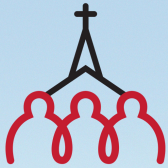


News from the Mountain

MONTHLY NEWSLETTER OF
GLEN ALLEN BAPTIST CHURCH



HEALTHIER YOU IN '22

It's that time of year when we make New Year's resolutions. Oftentimes, those revolve around some health goal like losing weight or exercising more. But what about your spiritual health? Where does that fall in your New Year's resolution list?

This January, we are going to take some time to think about how to be spiritually healthy people. Healthy individuals build healthy churches who build healthy communities. How can we be those kinds of people? We'll use Galatians 5:17-26 as our background passage this month. After all, if we are working to get in more fruits and veggies, why not start with the Fruit of the Spirit?

I am going to challenge you and help you in worship to memorize Galatians 5:22-23. I hope these fruit end up being guiding qualities for you in 2022 - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. How much better would our world be if we could live into those qualities?

Transformation starts in our own homes, so I invite you to think about your spiritual health and how embodying these fruit of the Spirit this year could transform your life. This is step one to transformation. I am also going to challenge you all to be a part of a spiritual growth opportunity. We have a new team forming that will meet on January 9 to talk about small groups and how to roll those out to GABC as an ongoing way to nurture spiritual growth in our congregation for February. I hope you will be ready to sign up for those!

As you're making your resolutions this year, how about adding spiritual growth to the list and see how God can transform us and our community?!

Resolving Together,
Melissa Fallen

THIS MONTH AT GABC

January 8 - Moments of Hope

January 9 - Deacon Ordination

January 12 - Wednesday Dinners Resume

January 26 - Quarterly Business Meeting

CHURCH NEWS

Thank You

Dear Melissa and the Glen Allen Baptist Family,

Thank you so much for helping us celebrate Jim Stiebel's life. We appreciate all of your help during this difficult time. We all grew up at Glen Allen Baptist Church and our parents laid a great foundation for our family at the church. We appreciate the flowers, luncheon, and your words during the service. As I listened to the service, we realized what a wonderful life our family has had and should be celebrated.

God Bless!

The Stiebel Family

Offering Envelopes and Directories

2022 Offering envelopes are available in the welcome center along with new directories. If you need envelopes mailed to you, please contact the church office. If you give online and no longer need envelopes, please let the church office know. Don't forget, your church directory is also available online. Please contact the church office for the log in details.

Wednesday Night Dinners and Programs

Our regular Wednesday night dinners have returned! We will resume with indoor meals - take out available too - on Wednesday, January 12.

Jan. 12: Fried Chicken and chicken nuggets for the kids

Jan. 19: Meatloaf and chicken nuggets for the kids

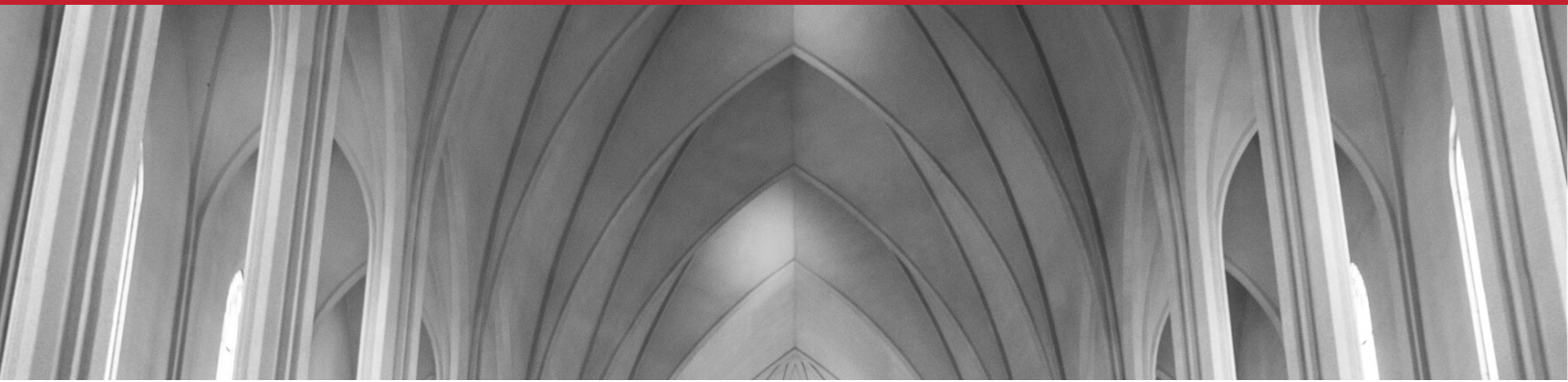
Jan. 26: Lasagna and chicken nuggets for the kids

What Did Jesus Feel?

We will be doing a Winter Bible Study, "What Did Jesus Feel?" led by New Testament Professor, Dr. Scott Spencer, for three sessions, January 12, 19, and February 2. Supper is at 5:45, program at 6:30. We encourage all members of the church family to "kick-off" the New Year in Bible Study. This will be a helpful topic to support our efforts to grow as a Christian disciples.

Reboot - What's Next?

Thanks to our leaders and all of you who participated in our additional two Reboot sessions! Our Reboot 2.0 groups all confirmed a need for small groups going forward and some came up with some creative opportunities for how to make those happen. A "Small Group Team" will meet on January 9 to begin outlining how those small groups happen and how we make them a long-range priority for growing spiritually at GABC. You will hear more from them in the coming weeks. Stay tuned for new opportunities and be in prayer for these folks as they lead us!



Preaching Schedule:

- 1/2 *1 Corinthians 13:1-13*
Fruit of the Spirit: Love
- 1/9 *Deacon Ordination*
Philippians 4:4-7
Fruit of the Spirit: Joy,
Peace, and Gentleness
- 1/16 *Lamentations 3:22-33*
Fruit of the Spirit:
Patience, Kindness,
Faithfulness,
and Generosity
- 1/23 *Titus 2:11-14*
2 Timothy 1:7
Fruit of the Spirit:
Self Control
- 1/30 *John 2:1-11*
Eat, Drink, and Be Merry

SUNDAY SCHOOL NEWS

Children's Sunday School

Children's Sunday School will continue to meet on Sunday mornings at 10:30 in the Fellowship Hall. Leigh Anne Weinstein has planned some fun lessons and activities. If you have any questions, please email her at leighanne.collier@gmail.com.

Adult Sunday School

Adult Sunday School continues to meet at 9:15. Come at 9:00 to fellowship, and enjoy donuts and coffee in the Fellowship Hall.

Classes offered are:

Open Door Class - Room 305 - Matt Davidson teaching

Genesis Class - Room 311 - Michael Duke and Glenn West teaching

Ruth Fidelis Class (for women) - Room 312 - Donna Washington teaching

Women of the Bible Class - Fellowship Hall - Linda Davidson teaching

New Sunday School Class - Women of the Bible

This will be based on the book *The Women of the Bible Speak* by Shannon Bream. If you would like to order a book, please email Linda Davidson at linsaledav@comcast.net or call the church office at 804-672-6648 by Wednesday, Jan. 12. There is no charge for the book. I hope some of you will join me as we explore the wisdom of Sarah, Rachel, Ruth, Mary, and others. If you have any questions, please contact Linda Davidson.

Grief Support Group

Grief is a challenging path to walk and one that we should not walk alone. We want to provide a place for conversation and healing. Dr. Chet Smith has done extensive pastoral care work in grief and is offering a group for those interested. If you would like to participate, please contact Chet (804-615-7968) or Pastor Melissa.