

Walking with God. What a wonderful time of year this is. The whole world is reminded of how God loved us so much that He sent His son. Why did He do that? Although, early in the Bible we see Adam and Eve walking in fellowship with God in the garden, sin quickly disrupted that fellowship. Fortunately, God had been planning even before the very first sin to provide a way for us to be able to walk in fellowship with Him again. Christ's actions over two thousand years ago allow us to have a restored relationship with God and walk with Him again.

Our God is not a distant, unknowable god. The psalmist tells us, "Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory. (Psalms 73:23-24)." Jesus tells us in John's gospel, "I no longer call you servants... Instead, I have called you friends. (John 15:15)."

My hope is that we don't allow ourselves to become so consumed by the busyness of this time of year that we forget to 'walk' with God. You can do that in many ways, but I hope you can spend time in His word, offer up prayers of thanks to Him for His many blessings, and spend some time in unselfish acts of service. Or maybe, when you are on a physical walk, spend some time letting His Spirit talk to you.

God has gone to incredible lengths to be able to simply spend time with you as a friend. Mark Stricker

Wellness year in review. This first year of our [Wellness Reach Initiative](#) has seen some really great activities and accomplishments. The year kicked off with a churchwide survey followed by the Well Church Conference in partnership with Texas A&M University. More than 160 participants learned about active living, healthy eating, opioid misuse, mental wellness and stress.

As the year progressed, over 970 people from our Church and the community participated in a variety of programs centered on each of the six wellness pillars. These events included the Well Church Conference, a Nutrition Lunch n' Learn, a Senior Adult Luncheon, a Sleep Seminar, the Fruit and Veggie Cooking Class, the Ladies Tea, the first annual Family 5K Fun Run/Walk, a Speed Friending event, a Faith and Finance Class, the Conflict Management Seminar, a Health Fair, the Successful Aging Luncheon, a Family Camp Out, the Developing Healthy Relationships seminar and Sneaker Sunday.

SCRIPTURE MEMORY CHALLENGE

"Give thanks to the Lord, for he is good. His love endures forever."

Psalms 118:1

"And this is love: that we walk in obedience to his commands. As you have heard from the beginning, his command is that you walk in love."

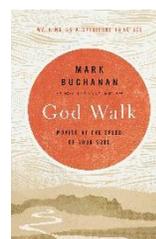
2 John 1:6

UPCOMING EVENTS

Faith & Finances Class
Jan 12th, 5 pm (12 weeks)

Wear Red Sunday
Feb 5th

RECOMMENDED BOOK



God Walk: Moving at the Speed of Your Soul by Mark Buchanan

By it here: [Amazon](#)

PODCAST



WORLD Radio reporter Jenny Rough talks with a retired pastor about the Christian walk—both spiritual and physical.

Listen here: [The Christian Walk](#)

These activities highlighted wellness activities such as: drinking water, memorization of Scripture, heart health, sleep health, men's health, relational/friending, financial health, breathing, movement, physical activity, mindfulness, thankfulness and spiritual wellness.

This year's [Wellness Reach](#) efforts also provided resources to include a monthly newsletter, book recommendations, awareness and informative tips on Facebook, helpful videos, and podcasts.

Community outreach efforts included the Well Church Conference, the Family 5K Fun Run/Walk, and the Health Fair.

To enhance these efforts, partnerships were developed with Texas A&M University, the YMCA of Schertz, Hansen Health Solutions, US Army Medical, Texas State University, Christian Unity Ministries, and STICH Ministries.

Please let us know how we can improve in areas you found beneficial. We want to encourage you to continue this journey of holistic health with us.

[Follow us on Facebook at
Wellness Reach](#)



Did You Know?

Depending on what translation we use, we find some form of the word "walk" (walk, walked, walking, etc.) over 400 times in the Bible. It is used in both a literal and a figurative sense. Most of the figurative uses in the Old Testament instruct us to walk in obedience or in faithfulness to God.

Many of the uses in the Gospels and Acts concern healing the lame and telling them to "get up and walk." In the various epistles, figurative occurrences return with the writer contrasting "living in the light" or "living in the Spirit" with "living in darkness."

These indicate a *pattern* of living. Do we walk in the light in fellowship with God, or do we join with the world and walk in darkness?

RECIPE OF THE MONTH

From the Kitchen of Elizabeth Browne

Recipe Cranberry Rosemary One Pan Chicken

Servings 4

Ingredients

Marinade:

½ cup fresh cranberries
2 tbsp olive oil or avocado oil
2 tbsp coconut aminos or soy sauce

2 tbsp maple syrup
3 cloves garlic
1 tsp fresh rosemary leaves
¼ cup dry white wine

Chicken Thighs:

3 pounds bone-in, skin-on chicken thighs approximately 6
1 tbsp olive oil or avocado oil
salt to taste
½ cup fresh cranberries
4 sprigs fresh rosemary plus more for garnish, if desired

Directions

- Cranberry Rosemary Marinade - Combine all marinade ingredients in food processor/blender and process until smooth. Place chicken, skin side up, in a 9×13" baking dish and pour marinade over, spreading to coat chicken evenly. Cover and marinate in the fridge at least 30 minutes, up to 24 hours. 30 minutes before baking, remove the dish from oven and let stand at room temperature.
- For the Chicken Thighs - Preheat oven to 375°. With a spoon, scrape marinade from the chicken skin, leaving in the baking dish. Brush skins with 1 tablespoon olive oil and season skins with plenty of salt. Sprinkle ½ cup of fresh cranberries and 4 sprigs of rosemary around chicken thighs. Bake for 22 minutes then remove from oven and preheat broiler. Discard cooked rosemary sprigs. Brush 1 tablespoon maple syrup over chicken thighs skin. Place under broiler, about 10" from the heating element, and broil 5-7 minutes or until skin is crispy and getting dark in places. Watch carefully to make sure the skin browns evenly and does not burn, moving the dish around to brown evenly if necessary. Remove from oven and spoon cranberries and sauce on top of chicken. Garnish with fresh rosemary sprigs and serve immediately with plenty of sauce.