ***A Croppin' Good Time***

**Friday, March 3, 2023- 6:00 pm to 11:00 pm**  
**Saturday, March 4, 2023- 9:00 am to 8:00 pm**

**Franklin First UMC, 303 South Main Street, Franklin, OH 45005**

**Registration cost: \$50**

**Sixteen Hours of Scrapbooking Fun!**

Tax deductible donations will benefit the Church.

You will get your own 5-foot round or rectangular table.

Saturday brunch and salad & potato bar dinner will be provided.

Electrical outlets and Wi-Fi available; please bring your own extension cord.

- For more information contact Pam Trout, 937-746-0644, or e-mail: [pktmango@yahoo.com](mailto:pktmango@yahoo.com)
- Registration is non-refundable, but it is transferable to another person.
- Sorry, no childcare available!

**Make your registration check payable to: Franklin First UMC and mail to: A Croppin' Good Time, 303 South Main St., Franklin, OH 45005**

For more information about Franklin FUMC, go to <https://franklinfirstumc.org/>

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Cut Along Line

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Best Phone #: \_\_\_\_\_

Friend(s) you'd like to sit with: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Or Sign up online!



*Scan  
Me!*

Scan the code with your phone to be taken to the form or go to:

<https://franklinfirstumc.breezechms.com/form/4d380b>



## Get Them Talking: Trust

Let's talk about trust. What does it mean to trust God and how do we demonstrate our trust in others, such as doctors, teachers and First Responders?



### SCRIPTURE

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. *Proverbs 3:5-6, Common English Bible*

### REFLECTION

We trust many people. We have confidence in the skill of the person who built our home, designed the bridge we cross, and drives the bus to keep us safe. We trust our teachers, friends and family members always to do what is best for us, and we want them to trust us also.

Additionally, the Bible teaches us to, "Trust in the Lord with all your heart." Because God is good, we can know that God always wants what is best for us. In the same way that we demonstrate our trust in parents and teachers by doing what they ask of us, we show our trust in God by following God's way.

### GET THEM TALKING

- List all the people you trust: physicians, postal workers, teachers and truck drivers. How many can you name?
- What makes you trusting of others? What makes it difficult to trust someone?
- Why do you think it is important to do follow the instructions of people you trust?

### Prayer

Dear God, I trust you with all my heart. Amen.

### ACTIVITY

Take a trust walk. Have your child lead you around your home or neighborhood while you close or cover your eyes. Then switch roles. Which was more difficult, trusting or being trusted? Was giving and following instructions important? Why?

Taken from: <https://www.umc.org/en/content/get-them-talking-trust>

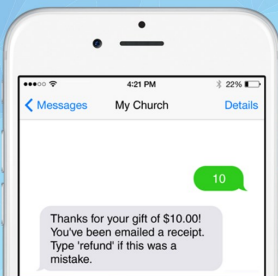
### Get Them Talking: Discussion starters for families

Each month, we provide a scripture, reflection, prayer, activity and some starter questions to help families initiate conversations about faith issues. For more on the series visit: <https://www.umc.org/en/content/get-them-talking-discussion-starters-for-families>

Franklin First UMC

**Text An Amount To: (937) 582-9009**

# TEXT TO GIVE



- Text the amount you would like to give.
- If it's your first time, you will receive a link to set up the account with your information.
- After the first time, you will just receive thanks for your gift reply.

## Birthdays

January 5	Rhonda Roberson
January 08	Vicki Jarvis
January 11	Karson Kelly
January 12	Richard Taylor
January 17	Bill Kuntzman
January 27	Jerry Truesdell
January 28	Lee Saunders

## Anniversaries

January 13	Hiram & Sue Fullen
January 19	Margaret & Richard Taylor
January 31	John & Teresa Lass



## HAPPY NEW YEAR!

Do you do New Year's Resolutions? Believe it or not, starting a new habit during the new year is more likely to work long term than if you started at any other time. Now that's *more likely*, but still not very likely. In Angela Duckworth's book *Grit: The Power of Passion and Perseverance*, she talks about how we often do our goal making in reverse. We think about what the next step in our lives should be, rather, we should be thinking about the most important end goals in our life and working backwards from there.

For example, many of us, myself included, have probably made a new year's resolution to lose weight. Losing weight is something I should do for a multitude of reasons, but what is my end goal? To look better? Why? My wife loves me even though I've always been a little funny looking. To be healthier? Sure, but is that the best way to be healthy? If you don't have a clear reason as to why you try to do something hard, you'll just give up when things get hard! Every gym and YMCA will be packed in January, but by March they will feel like a ghost town.

*Don't feel bad, you're not a failure*

Studies have shown that 88% of all New Year's Resolutions will fail. Those are fun odds, are they? Thanks to good old fashioned "Protestant Work Ethic" we believe that we should be able to do anything we put our mind to, and a lack of success is a character flaw. We see willpower as a tool that can be used to solve all of our problems, and that's a very unhealthy way of thinking about human cognition. Instead of thinking about willpower as a tool, think about it as currency. You wake up in the morning with \$100 willpower dollars, and you have to be reasonable on how you spend those willpower dollars! You can't spend them like I spent my real dollars at Christmas time, otherwise you will run out of

willpower to achieve those big new goals you made for New Years. You wake up, and you spend \$20 willpower dollars on working out first thing. You spend another \$50 willpower dollars trying not to lose your cool getting your children ready for school (this amount may vary, I have a two-year-old so it costs a lot), the work day will suck a lot out of you, and by the time you get home you might not have enough willpower dollars left to have a healthy supper. Realizing that you have natural and human limits to the stress you can cope with is essential to making positive changes in your life.

Here's some good news: you can hit the willpower ATM. Giving yourself a little treat helps you recover some willpower. If healthy eating is one of your willpower investments, think about non-food related treats. At least once a day I take five minutes to listen to [Doesn't Remind Me by Audioslave](#) and air-guitar the

entire sick solo. I'm a gamer, so sometimes I just need to take a 15-minute game break on one of the classic PS1 games I have on my phone. I'm sure most of you will have far less dorky non-food related treats, but what's important is realizing that you need that boost to have the willpower to get through the day. If you intentionally plan them, it will give you something to look forward to. Even more good news, as new habits form, they are less taxing on your willpower. Every week you do them, they will cost you fewer willpower dollars. Speaking of habits...

### **Focus on changing your habits rather than changing yourself**

I have a terrible confession to make: I used to be a smoker. I picked up that nastiest of habits in my mid- to late twenties, and knew it was gross the whole time. I tried a few different methods and would always come back to it until I saw the most subtle anti-smoking ad. It had a man going

out for a cigarette break and he randomly starts trying to hijack cars until he pushes a man out of a delivery truck and drives off. The end tag line was "You don't have to drive every time you smoke, so you shouldn't have to smoke every time you drive." That blew my mind! Once I thought about it, I DID smoke almost every time I got in the car. My parents smoked too, and they always lit up when they got into the car. I started asking all of my smoking friends and co-workers, and they did too! Apparently, most smokers accidentally classically condition themselves to associate driving and smoking. I'm not sure if academia has



come up with a term to describe this effect, but I think it should be called Pavlov's Cancer.

In his book, *The Power of Habit*, Charles Duhigg breaks down habits into three parts: stimulus, response, reward. If you understand how habits work, you can modify or avoid a part of the process and change the whole habit. Take the smoking while driving example. The stimulus is getting in the car, the response is lighting up a cigarette, the reward is feeding a nicotine addiction (which sounds like a terrible reward for those who are not addicted to nicotine). According to Duhigg, I could avoid the stimulus. Cutting back on driving equated to a cut back in smoking. I could change the response. Every time I drove, I would eat a piece of candy, thus changing the reward as well. In the end, I found some caffeinated gum so that

*(Continued on page 14)*

(Continued from page 13)

way my response to wanting a cigarette was chewing gum and getting a caffeine pick me up.

Think about the aspects of your life that you want to change. What habits reinforce the status quo? How can you change the stimulus, response, reward routine to better serve your goals? By the way, what are your goals?

### **Focus on what you want out of life**

Instead of just throwing that goal out there, I have thought a lot about what I really want out of life. I never got to meet my great-grandparents. Lily, my five-year-old daughter, has gotten to meet three of her great-grandparents, and I thought that was a really neat experience. However, we didn't have Lily until I was 35. If she follows in my footsteps that means I won't see grandkids until I'm 70, so I might have to live until I'm 105 years old if I'm going to meet that goal! Meeting my great-grand-kids has become my top tier goal, so from there I have to start making a plan on how to get there by setting sub goals. I need to make sure that my heart is healthy, I get checked out for all the types of cancer that run common in my family, I stretch out to remain limber, and yeah, I probably need to lose some weight too. When I understand what my main goal is, I see how each step I take gets me closer to that purpose. I can look at every piece of broccoli as an extra few minutes I get to spend with my descendants. Every candy bar I skip now is a candy bar I get to share with Lily's grandkids. Understanding what you are working for keeps you motivated to do the hard work and will make you more likely to succeed.

### **The church is the same way.**

What are the goals for our church? That's not a rhetorical or subjective question. Our church has a goal in the form of a mission: to

make disciples of Jesus Christ for the transformation of the world. Our goal is the transformation of the world. How do we do that? By making disciples. We need to focus on that end goal and ask ourselves, "How does the work we do connect to that end goal?" I pastor two small churches with limited resources, both financial and labor. We only have so much time and energy to invest in the work of the church, so we need to be able to connect all that we do to that mission. Are we making disciples? Are we transforming the world? Just like any personal goal, if the church doesn't understand why it's doing something, doesn't see how it connects back to transformation, people will just give up when the work gets hard or inconvenient. However, if we are clear in our vision, and clear in how our actions work towards that goal, people will get excited! Rather than struggling to find volunteers, we will be surrounded by people who are passionate about serving the church.

We need to start asking this about each and everything we do as a church. It might get scary and disappointing. We might find some of our traditions have failed to serve our mission and we will have to make some hard choices about the work we do, but if we don't our church might be as empty as the gym in March.

There is passion and purpose at within the United Methodist Church. We just need to remember what we are here for, to make disciples of Jesus Christ, and we will kick off the New Year the right way.

Peace and Grace,

Pastor Nate Mason

[Adapted from: https://um-insight.net/in-the-church/practicing-faith/happy-new-year/](https://um-insight.net/in-the-church/practicing-faith/happy-new-year/)

***A New Year is seen as a fresh beginning, a time for resolutions and promises on habits and behaviors we'd like to incorporate into this new start.*** Here are some scriptures to support and encourage you in your New Year's New Beginning.

### ***Psalm 5:3***

"O LORD, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch."

### ***Isaiah 43:18-19***

"Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert."

### ***Ephesians 4:21-23***

"...assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness."

### ***Jeremiah 29:11-13***

"For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart."

### ***Philippians 3:13-15***

"Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you."

### ***Isaiah 40:31***

"but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."

### ***Proverbs 23:17-18***

"Let not your heart envy sinners, but continue in the fear of the LORD all the day. Surely there is a future, and your hope will not be cut off."



# Franklin First United Methodist Church

## 2023 Lay Leadership Ministry

*Making disciples... Building Christian community... Transforming lives!*



### Church Council:

Church Council Chair	Mike Smith
Church Council Secretary	Amber Ramsey
Lay Leader	Mike Smith
Lay Member of Annual Conference	Charlotte Summer
Lay Member of Annual Conference Alternate	Kim Chewning
Treasurer	Tami Chamberlain
Membership Secretary	Lee Ann Lee
Communications Coordinators	Carol & Mike Runyan
Church Historian	Robert Bowman
Pastor	Laura Saunders

### Ministry Team Representatives:

Staff-Parish	Julie Abell
Finance	Paul Anderson
Endowment	Ken Smith
Trustee Chairs	Jim Martin, Mike Runyan
Worship	Monica Rhude
Technology	Joe Chamberlain
Committee on Lay Leadership	Laura Saunders
Christian Education	Charlotte Summer, Chris Womack
Missions & Outreach	Linda Smith, Karen Anderson
Care Team	Lee Saunders
Hospitality & Events	
Welcoming Ministry	Dorothy Rayburg
Scouting Coordinator	
Member At Large	Amber Ramsey

### Staff-Parish Relations Committee: Chair: Julie Abell

(Lay Leader: Mike Smith)

Terms expiring 2023:	Julie Abell, Judy Parker, Sue Fullen
Terms expiring 2024:	Sally Fitzgerald, Karen Anderson, Patti Noland
Terms expiring 2025:	Cheryl Cyphers, Mishelle Dicken

### Trustees: Tri-Chairs: John Lass, Jim Martin, Mike Runyan

Terms expiring 2023:	Joe Chamberlain, Brian Graves
Terms expiring 2024:	Jan Abell, Jim Martin, Trisha Dicken
Terms expiring 2025:	Cody Chilcutt, Mike Runyan, Connie Bolinger

### Committee on Lay Leadership (Nominations):

**Chair: Pastor Laura Saunders**

**Mike Smith, Lay Leader**

Terms expiring 2023:	Sally Fitzgerald, Karen Anderson
Terms expiring 2024:	Ken Smith, Shirley Berold
Terms expiring 2025:	Kathy Martin, Peggy Darragh-Jeromos

### Finance Committee: (By virtue of office.)

Chair	Paul Anderson
Treasurer:	Tami Chamberlain
Financial Secretary:	Julie Abell
Church Council Chair:	Mike Smith
Trustees Tri-Chairs:	John Lass, Jim Martin, Mike Runyan
Staff Parish Chair:	Julie Abell
Lay Leader:	Mike Smith
Lay Member of Annual Conference:	Charlotte Summer
Pastor:	Laura Saunders

### Permanent Endowment Fund Committee

Chair of Finance Committee	Paul Anderson
Church Treasurer	Tami Chamberlain
Chair of Board of Trustees	Jim Martin
Chair of Church Council	Mike Smith
Lay Leader	Mike Smith
Member at Large (Term: 2022 only)	Monica Rhude
Member at Large (Term: 2022-2023)	<b>Ken Smith, Chair</b>
Pastor (non-voting member)	Laura Saunders

### Worship Ministry Team: Chair: Monica Rhude

Choir Director:	Monica Rhude
Bell Choir Director:	Tami Chamberlain
Altar Design:	Kay Marksberry, Pam Bishop, Shari Tutt
Technology:	Joe Chamberlain
Usher Organizer:	Judy Parker
Lay Leader:	Mike Smith
Pastor:	Laura Saunders

### Mission & Outreach Team:

**Co-Chairs: Linda Smith, Karen Anderson**

Lisa Dillon, Madelyn Lang, Tracy Easter, Ken Smith, Karen Anderson, Tami Chamberlain, Marna Rogers, Judy Parker, Sally Fitzgerald, Amber Ramsey

### Technology Team: Chair: Joe Chamberlain

Joe Chamberlain, Trisha Dicken, Andy Kuntzman, Tami Chamberlain, LeeAnn Lee, Paul Anderson

### Christian Education Team:

**Co-Chairs: Charlotte Summer, Chris Womack**

Jan Truesdell, Rachel Chamberlain, Madelyn Lang, Carol Runyan, Chris Womack, Charlotte Summer

### Care Team: Chair: Lee Saunders

Lee Saunders (phone contact); Charlotte Summer, Dorothy Rayburg, Jan Truesdell, Judy Bowman (visitation team)

**Communication Team:** Mike & Carol Runyan, Linda & Mike Smith, Pastor Laura Saunders, Theresa Fultz

## Upcoming Events

Franklin First United Methodist Church

Pastor  
Laura Saunders



### **Sunday Worship Service**

10:45 am

Livestreaming on Facebook

### **Faith Seekers Bible Study**

Sundays, 9:30 am

**January 9**

**Women's Circle Meeting**

**January 10th**

**Mission & Outreach Meeting**

**January 16th**

**Church Council Meeting**

**January 12**

**Anthony Wayne Tutoring Begins**

**January 28 & 29**

**Angel Shop**

Franklin First United Methodist Church

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PLEASE  
PLACE  
STAMP  
HERE

