



Our mission is to share the Good News, as we love everyone unconditionally,
serve anyone selflessly, and live like JESUS. (1Peter 4:10-11)

JANUARY 2020 NEWSLETTER

Pastor: Tony Jackson
8:15 am - Gathering Grounds
Coffee Shop
9:00 am - Bible Classes, all ages
10:00 am - Coffee and Fellowship
10:30 am - Worship Service
& Kids Zone Jr. Worship
www.bethaltochristianchurch.org
724 E. Bethalto Blvd.,
Bethalto, IL 62010
618-377-9259
Email - office.bfcc@gmail.com



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RESOLVE

The DIFFERENCE BETWEEN RESOLUTIONS AND RESOLVE (Adapted)
Tracy Letzerich, Director, Human Performance Practice at Athenian Consulting Group

Millions of Americans make New Year's resolutions. Most of them will fail. In fact, 25% of people bail on their resolutions after just one week. Are you one of them? All of those good intentions to make improvements in your health, family, or career...do they actually work? Research shows that less than 8% of us are successful by the end of the year. Don't be discouraged by this dismal statistic. Many well-intentioned people simply don't have the tools or knowledge to make their resolutions stick and accomplish their goals. Do you want to make this year different by turning your resolutions into habits and lasting change? You can. The key is understanding the subtle difference between a resolution and resolve.

A resolution is defined as a decision to do or not do something.
Resolve is defined as firm determination to do something.

Notice the difference? One is wishful thinking. A fleeting moment in time. The other involves ongoing action with a fixed purpose. A dedication to the process. **Anyone can make a resolution. Not everyone has resolve.**

Here are four ways to improve your resolve and achieve your goals:

1. Design smart goals. Things like "exercise more" and "increase sales" aren't going to get you the results you want. A smart goal is: **Specific.** You can't measure success if your goal is vague. "Pay \$3,000 down on my credit card balance" is specific. "Reduce debt" is not. **Meaningful.** In order to maintain resolve, your goal needs to compel you to stay dedicated on the days you don't feel like it. Meaningful goals are not boring. They stimulate you intellectually, move you spiritually, challenge you physically, and energize you emotionally. **Achievable.** Goals should stretch you, and get you out of your comfort zone. At the same time, they should be realistic. A dream of mine might be to play on the lpga. I'm much more likely to shave 5 strokes off my handicap this year. **Relevant.** Your goals need to be tied to your core values and "burning why." Are they aligned with who you are? Do they follow the mission and vision of your organization? **Time-bound.** Your goal needs a timeframe. Deadlines keep you focused and motivated. "Lose weight" is a vague resolution. "Lose 20 pounds by June 1" is a smart goal.
2. Write down your goals. You are three times more likely to achieve your goals when you write them down, and make them visible. Display them somewhere so that you see them daily.
3. Stay outcome driven, and process focused. Let the desired result drive you, but don't let it overwhelm you. Focus on the next right step. If you look at the entire action plan required to meet your goal, you can get bogged down in analysis paralysis. You can't eat an elephant in one day. You do it in bite-sized chunks.
4. Celebrate milestones. You won't accomplish the change you want to make in your life overnight. Improvement worth making requires endurance and dedication. You may get discouraged along the way and be tempted to quit. Don't wait until you reach the end goal to celebrate success. Revel in the small victories along the way. Want to lose 20 pounds? Throw a party when you've shed the first five. Don't make useless resolutions you won't keep this year. Instead, develop a firm determination to make lasting changes in your life. Wishing you a Happy New Year, and the resolve to reach your goals!

[The steps above would be helpful if you want to become more like Jesus in 2020. Don't 'make a resolution' to 'be a better christian' this year. Resolve to become more like Jesus by applying the S.M.A.R.T. Steps. If you want to talk about how, let's get together. Tony]



Our vision is to be a body of Christ
where every person is growing
and living the mission.
1 Corinthians 12:4-7

CEAD: Christian Education and Adult Discipleship



SUNDAY MORNING 9:00 AM ADULT BIBLE STUDIES

Prayer & Discipleship - Tony Jackson's Office

Book of Genesis - Room 113 – Curt Folmsbee

Genesis is the book of beginnings: the beginning of creation, the beginning of man, the beginning of sin, and the beginning of God's plan for the redemption of sinning man. Bring your Bible as we study chapter by chapter, verse by verse.

Wednesday Evenings - Serving meals to people in our community.

Prep time starts at 4:00

Time of prayer at 5 PM

Meal Delivery & Fellowship meal afterward

More cooks and servers are needed! Sign up for a week or a month.

*Contact Tony Jackson for information or suggestions for future Bible Class studies.

THOSE TO SERVE JANUARY 2020

Offering Counters & Building Lock Up

January 5	Randy B. & Rick T.
January 12	Dave G.
January 19	Randy B. & Fred G.
January 26	Aaron T.

"Each one should use whatever gift he has
received to serve others, faithfully administering
God's grace in its various forms."

1 Peter 4:10

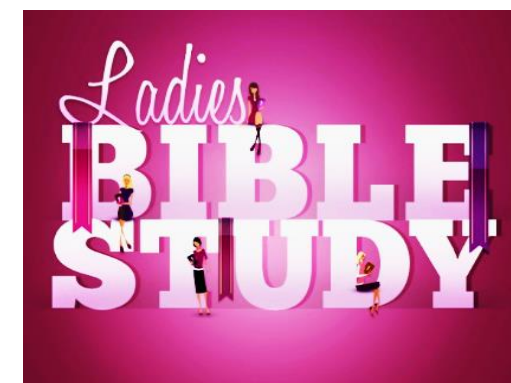


In order to accomplish our Mission of sharing the Good News, loving people unconditionally, serving others selflessly, and living like Jesus', we must work together. Your servant's heart and hands are needed each

month. To volunteer, please talk to an Elder or contact Anna in the office at 377-9259 or by email office.bfcc@gmail.com and let them know of your willingness to serve.



A BIG THANK YOU
to everyone who contributed
and brought food donations for
the Love First Pantry! Many are
being blessed with food from
your love and kindness!



Friday Mornings
9:00 - 11:30 AM
Childcare provided

January 10, 2020 -Class resumes

WHO WE ARE

Parents NOW exists to provide parents with an encouraging and loving environment that assists them in becoming successful parents. While attending the program, parents are educated by special speakers, mentored by strong Christian examples, and are encouraged to enrich their lives. They also have the opportunity to earn points to obtain baby clothes, diapers, wipes, personal hygiene and other items from the Parents N.O.W. shop.

Friday, January 10 @ 5:00

Tuesday, January 28 @ 5:00

Choose a night to attend.



...exists to empower young parents to meet their potential in an encouraging, non-judgmental environment.

**THANK YOU
for helping us in 2019!
We couldn't do it
without YOU!**



New Phone #: 618-971-3156

Email: contactparentsnow@gmail.com

Like Us On Facebook: Parents & Families NOW

Gathering Grounds 8:20- 10:20 AM

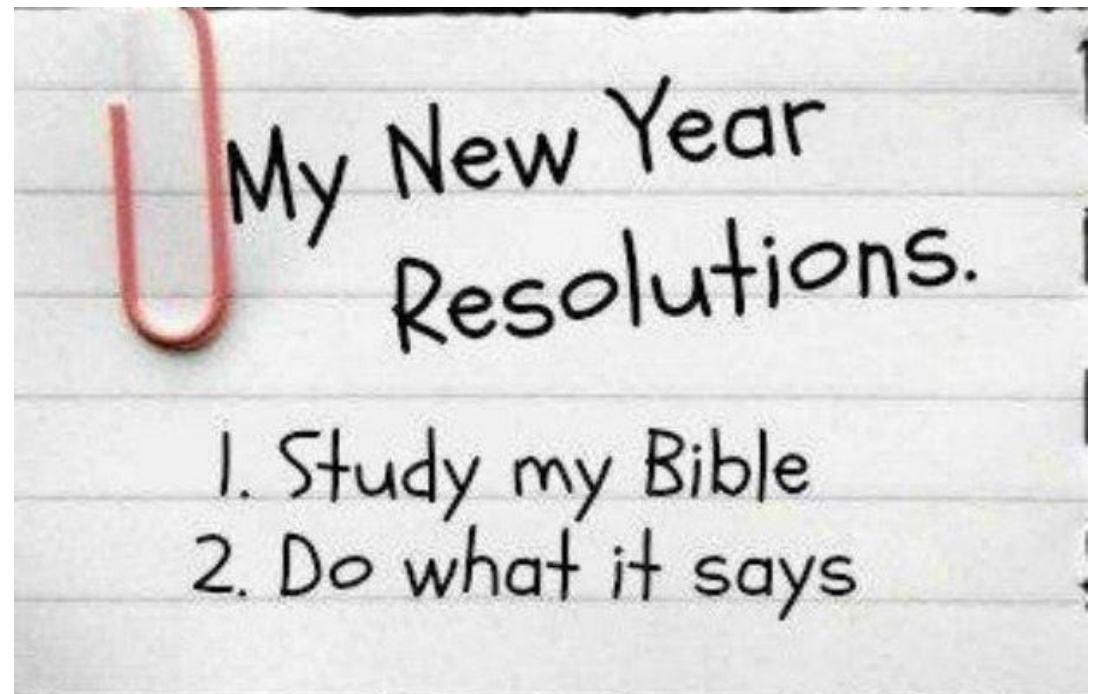


**Come early to enjoy free coffee & tea.
Come sit, visit & connect with others.**

We offer homemade and pre-packaged
items for donations.

We do this so it is not an added
expense on the church.

We are not making a profit, as all
money goes back into supplies
for the coffee shop.



BCC WEEKLY ACTIVITIES

SUNDAY

Gathering Grounds Coffee Shop - 8:15 - 10:20 AM
Classes - All Ages 9-10 AM
Praise & Worship 10:30, Gym
 Jr. Worship in Kids Zone
 0 years -5th grade

TUESDAY

Parent's NOW - Meets 4th
 Tuesday of each
 month 5-7:30 PM

WEDNESDAY

Meal Outreach Night 5:00 pm

THURSDAY

Sisters in Sobriety
 7 pm
 *Last Thursday of month is an
 OPEN meeting to all with a
 Potluck at 6 pm

FRIDAY

Ladies Bible Study
 Rm. 114
 9-11:30 am
Parent's NOW
 Meets 2nd Friday of each
 month 5-7:30 PM

SATURDAY

Narcotics Anonymous
 Kids Zone area 7-8:30
 Open meetings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	Jan 1	2	3	4
<div>January 2020</div>			<div>HAPPY NEW YEAR!</div> <div>Office Closed</div>	7:00pm Sisters of Sobriety A...		<div>1:00pm PM Bday</div> <div>7:00pm Narcotics Anonymou...</div>
5	6	7	8	9	10	11
9:00am Class & Worship				7:00pm Sisters of Sobriety A...	<div>9:00am Ladies Bible Class</div> <div>5:00pm Parent's NOW</div>	7:00pm Narcotics Anonymou...
12	13	14	15	16	17	18
9:00am Class & Worship				7:00pm Sisters of Sobriety A...	9:00am Ladies Bible Class	7:00pm Narcotics Anonymou...
19	20	21	22	23	24	25
9:00am Class & Worship	<div>Martin Luther King Birthday</div> <div>Office Closed</div>			7:00pm Sisters of Sobriety A...	9:00am Ladies Bible Class	7:00pm Narcotics Anonymou...
26	27	28	29	30	31	Feb 1
9:00am Class & Worship		5:00pm Parent's NOW		7:00pm Sisters of Sobriety A...	9:00am Ladies Bible Class	7:00pm Narcotics Anonymou...