

January 26, 2025



Beds

^{NIV} Psalm 63:1 A psalm of David. When he was in the Desert of Judah. O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. ² I have seen you in the sanctuary and beheld your power and your glory. ³ Because your love is better than life, my lips will glorify you. ⁴ I will praise you as long as I live, and in your name I will lift up my hands. ⁵ My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you. ⁶ On my bed I remember you; I think of you through the watches of the night. ⁷ Because you are my help, I sing in the shadow of your wings. ⁸ My soul clings to you; your right hand upholds me.

Ever stopped to consider the spiritual beauty of beds? I've never understood why many of us spend thrifts when it comes to our bed, mattress and springs. Most of us will spend 1/3 of our lives resting or asleep in a bed. They occupy an important place in our lives. Splurge! Comfort yourself floating on the latest and greatest. Listen up, three bears – there are beds that are too firm, some that are too soft and some that are just right. There are round beds, square beds, waterbeds, folding beds, motorized beds and massage beds, sleigh beds and trundle beds.

We like to see the beds where famous people slept: George Washington, Napoleon, Lincoln, Marilyn Monroe, Elvis Presley, Jackie Kennedy, you name it. Perhaps we think that seeing their beds lets us commune with their spirits, as though an aura of the person remains where they reclined. People would

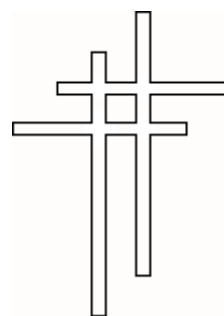
sometimes have their beds blessed for fertility. Maybe we should also bless them for rest, for sweet dreams, for seeing angels and feeling the presence of God. Hindus have taught that only in sleep do we reunite with God in a spiritual, energy-rejuvenating way. Many of our most important thoughts and feelings occur when we're in bed. Have you never awakened during the night with insights that eluded you during the daytime? Have you ever seen loved ones in dreams or felt that you've communed with God in the semiconscious moments of your going to sleep and waking up? Think about this whenever you see a bed today, and give thanks for the wonder of beds and the way they cradle us to sleep each night...like Wynken, Blynken and Nod sailing off in a wooden shoe.

*Shalom,
Jim Sprouse*

“Wynken and Blynken are two little eyes, and Nod is a little head, and the wooden shoe that sailed the skies is a wee one's trundle-bed; so shut your eyes while mother sings of wonderful sights that be, and you shall see the beautiful things as you rock in the misty sea where the old shoe rocked the fishermen three: Wynken, Blynken and Nod.”

Please Celebrate Sunday's Message

Huguenot United Methodist Church is inviting you to our Sunday Morning Worship Service. This in-person service begins at 11 a.m. Please join us and take part in our worship and praise of our Lord and Savior, Jesus Christ!



Pastor Jim Sprouse will provide us with the message

“Eat, Drink and Be Merry”

We hope you will join us!

TUNE IN

Audio recordings of our HUMC Sunday Morning Worship Services are available at HuguenotUMC.org under the Worship tab. We hope you will find these recordings beneficial and will share them with your family, friends and neighbors.

Update Complete!

The church website redesign has been completed! Go take a look!

www.huguenotumc.com

Thank you for the input provided.

-Jim Anderson and Gerry Flinchbaugh



HUMC Nursery

Our nursery caregiver, Rosalie Koch, is at church every Sunday and ready to welcome children

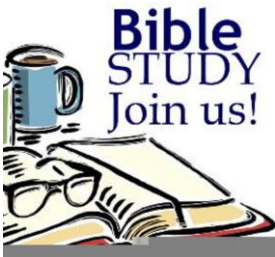
in the nursery during worship from 10:45 a.m. until 12:15 p.m. Thank you to Kelly Smith for assisting in the nursery this week.



Adult Bible Study / Sunday School

Our Adult Bible Study/Sunday School class begins at 10 a.m. and meets in the Fellowship Hall.

The title of our lesson for Sunday, January 26, is "A Priesthood of All Believers." The focal passage is 1 Peter 2: 1-10. The background text is 1 Corinthians 12. The Purpose Statement is "to live together as God's priests."



**Bible
STUDY**
Join us!

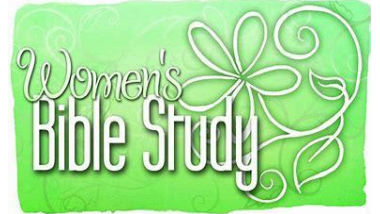
We hope you will join us. We look forward to your participation in our class. If you have time and wish to, please read the lesson in the Student Book before our class meets on Sunday. If you have any questions, comments,

feedback, or suggestions for improvements regarding our HUMC Adult Bible Study, please do not hesitate to contact me.

Gerry Flinchbaugh 804.314.4817 gflinchb@gmail.com

Women's Bible Study

All women are welcome to join the Women's Bible Study. We meet in the Fellowship Hall of the church at **10 a.m. on Thursdays**. We are using the Adult Bible Study from Cokesbury and the emphasis in this particular series is Finding Balance. This series offers Bible references and a study of the suggested references. The emphasis of the study will be Finding Balance through work, spiritual practices, rest, and celebration. These Adult Bible Studies offer a lot of truth, Bible study, and direction on better ways of living. Study booklets will be provided and a DVD will be used to enhance discussion with each lesson. If this is of interest to you, please join us.



-Sarah Coffey



Coffee Fellowship: Next Sunday, February 2

Please join us in the Fellowship Hall after our 11 o'clock worship service, for our **Coffee Fellowship NEXT Sunday, February 2**, for coffee, some light snacks and great conversations. We invite our visitors to join us for coffee fellowship, so we can answer their questions about HUMC and we can get to know them better. Thank you to Sheila and Frank Blankenship for hosting us in January! *See you there!*



Future Host?

We have scheduled our Coffee Fellowships for the first Sunday of each month. There is a new sign-up sheet for 2025 on the bulletin board across from the Fellowship Hall to be a future Coffee Fellowship host.





Nursery Volunteers

There is a sign-up sheet for nursery volunteers on the church bulletin board. Please help with this important church function.

*Jesus loved the little children,
Shirley Bradshaw*



Pastor Jim will be forming a **Confirmation Class** to begin in early Spring. Any youth 12 years and older, please let him know of your interest!

Dear Church Family,
Thank you for your prayers, calls, e-mails, and texts during my recent surgery and ongoing recovery. Your kindness has been a true pick me up when things got tough.



Blessings to each of you,
Shirley Bradshaw



Thanks to everyone who helped make the **Joy of Crafts Holiday Bazaar** a big success! The funds raised will buy supplies for all the comfort items made during the coming year. These items include activity mats and marble mazes for Alzheimer's patients, fleece mittens for dialysis patients, wheelchair totes, chemo port shirts, drain bags and neck pillows. Thanks again for supporting Joy of Crafts. For more information, contact Molly Sprouse at mollysprouse@gmail.com.



Please contact Pastor Jim if you are interested in joining the Usher Team.

Preschool Pizza Fundraiser

Our preschool has an ongoing fundraiser with Marco's Pizza. Just use the code: **HUMCPSAF** when ordering over the phone or online and the school receives a portion from each sale all year long. Participating locations include the Marco's Pizza on Sheila Lane and on Midlothian Turnpike.



Please Check it Out!



Please check the bulletin board for **Mission Connection Updates**. Updates are made frequently. The latest updates include Hams' Happenings and Henderson Settlement. Check it out, please!

Blessing Box Reminders

When outside temperatures begin to freeze, please do not place items like glass bottled drinks, carbonated beverages, and any liquids in thin plastic containers into the Blessing Box, as they can freeze and potentially burst or become unusable in cold weather.

Key points to remember:

Glass containers: These are prone to breaking when frozen.

Canned drinks with high carbonation: The pressure from freezing can cause the cans to explode.

Thin plastic containers: These can crack or break when exposed to extreme cold.



Instead, focus on donating items such as: canned goods with pull tabs, individually packaged snacks, dry goods like pasta and rice, warm clothing items like hats and gloves, and hygiene products with sturdy packaging.

<https://www.google.com/search?client=firefox-b-1-d&q=+when+outside+temps+begin+to+freeze%2C+what+items+should+not+be+placed+in+a+Blessing+Box%3F+>

Please place your donations of the above non-recommended items in our alternate location, the Bainbridge Food Cabinet at the end of the hallway next to the Fellowship Hall.

Thank you,
Rosalie Koch

Where the World Meets to Pray

Copies of the **January-February** edition of The Upper Room are now available on the greeting table at the front entrance. Please consider making a donation in the labeled box.



The Anderson Family
Anne Bartee and Family
Shirley Bradshaw
John and Pat Brauer
Ronnie French
Peggy Harris
Cissy Hope
Jed Knick
Phyllis and Rodney Martin
Linda Smith
Judith Westerhouse

In an effort to keep the prayer requests current, names posted will be removed after 30 days unless requested otherwise.



Happy Birthday to
Sue Croll (Jan. 26)
Phil Coffey (Feb. 2)

If we missed your birthday or anniversary, please call, leave a note or send an email to Elaine so she can include you!



Sunday, January 26 – Third Sunday after the Epiphany

10 a.m...Adult Bible Study (FH)
11 a.m...Worship

Tuesday, January 28

7 p.m...Handbell Rehearsal

Wednesday, January 29

7 p.m...Choir Practice (CR)

Thursday, January 30

10:30 a.m...Women's Bible Study (FH)

Friday, January 31

10 a.m...Library Work Session (L)

Sunday, February 2 – Fourth Sunday after the Epiphany

10 a.m...Adult Bible Study (FH)
11 a.m...Worship
12 p.m...Coffee Fellowship following worship service

CR – Choir Room FH – Fellowship Hall
K – Kitchen L – Library PR – Puppet Room



- Tues., Feb. 11 – United Women in Faith meeting at 10:30 a.m.
- Tues., Feb. 11 – Council Meeting at 6:30 p.m.
- Wed., Feb. 12 – Fellowship Pot Luck Dinner at 6 p.m.
- Fri., Feb. 14 – Feed the Homeless at 10 a.m.

Newsletter News

If you have an article for the next *pulse* newsletter, please email it to Elaine by **Wednesday at 10 a.m.**

Please know that submitted articles may be edited to provide clarity and increased inclusion. This newsletter and the Sunday Bulletin are posted on the church website by Friday evening.

Church Office Hours:

Pastor Jim is in the office on Wednesday and Thursday mornings. Elaine is in the office every Friday from 8:30 a.m. to 12:30 p.m. These hours are subject to change on occasion.

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