



Celebrating January

**International Brain Teaser
Month**

Mentoring Month

Get a Balanced Life Month

New Year's Day
January 1

**Someday We'll Laugh About
This Week**
January 2-8

Twelfth Night
January 5

**Make Your Dream Come
True Day**
January 13

Martin Luther King Day
January 16

**International Sweatpants
Day**
January 21

Compliment Day
January 24

Holocaust Memorial Day
January 27

Looking Back to See the Future

A new year often prompts us to look forward and imagine what the coming months might hold. The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past. January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going.

The Spanish philosopher George Santayana famously said, "Those who cannot remember the past are condemned to repeat it." The past offers myriad lessons for the present. Studying past societies, systems, ideologies, religions, governments, cultures, conflicts, and technologies teaches us how we got to where we are today. Are there any more profound questions than "Who am I?" and "Why am I here?" History often provides answers to these age-old questions.

History occurs on different and dramatic scales. The geologic history of Earth stretches back billions of years. Human ancestors first appeared hundreds of thousands of years ago. Human civilization began a mere 6,000 years in the past, while the modern era is just a few hundred years old. While there are lessons to be learned from each of these periods, perhaps far more pressing are our own personal histories. Personal reminiscence can be a powerful practice if done correctly.

For a long time, reminiscence was seen as unhealthy. It wasn't until the 1960s that psychologists began to value reminiscence and personal reflection. Of course, reminiscence takes many forms. Both obsessing about how awful life was and escaping into the glories of the past offer little value. However, using reminiscence to pass on valuable life lessons can be constructive to a younger generation. Using past experiences as a blueprint to overcome present challenges is also helpful. The value of the past is that it gives us wisdom and strength for the present and reinforces for us that the choices we made were valuable and life was not wasted.

Pressing On

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Philippians 3:13-14) Many years ago, I went on a backpacking trip through the Boundary Waters. Seven days of traveling through rivers, lakes, and woods. It was very beautiful. And very hard. We would canoe a river or lake, and walk the trails between the waterways, carrying our packs and canoes over our shoulders. Carry our packs to the next destination, walk back, and repeat with our food pack and canoes. Sometimes it was just 20 feet or so. Other times, more than a mile. On the final trail, which by the way was about two miles mostly uphill, I was exhausted. I wanted to give up many times in those 6 miles of back and forth. I prayed, and repeated to myself..."step, one step in front of the other, one step, just one more step" until we were at the final lake. I remember saying to myself, "if I can make it through this, I can get through anything in life." And the trip was amazing! In Philippians, the people are being encouraged to focus on how to live well as Christians for the long haul. Taking on ways of goodness and leaving behind ways that no longer are needed. Pressing on in life; pressing on through struggles, pressing on through joys. Pressing on to the goal of living life alongside Jesus. We've just come through the Christmas season. The birth of Jesus. Reliving that God's love and light was and IS shining in the world. As we begin a new year, our devotions will be exploring the theme of PRESSING ON to offer us strength as we travel every day. Blessed New Year!

- **Chaplain Karen**

January Birthdays

Peggy M. 01/12/1931

Harold S. 01/24/1941

Karen C. 01/21/1944

Earl W. 01/23/1957

Kathleen P. 01/26/1946



Bobblehead Mania



In the 1960s, baseball teams began giving away bobblehead dolls that did not even resemble players. As ticket sales climbed on bobblehead giveaway days, the craze swept from park to park. And it wasn't children who wanted the dolls but grown men and women. Why would someone show up to a ballgame two hours early to wait in line for a wobbly-headed doll? Marketing psychologists chalk it up to escapism. People collect bobbleheads for the same reason they read tabloid magazines, go to the movies, and vacation in Las Vegas—adults use these outlets to escape the rigors and stresses of everyday life. And some are amassing bobblehead collections worth thousands! Some bobbleheads from the 1960s are worth \$10,000. Bobbleheads are so popular they have their own holiday on January 7.

Name: _____ Date: _____

Martin Luther King Jr

L N P E Y C R W B A O C C F O N S I H P M E M H
 P I C J S L C E Y Q S S P O T L I G H T A D K A
 P O G J D D Q H G A S F A N X S D D W Q Y P E U
 E D U K D I O X M N C Z O P A S S I O N C W B A
 A T U N A S R W J G A I K W B B K Y T I U N O C
 C T V R D F S R M T T D E O O J S T V K V M E S
 E K S N Z V K F O A E D B A V M X I B S W R N S
 P C P K M R M O R S G H K N T M L C X E H A Z T
 R D G D R V U B X L V V B N O R X K W J C F B S
 I J W K P A E Z Y D D J W V I S O G L I K V O E
 Z Z T M P L P H O N O R I G I A F S R D J G T T
 E H G K E N X A M P S O H M J Y Y E P Y K A H O
 D O Y C U L I E S E J T W Q K G M G W E G L I R
 T W E S Y Y P M W O S S K C R A T B H K K A S P
 Y B Y Z L E E C O U R A G E N A R A W V S U E L
 N C L I X E D V E T O L Y A R Q L K T W M Q G U
 H G M M U A T N A L T A C P Z T Q T Q H Y E R F
 C A E G B T G T U X T I G A O Y W C Z U B M E E
 F W S T Z K T X W F R V A Q Y G J C V L O P G C
 P I F R E E D O M F I G H T E R S P I B V W A A
 W P R P Z B K V A C O N G R E G A T I O N R T E
 O P M A R T I N L U T H E R K I N G J R Q O I P
 Z B M Z R H C E E P S M A E R D A E V A H I O K
 M X S I Y H P P V J A A P K P I Q J I B N I N Y

Atlanta
 Civil Rights
 Danger
 Freedom Fighters
 Martin Luther King Jr
 Peace Prize
 Segregation

African Americans
 Congregation
 Equal
 Honor
 Memphis
 Peaceful protests
 Spotlight

Celebration
 Courage
 Family
 I have a Dream Speech
 Passion
 Rosa Parks