

stay connected

We connect people to Jesus and help God change their lives.



Prayer Focus for the New Year – SEEKING GOD’S GUIDANCE

by Renee Sanford, Prayer Coordinator

Why Seek God’s Guidance –
Because He Knows What’s Best

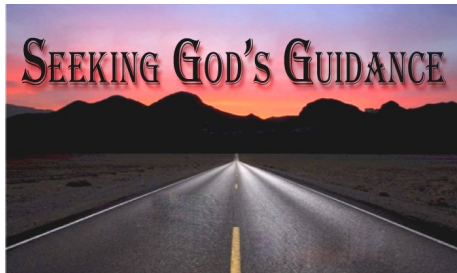
Why Seek God’s Guidance –
So We Can Obey and Enjoy
What’s Best

Why Seek God’s Guidance –
So We Can Live for His Glory,
Sharing Life Together in the
Spirit

Why Seek God’s Guidance –
So We Can Serve One Another
in God’s Love

Why Seek God’s Guidance –
So We Can Connect People to
Jesus & Help God Change Their
Lives

Sounds Good –
So **HOW** do
we seek God’s
Guidance?
Here are some
thoughts:



Confess – Is there anything in
life hindering us from hearing
from God? Time to repent, for-
give, confess, and receive God’s
wonderful promise to be faithful
and just to forgive us our sins
and cleanse us from all unright-
eousness. (1 John 1:9) Oh how
we need Him in all we do. He is
our life.

Surrender – Are we ready to sub-
mit to God’s good, perfect and
loving will in all things? There’s
not a lot of point in God giving us
guidance if we are not going to
follow. Let us humble ourselves
under God’s mighty hand – that
He might lift us up, revealing His
guidance to us. (1 Peter 5:6) We
can trust our loving God to want
the very best for us.

Ask! – God has promised repeat-
edly that when we ask according
to His will, He hears and an-
swers. Seek and you WILL find!
(1 John 5:14-15) The answer is
sure. Lord give us the faith we
need to believe.

Meditate – God
promises that His
word will be a light to
our path (Psalm
119:105), so the
more we are in His
Word, the clearer our
path will be – the
better we will understand His
guidance and will. The better we
will understand who we are in
Christ – beloved children of the
Heavenly Father, redeemed by
His beloved Son, filled by His
Holy Spirit.

Wait for it! – God promises that

Continued on page 3

January 2020 Inside this issue:

Awana News	2
Board Game Night	2
Operation Christmas Child	3
News from Nathaniel & Zac	4-5
Library Changes	5
Perspectives Class	5
Self Care	6
Bulletin Board	7
Calendar	8



Beating Winter Boredom with Board Games and the Bible – Awana in January 2020!

by Angie Mullen, Awana Director

When Awana returns to holding club on Wed., January 8, our clubbers will get a chance to learn and play 6 different board games – one each week. But these games will have a twist – they will be games with a purpose! Our kids will learn that just like there are rules for playing each of these games, God has given us specific rules for how we are to live. These 6 weeks are divided into a sets of "Games You Should Play" and "Games You Shouldn't Play." And we'll look to the scripture for these rules God wants us to remember. Here's an overview of what we'll be playing. First – games you **SHOULD** play: *Chess* – Everyone has a role to play in the Body of Christ, 1 Corinthians 12:12-27; *Connect Four* – Connect your-

self and others to Jesus, John 1:43-51; *Sorry* – Jesus teaches what it means to really apologize, Matthew 5:23-24; *Trouble* – God gives us a second chance to start over and we can learn from our mistakes like Moses, Exodus 2:11-15, 3:1-10.

Then we'll look at games we **SHOULDN'T** play: *Battleship* – Stop destroying others through gossip, James 3:3-10 and *Candy Land* – Solomon teaches us not to do things because they feel good. Choose to do things because they are right in God's eyes, Proverbs 14:12.



A big THANK YOU to everyone who helped us gather many boxes of each of these games to use in this unit. You always pull through when we have a request for our children's ministry. Now you know what we'll be doing with them!

As the new year begins, now would be a great time to invite a child or youth that you know to try out our Wed. night ministries. It's never too late in the club year to join us. We would love to share the gospel message to each and every child and youth in our area. What a difference God can make in their lives! Pray about who you can invite in the new year!

Board Game Night!

Saturday, February 1st from 6:00 – 8:00 p.m.

Come one and all to a night for fun and games – BOARD games, that is! Everyone is invited to join our Awana families at the church on Sat., Feb. 1 from 6:00 – 8:00 to simply play some games together. We will start in the Fellowship Hall with a big Bingo game. Then we'll set up tables with a wide variety of simple board games that you can sit down and play with others. Games for all ages will be provided! What a great chance to fellowship and get to know one another a bit better. We'll have the popcorn machine going and some lemonade, too. Please plan to join us!

2019 OPERATION CHRISTMAS CHILD – January and February Items

by Linda Lyke, Outreach Coordinator



Here is a list of items to donate for Operation Christmas Child for the “item of the month.”

However, if you see an item at a bargain price, grab it. Place items in the trunk in the back stairway.

January & February:

Winter Items: hats, gloves/ mittens, scarves, socks

Homemade kits: fishing or sewing kits, clotheslines

Non-Liquid Hygiene Items: toothbrushes, small tissues, mild bar soap, wash clothes, brushes/ combs, fun band aids, lip balms

Our church's 256 boxes were shipped to Rwanda on December 16th!

Known as the land of a thousand hills, Rwanda is located in central Africa. It is one of the smaller African countries but has one of the highest population densities in sub-Saharan Africa. In 1994, a civil war between the Hutu and Tutsi tribes resulted in a genocide of 800,000 people. Samaritan's Purse began distributing gift-filled shoeboxes in the country in 1995 and launched The Greatest Journey, their follow-up discipleship program, in this nation in 2010.

Pray for Your Shoebox Recipient

“Whatever things you ask in prayer, believing, you will receive.” – Matthew 21:22

Please don't stop praying for the boy or girl that you first lifted up when you packed your shoebox. Continue to ask God to soften his or her heart to the Gospel of Jesus Christ, so that he or she will follow Him all the days of their life. Pray also for families and entire communities to be transformed as God's love is shared through your simple gift.

Seeking God's Guidance, *continued*

He has acted, is acting and will act on our behalf when we wait for Him (Isaiah 64:4). Running ahead, manipulating circumstances, attempting things under our own power for our own reasons – these are surefire roads to frustration. God's response to our prayers comes in His perfect timing. Even in times of uncertainty, we can rest knowing God will never leave us or forsake us. His mercies are new every morning. His faithfulness is greater than our doubts. And we can

always obey what we already know – do the next right thing.

Receive with Joy and Thanksgiving – When we obediently seek the will of God, we can be sure that He hears us and will provide us the wisdom we need to make the right choices. (Matthew 7:7-8, James 1:5). He will give us the desire of our hearts – desires we may not yet know that we have. (Psalm 20:4)

PRAYER

changes things

For the start of the new year, let's focus on seeking what God would have us do, as individuals, as a church community, as members of the world-wide people of God. Take time to pray!

Answers to Prayer and More Travels - Update from Nathaniel Muench

by Renee Sanford

What a joy to have Nathaniel Muench home for a few days in December. It's hard to believe he's been in Germany almost five years! He provided me with these updates and prayer requests while in route back to Germany:

I've got to share an amazing answer to prayer.

There's a great church that runs a skate park in Germany. They have been running it for a few years now but have been constantly short staffed. They had told me they will be closing in March if they don't find

someone to work there by the end of December. (They were hoping I could come on board – but my visa is for Nuremberg and I

can't get a work permit until I've been in Germany for five years.) Two years ago there was a Christian skater on the Calling all Skaters outreach in Germany. (Calling All Skaters is the Youth With A Mission program that my brother Zac is now working for in Barcelona.) Just before I came home, I got a message from him asking if I knew any skate ministry jobs around the world. I told him about the park, and apparently



four other people also mentioned the job opening to him! I participated in a few meetings and acted as the middleman for translation between the parties. While I was at home, I found out God has worked it out all the details and he will

be moving to Germany this January. All these contacts and relationships and networking really do bear fruit. Praise the Lord!!!!



One month from today (January 17-19) we will be hosting the very first German Christian skateboard conference. This is super exciting! Something that has only happened maybe one time in the whole of Europe. The goal of the conference is to gather all the Christians we know who skate and bring them together and teach them about local skate ministry and how they can disciple local skateboard-

ers. I'll be teaching and helping to coordinate.

Please pray for this as we plan and organize this event. Lord, help me focus my scattered brain!

Also in January I'll be doing a month of language school (God willing!). Please pray for open doors to reach out to people – the classes are very diverse. I want to show Christ's love to my teachers and fellow students. Pray also for a good memory so I can remember what I learn. I have learned to understand German, and I can communicate quite well – but my spoken grammar is still pretty rough.

Later this spring I'll be heading back to Sri Lanka to help organize their surfing ministry – we are working on setting up manufacturing of surfboards, so they are not so dependent on imports. Where you can make surfboards, you can make skateboards...



And I have an upcoming trip to Japan to develop relationships with churches planning to do outreach related to the new action sports in

Continued on page 5

Update from Nathaniel Muench, *continued*

the Olympics in 2020 (including karate, surfing, sports climbing and – most importantly – skateboarding).



in Germany. Over all it was an amazing time.

Please pray for peace in all the busyness, wisdom and trust to know where God is leading.

I had a wonderful busy two weeks back in Wisconsin. Got to attend church in Milton twice! Great fellowship. And I managed a slew of meetings with people and spoke at several other places. All while keeping up with ongoing communications and long-distance things



What's Going on with Zac?

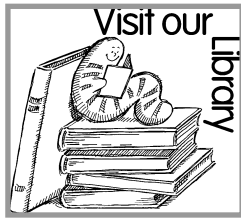
Zac Muench was home for a week and a half in December. He spoke a church on December 14, sharing his deepening understanding of the simple truth that "God is God and he (Zac) is not." There is great freedom in resting on this fact, relinquishing control and participating in what God is doing rather than "trying to drive the bus."

Zac heads back to Barcelona on staff at Youth With a Mission in the "Calling all Skaters" program. He's very excited about being able to do some art outreach and training as well as skate outreach.



WHAT's Going on in the Library?

Yes, Virginia, we do have a church library! And what a blessing it is. It gets a lot of use, especially the children's books.



that closed down their library. Some are duplicates, some we don't need – others are treasures. Before we can integrate the new books, we need to make some space.

But like many good things, from time to time it needs some concentrated TLC! And the time is now, because we were recently gifted over 2000 books from another church

A first step is already underway – removing the VHS tapes. This will free up 5 shelves! We have replacement DVDs among the new “books” for some – and we'll create a wish list of others to acquire over time.

Contact the church office if you'd feel called to help. There will be lots to do over the next year – tasks like removing duplicates, tracking down missing or lost materials, identifying things we really should purchase, creating some type of catalog to make finding materials easier.

Watch this newsletter and the church bulletin for future steps.



Perspectives™

Over 100,000 students have taken the 15-week Perspectives on World Missions class – a life-changing look at missions from creation to the present day. It addresses the biblical basis, history of missions, cultural diversity, and gospel sharing strategies.

We have at least three people ready to take the class beginning the third week in January 2020. Would you like to join us? We're still debating whether to drive to Wauwatosa or take the class remotely, right in our church library or even at home.

Please pray about whether you might be called to take this class! You can find out more information at <https://www.perspectives.org/Home/> or by talking to Renee Sanford, Linda Lyke or Pastor Nate.



Awana January Calendar	
1	No Club – <i>Happy New Year!</i>
8	Club
15	Club
22	Club
29	Club - <i>Valentines for Seniors</i>



Collision January Calendar	
1	No Collision – <i>Happy New Year!</i>
8	Collision
15	Collision
22	Collision
29	Collision

Self Care *by Barb Green, Parish Nurse*

It's January, a brand new year; time to think about changes you might need to make in your life. One of the most important resolutions you can make is to practice self care. Self

care is the practice of taking **deliberate** action to preserve or protect your own health: physical, mental, emotional and spiritual. It is the key to balanced living and helps refuel your life when you feel you are traveling on empty. It means knowing who you are and your limits.

Self care is not selfish, something you force yourself to do or something you don't enjoy. It means being mindful and taking the time to pay attention to yourself in a way that ensures you are being cared for by you.

This may sound wonderful but how do you know that you are in need of self care? If you are feeling some of the following symptoms, you may be neglecting self care:

- Low energy



- Feeling hopeless
- Increase in physical symptoms such as headaches and stomach aches
- Difficulty falling or staying asleep
- Reverting to comfort foods rather than a healthy diet
- Worsening mental health symptoms, such as increased anxiety
- Difficulty concentrating
- Distancing in relationships with spouse, children, friends
- Lack of motivation
- Feeling you are indispensable or a martyr
- Feeling like you are losing control

We all should have ways of focusing on refueling when we feel burned out. Some suggestions include:

- Keep a gratitude list. Every day write down something you are thankful for.
- Listen to upbeat or relaxing music.
- Take 5 minutes to sit and put your feet up.
- Walk during your lunch break; exercise daily.
- Turn off your phone for 30 minutes.
- Learn to deep breathe when feeling stressed.

- Unfollow a person on social media who is negative.
- Say no to others and yes to your self care; create a 'no' list.
- Spend time with loved ones; schedule a night out with friends or your spouse.
- Look for opportunities to laugh.
- Pray – caregivers say prayer is the top coping mechanism they use.
- Whatever helps you relax and pay attention to your needs

The Biblical view of health is summed up by the word "blessed". God's purpose for your life is a positive self image which you can maintain by practicing self care. Spiritual well-being can increase life span, decrease blood pressure, increase surgical outcomes, bring about shorter hospital stays, and improve mental health and overall well-being.

In 2020 set aside time to concentrate on you and your needs. You can't help others if you are not healthy.

Do you enjoy the flowers and decorations in our beautiful church?

If you would like to be responsible for these decorations for a month or two in 2020, please contact Janet Butler or sign up in the Welcome Center for the month that you would like to decorate. Most months it's as simple as changing the arrangements on the altar and mantel. Lots of items are here at the church or you are welcome to bring things from home.

Bulletin Board

January Scripture Memory Verse

“Sovereign Lord, as you have promised, you now dismiss your servant in peace. For my eyes have seen your salvation.”
Luke 2:29-30



JANUARY BIRTHDAYS

and ANNIVERSARIES

- 1 Pat Hamm
- 1 Mary Scholl
- 2 Mark & Faith Green
- 4 Chuck Graffius
- 4 Ryan Holbrook
- 6 Sophia Kersten
- 6 Jeremy Lade
- 6 Jared Osborn
- 8 Doneta Osborn
- 8 Nate Crandall
- 8 David St. Clair
- 17 Sondra Muench
- 23 Katie Lubke
- 23 Kathleen & Ryan Holbrook
- 24 Josiah Lubke
- 25 Lillian Holbrook
- 26 Jim Lyke
- 30 Verne Wright

Annual Meeting Sunday, January 19th, 9:00 a.m.

*We welcome members
and non-members
to come and see what's going
on in the life of the church.*



Men's Breakfast

All men are welcome to join in this time of study and fellowship. Led by Pastor Nate. Meets every Weds. at the IHOP Restaurant in Janesville at 6:30 a.m.

Breakfast Club

Sunday, Jan. 12, 8:30 a.m.
Café 26 (Formerly Tasty Bites)
Note that this is a week earlier than usual. All are welcome!

Ladies Sit & Sip

Tues., Jan. 21, 9:00 a.m.
Havana Coffee,
1250 Milton Ave., Janesville
All women are invited.

Third Thursday Prayer

January 16th
6:30 p.m., Parlor

A time to pray as the Holy Spirit leads – for our church, our families, our communities, the world. Prayers for God's will to be done are powerful!

SDB Week of Prayer (Jan. 5-11) Booklets

are available in the Welcome Center at church.
If you would like one mailed to you,
please call the church office at 608-868-2741.



Capital Campaign Update

As of November 30, 2019

Starting Balance	\$ 2,505.00
Total Income	\$27,184.24
Total Expenses	\$14,430.44
Fund Balance	\$15,258.80

Focus on Funds

as of November 30, 2019

General Fund Balance	\$15,805.12
Cash at Mem. Fund	\$66,046.77
Nov. Undesignated Income	\$17,116.46
Nov. Total Income	\$22,698.39
Nov. Expenses	\$18,086.34
Denomination Giving YTD	\$10,986.02

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
<div style="border: 1px solid blue; padding: 5px;"> <p style="text-align: center;">Sabbath Sunset Times</p> <p>Jan. 3 4:34 p.m. Jan. 4 4:35 p.m. Jan. 10 4:41 p.m. Jan. 11 4:42 p.m. Jan. 17 4:49 p.m. Jan. 18 4:51 p.m. Jan. 24 4:58 p.m. Jan. 25 5:00 p.m. Jan. 31 5:07 p.m. Feb. 1 5:09 p.m.</p> </div>			1  Happy New Year No Awana or Collision	2 9:30 Women's Bible Study - Perla Call's	3	4 9:00 Grow Groups 10:00 Treats 10:30 Worship
5	6 8:00 TOPS—Library	7 7:00 Scouts	8 6:30 Men's Breakfast - IHOP 9:00 Women's Bible Study - Renee Sanford's 6:25 Awana 6:30 Collision	9 9:30 Women's Bible Study - Perla Call's	10	11 9:00 Grow Groups 10:00 Treats 10:30 Worship
12 8:30 Breakfast Club - Café 26	13 8:00 TOPS—Library	14 7:00 Scouts	15 6:30 Men's Breakfast - IHOP 9:00 Women's Bible Study - Renee Sanford's 6:25 Awana 6:30 Collision	16 9:30 Women's Bible Study - Perla Call's 6:30 Third Thursday Prayer	17	18 8:00 Men's Chorus Rehearsal - LGA 9:00 Grow Groups 10:00 Treats 10:30 Worship
19 9:00 Annual Meeting - LGA 	20 8:00 TOPS—Library	21 7:00 Scouts	22 6:30 Men's Breakfast - IHOP 9:00 Women's Bible Study - Renee Sanford's 6:25 Awana 6:30 Collision	23 9:30 Women's Bible Study - Perla Call's	24	25 9:00 Grow Groups 10:00 Treats 10:30 Worship
26	27 8:00 TOPS—Library	28 7:00 Scouts	29 6:30 Men's Breakfast - IHOP 9:00 Women's Bible Study - Renee Sanford's 6:25 Awana 6:30 Collision	30 9:30 Women's Bible Study - Perla Call's		

Milton SDB Church
720 E. Madison Ave.
Milton, WI 53563
Church Phone: 608-868-2741

Pastor Nate Crandall
Cell Phone: 608-322-8824
Email: pastornate@miltonsdb.org

Pastor Liz Green
Cell Phone: 608-289-3029
Email: pastorliz@miltonsdb.org

Administrator: Janet Butler
E-mail: churchoffice@miltonsdb.org
Office Hours: Tues.- Fri. 9:00 - 3:30

Director of Children's Ministry:
Angie Mullen

Prayer Coordinator:
Renee Sanford

Outreach Coordinator:
Linda Lyke

Parish Nurse:
Barb Green

Camp Program:
Verne Wright

Communications Coordinator:
Joel Osborn



Non-Profit Org.
U.S. Postage
Permit No. 7
Milton, WI
53563

