



# The Cross & Flame



The United Methodist Church, Branford • 811 East Main Street, Branford, CT 06405  
(203) 488-0549 • umcbranford1966@gmail.com • www.umcbranford.org • Facebook: umcbranford

**JANUARY 2024**

Hello, Church Members and Friends -

It is “Word of the Year” time 2024!

This has been referred to as One Word for the New Year or One-Word Resolutions. Essentially – you pick one word that encompasses how you want to approach the New Year.

For example, maybe your word for the year is **Discipline**. This is your focus for the year. You are saying that you want to approach your work, your relationships, your spiritual life, etc. with discipline. You are committing to being disciplined and staying on task.

On the flip side, maybe your word for the year is **Relax**. Perhaps you have had several stressful years in a row, and this is not the year for you to be disciplined, but a year for you to give yourself a break. Your focus is on finding balance and learning to relax.

Whatever your word – it is something unique to you. It should inspire you to focus on how you approach all aspects of your life for this year, unlike New Year’s resolutions, it can stick with us!

Don’t pick your word quickly or randomly. Pray about it and ask God to give you clear direction on your word for the year and then ask Him to help you stay focused.

To help inspire you here are some words to get you thinking:

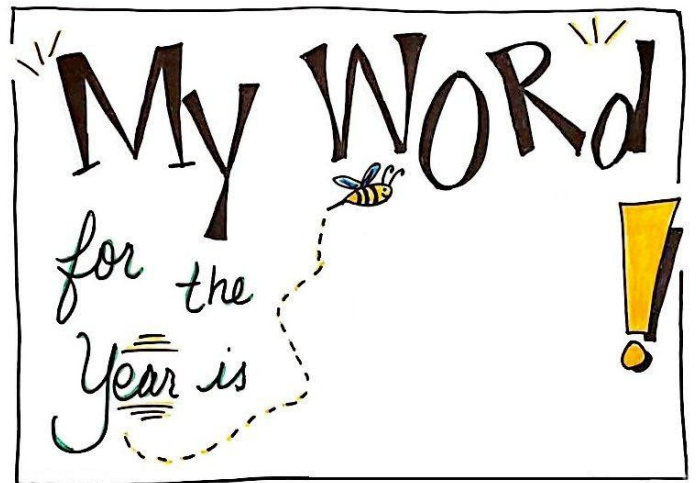
**Joy - Kindness - Contentment - Purpose - Inspire - Breathe - Persevere - Self-Care - Mindfulness -  
Grace- Focus - Gratitude - Hope - Presence - Light- Simplify- Smile**

There are so many words! It will become apparent to you what your word is as you hand it over to God! Write it down and place it near your morning coffee, your mirror, or on your dashboard.

May the year ahead bring you and your families many Moments of Grace as you draw nearer to God!

Blessings,

*Pastor Barbara*



*“Where the Gospel of Jesus Christ and the Power of the Holy Spirit converge to change hearts and lives.”*



## January Events

Wed 1/3, 7pm: Trustees  
Mon 1/8, 6pm: Men's Pizza Night  
Wed 1/10, 7pm: Finance Committee  
Mon 1/15, 12:30pm: Ladies Luncheon  
Wed 1/17, 7pm: Faithful Stewards  
Sun 1/21, 11:15am: Staff-Parish Relations  
Committee  
Sun 1/21, 11:30am: Secret Pal Reveal Pot-Luck  
Wed 1/31, 7pm: Finance Committee

## RECURRING WEEKLY EVENTS

### SUNDAYS

9:30am **Worship Service** (in-person and  
livestreamed)

### MONDAYS

11AM **Monday Zoom Prayer Meeting**  
1PM **Sewing for God** (except 1/16)  
6PM **"The Chosen" Group Study**

### TUESDAYS

7:30pm **AA meeting**

### WEDNESDAYS

10:30am **Prayer Shawl Ministry**

### THURSDAYS

7:30pm **Al-Anon meeting**

### SATURDAYS

7pm **AA meeting**

**OFFICE** Monday through  
**HOURS** Thursday  
9am to 1pm



## January Birthdays

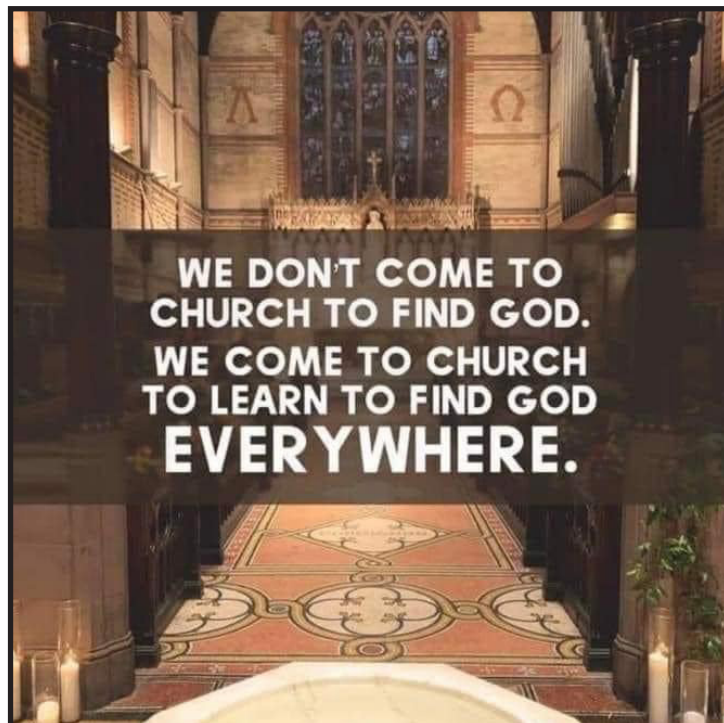
12 Michael Luzzi  
20 Shina Kim  
24 Paul Dineen  
25 Shanta Kapadia  
28 Shirley Gilkerson, Lydia Wezenski  
31 Haley Mazzucco

## January Anniversaries

13 Guy & Mary Marszalek  
24 Bob & Conny Umile

*The Cross & Flame is taking a winter break  
for January & February 2024 and is therefore a  
down-sized edition with important dates for  
the month and the Circle of Prayers.*

*We will be back in March 2024  
with a new look!*



*"Where the Gospel of Jesus Christ and the Power of the Holy Spirit converge to change hearts and lives."*