

## December Calendar

Dec 02 Youth Zoom InTouch  
Dec 03 Speaker: Jeff Horne  
Dec 03 SAC Lunch—Thai Cafe  
Dec 03 Christmas Party  
Dec 04 N. Roberts Memorial  
Dec 09 Youth Zoom InTouch  
Dec 10 Feast of Breads  
Dec 10 Sacred Concert  
Dec 16 Youth Zoom InTouch  
Dec 17 OCC Kids' Musical  
Dec 23 Youth Zoom In Touch  
Dec 25 Christmas  
Dec 31 New Year's Eve

**Orange Coast Church Office**  
41 Post Irvine, CA 92618

## SAC Lunch December 3



**Thai Café**  
**14715 Jeffery Rd.**

ORANGE COAST



Newsletter

December, 2022



## Good News... Time Out...

By Pastor Ken Studer

For many people, the time between Thanksgiving and Christmas is the busiest time of the year. We try to fit in a lot of traveling, holiday traditions, and buying gifts for loved ones. It's easy to get lost in what we need to get done and what we need to check off our "to do" list.

To avoid holiday burnout, however, we need to remember it's okay to say "no," set boundaries and take time to rejuvenate. Jesus often did this.

The gospels describe how Jesus rose early every morning, while it was still dark, to a desolate place to pray (Mark 1:35; Luke 5:16). In Mark 6:31 Jesus said to go by yourself to a desolate place and rest awhile. After preaching, He dismissed the crowds, he went up on the mountain by Himself to pray and when evening came, He was alone (Matthew 14:23).

Jesus also took retreats. He took His disciples Peter, John and James up on the mountain to pray for 8 days (Luke 9:28). During the busiest time of the year remember to take time out to spend with our Father.

The Good News is that from the very beginning God knew how important it was to rest and be refreshed mentally, spiritually, emotionally and physically.

God gave us the Sabbath so that we could be rejuvenated every week. Further, God indicated that this was one more way to be like our Creator. Genesis tells us that after creation God Himself rested on the 7th day.

This showed us that God not only commanded us to do what is best for us but God gave us His own example. We were made in God's own image.

When Jesus was born in Bethlehem He gave His Divinity a rest.

*Instead, He gave up His divine privileges; He took the humble position of a slave and was born as a human being. When He appeared in human form.*

Philippians 2:7 NLT

This Christmas let's remember the rests of Jesus.

## December Events

**December 3, 5:30 PM**  
**OCC Christmas Party—In The Hub**

**December 10, 11 AM**  
**OCC Christmas Concert**



**December 17, 11 AM**  
**OCC Kids & Youth Musical**

### December Worship Schedule

This month we will have two OCC special programs. 1) The OCC Sacred Christmas Concert; 2) The OCC's Kids and Youth Musical.

**12-03 Guest Speaker: Jeff Horne**  
**12-10 OCC Sacred Christmas Concert**  
**12-17 OCC's Kids and Youth Musical**  
**12-24 Pastor Ken**  
**12-31 Pastor Ken**

## December Birthdays

Levi De Souza	December 02	Melinh Do	December 17
Claudia Selmi	December 02	Liz Kryger	December 17
Anna Galera	December 03	Myrna Esposito	December 18
Wynter Pepper	December 03	Oliva Hernandez	December 19
John Carrillo	December 04	Benji N. Ortiz	December 19
Edwin Dompas	December 05	Judy Tarr	December 20
Carlos Ramos	December 06	Christian Caputo	December 21
Kelsi Weathers	December 06	Sheena Chappell	December 21
Lanie Miller	December 07	Cliff Merkel	December 23
Gerry Rosario	December 07	Beverly Purvis	December 24
Brian Case	December 09	YuAn Chang	December 25
Lucas Lee	December 09	Rhonda Cort	December 25
Joshua Chung	December 10	Kirkham Hake	December 25
Vanessa Cheng	December 11	Bryan Suarez	December 25
Sheeva Lotfian	December 12	Yelena Nielson	December 26
Kristi Allen	December 13	Delwyn Pickering	December 26
Isabelle Howard	December 13	Greg Walters	December 26
Eleanor Klein	December 13	Patrick Clark	December 27
Linda Suarez	December 13	Pete Frey	December 27
Faith Azuogu	December 14	BichDu Do	December 28
Cason Collins	December 14	AJ Kon	December 29
Ched Nwagwn	December 14	Miguel Lagos	December 29
Brad Blackburn	December 15	Nikta Lotfian	December 29
Juliette Ramirez	December 15	Kimia Fahimi	December 31
Nicolas Sims	December 15		