



Friday, January 12

## The Weekender

### **KISS, SMART, and Other Helpful Acronyms**

*Rev. Allyson Lawrence*

KISS. Keep It Simple Sweetie. KISS is one of those acronyms that comes to my mind often. A dear friend use to say it on an alarmingly regular basis. Keep It Simple Sweetie (my friend's version was one of the variations that didn't use Sweetie - his word started with a Stu-, ended with an -id, and had a p in the middle. We aren't allowed to use that word in our house; yeah, I know, I am that parent!).

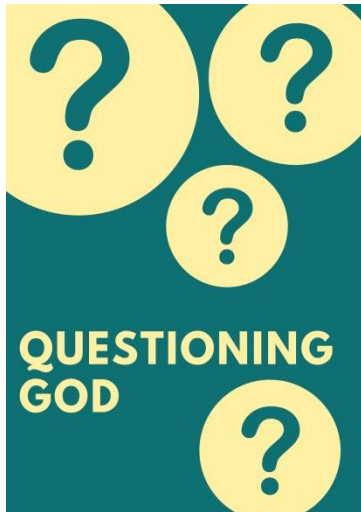
I have realized that throughout my life, I have a tendency to complicate simple things. Such a tendency can make quick decision making difficult, any decision making for that matter. For example, I do much better at restaurants that have only a few choices on their menus. Menus that read like a novel will nearly paralyze me. Some modern experts label my condition, "Analysis Paralysis." To remember to KISS can be a gentle reminder to stay focused on the main goal. In the case of a restaurant, my main goal is usually to eat. If I accomplish that, which I obviously do on a regular basis, then I have been successful.

Speaking of goals. SMART is another helpful acronym. Specific, Measurable, Achievable, Realistic, Timely. I first learned of the concept of SMART goals at a district preachers meeting. Our boss, the district superintendent, was trying to guide us and our churches to make SMART goals for the upcoming year. While the idea of SMART goals has been around in corporate management circles for 35+ years, that preachers meeting was my first awareness of it. It has been stuck in the recesses of my mind ever since.

Did you know that nearly half of the people who make New Year's Resolutions fail in the first month? I wonder if the success rate would be higher if we made SMART resolutions. I can't think of a New Year's Resolution that I put a whole lot of thought into, much less, keeping it for a whole year. But if I did, what would happen if I made it a SMART one?

NOW. Nurture, Outreach, Worship. Hopefully you recognize this one. For the last few years, we as church, have claimed this as our vision statement: "Connecting with God's Kingdom NOW through Nurture, Outreach, and Worship." This year we are focusing on how we grow in that connection with God's Kingdom. It is to be a year of intentionally growing deeper roots in the life of Christ. It is to be a year of getting to know God even better. Find a small study group. Find a supper group. Find a creative expression. Find a service project. Find your way to worship the Divine.

It's not too late to make a SMART goal - a SMART resolution, if you prefer. It's not too late to make a plan to grow even more in your spiritual life, to make a plan to seek deeper transformation, to make a plan to nourish the grace that God has already planted within you. Shoot, it's *never* too late to do that. Just don't forget to KISS, though.



## This Sunday in Worship January 14 2<sup>nd</sup> Sunday After Epiphany

### Anthems:

*Shepherd of My Soul (8:30 a.m.)*

*Precious Lord, Take My Hand (11:00 a.m.)*

### Sermon:

*Questioning God Series 1 of 5*

*"Why Does God Allow Suffering?" (Job)*

Rev. John Barnes preaching (8:30, 9:45, 11:00 a.m.)

### 40 Donors Still Needed for January 14 Blood Drive



Will you be one of the 40 donors still needed at Sunday's blood drive? The American Red Cross has issued an urgent call for blood and platelet donors of all blood types to give now to help address a winter blood donation shortage. Recent winter storms forced blood drives to cancel, causing more than 5,500 blood and platelet donations to go uncollected. Right now, blood and platelet donations are being distributed to hospitals as fast as they come in, and more donations are urgently needed in the coming days so that patients can continue to receive the lifesaving treatments they need.



**FFUMC Blood Drive: January 14, 8 a.m. to 1 p.m.** Sign up for a specific donation time at [redcrossblood.org](http://redcrossblood.org) and include the sponsor code ffumc. Walk-ins are always welcome, too.

*Thanks, Tommy Webb, for your dedication and commitment of service with the American Red Cross Blood Drives. For the past 18 years Tommy Webb has spearheaded our efforts to keep the blood drives going at FFUMC. We appreciate his leadership and selflessness. Please take the time at our January blood drive to personally thank Tommy for his nearly two decades of work.*

### Six for Supper Groups Forming for New Year



Six for Supper is a great way to form new friendships, get to know others better, meet new people in our church, and deepen relationships with one another. New groups are forming now for the months of February, March and April. How does it work? Three couples (or 2 couples and 2 singles or any similar variation) are grouped together for a three-month period. Over the course of the three months, the participants will gather at each other's homes or at a restaurant to share a meal together once a month. Get details and signup at [fayettevillefirst.com](http://fayettevillefirst.com) or contact the church office at [admin@fayettevillefirst.com](mailto:admin@fayettevillefirst.com) by January 21. Let's get to know each other over supper!



### Youth Leave for Renovatus Retreat Today

Be in prayer for our students and leaders as they depart to the North Georgia Mountains for the Renovatus Retreat today.

### District Training Opportunity



If you will begin serving on a committee in January, you are invited to attend the LaGrange District Training Event on Sunday, January 28, from 3:30 to 5 p.m. at LaGrange First UMC. Specific classes will be available for members of Finance, Trustees and Staff Parish Relations committees. Other options include training on church security, Safe Sanctuaries, missions and evangelism. Please make plans to attend. See one of the pastors or staff if you have questions.

### Creative Encouragement: Share a Smile



Make this card at next week's Creative Encouragement Class on Wednesday, January 17, at 6:15 p.m. No experience is necessary. Join Carol Boronkas in Room C-270 as she leads the group to produce this love-themed card. Participants will make some to take for personal sharing and some to donate to the Creative Card ministry at FFUMC. No registration is needed. Just grab a friend and have fun creating encouragement!

**Upcoming: Get more information on events at [fayettevillefirst.com](http://fayettevillefirst.com) or 770-461-4313.**

January 14 — American Red Cross Blood Drive, 8 a.m. to 1 p.m., Sign up [redcrossblood.org](http://redcrossblood.org), sponsor: ffumc, Walk-ins welcome.

January 17 — Creative Encouragement, Card-making class and more, no experience necessary, 6: 15 p.m., Room C-270

January 28 — LaGrange District Training Event, LaGrange UMC, 3 to 5 p.m., See workshops offered at [fayettevillefirst.com](http://fayettevillefirst.com).

### Financial Update for January 12

Income: \$31,056.15

Expenses: \$48,115.24