



Open Arms ~ Open Hearts Newsletter

Pastor: Rev. Dr. Jules Williams, Jr.

Telephone: 409.998.0339

February 1, 2024

Volume 4, Number 02



We have moved! - Our new location is:

3500 N. Loop 336 West ~ Conroe, TX 77304

Church offices will remain the same:

Vicky Royster at 832.368.9551; e-mail: office@openarmsucc.org

For more info contact Vicky or Pastor Jules at 409.998.0339; e-mail: pastor@openarmsucc.org

Monthly Wisdom by Reverend Jules Williams

The voice of God is in danger of being muffled by the volume of noise in the world today. Disruptive and dividing noise that leaves some perplexed, bewildered, and disoriented! When the voices in our heads, on our phones, TVs, and laptops are blaring, it's difficult to hear that still voice. God speaks in spite of all the noise. Is there anything more important in our lives at this time than hearing from God in a healing and hopeful way? To meet with God, we don't need to wait for a specific month on the church calendar. The Divine is available for us to meet with every day. Every day sitting quietly gives us inner strength and equilibrium for the voyage. Do you feel worn out? Do you feel alone? Do you feel furious? Perhaps it is time for a meeting with the unseen mover.



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DONATE TODAY!

Ways to Donate:
 CashApp: \$VickyRoyster
 Venmo: @Vicky-Royster
<https://get.tithe.ly/>
 search for Open Arms UCC
 Check

31 MILE
WALK FOR HOME

STARTING FROM HUNTSVILLE ALL THE WAY TO OPEN ARMS UCC IN CONROE

FRIDAY, MARCH 8

SPONSOR US \$10 PER MILE OR SINGLE DONATION

SUPPORT OUR FOREVER HOME

FOR MORE INFORMATION CALL 832-368-9551 OR DROP US EMAIL TO office@openarmsucc.org WWW.OPENARMSUCC.COM

MAIL CHECKS TO: OPEN ARMS UCC
 25914 INDIAN SPRINGS WAY, SPRING, TX 77373

We Remember in Prayer

Prayer: we reach out to God. Let us lift in prayer these loved ones and all others who are in need physically, mentally, or spiritually.

- **Gladys B.**, who has not felt well.
- **Rev. Bill and Gail R.**, who would appreciate prayers.
- **The family of Phil C.**, who passed away.
- **Lisa D.**, who welcomes prayers.
- **Tammy S.**, who continues treatment at M. D. Anderson.
- Our friends, **Rev. John and Han W.**, welcome prayers.
- **Brenda M.**, who is receiving treatment for heart issues.
- **Ray D.**, who welcomes prayers.
- **The family of Cheryl J.**, who passed away on September 17, 2023.
- **Victims of wars, storms, floods, wildfires, violence.**

If you need to be removed from this list, please contact Vicky at 832-368-9551 or office@openarmsucc.org

MISSION OPPORTUNITIES

FEBRUARY MISSION - We will help fill the FCCC Food Pantry by donating cans of soup for Souper Bowl Sunday. No need to bring any cans, we will purchase with the money received in Mission Donations for February.



HAPPY BIRTHDAY TO YOU
 LISA DOVE – FEBURARY 3RD
 ANGIE GONZASKI – FEBURARY 23RD



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Upcoming Events & Honorable Mentions

- Feb 1st is the start of Black History Month.
- Feb 11th - Council Meeting
- Feb 13th Lit Wits will meet at 6pm and discussing the book Rebecca by Daphne du Maurier.
- ***Also on Feb 13th, FCC has invited us to their Pancakes and Bingo Night at 6:00pm in the Family Center. If you would like to help decorate and/or cook, you can join in at 3:00pm.
- Feb 14th we will have an Ash Wednesday Service, more info to follow.
- * Thank you, Sophia Brown, for setting up a Facebook page "Open Arms UCC Young Adult Community Group". This is a much needed and welcomed addition to Open Arms' presence in the social media sector. As our church calendar begins to fill up with programs and events, we value your suggestions and participation.
- *New Facebook group for members! If you aren't on Facebook, please email me, Heather Says, at heathermiasays@gmail.com and I'll get your ideas up there. Let's brainstorm. <https://www.facebook.com/groups/1447290745610555/>
- Congrats to Julia Rinehart – Oak Ridge High School January 20th power lifting. She broke all her PRS, ended up with 470 lbs total, and 11th in district.

LENT ~ Wed. Feb 14, 2024 – Thu. Mar 28, 2024

Lent begins on Wednesday, February 14, 2024. Why is Lent 40 days long? Lent lasts for 40 days because Christ suffered in the desert for 40 days. Lent marks the sacramental period of deep and sincere reflection on the meaning of Easter and the miracle Jesus' death and resurrection. Lent is a season of spiritual growth, a time for progressive unfoldment. How can we best be attentive to the spiritual journey during this time of grieving, introspection, seeking, and redemption? Can we open a channel of intelligent communication with the silent forces at the depths of our being? Can we give power to the thoughts and words that flow from those depths and awaken to a higher consciousness and a connection to the Spirit that is within all? Blessings to you during this season of Lent. May it bring you joy and peace.



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Exercise and the Brain

1. MENTAL HEALTH. Look after your mental health. Spend time each week to practice some self-care.
2. BREATHE. Take time to breathe and slow down.
3. HABITS. Maintain healthy habits. Don't smoke or drink excessively.
4. CHALLENGE. Engage in mentally challenging activities.
5. DIET. Eat a well-balanced diet and make sure you don't skip meals.
6. EXERCISE. Engage in regular cardiovascular exercise.
7. HYDRATION. Keep topped up regularly through the day to help your brain and body.
8. SLEEP. Aim for 7-9 hours of sleep per night.
9. LEARNING. Keep learning and engaging your brain with new & exciting content. Why not join a new class or course?
10. CONNECT. Stay socially active. Keep in contact with friends and family.

BUT GOD

I know not, but God knows;
Oh, blessed rest from fear!
All my unfolding days
To Him are plain and clear.

Each anxious, puzzled "Why?"
From doubt or dread that grows,
Finds answer in this thought;
I know not, but He knows.

I cannot, but God can;
Oh, balm for all my care!
The burden that I drop
His hand will lift and bear,

Though eagle pinions tire --
I walk where once I ran --
This is my strength, to know
I cannot, but God can.

I see not, but God sees;
Oh, all-sufficient light!
My dark and hidden way
To Him is always bright.

My strained and peering eyes
May close in restful ease,
And I in peace may sleep;
I see not, but He sees.

by Annie Johnson Flint

A Psalm of David.

- 23** The LORD is my shepherd,
I shall not want.
- 2 He makes me lie down in green pastures;
He leads me beside quiet waters.
- 3 He restores my soul;
He guides me in the paths of righteousness
For His name's sake.
- 4 Even though I walk through the valley of the shadow of death,
I fear no evil, for You are with me;
Your rod and Your staff, they comfort me.
- 5 You prepare a table before me in the presence of my enemies;
You have anointed my head with oil;
My cup overflows.
- 6 Surely goodness and lovingkindness will follow me all the days of my life,
And I will dwell in the house of the LORD forever.