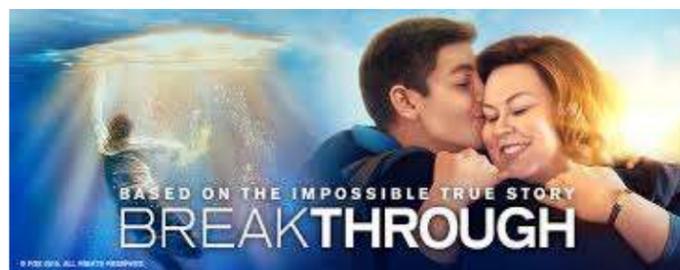


Rolling Plains Church
3350 Moxahala Park Rd
Zanesville, OH 43701
rollingplainsumc.com

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“BREAKTHROUGH” Movie Night

The Rolling Plains Prayer Team invites you to spend an evening with your friends and family, experiencing the power of prayer through a movie based on the true story of Physical, Emotional, and Spiritual healing

Rolling Plains United Methodist Church

Sunday, January 19th at 6 pm

Nursery will be provided

(please stop by the Nursery to let them know you will need Nursery services by January 12th)

Free popcorn and water will be available

***Pick up your free tickets from a prayer team member
Available after each service on January 5th, 12th and 19th***

Maranatha Sisters & Brothers,

Let's Pray

How often have you talked with God today? Has it been awhile since you prayed to God or heard from Him? Are you discouraged by something you prayed for that you feel God hasn't answered? For so many of us, we may pray but our prayers feel powerless. For others, we don't even bother with prayer, because we don't believe it makes a difference in the long run. Still others regularly pray for meals and traveling mercies, but never go any deeper in prayer than that.

Beginning January 5th we will begin a four-week sermon series on the power of prayer called, "Let's Pray". This series will focus on habits and postures of prayer that lead to a deeper, more meaningful, and increased prayer life, which will build a bigger faith in God and give you more confidence in approaching the future. Friends, you can experience a prayer life that literally moves the heart of God to fulfill His promises in your life and those that you pray for. James 5:16 says, "The prayer of a righteous person is powerful and effective." What a promise of God!

A powerful and effective prayer life is one that prays hard, prays long, prays through, and prays often. Praying isn't a sprint, but it is a marathon of daily going to God. Most of us have a prayer life that is dry, tired, and weary and we are in desperate need of breathing new life into it. It's time we step into significant habits of prayer that will open us to God's new work in our life.

One habit is praying and fasting together. When you add fasting to your prayer life, it is like the fast lane on the highway. The speed limit may not increase, but all of the distractions of on and off ramps and busy traffic are removed – you get to your destination a whole lot quicker. Last January, I fasted for the first time in my life with the Daniel Fast and it was life-altering. My relationship with God speeded up and grew, my prayer life increased, and I got healthier and felt better. God did miracles all around me. We will be introducing the Daniel Fast again in 2020, from January 10th - 31st. If this fast doesn't work for you, then try some kind of modified fast. Let's see what God might do when we depend less on the things of this world and depend more on Him to provide our basic needs.

All of us need a War Room. Do you have a place where you go to cry out to God in travailing, blood, sweat, and tears praying where nobody else can see you? There is a battle out there and it is not against flesh and blood. There is a Spiritual enemy that wants to take you out. This battle is not won with weapons of this world, but we go to battle with prayer and let God do our fighting for us. It's time for us to develop a prayer life that prays hard and travails in a way that grabs ahold of the horns of the altar and doesn't let go. We all need a place we can go to cry out to God to do the heavy lifting of life and to lay our burdens down in prayer daily. This isn't praying for safe travels to Grandma's house. This is a crying out, shouting, begging, lingering, and groaning kind of praying for God to move profoundly.

Most of the time we have a short attention span with prayers. We pray once or twice and expect to see our desired results. That kind of praying relinquishes God to the roll of a Cosmic Coke Machine or a genie in a bottle. If God answered every one of our prayers the first time we prayed, we would be God and would no longer need to depend on Him. God desires for us to pray long, hard, and through until our breakthrough. God's promises are evident throughout the Bible, and He wants us to devote our life to praying around those promises until we see them fulfilled. Too often we are one or two prayers short of our miracle. Daniel prayed for 21 days, Elijah went up the mountain 6 times, and the army of Israel circled the city of Jericho 13 times before all experienced God's Breakthrough of miracle provision. Friends, how long are you willing to pray before you see God act? We are going to learn how to pray through until our breakthrough.

Speaking of breakthrough praying, keep praying our Rolling Plains Breakthrough Prayer daily at 5:16 AM and/or 5:16 PM. We are believing, as a church, that God wants to fulfill Matthew 5:14-16 in and through us. Just the simple act of praying this prayer daily can increase the power of God working through you. Now multiply that by about 600 people praying the same prayer together and then think about what God might do! As we look forward to this new sermon series, I want to leave you with our Breakthrough prayer for our church. Let's Pray!

“God, Awaken the people of Rolling Plains Church to breakthrough into a new season of fruitfulness. Forgive us of our sins and fill us with a hunger for Your Word. Give us the courage to step out of the darkness of fear and let Your light shine. Show us the favor of Your great light, so that Your Glory will shine through us as a beacon of love and hope to a broken and hurting world. In Jesus’ name, Amen!”

Come on God!
Pastor John

Please welcome our 2020 Lead Team

Gary Stall, Lead Team Chair

David Rupe, Pastor Parish Relations Chair
Misty Lou Smith
Scott Mosebrook

Pat Kelly, Finance Chair
Heather Stoltz
Dean Holtzclaw

Don Rice, Trustees Chair
Zach Robinson
Lindsey Cornett

Nominations:
Pastor John Alice, Nominations Chair
Pastor Alethea Botts

At Large:
Van Slack

Come, Connect, Grow, and Go...



Are you interested in learning more about Rolling Plains?

Would you like to meet our Pastors and other members?

Have questions for us?

Plan to join us for
DISCOVER ROLLING PLAINS
Sunday, January 26th
At 12:15 PM in the Embers Room

*A light lunch will be served, so an RSVP is required.
You may RSVP by writing "Discover RP" on your Connection Card.*



Bethel Community Center – A Local Missional Outpost

126 Ontario Street

Looking Back - Our Celebrations

As we enter 2020, we begin by celebrating our blessings of 2019. We connected with new children and adults, through our programming and neighborhood celebrations. We saw our vision of serving the Putnam neighborhood being accomplished with the addition of a ten-week Summer youth program and new adult opportunities, including quilting classes and an adult card club. The After School Program had many new volunteers and partnerships. Services to youth expanded with a new Teen Time. Our Executive Director had many opportunities to speak at several of the area organizations to share our mission vision and core values. We had new donors provide funds that helped us open our doors and care for the basics, such as utilities and insurance, as well as providing food and craft items. We are over-the-top grateful for the Santas and elves from Rolling Plains, who gifted the children at our Christmas Celebration. We celebrate the faithful service of our volunteer Board of Directors and give a shout-out of appreciation to our out-going President, Linda Hatfield.

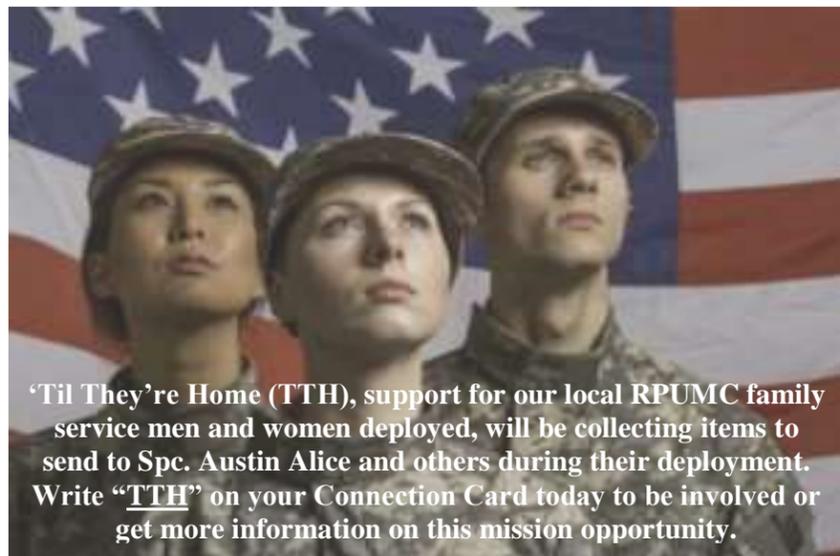


Forward in Faith

We give God the Glory for not only sustaining us, but for expanding the impact of our presence to serve our neighbors. We walk by faith daily, knowing God does provide and God does open new doors. We enter 2020 with a new Board of Directors President, Eric Waltmire; a new Treasurer, Angela Morosko; and a new Secretary, Andrea Wince Wiseman. Christina Johnson remains as Vice President. Others serving on the Board of Directors include Kay Miller, Don Rice, Stephanie Factor, Beth Newlon, and Andrea Cunningham. Joyce Jones serves as our Executive Director. We give thanks of appreciation to Kelly Stewart, who has served as our After School Coordinator. We will be expanding that position to serve children K-5 year around which will include Vacation Bible School and the 10-Week Summer Program.

As we move forward in faith in 2020, we pray for us to be in God’s perfect and pleasing will and that we will be good stewards of the monetary and in-kind support we receive. Unlike many community centers, Bethel is a faith-based non-profit 501 c 3 organization. We appreciate the support from Rolling Plains UMC, and have also expanded to receive support from other area churches and organizations. We received support from generous individual donors as well. As our programs grow, so does our budget, which is about 20% more for 2020 than it was in 2019. We look forward with great expectations for more opportunities to share the love of Jesus, as we engage and equip children and families not only to survive, but to thrive in school and life.

Kay Miller, Board Member



'Til They're Home (TTH), support for our local RPUMC family service men and women deployed, will be collecting items to send to Spc. Austin Alice and others during their deployment. Write "TTH" on your Connection Card today to be involved or get more information on this mission opportunity.

Please use the link below when shopping at Amazon and share with all your friends & family.

A portion of every purchase comes back to the church.

<https://smile.amazon.com/ch/38-2064460>



Rolling Plains donated 532 Operation Christmas Child boxes this year! We also processed 11,200 shoeboxes and prepped them to leave from the church lot to their destination. Thank you to everyone who purchased a box, or volunteered in any way to process all these precious gifts.

Spiritual Support Group

WELCOME

Road to Recovery

ROLLING PLAINS CHURCH
FRIDAY EVENINGS AT 6:30 P.M.

Everyone is welcome to participate. Road to Recovery is a spiritual support group that relies upon Jesus' healing power through God's word. Please contact leader, Michelle Dobbins with questions @ 740-586-1440.

Monday Night Prayer

Each Monday evening at 6:30 – 7:30 PM we hold Monday Night Prayer in the Worship Center. This is a time set aside for you to come, lift your face toward heaven, and lift any prayers you may have. You may come at any time and leave at any time. This is *your* time to spend with God. In the church, with no distractions.



Someone from the Prayer Team will be available, if you would like someone to pray with you.

Each Wednesday at 6:00 PM in the Embers Room for 13 weeks.
Begins Thursday, January 9th

GRIEF SHARE

GRIEF RECOVERY SUPPORT GROUPS

GriefShare is a 13-week program that allows us to explore our grief. The study includes an excellent video led by a nationally known presenter on different aspects of grief. We will discuss the video and how it fits into the grief we share. The lessons are each separate. If you miss a week you can come to a later session. This series is facilitated by Pastor Dick Newlon.

Please write "GriefShare" on your Connection Card to sign up for this class.

Needle Crafters For Christ

In December we displayed our treasures and they were prayed over on Sunday morning. This was a great opportunity to involve the church in our mission and to bless our gifts before they are distributed.

The following is what we distributed that week:

- 15 lap blankets to Veterans Clinic
- 11 baby blankets and 8 sets of booties to Heartbeats
- 31 hat and scarves sets, 30 hats, 16 scarves, 1 full-size afghan, 10 soap savers to True Light Ministries for the homeless
- 16 large prayer squares for shut-ins for United Methodist Women

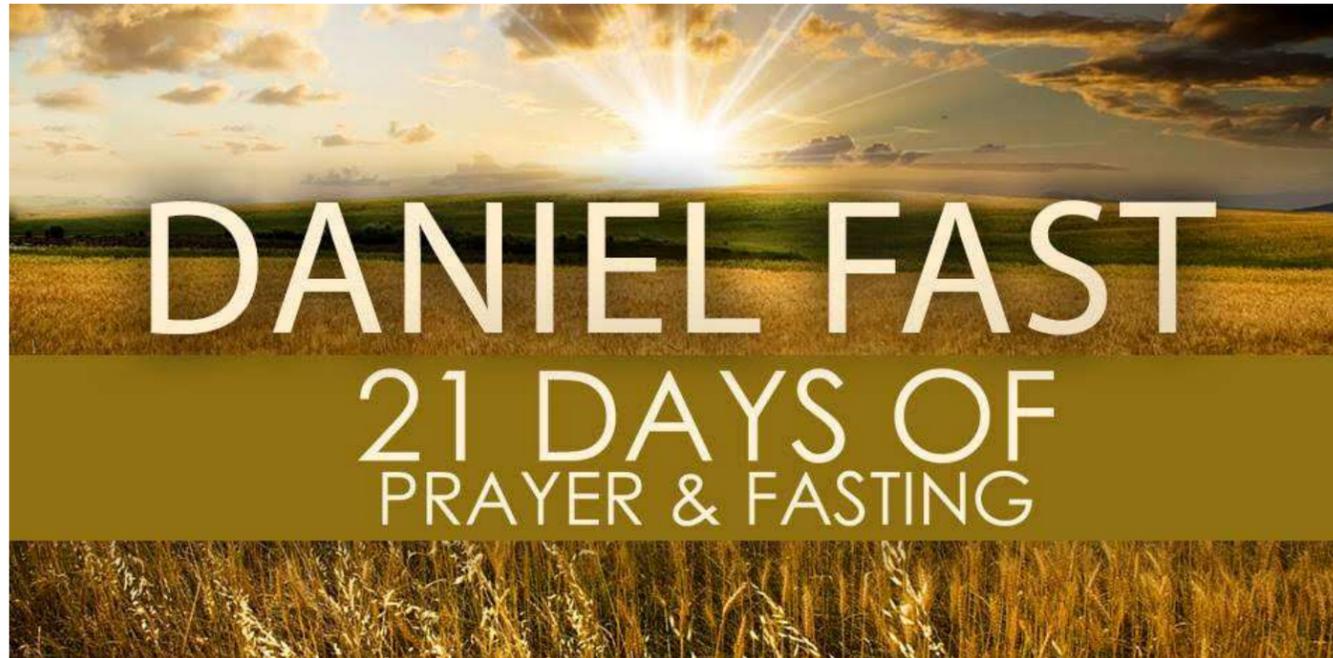
We have given over 500 prayer squares to many entities: Rolling Plains altar baskets, all of our mission teams, food pantry, and local nursing homes.

We have also blessed our church families with newborns with baby blankets. Our goal continues to promote the Love of Christ through our gifts to those in need both locally and internationally.

We are currently looking for a new project for our international outreach as our previous project is no longer in existence due to financial constraints.

We meet every Monday evening from 6:00-8:00 pm. in He-Brews Cafe. All are welcome! Our goal is to have the room full. This is a great time of love and laughter as we fellowship in Christ. We would like to thank everyone who has supported us.

Please contact Kim Hearing (740-607-3883) or JoAnn Paisley (740-819-0972) with questions.



**THE DANIEL FAST
AT ROLLING PLAINS UMC
JANUARY 10-31, 2020**

Taken from the prophet Daniel's experiences as recorded in scripture (such as in Daniel 10:3) we gain some insight into what he ate as part of his fast. Since the lists in scripture do not go into exact detail of what he ate, we will focus on what we know he didn't eat. In Daniel 1, he ate vegetables and drank water as opposed to the royal meal that was served. While seeking the Lord in prayer in Daniel 10:2-3, he did not eat bread, sweets, meat, and wine. At the end of his feast, Daniel's desire to seek God and find Him was fulfilled. Let us enter into this fast with the same desire filling our hearts as well.

Although we may not be able to replicate Daniel's diet exactly, we have solid guidelines to follow. On the back of this sheet you will find foods that are included in the fast and those you will avoid. We will follow the fast for 21 days just as Daniel did, but we want to encourage you not to focus too much on what you should and shouldn't eat. The most important part of the fast is your willingness to deny yourself physically to seek out God and grow closer to Him. Everyone's diet will vary slightly.

Please discuss any dietary changes with your doctor if you have special concerns prior to beginning the fast, **AND SEEK MEDICAL ASSISTANCE IMMEDIATELY** if you become lightheaded, dizzy, or pass out.

The Daniel Fast Food List

All fruit - fresh, frozen, dried, juiced, or canned.

All vegetables - fresh, frozen, dried, juiced, or canned.

All whole grains - amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat

All nuts & seeds - almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.

All legumes - canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.

All quality oils - avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

Beverages- distilled water, filtered water, and spring water.

Other - unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Amino, soy products, and tofu.

Foods to Avoid on the Daniel Fast

All meat & animal products - bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.

All dairy products - butter, cheese, cream, milk, and yogurt.

All sweeteners - agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.

All leavened bread & yeast - baked goods and Ezekiel bread (if it contains yeast and honey).

All refined & processed food products - artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

All deep-fried foods - corn chips, French fries, and potato chips.

All solid fats - lard, margarine, and shortening.

Beverages - alcohol, carbonated drinks, coffee, energy drinks, herbal tea (see my [FAQ page](#) for explanation),

For more information and recipes to follow check out this website:
www.ultimatedanielfast.com

Please discuss any dietary changes with your doctor if you have special concerns prior to beginning the fast. **AND SEEK MEDICAL ASSISTANCE IMMEDIATELY** if you become lightheaded, dizzy, or pass out.



Thoughts from the Rolling Plains Prayer Team

Your Prayer Team is so excited for everything that God is doing through the people of Rolling Plains. You are shining the light of God at work, at home, through volunteering and giving, and by showing love to those who are hurting and broken.

Praise God and thank you for hearing His call to action!

We want to continue to encourage you in your walk with God. If we can pray for you or with you or help you learn to pray, please reach out to one of us. We are available every Sunday at the church. We all have name tags that specify that we are a part of the prayer team. You can also contact us by calling the church office and asking Missy to contact us, or by writing it on your connection card. We will call or email you back, whatever is your preference.

We will continue to work with the pastoral team to bring new and exciting ways for you to connect with prayer. It is our hope that you will each grow in your relationship with God through prayer. Prayer is an act of communication, through speaking, listening, and thoughtfully considering what is heard. No relationship grows without meaningful communication.

We hope that you are continuing to pray (speak, listen, and thoughtfully consider what is heard) the Breakthrough prayer with us at 5:16 am and/or pm each day. It is our prayer that this will bring you closer to God and His will for you and that you will also experience personal breakthroughs in your life. We are already seeing God bless others through you.

Opportunities to grow in faith and in prayer:

- Come to Monday Night Prayer from 6:30-7:30 PM in the sanctuary - A time that the altars will be open for private prayer and reflection
- Spend time in the Prayer Room
- Come to the Well service - A time to connect for worship and prayer
- Come to the "Breakthrough" movie on January 19th. There is no cost. Invite friends, family, co-workers, and those who will be blessed by an inspiring true story about the power of God through prayer.

Pray in the Spirit on all occasions, with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:18 New International Version (NIV)

God, allow 2020 to be our Breakthrough year.

Kelly Lee ~ RP Prayer Team Coordinator



Our next event will be "Bags, Bling, and Brunch" on Saturday, February 8, from 10 AM to 12 Noon. Mark your calendars and join the women of Rolling Plains for worship, prayer, God's Word, food, and fellowship. Tickets will be \$3 and will be available on Sunday, January 26th and Sunday, February 2nd in the Lobby between services. If you have any questions, please contact Terra Armstead - dtarmstead@yahoo.com or 740/704-6144.



To my He-Brews Café Team,

Thank you to all the He-Brews volunteers and everyone who brought baked goods this year. You are a blessing!

Vickie Franklin





Crossworks Mission in Europe

January 2020




Guess Who Came to Spain?

If you look closely at the group around the table, you'll see that one of them is my daughter, Cheryl (last one on the left). What a blessing it was to have her here in Spain to celebrate her 50th birthday at the end of November. We spent time sightseeing in Madrid, eating churros and chocolate, seafood paella and watching an authentic Flamenco performance. Before leaving, she also had the opportunity to attend our Spanish church in Camarma, meet several of my Spanish friends, and spend time with my ECM team to hear about our work.



Looking Back - Moving Forward

was the theme for the ECM Leaders meeting in Sinsheim, Germany on December 1-4. Along with assisting in the planning for this meeting, I also led the group in activities to increase their coaching skills, as well as how to make the most of their annual personal development conversations.



January Birthdays

- 1 Alex Ford, Sheridan Wilson
- 2 Heather Matarazzo
- 3 Ray Lavy, Chad Seastrand
- 4 Chris Huff
- 9 Jim Geyer, Sharon Graves
- 10 Tom Smith
- 12 Cathy Speer
- 13 Jesse Parrill
- 14 Andrew Presley, Brittany Rice
- 16 Diane Burrier, Gene Hartman
- 17 Roxanne Miller, Darcy Searl, Charlie Young
- 19 Alice Hunt, Shelba Kane, Susan Reese, Jennifer Ziel
- 20 Larry Stall
- 23 Marilee Abele, Jordy Anderson, Judy Barnhart
- 24 Lindsey Cornett, Mary Lambert, Trudy Reed
- 25 Anthony Jenkins
- 26 Cindy Scott
- 27 Kang Kim, Mary Kathryn Parrill, Brandy Weaver
- 28 Regan Lent
- 29 Sue Demp, Gloria Lacey
- 30 Debbie Goins
- 31 Lara Bunting, Samantha Mozena, Don Rice, Cheryl Rinne, Elizabeth Rupe

Anniversaries

- 7 Jeff & Joyce Krouskoupf
- 14 John & Dianne Murphy
- 18 Dan & Debbie Goins
- 23 Nick & Nicole Fink

Coming Up!

Monday Night Prayer
Each Monday evening @ 6:30 – 7:30 PM

Needle Crafters for Christ
Each Monday evening @ 6:00

Road to Recovery
Each Friday evening @ 6:30 PM

RP Youth Fresh Start
Each Thursday, 6:45 – 7:15 AM @ Tim Hortons

Fusion
Each Thursday @ 6:30 PM

~ 1/5 ~
KidStufFX @ 9:45 AM, Children's Chapel

~ 1/5 ~
UMM meeting/breakfast @ 7:00 AM, Embers Room

~ 1/5 ~
Middle School Confirmation Classes @ 11:00 AM

~ 1/9 ~
GriefShare classes @ 6:00 PM in Embers Room

~ 1/12 ~
Family Skate Night, 4:00–6:00 PM @ Lind Arena

~ 1/19 ~
“Breakthrough” Movie Night, 6:00 PM @ RP

~ 1/20 ~
Martin Luther King Day, Church Office Closed

~ 1/26 ~
Discover Rolling Plains, 12:15 PM in Embers Room

~ 1/26 ~
The Well Service at 6:00 PM in the Worship Center

Praises for:

- Safe travels and time spent in Northern Ireland, December 10-14, 2019 for coaching and consulting with ECM colleagues.
- Approval of my authorization to return to Spain in January while I await the completion of my new residency in February.

Prayers needed for:

- Upcoming visit to Zagreb, Croatia, January 15-19, 2020 to train pastors in the development of learning communities and the process of mentoring as a form of discipleship.
- Coaching for Ministry Leaders Training in Camarma, Spain Feb. 3-7, 2020 (praying for at least 10 participants)

DONATE: ECMI-USA, PO Box 2217 Monument, CO 80132. (Sharon Graves # 4060)
<http://www.ecmi-usa.org/get-involved/give/>

Our **Kroger Community Rewards** supporters (25 households) who shopped at Kroger between 8/01/2019 and 10/31/2019 have contributed a total of \$77.44, which will go to our Ministry Fund (which then goes to support ministries in our community). If you shop at Kroger, but are not taking advantage of their Community Rewards program, please consider linking your Kroger Plus Card with our fund by going online and registering your card. If you need help with this task, please feel free to contact the church office, and someone will help you.