

Mount Hermon Baptist Church

Newsletter – January 23, 2020



Youth Summit Conference

Last weekend at University Baptist Church, Charlottesville



Wednesday, Jan 29

6:15 pm -- **Bible Study: *A Look at the Psalms***
Handbell practice

Prayers appreciated for...

- **Barbara Gray**, in St. Francis Medical Center, had surgical procedure Tuesday
 - **Lillian Fleming** is now at Brandermill Woods for physical rehab
 - **David Fleming**, recovering from knee surgery
 - **Richard Harding**, Kay Hancock's brother-in law, in Duke University Medical Center recovering from a heart attack and heart surgery
 - **Tom Hansel**, friend of Danielle Heath's family, having serious health issues
 - **Sympathies to Al Bethel & family** in the death of his sister, Doris Runner of Chester
-

Happy Birthday!

January

26 Ellen McGuire
26 Jeanne LaRocco
27 Julie Bass
28 Kathy Goode
28 Rick Mustian
28 Anita Southard

29 Trey Matthews
29 Keith Whitlock
30 Jonathan Goode
31 Burley Spivey
31 Riley Willoughby

February

1 Daniel Hall
2 Bob Hansen
2 Niki Carlsson
2 Christie O'Neill

Our freedom, our prosperity and our security depend on a proper respect for the fortune of our neighbors, allies and old friends. -- Nicholas Soames

Sunday – January 19, 2020

9:30 Groups – 25 Worship – 74
Children – 4 Nursery – 3 Youth Conference – 6
Contributions – \$6,613.00
Avg. weekly need – 4,504.00
Avg. needs to date – 12,735.00
Contributed to date – 14,256.00

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and click the ONLINE GIVING bar**



From the Pastor... *Energy Leaking Things*

If you feel sick and tired of how things are in your life, chances are it's because you're making yourself sick and tired - by engaging in too many energy leaking things. -- Karen Salmansohn

I know people who don't follow the news, or at least limit the amount of news they take in. Why? Because they simply don't like what they hear or read. It upsets them, or makes them angry or out of sorts. That's understandable, really. Why ingest disturbing news?

Of course, one needs to stay informed, and keeping up with current events, opinions, commentary, and informative articles is the best way to do that. I read the newspaper and several magazines, while also following one local and one national news broadcast. The best way I have found to handle the news is to FILTER IT. Experience has taught me to know about events but not get riled by them, since many really have no impact on my life and well-being. My filter is attuned to HYPE, of which there is plenty in the media. No, I don't have to get excited about what they think I should.

Beside the media sources of radio, podcasts, TV, and social media, there may be other noisy things in our lives that are “energy leaking.” What might that be in your life today? Family drama? Workplace politics? Bad neighbors? – Self-reflection helps us uncover what or who is draining energy from our minds and spirits. Better to let them go, mentally and emotionally. Or at least park those things in a box and keep them away from the gratefulness for the blessings we own and experience each day.

Salmansohn is right: at the end of the day *we make ourselves sick* when we allow energy leaking things to leak our energy.

God’s energy to you today,

Lee

January 26, 2020 – 10:30 am

- Call to Worship *Holy Water* The Praise Team
Scripture & Prayer Psalm 52:8-9 Bill Green
* Song of Praise 54 Great Is Thy Faithfulness
* *How Much God Loves Us* Romans 5:6,8
* *Song 358 This Is the Day the Lord Has Made*, vss.1&4
* Greeting Each Other
Welcome & Church Highlights
God’s Word John 1:29-42
Prayer
* Offering Song 135 Nothing but the Blood
* Offering Statement & Prayer Bill Green
Nobody Danielle Heath, Dana Heath
Aha! I See It Now! Lee Ellison
* Commitment Song 546 Love Lifted Me
* Parting Blessing
* Parting Inspiration

The flowers in the worship center are placed in memory of Levis Crump for his birthday, January 27, by Kay Hancock and Ed O’Neill