

BRIDGING THE GAP

Humble yourselves before the Lord, and He will exalt you. James 4:10



A Letter From the Pastor

BY ANDY WOOD

Happy NEW YEAR!!! I hope and pray everyone has started off this year with a great time of celebration!

This is the time of year where we take time to think about what we want to do in the upcoming year. We tend to focus on areas of self improvement such as eating healthier and exercising more. Back when we lived in Newport News, I had a membership to Planet Fitness. The first two weeks of the year, the gym was packed, even when I was showing up at 4:00 AM. After 14 days, the newcomers went away and we did not see them again until the following year. The spirit was there, but the endurance did not last. The habit had not been formed.

When tend to think that habits are bad because they generally have a negative connotation when we talk about them. However, some habits can be good. It typically takes 21 times of doing something consecutively to establish a habit. So if we want to take up running, it will not be a habit until after three weeks of consecutively hitting the pavement. If we want to establish a Bible reading habit, it has to be done regularly to become part of our normal routine.

Another thing that helps us in the process of establishing our resolutions is to reframe our way of thinking. Rather than thinking *I need to get into shape* we can think *I am athletic and I eat healthy*. It seems odd, but when we establish our frame of thinking from the persepctive of "I am" we will be more inclined to act that way. One way to get the good habits established is to "fake it until we make it."

In order to develop permanent and complete change, we can turn all of that over to God. God is in the business of changing us and making us new. When we take our issues to Him, He can and will help us. I would encourage us each day to wake up and pray David's prayer in Psalm 139:23 "Search me, God, and know my heart; test me and know my concerns."

Let's get out there and have a great 2026! God bless you all!



Church Calendar

January

- 06: Food Truck
- 14: WMU Meeting 6:30
- 11: Hangout: Pizza & Game Night
- 20: Business Meeting 6:30



February

- 03: Food Truck
- 03: Deacon Meeting
- 11: WMU Meeting 6:30
- 15: Spaghetti Dinner
- 17: Business Meeting 6:30



Building & Grounds

- We had further flooding in the sanctuary that has since been fixed by another roof repair.
- The “Young at Heart” classroom was completed in December. All adult classes, except for the new young adult class, are on the main level of the church. We are looking to move it to the main level in the near future, but not until paint colors are decided.
- We are still looking to replace the ceiling tiles and carpet in the sanctuary.
- The food bank should move over to the parsonage in 2026. The building must be inspected by Feeding Southwest VA before we can make the move.
- We have had some extra valves and other equipment installed in public areas. One focus will be to cover this equipment up with sheetrock. The hallways are beginning to look more and more like a naval hospital, so we are trying to warm it up a bit to make it feel more welcoming.
- If you would like to join the Building and Ground team, please contact Larry Marshall or Andy Wood. We can use the help!

Scripture of the Month

Then He said to them all, “If anyone wants to come with Me, he must deny himself, take up his cross daily, and follow Me. - Luke 9:23

The Hangout

7TH-12TH GRADE

Oh, What Fun!

Our Christmas party was a ton of fun last month. It's a great way to end the year together. We enjoyed the annual "Saran Ball" game and "Dirty Santa" gift exchange. There was lots of laughter and fun had by all.



This year we have some graduating seniors and a few juniors. The rest are middle school students. So, we will begin having "Upperclassmen Sundays" this year. Only Juniors & Seniors will be at these Bible Studies. The goal is to dive into Biblical conversations that will help prepare them for their next chapter.

Upperclassmen Sundays:

Feb 22, Mar 22, April 26

Upcoming Hangout Events:

Jan 11: Pizza & Game Night

Jan 11: FUGE Camp Deposit

DUE \$100

Feb 15: Spaghetti Dinner

Fundraiser

June 13-17: FUGE Camp

KID'S CORNER

Babies-6th grade

Night in Bethlehem - THANK YOU!

Once again our Night in Bethlehem was a huge success! We had a sanctuary full of on-lookers and a stage full of beautiful children. It was challenging to gather the different groups of kids with various activities and family schedules, but the parents and children were committed to making that a wonderful night! Thank you, church, for providing a wonderful meal and welcoming new people into our building. It was a warm and friendly event even with the freezing temperatures and ice on the roads!



Children's Church & Nursery Volunteer Schedule

Date	Children's Church	Nursery	Pre-K
January 4	9am-Ann 11am-Cindy	9am-Melissa 10am-Melissa	9am-Kelli 10am-Kelli
January 11	9am-Alana 11am- Alana	9am-Vickie 10am-Ann	9am-Cindy 10am-Cindy
January 18	9am-Terri 11am-Terri	9am-Dania 10am-Vickie	10am-Kelli 11am-Kelli
January 25	9am-Dania 11am-Dania	9am-Terri 10am-Alana	9:00-Cindy 10am-Cindy



MISSIONS: HERE & THERE

Food Bank

CURRENT NEEDS:

Peanut Butter
Canned Meat
Corn
Green beans
Peas
Cereal
Dry Beans

Open 1st/3rd Tuesday's 9-11:00



MISSIONARIES OF THE MONTH

Please keep these missionaries In your prayers as they reach the lost all over the world:

Josh and Danielle Payne
-Dayton, OH

Girony and Josefina Dort
-Margate, FL

Daniel and Dawn Clements
-Milford, IA

Allen and Mo Hollie Jr.
-Atlanta, GA

David and Margot Duran
-Plymouth, MA

WMU: WOMEN ON MISSION

Lottie Moon Offering collected: \$.



This month OCC is collecting:

-Small toys for boys and girls

"Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit."

Matthew 28:19 NLT

Happy Birthday!!



January 
02- Eva Ball
02- Quinn Fields
02- Cleo Fields
03- Dustin Perrigan
11- Susanna Shepard
11- Tony Helton
14- Janice Holbrook
19- Leslie Murphy
26- Logan Bush
29- Ruth Stanley



FBC Weekly Opportunities:

Sunday 5:00: Choir practice

Sunday 5:00 Youth "Hangout" 6th-12th grade

Monday 1:00 Yoga with Glenna -Fellowship Hall

Tuesday 9:00 Food bank (1st & 3rd Tue of the month)

Thursday 6:30 Bible Study & Bible Club K-5th grade (Aug-May)

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