

THE CONNECTION

CHEROKEE SPRINGS UMC

2870 CHESNEE HIGHWAY · SPARTANBURG SC. 29303

January 2024

Dear Cherokee Springs Family,

I'm in an on-again-off-again, will-they-won't-they relationship with coffee. Right now we're on a break. And it's been good. I've had a few sips here and there, but for the most part, my hot beverage of choice has been tea recently.

In some seasons, coffee boosts my creativity. I have a hundred ideas a minute. I feel better when I drink coffee. But in other seasons, the only thing it does is dehydrate me and boost my anxiety. And it takes me a while to realize that the only reason I'm still drinking the hot, bitter bean water is habit. I drink coffee in the morning. It's just what I do.

Habits like these are hard to break, especially when it comes to something somewhat innocuous like coffee. But little changes are a lot easier to make, which is why I switched to tea. Now I still have a hot drink to sip on in the morning (a necessity as the mornings get colder and colder). The New Year is a time when a lot of folks are trying to kick bad habits and pick up new, healthier ones.

Habit is an important idea in faith. Are we in the habit of going to church? Even if we're tired, exhausted, even burnt out, staying in the habit of going to church is important. It's one thing if we're out of town or have a special occasion with family or friends, but another if we "just don't feel like it." The same idea goes for reading our Bible, practicing generosity, sharing our faith. These habits take practice and work to maintain.

The good news is even if we "fall out of the habit," there are always opportunities to pick them back up and try again. I think I'm done with coffee for a while, but I may have a cup every now and then (because man it sure does smell good!) I'm also going to try to get in the habit of exercising more (cliché, I know). What habits are you trying to kick this year? What habits are you picking up?



With Love,
Pastor Mason
mhcantey@umcsc.org
843-598-4928



ADULT SUNDAY SCHOOL
9:15am

SUNDAY WORSHIP SERVICE
10:00am

CALENDAR OF EVENTS
Bible Study: Tuesday 6:30pm
Choir Practice: Wednesdays 6:30pm
Youth: Sundays 5-7pm

Virtual services offered through our
Facebook page.

January 10 – Church Council
7:15 pm

*Mark your Calendars:
Chesnee Middle School Teacher Lunch
Tuesday, February 13th –
Volunteer and supply list posted closer to the date



HAPPY BIRTHDAY

2 – Larry Corbin
2 – Mary Jo Newton
4 – Melissa White
7 – Liz Corbin
9 – Kristin Brown

HAPPY ANNIVERSARY

13 – Rick and Donna Van Vleet

Sunday Servers

Ushers: Walt Brown & Bill White

Alt: Bradley Newton

Counters: Gail Durant & Berri Meyers

Acolyte: MerriElizabeth Cable

READERS

January 7	Mena Codespoti
January 14	Rick Van Vleet
January 21	Pam Brown
January 28	Donna Webber

SUNDAY SCRIPTURE

JANUARY 7 | Epiphany of the Lord Sunday

Ephesians 3:1-12; Matthew 2:1-12

JANUARY 14 | Baptism of the Lord

Genesis 1:1-5; Mark 1:4-11

JANUARY 21 | 3rd Sunday after the Epiphany

Jonah 3:1-5, 10; Mark 1:14-20

JANUARY 28 | 4th Sunday after the Epiphany

1 Corinthians 8:1-13; Mark 1:21-28

United Youth

January 7- Youth at Trinity
January 14- No Youth - MLK Holiday
January 21st- Youth at Trinity
January 26-28- Revolution Retreat (No Youth)

Visit United Youth Spartanburg Facebook Page
for regular updates



Sunday January 7

Please continue to pray for those on our prayer list.

If you have a new prayer request or update, please text them to 864-921-0662.

Deadline to submit next month's newsletter info is: January 22nd

Updates . . . Corrections . . . Changes . . . to the newsletter? Email info@cherokespringsumc.org