

Dave Ramsey's

Financial Peace UNIVERSITY

**Worrying about a cash flow deficit this Christmas?
Why not get a budget and a plan?
Christmas financial recovery is available.**

Sunday, January 12:

- 9:15 Adult Education Preview Sunday – Community Room – FPU team leaders will present a short overview of the FPU Flex course and its benefits along with other adult ed opportunities

Basics and Cost:

- Courses begin Sunday Feb. 2nd/or Monday Feb. 3rd and last for nine weeks. (8:55 to 10:00 and 4:00 to 5:30 and a potential offsite location on Monday evenings). The cost is \$109 per family – about the same as two high end coffees per week.
- You receive a personal workbook (no one looks at your personal financial information during the course) and expert help via video of step by step advice to help you make a plan. Extra workbooks can be purchased for other family members taking the course.
- Through the group conversation time, you can get support and know that you are not alone in your financial questions and issues.

What do we do and is it successful?

- Week by week topics such as “how to make and stick to a budget” along with being on the same page as a partner, emergency spending and saving, college and retirement planning, insurance, investing, and much more.

- This popular course, has helped millions of people around the country regain a sense of control over their hard-earned money. We’ve offered it six times in our own faith community and it has made a difference for those who have taken this course.

- Practical worksheets and step by step instructions.

What do you need to do?

- Sign up at the kiosk indicate your interest and what class suits you. Talk to a FPU team leader. Registration information is online at the Ramsey website and will be available in mid January.
- Make a commitment to show up each week for class. You can attend any of the class timeframes/locations and that way you have options to attend when busy schedules overwhelm your time.
- Bring a friend or another couple and make this a coffee and conversation outing or an evening out.
- If you let us know in advance, we will try to arrange child care for the afternoon CUMC timeframe.

Make Financial Peace at CUMC your New Year’s resolution!

Community United Methodist Church, Cedarburg

ANNOUNCEMENTS

December

Week of December 29, 2019

One Service Only WORSHIP 10:00AM 29	30	31	Office Closed Happy New Year! 1	Office Closed 2	Office Closed 3	4
Family Promise Begins WORSHIP 8:00 AM No Sunday School WORSHIP 10:15 AM Confirmation 4:00 PM Mosaic Youth Group Middle School 5:00 PM High School 6:30 PM 6	Family Promise Outreach 6:00 PM 6	Family Promise Acts 29 7:00 PM 7	Family Promise 8 Handbells 6:10 PM Chancel Choir	Family Promise Mens Study 7:00 AM 9	Family Promise Office Closed 10	11

Office Hours Monday -Thursday 9:00 a.m. to 2:00 p.m.

Looking Ahead

Sunday, January 5, 2020

Greeters: 8:00 a.m. - Val Nichols

Coffee Fellowship: 8:00 a.m. - Need Volunteer

PC Operator: 8:00 a.m. - Randy Roupp

Sound: Bruce Krenzke

Welcome Center: 8:00 a.m. - Need Volunteer

Acolyte: 10:15 - Need Volunteer

10:15 a.m. - Need Volunteer

10:15 a.m. - Lynn & Jeff McCray

10:15 a.m. - Randy Roupp

10:15 a.m. - Bruce Krenzke

10:15 a.m. - Need Volunteer

» Please see the kiosk in Fellowship Hall to sign up to help! «

Newsletter articles are due on the 20th of every month



Giving Update

\$520 in gift cards for UMCS and Northcott have been dropped off. A significant amount of items were also delivered to Lasata and Mr. Bob's. A reminder that the collection for hats, mittens, gloves and scarves will continue until the end of the month along with the Book Drive and Gift Card Collection for New Beginnings. Thank you for your help!

Outreach

Pecans for Jail Literacy — Pecans are here for holiday baking and gift giving. As always we will have plain, chocolate covered (milk and dark) and caramel clusters. If you have a special order please let Vicki Streich know at streichfamily@aol.com. This is a fund raiser and all profits will go to the Ozaukee Jail Literacy Program. Plain - \$11.00, Chocolate - \$10.00.

Save the Date for Hunger Task Force — CUMC will again be sorting food at the Hunger Task Force warehouse in Milwaukee. This will be on Saturday, February 29, from 9:00 am until about 12:00 pm. We will meet at CUMC at 8:00 am to carpool to Hunger Task Force, and we should be back by about 1:00 pm. Please consider joining us, as this is a fun time and one that is supportive of a very worthwhile project. Children must be at least 12 years old, and all workers must wear closed-toe shoes or boots. Please sign up on the kiosk in Fellowship Hall no later than Sunday, February 23.

January Food Drive — CUMC will be collecting food for Family Sharing in the month of January. Family Sharing provides food, at no charge, to people in need in Ozaukee County. All donations of food are distributed directly to those who need it. In addition, they provide: clothing, furniture, household items, information and referrals, school supplies, and new winter jackets for children.

Church News

Men's Study Group — The Thursday Morning Men's group began reading and discussing "The World Jesus Knew," a book that examines the culture, beliefs, and customs during the time of Jesus. The author, Anne Punton, is an authority on the Jewish roots of Christianity. We interpret the Bible through all its translations and try to apply it to our current thinking but sometimes fail to recognize that world 2000 years ago was

indeed drastically different. We are looking at a variety of the aspects of early Israeli culture, eg. clothes, education, language, living conditions. Through this text we are gaining a better understanding of the stories, characters, and teachings found in the Bible. We invite all men to spend an hour with us Thursday mornings at P. J. Piper's at 7 a.m. for breakfast and spirited discussion.

Mary Martha — Wednesday, January 8, 12:30 p.m. at PJ Piper's, W61N514 Washington Ave. in Cedarburg. Contact Nancy Severson (262-375-4073) if you have any questions.

Women of Faith — Because our November meeting was canceled due to extreme cold weather, at our January meeting we will discuss two Chapters of John Ortberg's humorous and insightful book, "Everybody's Normal Til You Get to Know Them." Please join us Monday, January 13, at 1:15 p.m. in the church library to share the nuggets in Chapters 3 and 4.

Cribbage Club — Cribbage will be held January 19, 11:30 a.m. in the Wesley Room. Bring a sandwich/snack and a cold drink. Contact Marilyn Plaistow (262-391-7397) if you have questions. Everyone welcome!

Reconciling Ministries Network Community A community of The Reconciling Ministries Network (RMN) is meeting regularly at Grand Ave. UMC in Port Washington. We are reading a book, using our Bibles, and inviting speakers to join us, so that we can become more aware and educated regarding matters of the UMC. For further information, please contact Pat Morrissey at patmorrissey19@gmail.com



Walking the Labyrinth

This peer support group first began on January 17, 2019. For young adults (ages 18 – 34), we meet every first and third Thursday at N Seven Coffee Co in Grafton for casual conversations about struggles and successes with mental health issues. Mindfulness has been our theme ... learning ways to cope and how to support each other who may be a bit lost on their journey.

We began with just three members attending and now have grown to 12. In fact, there is now another person who is going to begin a parallel group on the 2nd and 4th Thursdays of the month to accommodate others who want to join this peer support group.

Our topics have included TED Talks and discussions regarding vulnerability, music, art, stigma, reflective listening, meditation, breathing, walking, values, and resilience. Looking ahead, we will be learning about enneagrams, "The Four Agreements," overcoming obstacles, and the stories your mind tells you ... as well as others.

On January 16th, from 6:30 – 8:00, we will hold an "open house," as we introduce interested others to "Walking the Labyrinth." If you or someone you know may like to join us on this evening at N Seven Coffee Co, we will be playing a fun "after Christmas" game and working on making small or larger posters with resilient mantras. Materials will be available for assembly, including magnets. Just bring your favorite sayings, poems, expressions those words and pictures that tend to boost your spirits (resilience). Please contact Pat Morrissey at patmorrissey19@gmail.com if you or someone you know is interested in attending.

The beauty of peer support can be seen when hearing someone ask another "peer" how they have been dealing with life. Or, as they walk out the door, "What are you doing this weekend?" "Would you like to get together for coffee?" Nothing makes me happier than witnessing these connections. For many of us, this is seemingly not such a unique occurrence. Many of us are very socially connected with family or friends, but that may not be the case for people living with anxiety or depression; for them, social interactions may feel overwhelming and impossible.

The truth is, we all have lived experiences and when we share them, we not only help ourselves have the courage to walk through our own lives, but we can help others on their journey. We are often walking down the same path. After all, we are all in this adventure we call life together and when we feel supported and help others feel that way too, we can really start thriving. That's the transformative power of peer support ... and "Walking the Labyrinth."

