

Juanita's Word: This is the Beginning of a New Day

This is the beginning of a new day.

You have been given this day to use as you will.

You can waste it or use it for good.

What you do today is important because you are exchanging a day of your life for it.

When tomorrow comes, this day will be gone forever.

In its place is something you have left behind.

Let it be something good.

Wishing you a year filled with purpose, kindness, and the joy that comes from knowing we can contribute to a brighter future.

The Mood of Christmas by: Howard Thurman

“When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flock,

The work of Christmas begins:
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among people,
To make music in the heart.”



Bowen, Margaret. 2023. *The First Kids' Sunday School Session*. Author's Personal Collection.

“Fear not for I am with you;
Be not dismayed, for I am Your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand.”
-Isaiah 41:10

During my first marriage, my ex-husband used fear tactics to control me. He was known to lash out in anger and be physically abusive, especially after drinking too much. On one such occasion, he blew up and stormed out of the house. I was fearful because his anger meant abuse. I didn't know where he went; so I walked around the complex where we lived looking for him in all of his usual hiding places. He was nowhere to be found. Feeling somewhat relieved, I figured he would show up the next day as he sometimes did. I went into our studio apartment, locked the door and checked around to be sure he wasn't there. I then took a shower, put on my pajamas and got ready for bed. As I reached under the bed to grab my socks out of the sock box, I saw two large feet. I screamed a blood-curdling scream. Low and behold, who should come out from under the bed, but my ex-husband himself! “Why didn't you answer me when I was calling your name and looking for you?” I wept uncontrollably.

The answer was simple; he was using fear to control me. For two years, every night before I went to bed, I would look under the bed to make sure that nobody was hiding there. Then God led me to this verse in the Bible, “Fear not for I am with you; be not dismayed, for I am Your God.” I was finally able to let go of my fears and move on with my life.

Have you ever been gripped by fear? Fear can take hold of you, control you, paralyze you, and make you unable to think clearly. My children often struggle with fear especially at night when all is dark. The darkness seems more evil and foreboding. Yet God assures us that He will always be with us and give us strength in our time of need (Psalm 46:1). In Psalm 121: 1-2, the psalmist states, “I lift up my eyes to the hills, from where will my help come? My help comes from the LORD, who made heaven and earth.” Trust in the Lord today, and let go of your fears.

~Margaret



January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Healing Service 12:10-1 pm EFM Class 6-8:30pm	3 Men's Breakfast 6:30 am Women's Council 9:00 am Bible Study 1:30-3	4 RED DOOR 10-2 Diaper Bank 11-1 Choir Practice 5:15	5	6
7 Rite 1 7:30 am Bible Study 9:00am Children's Sunday School 9 am Young Men D-Group 9am Rite 2 10:00 am/stream Mike @ Newcastle	8	9 Healing Service 12:10-1 pm EFM Class 6-8:30pm	10 Bible Study 1:30-3 African dinner night/ discussion 6pm	11 RED DOOR 10-2 Diaper Bank 11-1 Choir Practice 5:15	12	13
14 Juanita @ Westview Rite 1 7:30 am Bible Study 9:00am Children's Sunday School 9 am Young Men D-Group 9am Rite 2 10:00 am/stream	15	16 EFM Class 6-8:30pm	17 Men's Breakfast 6:30 am Bible Study 1:30-3 Vestry 5:30 pm	18 RED DOOR 10-2 Diaper Bank 11-1	19	20 FCA meal in Parish Hall 6-9 p.m.
21 Rite 1 7:30 am Bible Study 9:00am Children's Sunday School 9 am Young Men D-Group 9am Rite 2 10:00 am/stream	22	23 Outreach Mtg 5:00 EFM Class 6-8:30pm	24 Bible Study 1:30-3	25 RED DOOR 10-2 Diaper Bank 11-1 Choir Practice 5:15	26	27
28 Mike @ Glenrock Rite 1 7:30 am Bible Study 9:00am Children's Sunday School 9 am Young Men D-Group 9am Rite 2 10:00 am/stream	29	30 EFM Class 6-8:30pm	31 Men's Breakfast 6:30 am Bible Study 1:30-3	1 RED DOOR 10-2 Diaper Bank 11-1 Choir Practice 5:15	2	3 Annual Meeting Feb 4, 10:30 a.m. 1 service 9:00 a.m.



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