

Methodist Messenger

Prague/Arlington Charge

January 2018

A Year of Gratitude

All these things are for your benefit. As grace increases to benefit more and more people, it will cause gratitude to increase, which results in God's glory.

2 Corinthians 4:15 (CEB)

Several years ago, Amy Morin wrote an article for *Forbes Magazine*, on gratitude and its benefits. ("7 Scientifically Proven Benefits of Gratitude That Will Motivate You to Give Thanks Year-Round" Nov. 23, 2014.) In this article she made a deeply profound statement. "Developing an "attitude of gratitude" is one of the simplest ways to improve your satisfaction with life."¹ Of course, the Corinthians knew this long before Ms. Morin.

In this article she lists the seven benefits of living a life of gratitude.

- Gratitude opens the door to better relationships
- Gratitude improves physical health
- Gratitude improves psychological health
- Gratitude enhances empathy and reduces aggression
- Grateful people sleep better
- Gratitude improves self esteem
- Gratitude increases mental strength

I would add another for the people of God: Gratitude results in God's glory

This year, I challenge each of you to develop an attitude of gratitude. **In 2018, name three things every day for which you are grateful.** I know that we tend to be thankful for our health or our family, but we need to remember to stop and be thankful for the simple things. This is what improves the ability to live a life of gratitude and glorify God.

An example from my own list of thankfulness include:

- gratitude for technology that enables me to have a relationship with my child who lives far away
- gratitude for my chair (this would be the one I sit in every morning to pray and prepare for the day),
- gratitude for the staff of the church who help me every day, and have brightened my day on many occasions.

Another practice that I have done before, (but as with many things we intend and let lapse from time to time) is to write seven thank you cards a week to people and mail them. This is one of my resolutions for the coming year, to get back to those seven thank you cards a week. We do not tell people often enough how grateful we are for them.

Let's make 2018, a year of gratitude!

Blessings,

Rev. Tobey

¹ <http://www.forbes.com/sites/amymorin/2014/11/23/7-scientifically-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/>



UNITED METHODIST MEN

Information from Jerry Opela
 The UMM met Saturday December 2, Pres. Jack Vaughan presiding. Jack Vaughan also offered the devotional, "Do You Understand What I Have Done?" The potato bar will be set on January 21, maybe will do something different than potato bar. Other activity included discussing to refurbish the nativity scene that we use for Christmas in the park. Randy Eby gave the closing prayer.

The next UMM meeting will be 7 am, Saturday, January 6, for breakfast, fellowship, devotional, and business. Randy Eby will be leading the devotional, "When Christians Get It Wrong." All men and boys are invited to drop by and enjoy.



UNITED METHODIST WOMEN

Information from President Lisa Hefner
 We met December 14, Thursday at 6pm in the Prague United Methodist Church Fellowship Hall. From Gingerbread men to dip with cracker trays, to a great Puppy Chow mix and pie, if you weren't there you missed some good Christmas treats. We found out what the American Heritage Girls Troop has been doing around Prague from leader Melinda Pruett. Destiny Donaldson filled in as our Secretary, taking minutes and she also is the person taking the lead on the Newsletter of our church. We made plans for the many ways we could as a unit nurture the community of Prague in mission work.

News about the many plans will be coming in a future newsletter, so keep on the lookout for that.



united methodist youth fellowship

UNITED METHODIST YOUTH

Written by Youth Coordinator Destiny Donaldson
 December, has come and gone and with it the joy of the Christmas season. The youth had Secret Santa on December 6 and had an absolute blast listening to music and learning what the true meaning of Christmas means. On December 15th the youth went and looked at Christmas lights in Seminole. Even though we practically froze our fingers off riding a trolley around the completely lite pond was such an amazing sight. I inserted a picture of one of the many light displays. More images on the Prague Methodist Church Facebook page.



When asked what the youth would like to learn this upcoming year one youth suggested "Why did Judas betray Jesus?" We will be focusing on Jesus' life starting with the birth in December and ending with the cross and Pentecost in May. This month the youth are planning on going to Winter-Retreat, a mid-winter camp on January 12-15. The theme is Known; God, Self, Others, Fully. The youth look forward to this camp every year and are excited it's almost here. It's some ways away but mark your calendars for the Youth Valentine's Dinner fundraiser on February 11th, 2018. Details about the tickets will be announced in church and in the upcoming newsletter. God's Grace, Destiny



Written by Children's Coordinator Melinda Pruett
 December has been a blast learning how Mary was blessed by God to have his son Jesus. We learned that Joseph and Mary traveled to Bethlehem for a census and there was no room at the Inn. They had to stay in the stable and Mary gave birth to Jesus. The children enjoyed The St Nicholas Day. They made crafts heard a story from Mrs. Claus and got to see Santa.



The 13th we went Christmas caroling to Donna and Hubert Smiths house. The Nursing Home and Hospital. The kids celebrated Jesus' birthday and saw Mr. and Mrs. Claus and an elf! January is coming get ready get set let's go!

Below is an image of the children caroling at the hospital.



their Sunday School. It was a time of fellowship and celebration.

LADIES DAY OUT

Love, support, and confidentiality is what this group is all about. These Ladies meet on Wednesdays at 11 in the morning in the Sunday School classroom next to the nursery. If this sounds interesting to you stop by on Wednesdays and see some familiar faces.

PRAGUE UMC LEADERSHIP TEAM

At the 2017 Charge Conference, it was voted to change the structure of leadership from the committees, boards, etc., to one Leadership Team. The Leadership Team is composed of 12 elected (voice and vote) and ex-officio (voice only) members comprised of the staff, and is the official governing body for the Prague United Methodist Church. The LT incorporates all the tasks and organizational structure required by the UM Book of Discipline into one board, and has 5 major responsibilities:



After months of hard work and determination on December 10th everyone got to hear the wonderful voices of the choir! Songs included: Away in a Manger, Do you Hear what I Hear, It Came Upon the Midnight Clear, Adore, A Christmas Alleluia, Noel, A King Like This, and Go Tell It on the Mountain. It was such a moving performance. We also had soloists from Terri Tackett and Diana Kinzey.

1. Assist in clarifying God's mission and vision for our church:
We will be rooted in faith and GO DEEPER, so we can grow higher and further to reach people for Christ.
And the Mission of The United Methodist Church: *To make disciples of Jesus Christ for the transformation of the world.*
2. Plan and implement ministries that lead the church in living out our vision and mission...recruiting ministry teams as/if needed.
3. Serve as role models of what it means to be a follower of Jesus...and to live out, in an exemplary way, our membership vows of "prayers, presence, gifts, service and witness."
4. Intentionally work to lead the team and church in developing sound leadership skills.
5. Approve policy, such as annual budget and stewardship, staff reviews and decisions, building and property decisions, recruiting and selecting new LT members, and providing authority/guidance to work within the church.



SIGN LANGUAGE

Written by Director Rev. Sharon Capron

The sign language class has been working hard on two main songs: Victory Chant and The Lord's Prayer. Performance is scheduled for some time in January, and will be announced during church.

Your 2018 Leadership Team is:

Class of 2018: Janet Baker, Randy Eby, Vicki Pfeiff, Rick Martin

Class of 2018: Brian Baker, Jerry Opela, Kristen Hamm, Richard Hefner

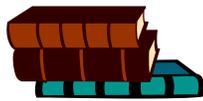
Class of 2020: Jack Vaughn, MM Greene, Wayne Stricklin, Connie Reynolds



ARLINGTON UMC

"It's not what's under the tree that matters, it's who's gathered around it." Arlington's Christmas party and gift exchange happened on December 17th during

The first meeting of the year is a retreat to plan ministry for the coming year. It will be held on Saturday, January 27. Thank you for all who have agreed to serve God and their church in this way.



QUOTABLE QUOTES

"May the new year bring you an abundance of amazing opportunities, beautiful moments, and joyful experiences. May your positive actions and attitude inspire others. May you be brave enough to take on and overcome rewarding challenges. May you find yourself in high spirits and excellent health. May you love with all your heart and find peace in even the most turbulent of times. May the love you give always find its way back to you multiplied. And may you forever be filled with the hope and strength necessary to make your dreams a reality."

Zero Dean



WORSHIP CALENDAR

On November 26 Sara Martin preached at Arlington and Prague. because it was United Methodist Student Sunday. Sara is attending OCU with the intention of becoming a UMC elder. Her Sermon was "Faithful Witness" and scripture was Hebrews 11:1-2, 20-22. Barbara was absent that day and Diana Kinzey led music. Shown below is Sara Martin alongside Sharon Capron



@pragueokumc



AFTERNOON ACTIVITIES

On December 17th at 2:30pm we had our Ugly Sweater Party. We had a great turn out with almost 30 people attending. Activities included Pictionary, ugly sweater contest, and Christmas trivia.



Winners of the Ugly Sweater contest were Sonja Tobey with First Place (Ugliest), Sharon Capron Second place (Uglier), and Ryder Carver Third place (Ugly).



Shown below is Barbara Holman with Most Original and Mike Tobey with Most Creative.





Monday,

Tuesday,

Wednesday,

Prague school starts back up

Thursday,

BD Betty Brauer

WA Butch & Leah Carver

Friday,

6 – 7 pm AA & Al-Anon

Saturday,

7am United Methodist Men

Sunday,

Worship/Sunday school – Arlington

Sunday school/worship – Prague

BD Dakota Beachler

WA Reese & Sharon Capron

Monday,

Tuesday,

6 – 7 pm AA & Al-Anon

Wednesday,

11 am Arlington Ladies Day Out

3:30 - 7 pm Quest

6:30 pm vocal choir

Thursday,

6 pm United Methodist Women

Friday,

6 – 7 pm AA & Al-Anon

BD Brinae Holman

Saturday,

Sunday,

Worship/Sunday school – Arlington

Sunday school/worship – Prague

Monday,

Tuesday,

6 – 7 pm AA & Al-Anon

BD Paula Brauer

Wednesday,

11 am Arlington Ladies Day Out

3:30 - 7 pm Quest

6:30 vocal choir

Thursday,

BD Jack Vaughn

BD Sheila Powell

Friday,

6 – 7 pm AA & Al-Anon

BD Charity Gile

Saturday,

Sunday,

Worship/Sunday school – Arlington

Sunday school/worship – Prague

BD Bryna Anderson

Monday,

Tuesday,

6 – 7 pm AA & Al-Anon

BD Kristi Stricklin

Wednesday,

11 am Arlington Ladies Day Out

3:30 - 7 pm Quest

6:30 vocal choir

BD Donnal Smith

Thursday,

Friday,

6 – 7 pm AA & Al-Anon

Saturday,

BD Heather Capron

BD Tracy Howard

Sunday,

Worship/Sunday school – Arlington

Sunday school/worship – Prague

Monday,

WA Robert & Barbara Holman

Tuesday,

6 - 7 pm AA & Al-Anon

Wednesday,

11 am Arlington Ladies Day Out

3:30 - 7 pm Quest

6:30 vocal choir

BD Jo Ann Coleman

BD Barbara Sands

BD = birthday

WA = wedding anniversary



Methodist Messenger

Prague/Arlington United Methodist Churches
 1103 Klabzuba
 7901 NBU
 Prague, OK 74864

Address Service requested

Rev. Dr. Sonja Tobey, revsonja@hotmail.com

Assoc. Pastor	4538	Rev. Sharon Capron	Lay Minister	343-4368	JoeAnn Pritchett
Children's Leader	202-8550	Melinda Pruett	UMM president	4067	Jack Vaughn
Director of Worship Arts	3528	Barbara Holman	UMW president	382-2954	Lisa Hefner
Youth Coordinator	404-1344	Destiny Donaldson			

PRAGUE

0988 Terri Tackett
 0988 Terri Tackett
 4536 Robert Clark
 0127,7860 S. Martin, D. Kinzey
 3470 Brian Baker
 382-2954 Richard Hefner
 3792 Bob Thompson
 2846 Delores Bradley
 Manuel Rivas

Office 9am–2pm, Mon–Thurs, **567-3126**

Secretary
Treasurer
Church Council chair
Lay Member Annual Conf.
Lay Leader
Staff/Parish Relations chair
Finance chair
Sunday School supt.
Custodian

ARLINGTON

4183 Jean Bradburn
 4722 Paula Brauer
 4183 Jean Bradburn
 4183 Jean Bradburn
 4183 Jean Bradburn
 3595 Banks Weeks
 2880 Charlotte Fouquet
 343-4368 JoeAnn Pritchett
 4722 Paula Brauer