

## Learning, Serving, Praying, and Playing:

Parents and youth, take care that this season doesn't turn from the season of celebrating the birth of Jesus into a season of stress and worry caused by lists to be completed. Fearing we won't have enough energy to get everything done, we may feel tension in our bodies that activates our fight or flight mechanism. This may lead to overeating and overspending. Continue the traditions that make you happier and bring your family closer together. When feeling stressed, admit it and pray about it. Breathe deeply, go inward and ask for God's peace. Read the nativity scriptures once again, and remember the birth of God's Son. Let go of the need for perfection and celebrate connections to God, family, and our St. Paul family.



**Dec. 2<sup>nd</sup>-Advent Fair-**Stephanie Rosenberger appreciates help in working craft tables, serving lunch, and other fun ways.

**Dec. 9<sup>th</sup> 4-5:30 pm-**set up luminaries on the sidewalks surrounding the church for the Country Club Neighborhood Event and more fun with the regular youth group meeting.

**Dec. 15<sup>th</sup>-Saturday-9-noon-**Bake cookies in the Fellowship Hall and decorate the church Parlor for Christmas.

**Dec. 15<sup>th</sup>-Saturday 6pm-Cookie Walk-**Sell cookies in the parlor

**Dec. 16<sup>th</sup>-Sunday-Cookie Walk** before and after both worship services, then clean up the parlor. We should be done by 12:30 pm if everyone helps out.

**Dec. 16<sup>th</sup>, 10:30 am-Sunday-Children's Christmas Program-**Youth will be asked to participate by reading and maybe even playing a part in the nativity.

**Dec. 24<sup>th</sup>-Christmas Eve Worship services** in the sanctuary with your family: 3 pm, 5 pm, and 10:30 pm.

**Jan. 5-6-The One Event-Salina, KS.**A Great Plains Conference event for over 1,000 youth, grades 7-12.

Pastor Marta Wheeler