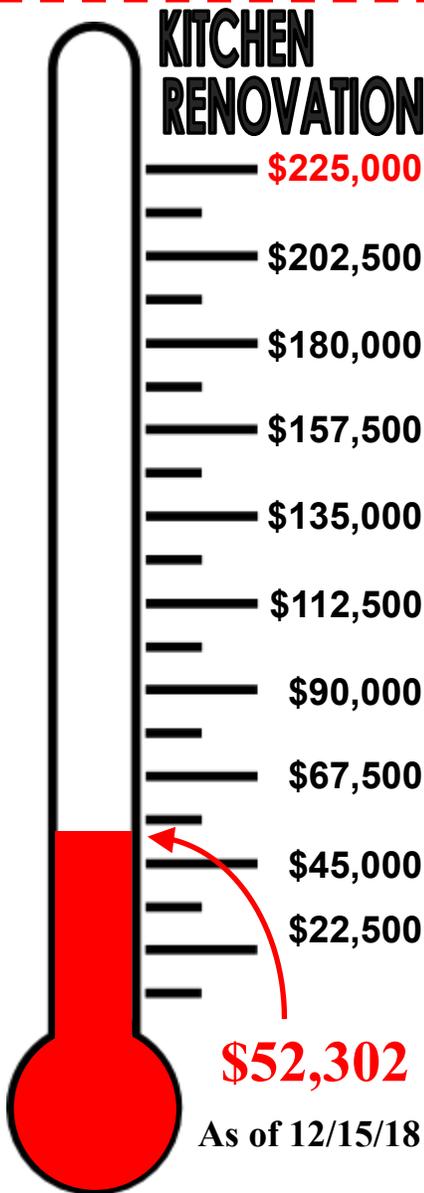




URGENT PRAYER

- Violet Larry, health
- Tracey Price, health
- Elijah Joshua, health



Have you ever seen a New Year's resolution change someone's life? Depending on which study you read, an estimated 88% to 92% of people fail to keep their resolutions. If you really want to make 2019 your best year yet, these alternatives to resolutions will help you go on more adventures, connect with amazing people, learn new things, and grow stronger.

ESTABLISH A NEW GOAL EACH MONTH

Create monthly goals for yourself that are measurable. Rather than say, "I'll manage money better this month," commit to a goal like, "I'll save \$200 this month." Short-term, realistic goals can help you stay motivated to keep going. One month's goal may be to go to the gym three times a week, and the next will be the month you pack a lunch instead of eating out every day . . .

KEEP TRACK OF YOUR HEALTHY HABITS

At the end of the day, write down three healthy things you did that day on a calendar. Having a visual aid that displays your accomplishments — even small ones like ordering the salad instead of the burger or taking the stairs instead of the elevator — will motivate you to keep up the good work.

DEVELOP A MANTRA

Create a mantra for 2019, like "Buy only what you need." Then, commit to following the mantra without any strict rules or rigid guidelines. A mantra becomes a way of life and can feel positive and empowering than a resolution that fails or succeeds.

CONDUCT WEEKLY EXPERIMENTS

Rather than engage in grueling habits or deprive yourself of anything fun, decide to make 2019 a year of curiosity. Establish weekly experiments that test out various habits or that challenge you to do new things. One week you might decide to talk to five strangers every day just to see what happens. Or, you might set out to go for a brisk morning walk before you start your work day. You can do anything for a week and you might discover new strategies that you'll want to turn into regular habits.

MAKE A BUCKET LIST

Choose a whole bunch of things you want to do in 2019. Whether you want to take a Chinese cooking class or take a ride on the Portland Spirit . . .

If you pick small things, you might put 52 items on your list and check one off each week. Having things to look forward to can boost your mood — and when you feel better, you're likely to do better. So you might find you naturally want to get healthy, save money, or be kinder to others when you're enjoying your bucket list items.

CHANGE YOU LIFE ONE SMALL STEP AT A TIME

These New Year's resolution alternatives will remind you to live life to it's fullest as you create a healthier, happier life.

By Amy Morin, Inc. Magazine

LET'S CHAT!

with Pastor D



I remember entering the race with optimism that I would have my best time. After the first 3 miles I knew it would be an easy race. I sped up to obliterate my time, passing numerous runners along the way and feeling the wind blow across my face.

However, I didn't anticipate the huge mountain before me. I huffed and gasped for air with every step. I inhaled with my mouth open and cringed at the sharp pain in my legs as I jogged up the mountain. I knew I was struggling when some of the runners I passed earlier started flying by.

I struggled for the remainder of the race feeling embarrassed, humbled, but thankful for the valuable lesson.

To finish a race strong it requires pacing and consistency until the end. Then towards the end, the runner should focus all energy to move as fast as possible to the finish line. This year has been like a race with its hills and mountains. Some of us started with optimism and hope. However, many of us encountered struggles that knocked the drive out of us.

Just remember that God promises to help. We are admonished to keep consistent in prayer and believe and we will see that God is still with us to the end.



SHARON SEVENTH-DAY ADVENTIST CHURCH

December 29, 2018

MARK YOUR CALENDAR

DECEMBER

JANUARY

- 31 **New Year's Eve Party, Location TBD 5pm**
- 1 **NEW YEARS HOLIDAY**
- 2 Mid-week Study 7pm
- 2 **PAA Return to School—Late Start 10am**
- 2 **PAES Return to School**
- 4 **Adventist Med Cntr First Friday 7:15pm**
- 5 Sabbath School/Divine Worship 9:45am
- 5 Bible Study 2pm
- 7 Bible Study 12pm
- 9 Mid-week Study 7pm
- 12 Sabbath School/Divine Worship 9:45am
- 13 Elder's Meeting 10:30am
- 14 Bible Study 12pm
- 16 Mid-week Study 7pm
- 19 Sabbath School/Divine Worship 9:45am
- 19 Community Service Food Pantry 2pm
- 19 Bible Study 2pm
- 20 Bible Study 12pm
- 23 Mid-week Study 7pm
- 26 Sabbath School/Divine Worship 9:45am
- 26 Community Service Food Pantry 2pm
- 28 Bible Study 12pm
- 30 Mid-week Study 7pm

Items that appear in red are additional information on

at partner locations, Sharon church bulletin board.

See announcement on Sabbath 12/29/18 for NEW event location!!

Join us for a New Year's Eve
CELEBRATION