

## **MEDITATIONS FROM DECEMBER 2016 SUNDAY BULLETINS**

### **A NEW ATTITUDE**

December 4, 2016

Rev. Janet Friedline

Much of life is repetitious. We do the same things over and over again. We get up in the morning and settle into a routine that has already been established. We usually eat our meals at a set time, and go to bed following the 10:00 o'clock news. While we look forward to holidays and celebrations, we notice that they too arrive at the same time each year. A regular schedule is helpful when it comes to remembering things and accomplishing what needs to be done.

Traditional habits allow us to become lazy, and in time we are not willing to consider new ways of doing things. Some of us don't like change and we welcome the customs we have put into place. But life was not meant to be lived as a process of recycling events and weary celebrations. Each day dawns anew, bringing the opportunity to view life in a different way. Let us welcome a new approach to life. Our attitude determines our experience and we decide what it will be. Let us choose wisely.

### **SAFE AND SECURE**

December 11, 2016

Rev. Donna Gatewood

In our world today, there appear to be many things that make us fearful. Our fear is all encompassing. We are surrounded by fear—not just our own but that of the entire race. We fear for the state of our country; we fear for our financial security, our physical and mental health and our continued fruitful employment or comfortable retirement. We fear for the safety of our country and our way of life.

When it comes right down to it, we all live in fear of someone or something. This fear is fueled by mistaken beliefs, error thinking and judging by appearance. The fear we feel is self-imposed and it is something that we need never experience.

We are reminded in 2 Timothy 1:7: "God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." And so it is that we can let go of our fears when we take time to be holy and dwell in the secret place of the Most High where we abide in the shadow of the Almighty.

It is in this sacred place we can rest assured that "He is my refuge and my fortress." In this holy place no fear or evil can come near us for we are held securely in the loving, protective embrace of our Father.

Let go of your fears and embrace love for perfect love casts out fear.

### **December 18, 2016**

Christmas Service with special bulletin and no meditation on the back.

### **December 24, 2016**

Christmas Eve Candlelight Service with special bulletin and no meditation on the back.

### **December 25, 2016**

No Sunday Service