

FMBC *focus*

MONTHLY NEWSLETTER |
HAPPY NEW YEAR |
JANUARY 2022 – VOLUME 4

Happy New Year!!! It's 2022

1 Thessalonians 5:18 - In everything give thanks: for this is the will of God in Christ Jesus concerning you.

A psychologist has determined that the Monday in the last full week of January is the most depressing day of the year. This year, “Blue Monday” falls on January 24.

Cliff Arnall calculated this date based on a combination of bad weather, Christmas debts, broken New Year’s resolutions and the end of the holiday break.

But no matter how bleak things seem — regardless of the time of

year — Christians always have reason for hope. Thankfully, we can look beyond our earthly circumstances to the promise of new life with God forever.

As Martin Luther King Jr. said, “We must accept finite disappointment, but we must never lose infinite hope.”

O hatred, on Love!

Martin Luther King Jr., born on January 15, 1929, will be remembered this year on January 21. Given the rancor rampant in today’s world, it’s fitting to recall King’s words: “Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illumines it.”

Church Events

0900am - FMBC Sunday Service
Mondays – 6pm with Pastor Dickey, Bible Study - ZOOM
Wednesdays – 6pm with Supt Jackson, Sunday School Lesson - ZOOM

Community Events

1/4/22 School Resumes
1/17/22 Observation Martin Luther King, Jr. – Fed Holiday

National Events

Martin Luther King Jr. Day — January 16, 2023
Thyroid Awareness Month
Cervical Health Awareness Month

Facing Injustice!

As the birthday of Martin Luther King Jr., approaches, many cities and many churches will recall the courage and challenge of the civil rights leader who suffered and died for his beliefs.

When he confronted those who dealt out injustice, he and his followers were stopped, jailed, sometimes beaten, ridiculed and threatened.

They were called rabble-rousers, Communists, disturbers of the peace and worse. Many people stood by and did nothing.

It is no wonder that Dr. King said, "In the end, we will remember not the words of our enemies, but the silence of our friends."

Whatever else we remember about Dr. King, we should

recall that he chose not to remain silent in the face of injustice. Can we say the same about ourselves?

When anyone is treated without respect, without fair play, without kindness or Christian love, we must not remain mute. We should follow the suggestion of Dr. King: "With our faith, we will transform the jangling discords of our nation into a beautiful symphony of brotherhood."

Proverbs 22:17
"A merry heart does good like medicine"

My Morning Prayer

What guidance is God giving
For my living of this day?
Will I help someone who's needy?
Will I have kind words to say?
Will outrageous acts of kindness
Be the gifts that I can share?
Let YOUR will, God, be mine today,
Help me to love and care!

—Peggy Ferrell, Poems, Prayers and Hymns

New Year's!

Six New Year Resolutions...

1. Forget the past and honor God more.
2. Live for Christ in the world.
3. Trust God with a strong faith.
4. Remain faithful to my church.
5. Witness to the lost.
6. Cultivate the talents God has given me for His glory.

Olive Branch

The Olive Branch is a symbol of peace, harmony and healing. Olive trees provide shelter, as well as oil used for ointment and consecration. The Olive Branch also represents deliverance from hardships and anxiety because a dove brought an olive leaf back to Noah's ark after the flood ended (Genesis 8:11).

Cultivating Good Habits

Entering a new year is a good time to inventory our habits — the bad ones as well as the good. Greek philosopher Aristotle once opined on this subject: "Moral excellence comes about as a result of habit. We become just by doing just acts. We become temperate by doing temperate acts. Just so, we will become faithful lovers of God by seriously worshiping and faithfully following the Christian way of life. Attending corporate worship, learning more about Christianity, doing good deeds for others and participating in fellowship events are all good habits. They enhance your life and bring joy to people around you.

Be an Encourager

by Lupie Riley
Christian Living

Thought: What does it mean to be an encourager? Webster translates it as to inspire with courage or hope. To support. The Word describes it as Phill. 2:1,2 “Is there any such things as Christians cheering each other up? Do you love me enough to want to help me (Paul speaking)? Does it mean anything to you that we are brothers (and sisters) in the Lord, sharing the same Spirit? Are your hearts tender and sympathetic at all? Then make me truly happy by loving each other and agreeing wholeheartedly with each other, working together with one heart and mind and purpose.

In today’s world of chaos, uncertainties, wickedness in high places I took a leave of absence from all negative news media. For the next week I’ll be focusing on the positives from God’s Word that is full of hope and comfort. These are just a few of those golden nuggets to raise your level of emotions to those higher places where peace can be found.

Col. 4:5,6 “Make the most of your chances to tell others the Good News. Be wise in all your contacts with them. Let your conversation be gracious as well as sensible, for then you will have the right answer for everyone.”

I Cor. 9:22b “ Yes, whatever a person is like, I try to find common ground with him so that he will let me tell him about Christ and let Christ save him (or her). I do this to get the Gospel to them and also for the blessing I myself receive when I see them come to Christ.

Prov. 15:23 “Everyone enjoys giving good advice, and how wonderful it is to be able to say the right thing at the right time.”

Heb. 10:24,25 “In response to all he has done for us, let us outdo each other in being helpful and kind to each other and doing good. Let us not neglect our church meeting, as some people do, but encourage and warn each other, especially now that the day of his coming back again is drawing near.”

Phill 4:8,9 “ And now brothers (sisters) as I close this letter let me say this one more thing. Fix your thoughts on what is true and good and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about. Keep putting into practice all you learned from me and saw me doing, and the God of peace will be with you.”

Prayer: Father God, thank you for these words of encouragement. Help me to pass them on to those around me that are hurting, discouraged, and have lost hope. Ame

Verse: Psalms 106:3 “Happiness comes to those who are fair to others and are always just and good.”

Married 58 years, four children, nine grandchildren and three greats. I’ve been a freelance writer for over 40 years.

Ways To Start Off the New Year!



According to historians, the celebration of the New Year is the oldest holiday. Ancient Babylonians first observed it in the spring about 4,000 years ago. In 153 B.C., the Roman Senate declared January 1 as New Year’s Day.

The early church started to hold religious observances that coincided with pagan celebrations. Some denominations still mark Christ’s circumcision on New Year’s.

The tradition of making resolutions dates back to the Babylonians, who often promised to return borrowed farm equipment. Using a baby to symbolize rebirth and the new year dates back to the ancient Greeks and Egyptians.

Modern-day New Year’s customs often focus on prosperity. In Spain, people eat 12 grapes at midnight, hoping to have 12 happy months to come. The Dutch eat donuts because another year has come full circle.

One of the best ways to start off the New Year is by spending time in prayer. Look back on God’s many blessings during the completed year and ask for his guidance in the one to come. Also consider starting the tradition of praying for people around the world on New Year’s Day.

Health & Wellness

In November our last article focused on spiritual wellness. This month we'll focus is on the component of Social Wellness.

- Social wellness is when a person can interact with people successfully in a personal environment. Social health is the ability to develop and maintain intimacy with others and to have respect and tolerance for those with different opinions and beliefs (Anspaugh, Hamrick, Rosato, 8th ed). Social connectedness is when you can maintain relationships with others. These components are important to a person's health and well-being. Examples of social wellness settings are attending church, joining a gym, volunteering, joining a group that you have an interest in or go back to school. All of these events require you to be around other people and share ideas or differences. Opposite the social component is loneliness and can have a detrimental effect to a person's physical and emotional health.

Sis Revita Page

January Monthly Bible Verse

Let all things be done with charity
1 Corinthians 16:14 (KJV)

1. It increases my knowledge of God: of who he is, what he's promised, and who I am in Christ (2 Peter 3:18).

Though I love studying the Bible, I've found that memorizing Scripture has given me more knowledge of God than anything else. When I memorize Bible verses, I notice all the intricacies I would have missed if I had merely read through the passage. It's the difference between driving through my neighborhood and walking through it. When I drive, I'm able to see some of the beauty in the neighborhood, but I miss the details of the individual flowers, plants, and trees. However, when I stroll my way through it, I can take my time absorbing all the details. Memorizing Scripture means slowing down and walking through the passage, verse by verse.

You can read more about scripture memory and its importance, click here: <https://thelife.com/5-benefits-of-memorizing-scripture>

Interesting Food Facts

Here are some interesting facts about healthy foods:

- Almonds are a member of the peach family.
- Banana is not a fruit, it is a herb.
- Coffee beans are fruit pits.
- Peanuts are actually legumes.
- Ancient carrots were purple.
- Apples are part of the rose family.
- Strawberries have more vitamin C than the oranges.
- Avocados are poisonous to birds.
- Tomatoes were thought to be poisonous.
- The water from the young coconut can be used as a substitute for blood plasma.
- One can of soda contains 10 teaspoons of sugar.
- Canola oil is actually rapeseed oil.

Find more information and interesting food facts at:

<https://www.healthyfoodhouse.com/facts-about-healthy-eating/>

