



A new year always holds a great amount of promise. The slate is clean. The sins and mistakes 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. Have 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
10. Manage Debt

Last January, I began to think about getting more exercise. So I began to keep track of my walking. I like to walk, and it was something I was unable to do for years due to the pain in my hips. I began slowly, walking a total of 27 miles in January. Pretty pathetic, huh? I raised this to 72 miles in February, almost triple! I challenged myself to walk 100 miles during Lent, and walked 130 miles. By the end of the summer, I was averaging over five (5) miles a day. With each new month, I set another, higher, goal. Once the walking became regular, I finally set a goal of walking 1,500 miles for the year. And just after Christmas, I exceeded the goal!

I walked in the mornings, and during the day, and in the evenings. I walked by the canals, and through neighborhoods. I listened to music, to podcasts, to Bible readings, to sermons, or nothing at all. I walked to the Women's Bible Study at the Kuglins' home. I walked to and from church. One day I walked nine (9) miles. Whenever I needed to go somewhere, and I had time, I walked.

There were days when walking was a lot of fun. There were days when all I wanted to do was stay at home and rest. I discovered that the more I walked, the more energy I had. The toughest part was to just get my shoes on and get out the door. Once out the door, it became easier.

Like any new habit, the walking took some effort. But it also took some encouragement. People at church would comment positively about my walking. When I would post my monthly and year-to-date totals on Facebook, I'd get a lot of "attaboys". Change is hard. Commitment is not enough. Effort is not enough. Encouragement is not enough. It takes all three.

For many Christians, a new year's goal is often to read through the Bible. I would encourage this, as reading the Bible is a primary source of spiritual health and growth. There will be some Bible Reading Plans in the entryway of the Worship Center for you to look at and use. Some read straight through, Genesis to Revelation. Others mix and match Old Testament and New Testament. Whatever plan you choose, God will bless your reading. Even if the reading doesn't make any sense, even when you don't want to read, pick up your Bible and spend some time reading.







The session has approved an experiment for us in worship, and that will be to celebrate communion twice a month (1<sup>st</sup> and 3<sup>rd</sup> Sundays) rather than just once. There is a fine balance in celebrating communion, every week may be too often (except for the Episcopalians among us!), and once a year may not be often enough. Our once a month observance has been fairly traditional in evangelical Presbyterian circles, but if someone misses a communion Sunday, then it is two months between for them. So through March, we try this pattern.

We have received a grant from the Presbytery to buy the Alpha Course on DVD, and an upgrade to the Griefshare Program. We will be looking at ways to use both of those in the coming months.

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

# JANUARY 2015



SUN	MON	TUE	WED	THU	FRI	SAT
				1 	2 	3
4  10:30 a.m.— Worship / Communion	5   6:00 p.m.— Church Prayer Meeting 6:30 p.m.— Outreach Team	6	7	8  9:30 a.m.— Alpha Circle Meets 5:30 p.m.— Praise Team 6:30 p.m.— Choir Practice	9  8:30 a.m.— Finance Team 10:00 a.m.— Women's Bible Study at Kuglin's 1:00 p.m.— Deacons	10
11  10:30 a.m.— Worship Installation/ Ordination of Elders and Deacons	12   6:00 p.m.— Church Prayer Meeting	13	14	15  5:30 p.m.— Praise Team 6:30 p.m.— Choir Practice	16  10:00 a.m.— Women's Bible Study at Margaret Kuglin's 6:00 p.m.— Mariner's	17
18  10:30 a.m.— Worship 6:00 p.m. — Town Hall Meeting	19   6:00 p.m.— Church Prayer Meeting	20	21  6:00 p.m.— Session at Kuglins'	22  5:30 p.m.— Praise Team 6:30 p.m.— Choir Practice	23  10:00 a.m.— Women's Bible Study @ Kuglins	24
25  10:30 a.m.— Worship/ Annual Congregational Meeting	26   6:00 p.m.— Church Prayer Meeting	27	28	29  5:30 p.m.— Praise Team 6:30 p.m.— Choir Practice	30  10:00 a.m.— Women's Bible Study @ Kuglins	31

1—Michael Cousins  
 5—Alice Visser  
 8—Mabel Cronan  
 27—Lynn Laranjo  
 29—Paul Laranjo



*If your birthday or anniversary has not been listed, please call the office and let us know.*



15—Frank & Nawatha Reed

## **Regular Prayer List**

### *Assisted Living:*

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

### *Health Issues:*

Virginia Irons  
 Roger Morrow  
 Dorothy Nelson  
 Bill Sperry  
 Margaret Kuglin (eye)  
 Patti Arbizu (knee)  
 Cyndy Cawley (ankle)  
 Alice Visser (English Oaks)  
 Art McRae (Garden City, Rehab)



### **Stockton Presbytery Prayer List for January 2015**

January 4—Grace Presbyterian: Lodi  
 Pastor: David Hill  
 Jeff Hawley & William Steel HR

January 11—Manteca Presbyterian  
 Pastor: Karl Hauser  
 John Russell-Curry

January 18—Mission Committee  
 Stockton Presbytery  
 Lee Heim

January 25—Zephyr Point Conference Center  
 Director: Bedford Holmes  
 Jay Olson



### **Ceres School's Prayer List for January 2015**

January 4—Sam Vaughn Elementary  
 Principal: Sharon Carter

January 11—Sinclear Elementary  
 Principal: Connie Stark

January 18—Virginia Parks Elementary  
 Principal: Jennifer Backman

January 25—Walter White Elementary  
 Principal: Dan Pangrazio

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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**HARVEST PRESBYTERIAN CHURCH**  
**1813 Moffet Road**  
**Ceres, CA 95307**

**POSTAGE**

***Notes from Personnel:***

We are very excited to announce we have hired Kendall Meyer as our nursery attendant. After just a few weeks she seems to be fitting in very well. Please welcome Kendall to our Harvest family.

We continue to look for someone to fill a secretary and book keeper position. If you know anyone who may be interested please have them contact Pastor Jim.

**Mariner's Installation of New Officers**

Installation of new officers, & potluck will be held on Friday, January 16, 2015 @ 6:00 p.m. So bring your place setting, a favorite dish and see what 2015 will bring for the Mariner's.

**Upcoming Dates**

- 1/11 Ordination and Installation of Elders and Deacons
- 1/18 Town Hall Meeting
- 1/25 Annual Congregational Meeting