

SONBURST NEWSLETTER



FUMC Connect









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Greetings, Brothers and Sisters, in the Wonderful Name of Jesus!

Happy New Year! There is something sacred about the turning of the calendar. A new year invites us to pause, take a breath, and begin again. Many of us start January with good intentions—hopes for healthier habits, better rhythms, or more meaningful connections. And yet, we know how quickly life can pull us back into old patterns.

This year, I want to invite us to think less about resolutions and more about intention especially spiritual intention. What if, instead of focusing on what we want to do, we reflected on who we are becoming? Where do we long for deeper peace, stronger faith, or renewed hope? What practices help us stay grounded in God's presence as we move through busy days and unexpected challenges?

A spiritual intention is not about perfection or performance. It's about attentiveness. It's about creating space for prayer, worship, gratitude, service, and love to shape us over time. These are holy habits that form us gently and faithfully.

As we step into this year together, my prayer is that we would live with open hearts listening for God's voice, trusting God's leading, and remaining expectant even when answers feel slow in coming. May we be people who notice where God is already at work and who respond with faith and courage.

God has carried us through another year. God will walk with us in this one. And God's faithfulness will continue to meet us every step of the way. God has been faithful before. God is faithful now. And God will be faithful still.

In the Name of Jesus Christ. I pray we continue to... Show Love, Share Love, and Spread Love!

Grace and Peace. Pastor Amber





Wellness WELLNESS AWARENESS NEWS Cheryl Howard | PARISH NURSE

Beloved, I pray that all may go well with you and that you may

be in good health, just as it is well with your soul." (3 John 1:2)



HEALTH RESOLUTIONS

What health resolutions are you making for this 2026?? I can offer many suggestions!!! Many will not be new news so I will try to add facts to encourage you!

DRAMATICALLY REDUCE YOUR SUGAR INTAKE. This is so hard, we know sugar is bad for our teeth and weight and increases chances to become diabetic- but new research shows it causes our body to age at 7 times its natural rate! Be aware of hidden sugar in condiments, sauces, yogurt, cereal, and nut butters.

DRAMATICALLY LIMIT YOUR CONSUMPTION OF ULTRA-PROCESSED FOODS. UPFs are manufactured with a combination of refined carbs, fats, and flavors designed to trigger the brain's reward system, leading to increased consumption. The "bliss point" achieved from these foods offers quick relief from mental health distress, but the subsequent crash can worsen mood and create a vicious cycle. Read labels-if it has ingredients that sound like chemicals, it is most likely a UPF. Be suspicious of prepackaged foods with artificial ingredients and preservatives.

CLEANER INDOOR AIR IS AN IMPORTANT STEP TO AVOID VIRAL INFECTIONS. Many viruses are transmitted in the air. They cannot be seen and may linger for several hours on surfaces. One option to decrease the particles is a HEPA filter. Many furnace filters/units come with a high-efficiency particulate arresting (HEPA) filter. Be sure to change the filters regularly as recommended by the manufacturer.

MOVE! MOVE! Regular physical activity has been linked to lower risk for cognitive decline and dementia. Higher physical activity levels were particularly important in midlife (45-64 years) and later life (65-88 years). Exercise reduces inflammation, helps to maintain body strength, improves balance, increases cerebral blood flow, and favorably affects neuroplasticity (your brain's ability to learn and adapt).

BEWARE OF TRENDS THAT HAVE NOT BEEN STUDIED OR RESEARCHED. Many can be dangerous with long term impacts. Use reputable sources- consult your health care provider (many will respond via electronic charts) or when using online resources, go to sites such as NIH or MedLine Plus or WebMD.

LEARN SOMETHING NEW EVERYDAY—be amazed at something everyday!

BE CONNECTED TO A SOCIAL GROUP. It is linked to a lower risk of chronic diseases, better management of stress and anxiety, and improved quality of life. I suggest participating in a Bible Study or church activity or community volunteer opportunities or a book club!

WHAT YOU HEAR AND SEE IN THE COMING YEAR

Cathy Mosier | FUMC PRAYER TEAM

It's December 10 and the wind is HOWLING and I am thinking of the year ahead and wondering what others will see and hear from me.

Matthew 11:4-6 reminds me of the evidence of my faith: Jesus replied, "Go back and report to John what you hear and see: The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor. Blessed is anyone who does not stumble on account of me." S00000 what do people see and hear from the evidence of my faith?? Do they hear the GOOD NEWS?

DOES MY EVIDENCE PRODUCE THANKSGIVING IN OTHERS?

1 Thessalonians 1:2-3, "We always thank God for all of you and continually mention you in our prayers. We remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ." Do I labor to be noticed ... or do I work to bring GLORY to My GOD and Father?

DO OTHERS SEE GOOD FRUIT IN ME?

Colossians 4:5-6, "Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."



Are my conversations full or encouragement and care for others? Is my smile evident, are kind words waiting to overflow my lips, do I listen without planning what to say next?

1 Timothy 2:1-4, "I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth."

Are my words building others up ... or challenging ... positive ... or not so much? Do I speak with Jesus' words of LOVE, Mercy and Grace ... or do I keep silent ... as James 1:19 recommends. "My dear brothers and sisters, take note of this: Everyone should be guick to listen, slow to speak and slow to become angry,"

My prayer for you and me is that 2026 will be a year filled with the evidence that JESUS lives in ME!!

In Christ's service Cathy First United Methodist Prayer Ministry

MISSION and MINISTRIES



We are praying for blessings for 2026 as we Praise God for the blessing to serve in 2025. We'll lead with some news from the last quarter of 2025.

Our Church has made a big difference again this past year but especially in the past few months. These are some highlights from the past couple of months:

- You have been able to bless the clients of Churches in Mission with considerable donations, more than doubling our typical \$8,000, from your gifts both direct and from the General Fund Missions Committee budget.
- You were also able to assist the mission of WellSprings, the Morgan County homeless shelter, with over \$1,000 of additional support for the difficult period of high need and cold weather.
- The Senior Citizens Center received \$1,000 from a 50/50 split with the Friendship Class and the Mission Committee General Fund Budget to offset expenses of the paving of the parking lot.
- You provided over 150 gifts through the Henderson Settlement Angel Tree, mostly for their Teens.
- You also provided 310 Christmas Backsacks for elementary schools for distribution by the 5 Mooresville Consolidated and the Monrovia systems.

JANUARY The first quarter of each year is typically a planning period for the year. As part of that planning, we will be posting a list of volunteer opportunities with contacts in our local missions and schools. Please check the list on the Missions bulletin board, near the Fellowship Hall.

Some images from December:

Backsacks are a project of the Missions Committee through your general fund, assembled by the committee, our Youth, and Here and Now Class.



Contents of each of the 310 Backsacks



Youth and others sacking



50 of the 310 Backsacks

There were just a few items for the teens prior to our arrival, but the 3-5s were overstocked. When completed, the teens looked much like the 3-5s.



Henderson Settlement Teens



Henderson 3-5 year olds



Henderson Staff sorting FUMC presents



Left: Wellsprings preparing for cold weather temporary shelter of unhoused individuals. They also provide other levels of housing.

See wellspringscenter.org for additional information as to how they address emergency housing and shelter housing for the unhoused in cold weather.

Note: The blankets on the cots are a few of the 26 new shelter blankets that were provided by our Church to Wellsprings.

NEW GROUP OPPORTUNITIES

Anyone may join one of the current Sunday school classes and Bible studies at any time. In January, there will be two new groups for you to be a part of. Check them out below.



BOOK CLUB

Beth DeHoff is starting her 2026 year of service with a virtual book club. One book a month. January is Methodist focused, "Calling On Fire" by Ashley Boggan and Chris Heckert.

This book is a gem, and only 122 pages. You can read a printed book, ebook or audiobook, or just join for the conversation.

This will be held on the first Wednesday of the month starting Jan. 7 from 8 to 9pm.

Zoom link: https://iu.zoom.us/j/82265967591

"BASICS OF FAITH" SMALL GROUP

What does it mean to be a Christian? Whether you have been following Jesus for 50 years or you are exploring faith for the first time. You are not the only person thinking about that question.

"Basics of Faith" is a six-week study and will begin on Sunday, Jan. 18 at 4:45pm. For those of you with youth group kids, this is a great opportunity to be part of a small group. We will talk about prayer, worship, the Bible and more.

Contact Kim Vedder at office@mooresvillefumc.org or 317-407-6624 if you have any questions or would like to join the study.



Mark your calendars for the next blood drive on Sunday, Feb. 8 from 9am to 1pm.

Sign up at your Versiti account or through the office.



CHEESE BALLS

Big Game Day is Feb. 8 and once again the **United Methodist** Women are taking orders for cheeseballs

for you to enjoy while watching the game. Orders will be taken Jan. 18 and 25 and may be picked up Feb. 8.

Cheeseballs are pre-ordered and need to be paid at time of order.

PRESCHOOL and YOUTH



Preschool Themes for January:
Winter Fun • Dinosaurs
Art & Music • Space
Registration is now open for 2026-27
school year. See page 9 for intent-toregister form.

IT'S LOCK-IN TIME!!!



On Friday, January 9 at 6pm the youth will be holding their annual Mid-winter/Post-Xmas/New-Year/Back-to-School lock-in. We will eat dinner together, worship, and play lots of great games as we spend the night in the church.



As an added bonus, the youth from West Newton UMC will be joining us. Invite as many friends as you like! Parents may pick up their students at 9am on Saturday.

WHAT'S COMING UP

SUNDAY, JAN. 4 PICKLEBALL SUNDAY 3-5pm

Once again, we will be playing pickleball at Grace Church, 4172 E Allison Rd, Camby, IN 46113 They have 3 indoor courts and some of their youth will be joining us for a great time!



FRIDAY, JAN. 9, 6pm thru SATURDAY, JAN. 10, 9am

MID-WINTER/POST-XMAS/ NEW-YEARS LOCK-IN We will spend the night in the church eating dinner together, worshiping, and playing lots of fun games.

For added fun, we will be joined by the youth group from West Newton UMC! Invite as many friends as you like!



SUNDAY, JAN. 11

NO YOUTH

We will be recovering from the lock-in!



SUNDAY, JAN. 18

YOUTH GROUP 4:45-7:15pm!

Eat dinner together, play some great games, then break up into small groups for discussion.



SUNDAY, JAN. 25

YOUTH GROUP 4:45-7:15pm!

Eat dinner together, play some great games, then break up into small groups for discussion.



水水水

For Office:

Date Received

File Made

TOMORROW'S PROMISE PRESCHOOL

Reg. Fee paid Check # Placed on List

Reminder Sent

900 Indianapolis Road, Mooresville, Indiana 46158, 317-834-1787 preschool@mooresvillefumc.org

INTENT TO REGISTER 2026- 2027 SCHOOL YEAR

Tomorrow's Promise Preschool is preparing for the 2026-2027 school year. Listed below are the classes offered, the birthday cut-off schedule, and tuition amounts. Children should be toilet trained to attend any Preschool classes.

Your child will be enrolled in the age-appropriate class in the order in which the intent-to-register application is returned. A completed, signed, intent-to-register form and payment of the non-refundable \$50 registration fee assures class enrollment. The completed form can be put in the tuition box or returned to me. If you have any questions, please contact me at 317-834-1787 or email the school at preschool@mooresvillefumc.org

Keeping Christ in our Hearts - Lydia Rychtarczyk, Director Please Print Child's Name Last First Middle Birth Date _____ M____ F___ City _____ Zip Code _____ Phone # Parent(s) Names: Attached is my \$50 registration fee _____ I will pay my \$50 registration fee by May 1 ______ I understand that the registration fee is non-refundable Signature Date E-mail address **YOUNG 3 YEAR OLDS** Birthday falls between July 1, 2023 - December 2023 Monthly Tuition **Total Contract** Tuesday & Thursday Mornings, 9:00 – 11:30 \$125 \$1.250 (This class must have 5 children enrolled to open) **OLDER 3s & YOUNGER 4s** Birthday falls between August 2, 2022 – June 30, 2023 Monthly Tuition **Total Contract** Mon., Wed., & Fri. Mornings, 9:00 – 11:30 \$200 \$2.000 Mon., Wed., & Fri. Mornings, 9:20 – 11:50 \$200 \$2,000 (These classes must have 7 children enrolled to open) **PRE-K CLASS (4 & 5s)** Birthday falls between August 1, 2021 - August 1, 2022 Mooresville School District Kindergarten Cut-Off Date is turning 5 by Aug. 1 Monthly Tuition **Total Contract** \$2.250 Mon., Tues., Wed., Thurs Mornings, 9:00 – 11:30 \$225 \$2,250 Mon., Tues., Wed., Thurs Mornings 9:20 – 11:50 \$225 Mon., Tues., Wed., Thurs., Afternoons 12:15 – 2:45 \$225 \$2,250 (These classes must have 8 children enrolled to open)

SUNDAY SCHOOL and RECURRING GROUPS



Please check with your leader to confirm meetings.

Group Name	Time	Location	Leader	Date	Description of Study	
SUNDAY GROUPS						
Seeker Sunday School	10:30 am	Rm 106	Cathy Mosier	Meeting Now	Bible Study	
Friendship Class	10:30 am	Parlor	Yeager / Harris	Meeting Now	Bible Study	
Here and Now Class	10:30 am	Rm 104	Dave Nance	Meeting Now	Bible Study	
Talk Back	10:30 am	Rm 110	Pastor Amber	Meeting Now	Bible Study	
Alcoholics Anonymous	4:00 pm	Rm 110	Team Leaders	Meeting Now	Support group	
The Crossing	4:50 pm	Rm 112	Dan Herron	Meeting Now	7th-12th grade youth group	
5th/6th Grade Youth	4:50 pm	Rm 108	Dan Herron	Meeting Now	5th-6th grade youth group	

MONDAY GROUPS						
Trailblazers	1:00 pm	Parlor	Cheryl Howard	Meeting Now	Bible Study	

TUESDAY GROUPS	5				
Quilters	9:00 am	Parlor	Team Leaders	Meeting Now	Bring sewing machine

WEDNESDAY GROUPS						
Prayer Group	8:00 am	Chapel	Team Leaders	Meeting Now	Pray for our church/community	
Stretch & Flex	10:30 am	Parlor	Team Leaders	Meeting Now	Chair Yoga	
Handbell Choir	6:00 pm	Rm 103	Cathy Mosier	Meeting Now	Handbell practice	

THURSDAY GROUPS						
LRE Visitation Team	9:30 am	Rm 104	Sandy Fanning	Jan. 8, 22	Meet for devotions/outreach	

FRIDAY GROUPS					
Alcoholics Anonymous	7:30 pm	Parlor	Team Leaders	Meeting Now	Support for addiction
Al-Anon	7:30 pm	Rm 110	Team Leaders	Meeting Now	Spouse support for addiction

SATURDAY GROUPS						
UMMen's Breakfast	8:00 am	Parlor	Team Leaders	Jan. 10	Breakfast & devotion with sharing	

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				OFFICE CLOSED	2 OFFICE CLOSED 7:30pm AA 7:30pm Alanon	3
9:15am Worship 10:30am Adult & Children Sunday School 3pm Youth Pickleball 4pm AA	5 9am Tomorrow's Promise Preschool 1pm Trailblazers	9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship	7 8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice 8pm Book Club	9am Tomorrow's Promise Preschool 9:30am LRE 10am UMW Meeting 1:30pm Bayview 6:30pm 4H Pioneer Clovers	9 9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	10 8am UMM Breakfast
9:15am Worship 10:30am Adult & Children Sunday School 4pm AA	9am Tomorrow's Promise Preschool 1pm Trailblazers	9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship	8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice	9am Tomorrow's Promise Preschool 1pm Book Club	9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	17
9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm Youth Group 4:45pm "Basics of Faith" Small Group CHEESEBALL ORDERS	NO SCHOOL 1pm Trailblazers 3pm Delta Theta Tau	20 9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship	21 8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice	9am Tomorrow's Promise Preschool 9:30am LRE	9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	24
9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm Youth Group 4:45pm "Basics of Faith" Small Group CHEESEBALL ORDERS	26 9am Tomorrow's Promise Preschool 1pm Trailblazers	9am Tomorrow's Promise Preschool 9am Quilting Group 6pm Ad Council 6:40pm Bible Study Fellowship	28 8am Prayer 9am Tomorrow's Promise Preschool 10:30pm Stretch & Flex 6pm Bell Choir Practice	29 9am Tomorrow's Promise Preschool	30 9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	31



Address Service Requested

900 Indianapolis Rd. Mooresville, IN 46158 317-831-3376

