



DECEMBER



Birthdays

- 1ST Glenn Wolfe
Libby McComsey
David McConnell
- 2nd Emily Fink
- 3rd Lynn Allison
- 4th Tim Hellberg
Ellie Hershey
- 5th Cynthia Mahler
Rebecca Schaum
- 6th Sara Edwards
- 7th Harper Volker
Betty Texter*
- 9th Jean Young
Jade Mumma
- 10th Pat Oberholtzer
- 11th Jacob Bertrand
Nancy Ault
- 12th Amanda McComsey
Catherine McMahan
- 14th Pam Joy
- 15th Colin Kerr
Rosalyn Ward
Susan Mull
- 17th Thomas Wittlinger
Michael Rowen
- 18th Parker Fink
- 21st Grace Gochnauer
Pearl Sieber
- 24th Kristin Freiberg
- 25th Skyler Patterson
- 26th Sarah Gochnauer
Mae Wolf
- 27th Dennis Cunningham
- 28th Lisa Nitchie
Lochlan Mumma
Lennox Mumma
- 29th Carol Dennis
- 31st Karly Neumar

Anniversaries

- 10th Michael & Brenda Barr (44)
- 11th Mary & Kevin Nissly (11)
- 22nd Corie & Craig Welsh (9)
- 26th Len & Mae Wolf (53)
Duane & Kitty Weiss (61)
Mike & Nanette Bertrand (18)
- 28th Mark & Christine Harman (14)
- 29th Joseph & Erin Longenecker (11)
- 30th David & Alana Koser (26)
Drew & Karen Scheffey (38)

***Designates shut-in**
These people would
especially enjoy hearing from you.



The holiday season might not be a time to lose weight,
but it doesn't have to be a time to lose your health.
The key is to go into the holidays with a plan.

Here are five ways to keep your health over the holidays.

Tip #1: Shop Well For Yourself

It is more important then ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

Tip #2: Schedule Your Exercise

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

Tip #3: Just Say No

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

Tip #4: Skip the Baking

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars--let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

Tip #5: Hydrate

Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

<https://www.active.com/fitness/articles/5-health-tips-for-the-holiday-season?page=1>



WORSHIP PARTICIPANTS FOR DECEMBER					
	Dec 5	Dec 12	Dec 19	Dec 26	
SOUND	7:45 L. Labezius 10:30 W. Heidel	7:45 L. Labezius 10:30 J. Neumar	7:45 L. Labezius 10:30 W. Heidel	7:45 L. Labezius 10:30 J. Neumar	
READERS	8:00 R. Grove 10:30 J. Young	8:00 M. Worley 10:30 S. Mull	8:00 B. Hayasaka 10:30 B. Linton	8:00 J. Grove 10:30 T. Santosusso	
USHERS B. Linton, 569-5650	7:45 J. Pacelli 10:30 B. Linton	7:45 J. Labezius 10:30 B. Linton	7:45 Z. Volker 10:30 B. Linton	7:45 K. Payonk 10:30 B. Linton	
CHIMERS	10:30 M. Kelly 6:00 D. Linton	10:30 S. Mull 6:00 K. Moyer	10:30 M. Bertrand 6:00 M. Foreman	10:30 J. Fritsch 6:00 S. Mull	
COMMUNION CARE	7:45 S. Pacelli 10:30 T. Horn	7:45 K. Douglas 10:30 J. Fritsch	7:45 V. Mumma 10:30 T. Horn	7:45 M. Nagley / J. Wissler 10:30 L. L. Bisignani	
Christmas Eve	ASSISTANTS 4:00 J. Young / needed 7:00 V. Mumma / J. Labezius 10:00 B. Hayasaka / needed	SOUND 4:00 p.m. W. Heidel 7:00 p.m. T. Verkouw 10:00 p.m. J. Neumar	READER 4:00 C. Dennis 10:00 C. Main	SET / CLEAN UP 4:00 J. Young / S. Pacelli 7:00 V. Mumma 10:00 B. Hayasaka / J. Fritsch	USHERS 4:00 J. Pacelli / L. Roberts 7:00 B. Linton 10:00 B. Linton

If you are unable to serve on your assigned Sunday—please make every effort to find your own substitute.
 If you would like to become a worship participant —please call the coordinator listed above or the church office at 397-2748

Worship Volunteers

As we begin the journey back to a “normal” worship schedule, we need volunteers to: read the lessons, assist Pastor with communion, set up and clean up communion, sound and camera operators, ushers, and greeters.

Have helped in the past—would like to begin? All are welcome!
 Please call the office at 717-397-2748 to volunteer!

