

A spoon is used to feed yourself and a ladle is used to feed others.

**Some food for thought:**

1. 1 in 8 Americans experience food insecurity, that is 42 million people!
2. 80% of fresh water in US is spent producing food.
3. 10% of the US energy budget is spent transporting food.
4. 40% of all prepared food in the United States is wasted.
5. Approximately 312 million pounds of food were wasted Thanksgiving 2023.

**Do you use a spoon or a ladle in your daily life?**

Using a ladle is a symbol of serving others, embodying the spirit of selflessness and compassion. When we use a ladle to serve food, we not only nourish their bodies but also express care and kindness. It reminds us of the importance of helping and supporting those in need, aligning with the principle of following God's will in our lives by spreading love and goodwill to others through our actions.

1 Timothy 6:17-19

<sup>17</sup> Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. <sup>18</sup> Command them to do good, to be rich in good deeds, and to be generous and willing to share. <sup>19</sup> In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.

**Family Night Big Idea – Excess**

1. In the Bible, the Hebrew word excess (רְעוּף) can be translated as "left over," "surplus," "redundant," or "waste". In the Bible, "waste" is usually the context of the word.
2. Find the excess or waste in your life, in your family’s lives, in your business, etc.
  - a. Think of your closet, as an example. Some clothes are needed, certainly. But too many clothes, crammed in a closet, many of which you haven't worn in months or years, isn't just fabric taking up space.
3. Do you know someone in need in your circle of influence? What can you do? What will you do?

**Velocity (Middle and High School Students)**

**Velocity:** Ski Trip Meeting January 6<sup>th</sup> at 6pm.

**Gravity:** No Gravity Today

**Today’s Songs**

*This is Amazing Grace*.....Phil Wickham  
*Goodness of God*.....Brooke Ligertwood  
*Holy is the Lord*.....Chris Tomlin

**Kenya Correspondence**

You can now correspond with the student you sponsored. There is a mailbox in the hallway for your letters, cards, and pictures. Everything needs to be flat and 11x14 or smaller. We will send to Kenya monthly.

**Office Remodel**

We are going to remodel Velocity and the Church Office beginning in January. If you can help move furniture, we need you on January 4<sup>th</sup> at 9am. Thank you!

**Velocity Ski Trip**

If you are going on the ski trip (Chaperones and Youth), it is very important that you attend a meeting next Saturday, January 6<sup>th</sup> here at the church at 6pm.

**KidsJAM “Let it Snow” Party**

Drop off kids for a “Let it Snow” party on Wednesday, January 17<sup>th</sup> from 6-7:30pm. A light supper will be served. Sign up at the KidsJAM Check-in Table.