



Accompaniment Play List and Sermon available on YouTube at

<http://bit.ly/OUMC01-29-2023>

WELCOME & ANNOUNCEMENTS

CALL TO WORSHIP

Micah 6: 1-8 WEB

¹ “Arise, plead your case before the mountains,
and let the hills hear what you have to say.

² Hear, you mountains, Yahweh’s indictment,
and you enduring foundations of the earth;
for Yahweh has a case against his people,
and he will contend with Israel.

³ My people, what have I done to you?
How have I burdened you? Answer me!

⁴ For I brought you up out of the land of Egypt,
and redeemed you out of the house of
bondage.

I sent before you Moses, Aaron, and Miriam.

⁵ My people, remember now what Balak king
of Moab devised, and what Balaam the son of
Beor answered him from Shittim to Gilgal,

that you may know the righteous acts of
Yahweh.”

⁶ How shall I come before Yahweh,
and bow myself before the exalted God?
Shall I come before him with burnt offerings,
with calves a year old?

⁷ Will Yahweh be pleased with thousands of
rams?

With tens of thousands of rivers of oil?
Shall I give my firstborn for my disobedience?

The fruit of my body for the sin of my soul?

⁸ He has shown you, O man, what is good.

What does Yahweh require of you, but to act
justly, to love mercy, and to walk humbly with
your God?

INTROIT

“The Old Rugged Cross”¹ (UMH# 504, refrain)

<https://youtu.be/mLQGINKtAI>

So I'll cherish the old rugged cross,
till my trophies at last I lay down;

I will cling to the old rugged cross,
and exchange it some day for a crown.

OPENING PRAYER

Almighty God, you who bless the earth with your love and goodness - from the days of Abraham and Moses until this gathering of your church in prayer, you have formed a people in the image of your Son. Bless us with the gift of your kingdom in our midst. Cause us to see who we are as your children and accept the praise and the love and the service we bring to you in this time of worship. Bless us that we might be a blessing and so bring glory and honor and thanksgiving to you, and to Christ Jesus our Lord - he who lives and reigns with You and the Holy Spirit, one God, both now and forevermore. Amen.

AFFIRMATION of FAITH

“A Modern Affirmation”

UMH # 885

Where the Spirit of the Lord is, there is the one
true Church, apostolic and universal, whose
holy faith let us now declare:

We believe in God the Father, infinite in
wisdom, power and love, whose mercy is over
all his works, and whose will is ever directed

to his children's good.

We believe in Jesus Christ, Son of God and Son
of man, the gift of the Father's unfailing grace,
the ground of our hope, and the promise of our
deliverance from sin and death.

We believe in the Holy Spirit as the divine

presence in our lives, whereby we are kept in perpetual remembrance of the truth of Christ, and find strength and help in time of need. We believe that this faith should manifest itself

in the service of love as set forth in the example of our blessed Lord, to the end that the kingdom of God may come upon the earth. Amen.

GLORIA PATRI

Glory be to the Father and to the Son and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end. Amen. Amen.

HYMN UMH #394

"Something Beautiful"²

<https://youtu.be/Ox6vEECzxAk>

Something beautiful, something good
All my confusion He understood
All I had to offer Him was brokenness and strife
But he made something beautiful of my life

ANTHEM (Suggested)

"Blest Are They"

<https://youtu.be/rzH-Vo4ocRo>

Haas sung by the Notre Dame Folk Choir

SCRIPTURE LESSON

Philippians 2: 5-11

⁵ Have this in your mind, which was also in Christ Jesus, ⁶ who, existing in the form of God, didn't consider equality with God a thing to be grasped, ⁷ but emptied himself, taking the form of a servant, being made in the likeness of men. ⁸ And being found in human form, he humbled himself, becoming obedient to the point of death, yes, the death of the cross. ⁹ Therefore

God also highly exalted him, and gave to him the name which is above every name, ¹⁰ that at the name of Jesus every knee should bow, of those in heaven, those on earth, and those under the earth, ¹¹ and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

JOYS & CONCERNS and MORNING PRAYER

Lord and Creator,
let us embrace the costly blessings which you desire for us, blessings that confound the wisdom and strength of this world.
Teach us to be your agents of preservation in a world touched by death, and beacons of hope in a world shrouded in darkness.
Transform us into your image through the crucible of the cross, writing your mandates upon our hearts, made pure by your perfect love.
Embolden us to be your ambassadors,
Living as representatives of your holy kingdom, stirring in us your love for others, especially for those who would seek to destroy us because of you.

Make us decrease so that you might increase, as a watching world sees you, not us.
Daily we declare that your priorities are ours, even before our own needs and desires.
Every moment we live, we live for your glory – the glory of a loving Father and a just King.
Free us of any distraction, craving or anxiety that would keep us from fully following you.
For we acknowledge that everything we could possibly need is yours to give us, especially as we lifted our joys and concerns before you in both hearts and voice!
Remind us of our sinful brokenness and your gift of grace as we encounter brokenness in others.
You are the answer to our every question.

You are the treasure that we desperately seek,
and it is you who invite us into your salvation,
as prodigals returning to the Father's embrace.
Keep us upon your path of righteousness and
justice, bearing the good fruit of your Spirit,

for it is on you, Lord Jesus, that all hope is built,
For all of creation, now and forever more, as we
pray the prayer you taught us...

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.

HYMN UMH #474

"Precious Lord, Take My Hand"

<https://youtu.be/OMEANmgLTEs>

1) Precious Lord, take my hand
Lead me on, let me stand
I'm tired, I'm weak, I'm worn
Through the storm, through the night
Lead me on to the light
Take my hand precious Lord, lead me home

2) When my way grows drear precious Lord
linger near
When my light is almost gone
Hear my cry, hear my call
Hold my hand lest I fall
Take my hand precious Lord, lead me home

3) When the darkness appears and the night
draws near
And the day is past and gone
At the river I stand
Guide my feet, hold my hand
Take my hand precious Lord, lead me home

SCRIPTURE LESSON

Matthew 25: 31-46

³¹ "But when the Son of Man comes in his glory, and all the holy angels with him, then he will sit on the throne of his glory. ³² Before him all the nations will be gathered, and he will separate them one from another, as a shepherd separates the sheep from the goats. ³³ He will set the sheep on his right hand, but the goats on the left. ³⁴ Then the King will tell those on his right hand, 'Come, blessed of my Father, inherit the Kingdom prepared for you from the foundation of the world; ³⁵ for I was hungry and you gave me food to eat. I was thirsty and you gave me drink. I was a stranger and you took me in. ³⁶ I was naked and you clothed me. I was sick and you visited me. I was in prison and you came to me.'

³⁷ "Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you a drink? ³⁸ When

did we see you as a stranger and take you in, or naked and clothe you? ³⁹ When did we see you sick or in prison and come to you?'

⁴⁰ "The King will answer them, 'Most certainly I tell you, because you did it to one of the least of these my brothers, you did it to me.' ⁴¹ Then he will say also to those on the left hand, 'Depart from me, you cursed, into the eternal fire which is prepared for the devil and his angels; ⁴² for I was hungry, and you didn't give me food to eat; I was thirsty, and you gave me no drink; ⁴³ I was a stranger, and you didn't take me in; naked, and you didn't clothe me; sick, and in prison, and you didn't visit me.'

⁴⁴ "Then they will also answer, saying, 'Lord, when did we see you hungry, or thirsty, or a stranger, or naked, or sick, or in prison, and didn't help you?'

⁴⁵ “Then he will answer them, saying, ‘Most certainly I tell you, because you didn’t do it to one of the least of these, you didn’t do it to me.’

⁴⁶ These will go away into eternal punishment, but the righteous into eternal life.”

MESSAGE

“Who’s My Neighbor and How Am I Taking Care of Them”

Jim Granger

<https://bit.ly/Sermon01-29-2023>

The Wesleyan Means of Grace

John Wesley taught that God's grace is unearned and that we were not to sit around waiting to experience grace, but we are to engage in the means of grace. As we look at the means of grace today, they can be divided into works of piety and works of mercy.

Works of Piety (or Spiritual Practices)

Individual Practices – reading, meditating and studying the scriptures, prayer, fasting, regularly attending worship, healthy living, and sharing our faith with others

Communal Practices – regularly share in the sacraments, Christian conferencing (accountability to one another), and Bible study

Works of Mercy (or Actions)

Individual Practices - doing good works, visiting the sick, visiting those in prison, feeding the hungry, and giving generously to the needs of others

Communal Practices – seeking justice, ending oppression and discrimination (for instance Wesley challenged Methodists to end slavery), and addressing the needs of the poor

In Matthew, Jesus exhorts us to take care of the needy – that should be our mission. But who/what are the needy?? What do WE think our mission is??

We take care of people, but everyone? Black & Brown?

We tend to stay in our comfort zone, i.e. people like us. I mean REALLY like us – our color, our age, our street, our end of the beach, our education, our economic status, etc. I could go on and on, but you get the point.

Do we connect to people, or just give them something?

Homeless people

Where have I seen Jesus?

Home Depot/Northampton & Wesleyan/Northampton & Diamond Springs

Do you just give money? Do you see them as people? If you ask their name, you give them humanity

Do you engage with them?

Here's an idea - homeless packs. Lots of instructions online - basically take a gallon Ziploc and fill it with toiletries, non-perishable snacks, etc.

Tipping

Think about tipping. How do you tip? Give by percentage, or by what people need?

Is there a major difference between \$3.69 and \$5? \$10?

Think about it - most of our restaurants aren't expensive and don't generate much by percentage

Do you tip on carry out? Many small businesses, staffed by our friends and neighbors, are really hurting from the effects of the pandemic and current economic conditions.

When it comes to doing something for someone else, at the very least, just DO SOMETHING. Some things you plan, some things you react to. I firmly believe that that little voice in your head that says "I should do something to help" is Jesus talking to us. Listen to that voice!

I'm a sports junkie

I've played almost everything - soccer, football, basketball, softball, tennis, platform tennis, golf, cornhole, you name it.

I follow all things New England - Bruins, Celtics, Patriots, Red Sox. I also follow Manchester United in English Premier League football.

Why do we love sports? We love sports because we seek perfection, and in seeking perfection we get closer to God

It is important to bring, to communicate this joy transmitted by sports, which is none other than the discovery of the human potentials that incite us to unveil the beauty of creation and of the human being, made in the image and likeness of God.

Go beyond

Ever heard of Don Mann? He's a retired SEAL warrant officer who was the training officer at SPECWARDEVGRU (aka ST 6). He's written several motivational books, and his primary mantra is "yesterday's best is today's starting point"

If you helped one person yesterday, help two today.

Jesus wants us to be better versions of ourselves

Think of this familiar scripture - Matthew 22:36-40

³⁶ "Teacher, what is the greatest commandment in the Law?"

³⁷ He replied, "You must love the Lord your God with all your heart, with all your being,^[a] and with all your mind. ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: *You must love your neighbor as you love yourself.*^[b] ⁴⁰ All the Law and the Prophets depend on these two commands."

Jesus gave us our mission – to love our neighbors as ourselves. It’s up to us to carry it out. We have our calling as individuals, and we each need to figure how we can best do it with the talents God has blessed us with. In the coming months, we’ll be working on our vision as a charge and as individual congregations. We’ll need all those God-given talents as well.

So, who’s your neighbor? Scott, hanging by the Taco Bell on Newtown Road? Julie, corner of Diamond Springs and Northampton? The families in Seabreeze? The Puerto Rican family down the block? The Mexican server in your restaurant? Migrant workers? The elderly widow on fixed income at Food Pantry? Look hard, and there you’ll find Jesus. †

HYMN UMH #593

“Here I Am, Lord”

<https://youtu.be/pkfgfpVSN-4>

1) I, the Lord of sea and sky
I have heard my people cry
All who dwell in dark and sin
My hand will save
I, who made the stars of night
I will make their darkness bright
Who will bear my light to them?
Whom shall I send?

CHORUS

Here I am, Lord. Is it I, Lord?
I have heard you calling in the night
I will go, Lord, if you lead me
I will hold your people in my heart

2) I, the Lord of snow and rain
I have borne my people's pain
I have wept for love of them
They turn away
I will break their hearts of stone
Give them hearts for love alone
I will speak my words to them
Whom shall I send? [Chorus]

3) I, the Lord of wind and flame
I will tend the poor and lame
I will set a feast for them
My hand will save
Finest bread I will provide
'Til their hearts be satisfied
I will give my life to them
Whom shall I send? [Chorus]

BENEDICTION

Go now, and embrace the hope to which God
has called us.

Recognize Christ in friend and stranger,
and as Christ has been gracious to you,

so be gracious to those in need.
Go in peace to love and serve one another.
In Jesus' name. Amen.

RESPONSE

“The Old Rugged Cross”¹ (UMH#504, refrain)

<https://youtu.be/YyCnYX3BAfQ>

So I'll cherish the old rugged cross,
till my trophies at last I lay down;

I will cling to the old rugged cross,
and exchange it some day for a crown.

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^{1,5} **The Old Rugged Cross**, UMH #504, Author and Composer: George Bennard. © Public Domain

² **Something Beautiful**, UMH 394, Author: Gloria Gaither, Composer: William Gaither, © 1971 William J Gaither, Inc. CCLI#18060

³ **Precious Lord, Take My Hand**, UMH #474, Author: Thomas A. Dorsey, Tune: Precious Lord, Composer: Thomas A. Dorsey, ©Words & Music: 1938 Warner-Tamerlane Publishing Corp.CCLI#7205306

⁴**Here I Am, Lord**, UMH #593, Author & Composer: Dan Schutte, Adapter: Carlton R. Young, Text: Based on Isaiah 6. Text and music © 1981, OCP. All rights reserved. Contributors: Dan Schutte, One License Song #80670

OUR PRAYER JOYS & CONCERNS from January 22, 2022

- The United States of America, other countries around the world, and our leaders
 - World Events
 - Ukraine
 - Americans serving in the armed forces and in dangerous foreign diplomatic posts.
 - Our missionary in Cambodia, Clara Mridula Biswas.
 - Persecuted Christians
 - Members in assisted living: Dottie Milliner and Rose Moore.
-
- | | | |
|--|---------------------------------|--|
| • Pastor Jim & Jake Canody | • Irv Gray | • Donna Parks |
| • Therese's Sister, Christine, who okay after car accident | • Jim Rittenour | • Youth Partnership |
| • Those in CA affected by flooding | • Robby Mears | • Jayne Wikoff |
| • Dottie Milliner | • Joan Dize | • Russ Frasier |
| • E.A. McMath | • Vickie Parker | • June Evans |
| • Margaret Collings | • Wanda Bryan | • Inez Nock |
| • Happy Birthday Jim Rittenour (89) | • Carl Burkhart | • Lisa Bundick |
| • The Phillippe Baby | • Joanne Parks | • Denny Williams |
| • Norman & Don Bowling | • Patsy Beach | • Gayle Hardy |
| • Dan Bowling | • Patricia Galm | • Stephanie Lilliston |
| • Virginia Ellen Cook | • Rod Drummond | • School teachers & students |
| • Bill Custis | • Judy Bradshaw | • Kenny & Melinda Heath |
| • Dale Brittingham | • Ginny Powell | • Joyce Hiers |
| • Kathy Diggs | • Holly Unger | • Tom Roberts and Family |
| • Alicia McCarter | • Nancy Lewis | • The family and friends of Roger Parks |
| • John Mills | • Bobby Wood (upcoming surgery) | • The family and friends of Jack Thornes |
| • Rayleen Shepherd | • David Justice | • The family and friends of Jon Miller |
| • Laurie Laird | • Leo Brunetti | • The family and friends of Paul White |
| • Hunter Edwards | • Ada Jo Amadeo | • The family and friends of Kevin Justis |
| • Tom Lucci | • Shirley Christian | |
| • Bob Pruitt | • Lola Custis | |
| | • Cindy Arnold | |
| | • Becky Bell | |

Please share your joys and concerns with Pastor Jim at :
jimcanody@vaumc.org or call the parsonage at 757-787-3150

JANUARY

Birthdays

Judy Bradshaw (Jan. 8)
John Annis (Jan. 17)
James L. Powell, Jr. (Jan. 26)

E.T. Eberts (Jan. 28)
Ann Weinheimer (Jan. 30)
Gordon Vincent (Jan. 31)

JANUARY

Anniversaries

Anthony & Nelda LoFaso (Jan. 17)
Al & Bev McMath (Jan. 20)

ANNOUNCEMENTS



Thank you for your
stewardship

Thank you! We greatly appreciate your gifts, tithes, and prayers.

Your contributions are important to the life and mission of OUMC.

Checks, made payable to OUMC should be mailed to:
Sandra Savage
P. O. Box 513, Exmore, VA 23350

ADULT Sunday School

10:00 am Sunday Mornings
Current topic: 1&2 Timothy & Titus
(The "lesser" known Pastoral Epistles)



FRANKTOWN, EPWORTH & ONLEY UMC

YOUTH NIGHT

January 29th, 5-7:30 pm at Franktown UMC
Theme: Sunday Night Live

***note: this is a change from the posted schedule**
<https://www.facebook.com/easternshoryouthgroup>



COAT CLOSET

February 4, 2023

8:30-10:30 AM

Cash donations as well as coats, jackets, men hats and gloves are still needed.

Thank you for your support!

KEEP IN TOUCH

Website: <https://www.onleyumc.org/>

Google Review: <https://g.page/r/CW9SLu50qxK6EBU/review>

Facebook Page: <https://www.facebook.com/OnleyUMC/>

YouTube Channel: <http://bit.ly/OUMC-YouTube>

Join our email chain: onleymethodist@gmail.com.



**It's not too Early to be
thinking about Summer Camp
at Camp Occhohannock!
Ootbay.org**