

January Newsletter



Lord, hear our constant prayers for . . .

Mr. Burl Brown	Mrs. Joan McFadden
Mr. Curtis Harris, Jr.	Mrs. Marian Martin
Mrs. Agnes Hatcher	Mrs. Nancy Pritchett
Mr. Je'dan LeSure	Mrs. Jackie Wilder

**Prayer Hour – Join us each Saturday @ 11 a.m.
Dial: 1/681-999-0264 (Access Code: 391959#)**

Prayer Requests/Concerns – December 4, 2021

Dr. McNair Ramsey – continues to make progress/physical therapy

Mrs. Emily Juanita Smith – may she have more good days in His care!

Rev. Marvin Griffin and wife, Shirley Griffin – God's continued strength

Curtis Harris, Jr. – as he moves forward and improve

Je'dan LeSure – improving

Pastor Washington and family

Bereaved families and sick/shut-in

Ira Pickney (great granddaughter of Wilma & Ruben Dunlap)
She is going through depression – pray for strength that she will
be able to withstand things that are so heavy upon her

Debra McDaniel – asking for prayers/strength as she is in El Paso, Texas
awaiting the birth of her grandson – Be safe, Debra

“Congrats” and bless this union – Wedding of Brynne Hubbard to Chris Hull
December 4th @ 4 p.m. in Millbrook, AL – Pastor Washington (Officiant)

Protect our youth, children, young adults all across this country
Spare their lives against unnecessary murders . . .

Prayer Requests/Concerns (continued) – December 4, 2021

Thanks to our Lord for protection of students, faculty, staff at Southside High School 12/3/21 with the discovery of loaded weapons on campus

Prayer for our Worship Services on tomorrow, December 5th
God's blessings on all Saints everywhere . . .

Thank You, Lord, for the wonderful privilege to come together in prayer

Thank You for being a great listener – Thank You for Your love!

Glory, praise and honor to our Lord and Savior, Jesus Christ!

Bind Satan . . .

In Jesus' name we pray . . . **Amen!**

Portals of Prayer – A Morning Prayer

Lord, bless the work of my hands, that my labors might serve the needs of my neighbors and be a blessing to the world around me. You've given Your people diverse vocations through which You provide all that we need for this body and life:

- ✓ Providing for the hungry
- ✓ Caring for the sick
- ✓ Teaching children and bringing up the young
- ✓ Tending the earth and growing food
- ✓ Building and maintaining roads and housing
- ✓ Cooking and baking
- ✓ Counseling and coaching
- ✓ Learning and creating
- ✓ And so much more . . .

Thank You for these opportunities. Help me serve faithfully and cheerfully. May all I do today honor You and bring You all praise and glory. In Jesus' name I pray. **Amen.**

Prayer Requests/Concerns – December 11, 2021

Deadly catastrophic tornados ripped through multiple states last night (Kentucky, Illinois, Tennessee, Missouri, Arkansas) – loss of lives . . .

Dr. McNair Ramsey – as he continues to improve

Pastor Marvin Griffin and wife, Shirley Griffin

Johnnie Morris and wife, Gail Morris

Mrs. Emily Juanita Smith

Augusta Martin

Pastor Washington and family

Bless our services on tomorrow as God's people will be blessed everywhere

Spirit of Peace and Joy during this season – The Gift of Jesus

“Congratulations” to Debra McDaniel on the birth of her grandson, Omari James McDaniel, born 12/7/21 5 lbs.10 ounces - lift him up in prayer

Bless all families – be with all bereaved families and sick/shut-in

Protection and care of our young people

Kind, loving, gracious God . . .

May our people turn to God whatever their needs are

Family of DeRonta Lewis of Uniontown, AL – bereavement

Bind Satan . . .

In Jesus' name we pray . . . **Amen!**

Prayer Requests/Concerns – December 18, 2021

Family of Dr. Lawrence Ware of Gadsden, AL – bereavement
(Brother of James Ware)

Family of Desiree Allen of Detroit, MI – bereavement
(Daughter of Vivian Fleming)

Family of Augusta Martin – bereavement – family member of Gail Morris

Family of Will Autrey – bereavement – family member of Gail Morris

Family of Laura McCain – bereavement
(Aunt of Cindy Campbell-Jones' son-in-law)

Jabari Martin, Tasha Martin, Gabby and Kiarra – recovering from COVID

Mrs. Emily Juanita Smith

Pastor Marvin Griffin and wife, Shirley Griffin

Johnnie Morris and wife, Gail Morris

Kaden Barnfield – mental health issues

Dr. McNair Ramsey – improved health

Thanks to everyone for your prayers, phone calls, text messages, cards . . .

Pastor Washington and family

Bless our Church family – Bless our Church services on tomorrow

Bereaved families, sick/shut-in

Thanks, Shaunte' & Je'dan LeSure, for the blessed Christmas card to Trinity

Lift up our community – experiencing issues with violence, unrest . . .

Thank You, Lord, for hearing our prayers as we come to You each Saturday

Bind Satan . . .

“Have a Blessed Day” . . . In Jesus' name we pray . . . **Amen!**

Prayer Requests/Concerns – January 1, 2022

Celebrating the Life of Mrs. Emily Juanita Smith
October 29, 1932 – December 28, 2021 (age 89)
Trinity Lutheran Church, Selma – Pastor Washington, Officiating
Tuesday, January 4, 2022, 11:00 a.m.
Burial – New Live Oak Cemetery, Selma

Family of Mrs. Emily Juanita Smith – bereavement

Shawn & son, Noah Washington & Goddaughter, Shalonzia Tubbs
(tested positive for COVID) – they have no complications

Mrs. Jackie Wilder – pain in feet

Pastor Washington and family and Church family

Blessings on our Church Services tomorrow

Blessings for 2021, God's people, as we move into New Year

Curtis Harris, Jr. – hospitalized in Birmingham

Lord, be with Mrs. Dianne Harris as she travels to/from to visit her son

Thanks to God for strength and improved health for Dr. Ramsey
Thanks for your prayers . . .

Robert Brown, Jr.'s family of Opelika, AL – bereavement
(Nephew-in-love of Dorothy Veazey)

Bereaved families and sick/shut-in

Be safe and weather aware as bad weather is predicted for tonight

Bind Satan . . .

In Jesus' name we pray . . . **Amen!**

Portals of Prayer – January, 2022

For the New Year (January 1): Mighty God, You exceed the bounds of time and see all things, past, present, and future. Thank You for bringing us safely through this past year and forgiving us when we did wrong. Show us the opportunities right now to encourage the people around us and to spread Your Word. Help us embrace the future and graciously receive the blessings You have in store for us this year. In Christ's name we pray. **Amen.**

Circumcision and Name of Jesus (January 1): O God, Your promises to us are trustworthy. Thank You for preserving Your people in the past and binding us together as a family of faith. Thank You for keeping the Law in our place so we could receive Your Gospel. In Your Son, Jesus, You deliver us from the deadly consequences of our sin and help us to rely on His mercy. In His name. **Amen.**



The Epiphany of Our Lord (January 6): Light of the world, when You saw us stumbling around in the darkness of sin, unable to find our way out, You took compassion on us. As true God, You became also true man so that You could bear our sins. Keep the light of Your Gospel shining in our hearts and lives as we await heaven's glorious radiance. In Your most holy and precious name, Jesus, we pray. **Amen.**

Portals of Prayer – January, 2022

The Baptism of Our Lord (January 9): Dear Lord Jesus, in Your Baptism at the Jordan River, You took our sins upon Yourself and were revealed as true God. Thank You for dying for our transgressions and rising again to open the way to eternal life for all who believe in You. We are grateful to be baptized into Your death and resurrection in the name of the Father and of the Son and of the Holy Spirit. **Amen.**



Martin Luther King Jr. Day (January 17): Lord God, our sin and hopelessness weigh us down. We are surrounded by a world that does not understand or appreciate us. Free us from the oppression of sin. Show us the light of hope that Your Son shines into the world. And let brothers and sisters of all races and nations live together in harmony under Your care in the freedom of the Gospel. In Your Son's most precious name. **Amen.**

Sanctity of Human Life Day (January 22): Father, You made this world and filled it abundantly with living things. Most precious of all, You created human life. From the smallest baby to the largest adult, no matter our background, ethnicity, or wealth, we are all vitally important to You. Help our world become a place that values all life, just as You did when You sent Your Son so that our lives could be preserved eternally. In Jesus' name. **Amen.**

Stewardship Thoughts – to help us grow as stewards

The purpose is to share God's Word so that we will better understand who we are to be and what we are to do in the light of the Scriptures. It is our hope that this will help us grow in our relationship with the Lord and as a Christian steward.

What Is a Steward? – **"A steward is more than a servant, slave, or 'organizational church member'. A steward is one who, having received a trust from God, is in partnership with God through Christ for the working out of God's purposes for man and the world"** (J.F. Jones).

- God-pleasing stewards are faithful in their prayer life, reading God's Word, worshipping, and receiving God's Sacraments.
- God-pleasing stewards are faithful stewards of the Gospel and personal witness.
- God-pleasing stewards are faithful stewards of the compassionate love of Jesus for others.
- God-pleasing stewards are faithful stewards of their time, talents, and treasures.
- God-pleasing stewards are faithful stewards of the kingdom of God in their families, in their work, and in daily living.
- A Christian steward does not dedicate his time, talent, and treasure that they may become God's, but because they are God's.
- Lack of trust is a major hindrance to our growth as stewards. Do we trust ourselves, someone else, or things rather than God? If our trust is misdirected, our fellowship with God will suffer, and we will not be fruitful stewards. **"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight"** (Proverbs 3:5-6).

BLESSINGS ON YOUR STEWARDSHIP JOURNEY!

Trinity Lutheran Church
Lutheran Women's Missionary League

Membership Program (recruiting members who wish to become a member of LWML). If you wish to join the Lutheran Women's Missionary League @ Trinity, please let us know by speaking with Ms. Dianne Harris or Ms. Debra McDaniel. **We welcome you!**

LWML Mission Statement: As Lutheran Women in Mission, we joyfully proclaim Christ, support missions, and equip women to honor God by serving others. -Adopted January 2021

LWML Vision Statement: The LWML is the leading group for LCMS women where each woman is welcomed and encouraged to use her unique God-given gifts as she supports global missions and serves the Lord with gladness. -Adopted June 2015, revised February 2016

2021-2023 Primary Focus:

- ✓ Proclaiming Christ
- ✓ Supporting Missions
- ✓ Equipping Women
- ✓ Serving Others

Beliefs: As an auxiliary of The Lutheran Church-Missouri Synod, our beliefs are in line with the statements found on the LCMS website at [lcms.org/about/beliefs](https://www.lcms.org/about/beliefs)

Object:

- ✓ Mission Education
- ✓ Mission Inspiration
- ✓ Mission Service
- ✓ Financial grants for mission needs

Motto: *Serve the Lord with gladness (Psalm 100:2).*

Health Notes – Food for Thought

Fruits are one of the healthiest and most nutrient dense food groups. They are a great source of fiber, vitamins, antioxidants and water. They are also one of the lowest calorie foods – although not all fruits are created equal. Some are higher in natural sugars and calories than others.

Here is a list of the most popular fruits in order from the lowest to highest calorie content (calories per 100 grams):

- ✓ Watermelon (30)
- ✓ Strawberries (32)
- ✓ Grapefruit (32)
- ✓ Cantaloupe (34)
- ✓ Honeydew (36)
- ✓ Peach (39)
- ✓ Blackberries (43)
- ✓ Plum (46)
- ✓ Clementine (47)
- ✓ Pineapple (50)
- ✓ Raspberries (52)
- ✓ Apple (52)
- ✓ Blueberries (57)
- ✓ Pear (57)
- ✓ Kiwi (61)
- ✓ Cherries (63)
- ✓ Grapes (69)
- ✓ Banana (89)

Source: nutritionix.com

Combating the Common Cold:

- ✓ Stay Hydrated
- ✓ Drink Warm Liquids
- ✓ Sleep More
- ✓ Eat Well

Source: [British Journal of Medicine](#)

JANUARY



3 rd Vivian Fleming	17 th Ja'Kaylynn Barnfield
3 rd Gary Steen	18 th Barbara Giles
5 th Larry Ishman, Jr.	22 nd Kaden Barnfield
5 th Alfreda Murphy	23 rd Curtis Harris, Jr.
9 th Truman Arnold	23 rd Christian Perkins
9 th Jesse Montgomery	26 th Erik Peeples
9 th Tamika Ramsey Moody	26 th Rosalind Reese
10 th Malvina Harrison	26 th Jonaira Wilkins
12 th Brian Fails	29 th Derron Hatcher
13 th Ashlyn Goodwin	30 th Gwen C. Stewart

A Birthday Prayer: A birthday, heavenly Father, is another blessed year of Your love and mercy. Thank You for bringing me this far. May this day be one of celebration and joy! Be with me in the weeks and months to come. As I continue to grow in years, help me also to grow in faith in Your Son, Jesus Christ, and in love and service toward those around me. In Jesus' name, I pray. **Amen.**

-Portals of Prayer/January-March 2022

