



First Presbyterian Church
124 West Broadway St
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Jane's Office Hours
Monday-Friday
8:00 to 4:00
Lunch is usually
11:30-12:30

Sunday Schedule
9:30 a.m. Choir Practice
10:00 a.m. Worship Service
Sunday School following
children's moment
Time of fellowship follows

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The Lighted Spire

First Presbyterian Church Shelbyville, Indiana

January, 2012



Check out our website for information about the life of the church, past sermons and more!

Sermons for January

January 8 - Communion

The Sermon will be "The Resurrection" from Mark 16

January 15

"New Beginnings" from Chapter 28 in The Story from Acts

January 22

"Paul's Mission" is the sermon this week from Romans 12

January 29

"Paul's Final Days" is the sermon for this week from Acts 27-28 in The Story chapter 30

We're fixing lunch

On Sunday, January 8, at 12:00 noon we will be serving lunch at the Salvation Army. If you can volunteer to help with food, serving or clean-up, please call Marilyn Bushfield at 392-3165.



Looking back

Soon it will be time for our Annual Meeting and all organizations in the church need to submit a report about your activities during 2011. These reports should let the congregation know what your group did during the year. If you are responsible for finances for your group, you also need to include a financial report. As soon as the date for the Annual Meeting is set, we will let everyone know.

Pastor's New Year Letter

"Meditation is a long, ardent gaze at God, his work, and his word. Slowing down and giving one's undivided attention to God lies at the core of Christian meditation." [The Spiritual Disciplines Handbook](#).

I confess: left to my own devices, I'm a crammer.

Maybe it started with a few exams in college and seminary; maybe it's the natural tendency of my personality, maybe it is an occasional lack of maturity. Whatever the cause, pushing against those tendencies has become vital to my way of life, and especially to my way of leadership. I know what an out-of-control-busy schedule can do to my soul. Perhaps you can relate. Slowing down for "a long, ardent gaze at God" will not simply creep into my schedule. But this year, I'm making sure it finds a home there. I know from experience what frequent times of meditation—even small bits here and there—can do to improve the health of my soul. As it reads in the Psalms, "I will consider all your works and meditate on all your mighty deeds." (Psalm 77:12)

It's been fascinating to learn that meditation not only helps our spiritual lives, it also actually changes our brains, which, in the end will change our minds. Here's an [excerpt from Huffington Post](#) that discusses these findings:

"Quite literally, sustained meditation leads to something called neuroplasticity, which is defined as the brain's ability to change, structurally and functionally, on the basis of environmental input.

For much of the last century, scientists believed that the brain essentially stopped changing after adulthood.

But research by University of Wisconsin neuroscientist Richard Davidson has shown that experienced meditators exhibit high levels of gamma wave activity and display an ability — continuing after the meditation session has ended — to not get stuck on a particular stimulus. That is, they're automatically able to control their thoughts and reactivity." (Amanda Chan, Nov. 23, 2011)

Amazingly, this research shows how meditation changes your brain and can also change your mind.



Is it any wonder that scripture strongly commands us to meditate and also points to the impact this will make on our minds and on our life? Consider the wisdom from Psalm 1 or Isaiah 26:3 we see a connection between our minds and our peace.

Visit us on the web: www.fpcshelbyville.org

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JANUARY 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 No Choir Rehearsal 10:00 Worship Service and Sunday School 11:00 Fellowship hour <i>Happy New Year</i>	2 Holiday	3 7:30 AA	4 6:00 Youth Groups The Friendship Club Mid-Hi & Senior-Hi Young Adults 7:00 Choir Rehearsal	5 5:30 Girl Scouts 1483 5:30 Girl Scouts 242 7:00 Boy Scouts	6  <i>Epiphany</i>	7 1:00-4:00 Birthday Party
8 <i>Communion</i> 9:30 Choir Warm-Up 10:00 Worship Service and Sunday School 11:00 Fellowship hour Salvation Army Lunch	9 3:30 Meeting 6:45 Session	10 1:30 Women of the Word - Chapter 2 7:30 AA	11 6:00 Youth Groups The Friendship Club Mid-Hi & Senior-Hi Young Adults 7:00 Choir Rehearsal	12	13 6:00-12:00 Meeker Creative Memories	14
15 9:30 Choir Warm-Up 10:00 Worship Service and Sunday School 11:00 Fellowship hour 6:00 Movie Night	16 Holiday 3:30 Meeting 	17 5:30 Leahy Rehearsal 7:00 BRCC Practice 7:30 AA	18 6:00 Youth Groups The Friendship Club Mid-Hi & Senior-Hi Young Adults 7:00 Choir Rehearsal	19 5:30 Girl Scouts 1483 5:30 Girl Scouts 242 7:00 Boy Scouts	20	21
22 9:30 Choir Warm-Up 10:00 Worship Service and Sunday School 11:00 Fellowship hour	23 1:00 Women of the Cloth 3:30 Meeting	24 11:30 CCC (55+) 7:30 AA	25 6:00 Youth Groups The Friendship Club Mid-Hi & Senior-Hi Young Adults 7:00 Choir Rehearsal	26 7:00 Boy Scouts	27	28
29 9:30 Choir Warm-Up 10:00 Worship Service and Sunday School 11:00 Fellowship hour	30 3:30 Meeting 6:30 Leahy Recital	31 7:30 AA	Deacons Stephanie Burnside* Shelle Cline Mattie and Stephen Krautheim Bill Runshe Bob Thopy			

BIRTHDAYS & ANNIVERSARIES	
Birthdays	
Dave Fisher	03
Sheila Palmer	04
David Wheeler	05
Sandy McLane	06
Cynthia Morningstar	07
Bob Phares	07
Melody Skipton	11
Tom Crouch	15
Ray Brown	25
Lee Evans	30
Kip Schnaiter	31
Anniversary	
Walt & Betty Alexander	01
Marilyn Phares	31
Joe Dickmann	31
Beth Morningstar Binder	31

Movie Night January 15 6:00 p.m.
Seven Days in Utopia When his first attempt at making the pro golf tour results in humiliating disaster, Luke Chisolm decides to escape it all. But he doesn't expect to find himself stranded in Utopia, Texas, with eccentric rancher Johnny Crawford. Can this small community help Luke reconcile with himself, his dad, and his heavenly Father?
 Starring Robert Duvall.

Weekly Bible Readings

1st Sunday after Christmas—January 1, 2012

Isa. 61:10—62:3
 Ps. 148
 Gal. 4:4-7
 Luke 2:22-40

Epiphany of the Lord—January 6

Isa. 60:1-6
 Ps. 72:1-7, 10-14
 Eph. 3:1-12
 Matt. 2:1-12

Baptism of the Lord—January 8

Gen. 1:1-5
 Ps. 29
 Acts 19:1-7
 Mark 1:4-11

2nd Sunday in Ordinary Time—January 15

1 Sam. 3:1-10 (11-20)
 Ps. 139:1-6, 13-18
 1 Cor. 6:12-20
 John 1:43-51

3rd Sunday in Ordinary Time—January 22

Jonah 3:1-5, 10
 Ps. 62:5-12
 1 Cor. 7:29-31
 Mark 1:14-20

4th Sunday in Ordinary Time—January 29

Deut. 18:15-20
 Ps. 111
 1 Cor. 8:1-13
 Mark 1:21-28

Pastor's letter continued

Ultimately, the Spirit of God can govern our mind, which will yield life and peace. (Romans 8:6). So this New Year, consider what difference opening your mind to God could achieve. **What difference might that make in the kinds of decisions you make and relationships you build?** Through a focused effort in meditation on God as described in the definition above, you will open yourself up to exactly those kinds of changes in your brain that will allow God to move powerfully in your life.

Pastor Mark



Keep these people in your thoughts and prayers.

Those needing our prayers

Bette Moore Shelby Bowers
 Charles Craft Miriam Willey
 Sandy Fisher Jamie Orem
 Frances Cherry Sue Williams
 Bill & Jonita Smith Beth Bremer
 John & Martha Ervin Ann Bruner
 Bill & Shirley Oeffinger
 Mary Ann Wasson Marilyn Phares
 Irene Brunner Carolyn English
 Walt & Betty Alexander
 Izetta Brokering Bonnie Harris
 Marie King Tom Strawn
 Virginia Pence
 The family and friends of
 Susie House

Church family and friends

Amber Jon Ross Sally Willis
 Cory Jane Curran Doris Curran
 Elizabeth Bir Betty Craft
 Brody Stephens Julie Harris
 Natalie Sargent Chera Shaub
 Camelia Sproul John Scudder
 Britney and Justin Douglass Teri
 Bill Collins Gladys Carmer
 Linda Pike Steven Binder
 Susan Barillo Betty Nichols John
 John and Mary Lou Davison
 Danny Harris Mary Kay Pitts
 Jeremy Klakamp Keith Wickizer

Those in military service

Kyle McLane Adam Moser
 Cody Tumey Blake McIntire
 Deryk Smith Brett Walburn
 Paul Schoentrup Alex Dillon
 Jeremiah Harpring

Special prayers for

Those who are caregivers
 World Leaders