



Join us online or in person as we continue our Advent sermon series, "A Weary World Rejoices." We hope you will join us.

Registration Opens for 2023 Confirmation Classes

Confirmation is a time when young people are offered the opportunity to claim their faith! In the Methodist Church, when we baptize infants or small children, we acknowledge that this is not the end of their faith journey, but it's only their first step. Through Confirmation, this faith, handed down from their family and friends, becomes their own!

White's Chapel Spring Confirmation classes will begin on Sunday, Jan. 8, with a parent orientation in the ROCK. Registration is now open for sixth, seventh and eighth graders, as well as high school students. Those in ninth through 12th grade will have the opportunity to join the weekly Confirmation classes and/or work within a WC Students Cell Group. Classes will

"Confirmation has the power to be a life-changing moment for each of our students."

be offered on following Sundays and Wednesdays; participants only need to attend one class per week. The classes will end with a service in which the students will be welcomed into full membership at White's Chapel. This service is scheduled for Sunday, March 26.

"Each confirmand is invited to learn from our pastors, engage in small groups, and have fun at events in a program made just for them," leader Anne-Marie Berg said. "On Confirmation Sunday, each student will be confirmed in their faith, and invited to become a full member of the church. Our hope is through our teaching, small groups, and retreat, our confirmands will learn that the church is a place for them - full of fun, life-long relationships, and most importantly, a place where they can encounter Jesus!"

Throughout each week, students will do a deep-dive into topics like the Bible, salvation, and what it means to be the church. The upcoming semester will also include a Confirmation retreat – a one-day adventure for the students to get to know their peers, have some fun, and experience a worship service created just for them.

During the Sunday morning program each week, leaders will offer a large group teaching, complete with games, Scripture, and lessons on what the

CONFIRMATION cont'd on page 3



CHRISTMAS WORSHIP EXPERIENCE

The birth of Jesus was once again celebrated through amazing music last weekend through "The Song of Christmas." All of White's Chapel's musicians joined in the worship, as well as angels, shepherds, Wise Men, and of course, Mary, Joseph and the baby.

Theater I and II

January Auditions Scheduled for Madagascar, Little Mermaid

White's Chapel Theater I has selected "Madagascar: A Musical Adventure JR" as the featured musical production for spring 2023, according to Julie Blalock, Theatre Director. Theatre II will present "The Little Mermaid JR." Auditions for the plays will be Saturday, Jan. 7 and Sunday, Jan. 8, respectively. Registration began Dec. 1.

The audition process can be an anxious one for kids. "When kids audition for the musical we try and take a few things into

consideration," says Blalock. "We look at confidence, energy, preparation, and mostly attitude. We ask the children to prepare a short song, and it's clear which ones have prepared for it. Some may even perform the title track from the musical which shows initiative, another thing we look for."

Move It! Move It!

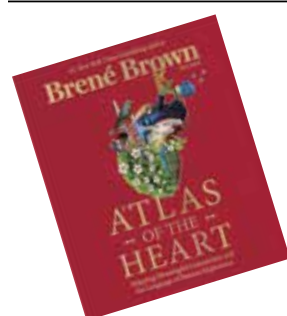
"Madagascar: A Musical Adventure JR," is based on the smash DreamWorks animated motion picture "Madagascar." It follows favorite crack-a-lackin' friends as they escape from their home in New



York's Central Park Zoo and find themselves on an unexpected journey to the madcap world of King Julien's Madagascar.

"The most fun part of this play will be the music," said Blalock. "There are a

AUDITIONS cont'd on page 3



By Dr. Nina Rios-Doria, PhD, LPC

The other day I was walking into my daughter's closet and I had to go through the bathroom to get there and she was curling her hair. She said, "Mom, I'm trying to get ready and I'm feeling frustrated because you're in my bathroom." I said, I'll just be a minute, I

Holiday Season Brings Emotions

need to get something from your closet." She then responded smiling, "Mom, I'm now feeling invaded." I responded, "That's okay, you are allowed to feel those feelings." We smiled at one another as I left her room. We work daily about getting specific with feelings and it's nice to see her making the effort.

Dr. Brené Brown, a social worker and researcher, did a survey on 7,000 people

over 5 years and found that on average people can identify only three emotions as they are actually feeling them: happiness, sadness, and anger. Pause right now for a moment and ask yourself:

- "What emotions do you feel and experience?"
- "Which emotions, if any, do you share with others?"

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INSIDE THIS WEEK'S ISSUE

WC Students Update
The Gift of the Magi Christmas Story



Christmas Eve Service Times
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Editor's note: The most classic retelling of the Christmas story can be found in the books of Matthew and Luke, from the Bible. Between them, the first few chapters of these books cover the birth of Jesus, and the familiar stories of the angels, shepherds, and wise men that we see depicted in Christmas pageants and ornaments and nativity scenes today.

Since that first retelling of the true Christmas story from 2,000 years ago, there has been much classic literature written for the holiday season; hundreds of stories both religious and secular that reflect what the season means to us. During this season, I hope you will enjoy reading or rereading a couple of them here.



The Gift of the Magi

By O. Henry

One dollar and eighty-seven cents. That was all. And sixty cents of it was in pennies. Pennies saved one and two at a time by bulldozing the grocer and the vegetable man and the butcher until one's cheeks burned with the silent imputation of parsimony that such close dealing implied.

Three times Della counted it. One dollar and eighty-seven cents. And the next day would be Christmas. There was clearly nothing to do but flop down on the shabby little couch and howl. So Della did it. Which instigates the moral reflection that life is made up of sobs, sniffles, and smiles, with sniffles predominating.

While the mistress of the home is gradually subsiding from the first stage to the second, take a look at the home. A furnished flat at \$8 per week. It did not exactly beggar description, but it certainly had that word on the lookout for the mendicancy squad. In the vestibule below was a letter-box into which no letter would go, and an electric button from which no mortal finger could coax a ring. Also appertaining thereunto was a card bearing the name "Mr. James Dillingham Young." The "Dillingham" had been flung to the breeze during a former period of prosperity when its possessor was being paid \$30 per week. Now, when the income was shrunk to \$20, though, they were thinking seriously of contracting to a modest and unassuming D. But whenever Mr. James Dillingham Young came home and reached his flat above he was called "Jim" and greatly hugged by Mrs. James Dillingham Young, already introduced to you as Della. Which is all very good.

Della finished her cry and attended to her cheeks with the powder rag. She stood by the window and looked out

dully at a gray cat walking a gray fence in a gray backyard. Tomorrow would be Christmas Day, and she had only \$1.87 with which to buy Jim a present. She had been saving every penny she could for months, with this result. Twenty dollars a week doesn't go far. Expenses had been greater than she had calculated. They always are. Only \$1.87 to buy a present for Jim. Her Jim. Many a happy hour she had spent planning for something nice for him. Something fine and rare and sterling—something just a little bit near to being worthy of the honor of being owned by Jim.

There was a pier glass between the windows of the room. Perhaps you have seen a pier glass in an \$8 flat. A very thin and very agile person may, by observing his reflection in a rapid sequence of longitudinal strips, obtain a fairly accurate conception of his looks. Della, being slender, had mastered the art. Suddenly she whirled from the window and stood before the glass. Her eyes were shining brilliantly, but her face had lost its color within twenty seconds. Rapidly she pulled down her hair and let it fall to its full length.

Now, there were two possessions of the James Dillingham Youngs in which they both took a mighty pride. One was Jim's gold watch that had been his father's and his grandfather's. The other was Della's hair. Had the queen of Sheba lived in the flat across the airshaft, Della would have let her hair hang out the window some day to dry just to depreciate Her Majesty's jewels and gifts. Had King Solomon been the janitor, with all his treasures piled up in the basement, Jim would have pulled out his watch every time he passed, just to see him pluck at his beard from envy.

So now Della's beautiful hair fell about her rippling and shining like a cascade of brown waters. It reached below her knee and made itself almost a garment

for her. And then she did it up again nervously and quickly. Once she faltered for a minute and stood still while a tear or two splashed on the worn red carpet. On went her old brown jacket; on went her old brown hat. With a whirl of skirts and with the brilliant sparkle still in her eyes, she fluttered out the door and down the stairs to the street. Where she stopped the sign read: "Mme. Sofronie. Hair Goods of All Kinds." One flight up Della ran, and collected herself, panting. Madame, large, too white, chilly, hardly looked the "Sofronie." "Will you buy my hair?" asked Della. "I buy hair," said Madame. "Take yer hat off and let's have a sight at the locks of it." Down rippled the brown cascade. "Twenty dollars," said Madame, lifting the mass with a practised hand. "Give it to me quick," said Della.

Oh, and the next two hours tripped by on rosy wings. Forget the hashed metaphor. She was ransacking the stores for Jim's present. She found it at last. It surely had been made for Jim and no one else. There was no other like it in any of the stores, and she had turned all of them inside out. It was a platinum fob chain simple and chaste in design, properly proclaiming its value by substance alone and not by meretricious ornamentation—as all good things should do. It was even worthy of The Watch. As soon as she saw it she knew that it must be Jim's. It was like him. Quietness and value—the description applied to both. Twenty-one dollars they took from her for it, and she hurried home with the 87 cents.

With that chain on his watch Jim might be properly anxious about the time in any company. Grand as the watch was, he sometimes looked at it on the sly on account of the old leather strap that he used in place of a chain. When Della reached home her intoxication gave way a little to prudence and reason. She got out her curling irons and lighted the gas and went to work repairing the ravages made by generosity added to love. Which is always a tremendous task, dear friends—a mammoth task. Within forty minutes her head was covered with tiny, close-lying curls that made her look wonderfully like a truant schoolboy. She looked at her reflection in the mirror long, carefully, and critically. "If Jim doesn't kill me," she said to herself, "before he takes a second look at me, he'll say I look like a Coney Island chorus girl. But what could I do—oh! what could I do with a dollar and eighty-seven cents?"

At 7 o'clock the coffee was made and the frying-pan was on the back of the stove hot and ready to cook the chops. Jim was never late. Della doubled the fob chain in her hand and sat on the corner of the table near the door that he always entered. Then she heard his step on the stair away down on the first flight, and she turned white for just a moment. She had a habit of saying a little silent prayer about the simplest everyday things, and now she whispered: "Please God, make him think I am still pretty."

The door opened and Jim stepped in and closed it. He looked thin and very serious. Poor fellow, he was only twenty-two—and to be burdened with a family! He needed a new overcoat and he was without gloves. Jim stopped inside the door, as immovable as a setter at the scent of quail. His eyes were fixed upon Della, and there was an expression in them that she could not read, and it terrified her. It was not anger, nor surprise, nor disapproval, nor horror, nor any of the sentiments that she had been prepared for. He simply stared at her fixedly with that peculiar expression on his face.

Della wriggled off the table and went for him. "Jim, darling," she cried, "don't look at me that way. I had my hair cut off and sold because I couldn't have lived through Christmas without giving you a present. It'll grow out again—you won't mind, will you? I just had to do it. My hair grows awfully fast. Say 'Merry Christmas!'

Jim, and let's be happy. You don't know what a nice—what a beautiful, nice gift I've got for you."

"You've cut off your hair?" asked Jim, laboriously, as if he had not arrived at that patent fact yet even after the hardest mental labor. "Cut it off and sold it," said Della. "Don't you like me just as well, anyhow? I'm me without my hair, ain't I?" Jim looked about the room curiously. "You say your hair is gone?" he said, with an air almost of idiocy. "You needn't look for it," said Della. "It's sold, I tell you—sold and gone, too. It's Christmas Eve, boy. Be good to me, for it went for you. Maybe the hairs of my head were numbered," she went on with sudden serious sweetness, "but nobody could ever count my love for you. Shall I put the chops on, Jim?"

Out of his trance Jim seemed quickly to wake. He enfolded his Della. For ten seconds let us regard with discreet scrutiny some inconsequential object in the other direction. Eight dollars a week or a million a year—what is the difference? A mathematician or a wit would give you the wrong answer. The magi brought valuable gifts, but that was not among them. This dark assertion will be illuminated later on.

Jim drew a package from his overcoat pocket and threw it upon the table. "Don't make any mistake, Dell," he said, "about me. I don't think there's anything in the way of a haircut or a shave or a shampoo that could make me like my girl any less. But if you'll unwrap that package you may see why you had me going a while at first." White fingers and nimble tore at the string and paper. And then an ecstatic scream of joy; and then, alas! a quick feminine change to hysterical tears and wails, necessitating the immediate employment of all the comforting powers of the lord of the flat. For there lay The Combs—the set of combs, side and back, that Della had worshipped long in a Broadway window. Beautiful combs, pure tortoise shell, with jewelled rims—just the shade to wear in the beautiful vanished hair. They were expensive combs, she knew, and her heart had simply craved and yearned over them without the least hope of possession. And now, they were hers, but the tresses that should have adorned the coveted adornments were gone. But she hugged them to her bosom, and at length she was able to look up with dim eyes and a smile and say: "My hair grows so fast, Jim!" And then Della leaped up like a little singed cat and cried, "Oh, oh!"

Jim had not yet seen his beautiful present. She held it out to him eagerly upon her open palm. The dull precious metal seemed to flash with a reflection of her bright and ardent spirit. "Isn't it a dandy, Jim? I hunted all over town to find it. You'll have to look at the time a hundred times a day now. Give me your watch. I want to see how it looks on it."

Instead of obeying, Jim tumbled down on the couch and put his hands under the back of his head and smiled. "Dell," said he, "let's put our Christmas presents away and keep 'em a while. They're too nice to use just at present. I sold the watch to get the money to buy your combs. And now suppose you put the chops on."

The magi, as you know, were wise men—wonderfully wise men—who brought gifts to the Babe in the manger. They invented the art of giving Christmas presents. Being wise, their gifts were no doubt wise ones, possibly bearing the privilege of exchange in case of duplication. And here I have lamely related to you the uneventful chronicle of two foolish children in a flat who most unwisely sacrificed for each other the greatest treasures of their house. But in a last word to the wise of these days let it be said that of all who give gifts these two were the wisest. Of all who give and receive gifts, such as they are wisest. Everywhere they are wisest. They are the magi.

FINANCIALS DEC.

	2022	2021
December		
Week 1	\$316,889	\$277,830
Week 2	\$324,971	\$307,039
MTD Actual	\$641,859	\$584,869
YTD Actual	\$9,629,100	\$9,043,574
Year End Goal	\$12,000,000	\$10,700,000
Remaining Goal	\$ 2,370,900	\$ 1,656,426

WEEKEND PREACHING SCHEDULE

SANCTUARY

SUN. 8:20 a.m. | Traditional
w/ Drs. John McKellar & Todd Renner

SUN. 9:30 a.m. | Contemporary
w/ Drs. John McKellar & Todd Renner

SUN. 11 a.m. | Traditional
w/ Drs. John McKellar & Todd Renner

THE FOUNDRY

SAT. 5:30 p.m. | Contemporary
w/ Rev. Sam Robbins

SUN. 11 a.m. | Rebroadcasted
9:30 a.m. Sermon

WALTON CHAPEL

SUN. 9:30 a.m. | Traditional
w/ Rev. Steve Lallier

WHITE'S CHAPEL HERALD

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WC Students

Crave and Intersection

Middle School students are invited to Crave, the weekly worship service for 7th and 8th grade students. Crave will be from 5:45-7 p.m. each week. High School students are invited to Intersection, the weekly worship service for students in 9th through 12th grade. Intersection will run from 7:30-8:45 p.m. This upcoming semester, Crave and Intersection will be changing venues, moving from The Foundry to upstairs on the Youth Space. We are so excited about what this spring will look like and how it will help students better know and follow Jesus together with their peers.

A World for Children

As many of you know, WC Students staff member Shelby Aman has been a foster parent for many years. Every year, A World for Children, the foster care agency Shelby has been with since starting her journey as a foster parent, hosts Christmas parties for all of their foster families as a time to gather and celebrate the season. During this celebration, A World for Children also gives every child in their agency at least three Christmas gifts each to help make the Christmas season even more special for the children in their care. With over 100 children in the DFW area under their care, collecting and wrapping presents, organizing them to ensure each child has at least three gifts each, and transporting them to the party is quite a large undertaking. Especially for an office that still has to complete their day-to-day responsibilities to ensure all their families and children are taken care of and have what they need. This year WC Students partnered with the Dallas office of A World for Children to help alleviate some of the stress of

trying to make everything happen. We provided a space to collect gifts, sort and organize presents, and wrap and label every single item before loading them onto a U-Haul truck to be sent off to the venue for the Christmas celebration. In the end, over 300 gifts were wrapped for foster children, adopted children, and the biological children of A World for Children Foster families. The Staff members at the Dallas office of A World for Children said this year's Christmas celebration was the smoothest running and least stressful they have had to date, and they expressed immense gratitude for all WC Students did to help this year. We were so glad to not only be helpful and alleviate stress for the A World for Children staff but also to help make Christmas extra special for each Foster family and their children.

Two is Better/Student Manistry

For the first time, WC Students will be taking its annual girl and guy retreats to Sky Ranch. Students in the classes of 2023-2027 are invited to sign up for this year's Two is Better and Student Manistry Retreat. Two is Better and Student Manistry are two separate retreats that happen simultaneously. Two is Better is a weekend retreat for female students who are currently in eighth grade all the way up to seniors in high school. Student Manistry is a weekend retreat for male students who are currently in eighth grade all the way up to seniors in high school. Both groups will get to enjoy all of the wonderful things Sky Ranch provides as well as fun for their specific group.

Registration is now open!! Early bird pricing will be \$99 and then will increase to \$149 on Jan. 12. Registration is online as well as the information packet.



Bake It Or Buy It Recipe

EASY CHOCOLATE FUDGE

As seen with John and Todd at whiteschapelumc.com

INGREDIENTS

- 3 cups chocolate chips either semi-sweet or milk chocolate (18.6 ounces) see note 1
- 14 ounces sweetened condensed milk (see note 2)
- 1 teaspoon vanilla extract

INSTRUCTIONS

Line an 8 inch by 8 inch baking dish with aluminum foil or two pieces of parchment paper overlapping to make an X.

In a medium saucepan, combine the chocolate chips and sweetened condensed milk. Place the pan over medium low heat. Stir consistently until the chocolate is partially melted. Stir in the vanilla extract.

Continue stirring until the chocolate is fully melted and the mixture is smooth and starts to turn shiny.

Pour the mixture into the prepared pan. It will be very thick – if it doesn't pour well because of the thickness, don't stress, you're still on the right track. Once it is all in the pan, you can gently shake the pan back and forth to help it settle. You can also use a rubber spatula to spread it.

Allow the fudge to completely set. This can be done on the countertop and will take about four hours.

Remove the fudge from the pan and take off the aluminum foil. Trim off the rounded edges from the pan. Cut the fudge in half one way and then the other to make four equal squares. Cut each small square into 9 equal pieces by cutting into thirds one way and then the other. This will result in 36 equal pieces of fudge.

Enjoy right away or store in an airtight container for up to two weeks. (See the post for instructions on freezing.)

NOTES

You will see the best results with higher end chocolate like Godiva and Ghirardelli, but this absolutely can be made with Nestle baking morsels.

This recipe works best with Eagle brand sweetened condensed milk. Additionally, double check that you are buying sweetened condensed milk and not evaporated milk.

Recipe provided by: Simple Joy

confirmation

claim your faith

SPRING CONFIRMATION 2023

Confirmation Orientation | Sunday, Jan. 8

Continuing Classes | Sundays at 11 a.m. | The ROCK

Please register online at whiteschapelumc.com

Confirmation

Cont'd from page 1

church is all about. After, students will meet in small groups - a time and space to think through what was discussed, ask questions, and make new connections that are personal to them. These groups of students will stay together throughout the whole semester, and they become the place where a student can be known personally, be encouraged, and make relationships that can last a lifetime.

"These small groups are led by parents and volunteers, making them all the more special," Berg shared. "Because the primary teaching comes from our pastors, there are no special requirements for our small group leaders! All we ask is you have a ready heart to journey alongside our students... Each year, we have been incredibly blessed with outstanding students and volunteers. Over the last semester, we have seen small groups grow together in an unprecedented way."

Parent volunteers are welcome to contact Berg to help in the upcoming

Confirmation program and spring Confirmation Retreat. Registration for Confirmation is available on the church website, under the WC Kids ministry page.

"Confirmation has the power to be a life-changing moment for each of our students," Berg shared. "These classes and relationships come at a time when students are ready to ask the big questions of faith and the church – and confirmation provides a space where they can do just that! Through each week of learning, building relationships, and having fun, students are being asked to recognize just what it means to be a follower of Jesus, and on Confirmation Sunday, they are invited to make the faith, so lovingly offered to them by their friends and family, their own. This means that students are being equipped to have a relationship with Jesus, read the Bible, and be the church - not just in the future, but now!"



Anne-Marie Berg
 aberg@whiteschapelumc.com
 Register at whiteschapelumc.com/wckids.

Auditions

Cont'd from page 1

couple of really catchy tunes in this one that everyone will want to sing along to."

Students 1st through 4th grade wishing to audition should sign up online at wckids.org for a specific audition time. The Saturday, Jan. 7 auditions will be held in the Rock at WC from 12:30-3:30 p.m. Auditioners will be asked to sing a short one minute solo, in addition to reading lines from the on-site provided script. Children wishing to participate in roles that are not a lead or speaking role, do not have to audition.

Production and rehearsal for the play will begin Thursday, Jan. 12. Three performances for each play will be in May.

Favorite roles will be Alex the lion, king of the urban jungle and the main character, along with best friends Marty the zebra, Melman the giraffe, and Gloria the hippo. A passel of penguins will add to the fun.

Filled with outlandish characters, adventure galore and a fun, upbeat score, "Madagascar JR" is sure to delight audiences of all ages.

Under the Sea

Students 5th through 8th grade are invited to journey under the sea with Ariel and her aquatic friends in Disney's "The Little Mermaid JR," adapted from Disney's Broadway production and the motion picture (featuring the enormously popular Academy Award-winning music and delightfully charming book and lyrics). Based on one of Hans Christian Andersen's most beloved stories, Disney's "The Little Mermaid JR" is an enchanting look at the sacrifices we all make for love and acceptance.

In a magical underwater kingdom, the beautiful young mermaid, Ariel, longs to leave her ocean home — and

her fins — behind and live in the world above. But first, she'll have to defy her father, King Triton, make a deal with the evil sea witch, Ursula, and convince the handsome Prince Eric that she's the girl whose enchanting voice he's been seeking. Students 5th through 8th grade may also sign up online at wckids.org for a specific audition time. These auditions will be held in the Rock at WC from 12:30-3:30 p.m. Sunday, Jan. 8. These auditioners will also be asked to sing a short one-minute solo as well as read lines from the provided script. Non-speaking roles do not require an audition.

Written to flow seamlessly between land and sea, Disney's "The Little Mermaid JR" provides plenty of opportunities to bring these locations to life through creative movement and configurations. The fantasy of being underwater means your entire cast and crew can let their imaginations run wild.

Theater training

Both of these plays provide an excellent introduction to and perfect training for young people to learn the joys of performing musical theater.

Developed by renowned educators and designed for the energies and attention spans of younger performers, the MTI Broadway Junior Collection® features condensed author-approved versions of classic musicals, Disney favorites and modern works, custom-tailored to the needs of young people and schools. The music is written in keys appropriate for developing voices and all shows can be expanded to accommodate as many performers as can fit on your stage.

The Collection is divided into two categories to accommodate different age ranges and/or ability levels.



Julie Blalock
 jblalock@whiteschapelumc.com



COMMUNITY CONNECTIONS

“Acts: Awakening to God in Everyday Life” Women’s Study
Wednesdays, Jan. 11 - Feb. 15
6 to 7 p.m.

Whether it’s because of distractions, busyness, or a case of the blahs, we can experience a drift toward indifference in our spiritual lives. We have a need for an ongoing spiritual awakening if we want to become more aware of God’s presence and activity in our everyday lives.

In “Acts: Awakening to God in Everyday Life,” a six-week study of the Book of Acts by Melissa Spoelstra, you will journey with the first followers of Jesus and witness the birth and growth of the early church through spiritual awakening to the power of God’s Spirit, message, freedom, grace, mission, and direction.

Join facilitator Kara Hayter for this six-week journey through the book of Acts. Please register online.

“The Surpassing Value of Knowing Christ” Women’s Bible Study
Jan. 9 - Feb. 13 | 9:30 a.m.

The apostle Paul was an extraordinary individual by any measure. From the moment he was introduced to Jesus by name in a blinding flash of light to his final days chained like an animal in a Roman dungeon, he relentlessly pursued Christ and preached the gospel entrusted to him. Paul’s fervor could not be starved, smothered nor drowned. Come along with Beth and Melissa in this four-week, five-session study of Philippians. By the power of the same Holy Spirit who took the gospel to Europe by way of Philippi, discover what Paul magnificently called, The Surpassing Value of Knowing Christ.

Susann Smith will be facilitating this fascinating class. Please register online.



THE STAR
FAMILY MOVIE NIGHT
FRIDAY, DEC. 16 | FOUNDRY | 6 P.M.

COME IN YOUR JAMMIES, BRING YOUR BLANKETS AND PILLOWS, AND ENJOY THIS FUN CHRISTMAS MOVIE

REGISTER ONLINE AT WHITESCHAPELUMC.COM



Merry Christmas!

No Wednesday Night Dinner due to Christmas Break (Returning Jan. 11)

JOIN US FOR
CHRISTMAS EVE

DEC. 23 Christmas Contemporary <small>5:30 P.M. IN THE SANCTUARY</small>	DEC. 24 CONT. Full Choir & Orchestra <i>49</i> <small>2:30, 4 & 5:30 P.M. IN THE SANCTUARY</small>	DEC. 25 Christmas Day Worship <small>10 A.M. IN THE SANCTUARY</small>
DEC. 24 Children’s Service <small>11 A.M. IN THE SANCTUARY</small>	Christmas Eve Unplugged <small>7 P.M. IN THE SANCTUARY</small>	Liturgical Worship <small>11 P.M. IN THE SANCTUARY</small>

***All services streamed live on the church website**

Emotions

Cont’d from page 1

Brene Brown wrote a book based on this survey called, “Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience,” and appeared in an HBO series called *Atlas of the Heart* where she identifies 87 emotions that are important to recognize.

She went on to discuss the value of knowing not only what we are feeling and experiencing but communicating that to the other person. We cannot know exactly what someone else is feeling but we can ask for clarification when necessary.

This holiday season will be filled with many emotions such as happiness, joy, peace and then the more challenging emotions such as disappointment, exhaustion, frustration to name a few. A common one we often hear is “stressed” during the holidays. However, if get more specific, the stress we are feeling may really be feelings of exhaustion, anxiety, or agitation.

Start becoming curious of what specific feelings you are experiencing. This is how you practice emotional granularity and improve communication and connection with others.

All feelings are valid and need to be labeled so that we can understand ourselves and express them to others. This is how we create deep human connection and positive relationships. As you think about the weeks ahead going into Christmas, take time daily to check in with yourself. There’s a great app I recently had my family download called, “How we Feel” created by Dr. Mark Bracket who is the Founder and Director of the Yale Center for Emotional Intelligence, a Professor in the Child

Study Center of Yale University, and wrote a book called “Permission to Feel”. The app is user friendly and you can schedule an alarm to go off to check in with yourself daily on how you are feeling, work on labeling your emotions, and then learn strategies to manage them.

Labeling emotions is fundamental to our ability to strive effectively. This holiday season practice these 3 things and notice the overall changes within yourself.

- 1. Get curious about your feelings** – start noticing what you are feeling throughout the day and label them.
- 2. Emotions are data** – Now that you have labeled your emotions, ask yourself, “Why am I feeling this way? “What can I do about this feeling?”
- 3. Notice your values** – Your feelings are sign posts of the things you value. For example, you may be angry because you worked later than planned and you are going to be late for a Christmas party or event. You value “Connection/relationships” and being late to the party means you are missing this time of connection. Therefore, you are feeling angry. Shift your focus once you arrive to the party on how you can show up “late” and walk your value of “connection.”

There’s so much we can learn about ourselves and what we value if we take time to “pause and reflect” on what we are feeling. This Christmas season get curious about emotions, label them, focus on your values, and enjoy the present moment. Today is truly a gift.



Dr. Nina Rios-Doria, PhD, LPC
 White’s Chapel Counseling Center
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HUMAN TRAFFICKING 101:
AWARENESS AND HOW TO COMBAT



Wednesday, Jan. 11
6 to 7 p.m. | Rawlins Lecture Hall - Room 3103
 Please register online at whiteschapelumc.com.

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Prayer List

Kathy Abelanet, Malta Akins, Libby Assenheimer, Luke Baca, Jack Bair, Doug Bales, Carol Barret, Walt Barret, Jerry Barron, David Baxley, Marsha Bender, Tena Bibb, Joyce Billingsley, Bethia Blomquist, Mindy Bogan, Seguire Bolton, Robin Boomstra, John Booth, Bonnie Bramhall, Kay Brandt, Marlin Brandt, Sam Braun, Jeremy Brown, Mary Ann Browning, Gay Bryan, Ron and Carol Bryant, Carol Burns, Joe Burns, Bobbie Cameron, Nikki Campbell, Anne Marie and August Carver, Jim Chambers, Otis Chaplin, Jesse Cobb, Lola Cobb, Jimmie Nell Cook, Andy Dillon, Jean Doricko, Wilma Dykman, Mark Fidler, Shelly Gillette, Jane Grazer, Tim Green, Tess Gregory, David Gross, Alice Hall, Mark Hall, Judith Hallam, Marty Harris, Maxie Hays, Ron Healey, Kati Hibjan, Art Hill, Lorrie Hill, Paulo Jacuzzi, Terri Janes, Jim Jared, Miles Johnson, Russ Jones, Jerene Kilpatrick, Dolores Kopesec, Caleb Graham Larson, Serenity Lee, Sunhi Lee, David Liechty, Taresa Lucas, Arden Mack, Kay Madera, Betty Martin, Brenna McCoy, Ann Miller, Bruce Moilan, Beverly Molberg, Ed Molberg, Richard Moreau, Thomas W. Morris, Nelda Morrow-Winblood, Jeff Nadeau, John Nadeau, Emily Looft Nelson, Larry Nichols, Valor Nunez, Elida Parish, Forest Parker, Jan Phillips, Kathy Pierce, Fadia Pyatt, Blake and Chris Reikofski, David Ricciardi, Elizabeth Rowland, Steve Rozenberg, Pat Schmidt, Carter Schultz, Beth Scoggins, Pat Skinner, Sid Soileau, Tammy Studdard, Steve Swanston, Jeanie Swink, Jasper Talley, Laura Thomas, Carolyn Thompson, Jenny Thornell, Gladys Vance, Kevin Vanginault, John Walling, Dianne Williams, Dick Williams, Ken Williams, Vicki Winn, Todd Lee Workman, Pete Zimmerman, Mary Grimplin Zoltek, Keith and Tracey. Recent deaths: The Family of Randy Akers, The Family of Jane Bearden, The Family of Donald Becker, The Family of Kent Hamilton, The Family of Don Hellstern, The Family of Chris Hill, The Family of William Jensen, The Family of Perry Maynard, The Family of Ronald Moranville, The Family of Ann Riddle, The Family of Jim Steele, The Family of Jeff Williams.

You may submit prayer requests at whiteschapelumc.com/prayer-request.html