

# Susanna Wesley UMC

3900 George Washington Memorial Hwy.  
Ordinary, VA 23131

## Mailing Address:

P.O. Box 39  
Hayes, VA 23072

## Sunday Services

Traditional at 8:15 a.m.  
Contemporary at 10:30 a.m.

January  
2022



Office number 804-642-7551

[www.susannawesleyumc.org](http://www.susannawesleyumc.org)

[office@susannawesleyumc.org](mailto:office@susannawesleyumc.org)



From the Pastor

*Almighty Father, I thank You graciously for the New Year 2022. I ask You, Lord, to bless our families, our church (Ekklesia - gathering of those summoned by you) and the community we live in and serve. As we begin this blessed new year with a renewed hope in You, Lord, I thank You so much for all that You have done for the community I serve and the blessings you have bestowed upon our families. Your hand on our lives is so much more than we could ask for. Your blessings are so greatly appreciated. Amen!*

I can't think of a better way to begin a new year than to begin in prayer. I pray that our Almighty Father, our Lord, will bless everyone's resolutions and promises. That we all will be given the strength to carry them through.

So, as we begin this New Year 2022 I continue in this prayer for our gatherings to grow larger, allowing Susanna Wesley to continue to serve our neighbors and welcome those that are being summoned into our midst.

My hope and prayer are that each one of us, you and I, will allow our Lord to fill us with hope, confidence and positivity. Lord, remind each one of us of our truest values and deepest desires. Help us to live in the goodness that comes from doing what You want us to do. Help us to put aside anxiety about the future and regret of the past, so that we might live in peace with You now, one day at a time. In Jesus' name I pray, Amen.

It seems I can't stop praying, but it is in prayer I see the hope our Lord lays out before us. He gives us the confidence to step out from our comfortable lives to do the work we are called

(Continued on Page 2)

## Upcoming Services

**Sunday, January 2<sup>nd</sup>**

8:15 & 10:30am

**Guest Pastor – Rev. Carol Bookwalter**

**Scripture:**

Matthew 6: 33; 7: 7-8

**Message:**

Response to the King

**Sunday, January 9<sup>th</sup>**

8:15 & 10:30am

**Scripture:**

Luke 3:15-17; 21-22

**Message:**

Well Pleased

**Sunday, January 16<sup>th</sup>**

8:15 & 10:30am

**Scripture:**

1 Corinthians 12:1-11

**Message:**

Varieties of Gifts

**Sunday, January 23<sup>rd</sup>**

8:15 & 10:30am

**Scripture:**

1 Corinthians 12:12

**Message:**

You are the Body

**Sunday, January 30<sup>th</sup>**

8:15 & 10:30am

**Scripture:**

1 Corinthians 13:1-13

**Message:**

The Greatest of These

(Continued from Page 1)

to do. But most of all, when we allow God's love to fill us we can see the positive in our lives versus the negative struggles and challenges we all have.

It is through prayer we can see all these things. That's why prayer should always be the centering part of our daily lives. Take time to pray as you begin your day, in the middle when a challenge may arise, and as you lay your heads down at night. In prayer we open ourselves to talk to and listen to our Lord who is ever present with us. Most of all, see the positive things happening in your lives, our church, and in the community in which we live and serve. Make a resolution to turn off the noise of this world and focus on the positive and joyous things in your lives. Happy New Year as we begin this year of 2022. May the Lord bless you and your families.

**Pastor Tom**

## **A Gift and an Idea for a New Year's Resolution for Us All:**

As we start this New Year, I want to share the second greatest gift in my life beyond my first great gift - the Bible. It was an old self-help book written in 1952, *'The Power of Positive Thinking'* and when I first read the book, I was in a place where my life had fallen apart - the lowest point in my life. It was right after I received my Recovery Bible, that a friend in church, a doctor who lead our men's fellowship, would lay this book before me and encourage me to read it. It was old then, but just like the Bible, it changed my life and turned it from negative to positive.

### **Why:**

Experts continue to find evidence that our thoughts — positive and negative — don't just have psychological effects, they also have physical effects on our body. Advantages of positive thinking include less stress, better overall physical and emotional health, longer life span, and better coping skills. As your pastor I want to see all of you living a life filled with hope and positive thinking.

### **Overview:**

*The Power of Positive Thinking* is a theological book. Its theme relates to the teachings of the bible. The book describes the importance of inner peace and mental health. The writer, Rev. Norman Vincent Peale, used the techniques usually involved visualization and affirmation. A peaceful mind plays a healthy role in someone's personal life. Reading inspirational notes, books and incidents give you a satisfaction that makes you happy.

To achieve something better in life, you should be consistent and motivated; if your mind and thinking aren't clear and you're doubtful about what are you're going to do, then how you will make an impact on your work and business? This book starts with ten rules: the first rule is picture yourself succeeding, the 2<sup>nd</sup> rule is thinking positively to drown out a negative thought, the 3<sup>rd</sup> one is minimizing obstacles as much you can (clearance of mind). The 4<sup>th</sup> rule does not try to copy others, as the people doing around you try something different. The 5<sup>th</sup> rule is about trusting upon God; we can do this if God is with us. The next is always to consult a counselor who can guide you and motivate you properly. Moreover, the 7<sup>th</sup> rule is always self-belief, you should be self-confident. I can do this; nothing is impossible in this world.

Imagine your brain is a garden that you sow and it will grow. If you think positively, it will impact positively. This book remains a New York Times's bestseller for 186 weeks. Moreover, it is translated into more than 40 languages around the globe. The author Norman Vincent Peale graduated from Ohio Wesleyan University (a Methodist University). Also, he is the co-founder of the magazine 'Guideposts'.

## **The Power of Positive Thinking Summary**

Everyone should understand that positive thoughts and beliefs lead to a positive reality. Positive thinking and beliefs will take you on the positive path and also help you to achieve your desired goals and success. The Power of Positive Thinking Summary is written to suggest some techniques and to give examples which demonstrate that you do not need to be defeated by everyday problems, this book says that you can have peace of mind, improved health and a never ceasing flow of energy. You can have full life of joy and satisfaction by being positive. This book teaches you how to stay positive and how to handle problems

and sorrows in your life. Rev. Peale says never try to ignore your hardships and tragedies, but always handle every situation with a positive mental attitude.

## **So, let's begin with The Power of Positive Thinking Summary:**

### **Chapter 1: Believe in yourself**

Rev. Peale says to believe in yourself & have faith in your abilities. Rev. Peale says that without a humble, but reasonable confidence in your own powers, you cannot be happy or successful, but with a sound self-confidence, you can succeed. Rev. Peale says insecurity and inadequacy appear with the attainment of your hopes, but self-confidence gives you self-realization which leads you to success, hence always have self-belief, always believe in yourself and your potential and never underestimate your self-confidence and willpower.

### **Chapter 2: A peaceful mind generates power**

Rev. Peale says many problems occur because of mental thoughts. Hence the primary method for gaining a mind full of peace is to practice emptying the mind. Rev. Peale says have you feel the sense of relief when you pour out your problems, stress, and, issues which lay heavy upon your heart. Do you feel sense of relief after sharing your sorrows with someone with whom you have a lot of trust? Having that someone in your life whom you can trust and can share anything will always keep you and your mind at peace. Having a peaceful mind generates a positive power, hence always try to keep your mind away from negative thoughts and always have one person in your life with whom you can discuss all your worries and sorrows.

### **Chapter 3: How to have constant energy**

How we think and feel has a definite effect on how we actually feel physically; if your mind tells you that you are tired, then your body mechanism and your muscles will accept that as a fact, hence if your mind is intensely interested in something, then you will do that work with 100 percent focus. Rev. Peale says that religion functions through thoughts, in fact, it is a system of thought discipline. Rev. Peale says by supplying attitude of faith to the mind it can increase energy, hence always say positive things in your mind, always try to be optimistic related to your health and body.

### **Chapter 4: Try prayer power**

Experts in physical health and well-being often utilize prayer in their therapy. Rev. Peale says that disability, tension, and troubles can generate because of lack of inner harmony, and prayer shows remarkable results in restoring the harmonious functioning of body and soul.

### **Chapter 5: How to create your own happiness**

Rev. Peale says, who decided whether you should be happy or not? who decides what you deserve and what you don't? the answer for this is IT'S YOU WHO DECIDES FOR YOUR OWN SELF. It's on us what we choose, do we choose happiness or do we choose to stress? Life is good if you make it good, hence always choose happiness for yourself. As you must have noticed that children are more expert in happiness than adults, because children choose happiness for themselves, they never allow negative energy to influence them. A person who carries the attitude and spirit of a child into middle and old age is a real genius.

### **Chapter 6: Stop fuming and fretting**

Many people make their life unnecessarily difficult by vanishing their power and energy through fuming and fretting. Here fuming means to boil up, blow off, to be agitated and fret's meaning is equally descriptive.

### **Chapter 7: Expect the best and get it**

In this chapter, Rev. Peale has shared a story of a man whose son for failing in every job, it was quite difficult to understand the reason behind that boy's failure because he had everything: he belongs to a good family, his educational and business opportunities were beyond the average, but still he was failing, everything he touched went wrong. That man's son tried hard but still he misses the success, but later he found an answer for his failure, and after practicing that answer he started facing success, he acquired the touch of success, his personality began to focused and his powers to fuse.

When Rev. Peale asked him the reason for his success and the reason for his sudden remarkable change, to this that young boy replied that a very simple answer made his life successful. He said a very simple thing changed everything and that simple thing is Believing, he said that he Learned the magic of believing, he said that he came to know that when you expect the worst you'll get the worst, and if you expect the best you'll get the best. Rev. Peale says that his sudden success wasn't anything related to magic, but

because he had learned the most powerful law of the world and that law was “LEARN TO EXPECT, NOT TO DOUBT,” Such believe will bring everything into the realm of possibility.

### **Chapter 8: Don't believe in defeat**

Here Rev. Peale says that if you are having thoughts of defeat, he asks you to get rid of such thoughts because if you think of defeat then you'll get it. Rev. Peale asks you to have a "I DON'T BELIEVE IN DEFEAT" attitude.

### **Chapter 9: How to break the worry habit**

You don't need to be the Victim of worries, here you can reduce it by just knowing what actual worry is, Rev. Peale says that worry is simply an unhealthy and destructive mental habit, you were not born with worry habit, you actually acquired it, and as you can change any habit and acquired attitude, you can cast worry from your mind. Rev. Peale says since aggressive and direct actions are needed and very essential in an elimination process, that there is one proper and the best time for attacking worries and that time is just now, hence start overcoming and attacking your worry from now onwards.

### **Chapter 10: The power to solve personal problems**

Rev. Peale, shares ways which can help you to solve your personal problems,

- Believe that for every problem there is a solution.
- Always keep calm,
- Learn that tension blocks the flow of thought draining power,
- Your brain can't operate properly under stress.
- Never force your answer, keep your mind relaxed and let the answer become clear and visible.
- Assemble all the facts impartially, impersonally and judicially.
- Pray about your problems.
- Trust in the faculty of insight and intuitions guided by the Holy Spirit.

To download a free PDF version of the book click-on the following link [Download Now](#)

66

May the Lord make my  
New Year a happy one...

Not by shielding me from sorrow  
and pain, but by strengthening  
me to bear it if it comes.

Not by making my path easy,  
but by making me sturdy enough  
to tread any path.

Not by taking hardship from me,  
but by taking all cowardice and fear  
from my heart as I meet hardships.

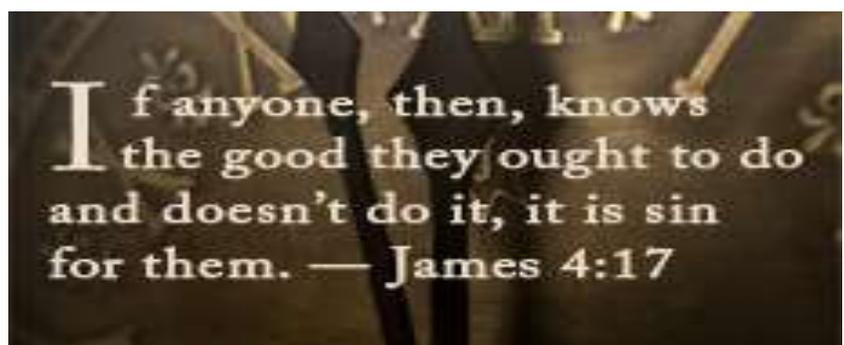
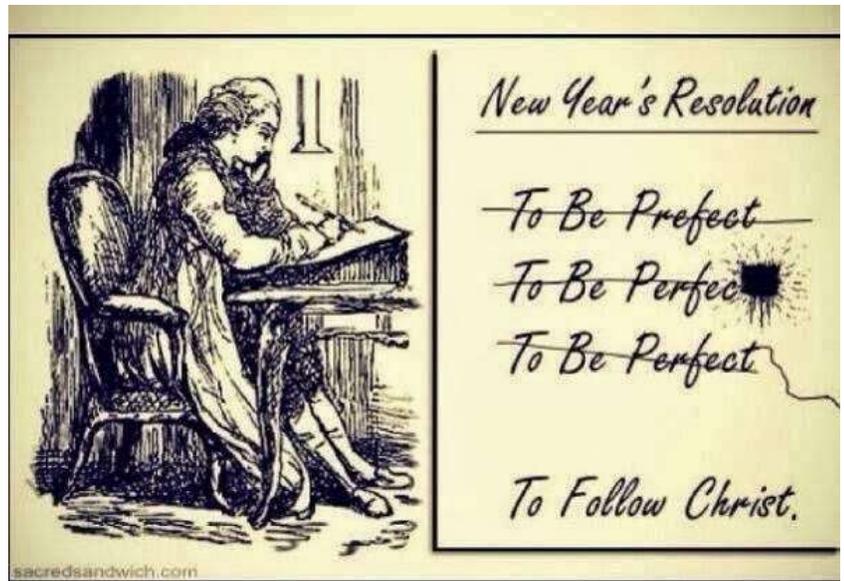
Not by granting me unbroken  
sunshine, but by keeping my face  
bright even in the shadows.

Not by making my life always  
pleasant, but by showing me where  
men and His cause need me most  
and by making me zealous to be  
there and to help...

God, make my year a happy one."

**FROM GUIDEPOSTS MAGAZINE**

woman's day



## To Activate the Prayer Chain:

**Step 1: Call any of the individuals listed during the time indicated.**

**Step 2: Please leave a message if your call is not answered before calling another member of the prayer chain.**

**Step 3: Pray as the prayer chain prays for your need**

**You may also place your written requests in the drop box at the front door or email you prayer request to:**

[Prayers@susannawesleyumc.org](mailto:Prayers@susannawesleyumc.org)

**How can I join the prayer chain?**

**Call the office: 804-642-7551**

### DAYTIME: 7AM – 5PM

- Janet Cochran (804) 693-2692
- Phyllis Russell (804) 684-5143
- Joyce Neville (804) 815-2089
- Louise Quinn (804) 642-4961
- Julia Scarborough (804) 642-4525
- Deborah Wilson (757) 784-2451

### EVENINGS: 5PM – 11PM

- Vicki Barnes (804) 642-0760
- Barbara McGlohn (804) 384-1693
- Goldie Rowe (804) 824-7377

### NIGHTTIME: 11PM – 7AM

- Phyllis Russell (804) 684-5143
- Sonnie Leonard (804) 815-2864
- Marsha Germek (804) 815-3639

**Church Office:** (804) 642-7551

**Pastor Tom Tipton:** (703) 307-6892

## Please pray for these parishioners & families:

- Elaine McCoy, Janet Cochran's niece for healing
- Michael and Sondra Colbert as they heal from Covid
- Sebastian Brock for healing
- Randy, Joanne, Emily and Taya as they recover from Covid
- Harry Leonard as he heals from the Flu
- Shirley Fanton's daughter, Michelle Grover.
- The family of Scott Paxton in his passing. Scott has been online each week.
- Linda Triolet and her family in the loss of step-father Alvin Knight
- Charles Rowe continued prayers for healing and strength
- The Leonard family, prayers for healing
- Rev. Gary Livermon for continued healing and strength
- Betty Brown, prayers for healing from fall and COVID
- Don Wilson & Deborah Wilson
- Robbie Hansford, prayers for healing
- Sondra Colbert's mother
- Goldie Rowe, prayers for peace and strength
- Vicki Barnes, prayers for healing as she undergoes treatment
- Jan Walsh, living with the lasting effects of COVID 19
- For those who have personal prayer needs
- For those who cannot receive the vaccine due to health conditions. For all of us to seek to protect them from COVID 19
- Family members who struggle with addiction & mental health issues
- Praises:
  - For the blessings we receive but may not see

**Contact the church office at 804-642-7551 to add people to or remove people from the prayer list.**

## Monday Morning Prayer Ministry

**When:** 10 am every Monday (except Holidays)

**Where:** Church Library in our Worship/Fellowship Center  
Jesus challenged his disciples not just to do the work but also pray for workers. Part of every disciple's job is to pray earnestly for new workers. The gospel is a sent message that starts with mobilized people who are committed to pray. Prayer is essential for any movement. This goes without saying, but sadly it is often neglected. We want to change that. We trust you do as well. Join us Mondays as we take time to pray for one another and our community.

**Checkout our Prayer Guide in the Library**

## Food Pantry Needs>>> - Please NO expired foods

- Feminine products, wipes
- Canned Vegetables
- Canned Meats (Tuna, Spam, etc.)
- Rice
- Breakfast Bars/Granola
- Diapers, formula, etc.
- Pasta
- Dry/Boxed/Canned Milk
- Cereal/Oatmeal
- Soups/Stews/Ramen
- Condiments (Mayo, Ketchup, etc.)
- Pasta Sauce
- Jelly/Preserves
- Macaroni & Cheese
- Canned Fruits
- Canned Beans
- Paper Towels/toilet paper

If you or someone you know needs food, please call 804-642-7551 on Monday to be put on the list for food pickup at SWUMC on Wednesday from 9:30-noon. The volunteers will bring your bag to your vehicle.

# Upcoming Events

- **Women's Fellowship** – Tuesday, January 18<sup>th</sup> 9:30 am (sanctuary)
- **Leadership Board** -Tuesday, January 18<sup>th</sup> 7pm
- **Mission Board Meeting** - TBA
- **Fishes & Loaves** – Saturday, January 22<sup>nd</sup> 3-5pm (church kitchen)



## JANUARY YOUTH ACTIVITIES

- January 2<sup>nd</sup> NO meeting
- January 9<sup>th</sup> Movie Night 4-6pm
- January 16<sup>th</sup> Game Night 4-5:30pm
- January 23<sup>rd</sup> 4-5:30pm
- January 30<sup>th</sup> 4-5:30pm

## Wednesday Bible Study (Zoom/in-person)

- January 5<sup>th</sup> NO meeting
- January 12<sup>th</sup> 6-7pm
- January 19<sup>th</sup> 6-7pm
- January 26<sup>th</sup> 6-7pm

## Youth Sunday School – 9:30am

(pictured SWUMC Youth Christmas Party 2021)



I would like to begin by thanking you for your prayers and support over the past two years. It has been an honor to serve as your youth leader. Words can't express just how much I appreciate your love and dedication to the young people in our congregation and community. I thank God that our youth feels free to worship without judgement when they walk into the doors of Susanna. We have such beautiful Church family. Due to personal reasons, I will need to step aside from my position as youth leader. I will remain within the Church. Stepping away from my position to focus on family at this time. I look forward see you in 2022. Just remember I love and appreciate you. Just as I tell my students. I think of you and my heart smile!

Sondra Colbert, Youth Minister



- Jan 5<sup>th</sup> Alyssa Romanelli
- Jan 13<sup>th</sup> Randy Fary
- Jan 20<sup>th</sup> Judy Bucher
- Jan 21<sup>st</sup> Carrie Provensen
- Jan 23<sup>rd</sup> Cindy Dister
- Jan 24<sup>th</sup> Patti Ashworth
- Jan 28<sup>th</sup> Brenda Fairbanks
- Jan 30<sup>th</sup> Doug Fairbanks
- Jan 31<sup>st</sup> Lynn Hurst

### **Youth Minister Position**

As Sondra steps away from the Youth Minister position we thank her for the blessing she has bestowed upon the youth. We are activity seeking her replacement and have received applications. As we begin the interview process we hope to be able to announce her replacement before the end of the month. In the meantime, we want to celebrate the joy of Sondra's ministry and to keep her and her family in prayer as she steps away.

Pastor Tom

# Looking for a Bible Study

## Sunday Morning

Join the **Adult Sunday School** class meeting in person (community room at 9:15 am on Sunday) & on ZOOM send request for invitation to [puzzles4you@hotmail.com](mailto:puzzles4you@hotmail.com)

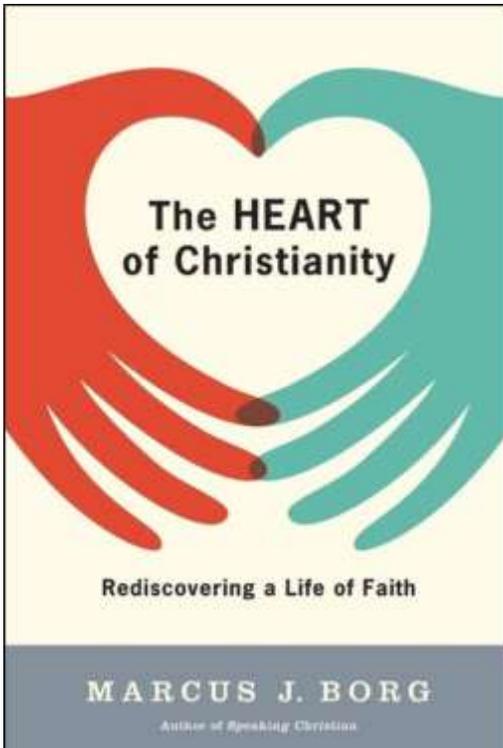
Lively discussion guaranteed, comfortable, & prayer-driven

## Youth Sunday School at 9:30 am

## Youth Bible Study Wednesdays 6 - 7:30 pm

## Sunday Morning Explorers!

Join the **Explorers** at 9:30 am on Sunday mornings to study the writings of Max Lucado *'Anxious for Nothing'*. For more information contact Phyllis Russell 804-684-5143.



## Book Study w/ Pastor Tom Coming late January 2022

10 am & 6:30 pm via ZOOM.  
TBA -We are awaiting the completion of the first classroom upgrade to start the class

This is a 12-week Study which will be broken into two 6-week sessions.

Order your book on Amazon or Cokesbury.com today

## Children's Worship

Children's Worship has begun!

Our children depart from our Worship Center after the children's message during the second service.

We continue to understand the challenges our families are facing with the rise in the Omicron variant. We are continuing to wear face coverings etc. as we seek to protect our children. We invite our families to pray about returning to in-service worship & allowing their children to attend Children's Worship.

### As we bring back some normalcy to share the Good News with our children we need help:

- Praying about helping
- Consider how you can help
  - Leader
  - Helper
  - Watcher
- Praying about helping one Sunday a month (or more)

**We ask everyone to pray for leaders and helpers, for those thinking about getting involved and our children, as we take one more step toward normalcy.**

## Bible Study>>>

### New Testament Reading Plan

# 5x5x5

Read through the New Testament this coming year by reading 5 days a week, 5 minutes a day, reflecting on 5 questions.

**5 MINUTES A DAY** If you're not used to reading the Bible daily, start with this easy to use 5 minutes a day. This reading plan will take you through all 260 chapters of the New Testament, one chapter per day. The Gospels are read throughout the year to weave in the story of Christ all year long.

**5 DAYS A WEEK** Determine a time and location to spend 5 minutes a day for 5 days a week. It is best to have a consistent time and a quiet place where you can regularly meet with the Lord.

**5 WAYS TO DIG DEEPER** Pause in your reading to dig into the Bible. Below are 5 different ways to dig deeper each day. These exercises will encourage meditation. Try a single idea for a week to find what works best for you. Remember to keep a pen and paper ready to capture God's insights.

1. Underline or highlight key words or phrases in the Bible passage. Use a pen or highlighter to mark new discoveries from the text.
2. Put it in your own words. Read the passage or verse slowly, then rewrite each phrase or sentence using your own words.
3. Ask and answer questions. Questions unlock new discoveries and meanings. Ask questions about the passage using these words: who, what, why, when, where, or how. Jot down your answers to these questions.
4. Capture the big idea. God's Word communicates big ideas. Periodically ask: What's the big idea in this sentence, paragraph, or chapter?
5. Personalize the meaning. Respond as God speaks to you through the Scriptures. Ask: How could my life be different today as I respond to what I'm reading?

January		January	
1	Reflection	17	2 Timothy Chapter 2
2	Reflection	18	2 Timothy Chapter 3
3	2 Corinthians Chap 11	19	2 Timothy Chapter 4
4	2 Corinthians Chap 12	20	Titus Chapter 1
5	2 Corinthians Chap 13	21	Titus Chapter 2
6	1 Timothy Chapter 1	22	Reflection
7	1 Timothy Chapter 2	23	Reflection
8	Reflection	24	Titus Chapter 3
9	Reflection	25	1 John Chapter 1
10	1 Timothy Chapter 3	26	1 John Chapter 2
11	1 Timothy Chapter 4	27	1 John Chapter 3
12	1 Timothy Chapter 5	28	1 John Chapter 4
13	1 Timothy Chapter 6	29	Reflection
14	2 Timothy Chapter 1	30	Reflection
15	Reflection	31	1 John Chapter 5
16	Reflection		



**We are now a registered charity through Amazon Smile! If you use our unique link <https://smile.amazon.com/ch/54-1484993> when you shop at Amazon.com they donate a portion of the sale to SWUMC!**

## 2<sup>nd</sup> Mile Giving

As we begin this New Year we want to continue the 2<sup>nd</sup> mile giving opportunity as we raise the monies to replace the remaining 2 units in the Office and Classroom wing. The remaining cost is \$26,206.00. Our budget includes a monthly set aside of \$700 towards the replacement. We have been blessed with the generosity of our community as we look forward to the replacement of Units 2 and 3 which support of Atrium and Sanctuary.

## Classroom Technology and Room Upgrade

We have received donations to support the upgrade of our classrooms and to create an adult classroom similar to our Youth Room. We will be replacing TV's, adding PTZ (Pan, Tilt and Zoom) cameras along with dedicated laptops to better equip our classrooms for Zoom instruction. In addition, as we work towards adding more bible studies the addition of an Adult room similar to our Youth will provide a space for our Young Adults and Adult bible studies

# JOURNEY OF THE WISE MEN

## A CHRISTMAS STORY



Discover the hidden words.

N	W	I	Y	D	O	B	K	D	B	S	H	I	U	X
E	R	Z	K	O	Q	A	K	V	W	S	J	C	Z	C
M	H	Y	P	R	U	Y	T	O	I	E	G	F	F	B
E	A	E	A	E	Y	Z	R	W	D	E	Z	L	L	J
S	K	K	A	H	F	S	E	E	D	B	J	T	E	T
I	P	I	U	R	H	J	P	G	F	U	F	R	L	N
W	H	Q	N	I	T	M	Q	U	J	C	U	L	M	D
L	Z	Z	P	G	E	J	E	A	I	S	X	U	G	V
B	O	V	M	E	H	U	O	H	A	G	R	J	X	I
B	I	R	T	H	D	A	Y	L	E	D	U	I	H	O
F	Y	U	N	K	J	Z	E	Z	E	L	G	Y	F	G
U	V	V	W	Z	N	M	C	R	B	A	H	O	R	N
M	K	Y	H	R	U	K	Q	X	M	O	U	T	N	I
F	I	J	E	S	U	S	O	T	G	R	A	N	E	E
M	S	B	S	O	X	R	Q	Q	H	Y	U	S	Z	B

### Word Bank

HEROD

MAGI

JERUSALEM

KING

JEWISH

WORSHIP

BETHLEHEM

JESUS

BIRTHDAY

MURDER

WISEMEN

HEART

