



La Habra United Methodist Church

Vista

January 2018

I got a new prescription for my glasses recently. My vision hadn't changed in years. I went to a new eye doctor who asked me how long it had been since I had my eyes checked. It had been about a year and a half. "But," I said, "my vision hasn't changed in the last 20 years." "It has now," she said.

When I got the new glasses, I was shocked at the difference. It wasn't that I couldn't see well. But now I can see a whole lot better.

Life can be like that. We notice, or someone points out to us, that an adjustment in behavior might be in order. We become so adjusted to the way that we get along that we may not notice that we've gotten off track.

We all make adjustments in our lives. It is always easier to suggest that someone should accept change than to accept change ourselves. Someone I am close to is making a major adjustment. She is handling it very well but admits that the change has not been easy.

The beginning of a new year is often a time to think through how we will do things differently. We make resolutions, decide to go on a diet, spend more time with family or friends; the lists are endless and often unfulfilled.

Life changes are sometimes dramatic. I've known people who decide in a moment that something must change, and they make the change. I knew someone who decided to stop smoking. He stopped. He never lit up ever again. It is usually not that sudden.

We sometimes make small changes on the way to a big change. We often make small modifications in the midst of making big adjustments. In my experience there is a lot of "slipping backwards" when I am trying to make a significant change in my behavior.

One of my daily prayers is to ask God to help me stay on track. I do my best to make changes in manageable chunks. Quite often it is a matter of adopting a more healthy and balanced approach to something in place of behaviors that are clearly not working.

A good friend of mine likes this quote on the subject:

We sow a thought and reap an act;
We sow an act and reap a habit;
We sow a habit and reap a character;
We sow a character and reap a destiny.

I've never found a good attribution of the quote. It was apparently a popular saying around 1900. I like the quote because it reminds me that God is not done with me yet.

Maybe the New Year is a good time to start with some new thoughts, acts, habits, characters, and destinies. What are your thoughts about adjustment and change?

New Year's Blessings,

Pastor Doug

Out to Lunch Bunch

Out-to-Lunch Bunch meets every third Wednesday of the month. We get together for a nice meal and fellowship. Come join us for this month's event on Wednesday, January 17, at 1:00pm. We will be meeting at "Lascari's" on Whittier Blvd. Hope to see ya there!

happy biRthday January Birthdays!!

<i>Jim Hill</i>	<i>2nd</i>
<i>Jonell Cadman</i>	<i>5th</i>
<i>Floyd Sabins</i>	<i>5th</i>
<i>Barbara Tucker</i>	<i>5th</i>
<i>Pat Gaston</i>	<i>6th</i>
<i>Bruce Thomas</i>	<i>8th</i>
<i>Kim Deniz</i>	<i>8th</i>
<i>Mildred Crow</i>	<i>12th</i>
<i>Ginney Fleming</i>	<i>13th</i>
<i>Sarah Williams</i>	<i>16th</i>
<i>Samantha Kreeger</i>	<i>19th</i>
<i>Jane Hendrixson</i>	<i>27th</i>
<i>Tori Nevins</i>	<i>28th</i>
<i>Barbara McIntosh</i>	<i>30th</i>

...if we have forgotten your birthday, Please contact the church office.....

The Spirit of Giving

The Membership Care Committee sends a huge *THANK YOU* to all for your support of our Giving Tree. Your generosity provided two families with \$425 each in gift cards which the mothers used to buy needed clothing and gifts for their children. They were also provided gift bags, ribbon and wrapping paper for their gifts.

Thank you again for sharing love and encouragement to these families. We have been a blessing to these families.

The Membership Care Committee



Thank you received from one of the families:

"saqThank you so much for being the angels in my life! My kids and I will have a very beautiful Christmas, thanks to you. May God bless you forever."
(each of the children signed the note along with their Mom)

Article by Peggy Rubel...

For many years my decision was to have my body cremated. Then I wondered about donating my body parts. Now I decided to donate my whole body to science. I've just finished contacting USC Medical Department who sent me the forms. By the time you read this I will have mailed them to the USC Anatomical Gift Program, Keck School of Medicine.

The questionnaire was interesting, asking about my health history, illnesses, abnormalities, etc. That will be helpful to those as they examine my body and how they can make use of it. They will not take a body that has been incised, diseased, or infected. They must be called within 48 hours of death. So, I better die of just natural causes or heart problems. They will cremate my body when done.

Just in case you were wondering, I'm not planning on dying any time soon, but I feel good that this is taken care of.

Rev. Peggy Rubel



Christmas Card Tree

Christmas Greetings to our Church family have been received from:

Oscar Janeway

Charlie & Sally DeBerry

Cathy Doub

Merrill & Lois Evans

Barbara Pierce

Doug & Kris Hodson

Gene Stacey

Barbara McIntosh



Annual All Church Meeting

All are welcome to attend our Annual Church Meeting. It will be January 9 at 7 p.m. in the Fellowship Hall. We will take care of some church business and elect folks who are serving on various committees. We will be taking action on a proposal from T-Mobile to put a cell instillation on top of the sanctuary. Our trustees have looked this over and given preliminary approval, but we need the approval of the All Church meeting.