



# The Emanuel Light

January 2020

**Emanuel's Mission Statement:**  
"We lovingly connect people to God by nurturing the Christian faith in all God's children"

## **Focus on What Matters Most**-From *Living Lutheran*, Dec 2019

"No one expects to have their lives completely changed while watching Netflix.

But that's exactly what happened to me.

On a nondescript day in December 2017, I sat down on my couch and turned on Netflix. One of the suggested documentaries was "Minimalism: A Documentary About the Important Things." I checked to see how long it was, and I saw that it was relatively short. "Well," I thought, "If it stinks, at least it's only an hour and fifteen minutes of my life."

Over the short amount of time watching the documentary, I went from a reluctant viewer to a motivated life-changer. I was so motivated that—when my husband Will came home a few hours later—I immediately told him to sit down and watch the documentary with me. He, too, was reluctant at first.

But after watching the documentary, Will also agreed that God was speaking to us and calling us to live a more minimal lifestyle. We knew our lives had to change.

The definition for minimalism that I attempt to live by is **A focus on the aspects of life that matter most, and intentionally removing everything else.**

A minimalist aims to live their life more simply by identifying what's most important and then gradually removing anything that takes away from what matters most and/or is an obstacle to focusing on what matters most. By doing this, minimalists free up space, resources, and lives to focus on what is most important.

**There is no "right" way to be a minimalist.** This lifestyle is prescriptive rather than restrictive. Minimalists own houses and have two cars. Minimalists own what only fits in a carry-on bag and travel the world. And minimalists are everywhere in between. This lifestyle is about finding what parts of life make sense to simplify right now. Minimalism is going to look different depending on life context—single folks living alone will live out this lifestyle very differently than married folks with kids.

After recognizing what's most important in their lives, minimalists strive to cut out the excess. For most middle and upper-class folks, this means shedding the incredible amount of material possessions owned and the extreme busy-ness cultivated by being over-committed with time, talents, and energy.

Will and I simplified our lives once we committed to minimalism. We donated/threw out 60% of our material possessions in 6 months. We got rid of our storage unit and downsized to a smaller living space since we didn't need the extra space to store our excessive possessions anymore. We took steps to break bad habits relating to shopping, money spending, and consumption. We made lasting changes to consume intentionally.

We stopped saying "yes" to everything and culled down our obligations to what was most important to us. **And most importantly, we freed up time and energy to focus on our relationship with God and our spiritual growth."**

*Becca Ehrlich is a Lutheran pastor living in Philadelphia, PA. Her writing has appeared at WELCA's BoldCafe, Luther Seminary's Center for Stewardship Leaders, and VTS' Building Faith. Ehrlich blogs about minimalism from a Christian perspective at [www.christianminimalism.com](http://www.christianminimalism.com) and shares inspiration and encouragement to live a more minimal life on the Christian Minimalism Facebook page, Christian Minimalism Twitter @jesusminimalism, and the Christian Minimalism Instagram @jesusminimalism.*

## Reflections in January -

Ok, so now Christmas is over for 2019 and my Christmas Decorations have again, multiplied. How does that happen? We take down 3 bins and have 4 1/2 to put back up? How does all this “stuff” multiply while in the living room? You would think some was replacements of decorations that have broken thru the years, tarnished, chipped, but NO, we can't throw that away because that is the reindeer that Uncle Frank stepped on in his bare feet while looking for another Bud Light in 2007. It has a special meaning. I guess that is how we accumulate our “stuff.”

Dave and I were visiting his family in Chattanooga one year for Christmas and although his Mom had a tree decorated with various Christmas things throughout the house, she had mentioned to me that there was a whole lot more up in the attic, but she was not able to get up there. His Dad was also not physically able to get up there, so after Christmas one day, I decided that I would go up and “straighten” out some of the attic. Absolutely NO idea what a task this would be.

I had never lived in a house that even had an attic—we always had garages for storing. I had no concept of having a space where you could just throw an amount of “stuff” and close the door without having to look at it. Also, by this time, with three grown sons, various adult and semi-adult grandchildren all leaving bits of debris wherever they roamed, there was a collection of unbelievable rubble ... and not just junk!

It was like a Treasure Trove to me! Trunks and boxes of dresses, hats, coats, baby clothes, bassinets, playpens, old typewriters, sewing mannequins, silk flowers, and photos of every size, and description. Old pots and pans, half sets of dishes, old phonograph record players, a wind-up Victrola, mirrors and paintings, oil lamps, camping gear, and on and on and on ....

It was not an attic like you see in the movies with a door and floor with cute little windows looking outside, all bright and airy. It was plywood over the below floor ceiling studs—not nailed down either, so when you stepped, you sometimes slid and had to be careful not to put your foot thru the ceiling. Pink insulation jammed everywhere with little tendrils reaching out to you. One lightbulb in the middle with a string pull on it, and two vents at either end of the roof. There were several wasp nests in the outer eaves and a bird's vacated nest off to one side of a vent... probably even a few mouse traps around, but I don't remember them.

Early in the morning Dave cleared a space in the middle, got a kerosene lamp working and I went to work just going thru the 24 bins of Christmas decorations that had been accumulated ... a trip to the dump was imminent. I went up a pull down ladder to get to the attic (first time had ever seen one of those) and it was closed off while I was working up there for it was very chilly, though I was fine in jeans and a sweatshirt with tennis shoes to help me in skidding around the unattached plywood floor—after all I was from the Pacific NW and not one of those Southern weenies!

So about 1 in the afternoon, when I had been up there for about 5 hours, Dave's Mom called and said I was to come down to lunch. I came down and realized I was colder than I had realized. We sat down at their dining room table, Dave, his Mom and Dad, his Uncle Henry, cousin Jack and his younger brother, Richard. We are sitting there eating and I am telling them of the riches I have found up in the attic and about midway thru the meal, I have an incredible sharp pain in my right knee. Strong enough, it felt like some one just jabbed me with a knife. I jumped up immediately, and it was like a shock of pain all down my right leg. I was grabbing my right leg and knee, dancing around, yowling like a banshee.

Everyone is looking at me like I have just totally lost my mind and all I could think of was to take my pants off, because the stinging pain seemed to be moving around my leg. I kicked my shoe off, and yanked my jeans down. There on my right leg were 3 wasps that had apparently crawled up my leg in the cold attic and were starting to come alive while being warmed up while I was eating lunch ..... and they were not happy with the situation.

Dave and his Mom realized what was going on and killed the suckers ... smashing them on my leg. My leg was already swelling and the pain from my leg was bad enough, but then I realized ..... I was standing in my in-laws dining room with all of these people staring at me, my jeans around my feet, after just having done an arms waving, screaming dance of the insane “Yankee” in my underwear .... in my in-laws dining room. How's that for impressing the family?!!! Years afterward, when my Uncle Henry told the tale, he would try to be serious, but always ended up laughing at the memory.

**Recipe Corner:** *Traditional New Year's Day dishes***Hoppin' John** (absolutely NO Idea why it has this name—J Mac's)

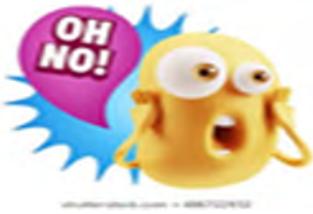
1/2 lb <b>bacon</b>	fry over med heat till crisp Drain on paper towels
1 small <b>bell pepper</b> , chopped 2 <b>celery</b> ribs, chopped 1 small <b>onion</b> , chopped	in 2 Tbsp of bacon fat Sauté 3-5 minutes
1 Tbsp minced <b>garlic</b>	Add and sauté 2 more minutes
1 c uncooked <b>long grain rice</b> 2 c <b>chicken broth</b> 1 tsp <b>basil</b> 1/2 tsp <b>thyme</b> 1/2 tsp <b>oregano</b> Several leaves of kale, torn into bite size pieces	Add and cover simmer 10 minutes
1 can (15 oz) <b>black eyed peas</b> , rinsed and drained	Add along with bacon, simmer 10 more minutes <b>Serve with Cornbread</b>

**Southern Traditions:**

- Eating black-eyed peas on New Year's Day brings good health in the new year, and for the best chance of luck every day in the new year, eat one pea for each day
- Hoppin John is served with greens (kale (my favorite), collards, mustard or turnip), the black-eyed peas are supposed to represent health and the greens represent paper money.
- Cornbread, is usually served with Hoppin John and is said to represent gold.
- Enough Hoppin John is cooked to serve the day after New Year's Day when it then becomes "Skippin' Jenny" further demonstrating one's frugality (and practicability), bringing a hope for an even better chance of prosperity in the New Year.!

**Other Food Traditions**

- **Irish** —eat corned beef and cabbage along with potatoes, carrots and onions for a New Year filled with luck and abundance.
- **German** —Eating Sauerkraut on New Year's Eve for health & luck is long-standing.
- **Scotts**—eating Haggis—which is sheep organs mixed with oats and seasonings and boiled in a sheep's stomach—Dude tells me it tastes as bad as it sounds!
- **Scandinavian & Polish** —at the stroke of midnight, people dine on pickled herring believing it will bring a year of prosperity and bounty, often eaten with a midnight smorgasbord of smoked and pickled fish, pâté, and meatballs.
- **Spain**—12 grapes are eaten at midnight
- **Mexico**-Tamales, corn dough stuffed with meat, cheese and other delicious additions and wrapped in a banana leaf or a corn husk,
- **Pacific NW Native Americans**—Salmon and deer-bring a return to “sacred” food in the longhouse with drumming, singing and dancing.



### What?? No More Volunteers?

For the year 2020, the Council has decided that we take the time to honor specific individuals and their families that “are” Emanuel. We plan to honor specific Congregants of Emanuel throughout the year—focusing each month on those people who have made this church stand strong in our community - serving as Christ commanded us, to “love one another” and following Emanuel’s Mission Statement (as noted on our Newsletter mast head, Bulletin, Letterhead, all publications, flyers and, most importantly, in our hearts: “We lovingly connect people to God by nurturing the Christian faith in all God’s children”

- For the Month of January we want to give acknowledgements to all of you have helped in so many different ways to encourage, support and maintain Emanuel in the Yelm Community.
- Traditionally for the Month of February, we will pay tribute to the Volunteer of the Year 2019
- March we will begin to focus specifically on families and individuals that make up our most wonderful and devoted Congregation here at Emanuel.

### Up-Coming Events at Emanuel

- Jan 4th—the Yelm Amateur Radio Group (YARG) will have a Holiday Brunch in our Fellowship Hall from 9 am till noon
- Jan 8th—the Council will be meeting with the Synod at 4 pm
- **January 19th Emmanuel’s Annual Meeting** following our Worship Service. A notice was mailed to all registered, active members of the Congregation explaining that you will have had to have at least one registered offering in 2019 and taken Communion at least once (registered in the Teal books at each pew) to be able to vote at the Annual Meeting. If you have questions, please contact Jeannie or speak to one of the Council Members. This will be a very important meeting, so plan now to attend.
- January 23rd—The Thurston County-Yelm Local Census of the Homeless will have an Event here at Emanuel Fellowship Hall from 11 am to 2:30 pm.

Why didn't anyone tell me about this?

It was in the bulletin.



My goal was to loose 10 pounds this year...

Only 15 more to go.

My New Year's resolution was to lose weight, so far I've lost my motivation to lose weight.



Funny Pictures on [www.LeFunny.net](http://www.LeFunny.net)

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Thanks to Dad (fragsword) - One Genesis 3: 02-03-2007

OUR RESOLUTION LAST YEAR COULD HAVE BEEN "LESS FRUIT", BUT NO ... WE WENT WITH "TRUST PEOPLE MORE"

I can't believe it's been a year since I didn't become a better person.



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someecards.com

## Emanuel will Aid in the Thurston County Census of the Homeless in the Yelm Area

On January 23rd, Emanuel's Fellowship Hall will be abuzz with folks who will be performing a portion of the Thurston County Census of the Homeless.

To assist in this endeavor, Emanuel will be home to a potluck lunch for the participants in this program for a few hours, between 11:00 am and 2:30 pm.

Besides taking the information required for the Census, there will also be people from the area that will be able to assist in referrals for low income and subsidized housing registry, also others that will also be able to assist in referrals for addiction issues and assistance in exploring Veteran benefit capabilities.

The Census is an annual program throughout the state, and this year Emanuel is glad to help by having information and assistance referrals available in our Fellowship Hall.

YOU'D PILLAGE TOO



IF ALL YOU HAD WAS LUTEFISK

My friend asked me where I see myself in the new year.

How would I know? I don't have 2020 vision!

# January 2020 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<ul style="list-style-type: none"> <li>• 9 am-Coffee Hour</li> <li>• 10am-Worship (Emanuel)</li> <li>• 12pm-Worship (Christ the King)</li> </ul>			<div style="border: 2px solid red; padding: 5px; text-align: center;">Office Closed</div> <p><b>NEW YEAR's DAY</b></p>	4:30-7 pm G S Troop #41699	<b>6 pm—Worship &amp; Music</b>	9 to noon—YARG—Yelm Emergency Radio Group LUNCH-Fellowship Hall  Noon—3 pm—Girl Scout Troop # 44000
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
(See above Worship times)	5-7pm G S Troop #44588	1 pm WELCA 6 pm Giving Thanks Dinner 7 pm Yelm Comm. Choir 8 pm Masonic Lodge Mtg	8 to 2 pm Veteran Support Clinic-Mark  <b>4 pm—Council Meet with the Synod</b> 4 to 6 pm Art classes	<b>11:15—Linked Churches</b>  1:30 pm—Quilt classes with Jeannie Isaacs	<div style="border: 2px solid red; padding: 5px; text-align: center;">Office Closed</div>	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
(See above Worship times) <b>8 am—Council Meeting</b>  1 pm Christ the King Potluck	5-7pm G S Troop #44588  <b>6pm—Budget &amp; Finance</b> <b>6:30-Property Care</b>	<b>6 pm Giving Thanks Dinner</b> 7 pm Yelm Comm. Choir	8 to 2 pm Veteran Support Clinic-Mark 4 to 6 pm Art classes  <b>6:15 Prairie Days Mtg</b>	<div style="border: 2px solid red; padding: 5px; text-align: center;">Office Closed</div> 1:30 pm—Quilt classes with Jeannie Isaacs  4:30-7 pm G S Troop #41699	<b>Newsletter Items due</b>  <b>9 to noon-Quilters</b>	9 to noon—YARG—Yelm Emergency Radio Group Meeting  Noon—3 pm—Girl Scout Troop # 44000
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
(See above Worship times) <b>ANNUAL MEETING</b> <b>11:15 am</b> 	5-7pm G S Troop #44588	<b>6 pm Giving Thanks Dinner</b> 7 pm Yelm Comm. Choir	8 to 2 pm Veteran Support Clinic-Mark 4 to 6 pm Art classes	<b>11 to 2:30—Census of Homeless—Potluck and reference aides— Fellowship Hall</b>  3:00 pm—Quilt classes with Jeannie Isaacs	<div style="border: 2px solid red; padding: 5px; text-align: center;">Office Closed</div>	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>30</b>	<b>Feb 1</b>
(See above Worship times)	5-7pm G S Troop #44588	<b>6 pm Giving Thanks Dinner</b> 7 pm Yelm Comm. Choir	8 to 2 pm Veteran Support Clinic-Mark 4 to 6 pm Art classes	<div style="border: 2px solid red; padding: 5px; text-align: center;">Office Closed</div> 1:30 pm—Quilt classes with Jeannie Isaacs 4:30-7 pm G S Troop #41699		Noon—3 pm—Girl Scout Troop # 44000

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Get to Know : What does that mean???

**What are the 12 days of Christmas?**

Christmas, according to the liturgical calendar, isn't just a day, but a season. Many Christians know the song "The Twelve Days of Christmas" or recall that Shakespeare's Twelfth Night is about the last night of Christmas. But what defines the Christmas season?

The 12 days of Christmas are a reversal of the season of Advent. Traditionally, Christians have fasted during Advent as we await the celebration of the birth of our Savior. The period from Christmas Day to the day before Epiphany (the celebration of the magi visiting Jesus, the baptism of Jesus and the beginning of his earthly ministry) is a period of daily feasting. This is surprising, given the reason for celebrating several of the days.

The first day of Christmas, the Feast of the Nativity, is obvious enough as a reason to celebrate. The Messiah has been born into the world! The next day, however, is the feast of St. Stephan, the first Christian martyr, who was killed under the authority of Saul of Tarsus/Paul (Acts 8:1). The emotional whiplash of celebrating the birth of the Savior and then the next day celebrating the life and martyrdom of the first person to die for Christ is stunning. However, tradition calls for a joyful feast to celebrate the faithfulness of Stephen, even unto death.

The next day, the third of the 12, celebrates the life of St. John the Apostle. He was, traditionally, the only disciple who wasn't martyred. Tradition holds that John took care of Mary, the mother of Jesus, made disciples, grew old and finally died a natural death in Ephesus.

The fourth day of Christmas is the most shocking. The Feast of the Holy Innocents commemorates the death of all boys in Bethlehem, aged 2 and under, at the hands of Herod the Great's soldiers (Matthew 2:16-18). Again, we feel the emotional rollercoaster, as we're reminded that the Christian life isn't simply

one of sweetness and joy, but also of pain, hardship and injustice. Nevertheless, the fourth day of Christmas is the Feast of the Holy Innocents, rather than a fast, because we celebrate the One who has conquered sin and death and doesn't surrender these precious little ones, or any others, to the grave forever.

The following days celebrate Archbishop of Canterbury Thomas Becket's resistance to injustice; the holy family; Pope Sylvester, who resisted the Donatist and Arian controversies (in many Germanic-speaking countries, New Year's Eve is still called "Sylvester"); the circumcision of Jesus; St. Basil the Great and St. Gregory Nazianzen, who defended the doctrine of the Trinity; Jesus' presentation and naming in the Jerusalem temple; the hermitage of St. Simon on the pillar; and even two American saints: Elizabeth Ann Seton and John Neumann.

These 12 days help Christians remember that the life of faith is full of challenges and hardships but also contains plenty of reasons to celebrate as we remember the heroes and heroines of the church, and most importantly, our Lord and Savior.

From *Living Lutheran*—Dec 2019

Author: Cory Driver is a minister of word and service, and the director of the Transformational Leadership Academy in the Indiana-Kentucky Synod. He earned his doctorate in Jewish religious cultures from Emory University, Atlanta. Cory lives with his family in Indianapolis.



Scripture Readings  
January 2020

January 6	January 12	January 19	January 26
Epiphany of Our Lord	Baptism of Our Lord	Epiphany 2	Epiphany 3
Isaiah 60:1-6	Isaiah 42:1-9	Isaiah 49:1-7	Isiah -:1-4
Psalms 72:1-7, 10-14	Psalms 29	Psalms 40:1-11	Psalms 27:1,4-9
Eph 3:1-12	Act 10:34-43	1 Corinthians 1:1-9	1 Corinthians 1:10-18
Matthew 2:1-12	Matthew 3:13-17	John 1:29-42	Matthew 4:12-23
Revelation of Christ to the nations of the earth	Baptism of our Lord	John the Baptist declares Jesus is the Lamb of God	Jesus begins his public ministry-a great light



- **Significant new resolution. To rediscover the difference between wants and needs.**  
May I have all I need and want all I have.
- **In 2020, may:**  
your neighbors respect you  
troubles neglect you  
angels protect you  
and heaven accept you.
- **May all your troubles last as long as your New Year resolutions.**
- My hope for the New Year - is a FAT bank account and a THIN body ... not to be mixed up like this year.



After the Three Wise Men left, the Three Wisest Women arrived.

**Prayer List Nov. 2019**  
**Afflicted with cancer**

Bitton, Lisa  
 Buddy  
 Calhoun, Jason  
 Dale, Jacque  
 Fred  
 Guffey, Ramona  
 Hawkinson, Easton  
 Henderson, Judy  
 Hugli, Dennis  
 Huttar, Debbie  
 Iromi  
 Larkin-Wolfer, Lisa  
 Larson, Diana  
 Mike  
 Risch, Roger  
 Runion, Beverly  
 Sansone, Gena  
 Sean—Allan's Friend  
 Sheetz, Janice  
 Swanson, Derek  
 Thompson, Gene  
 White, Jeri

**Homebound/Care Facility**

Kallio, Robert  
 Keena, Almyra

**Difficult Times**

Hernandez, Adrianna  
 Musch, Merilee  
 Vosse, Johnie

**Receiving Medical Care**

Alderson, Evelyn  
 Baker, Martin  
 Gale, John  
 Graham, Mary Ann  
 John—Allan's Friend  
 LeDuc, Mike  
 Millar, Tom  
 Musch, Merilee  
 Newcomer, Bill  
 Pennington, Allie  
 Slease, Kathy  
 Snyder, Carmen  
 Tinker, Wendy

**In Mourning-Friends and Family**

Mary's son—Jeannie's friend  
 Rhonda Whitmore's Father

**Military, Law Enforcement and E/R Workers**

Aull, Greg  
 Aull, Stephanie  
 Larson, Troy  
 Lusher, Aaron  
 Lyon, Kyle  
 Miller, Jeremy  
 Slease, Brian  
 Slease, Thomas

**Please also pray for those in Service in combat and/or suffering from PTSD and/or other injuries**

\*NOTE—Anyone can include someone on the prayer list or add them back on to the list. Just fill out a blue prayer card and put it in the **offering plate**, or give to the office. You may also telephone message or email the information to the office along with your name and contact number. Be sure what category they are to be listed under.



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(See Genesis 3) 12-30-2013

REMEMBER THAT NEW YEAR RESOLUTION YOU MADE TO TRY NEW THINGS?

*New Years Eve is the only acceptable time to wear all-over body glitter without being mistaken for a Stripper?*



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