



Accompaniment Play List and Sermon available on YouTube at

<http://bit.ly/OUMC01-19-2025>

WELCOME & ANNOUNCEMENTS

CALL TO WORSHIP

Philippians 4: 4-7 WEB

⁴ Rejoice in the Lord always! Again I will say, "Rejoice!" ⁵ Let your gentleness be known to all men. The Lord is at hand. ⁶ In nothing be anxious, but in everything, by prayer and

petition with thanksgiving, let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

INTROIT "He Leadeth Me: O Blessed Thought" (UMH #128-Refrain) <https://youtu.be/tBEeh1uHuk>

Jesus, O Jesus, come and fill your lambs

Jesus, O Jesus, come and fill your lambs

OPENING PRAYER

Holy God, Creator of Life, you call us out of our dark places, offering us the grace of new life. When we see nothing but hopelessness, you surprise us with the breath of your spirit.

Call us out of our complacency and routines, set us free from our self-imposed bonds, and fill us with your spirit of life, compassion, and peace, in the name of Jesus, your anointed one, we pray. Amen.

AFFIRMATION "Affirmations from Romans 8" UMH # 887

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? No! In all things we are more than conquerors through the One who loved us. We are sure

that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. Thanks be to God! 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 #405 "Seek Ye First"² <https://youtu.be/tz-TTLkrGIl>

1. Seek ye first the Kingdom of God
And His righteousness
And all these things shall be added unto you
Allelu Alleluia

2. Ask and it shall be given unto you
Seek and ye shall find
Knock and it shall be opened unto you
Allelu Alleluia

ANTHEM (Suggested) "Father, Let It Be" https://youtu.be/rIBYEXd66_c

Sidewalk Prophets

²² He said to his disciples, “Therefore I tell you, don’t be anxious for your life, what you will eat, nor yet for your body, what you will wear.

²³ Life is more than food, and the body is more than clothing. ²⁴ Consider the ravens: they don’t sow, they don’t reap, they have no warehouse or barn, and God feeds them. How much more valuable are you than birds! ²⁵

Which of you by being anxious can add a cubit[a] to his height? ²⁶ If then you aren’t able to do even the least things, why are you anxious about the rest? ²⁷ Consider the lilies, how they grow. They don’t toil, neither do they

spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. ²⁸ But if this is how God clothes the grass in the field, which today exists, and tomorrow is cast into the oven, how much more will he clothe you, O you of little faith? ²⁹ Don’t seek what you will eat or what you will drink; neither be anxious. ³⁰ For the nations of the world seek after all of these things, but your Father knows that you need these things. ³¹ But seek God’s Kingdom, and all these things will be added to you.

JOYS & CONCERNS and MORNING PRAYER

O Lord our God, we come to you, seeking to rise up from the depths and agony of despair. Please listen, our Saving God— we need your help and blessing.

Lord, through the tenderness of your mercy towards us we have learned to worship you— and to revere your Holy Name; therefore, we place our entire trust and hope in you, our Trustworthy God.

We gather to offer you our thanks, for we know that you offer us your unfailing love and mercy that is beyond our understanding. You know our longing for forgiveness, and you offer us your presence - which blesses us from God’s overflowing store of mercy, hope, freedom and joy.

God, we come into Your presence with praise and thanksgiving for Your faithfulness. Your love never fails—not even we turn away from You:

when we ignore Your invitation, or desert You for gods of our own making. Even then You do not abandon us, but reach out—again and again— inviting us back into relationship once more.

As You welcome us, so You welcome our prayers. We bring them to You with confidence, knowing that You will hear and answer.

We pray for the world You created, and the people who share it with us:

- for countries caught up in war or violent conflict,
- for regions of the world struggling with illness and disease
- for those whose homes and lives are threatened by natural disaster.

For these and all the other areas in our world where there is need and despair, Lord, we lift to you our heart-felt prayers.

We pray for our country and for its people:

- for our government leaders, federal and local,
- for our judicial system, police forces and military,
- for our cities, towns, and rural communities,
- for employers and employees, for young and old,

For all who are part of this great country, Lord, we lift to you our heart-felt prayers.

We pray for our local community—the people of this city/town,

- for those who are unemployed,
- for those in prison,
- for those who are hungry,
- for those who are alone and afraid,

For all our neighbors, both known and unknown to us,

Lord, we lift to you our heart-felt prayers.

We pray for this congregation—our brothers and sisters in Christ,

- for all those who are ill.
- for all those who are anxious about the future,
- for all those struggling with their faith,
- for all those who minister among us,

For all Your people in this place,

Lord, we lift to you our heart-felt prayers.

Pour out Your Spirit on 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 #128

“He Leadeth Me: O Blessed Thought”

https://youtu.be/ic3p8xlzf_Q

1. He leadeth me: O blessed thought!
O words with heavenly comfort fraught!
Whate'er I do, where'er I be,
still 'tis God's hand that leadeth me.

Refrain:

**He leadeth me, he leadeth me,
by his own hand he leadeth me;
his faithful follower I would be,
for by his hand he leadeth me.**

2. Sometimes mid scenes of deepest gloom,
sometimes where Eden's bowers bloom,
by waters still, o'er troubled sea,
still 'tis his hand that leadeth me. (Refrain)

Fix our hearts and minds on what is true and honorable and right.

Give us the joy and peace that comes from knowing and doing Your will.

Keep us faithful to the call we have received in your Son, our Lord, extending Your loving invitation to the world around us.

In Jesus' name we pray the prayer he taught us to pray ...

3. Lord, I would place my hand in thine,
nor ever murmur nor repine;
content, whatever lot I see,
since 'tis my God that leadeth me. (Refrain)

4. And when my task on earth is done,
when by thy grace the victory's won,
e'en death's cold wave I will not flee,
since God through Jordan leadeth me. (Refrain)

SCRIPTURE LESSON

Psalm 130 WEB

¹ Out of the depths I have cried to you, Yahweh.

² Lord, hear my voice.

Let your ears be attentive to the voice of my petitions.

³ If you, Yah, kept a record of sins,
Lord, who could stand?

⁴ But there is forgiveness with you,
therefore you are feared.

⁵ I wait for Yahweh.

My soul waits.

I hope in his word.

⁶ My soul longs for the Lord more than
watchmen long for the morning, more than
watchmen for the morning.

⁷ Israel, hope in Yahweh,
for there is loving kindness with Yahweh.
Abundant redemption is with him.

⁸ He will redeem Israel from all their sins.

MESSAGE

“Out of the Depths”

Rev Jim Canody

<https://bit.ly/Sermon01-19-2025>

When the preacher's car broke down on a country road, he walked to a nearby roadhouse to use the phone. After calling for a tow truck, he spotted his old friend, Frank, drunk and

shabbily dressed at the bar. "What happened to you, Frank?" asked the good reverend. "You used to be rich." Frank told a sad tale of bad investments that had led to his downfall. "Go

home," the preacher said. "Open your Bible at random, stick your finger on the page and there will be God's answer."

Sometime later, the preacher bumped into Frank, who was wearing a Gucci suit, sporting a Rolex watch and had just stepped out of a Mercedes.

"Frank." said the preacher, "I am glad to see things really turned around for you."

"Yes, preacher, and I owe it all to you," said Frank. "I opened my Bible, put my finger down on the page and there was... my answer ... Chapter 11."

People come to the Bible always looking for answers, but our psalmist comes to God from "the depths" not looking for answers, but with honesty in the midst of anguish.

Out of the depths I cry to thee, O LORD!

LORD, hear my voice!

Both of these statements are punctuated with exclamation points, which indicates that the psalmist is not being shy with God about his predicament, but that he is being boldly honest with God about his current situation.

Saying: Lord I am in a horrible place, and I need your help! Help Me, LORD!

We tend to want to struggle alone. Thinking that we better not complain to God about our situation. Do we think that God can't take it! Can't handle our emotions? Or do we think that God might think we are second guessing *His Almightyness* and get angry?

The late Pastor Maurice "Mo" White was a very large, strong and vibrant man. During one Lenten season, one of the older, but faithful members of the church came with her husband to an evening Lenten service. As they were leaving the service, the woman somehow fell down the outside flight of steps and broke her hip.

For some unknown cause, she did not recover from the hip surgery and died in a few short days. Pastor White stood with the bereaved husband by the casket the night before the funeral. Many people came to offer their sympathies. Some were saying to the sorrowing husband, "God must have had a plan for this, so accept it." Another said, "It was God's will, and we must live by it." Still another said, "Somehow God planned this to test your faith!!" And still another said, "There is a silver lining in every cloud, you will find God's reason behind this eventually."

Pastor White left that funeral home filled with a very strong emotion of anger at the "babbling", as he put it, that he heard that evening. He went to the study and rewrote the beginning of his funeral sermon.

Pastor White began his funeral sermon with this phrase: "My God does not push little old ladies down church steps!!!" [Mo used [3] three exclamation points]

God can handle our honesty, [Lord I'm Angry ... troubled ... depressed ... in despair] in fact God would rather us to feel free to share honestly with him. That is what the psalmist is doing:

Out of the depths I cry to thee, O LORD!

Lord, hear my voice!

Tevye is a man who is comfortable with His God. He might not understand everything about this God, he might not understand why he does things for this God, but he is comfortable with God. In the play we find Tevye talking to God. Listen to the honest, forthright statements Tevye makes to God. "Today I am a horse, Dear God, did you have to make my poor old horse lose his shoe just before the Sabbath? That wasn't nice. It's enough you pick on me, Tevye, bless me with 5 daughters, a life of poverty.

What have You got against my horse?
Sometimes I think when things are too quiet up
there, You say to Yourself: "Let's see, what
kind of mischief can I play on my friend,
Tevye??"

"As the Good Book says, Heal us, O Lord, and
we shall be healed. In other words, send us the
cure, we've got the sickness already. I'm not
really complaining---after all, with Your help,
I'm starving to death. You made many, many
poor people. I realize, of course, that it's no
shame to be poor, but it's no great honor either.
So, what would have been so terrible if I had a
small fortune?"

In a rather simple way, **Tevye**, had his
conversation with God and for that moment he
shared with God the honest feelings of his
heart. He was perhaps not as forceful, as angry,
as desperate in his pleading with God as the
writer of Psalm 130, never-the-less, **Tevye**,
shared all of his feelings with God because he
knew God could handle it. He knew he could
share with God the feelings in the depth of his
soul because he and God were friends.

In Philippians 4, Paul tells us:

*"...in everything by prayer and supplication with
thanksgiving let your requests be made
known to God."*

"In EVERYTHING!"

Not just when we are happy!

Not just when we are sad!

But *"in everything"*

at every time,

at any place ... at every place on our journey;

we are to let God be involved.

Let God be a part of our life.

Let God be in the midst of our struggles.

Allow God an opportunity to be God.

A story ... The carpenter I hired to help me
restore an old farmhouse had just finished a
rough first day on the job. A flat tire made him
lose an hour of work, his electric saw quit, and
now his ancient pickup truck refused to start.
While I drove him home, he sat in stony
silence. On arriving, he invited me in to meet
his family. As we walked toward the front
door, he paused briefly at a small tree,
touching the tips of the branches with both
hands. After opening the door, he underwent
an amazing transformation. His tanned face
was wreathed in smiles, and he hugged his
two small children and gave his wife a kiss.
Afterward, he walked me to my car. We
passed the tree, and my curiosity got the better
of me. I asked him about what I had seen him
do earlier.

"Oh, that's my trouble tree," he replied.

"I know I can't help having troubles on the
job, but one thing for sure; troubles don't
belong in the house with my wife and the
children. So, I just hang them up on the tree
every night when I come home. Then in the
morning, I pick them up again."

"Funny thing is," he smiled, "when I come out
in the morning to pick them up, there aren't
nearly as many as I remember hanging up the
night before."

The psalmist did not wallow in his despair, He
witnesses to us that in the midst of the struggle
God is present and God is able to help us thru
our troubles!

[For with the Lord] there is forgiveness

For with the LORD there is steadfast love and
with him is plenteous redemption.

Not only is the Lord present with us in our
struggles, but he is also able to redeem us from
the pit of despair – to deliver us out of the
depths and to give us hope!

Paul says:

The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.

Notice that Paul does not say that all our troubles will cease, or all our problems will be gone. He says that if we trust God to be God,

we will be given a peace that will help us make it thru our struggles.

So, People even in the depths of all our struggles, hope in the Lord! For with him is plenteous redemption and there is a peace which passes all understanding.

My Friends ... In **All** of life ... in every microscopic part of your being ... put **ALL** YOUR hope in the Lord ... thru Jesus Christ our Lord and Savior! Amen. †

HYMN UMH #707

“Hymn of Promise”

<https://youtu.be/7ool8Lw4O7g>

1. In the bulb there is a flower;
in the seed, an apple tree;
in cocoons, a hidden promise:
butterflies will soon be free!
In the cold and snow of winter
there's a spring that waits to be,
unrevealed until its season,
something God alone can see.

2. There's a song in every silence,
seeking word and melody;
there's a dawn in every darkness
bringing hope to you and me.
From the past will come the
future;
what it holds, a mystery,
unrevealed until its season,
something God alone can see.

3. In our end is our beginning;
in our time, infinity;
in our doubt there is believing;
in our life, eternity.
In our death, a resurrection;
at the last, a victory,
unrevealed until its season,
something God alone can see.

BENEDICTION

Shalom! Go out in wholeness and peace ... and the peace of God which surpasses all understanding will keep your hearts and minds in the knowledge of God and of his true

Son, Christ Jesus our Lord; And the blessing of the fullness of God,
Father, Son, and Holy, Spirit, will be with you today and ever more.
Amen!

RESPONSE “He Leadeth Me: O Blessed Thought” (UMH#128 refrain) <https://youtu.be/saHniEoczH0>

He leadeth me, he leadeth me,
by his own hand he leadeth me;

his faithful follower I would be,
for by his hand he leadeth me.

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^{1,3,5} **He Leadeth Me: O Blessed Thought**, UMH #128, Author: Joseph H. Gilmore, Composer: William B. Bradbury © Public Domain

² **Seek Ye First**, UMH #405, Author & Composer: Karen Lafferty © 1972 CCCM Music, Universal Music - Brentwood Benson Publishing, CCLI Song#1352

^{3,5} **Hymn of Promise**, UMH #707, Author: Natalie Sleeth © 1986 Hope Publishing Co. CCLI Song#126529

ANNOUNCEMENTS



Judy Bradshaw (Jan. 8)
Jeremy McLean (Jan. 10)
Bunny McLean (Jan. 14)
John Annis (Jan. 17)

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

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



The Chosen: Bible Study
Thursdays @ 1pm



COAT CLOSET Mission!

We continue to accept cash donations as well as coats, hats, scarves, jackets, and gloves during the year, Please either email us

at jre11@verizon.net or call 757.710.1524 to leave a message, to arrange pickup or drop off. Monetary donations may be sent to Onley UMC, P O Box 216, Onley, VA 23418; please note "coat closet" in the memo section of the check. 2024-2025 Date: **February 1 - 9am-11am.**



Thank you for your stewardship

Thank you for your dedication to the ministries of Onley UMC! 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: **Onley UMC, P. O. Box 216, Onley, VA 23350**



THANK YOU
FOR SUPPORTING
Camp Occohannock
on the Bay



Polar Duck Dip
FREEZIN' FOR A REASON

Donations are still being accepted
<https://bit.ly/OOTBDonation>



NO
Youth Meeting
This Sunday

COASTAL DISTRICT HIGHLIGHTS

March 2 1:30 PM District Training – Grace UMC

For more information & to register visit:
<https://bit.ly/2024NovDistrictNews>



Join us
January 26th
After worship for church
luncheon



Time to Register for
Summer Camp at Camp
Occohannock!
Ootbay.org

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

OUR PRAYER JOYS & CONCERNS from January 12, 2025

- The United States of America, other countries around the world, and our leaders
- War-torn areas including Ukraine, Israel & the Middle East
- Americans serving in the armed forces and in dangerous foreign diplomatic posts.
- Our missionary in Cambodia, Clara Mridula Biswas.
- Persecuted Christians
- The United Methodist Church and The Virginia Annual Conference
- Members in assisted living: Dottie Milliner

- | | | |
|--------------------------|---------------------------------------|--------------------------|
| • Steve Norrid | • George McMath | • Dick and Peggy Travesa |
| • Dick Johnson | • E. A. McMath | • Linda Nyborg |
| • Wyatt Bruno | • Kathy Kellam | • Gaye Burkhart |
| • Madison Watkinson | • Larry Coleman | • Lois White |
| • Janice Canody | • Camp OOTB (Prayers
daily 7:58pm) | • Virginia Lively |
| • Rowan Stapleton | • Jody Cullin | • Rosilee Lewis |
| • Missy Harris | • Bobby Wood | • Elmer Reed |
| • Ann & Roger Weinheimer | • Dixie Guy | • Joseph Roddy |
| • Tom and Claudia Webb | • Debbie Davis | • Sandy Jones |
| • Robyn Holland | • Crystal Fati | • Patrica Gall |
| • Don Bowling | • Rod Drummond | • Pat Drummond |
| • Jimmy and Lynn White | • Brian Daffin | • Travel Mercies |
| • Robyn Sexaver | • Jane Drummond | • California Fires |
| • Mac Mackie | • Vernon Brinkley | • Our World |
| • Dick Jenkins | • Eric Bruno | • Our Country |
| • Johnny Gardner | • Barry Bruno | • Our President |
| • Tommy DeMarino | • Lou Hall | • Israel |
| • Patsy Gourd | • Chris Matney | • Unspokens |
| • Christopher Smith | | |

† *Special prayers for the family and friends of:*

- | | | |
|-------------------------|-----------------|----------------|
| • John Kluis | • John Downings | • James Powell |
| • The Rev. Lorenzo Hill | • Jody Hopkins | |

Please share your joys and concerns
with Pastor Jim at :
jimcanody@vaumc.org or
call 703-861-2023