

January Birthdays

Jan 1 Willie Mae Jennings
 Carole Nellums
 Jan 3 Scott Herren
 Dale Beck
 Jan 5 Michael Semore
 Jan 7 Larry Green
 Jan 8 Gerald Brown, Jr.
 Jan 9 Mildred Potts
 Jan 10 Dave Robbins
 Jan 12 Reggie Jamerson
 Jan 15 Jim Rice
 Jan 16 John Kelly
 Sharon Gardner
 Jan 17 Alice Fuller
 Carol Michael
 Don Nickleson
 Jan 18 Barbara Taylor

January Birthdays

Jan 20 William Miller
 Jan 21 Stacey White
 Jan 22 Ruth Turner
 Gerald Bond
 Joy Hassell
 Jan 23 Elnora Pounds
 Jan 25 Glenn Wall
 Susan Walker
 Jan 26 Ileene Huffard
 Jan 27 Carlus Gupton
 Jan 28 Billie Mills
 Jan 29 Annabelle Chumney
 Peggy Landers
 Jane Betty
 Jan 30 Grace Gribble
 Janet Whitworth
 Jan 31 Janice Echols

December Birthday Bunch

There was a large group of birthday kids gathered to celebrate their day with others at the monthly luncheon in the CLC.



January luncheon will be Tuesday, January 8. Bring a dish and come join the fun.

January Anniversaries

(50 + years)

January 18, 1969 Mike and Pat McRee

January 28, 1961 John and Nancy Kelly

Welcome 2019!

Here we are again. At the beginning of a new year. New beginnings. New opportunities. A time to start afresh with those resolutions, goals, challenges that we so diligently make for ourselves.

Looking back, my personal list two years ago was as follows:

- *Start each day with prayer, study, and meditation
- *Treat others with respect and kindness
- *Control my tongue
- *Be patient
- *Be relaxed
- *Lose 10 lbs

Worthy goals. After two years they are still "goals". However, just the conscious effort to work on these things has made me, perhaps, a person who is more pleasant to be around. Maybe I am more like the person I want to be and God wants me to be.

So, I ask again, how are you doing with your annual list, your "resolutions"? Is it worth the process? If so, let's begin again with making a list and putting forth the effort to keep those commitments. (I still have those same 10 lbs. They stay on my list...and on me....year after year. Right now I have only 15 lbs. to go!)

A new year has begun. New songs to be sung.
 We turn a new page as we continue to age.
 We can face this new year with others so dear.
 At White Station we know as a group we can go
 Into these new days like walking a maze.

Our SAM* team along because we belong
 To a wonderful bunch who will, (is my hunch)
 Be right there beside me when I ache in my knee
 And back and my feet. Some will give me their seat
 When they see that look we can read like a book.

We are at that age when we turn a new page,
 We open our eyes and readily surmise
 That life is great fun when we go as if one.
 We can make it just fine to the finishing line!

*SAM. Senior Adult Ministry

Matters of the Heart

Senior Adult Ministry

January, 2019

News for and about the Senior Members of the Church of Christ at White Station



Oh, the joy and excitement of these first steps together!

Do you know this happy couple?

Look for their names someplace in this issue of

Matters of the Heart

Did you recognize Roger and Fran Craddock, our happy couple on the front?

ANOTHER NEW YEAR

By Janet Whitworth

New resolutions for 2019, or more of the same. Another list of general goals followed by specific items using words such as manage – schedule – take care of – get rid of – sort – money – bible study – and more changes I want to make in the coming year, but still just words taking up space on my paper, thoughts from 2018 and previous years. Goals not met, work not finished, time not managed, Jesus not served.

My desire is that I be more centered on God in 2019. My list has been shortened, but my goals have expanded. By focusing on Christ-like living and thinking I hope to grow closer to our Father and to our church family and expect to find the peace Jesus said he would leave for us in John 14:27. “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

“This is the day which the Lord has made; we will rejoice and be glad in it.” Psalm 118:24. It appears the psalmist made this statement on a morning before he knew what that day would hold for him. He spoke of it as a day in which he would rejoice, because he knew God had made him, and he knew God had made that day. His was a statement of faith, praise and thanksgiving for the day ahead.

“Rejoice in the Lord always: and again I say ‘Rejoice.’” Philippians 4:4. Once again we are encouraged to rejoice, and “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” Verses 6-7

The psalmist’s faith and trust in God made me think of a hymn I remember singing for much of my life, a song sung so often that I knew all the verses by memory. The words are simple, as is the music, and I think it becomes sweeter and stronger in my heart as I grow older.

The song is, “When We Walk with the Lord,” or “Trust and Obey”. At times I have struggled, and sometimes still struggle, in my faith. At times I have become discouraged. I love singing the more contemporary songs, as well as the older songs, and Handel’s “Messiah” takes my breath away. Other great works have been written giving praise and glory to God and telling the story of Jesus, many of which have not yet been heard or sung, and many are yet to be written. Perhaps in that Great Someday we will sing them with the angels in heaven!

“Trust and Obey, for there’s no other way to be happy in Jesus...” One of our simpler songs, but still so true. I pray that as Christians we will all “Rejoice and Be Glad and Trust and Obey and Be Happy in Jesus” in this NEW YEAR of 2019.

Janet Whitworth has been a member of the White Station congregation for years. She is a quiet, behind the scenes, contributor to many of the activities and programs of our fellowship. Janet lives to make life better for all those around her. Janet is a talented song writer, writing both the lyrics and music for songs of worship and praise. Leon Sanderson uses her songs periodically in our Sunday evening worship gatherings in the chapel. Her work is appreciated.

Janet has agreed to periodically contribute to our “Matters of the Heart”. Let’s thank Janet for the article, “Another New Year.” We look forward to seeing more of her work and the thoughts she brings to us.

Just as Janet has done, if **you** would like to share thoughts, poems, songs, words of wisdom, or humor which would be of interest to our Senior Adult members, please let Leon know. You can submit your work to him at: lsanderson@cocws.org or to me at: wall@aeneas.net. We are always looking for your ideas and eager to share your talent.

Matters of the Heart 2019

Focus on Contributors

The monthly issue of Matters of the Heart generally contains an interview of one of our senior members. The hope is to become better acquainted with our fellow travelers on this journey of life. During the year of 2019 the focus of these interviews ought to be on our senior (or maybe not so senior) members who are “behind the scenes” contributors.

Before we begin this project, let us acknowledge that we are taking a big risk with this project. By the very definition of “behind the scenes” we know two things. First, there are so many great contributors that we cannot get around to focusing on every one in a year. Second, there are great contributors who never are known, nor want to be known, for their quiet ministries.

Knowing this risk, we are planning to dive right into this project. You can help us by making your suggestions for ministries and contributors you believe would be great to feature. Send these suggestions to Leon: lsanderson@cocws.org. It will be a joy to seek them out and share their stories!

A Big Thanks to our SAM Team!

The Senior Adult Ministry team members work hard to stay in touch with those of us who are 60+. They also plan and oversee the special activities for our group. Let’s take some time to thank each of these “behind the scenes” workers personally. They are greatly appreciated!

John/Janice Brockman
Ellis/Peggy Haguewood
Greg Muse
Alan/Freda Pritchard
Leon/Marilyn Sanderson
Barbara Taylor
Ves/Pat Tinsley

This group meets monthly on the first Wednesday. They meet in the coffee house at 5:30 p.m. If you have any ideas, suggestions, or comments you want to present to this group, just contact Leon and let him know you would like to attend. They welcome new ideas and members!