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The Tower

Cahaba Heights UMC

January 2013

Letter from the Pastor

“Therefore prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed.”

-1 Peter 1:13

We admire discipline in athletes and soldiers, but avoid it in our personal lives. Why is that? Somehow our culture has come to view discipline as old-fashioned and dull, the practice of those who are unable to have fun. An older, Biblical understanding of discipline, however, is training of the mind and body in order to *restore* joy and *enable* full living.

Through discipline we train ourselves to rid life of the useless habits that do not bring us joy and only weigh us down. In freeing our lives from these empty habits we open ourselves to worthwhile and life-giving experiences. Here is an example: suppose you watch several hours of TV every night because it's easy and it's what you've gotten into the habit of doing. Then suppose that you take the time and effort to train yourself *not* to turn on the TV when you get home (as it would be easy to do), but instead to spend time with your kids, to read

a good book, or to talk with your spouse. It took some effort, but through discipline you opened your life to greater and more meaningful experiences.

This month, let's be disciplined. Let's 'take out the trash' and rid our lives of those activities that, while easy, are not bringing us joy. And let's come together to learn holy habits, such as spending time together, serving others, and becoming generous, that will enrich our lives and the lives of others.

-Rev. Kelsey Johnson

Advent Participation

Thank you to everyone who participated in the celebration of Advent and Christmas at Cahaba Heights UMC. We enjoyed preparing our heart and minds for Christmas together in a variety of ways. Here are our numbers for Advent/Christmas 2012:

December 2:

Worship: 101
Service of Hope: 74
Total: 175

December 9:

Worship: 122
Choral Christmas: 141
Total: 263

December 16:

Worship: 137
Concert for the Community: 200
Total: 337

December 23:

Worship: 116
Children's Play: 354
Total: 470

December 30:

Worship: 147
Christmas Eve: 94
Watch Night: 17
Total: 258

Room Changes

In January you may start to notice some changes around Cahaba Heights UM! In the past year our population has been changing and some of our ministries have been growing larger than the rooms that currently

house them. In order to better function in the space we have, we will be making changes to our Sunday school room assignments.

Our changes are scheduled to take place

on Sunday, January 13th. If you are confused about where your Sunday school or Bible study will be meeting, please follow signs or ask a host. Thank you for helping accommodate our growth!



“Not, how much of my money will I give to God, but, how much of God’s money will I keep for myself?”

- John Wesley

Missions Update

In the month of December Cahaba Heights UM worshipped God by working in the world in the following ways:

- The Missions Committee collected winter clothes, blankets, towels, and coats for the homeless.
- The UM Men raised \$970.00 for the UM Children’s Home at the White Christmas luncheon.
- The Chancel Choir raised \$604.00 for Urban Ministries at their Christmas concert.
- Youth and Children hand-made Christmas

cards for nursing home residents.

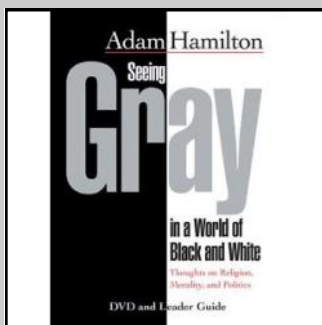
- Church members donated 17 hams for dinners at The Foundry.
- The kids raised \$533 for ministries with children at the Preschool/ KFC performance and Christmas play.

New Bible Study

In 2013 we will begin a new Bible study on Wednesday nights, *Seeing Gray in a World of Black and White*, by Adam Hamilton. This book seeks to have mature and thoughtful conversations from a Christian perspective about the issues that divide us as a nation and a community, such as abor-

tion, homosexuality, and war. If you feel led to think and discuss these topics in a respectful and open way, we hope you will join us on Wednesday nights from 6:30-7:30 pm, beginning January 16th. The cost for this study is \$13, which you can bring to the first meeting. We

hope that through studying this book together, we will gain greater clarity in our own beliefs, grow closer to one another through respectful disagreement and discourse, and learn how to examine issues from all sides before we make judgments. Please call the church office and ask for Kelsey if you have questions about the study.

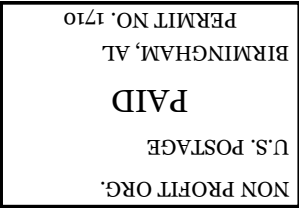


JANUARY 2013

January Birthdays:

- 4 Betty Price
- 6 Katie Gardner
- 8 Damian Davis
- 10 Emmy Stewart
- 14 Bea Carlton,
Reggie Wright
- 17 Gwen Johnson
- 18 Shana Williams
- 19 Bud Hope
- 21 Nancy Harding
- 28 Bobby Williams
- 29 Hildegard Roberts
- 31 Peggy Harrison

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 10:00 am Sunday school 11:00 am Worship 6:00 pm Choir	7 M-Team/ Meals on Wheels (all week)	8 7:00 am Men's Prayer Group 10:30 am Senior Bus Tour	9 9:00 am Women's Prayer Group 6:30 pm Kids/ Youth/Bible Study	10 10	11 11	12 12
13 10:00 am Sunday school 11:00 am Worship 5:00 Kids & Youth 6:00 pm Choir	14	15 7:00 am Men's Prayer Group	16 9:00 am Women's Prayer Group 6:30 pm Kids/ Youth/Bible Study	17 17	18 18	19 19
20 10:00 am Sunday school 11:00 am Worship 5:00 Kids & Youth 6:00 pm Choir	21 6:30 pm UMW Spirit Circle	22 7:00 am Men's Prayer Group	23 10:00 am UMW 6:30 pm Kids/ Youth/Bible Study	24 24	25 25	26 26
27 10:00 am Sunday school 11:00 am Worship 12:00 Chili Cook-Off 5:00 Kids & Youth	28	29 7:00 am Men's Prayer Group	30 9:00 am Women's Prayer Group 6:30 pm Kids/ Youth/Bible Study	31 31		



Return Service Requested

www.CahabaHeightsUMC.org

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Birmingham, AL 35243

3139 Cahaba Heights Road

Cahaba Heights United Methodist Church

January Servants

Readers:

- 6: Ginger Dismukes
- 13: Don Harbison
- 20: Susan Maxey
- 27: Brandon Busby

Hosts/Greeters:

- 6: Lewis Eberdt, Freddie Huey
- 13: Marla Monk, Gerald Gann
- 20: Mike Mizerany, Lewis Eberdt
- 27: Freddie Huey, Bobby Williams

Thank You!

Thank you to everyone who ordered t-shirts to support the youth group! We sold 40 t-shirts and raised over \$200 for youth ministries! Thank you for your help!

Notice to Cahaba Heights UM Family

The past month saw the loss of several of our long-term members, who have gone to be in the more immediate presence of our Lord. In December and early January we said goodbye to the following sisters in Christ:

- Mary Lancaster
- Mildred Humphrey
- Mary Maze