



THE BRIDGE

WOODBIDGE SDA CHURCH

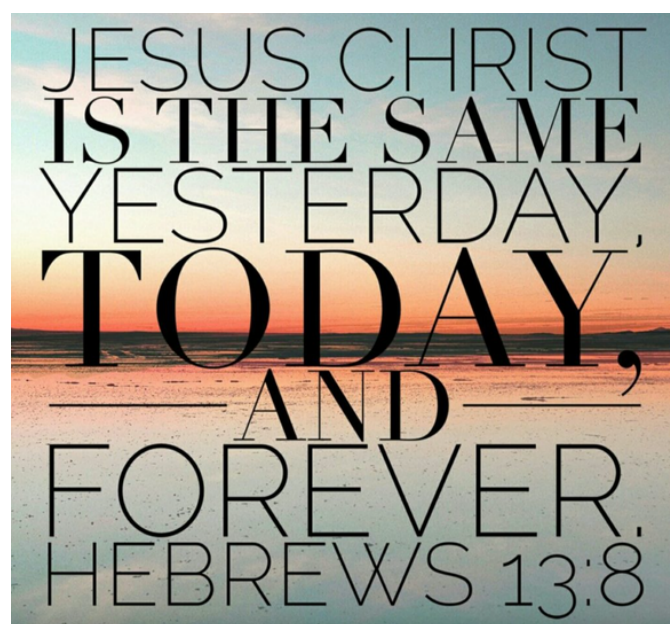
JANUARY 2023

Happy New Year! This greeting will be shared over and over in emails, calls, and conversations for the next month as we all struggle to add 2023, instead of 2022, to our correspondence.

For some, the New Year brings with it a feeling of possibility and hope. Many people plan to do something they've never done, like run a marathon or read the bible from Genesis through Revelation.

For others, the New Year highlights things that were not accomplished, problems or medical conditions that have persisted, continued loneliness and disconnect from loved ones lost, and highlights the fact that we're estranged from family members or friends.

The good news is that whether you are in a place of hope or possibly feeling hopeless, there is someone we can all turn to and lean on. Jesus Christ, our living Savior, is the "hope that burns within our hearts." He is near to the brokenhearted and saves those who are crushed in spirit.



Sis. White reminds us in her book *Prayer* that "God is willing and ready to hear and to respond to our heartfelt prayers under all circumstances is profoundly reassuring. He is a loving Father who is interested both when things are going well and when the vicissitudes of life deal us devastating, tough, and terrible blows. When we feel like crying out, "God, where are You?" It is good to know that He is just a prayer away."

-Elder Alison Legall

The Kindness Initiative



Health Ministry is encouraging a kindness initiative from Jan 1 to Jan 31, 2023.

The kindness initiative is a concept which challenges us as members to expand our network of friends by meeting people's needs through acts of kindness.

Ephesians 4:32 "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."
"If we would humble ourselves before God, and be kind and courteous and tenderhearted and pitiful, there would be one hundred conversions to the truth where now there is only one"
Testimonies Vol. 9 page 189.

Begin by being kind to yourself by following the 8 laws of health:

1. Nutrition - Eat good nutritious food at regular time everyday
2. Exercise - Include an exercise regimen in your daily activity
3. Water – keep yourself hydrated
4. Sunshine – as much as possible plan to be out in the sun for at least 45 minutes every day.
5. Temperance – be moderate in all good things and abstain from all that is harmful
6. Air – keep your environment clean and be intentional about breathing deep. Exercise outdoors whenever possible.
7. Rest – Go to bed early and rise early. Observe the Sabbath
8. Trust in God – Allow God to rule in your life.

Be kind to others:

The Plan

1. Make a list of my kindness prospects; Name, Address and Telephone #:
2. Specific kindness action plan to be performed for each prospect
3. The kindness actions performed for my prospect and pray for them daily
4. Perform the acts of kindness for each prospect on a regular basis (see list of some suggestions)
5. Keep in touch with each prospect at least once each week by phone calls, social media (facetime, duo, whatsapp, etc), and correspondence.

List of suggestions:

- Smile and speak kindly to everyone you meet
- Speak an encouraging word in person or on the phone
- Visit non-Christian relatives more often
- Look ways for ways to be helpful in small ways
- Show appreciation for others' kindness
- Be sensitive and listen to the needs and concerns of the youth
- Always find something good to say to others
- Be a good listener
- Read the bible, sing and pray with the sick and elderly
- Assist neighbors in various projects
- Send your neighbor a card when you are on vacation
- Welcome newcomers into the neighborhood
- Kind Words Never Lost- It should be our aim to bring all the pleasantness possible into our lives, and to do all the kindness possible and to those around us. Kind words are never lost. Jesus records them as if spoken to Himself. Sow the seeds of kindness, of love, and of tenderness, and they will blossom and bear fruit. (MS 33.1911)

JANUARY BIRTHDAYS



- 1 - Mariana Msusa
- 2 - Larry Shade
- 3 - Marlana Lewis-Owate
- 4 - Sally Watts
- 8 - Jessica Vaz
- 8 - O'Neil Bean
- 16 - Victor Chona
- 16 - Andrew Fadlin
- 17 - De'Mournae Perry
- 20 - Jessica McNeil
- 22 - Franchelle Beach
- 23 - Brandon Durham
- 24 - Dennis Boone
- 25 - Angel Chapman
- 29 - Natasha Climens
- 30 - Jessica Melvin
- 30 - Christopher Palmer

Social Committee

Do you like planning social events?
If so, please consider joining The
Bridge's Social Committee.
If interested in learning more about
the committee
or joining please email
GetSocial@Woodbridgesda.org.

Ushers Ministry The Importance of Ushers in the Church

by Dr. Paul E. Paino

Ushers are often underestimated, but they should never think their ministry is unimportant. Any act of service that directs people into fellowship with Jesus is a worthy ministry.

Preaching can at times be omitted, and classes can be dismissed, but there is no substitute for the ministry of an usher. Churches that negate the ministry of ushering miss out on a huge opportunity to reach people. Like John the Baptist, ushers are forerunners for all other ministries in the congregation. An usher can either enhance or distract from the church by the way he or she carries out their duties.

Read the full article [here](#).



Praise Team

Calling all Singers!
If you're interested in
joining the
Adult Praise Team or Choir,
please email
franchelle.beach@verizon.net

Practically Speaking

Suggestions for speaking the 5 love languages

- WORDS OF AFFIRMATION “I texted my best friend that I enjoy spending time with him because he makes me feel loved. He texted me back that as long as he is alive, I will always be loved. I almost cried. I’m glad we mostly text because I have something I can reread when I need cheering up.” — Linda
- ACTS OF SERVICE: “My husband and I always do the dishes together after supper, but I know he has always hated that job. Occasionally if he’s feeling down, or just because I feel like it, I do the dishes myself so he can have a night off. He always loves that! Then, once when I was tired and having a bad day, he did the same for me. I didn’t expect that, but appreciated it immensely that day!” —Adrianna
- RECEIVING GIFTS “The older people in my church mostly live alone so when there are flowers that are given away to the congregation I make it a point to bring a nice bouquet over to the members who are not able to attend church in person.” —Wiley
- QUALITY TIME: “I like it when my husband plans something spontaneous for us like a Walk in the Park and I’m unaware! This shows that despite our busy schedules he makes time for us to relax in each other’s company.” —Sharon
- PHYSICAL TOUCH: “When my husband and I first met, we agreed that we would always kiss one another before leaving the room when we were in the same room. Almost 20 years later, we have kept our promise to one another.” —

Bible School/Bible Study Coordinator Needed

Duties: Conduct the administrative affairs of the Woodbridge SDA Bible School, e.g., connecting those interested in bible study lessons with bible study teachers, keeping records, and keeping Elders informed about bible school needs, bibles, or other printed materials. ***Please contact Elder Dennis Boone for more info.***

Upcoming Events

Jan. 7
Communion

Jan. 14
Pathfinder Sabbath

Jan. 21
Baby Dedication

Jan. 28
Business Meeting

10 Days of Prayer

Jan. 11 - 21, 2023

“But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him.”

SIGN UP

Our Prayer Theme: Back to the Altar: Making a Place for God

Hurried and worried. Angry and upset. Busy and broken. These are some of the words that people around the globe are using to describe their lives in today's fast-paced society. If you too are feeling the weight of our perishing world, we invite you on 10-day prayer journey to the very heart of God—the place where burdens are lifted, hurts are healed, and strength is renewed. You will be challenged to build anew your altar of personal worship to the true and living God, for He has promised, “Then you will call upon Me and go and pray to Me, and I will listen to you” (Jeremiah 29:12).

Let's pray together for a revival of our personal and family worship altars, that the Holy Spirit might reform and empower us to proclaim God's final message of hope to the world!

Suggested Guidelines for Prayer Times

Keep your prayers short—just a sentence or two on one topic. Then give others a turn. You can pray as many times as you'd like, just as you talk in a conversation. Do not be afraid of silence, as it gives everyone time to listen to the Holy Spirit.

Singing songs together as the Spirit leads is also a huge blessing. You do not need a piano for this; singing acapella is fine.

Rather than using up valuable prayer time talking about your prayer requests, simply pray them. Then others can also pray for your requests and claim promises for your need.

Get more information [here](#).

Women's Ministries

Suggestions for speaking the 5 love languages

- **WORDS OF AFFIRMATION** “I texted my best friend that I enjoy spending time with him because he makes me feel loved. He texted me back that as long as he is alive, I will always be loved. I almost cried. I'm glad we mostly text because I have something I can reread when I need cheering up.” — Linda
- **ACTS OF SERVICE:** “My husband and I always do the dishes together after supper, but I know he has always hated that job. Occasionally if he's feeling down, or just because I feel like it, I do the dishes myself so he can have a night off. He always loves that! Then, once when I was tired and having a bad day, he did the same for me. I didn't expect that, but appreciated it immensely that day!” —Adrianna
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- **PHYSICAL TOUCH:** “When my husband and I first met, we agreed that we would always kiss one another before leaving the room when we were in the same room. Almost 20 years later, we have kept our promise to one another.” —