Dear friends in Christ,

I bought a book called “Beyond Training” after I joined a gym so I could learn how to make the best use of my time exercising. The book is written by Ben Greenfield, who trained with the Navy Seals, has worked with the NHL, the NBA, the NFL, and an Ironman triathlete. He is a fitness geek. His recent article was about spirituality and how vital that is to his life. I wanted to share portions of his article (I paraphrased to make it easier reading) with you as we all begin a new decade.

“… I talk a lot about fitness tools, dietary tactics, supplements, medications, etc, but I haven't really taken much of a deep dive into how I build my spiritual muscles in the same way that I might build my physical muscles. The fact is finding the perfect diet, climbing your own personal Mount Everest of a triathlon, Spartan race, or CrossFit competition can leave you feeling extremely empty inside. I've become increasingly convinced that caring for one's spirit is as important—no, actually more important, than caring for one's body and brain. It seems that the spirit is the most oft-ignored component of our human vessels, and that's because of a near-complete neglect of disciplining ourselves spiritually.

Before I get out of bed I always have something spiritually uplifting on my bedside that I begin my day with. In the past year, I've been reading the Proverbs from the Bible. I'll only read for about five to ten minutes (about one, sometimes two, chapters) per day. I don't just read though. I do as many of the great leaders of religions would do, I read then follow that with meditation and prayer. This is something I learned from Richard Foster's book, Celebration Of Discipline.

Then I spend about 10 to 15 minutes doing stretching and listening to something spiritual or uplifting during my morning stretching routine. There are a couple that I really like, including Our Daily Bread, The Solid Joys, Daily Devotional.

After that I do a daily gratitude practice. This isn't some hour-long process or anything, but is rather a simple 10-minute gathering as a family to kind of jumpstart the day, and we use what's called a Christian Gratitude Journal for this.

In the evening I read something like the Benjamin Franklin journaling approach of self-reflection. It reflects the type of questions that Benjamin Franklin would ask himself before he went to bed at night. It contains questions like the following:
What good have I done this day?
What could I have done better on this day?
What mistakes did I make?
What triumphs did I have?
What failures did I have?

It forces you to analyze your day allowing you to make your following day that much better, repeating the same successes or avoiding similar failures. Or it can just be a moment of quiet reflection or journaling, reflecting on what good you have done that day, or what things you could have done better that day, or some other form of self-reflection. There are many different ways to do it.”

May this new decade be filled with blessing,

Rev Deb

Chalking the Door

It’s that time of year again. “Chalking the door” is a way to celebrate and literally mark the occasion of the Epiphany and God’s blessing of our lives and home. With time the chalk will fade. As it does we let the meaning of the symbols written sink into the depths of our heart and be manifest in our words and actions the Latin words, Christus mansionem benedicat, “May Christ bless the house.”

Chalking the Door is one custom that some families and churches do for Epiphany. We invite you to adopt this custom in your family. The family gathers to ask God’s blessing on their home and on those who live in or visit the home. It is an invitation for Jesus to be a daily guest in our home, our comings and goings, our conversations, our work and play, our joys and sorrows.

A traditional way of doing this is to use chalk to write above the home’s entrance, 20+C+M+B+20. The letters C, M, B have two meanings. They are the initials of the traditional names of the three magi: Caspar, Melchior, and Balthazar. They also abbreviate the Latin words Christus mansionem benedictat, “May Christ bless the house.” The “+” signs represent the cross and 2020 is the year.

Blessing the Chalk

V. Our help is the name of the Lord:
R. The maker of heaven and earth.
V. The Lord shall watch over your going out and your coming in:
R. From this time forth for evermore.

Let us pray.

Loving God, bless this chalk which you have created, that it may be helpful to your people; and grant that through the invocation of your most Holy Name that we who use it in faith to write upon the door of our home the names of your holy ones Caspar, Melchior, and Balthazar, may receive health of body and protection of soul for all who dwell in or visit our home; through Jesus Christ our Lord. Amen.
Our new website is up!! Check it out
http://www.oursaviourplacerville.org

Annual Meeting January 19
We will be having our Annual Meeting on January 19th. We will meet in the church following the worship service that day. The worship service will be at 9:30 am. There will be a potluck following the Annual Meeting.

Call for Reports
If you are the chair or leader of a committee in the church please turn in a written report to Rev Deb by Jan 8th so she can prepare the Annual Report.

Vestry Membership
Vestry members oversee parish financial issues and approve the annual budget. They also serve as liaisons for communication between the Vestry and Ministry Teams. We will have two seats up for election in 2020. Both are 3 year positions. The vestry voted to approve to replace Marybea Varvel with Leslyn Shortes. We will be able to affirm change at the annual meeting. Vestry members should represent the breadth and diversity of the parish membership and the slate of nominees should be drawn from a broad spectrum of parish life. To be eligible to serve on the Vestry, a person shall be a communicant whose name is duly enrolled in the Register of the Parish, be sixteen years of age or older, regular in attendance at services and other church activities, and a steward of their time, talent and treasure for its support.

Delegates to Convention
We will also be electing 3 delegates to the 2020. All delegates and alternate delegates should reserve the date of the Diocesan Convention which is November 6-7, 2020. Vestry members oversee parish financial issues and approve the annual budget. They also serve as liaisons for communication between the Vestry and Ministry Teams. We will have two seats up for election in 2020. Both are 3 year positions. Leslyn Shortes has taken over the position that Marybea Varvel had. We will be able to affirm change at the annual meeting. Vestry members should represent the breadth and diversity of the parish membership and the slate of nominees should be drawn from a broad spectrum of parish life. To be eligible to serve on the Vestry, a person shall be a communicant whose name is duly enrolled in the Register of the Parish, be sixteen years of age or older, regular in attendance at services and other church activities, and a steward of their time, talent and treasure for its support.

Forums
Jan 12: What will be the hardest thing to leave behind? Based on the book The Great Divorce by C.S> Lewis.
### January Birthdays:
- Debbie Lightfoot January 5
- Bob Fagnani January 19

### January Anniversaries:
- Chris & Suzanne Kenny January 26

#### January Ministry Schedule 8 am

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#### January Ministry Schedule 10:30 am

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#### January Ministry Schedule 9:30 am

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Episcopal Church of Our Saviour
P.O. Box 447
2979 Coloma Street
Placerville, CA 95667-0447

TIME DATE MATERIAL. PLEASE EXPEDITE