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**Flat Rock United Methodist Church**  
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**JANUARY, 2016**

**“Our mission is to make disciples of Jesus Christ by nurturing the congregation, ministering to the community and around the world, and by providing a place for inspiring worship, study and authentic Christian fellowship.”**

It is time to start a new year. There are always questions at the beginning of a new year. What will this year hold? What blessings will I see? What struggles will I endure? What resolution will I make and then quickly abandon?

It is normal to have these questions. I would like to encourage you to ask one more in 2016: How can I be more open to God's will in my life? This is the biggest question we should be asking ourselves, and John Wesley had a wonderful prayer that has been used for centuries to help believers commit to following wherever Jesus leads in the year to come.

I encourage you to pray this prayer, cut it out, put it on your refrigerator, and return to it when you need guidance and support throughout the year.

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**I am no longer my own, but thine.**

**Put me to what thou wilt, rank me with whom thou wilt.**

**Put me to doing, put me to suffering.**

**Let me be employed for thee or laid aside for thee,**

**exalted for thee or brought low for thee.**

**Let me be full, let me be empty.**

**Let me have all things, let me have nothing.**

**I freely and heartily yield all things to thy pleasure and disposal.**

**And now, O glorious and blessed God, Father, Son and Holy Spirit,**

**thou art mine, and I am thine.**

**So be it.**

**And the covenant which I have made on earth, let it be ratified in heaven.**

**Amen.**  
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It is my prayer that each of you will see a deepening of your relationship with Christ in 2016. Go out and be a blessing.

God Bless,  
Pastor Tim



**HAPPY NEW YEAR**

Another year ends and we start another, so I hope you can remember 2015 as the time when our church did so many outstanding things. Here are just a few:

**Do you remember in:**

**January:** Ana left for Salamanca, Spain to study abroad. At Countryside we had special service for Epiphany.

**February:** Valentine cards for veterans in NC hospitals  
Teddy bears and blankets for Rockingham Deputies  
Began “Burn the Mortgage” Drive

**March:** Birthday celebration for everyone with soup, salad and cake.

**April:** Holy Week, Easter cantata “Jesus Saves”  
UMAR at the Rock dance on the 9th.

**May:** Pastor Tim begins Wednesdays coffee and fellowship; UMW Spring Bazaar, Summerfield Founder’s Day, New member, Jeff Brown, Harper’s birth, May 6

**June:** Annual Conference at Lake Junaluska  
Vacation Bible School, Church Homecoming

**July:** Operation 336, local youth mission  
New T-shirts with new logo, beige and black

**August:** Spiritus for youth, School supplies for Good Samaritan and Methodist Children Home

**September:** Pastor Tim’s series, “Holy Humor”  
Toy drive for Henderson Settlement

**October:** Cooking Brunswick stew, Big Daddy Weaver for youth, All committee meetings, Trunk ‘n Treat

**November:** All Saints Day, Charge Conference, Harper’s baptism, fall bazaar, Operation Samaritan’s Purse

**December:** Advent Season, Christmas Parade, cantata “Breath of Heaven”, special Christmas evening service.

There are so many others not listed, but Pastor Tim is always there to led us, to encourage us. Let’s continue to pray each day for our church, our church members and may we continue during 2016 to praise God and do our very best to honor him. May God bless you and your family next year. THANKS to all that help me keep and send this newsletter every month. Helen

Note: Please read Ana’s account of her latest in nursing schools. We can now see how valuable our nurses are to our health. (separate page)

**“Building for the Future” update:**

Building Fund giving for November was \$3,775.00 and the total given to date is \$738,560.06.

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**JANUARY BIRTHDAYS**

Sissy Doggett	January 1	Lane Rumley	22
Janet Hanks	3	Dacnyn Holt	23
Jackie Younts	3	Sarah D. Evenson	24
Perry Strickland	4	Cheyenne Hollifield	25
Jeff Wright	11	Kendale Dunlap	27
Johnie Crumpler	16	Alex Flynt	29
Tim Dunlap	18		

Congratulations on the birth of baby, James David (to be called JD) to Abby and Houston, and to Great Grandparents Anne and George Thacker, born December 18.



**Happy Anniversary to:**

Robert and Pam Strickland January 26

WEEKLY MINISTRIES		
Sun	8:30 am	Adult Choir Practice
	9:30 am	Coffee and Fellowship
	9:45 am	Sunday School
	11:00 am	Worship (Communion on 1st Sundays)
	11:00 am	Children's Church (2nd grade and under)
	4:-5:00 pm	Liturgical Dance Team Practice
	5:15—6:30 pm	UMYF Meeting
Tues	7:00 pm	Bible Study at Countryside Village
Wed	9:00 am	Coffee and fellowship with Pastor Tim at BJ's
Wed	6:00 pm	God's Space for Kids, Bible Study and meal with Pastor Tim

**Worship Helpers for January**

Ushers: Lucie and Barry Joyner

DATE	NURSERY	CHILDREN'S CHURCH
Jan. 3	Bobbie Williams & Dakota Williams	Lisa Hutchins & Faith Williams
Jan. 10	Margaret Norris & Jerry Pegram	Emily Fields & Ethan Cox
Jan. 17	Mandy Williams & McKenzie Roach	Bobbie Williams & Charlie Fields
Jan. 24	Lisa Hutchens & Ryan Fields	Jill Joyner & Wayne Farrar
Jan. 31	Bobbie Williams & Jerry Pegram	Lisa Hutchens & Faith Williams

Thank you to everyone that volunteered in 2015 for children's church and/or nursery. Your support is truly a blessing to the children and parents in our congregation. If you are looking for a way to volunteer your services at church and would like to support these programs, please see Mandy Williams at church or call her at (336) 298-1236.

**In Memorial:**

In memory of Thomas E. Vernon, Ruby G. Vernon, Ben Gann, Anna B. Gann, "Brad" Hohn and "Becky" Vernon Edwards by the family of Cathy and Drew Eiker. To the cemetery fund in memory of "Brad" Hohn, Mr. & Mrs. Thomas Vernon, "Becky" Vernon Edwards and Granny Gann by Mike and Shelby Jordan.



Our congratulations to Bailey Doggett on his graduation from N.C. State University with a degree in Civil Engineering.



**UNITED METHODIST WOMEN**

HAPPY NEW YEAR to all. We are looking for a great year of 2016. We will meet January 9th at 10:00 am in the Christian Fellowship Hall. Jackie Younts and Bobbie Williams will be our hostess and do the devotions, program and response moments. This will also be our PRAYER AND SELF DENIAL meeting. Looking forward to seeing all ladies there to make plans for 2016.

Margaret Norris / President

**Good Samaritan Food Pantry:**

Our food staple for January is 150 cans of fruit, so if you want to bring some in just put into baskets at entrance to fellowship building. Again Jackie Younts will shop for you if you're unable to reach a store. Thank you all for your support to the local food pantry. We were told the shelves are stocked good since so many food drives in December. However, this does not mean that in a few months they will bare again. Remember: an entire box of food can be purchased for \$25.00 from Bi-Rite.

UPCOMING EVENTS		
January 1		New Year's Day
January 9	10:00 am	UMW
January 24		4th Sunday Lunch after worship
January 25	Noon	Newsletter deadline
January 25	7:00 pm	Administrative Council Meeting
January 31		5th Sunday Singing

**1 John 3:17-18**

*If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth.*

Love is giving without expecting anything in return. Our human love holds back nothing as it honors God by trying to imitate the love that God has for all of us.

From The Upper Room for December, pg. 61

**Hello again to everyone.** As most of you know, when I got back from Spain a couple months ago, I began myself for what the next five, crazy months of my life would consist of: **nursing school**. I had no idea what to expect, but I would eventually find out.

The first two weeks of nursing school consisted of a lot of training, hospital orientations, classes for special certifications, sitting in general and of course we had to attend class. This semester I took Maternity, Pediatrics, and a skills lab where we practiced basic nursing skills, taking vitals or starting an IV. I enjoyed the classes very much, and must say I learned a lot, however, these classes were not easy.

All the classes met once a week. Maternity on Tuesdays along with the skills lab, and Pediatrics on Wednesday. Every class were assigned readings that would sometimes be more than 100 pages a night, as well as case studies to complete online or other assignments to turn in prior to class. There was a 10 question quiz during the first 10 minutes of EVERY class. At first, having 8 am lectures wasn't so bad, but halfway through the semester, I felt like I was having to drag myself to class. Honestly, getting up early for class was easy. Getting up for 7 am clinicals was a different story. Each week, our clinical rotations were different. Sometimes I was sent to the hospitals, other times to schools or clinics around Greensboro or Winston-Salem.

Although I was exhausted on most days, I enjoyed the experiences. My patients were all great though some days were sad, some days were happy. Some days I saw little cancer patients excited because they were allowed to go home for the first time in weeks, other times I witnessed a baby being born without a pulse. Have you ever read about something so crazy that you don't think it could really happen in real life? As a nursing student, I have learned that it can.

This semester has been by far one of the hardest semesters of my college career. I have gone through many obstacles, many sleepless nights, and plenty of stressful days. The only reason I got through it was because God was there every step of the way. Even on the most stressful days, He helped me get so much done. He allowed me to care and make a difference in so many people's lives...and I can't take credit for that. Just know that as long as you have even a little faith, God will be there to help you through any situation. If He can help me get through nursing school, he can help you through any obstacle!

### **A Day in the Life of a Nursing Student: First Day of Clinicals**

Everyone from my clinical group showed up early to the hospital our first day of clinicals. After two weeks of training and orientations, we were finally going to get hands on experience. We were nervous and had no clue what we would be doing. Sure, we had learned a lot of new nursing skills in lab, but we had not mastered any. Checking vital signs on a robot and giving shots to an orange is totally different than doing it on an actual human.

Once our clinical instructor got to the unit, she gave us a quick layout of our day and introduced us to the nurses we would be working with. She proceeded to say, "I am empowering you to go and do whatever you need to do. Be helpful, learn a lot, and do your best." Just like that, she was gone and we saw her maybe twice during the remaining eight hours of our rotation. All I could do now was pray that my day would go well, but things quickly started going downhill.

When I went to log into the computer system to get into my patient's chart, my information wouldn't work. After trying multiple times and calling Tech-Support, I was finally able to log in and get on with my day. That first week all that the students were required to do was do a full head to toe assessment on our patient. I was beyond nervous, and the last thing I wanted to do was mess up again. But knowing me, it was bound to happen.

I kept going over what I was supposed to do in my head "Introduce yourself, gel-in, take vitals, don't kill the patient, gel-out, and chart that you did all of that." And as soon as I knocked the patient's door, all of those steps went flying out the window. I remembered to introduce myself, and headed to grab some hand sanitizer. The container I pumped from was near the sink. As I was talking to the patient, and explaining what I would be doing, my hands kept getting slipperier. I had accidentally grabbed soap. I tried to brush it off as if I had meant to do that, and kept on going with our random conversation. As I was looking for the equipment I needed to take the patient's vitals, I noticed nothing was inside the room. I had literally walked into my patient's room to do a full assessment without any of the equipment I needed to actually do the assessment. Again, I brushed it off, went to get the cart outside, came back in, gelled-in this time and started the assessment.

My first patient was very sweet and I was glad I had her that day. She helped calm me down a lot; however, my nurse was not helping. As the day went on, she kept getting more overwhelmed. She had a total of 10 patients to take care of. Even though I asked to help her, she kept avoiding me all day. I spoke with her a total of two times during the day, so all I could do was check up on my patient and spend the rest of the day charting. As mean as it sounds, I was glad to hear my classmates saying they had similar experiences because I knew it wasn't just me feeling out of place. That first clinical day was a lot to take in. But God helped calm my nerves and also helped me give the best patient care possible. Even when you feel out of place or feel like you can't do something, God has a way of showing up when you least expect Him. Trust in Him through everything and he will make any experience a good one! "*God is our refuge and strength, a very present help in trouble.*" Psalm 46:1

Ana: Combs:  
Nursing Student

