



It is January once again. A new year. A new start. The slate is clean. The sins of the old year are forgotten. Hope springs eternal that maybe this year, we will get it right. Everyone makes New Year's Resolutions.

Here are the top ten resolutions, and some helpful information about keeping them, according to a government web site (<http://www.usa.gov/Citizen/Topics/New-Years-Resolutions.shtml>) . Has you made any of these?

1. Lose Weight
2. Volunteer to Help Others
3. Quit Smoking
4. Get a Better Education
5. Get a Better Job
6. Save Money
7. Get Fit
8. Eat Healthy Food
9. Manage Stress

Manage Debt

According to a Christian site, (<http://www.beliefnet.com/Faiths/Galleries/5-New-Years-Resolutions-Christians-Should-Make.aspx>) here are five resolutions Christians should be thinking about.

1. Take it easy—you work hard and play hard, but you probably also stress too hard and even think too hard! This year, give yourself a break from unnecessary stresses by slowing down. Forget running errands all day on your Saturdays. Instead, give yourself the gift of a leisurely walk, a Sunday night movie, or an afternoon spent gardening.

2. Read the Bible—Reading the Bible is not only a great way to get in touch with God, but to relax and take time for yourself as well. Instead of spending your Monday evening watching reality TV reruns, reread your favorite verse in the Bible... or find a new one to help you get motivated for the New Year. There is definitely an amazing verse just waiting to become your mantra for living better in 2014!

3. Go Gadget Free—Yes, we know your smartphone is fun and it's a great way to stay in touch with your friends and family, but it's also an addiction. Make a rule for yourself that involves turning off all computers, cell phones, tablets, etc. at least once a week (Sunday seems like the perfect day to us)! At first this may seem like it's hindering you from making connections, but it's actually going to help you make even deeper connections with those around you!

4. Remove Negative Elements—January is the perfect time of year to give up all the things holding you back from your best self yet! From negative friends to bad habits (smoking, drinking, gambling), it's time to clear out all of the things you spent 2013 complaining about. Make a list of anything and everything you find negative in your life and remove them while you can. Now is the time to make yourself happy, so do it!

Add Positive Energy—While you're removing all the negatives from your life, fill the void left behind with positive people and hobbies. Think about your funniest, most caring friends and ask them to lunch next weekend. Or, help yourself to stop obsessing with those cigarettes you're giving up by keeping a journal of positivity. Every time you get the craving to smoke, head to your journal to jot in everything you're thankful for in your life. You can also take up new hobbies like hiking, running, weight-lifting.

These five sound about right to me. Harvest will help with number two of the latter list. We are continuing our journey through The Story. We begin looking at King David on January 5th. We will continue right through Mother's Day and end on Memorial Day Weekend.

Church may not help with some resolutions (like weight loss, especially with all the yummy cookies provided after worship!), but we do want to affirm that God is in the life transformation business. A vital relationship with God will work health into the deepest recesses of our souls, and flow outwards from there.

Are you trying to overcome an addiction? A bad habit? Commit it to God, share it with a close friend of colleague, and keep at it. I'd love to know of your commitment to transformation so I can pray about it. Would you let me know?

I look forward to a life-transforming year with you! SDG

Jim

Ceres School's Prayer List for January

Jan. 5—Whitmore Charter High School
Principal: Lynnette Chirrick

Jan. 12—Adkison Elementary
Principal: Brian Murphy

Jan. 19—Argus/Endeavor High
Principal: Jan Gordon

Jan. 26 —Blaker-Kinser Jr. High
Principal: Kristi Britton



Stockton Presbytery Prayer List for January

Jan 5—Grace Presbyterian: Lodi
Pastor: David Hill
Jeff Hawley and William Steel

Jan. 12—Manteca Presbyterian
Pastor: Karl Hauser
John Russell- Curry

Jan. 19—Central Presbyterian; Merced
Assoc. Pastor: David McGurk
Lee Heim

Jan. 26—Zephyr Point Conference Center
Director: Bedford Holmes
Jay Olson

Regular Prayer List

Assisted Living:

Mildred Vine—
Paramount Court
Donna McRae—
Paramount Court (memory care)
Mabel Cronan—
The Stratford Place
June Limprecht—
Paramount Court (memory care)

Health Issues:

Lucy Gilliam
Virginia Irons
Roger Morrow
Dorothy Nelson
Gladys Rodriguez
Bill Sperry
Alice Visser



JANUARY 2014



SUN	MON	TUE	WED	THU	FRI	SAT
			1 OFFICE CLOSED	2 9:30 a.m.— Alpha Circle 6:00 p.m.— Praise Practice 7:00 p.m.— Choir Practice	3 10:00 a.m.— Women's Bible Study at Margaret Kuglin's	4
5  Collection for Inter-Faith 9:15—Bible Study 10:30—Worship / Communion	6 6:00 p.m.— Church Prayer Meeting	7 6:30 p.m.— Griefshare	8	9 6:00 p.m.— Praise Practice 7:00 p.m.— Choir Practice	10 10:00 a.m.— Women's Bible Study at Margaret Kuglin's 1:00 p.m.— Deacons Meeting	11
12 9:15—Bible Study 10:30—Worship	13 6:00 p.m.— Church Prayer Meeting	14 6:30 p.m.— Griefshare	15	16 6:00 p.m.— Praise Practice 7:00 p.m.— Choir Practice	17 10:00 a.m.— Women's Bible Study at Margaret Kuglin's 6:00 p.m.— Mariner's Meeting, Installation & Potluck	18
19 HARVESTER DEADLINE 9:15—Bible Study 10:30—Worship New Member Class	20 6:00 p.m.— Church Prayer Meeting	21	22 6:00 p.m.— Session	23 6:00 p.m.— Praise Practice 7:00 p.m.— Choir Practice	24 10:00 a.m.— Women's Bible Study at Margaret Kuglin's	25
26 9:15—Bible Study 10:30—Worship	27 6:00 p.m.— Church Prayer Meeting	28	29	30 6:00 p.m.— Praise Practice 7:00 p.m.— Choir Practice	31 10:00 a.m.— Women's Bible Study at Margaret Kuglin's	

Mission Statement ~ With God in control, the mission of the Harvest Presbyterian Church is to proclaim and bear witness to the gospel of Jesus Christ and nurture the faith of our church family.

Church Information

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POSTAGE

**Harvester Deadline for February 2014 is
January 19, 2014**



- 1—Michael Cousins
- 2—Gladys Rodriguez
- 5—Alice Visser
- 8—Mabel Cronan
- 27—Lynn Laranjo
- 29—Paul Laranjo



- 15—Frank & Nawatha Reed