

Office: 301-249-2230  
Web Site: [www.mtoak.org](http://www.mtoak.org)  
Email: [MO@mtoak.org](mailto:MO@mtoak.org)

Mount Oak Fellowship  
14110 Mount Oak Rd  
Mitchellville, MD 20721-1208



**MOUNT OAK**  
fellowship  
*The family church...*

**The Problem:** *Families are under attack.*  
**The Solution:** *Reaching the whole family for Christ*  
**The Process:** *Bring in, Build up, Send out*  
**The Win:** *A changed life or family for Christ*

# Thank You for worshipping with us

## Sunday, January 1, 2012

**The Mt Oak Email Prayer Chain** is available for all prayer requests and praise reports. Send requests directly to [MO@mtoak.org](mailto:MO@mtoak.org) and mark them **Prayer Request/Praise Report**. **Please print your name and contact information on each card you submit.**

Remember when you turn in a Prayer Card at Church to write **Public** (for distribution) or **Private** (for the pastors). We cannot broadcast prayer concerns without permission.

**Please have all entries for the bulletin** into the Church Office by *Monday the week of the publication*. Thank you.

### **Church Budget**

Weekly budget	\$13,474	Budget need to date	\$700,648
Last week's giving	\$15,358	Current giving to date	\$661,523

**Please Register Your Attendance!** We are using the black binders to collect attendance information. *Please print.*

Use the **LEFT HAND COLUMN** if you are a member or regular 'attende'e' and we have your current contact information.

Use the **RIGHT HAND COLUMN** if you are a visitor or wish to change your contact information please completely fill in one of the four line blocks.

## **MOUNT OAK FELLOWSHIP**

*of the United Methodist Church*

*14110 Mount Oak Road, Mitchellville, MD 20721*

*(301) 249-2230 - [www.mtoak.org](http://www.mtoak.org)*

**Senior Pastor:** Rev. Dr. Ramon E. McDonald II, [ray@mtoak.org](mailto:ray@mtoak.org)

**Youth Pastor:** Pastor Jonathan Brooker, [jonathan@mtoak.org](mailto:jonathan@mtoak.org)

**Children's Director:** Babette Phillips, [babette@mtoak.org](mailto:babette@mtoak.org)

**Administrative Assistant:** Diane Balsley, [diane@mtoak.org](mailto:diane@mtoak.org)

**Worship Ministry Teams:** Erma Collins & Mary Jane Stauffer (8:45)  
Jamie King, Sam Bolin (10:30)



### **2012 Church Council Members**

*Monday, January 2nd, 7:00 pm, meet for Prayer & Fellowship*

Chair of Council: Jonathan Johnson	Youth Pastor: Jon Brooker
Lay Leader: Randy Owens	Children's Pastor: Babette Phillips
SPRC: Russ Holloway	Worship Coordinator – Michael Waldon
Finance: Chris Adomanis	Missions – Harriette Thompson
Trustees: Kurt Bulger	Men – Gary Ward
LM of AC: Joe Neuenschwander	Women – Alice Ward
Secretary: Evangela Robinson	At-Large Members: Steve Shandy, Grace Mensah, Gale TeSelle.
Pastor: Rev. Ray McDonald	
Treasurer: Laurie Hopkins	

Complete 2012 Officers List will be printed and prayed over next Sunday

We will also be praying for our Politicians next Sunday.

### **Men's Breakfast**

Saturday, Jan 21<sup>st</sup>, 8am Breakfast, 9am Program  
Don't miss it—As always there will be great food  
and great fellowship!

Senior Pastor - Rev. Ray



## SEEKING WISDOM

James 1:5—*If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.*

Wisdom is something we should all seek after – shouldn't we? Godly wisdom is something that God wants to give to us – generously – according to today's passage. Why wouldn't we seek after it? Why would we think we could survive on our own wisdom? Remember the last time we did...? Godly wisdom is something we should seek after for sure.

On January 10<sup>th</sup> we will begin a 21-day prayer/fast at Mt. Oak – seeking God's will for a new year – for our church – for our lives and families. There are 12 days – starting tomorrow (Thursday) – before the fast begins. I would like to invite you to join me in a daily reading on Wisdom for those 12 days. You can find this 12 day reading plan at <http://www.youversion.com/reading-plans/wisdom> – or in your reading plans on YouVersion under *Glo Bible* and *Topical* and the word *Wisdom*. You can sign up online or on your data device so you can follow along with the readings each day – or simply read this post daily and I will put up the information and make some comments as well. You can ask questions on my blog page (<http://raymcdonald.wordpress.com/>), through e-mail (<mailto:ray@mtoak.org>) or at Ask the Pastor (<http://www.facebook.com/groups/174396889286714/>) on Facebook.



I'm looking forward to this reading plan and to the 21-day prayer/fast that is coming soon. May God touch our hearts and mold us into the men and women God desires. I know I need wisdom to be the husband – father – man of God that God desires. It could all start tomorrow! Join me.

**Children's Director - Babette Phillips**



**Kingdom Kids**

Self-Control

**Choosing to do what you should do, not what you want to do.**

**MEMORY VERSE**

*"My dear brothers and sisters, pay attention to what I say. Everyone should be quick to listen. But they should be slow to speak. They should be slow to get angry."*  
**James 1:19, NIV**

**WEEK 1:**

**A Broken-Down Wall**

***Proverbs 25:28***

**BOTTOM LINE:**

God can give you the power to control yourself.

**AWANA CLUBBERS...**Welcome Back!!! I am so excited to see everyone back at AWANA's this week!! This week's theme is Kings and Queens. Can't wait to see everyone's crowns

The Achiever's Party will be held in the Kingdom Kids room from 11 am to 2 pm Saturday January 21st. We will be eating pizza and watching the movie "Lion of Judah." This movie will not be released on DVD until April 2012 and we at Mt Oak have the preview rights to show the movie before it is released. Our AWANA's Achiever Clubbers will be the first to preview this movie before the church shows the movie at our "Family Dinner and a Movie" night in February.

Our next **FX Service**, January 29<sup>th</sup> 10:30 Service Contact Jonathan or Babette if you are interested in taking a part in the service.

**WANTED CHILI CHEFS for our Dinner and a Movie....** Friday February 3rd in the Fellowship hall. Join us for a family night of fun with our Chili Cook Off and a Movie. We will be showing "Lion of Judah" a great animated film that will not be out on DVD until April 2012. Don't miss out on this great opportunity to preview a great movie and great chili!!



### Words of Wisdom – Proverbs 15:13

*“A happy heart makes the face cheerful, but heartache crushes the spirit.”*

It is my hope that this week there have been plenty of cheerful faces around you. I hope you had a wonderful Christmas enjoying time with friends and family, laughing and enjoying lots of food and heartfelt gifts. It's times like this that many of us experience our hearts truly feeling light as we revel in the magic of the holidays. For many of us pictures will capture the smile as a gift is opened, or the laugh as a funny joke or story is shared. They are the classic memories that we hold onto and relish. And that's truly how it should be, because joy should be remembered.

This proverb is not too awfully deep. On the surface its wisdom is not all that profound. Someone completely untrained could tell you that a cheerful face usually indicates a happy heart and that heartache crushes the very spirit of a person. No, the profundity is not found in the axiom itself. It is found in the universality of this truth. That all of mankind has known this simple fact to be true; that is what makes it so interesting. A smile needs no translator, nor does the look of absolute despair.

As we near the end of the “holiday season” – a time of year when many are dealing with the highest of highs and the lowest of lows – I think it would serve us well as a church to be especially aware of these tell-tale signs of how someone is doing. We should be ready to rejoice with those who rejoice and mourn with those who mourn (Rom. 12:15). That's what I believe the church is supposed to be known for – being the greatest mountaintop-sharers and valley-bearers.

So spread some cheer by putting a smile on your face. It may even brighten someone's day. And if your spirit is crushed by heartache, know that we are here for you. You are not alone. We, who have had our spirits crushed at different times ourselves, will be helping hands to gather the pieces of your broken heart so that with God's help we can put it back together again.

STARTING JANUARY 1 AT 6:30

# TRIPLE DOG DARE



**GRAB YOUR COPY OF**

Student Price: \$5  
Parent Price: \$12  
Student & Parent Combo  
Price: \$15

**the  
DARE**

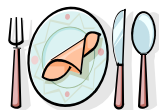
**BY JANUARY 1**

Pre-Order your AMPED apparel  
by January 1st  
and be one of the 1st to own these!



AMPED Hoodie  
\$20

AMPED T-Shirt  
\$10



## Wednesday Night Dinners

- |        |                                |
|--------|--------------------------------|
| Jan 4  | Spaghetti, Salad, Garlic Bread |
| Jan 11 | Ham, Veg, Potato Wedges        |

# Best Years January Meeting

Tuesday, January 10, 11:00 a.m.

*Come join us!*



*We will be making  
Birdhouses to feed the birds this Winter*

*We will be collecting a Love Offering!*

**Questions? Call Edna 301-464-4620**

## **Women's Ministry News!**

Mark your calendar for **January 9, 2012 at 6:30 p.m.** as we bring in a new year with a pot luck dinner! Bring a dish to share for dinner and then we will be making Valentine's Day cards for soldiers overseas (not just in Iraq). Anyone having cardstock or other things to use for cards is welcome to bring them.

Join in on a women's ministry Pottery and Pizza event at XPressIt in Crofton. It is limited to the first 32 people who sign up. \$5.00 for pizza and the cost of the pottery is anywhere from \$6.00 to \$46.00. Event runs from 6:00 p.m. to 8:00 p.m. The event will continue the date will be changed due to the Family Movie Night scheduled in February.

Save the Date for Women's Ministry's 2012 retreat. It will be held again at Wade's Point Inn from **April 13 - 15th** so get your taxes done early so you can join us!

## **Women's Bible Study**

Join us Monday nights at 7:30pm

Starting January 16th, for the study Scouting the Divine, Searching for God in wine, wool and wild honey. An interactive Bible Study by Margaret Feinberg. Visit Margaret Feinberg's website or Amazon if you want the book and/or workbook Scouting the Divine, by Margaret Feinberg.

See Babette Phillips

For more information contact Amy Neuenschwander

# **Sermon Notes:**

New Beginnings—1 John 3:11

January 1, 2012

## Mission News

Thank you everyone for your generous giving to our family and community! Mount Oak Fellowship has been a community church for 130 years: we are one of **God's lighthouses** in Maryland. The missionaries' we support light up the dark and are a witness out in a godless world. We share each other's joys and sorrows and invest in the lives of others. We are a family of believers just as in Acts 2: "...devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer... Selling their possessions and goods, they gave to everyone who had need." Acts 2: 42 - 47.

Through all of you, we **"Bring, Build and Send"** and celebrate **God's victories** in Jesus. In 2010 we brought in the Walker family and began trips to Mission Central; 2011 we sent 21 to Midwest Indian Mission, INC. in WI and in 2012 will bring in the Clarks (March) and plan to send a team to Panama and more! Keep checking and listening in 2012.



As 2011 comes to an end we are focusing on our 8 mission families. Please continue to pray about adopting a family for 2012. This week we celebrate the **Jensen family**, serving with the Midwest Indian Mission in Crandon WI. Thank you to **Jane and Jerry Nelson's** small group and Sunday school class for adopting this family! Our 2011 mission trip served alongside the Jensen's in Crandon, WI.

**"Dear Friends,** "For there is born to you this day in the city of David a Savior, who is Christ the Lord." (Luke 2:11) *We are thankful for the incarnations of Christ and we are also thankful for what God has been doing over the last few months. Our church finished its study of Genesis on Sunday mornings and we now are studying the book of Matthew. Matthew clearly outlines all of Jesus' qualifications to be King and Messiah. In junior church, Cheryl has been studying the Judges with the children. During this month she will switch to studying the Old Testament prophecies concerning the birth of Christ. Her Bible studies on Tuesdays with the ladies are fruitful as they are studying the Book of Proverbs by topics. We began our Wednesday night studies in the church fellowship hall at the beginning of September. God has graciously blessed the ministry and we average five to six people each week either taking a basic Navigators discipleship course or studying the book of James. The food pantry is busy with new people coming every month. Please pray that God will provide more finances to fund this important ministry. Our visitation ministry is always interesting and challenging. We finished getting the word out about the new Bible study in November. We are now going week by week to the homes where God leads us. We ask that you pray that God will give us creative and Spirit led plans for reaching this community. Our family wishes you a Merry Christmas and a Blessed New Year. In His Service, **Pastor Richard Jensen.**"*

Mission chairperson: Harriette Thompson, [heartstrings101@verizon.net](mailto:heartstrings101@verizon.net)

## PRAYER CONCERNS

**Mark 11:17** “My house shall be called a House of Prayer for all nations”

**Healing:** Desmond Walker, Caroline Hinkley, Wade Jernigan, Allison Balsley, Mason Ditch, Valerie Archer, Mary Jane Stauffer, Aaron Washburn, Janelle Rigler, Jen Berry.

**Family/Friends:** Joan Stauffer, Bruce Cosentino, Pearl Cosentino, Jim Widmayer, Avon Floyd (D.Balsley), Jean & Nate Isenhour, George & Marti, Pat C, Laura M, Mary Jo Robert, Virginia Baker, Pat Caldwell.

**Pregnancy:** Julie Turpin (Anyone else—please let us know in the office);

**Finances/Employment:** Will Angolia, Brianne Leith, Sherry Ekelof, Stephen Imai, Margaret Passalacqua

**Military/School/Away from Home:** All who are in harm’s way, Austin & Nick Reese, Joe Mihoces, Sean Jones, Brian Patterson, Drew Painter, Michelle Isenhour, Christopher White, James Jernigan, Michael Bragg, Patrick Brennan, Nate & Jean Isenhour, Phil Bogan, Michelle Ward, Adam Bergstrom, Tyler Daley, Stephen Daley, Peter Santini, James Lockwood, Steve & David Hammond, Catherine Patterson.

**Missionaries:** Bill and Erma Collins, Fred & Jacquie Heyn, Chris & Brenda Walker, Nick & Amy Repak, Kevin Saldaña, Ted & Elise Adomanis, Richard & Cheryl Jensen, and Paul & Marty Clark.

Prayer Concerns are for the church to pray for and expect to see God move in the situation. We can only see that through your eyes. If you list someone on the Prayer Concerns, then please follow up with the person and determine whether the situation has been resolved or not. If the situation is not resolved, please speak to one of the pastors.

We are urged to pray in all situations and in one accord with the Holy Spirit. Please share your praise and prayer concerns with us. In order to make this more useful, we will leave the person’s name up for *only two weeks* and then take it down. If the situation has not been resolved, then, please consider talking with one of the pastors about the next step to take.

# CALENDAR-AT-A-GLANCE

For the Dates of December 30 - January 7

## Friday

- 6:30 pm Couples w/young children - Upper Room
- 6:30 pm Young Adult Praise Team Practice
- 7:00 pm (EOW) Bible Study - Judges - Holloway's home

## Saturday

- 7:30 am No Chair Setup

## Sunday

- 8:45 am 1<sup>st</sup> Worship Service – Sanctuary
- 10:00 am Adult Sunday School Class - Clouds Room
- 10:30 am 2<sup>nd</sup> Worship Service – Worship Center
- 11:00 am Children's Church - Kingdom Kid's Room
- 6:30 pm AMPED—Doors Open
- 6:30 pm Evening Worship—Sanctuary
- 7:00 pm AMPED—Service Starts

## Monday

- 7:30 pm Men's Bible Study
- 7:00 pm Church Council—Prayer & Fellowship—Upper Room

## Tuesday

- 7:00 pm Trustee Meeting  
SPRC Meeting

## Wednesday

- 5:45 pm Fellowship Dinner
- 6:30 pm AWANA
- 6:45 pm Youth Small Groups
- 7:00 pm Adult Discipleship Classes
- 8:30 pm Men's Basketball—Invite your Friends

## Thursday

- 7:00 pm Young Adults - Albert's home
- 7:00 pm Adult Praise Team Practice

## Friday

- 6:30 pm Couples w/young children - Upper Room
- 6:30 pm Young Adult Praise Team Practice
- 7:00 pm (EOW) Bible Study - Judges - Holloway's home

## Saturday

- 7:30 am Chair Setup

A Few Options for your Fast

Mt. Oak Corporate Fast

January 10<sup>th</sup> thru 30<sup>th</sup>

All fasts are for the purpose of giving up something and spending more time focusing on God. Fast a lunch, replace it with a time of meditation on God's Word. Give up morning coffee, replace it with a 21 day devotion. Have your family give up TV, replace it with family devotions. We have many items daily that take our focus off of God, evaluate your day and chose what is best for you and start the New Year with the right priority....GOD!

**Compassion Fast:**

Mt Oak Church in April 2010 sponsored children that live in the forested community of Santa Cruz Michapa, home to approximately 12,000 residents. The regional diet consists of maize, beans, bread and rice. Typical foods in El Salvador:

Corn and black beans are the daily diet of most families. Families also like to snack on pupusas (corn cakes filled with chopped meats, beans and spices).

Sautéed Plantains

2 very ripe plantains

1 jalapeno chili seeded and sliced in thin rings

2 Tb. butter, more if needed

1/2 cup sour cream, room temperature

Peel plantains and cut into quarters. Cut each quarter in half lengthwise. Sauté plantains and chilies in butter over medium heat, turning frequently. Remove when browned. Drizzle sour cream over plantains.

If you did not sponser a child in El Salvador you can email Compassion International at [info@compassion.com](mailto:info@compassion.com) and request for your child's regional diet, or contact Compassion at 800-336-7676. We are available to serve you Monday - Friday, 7:00 am to 5:30 pm, MT.

**Daniel Fast:**

*"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."* Daniel 10:2, 3

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

Foods to include in your diet during the Daniel Fast:

All fruits. These can be fresh, frozen, dried, juiced or canned.

All vegetables. These can be fresh, frozen, dried, juiced or canned.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

**For more information concerning a Daniel fast you can visit:**

<http://danielfast.wordpress.com/daniel-fast-food-list/>

<http://daniel-fast.com/about.html>

<http://www.gotquestions.org/Daniel-fast.html>

### **Liquid Fast:**

Water fasting is the simplest and perhaps the oldest form of liquid fasting. It delivers the greatest level of therapeutic benefit physically and in a short period of time, as detox occurs more quickly. But a water fast can be more difficult to commit to for the beginner.

Juice fasting is extremely popular and offers a modicum of nutritional support in a pure and natural form. Almost any fruit or vegetable can be juiced with the powerful juicers on the market.

### **Partial Fast:**

Also sometimes called selective fasting, partial fasting includes some solid food--anywhere from a very little to a lot of solid food. It's not the amount of food, but the exclusion or limitation of certain foods or meals that makes it a partial fast.

### **Non Food Fast:**

You can give up things like: TV, Computer, Computer games, magazine reading, texting, ect...

A non food fast is giving up an activity that is taking time from God and replacing that effort with reading God's Word or time in prayer.

**There is nothing to lose in attempting a fast. There is no failure, for even if you "fail" to achieve your stated goal, you *will have* learned and experienced much of value. These are just options, you can always personalize your own**