



“New Year Resolutions”

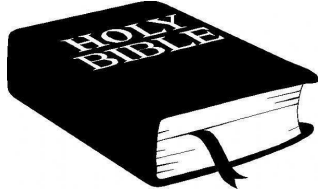
I've never been much of one for making New Year resolutions. Oh, there have been a few times in my life when I've made them, but, like the great majority of people, I've never actually managed to follow through with one for an entire month, let alone the entire year. Still, every year, I wonder whether I should go ahead and make at least one New Year resolution.

As I was thinking about it this year, I went online and googled new years resolutions. As always, Google provided me with an enormous amount of results, some 6.96 million. Obviously, I did not go through each and every one of these results, but I did look at a couple of them. One that I found interesting was an article titled “Top Ten Celebrity Resolutions,” which included a resolution from Paula Deen to “eat less gummy vitamins.” Another list gave the most common New Year resolutions, which include such gems as lose weight, help others, and get organized.

Now while I think that each of these resolutions have something going for them, I started to think about what kind of resolutions we might make as Christians. As we reflect on the year behind us, what aspects of our faith journeys might we want to focus on in the new year? Perhaps you might want to make a resolution to pray more often, or perhaps to read the Bible more often, or perhaps to give to the church on a more regular basis.

As I thought on this, I wonder what it might happen for our congregation if we each agreed to make these two New Year resolutions. First, to commit to read the entire Bible in the course of this year. As a help in reading the Bible through in the year, I will be including in the newsletter each month a list of scriptures to be read on a daily basis. Second, to pray for our congregation and its ministries every day of this coming year. It may be that you already do both of these things, but even if you do, it is still good to make the commitment to reach for these goals in the coming year.

Will you join with me, and others in the congregation, in making these two resolutions as part of your New Year resolutions for this year?



Pastor Doug

**Daleville Church of the Brethren
P.O. Box 85
Daleville, VA 24083**





The Souper Bowl

Sunday, January 22

12 noon to 3 p.m.

Taubman Museum of Art

This popular annual event benefits the Rescue Mission and RAM House.

Sample signature soups by over 20 local chefs and reserve your handcrafted clay bowl made by local potters.

Tickets go on sale January 5, and are \$25 in advance and \$30 the day of the event.

For tickets call (540) 387-0234 or www.Q99fm.com

Thanks so much.....

I so appreciate the Christmas gift the congregation has given me. It is MY GIFT to get to be able to work with each of you.

Merry Christmas and Happy New Year!!

Thanks,
Bryana Lackey

Thank you for your generous gift. I especially want to thank you for all the love and support you have given me throughout the year.

Thanks,
-Casey Meyer



Cabbage: A "Head" Start on Better Health



Cabbage has been saving lives and making history for centuries. The cabbage dish called sauerkraut helped Asian workers build the Great Wall of China. Cabbage also kept sailors from dying of scurvy during Captain Cook's voyage to the Antarctic Circle. It even helped northern Europeans survive harsh winters during the Middle Ages. But long before any of that, the ancient Roman, Cato the Elder, recommended crushed cabbage leaves to treat cancerous ulcers. He was on the right track. Modern science confirms that cabbage is an easy but powerful way to help prevent cancer.

Some cancer-causing substances don't make trouble until a special enzyme "switches on" their ability to damage cells and DNA. But cabbage contains an isothiocyanate called benzyl isothiocyanate (BITC). Animal studies suggest that BITC may stop most enzymes from flipping the "on switch" so your cells are more likely to escape cancer-causing damage.

Cabbage also is rich in Vitamin C and Vitamin K. So ring in the New Year with some cooked ham and cabbage or sauerkraut and expect a Healthy and Happy New Year!

(From Your Body Can Heal Itself by the Editors of FC&A Medical Publishing)



Check your mailboxes for your 2012 Church Directory!

January Upcoming Events

Women's Group is meeting at Carabba's January 5th at 6:30pm.

Pastoral Support Committee Meeting at Doris Quarles' home on January 11th at 10am.

Movie Night at the Carters viewing "The Help" on Thursday Jan 12th at 6:30.

Church Board Retreat is January 14th at 8:30am.

Congregational Bus. Meeting on Jan. 15th after church.

Relay for Life meeting in the Fellowship Hall on Jan. 17th at 5:30pm. They will meeting here every third Tuesday through May.

January Sermons and Scriptures

Jan. 1 Pastor Doug on vacation,
Clyde Carter preaching

Jan. 8 Genesis 1:1-5
"In the beginning..."

Jan. 15 John 1:43-51
"Come and see"

Jan. 22 Mark 1:14-20
"Fishers of men"

Jan. 29 Mark 1:21-28
"As one with authority"

Reading through the Bible in a year: Daily readings for January

1	Rom 1-2
2	Gen 1-3
3	Josh 1-5
4	Ps 1-2
5	Job 1-2
6	Isa 1-6
7	Matt 1-2
8	Rom 3-4
9	Gen 4-7
10	Josh 6-10
11	Ps 3-5
12	Job 3-4
13	Isa 7-11
14	Matt 3-4
15	Rom 5-6
16	Gen 8-11
17	Josh 11-15
18	Ps 6-8
19	Job 5-6
20	Isa 12-17
21	Matt 5-7
22	Rom 7-8
23	Gen 12-15
24	Josh 16-20
25	Ps 9-11
26	Job 7-8
27	Isa 18-22
28	Matt 8-10
29	Rom 9-10
30	Gen 16-19
31	Josh 21-24

