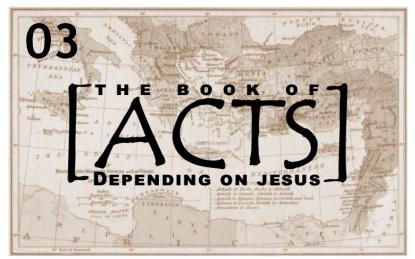


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Palouse Federated Church 635 N. Bridge St. Palouse, WA 99161 (509) 878-1509 www.palousechurch.org

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LIFE IN THE FAST FORWARD

Tina Laughary

I am a bit sad to see the season of Christmas go. I love to study the incredible story of the first Christmas. This year at PFC we focused on how "imperfect" the story and each of its characters



"³⁹ And when they had performed everything according to the Law of the Lord, they returned into Galilee, to their own town of Nazareth. ⁴⁰ And the child grew and became strong, filled with wisdom. And the favor of God was upon him."

You could almost summarize verses 39 and 40 as, "Fast forward" to the next part of the story. The story picks up again in verse 41 when Jesus is 12 years old and his family is on their annual trip to the temple. That story is followed in verse 52 with this:

"And Jesus increased in wisdom and in stature and in favor with God and Man."

In other words, "fast forward" to Chapter 3 of Luke where the story picks up with 30-year-old Jesus beginning his ministry.

These "summary" verses are intriguing to me. They summarize Jesus' life between the ages of about 2 and 12 and again from 12-30. I have children in these phases of life

and so I know this: A LOT happened during the "fast forward." These are not unimportant years in the life of Jesus and His family. We do not have the details of the years. We know virtually nothing about them—except we know a lot. What can we know? We know that everyone did their job. Jesus' job was to play, to learn, to grow, to respect His earthly parents and His Heavenly Father. He learned His place in the world and in God's amazing redemptive plan. He learned perseverance, work ethic, diligence, and how to be compassionate, loving and kind. Mary and Joseph had incredibly difficult jobs to do as well.

"As mundane as life can sometimes feel, this is not the time to put it on cruise control...we play, we learn, we grow, we love and respect others as we find God's place for us in His world..."

They nurtured and cared for their son as He grew. They taught Him all the characteristics that defined His life and ministry. They taught Him who he was to become. Finally, they taught Him perhaps the most difficult thing of all: how to leave them and set off on His Father's path. You can see a beautiful example of Mary gently nudging her son out of the nest in John chapter 2 as she is the one who encourages Him to perform His first public miracle.

As I reflected on the reality of the "fast forward" passages in the Gospel, I couldn't help but think that my children are in the middle of their "fast forward" years as well. As mundane as life can sometimes feel, this is not

the time to put it on cruise control. There is important work to accomplish during these years. We each have a very important job to do. Honestly, my job, like yours, isn't that different from Jesus'. We play, we learn, we grow, we love and respect others as

different from Jesus'. We play, we learn, we grow, we love and respect others as we find God's place for us in His world, joining Him on His mission. Let each one of us take the time to realize the importance of each of our days. Each one is precious and meaningful. Jesus would not have been ready to accomplish His Father's mission without the fast forward years. What mission is God preparing you for in your fast forward?



ROSS POINT CABIN PROJECT

Double Your Impact Matching Funds Opportunity

Ross Point Camp and Conference Center, where so many of the youth and adults in our community benefit from excellent camp and retreat opportunities throughout the year, is in need of additional cabin space to meet increasing camp and retreat enrollment numbers - Praise the Lord!

The Palouse Federated Church board has issued a challenge to the congregation and the community to help raise funds to build these cabins. To that end, Palouse Federated Church will match your donations to the Cabin Project dollar for dollar. You have the opportunity to double the impact of your donation! If you donate \$5 the church will donate \$5. If you donate \$100, the church will donate \$100. Matching funds from the church will not exceed a total of \$2,000.

Together it is our hope to send \$4,000 to Ross Point to help the Cabin Project succeed. Donations can be made online at www.palousechurch.org - just select the "Online Giving" button on the top of the page to make your donation and be sure to select "Camp Cabin Matching

Fund." If you prefer to give through the mail or our regular offering, just write "Camp Cabin Matching Fund" on your check or giving envelope!

Together we can help Ross Point reach more youth and adults with powerful Christ-centered programming that changes lives and makes disciples.



ACTS STUDY COMING TO A CLOSE

Pastor Corey Laughary

We have been journeying through the book of Acts on Sunday mornings for years now! The journey will soon come to an end as we are quickly approaching the book's final chapters. I thought I



would take this opportunity to reflect, in a general way, about what I have learned about Christ, His Church, and our mission as I preached through this book.

Christ - Jesus Christ ascends to heaven in the very first chapter of Acts. And yet, one of the big things I learned is that Jesus is present in every bit of the ongoing story. The body of Jesus Christ is present throughout the whole book. His Body is the Church; His believers are His people. Christ is the hero of Acts!

His Church - Though Jesus Christ is the hero of the book, His people do quite heroic work enabled by the Spirit. Philip's witness to an Ethiopian, Stephen's martyr death, the persecution of Paul, and the leadership of James are all examples of Christ followers who demonstrate Christlikeness. We are His Church when we trust in Him and act like Him.

Our Mission - A lot has changed since the 1st Century, but the mission is the same—we are called to bear witness of Jesus Christ and His good news to the "ends of the earth" (Acts 1:8). We don't have to deal with the Roman Empire, or Greek idol makers, but we still do share our faith in a world that is not readily receptive to Christ's life-changing message.

We have journeyed to the end of the book of Acts, but the "Acts of the Holy Spirit" are not yet done - and God's story of His Church is still being written. Amen.

Depending on Jesus,

Pastor Corey

Personal Reflection: What is your Acts reflection? What is one story that stands out to you - that has particularly encouraged or challenged you?

All the sermons from the book of Acts are available online at www.palousechurch.org.

& ANNUAL REPORT

LOCKED OUT

Jim Fielder

This past year we have made several safety and security related changes here at Palouse Federated Church. Look around on a Sunday morning and you will see several of them while others you won't see.



Take a walk around the back of the building and you will see we have a new solid door and secure lock on the basement's rear exit. We had concrete work done to save the crumbling concrete on the stairs and base at the Fellowship Hall's rear exit. This will stop the deterioration of that area and allow us to use de-icer and reduce potential falls. We have added an AED (Automatic External Defibrillator) to use in the case of a cardiac event and we



have lots of people that are currently trained on its use. We check-in children as they head to Sunday School and let the teachers know who the responsible person is that will pick them up. We also have added an alert system to be used if we ever have an active assailant situation.

There is one more change that will be happening as soon as we get the word around - WE ARE CHANGING THE DOOR LOCKS - YOUR KEYS WILL NO LONGER WORK. Sorry to shout, but we need to know who needs

access when the building is locked so we can arrange access for you. Currently, we have far too many keys roaming the town. We are moving to a keyless lock system and will no longer be using keys. We will issue access codes similar to a PIN (Personal Identification Number). It is important that if you are needing access on a regular basis that you contact the church to arrange for an access code. We will be making an access list and pass out codes later in February before the locks are installed. We also will make a short video on how to use them, and/or do one-on-one training.

Having a keyless system will allow us to arrange one-time access for outside groups that have rented the church without the expense of having a key made. We can provide a code to repair people without having to have someone physically at the building. This new system will be easy to use and will allow us to keep our building secure when it needs to be secure. Thank you for your patience and understanding during this time of change. These changes will increase the safety and security of the building as well as the safety and security of you and your family.

Did you miss the annual meeting on January 27? If so, you can pick up a copy of our 2018 Annual Report in the Fellowship Hall.

Inside, you'll find important updates about pastoral ministry, Christian education, connection, missions, outreach, worship and discipleship ministries as well as a look back on 2018 finances and a look forward to 2019!

God worked in amazing ways in and through our congregation, community and around the world!

WWW.PALOUSECHURCH.ORG 3

MY LIGHT IN THE DARKNESS

Cindi Mayhan

Back in 1985, I had three children all under the age of 5. My dad had recently been diagnosed with brain cancer and I got really sick. I was dizzy all the time (the room always spinning). I could not sleep or eat, and I had horrific migraine headaches. And to top it all off, I couldn't find any help at all for any of it.

I was shuffled between doctors and tested for a variety of things with no conclusive results. The doctors had me diagnosed with anything from Epstein-Barr virus, to thyroid problems and there were several "I don't knows." After a year of chasing answers, I finally was referred to a doctor of internal medicine (Doctor #4), who examined me, read my file and put a word to my suffering - "depression."

As I look back and reflect on that time, depression was not talked about very much even with doctors. People often would tell me to just pick myself up and move on. The doctor put me on a depression medicine that was also used

"Take heart from my story that together with God, there is hope—there is light in the midst of the darkness of depression."

for migraines and about six months later, I finally started to feel better. Unfortunately, nobody really kept track of me and I remained on that medicine for years. I was not sick like I was before, but I really didn't feel like myself either. I was not even sure who I was supposed to be anymore. I weaned myself from those pills and slowly added church and God back into my life, and as time passed, I felt stronger.

That time in my life I call my "pit moment." I was spiritually lost. As I added regular worship and fellowship into my life. I truly felt

fellowship into my life, I truly felt better than I had in years. Depression is real. It can make you very sick and can ruin lives. And depression sometimes stays with you - it is something I have battled with off and on since the diagnosis.

My "pit moment" reminded me of battling with Satan constantly. Through the years, whenever I felt like Satan was tapping my shoulder, I would pray to God. My prayers were always thankful and included the Lord's Prayer. After a while, when Satan would tap, I would say out loud: "In the name of Jesus Christ - be gone." As I said before, worship and fellowship helped a lot - but praying was what made me feel the best. I now make it a habit to pray all day long - no matter what I'm going through.

Right now, I feel better than I ever have. My relationship with God is what saved me out of depression. I am not on anti-depressants and feel well. I put all my faith in God and talk to him daily. I focus my thoughts on the Lord and my actions should speak to that.

I don't want to discourage anyone facing depression from using medicine to help. Medicine has its place and helped me a great deal on my journey. But turning back to God is what has really helped my heart, soul and mind.

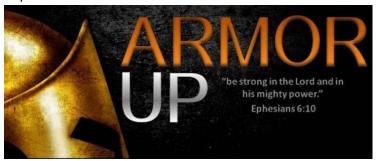


Depression awareness is important. And sometimes, we can see depression in someone before they themselves do. Left undiagnosed or even unspoken, depression can lead to detrimental consequences.

Unspoken depression can result in suffering through life. One can feel as though they suffer alone - not knowing what is wrong - just knowing something is. I want to encourage you that if you feel depressed, it doesn't matter how strong you think you are - you can't just pull yourself up by the boot straps. Don't be afraid to talk with a friend, a doctor, a professional counselor (this helped me a lot), or your pastor and find help.

And if you suspect someone you know is experiencing depression, don't be afraid to talk to them about it. At my son Dylan's memorial service, I took time to speak to the kids in the church about the importance of paying attention to others, striking up a conversation, asking what's wrong and truly listening. Sometimes it's our job to take notice and action when we see our friends and family experiencing depression. Don't let the fear and risk of taking that uncomfortable first step of checking in and saying the word keep you from doing so. The people we love are too important to ignore their suffering.

Take heart from my story that together with God, there is hope - there is light in the midst of the darkness of depression.



ROSS POINT MEN'S RETREAT

In our world today, full of bitterness and anger, it's not hard to imagine ourselves in the midst of a war. But as much as we battle each other over cultural and political differences, there is a great war being waged - a spiritual battle, of which we often are unaware and ill-suited to fight.

The bad news is that in our flawed humanity, we are unfit to fight the battle ourselves. The good news is that God can equip you with the tools for battle and in him there is

March 8-9

Theme | Putting on the Full Armor of God: Why Men Need to be Aware of the Battle and Prepare for it

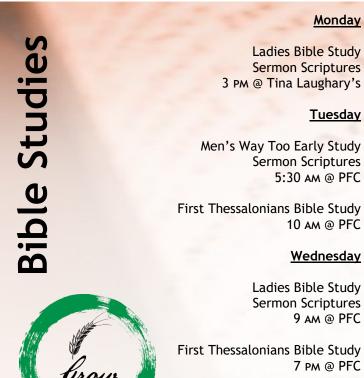
victory. At our men's retreat this year, Brian Harpell will speak openly and truthfully about the battle being waged and together we will suit up with the right tools to achieve victory over our enemy.

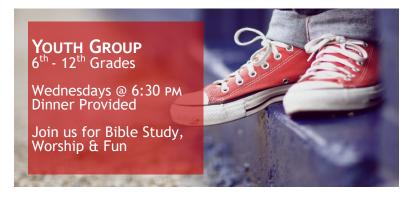
Brian has served in pastoral ministry for 42 years - the last 30 of which, he has been the lead pastor at First Baptist Church of Everett, WA. Brian has a passion for empowering others to serve according to their gifting and

passion. For 16 years, he has been chaplain to the Everett Silvertips ice hockey team, and he continues to play ice hockey twice a week. Brian says ice hockey prepared him for being a pastor.

REGISTER ONLINE: WWW.ROSSPOINT.ORG

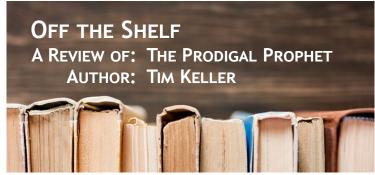






OUTREACH IDEA

Did you know? 95% of people come to Christ for the first time because someone they know invited them to come to church and learn about Jesus. It's always a good time to invite a friend or neighbor to join you at one of our weekly services or special events.



The best book I have ever read about the Bible character Jonah is Tim Keller's *The Prodigal Prophet* (Viking, 2018). I want to encourage you to read this book as we explore Jonah in the coming weeks.

Jonah was a prophet that ran from God. Only when faced with his own death, and the death of the sailors on the boat he was on, did he admit his choice to run was causing problems. But even in throwing himself into the sea, he was not giving in to preaching to Nineveh as God called him to do.

Keller skillfully points out that Jonah is like both sons in the Prodigal Son story of Luke 15. Jonah is like the son that ran away, but he also is like the son who obeys his father, but was bitter and lost in his self-righteousness. Keller points out that Jonah put his nationalism and race as idols - they had become more important to him than it was to share God's mercy. Jonah didn't want God to forgive the foreign Ninevites. But he went to Nineveh, and God used his half-hearted sermon to cause repentance in the King of Nineveh and his subjects. This story of Jonah, and Keller's description of it, has much to teach us about the mercy of God and gives us a convicting look at what might be hindering us from sharing the Father's mercy with others.

Pastor Corey

The Truth Project 7 PM @ PFC

SPIRITUAL GROWTH PLANS NOW AVAILABLE

Sometimes we want to do something, but we don't know how—or where even to get started. That's true of our walk with God too. Sometimes we want to deepen our relationship with Him and grow spiritually, but we just don't know where to start.

If you've ever felt that way yourself, Palouse Federated Church has a new resource to help you get started. In late January, Pastor Corey introduced a tool called the Spiritual Growth Plan.

The Spiritual Growth Plan can help you grow in four key areas of your walk with God: Worship, Spiritual Growth, Sincere Service, and Humble & Bold Sharing.

PALOUSE CHURCH

SPIRITUAL GROWTH PLAN | 2019

MINITUAL GROWTH PLAN | 2019

MINITUAL GROWTH PLAN | 2019

If you want to take your faith to the next level this

year, use the Connection Card on Sunday to request your own Spiritual Growth Plan, or contact Pastor Corey, and you'll soon be on your way to strengthening your faith and growing closer to God.

WWW.PALOUSECHURCH.ORG 5

KINDNESS FOR KIDS

FOOD PANTRY DONATIONS

Under the leadership and direction of Jayne Oleson and with the help of community volunteers, a food pantry is being established at the Palouse School. Its primary purpose will be to send food home with kids who have indicated a need. The free and optional supplemental weekend food program will provide a bag of food every Friday or the day before an extended weekend/holiday to ensure kids have access to healthy food while away from school. The pantry may also be used for elementary students who don't have daytime snacks and for high school athletes who could benefit from a healthy snack before practice.

The pantry will operate by donation. Donated items can be delivered to the Palouse School during school hours or to Palouse Federated Church, where there are collection boxes both inside and outside the building. Financial donations are welcome and will provide dairy items along with fresh fruit and vegetables. Please make checks payable to Kindness for Kids and deliver to the Palouse School office.

DONATION WISH LIST

Oatmeal Packets

Carnation Instant Breakfast

Milk (Shelf-Stable)

Cereal

Fruit Cups (Individual Servings —

Peaches & Mandarin Oranges)

Applesauce Cups

Juice (Individual Boxes)

Macaroni & Cheese

(Microwaveable)

Macaroni & Cheese (Boxed)

Pasta (Spaghetti, Macaroni,

Noodles)

Spaghetti Sauce (Ragu, Prego,

etc.)

Rice-A-Roni or Noodle Side

Dishes (Boxes)

Tortillas

Refried Beans

Peanut Butter | Jelly | Honey

Vegetables (Canned — Green

Beans, Corn)

Tuna

Chicken (Canned)

Mayo | Mustard | Ketchup

Soup (Chicken Noodle, Tomato,

Vegetable, Beef, Top Ramen,

Cup of Noodles, etc.)

Chili (Canned)

Saltine Crackers

Granola Bars

Packages of Nuts (Mixed Nuts,

Almonds, Cashews, etc.)

Pretzels

Gold Fish Crackers

Graham Crackers

Popcorn (Microwave)





PRAYER REQUESTS:

- Pray for Pastor Martin's wife Mary in Uganda, serious health concerns.
- Pray for Mike Burnett, cancer.
- Pray for Jeff West, recovering from surgery.
- Pray for the family and friends of Reuben Merry.
- Pray for Doreen Hanson's brother Frank, kidney failure.
- Pray for Mary Kernan, broken arm & cancer.
- Pray for Drake Davis, GarPal student, broken leg.
- Pray for Lynda Mills, daughter-in-law of Angie Cochran, heart issues.
- Pray for Sarah McCusker, friend of Tracy Lee Sievers, advanced Huntington's Disease.
- Pray for Ellen, friend of Tecla Blood, ongoing health concerns.
- Pray for Don Comstock, ongoing health concerns.
- Pray for Barbra Vail, ongoing health concerns.
- Pray for Carol Stillman, cancer.
- Pray for Bev Glass, ongoing health concerns.
- Pray for Ralph Heinlen, ongoing health concerns.
- Pray for Jeff & Kati Webb, ongoing health concerns.
- Pray for Kelley, malignant lung tumor.
- Pray for Keiona Zachow, Multiple Sclerosis.
- Pray for Tecla Blood, ongoing health issues.
- Pray for Carrie Doramus' dad, Richard, dementia.

- Pray for Charlotte, friend of Don Gilliland, Parkinson's.
- Pray for Don Gilliland, ongoing health issues.
- Pray for Paula Fielder Leftwich, cancer.
- Pray for Monte, friend of Tecla Blood-ongoing health concerns.
- Pray for Willy Treese—ongoing health concerns.
- Pray for Brittany Sawyer's Uncle Jon-Alzheimer's.
- Pray for Patty Myott, health.
- Pray for Judy Hart, recovery from stroke.
- Pray for Meredith Willcox-Norris, cancer.
- Pray for our national and community leaders.
- Pray for our nation that peace, compassion, love and unity win out over hate, discord and division.
- Pray for your Oikos-those that God has strategically and supernaturally placed in your life.
- Pray for active duty service members.

Praises and Prayers for these Missions AND MINISTRIES:

- Pray for Young Life and Wyld Life.
- Pray for our International Mission Partners.
- Pray for the Bible study at Eastern State Hospital and the residents.
- Praise God for our youth ministry leaders. youth to come to Christ.
- Pray for our missionaries and partner church and orphanage in Uganda (pastors, teachers, orphans).

REMEMBER OUR SHUT-INS:

Richard Kayser Catherine Tuck Arnetta Tompkins Frances West

Patty Myott Don Gilliland Dory Tuttle Steve Gill

"Prayer is a strong wall and fortress of the church; it is a goodly Christian weapon.' ~ Martin Luther ~

OIKOS -WHAT IS IT?

Your Oikos is the 8 to 15 people you interact with on a regular basis that God has supernaturally strategically placed in your life - friends, family, neighbors, and co-workers.

Nobody is better equipped to share the truth of Jesus with them than you.



Pick up and fill out one of our OIKOS Prayer Cards and start praying for the people in your OIKOS to grow in their relationship with Jesus. We even have OIKOS Prayer Cards for Kids!

Or...Download the OIKOS App today - search "8to15" in your app store.



The Bible App

Did you know that YouVer-sion has created a Bible just for App

kids? By introducing children to 41 of the "big" Bible stories, the Bible App for Kids helps them understand the overall story that the Bible is telling. Kid-friendly navigation helps them find and select whichever story they want, then reads it aloud to them in a friendly narrative style. Throughout each story, fun, interactive animations keep children engaged, and select stories even include games designed to help them learn, understand, and retain important Bible story concepts.





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PALOUSE FEDERATED CHURCH CALENDAR

Saturday	2	9 10 AM Shopping Tote Project @ Palouse Library 3 PM Palouse Cabin Fever Brew Fest	16	7:30 AM Men's Breakfast 2 PM The Muppet Movie @ Palouse Library	2 Bible studies with an * are held at PFC.
Friday	FEBRUARY 1 10:30 AM Story Time @ Palouse Library	8 10:30 AM Story Time @ Palouse Library	15 10:30 AM Story Time @ Palouse Library	22 10:30 AM Story Time @ Palouse Library	MARCH 1 10:30 AM Story Time @ Palouse Library
Thursday	31	3:30 PM Holiday After- School Program @ Palouse Library	14	21	28
Wednesday	30 9 AM Ladies Bible Study* 6:30-8:30 PM Youth Group 7 PM Wednesday Nights @ PFC	6:30-8:30 PM Youth Group 7 PM Wednesday Nights @ PFC	13 9 AM Ladies Bible Study* 6:30-8:30 PM Youth Group 7 PM Wednesday Nights @ PFC	9 AM Ladies Bible Study* 1-2 & 4:30-6PM Food Pantry @ Calvary Chapel 6:30-8:30 PM Youth Group 7 PM Wednesday Nights @ PFC	9 AM Ladies Bible Study* 6:30-8:30 PM Youth Group 7 PM Wednesday Nights @ PFC
Tuesday	5:30 AM Way too Early Men's Bible Study* 10 AM Bible Study* 3:30 PM STEAM Activity @ Palouse Library	5:30 am Way too Early Men's Bible Study* 10 am Bible Study* 3:30 pm STEAM Activity @ Palouse Library 7 pm Shopping Tote Project @ Palouse Library	5:30 AM Way too Early Men's Bible Study* 10 AM Bible Study* 3:30 PM STEAM Activity @ Palouse Library	5:30 AM Way too Early Men's Bible Study* 10 AM Bible Study* 3:30 PM STEAM Activity @ Palouse Library 6:30 PM Cribbage Club @ Palouse Library	26 5:30 AM Way too Early Men's Bible Study* 10 AM Bible Study* 3:30 PM STEAM Activity @ Palouse Library
Monday	28 3 PM Ladies Bible Study @ Tina Laughary's	4	3 PM Ladies Bible Study @ Tina Laughary's	3 PM Ladies Bible Study @ Tina Laughary's	25 3 PM Ladies Bible Study @ Tina Laughary's
Sunday	9 AW Worship 10:15 AW Sunday School 10:15 AW Fellowship 11 AM Worship 1:30 PW Bishop Place 5 PM Annual Meeting	9 AM Worship 10:15 AM Sunday School 10:15 AM Fellowship 11 AM Worship 1:30 PM Bishop Place	9 AM Worship 10:15 AM Sunday School 10:15 AM Fellowship 11 AM Worship 1:30 PM Bishop Place	9 AM Worship 10:15 AM Sunday School 10:15 AM Fellowship 11 AM Worship 1:30 PM Bishop Place	9 AM Worship 10:15 AM Sunday School 10:15 AM Fellowship 11 AM Worship 1:30 PM Bishop Place

Depending on Jesus to Restore Our [Imperfect] Lives

Feb. 03	9 & 11 AM	Depending on Jesus: Do Your Job [Tim Sievers]	Acts 25:1-12
Feb. 10	eb. 10 9 & 11 AM Depending on Jesus—Paul & Agrippa		Acts 25:13-26:32
Feb. 17	9 & 11 AM	Depending on Jesus—Paul's Journey to Rome (Part 1)	Acts 27
Feb. 24	9 & 11 AM	Depending on Jesus—Paul's Journey to Rome (Part 2)	Acts 28:1-10



PULLMAN WORSHIP SERVICE

You're invited to join us for worship in Pullman at our Bishop Place Worship Service. Worship Services are at 1:30 PM in the Social Room - 815 SE Klemgard St.



