

The Importance of Connections

The internet is full of unusual suggestions for keeping your mind sharp, including brushing your teeth with your non-dominant hand, showering with your eyes closed, playing ping pong and writing in red ink. Skeptics may wonder about the validity of these suggestions. However, the experts all seem to agree that connecting with others, in person and face-to-face will help boost brain function.

I recently read "Keep Sharp, Build a Better Brain at Any Age" by Sanjay Gupta, a neurosurgeon, and he states that, "A 2015 study, among many others, tells us that having a diverse social network can improve our brain's plasticity and help preserve our cognitive abilities. Interacting with others not only helps reduce stress and boosts our immune system; it can also decrease our risk of cognitive decline." In "The Importance of Social Engagement in Maintaining Cognitive Function", the author, Matthias Richter, writes, "Social engagement plays a crucial role in maintaining cognitive function, which refers to the ability to think, reason, remember and make decisions."

You might ask, why am I writing about the importance of social engagement and connections in the church newsletter. That is certainly a fair question. One answer is, where better than SFPC to connect with people by talking to people, singing with people, studying with people, and working with people. We are very fortunate at SFPC to have the opportunity to mix and rub elbows with our friends and church family by coming to church services, joining a Sunday School class, joining a committee, singing in the choir, working on a church project, or by joining a church circle. For example, on Monday, January 6, Joe Schmidt and I hopefully boosted our brain function by visiting with each other; while we shoveled off the 3rd. Street sidewalk yesterday afternoon together! All of these "engaging activities" help to keep our minds sharp, while more importantly help our church spread the Word of God.

Consider making it a goal in 2025 to maintain and even improve your connections with your friends and church family at SFPC. Working toward this goal will help spread the Word of God and have the added benefit of improving or maintaining your cognitive abilities. Remember, Jesus connected with others during his ministry on earth, including by surrounding himself with disciples, who helped to spread his incredible message.



Rob Moore, Clerk of Session



Martin Luther King Jr.
Day Service
Speaker:
Preacher Rev. L. Rodney
Bennett Pastor of 2nd Baptist
Church
Mayslick, KY
 Sunday, January 19 at 5 p.m.
 at First Presbyterian Church
 (416 W Main St. Frankfort, KY)

Pictured above,
 MLK-led march, Frankfort,
 Ky., 1964

"I am not interested in power for power's sake, but I'm interested in power that is moral, that is right and that is good".MLK




Bible Quiz

What does the newly risen Jesus tell his disciples – twice – when he appears in the locked room where they are hiding?

- A. "Love one another as I have loved you."
- B. "Peace be with you."
- C. "The last shall be first and the first shall be last."
- D. "I am risen!"



Meetings and Activities

Tuesday, January 7

12:00 ... Circle 3 Carolyn Underwood's Home
5:30 ... Circle 2

Wednesday January 8-Friday January 10

9:00-4:00 ... Training for for Volunteer Tax Preparers through TaxAide, SFPC Fellowship Hall

Wednesday, January 8

7:00 ... Choir Rehearsal

Sunday, January 12

10:00 ... Counterpoints & Faith in Action Adult classes
10:00 ... Children's Sunday School Classes
11:00 ... In person & Facebook Worship Service, Marissa Carver

Monday, January 20 Martin Luther King Jr Day
The Church Office is closed.

Worship Sunday

Attendance: Dec. 15, 2024 SFPC in person Worship: 90
Attendance: Dec. 22, 2024 SFPC in person Worship: 67
Attendance: Dec. 29, 2024 SFPC in person Worship: 45

Join us Sundays- 11:00 a.m., also online service.

During our live streaming time, you can go to

YouTube: https://www.youtube.com/watch?v=4C5lbfKanCM or to

Facebook: https://www.facebook.com/sfpcchurch videos/2374137839449590

The next week, you may go to www.sfpcy.org, the church's website and choose "Videos."

If not in the service please consider

donating one of two ways:

- 1. Mail a check to: South Frankfort Presbyterian Church 224 Steele Street, Frankfort, KY 40601.
2. Click the green "Give Now" button on our website at sfpcy.org. You can start and manage your account, and even set up repeating donations.

Dec. 15, 2024 Offering: \$1,751.00
Dec. 22, 2024 Offering: \$13,454.00



- 1/6 Sadie Rhodes
1/6 Joseph Schmidt
1/8 John Brady
1/9 Amber Badgett
1/9 Carolyn Underwood
1/10 Paul Doss
1/10 Molly Henson
1/12 Sofia Aligburi
Jim Thornton
1/13 David Moffett
1/15 Judith Thornton
1/15 Margaret Townsley
1/16 Eva Philpot
1/19 Deborah Wilson
1/20 Lindsey Logan
Kimbleton
1/23 Fawn Pace
1/25 Amelia Berry
1/26 Jaelyn Lewis
1/28 Donna Baldwin
1/28 Susan Hanly



Thank you, Rob Moore, Brooke Christopher, Tim Metzger and Joe Schmidt for shoveling our steps, ramp and sidewalks allowing Marissa and I to walk into the church today! We have work diligently today to catch up!

Prayer List

- Lilly Ann Brooks Glenda Harned
Mattie Baker Scott Dottie Herzel
Jane Wilson Shaw & Duvall
Sondra Massie Families

Names remain on the Prayer List for four weeks unless the request is long term. To add or retain people with their permission, email or call the church office.

Memorial Donations

- In Memory of Jason Shaw
Robert & Ruth Shaw
Eva Ellis
In Honor of Youth Group
Robert & Ruth Shaw
Mike and Kaye Triplett
Rodney Croft
Jason Shaw Family
In Honor of Fellowship Committee
Jason Shaw Family
In Honor of Flower Fund
Jason Shaw Family

Decorative border with snowflakes and text about SFPC budget finalization and pledge cards.

