First Presbyterian Church  
10 Charleston Ave. Mattoon, IL 61938  
Phone: (217) 234-6722  
Email: fpchurch@consolidated.net  
Website: www.fpcmattoon.org

<table>
<thead>
<tr>
<th>January 2020</th>
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| **Pastor**  
Rev. Matthew Froeschle |
| **Treasurer**  
John Swick |
| **Administrative Assistant**  
Cherry Wishard |
| **Youth Director**  
Toby Montgomery |
| **Music**  
Scott Hines |
| **Worship AV**  
Brandon Barta |
| **Church Custodian**  
Rick Plummer |

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<tr>
<th><strong>Sunday Worship</strong></th>
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| Adult Bible Study  
8:30 a.m. |
| Worship Service  
9:30 a.m. |
| Children’s Church  
9:45 a.m.  
(after Children’s Chat) |
| *Childcare provided* |

<table>
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<th><strong>Wednesday</strong></th>
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| LOGOS  
5:30 p.m.- 7:30 p.m. |
“All Things New”

“All Things New”

“Behold, I am making all things new.” -Revelation 21:5 (ESV)

The second decade of the 21st century has ended, the 20s are now upon us. Will they roar? Shall we embrace art deco once again? Will Gatsby see green or red? (My apologies for starting this article in a rather obvious way - and for the F. Scott Fitzgerald stuff.)

The world is different now than it once was, and so are we. Hopefully we as individuals and as a church have moved closer to Christ in our thinking and in our behavior. Jesus changes us is for the better. Jesus leads us out of the ruts and back onto adventure road. We may not be given a road map telling us what’s coming, but we have the world’s best traveling companion.

In the disciple John’s vision, Jesus said “BEHOLD - I am making ALL THINGS NEW.” I have sometimes wished for a magic wand that would instantly transform used items to brand new condition. Think about it - that favorite gadget of yours - POOF! - just like new. That poor old beater you’re driving around? POOF! New car smell. Scuffed up shoes and torn up coat? POOF! Price tag still on it. Or imagine this: POOF! Wrinkles and arthritis gone - youthful energy restored! Is that what Jesus meant?

I’m pretty sure the changes that Christ spoke of are less obvious - but far richer. The Scriptures promise that welcoming the Spirit of Christ into our lives results in a renewing of our minds (Romans 12:2), and in the Old Testament the prophet spoke of God giving us a new heart to replace the hardened one (Ezekiel 36:26). Forgiveness resurrects friendships and pardon eliminates guilt. These gifts were purchased for us by Jesus on the cross at great price.

No matter how long we have been following Jesus - whether it’s been a few months or a few years or a few decades - we can always be encouraged by Revelation 21:5. We do well to look at the spiritual garments (negative baggage) we are still wearing, and remember Jesus offers us a new wardrobe (Romans 13:14) - if not necessarily a new car.

I guess I’d rather have the old material stuff with the new inner self rather than the other way around. Regardless of whether or not you and your family were impressed by the gifts you exchanged (if you do that sort of thing), we can all be grateful for the peace Jesus offers all year round. Jesus’ peace may not always feel as cool - or bring us quick and circumstantial happiness - but I wouldn’t trade it for anything.

Not even a magic wand.

Have a truly blessed New Year, dear church. I am always, ever so grateful for you.

In Christ’s love,
Pastor Matthew
Holiday Eating  No Need for Stress
Balance is Best

- Fill half of your plate with fruits and vegetables.
- Use herbs and spices instead of sugar and salt.
- Make protein lean and trim fat when cooking meat.
- Drink 8 oz of water before your meals. (one measuring cup)
- Go easy on the gravy – a little goes a long way.
- Try skim evaporated milk instead of heavy cream.
- Make exercise and being active part of your holiday tradition.

One 3 oz serving of Honey Ham equals 200 calories.
To burn this you will need to bike for 30 min. or walk 20 min.

One 4 oz serving of Turkey Breast equals 100 cal.
You will need to bike 15 min or walk 10 min. to burn these calories.

One half cup of Sweet Potato Casserole equals 220 calories.
It will take you 33 min of biking or 22 min. of walking to burn these calories.

You can see that the old saying, “Everything in Moderation” will pay off during your holidays.

Merry Christmas and Happy Healthy New Year!    Jean Jones

Well here we are! Christmas 2019! I cannot believe just how fast time is flying in this life. I can remember hearing from a lot of adults, as I was growing up, that the older we get the faster time goes. This could not be truer in my opinion. It almost somewhat scares me a little to think about how quickly life is passing me by, but such is life. I think about all of these things that I still want to accomplish and things that I would like to check off the old bucket list, but it is finding the actual time to do it is the problem.

In life we are just so busy nowadays that sometimes things DO pass us by. I am reminded of a quote from a piece of film art from the 1980’s by the name of “Ferris Bueller’s Day Off”. This quote says “Life moves pretty fast,. If you don’t stop and look around once in a while, you could miss it.” In this movie, the main character “Ferris” decides that life is going way too fast and proceeds to take a day off from high school to enjoy life and to enjoy his friendships. I want to be Ferris Bueller! I want to be able to notice when my life has become too chaotic to the point that I need to step off the gas and settle down to smell the roses once in a while. Unfortunately, I am not good at that. But in this upcoming new year of 2020, I want to make a resolution right here and now that I am going to notice more when life is too crazy and indeed take the time to shut it down for a little bit. “Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you.” (Deuteronomy 5:12)

Sometimes we can get into a place of busyness that we don’t know what it is like to stop. Not only that we can sometimes feel guilty if we do stop working. However, our God that we worship daily tells us to make sure that we do rest. God wants us to stop and check things out, to take a break from our lives and recharge. In 2020, we should strive to do just that. Peace out! -Toby
**Wednesday, Jan. 1**
News Year’s Day
Church Office Closed

**Thursday, Jan. 2**
Men’s Prayer Group 10:00 a.m.

**Sunday, Jan. 5**
Adult Bible Study 8:30 a.m.
Worship Service 9:30 a.m.
Children’s Church 9:45 a.m.
Worship Committee meeting after service
Mission Stitchers 2:00 p.m.
   Youth Group 3:00 p.m.

**Tuesday, Jan. 7**
Prayer Group 9:00 a.m.
Barbershoppers 7:00 p.m.

**Wednesday, Jan. 8**
Stewardship & Finance 1:00 p.m.
   B & G 2:00 p.m.
   LOGOS 5:30 p.m.

**Thursday, Jan. 9**
Bible Study 9:00 a.m.
Men’s Prayer Group 10:00 a.m.
Mystery Book Club 6:00 p.m.

**Sunday, Jan. 12**
Adult Bible Study 8:30 a.m.
Worship Service 9:30 a.m.
Children’s Church 9:45 a.m.
Pre-Pack Food Center 1:00 p.m.
   Youth Group 3:00 p.m.

**Tuesday, Jan. 14**
Prayer Group 9:00 a.m.
Personnel Committee 4:30 p.m.
Priscilla Circle 7:00 p.m.
Barbershoppers 7:00 p.m.

**Wednesday, Jan. 15**
LOGOS 5:30 p.m.

**Thursday, Jan. 16**
Bible Study 9:00 a.m.
Men’s Prayer Group

**Sunday, Jan. 19**
Adult Bible Study 8:30 a.m.
Worship Service 9:30 a.m.
Children’s Church 9:45 a.m.
Youth Group 3:00 p.m.

**Monday, Jan. 20**
Church Office Closed in observance of Martin Luther King Jr. Birthday

**Tuesday, Jan. 21**
Prayer Group 9:00 a.m.
PEO 9:00 a.m.
Quadrangle Book Club 1:30 p.m.
Mission Committee 6:30 p.m.
Barbershoppers 7:00 p.m.

**Wednesday, Jan. 22**
LOGOS 5:30 p.m.

**Thursday, Jan. 23**
Bible Study 9:00 a.m.
Men’s Prayer Group 10:00 a.m.
PEO 6:30 p.m.

**Sunday, Jan. 26**
Adult Bible Study 8:30 a.m.
Worship Service 9:30 a.m.
Children’s Church 9:45 a.m.
Youth Group 3:00 p.m.

**Tuesday, Jan. 28**
Prayer Group 9:00 a.m.
Session 6:00 p.m.
Barbershoppers 7:00 p.m.

**Wednesday, Jan. 29**
LOGOS 5:30 p.m.

**Thursday, Jan. 30**
Bible Study 9:00 a.m.
Men’s Prayer Group 10:00 a.m.
Food pantry items are being gathered. Please keep the food coming to help those in need. Food may be left in a box in the Narthex.

January: Flour

**Snow Alert**

Winter Weather Hotline… If you happen to find a winter wonderland on Sunday morning and are concerned or wondering if there will be church services…. our contact person is **Paul Daily** or tune in to **WMCI 101.3** on the radio. Paul will be in contact with Rev. Froeschle and a determination will be made regarding the weather and our services. Paul’s number is: 234-9667 or 232-9667.

**Continued prayers for those having treatments for medical conditions:**
- Kathy Beaver
- Jean Beaird
- Earl Bennett
- Joan Dickens
- Jeremiah Parker
- Lindel & Betty Martin
- Betty & Bob Miller
- Elner Oliver
- Lori Woodyard
- The Barta family

For all those who are serving in Armed Forces, including:
- Matt Gathmann
- Kelly Martin
- Hunter S. McRoberts

**January 16th**
- Roy & Elizabeth Druin

**January 19th**
- Andy & Katrina Smith

**January 26th**
- Steve & Vicki Williams
2020 Offering Envelopes are in the Fellowship Hall. If you don't have a box and would like one, please contact the office and we'll get you one.

It’s time to start thinking about Annual Committee Reports. They are due to the church office no later than January 15th.

### Flowers for 2020

Would you like to provide flowers for the sanctuary one Sunday during the year?

Name:__________________________________________

Phone:__________________________________________

Special Date:______________________________

Second choice/Special date:______________________________

In Honor of / In Memory of (circle one)______________________________________________

Do you want the church to order the flowers and charge to you? Yes_____ No_____

After the service please take your flowers.

Please return flower request form to the church office. Thank you!

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Dear members and friends of First Presbyterian Church, Mattoon,

You have access to a huge library of Christian content - Bible Studies - videos - and more! Simply scan the QR code below with your smartphone’s scanner app, or type the link below into your web browser. This will take you to our church’s custom registration page, where you can create your free profile and have instant access to all these great materials provided by RIGHTNOWMEDIA. This is a free gift to you and to your family and your friends near and far.

Share the link! Enjoy the content! God bless you.

_In Christ, Pastor Matthew_

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**Faith Step**

Next time you receive a gift, a paycheck, or some other blessing, ask Jesus to show you a way to pass that blessing along to someone else.

*Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.*

*James 1:17* (NIV)
Annual Rotary Food Drive
First Presbyterian Church

Progressive Dinner Night with
the Youth FPC!
FIRST PRESBYTERIAN CHURCH
10 Charleston Ave.
Mattoon, IL 61938

Return Service Requested

THE FIRST ALERT