

# The Vine

I am the vine; you are the branches...John 15:5

A publication of Valley Falls Christian Church

January 2016

## NEW YEAR BEGINS ANY TIME

One November we ordered a new automobile, which did not arrive until the new year. As we cleaned out the old car, I muttered, "How did we accumulate so much junk?" We sorted through old maps, dried-up ballpoint pens, outdated addresses and loose coins.

We made unwavering resolutions about keeping this car clean, orderly and functioning properly. Thinking about resolutions, I sensed a connection between a new car and a new year. The first order of business is to clear out the clutter, discard the useless, remove the dust and dirt. Begin fresh!

A new year can begin anytime in our lives. We can sort through old attitudes, clean our minds of envy, toss out the habits of gossip and carrying grudges. We can resolve to keep our promises and curb our anger.

I stood back and surveyed the fresh, shiny car. Yes, a new year could begin anytime or any place. A lot of things from the past need discarding. Things we collect that are of no more value or usefulness need to be trashed. Paul wrote, "But now ye also put off all of these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. Lie not one to another, seeing that ye have put off the old man with his deeds" (Col. 3:8-9)

It is amazing how a brand new car changes your life. None of the old squeaks, rattles and knocks. Cruising down the road in a brand new auto is a delight. So is the journey ahead, if we can truly forget things in the past and press on to greater things.



## Developing Good Habits

**Acts 17:11** *Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.*

*“Sow a thought, reap an action; sow an action, reap a tendency; sow a tendency, reap a habit; sow a habit, reap a character.”*  
~ unknown

That quote has been used in various forms by different people for almost 150 years. It has been used by Christians, Hindus, Unitarians and self-help coaches. Probably because it makes sense.

Jesus said it is from the heart (thoughts/mind) that our mouth speaks. What is inside us will eventually come out. It might be words, actions or attitudes, but it will be made known. That is why it is important for Christians to “take every thought captive to obey Christ (2 Cor 10:5).”

So if we change our thinking, we can change our habits and even our very characters. But how long does it take to create a habit?

It was suggested in the 1970s book *Psycho-cybernetics* that you could make or break a habit in 21 days. One article I looked at said, “Science says (who is this ‘science’ anyway) you can change your life (habits) in 66 days.” That means one European psychological study determined it took 66 days to create or break a habit.

Yeah, right. We all know that we are not cookie cutter people. Each of us is different. Someone might go a whole year without a cigarette and in a moment of weakness smoke one and get drawn right back into the habit. Another can quit on a moment and never be tempted again.

I don’t believe that anyone knows how long it takes to create a habit. Mr. or Ms. Science doesn’t know. I don’t know. It is different for everyone. I do know this: You won’t create a habit if you never start.

There are a lot of 50 and 60 day fitness and dieting challenges out there. I would like us to get spiritually fit on a diet of prayer and the word of God, so I am issuing a 60 day challenge of our own for VFCC!

### The Sixty Day Challenge

Beginning on January 1, I am challenging each person to do three things for the next sixty days in order try to develop godly habits that will draw us closer to God.

#### 1. Pray twice a day. In the morning and in the evening.

It does not have to be a long prayer. Try five minutes to begin with. Just set aside time to pray.

The Bible tells us to pray continually. I am a firm believer in praying while you drive, brush your teeth, before meals, or anytime. However, for this challenge, try to set apart a time devoted to prayer only while you are doing nothing else. The one exception would be while you are reading the Bible. That is the second part of the challenge.

#### 2. Read one chapter of the Bible each day.

Read from the gospels or the Psalms. Read Paul’s letters. There are 31 chapters in Proverbs. You could read a chapter every day for a month. Just get in the habit of reading God’s word daily.

**3. Attend church.** During the challenge, don’t miss one Sunday at church. Schedule your family activities around your church attendance. Make family or friend gatherings later in the afternoon or on Saturday. If someone does not want to change a time, tell them you will be late. For the next 60 days, make church attendance a priority and see if you can make it a habit. This is only nine Sundays

What if you already do all three challenges? I challenge you to go deeper. If you are a faithful church attendee, come to Sunday morning or Wednesday evening Bible study. If you read a Bible chapter, read two. If you pray for five minutes, pray for ten instead. Or maybe add journaling to your prayer time.

Daniel prayed at the same time every day. The early church made it a point to meet every day (Acts 2:46). Jesus told us we are to daily take up our cross (Luke 9:23). Forming good habits is scriptural!  
*(continued on back page)*

## Recipe Swap

### PEANUT BUTTER SQUARES

- 1 c. corn syrup
- 1 c. sugar
- 1 c. peanut butter
- 6 c. rice krispies
- ½ bag (6 oz.) chocolate chips
- ½ bag (6 oz.) butterscotch chips

Dissolve sugar and corn syrup over medium heat until boiling. Remove from heat, add peanut butter. Pour mixture over rice krispies and mix well. Pat into greased 9x13 pan. Melt chocolate chips and butterscotch chips together. Spread over top of rice krispies mixture.

### PRAYER REQUESTS

**OUR SOLDIERS:** Curtis Mitchell, Brandon Miller, Nik Byrd, Luke Cummings, Greg Morales, Ryan Kirby, Zach Stiffler, Josh Lackey, Dan Cook, Rick Huertz, Steve Heinen, Ammin Spencer, Gates Kobuszewski, Leslie Bolz, Austin Everhart, Noe Garza, Brandon Hammons, Ruth Churchill, Jason Cherry, Aaron Cook, Jacob Mitchell, Matthew Branam

Nik Branam

Kim Frecks

Mark Orazco has a back injury, pray for healing.

Grace and Brandon Farwell- pray for them both to find full time jobs.

Rachel Detring- pray for her to find a job.

Pray for our church as it continues to grow as the Lord wills.

**COPIES OF THE SERMONS ARE AVAILABLE ON CD UPON REQUEST:** If you would like a copy please see Mike. You can also listen to them online at valleyfallsc.org.

**POCKET CHANGE FOR PROGRESS:** This will be a special offering every 3<sup>rd</sup> Sunday during church. The money will be split between Mission Lake Camp and the School Supply Giveaway Fund

**RECYCLING:** We have a recycling box beside the copier in the office.

**COLLECTING FOR ALPHA:** Alpha Christian Children's Home can use Campbell soup UPC labels and lids, Best Choice UPC labels and General Mills Box Top Symbols coupons (Box Tops for Education.) We will have a box in the hallway outside the nursery under the mailboxes.

### Birthdays and Anniversaries

- 2 Don Carder
- 4 Emilee Mitchell
- 6 Reid Handke
- 7 Chelsea Meyer
- 8 Corbin Haybarker
- 10 Matthew Branam
- 12 Leah Brown
- 13 Jackson Reich
- 19 Jarret Mitchell
- 24 Lindsay Starkey
- 27 Ashley GrandPre
- 29 Leah Martin
- 30 Wayne Arnold
- 31 Linda Durand  
Peyton Taliaferro  
Nik Branam  
Sheena Eaton

(Names in CAPS in Mission Field)

## Serving in January

### Congregational Prayer:

Jay Welborn

### Scripture Readers:

3-Erin Thomas-Matt. 4:1-11  
10-Joan Phillips-Matt. 5:1-12  
17-Nancy Gatzemeyer-John 3:16-21  
24-Grove-Mark 6:31-39  
31-Rhonda Mitchell- Matt. 14:22-33

### Nursery:

3-Debbie Gerstner  
10-Cheyenne H./Caitlyn T.  
17-Glee Hosler  
24-Joan Phillips/Libby  
31-Jo Tichenor

### Greeters/Ushers:

3-Thomas  
10-Phillips  
17-K&N Gatzemeyer  
24-Grove  
31-Mitchell

### Lord's Supper Preparation:

3-Thomas  
10-Phillips  
17-K&N Gatzemeyer  
24-Grove  
31-Mitchell

### Communion Table:

3-Stan, Jay  
**Clint Thomas**, Curt Gatzemeyer  
10- Jay, Stan  
**Ray Mitchell**, Matt Branam  
17- Stan, Jay  
**Wayne Arnold**, Brian Barrett  
24- Jay, Stan  
**David Grove**, Dennis Turner  
31-Stan, Jay  
**Clint Thomas**, Wayne Arnold

### Musicians

Worship Leader: Erin Thomas  
Organ: Leah Brown  
Piano: Donetta Farr  
Guitar: Mike Kirby, Clint Thomas  
Mandolin: Erin Thomas

## Church Offerings

Nov. 29-\$  
Dec. 6-\$1580.92  
Dec. 13-\$2576.00  
Dec. 20-\$1785.00

Our expenses average \$1500 a week.

**MEN'S BREAKFAST:** The men's breakfast will be on Jan. 9<sup>th</sup> at 8:00 AM. Mike Kirby will be cooking.

**MIDWINTER RETREAT:** Midwinter retreat for grades 7-12 will be Jan. 16-18. Registration forms are in the foyer.

**MEN'S RETREAT-** Jan. 22-23, Jared Altic will be dean.

**WOMEN'S RETREAT-**Jan. 29-30, Karen Sampson will be dean.

**COMMUNITY SOUP SUPPER AND SERVICE:** The Unity Service and soup supper is Jan. 17<sup>th</sup> at the Lutheran Church. The soup supper is at 6:00 PM and the service is at 7:00 PM. The offering will go to the Community Christian Council and will mostly be used to help people with financial hardships in Valley Falls.

**THANK YOU:** I wish to thank the church for the gift card I received as a thank you for doing the newsletter. I appreciate it very much. Thank you. Christy Arnold

**SANCTITY OF LIFE SUNDAY:** Sanctity of Life Sunday is Jan. 17.

## WINTER WEATHER POLICY

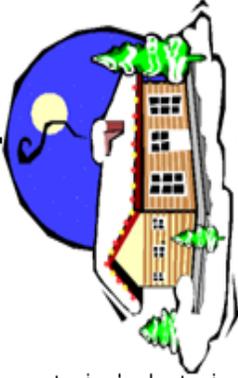
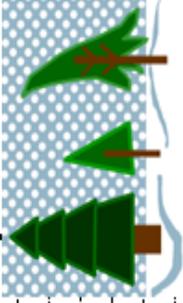
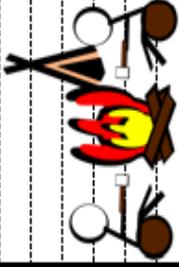
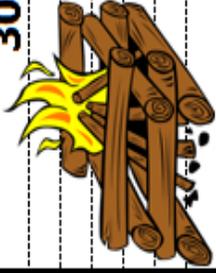
**Church:** We WILL have church as long as Mike can get there. *For where two or three come together in my name, there am I with them. Matthew 18:20.* Assume Mike can get to the church, in the extreme case that he can't, we will post the cancellation on the media listed below.

**Bible Study/other activities:** If the Valley Falls schools are closed that day, we will cancel activities.

Also, check postings on the church Facebook page and the church website, valleyfallsc.org, for cancellations.

We will also pass cancellations down the texting prayer chain.

If all else fails and you aren't sure, call Mike at 785-817-6920

2016		JANUARY				2016	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>3</b></p> <p>2:00 PM Service at Midland</p> <p>5:00 PM Youth Group</p> 	<p><b>4</b></p>	<p><b>5</b></p> 	<p><b>6</b></p> <p>6:15 PM Worship Practice</p> <p>7:00 PM Bible Study</p> <p>8:00 PM Elders</p>	<p><b>7</b></p> 	<p><b>1</b></p>	<p><b>2</b></p>	
<p><b>10</b></p> <p>5:00 PM Youth Group</p>	<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13</b></p> <p>6:15 PM Worship Practice</p> <p>7:00 PM Bible Study</p> <p>8:00 PM Board Meeting</p>	<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b></p>  <p>Mid-Winter Retreat thru Monday</p>	
<p><b>17</b></p>  <p>10:00 AM Pocket Change for Progress</p> <p>Sanctuary of Life Sunday</p> <p>Community Soup Supper 6:00 PM</p>	<p><b>18</b></p>  <p>Martin Luther King Day</p>	<p><b>19</b></p> <p>6:15 PM Worship Practice</p> <p>7:00 PM Bible Study</p> <p>8:00 PM Elders</p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p> <p>Men's Retreat</p>	<p><b>23</b></p> 	
<p><b>24</b></p> <p>5:00 PM Youth Group</p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p> <p>6:15 PM Worship Practice</p> <p>7:00 PM Bible Study</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>Women's Retreat</p>	<p><b>30</b></p> 	
						<p><b>31</b></p>	

Valley Falls  
Christian Church  
511 Oak Street  
Valley Falls, KS 66088

Phone: 785-945-6757  
Email: office@valleyfallsc.org  
On the web: valleyfallsc.org  
Find us on Facebook!

Mike Kirby, Pastor

***You are welcome to join us!***

**Sunday Service times:**

Bible Study (all ages) – 9:00 AM  
Worship – 10:00 AM  
Youth Group – 5:00 PM

**Midweek Bible Study:**

Wednesday 7:00 PM

*(Sixty Day Challenge continued)*

There are 168 hours in a week. If you spend 2 hours each Sunday for church (including getting ready/travel time), five minutes for each prayer time and five minutes reading your Bible chapter, that is less than 4 hours, which is less than 2 ½ percent of your week.

The Apostle Peter describes Christian character that grows out of building good habits upon good habits. **2 Peter 1:5-8** *For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.*

Let's make 2016 a year that we develop godly habits and all grow in Christ Jesus.

*Mike*

*(All scriptures are from the ESV Bible unless otherwise noted.)*

**RETURN SERVICE REQUESTED**

**Blessings from 2015**

What a great year 2015 has been. We thank God for all the additions to VFCC this year. We completed our building addition – a huge praise to God as He gets all the glory.

More important than the building are the people. We want to recognize once more those who joined our fellowship in 2015.

*Baptisms:* Aaron Cook, Cheyenne Huyber, Stephanie Byrd, Misty Eaton, Sheena Eaton, Sheila Eaton, and Dave Eaton.

We don't want to leave anyone out. If you began worshiping with us this year, thank you! We look forward to each person becoming more involved in Christ's church as we grow in Valley Falls and Jefferson County.

**Thank You, Thank you, Thank You**

Mike and Gina wish to thank everyone for the generous gift of love this Christmas. You are all very dear to us.