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HOW TO BE A POET

On Saturday afternoon, I started to feel something. Something that is never truly convenient. Certainly, something you don't want to feel as you are headed into the potential snowstorm of the century! I started to feel...sick. I sneezed a handful of times back to back, my head felt a bit heavier than usual, and the congestion started to settle in. Come Sunday morning, as I woke up to view the snow, there was no denying it: this was going to be a forced rest of a snow week.

Until Monday morning, that is! There was too much to be done! A driveway to be cleared, a neighbor to be helped, a couple of igloos to be built with my son from the perfect variety of snow for the activity (I'd never built an igloo, and as an admittedly grown child, I wasn't going to miss my opportunity!). I pushed, and pushed, and pushed until—realizing I hadn't eaten breakfast—I stumbled through the back door, stripped off my snow gear, and bumbled upstairs to eat some cold leftovers before I passed out. As it turned out, I was still sick on Monday.

Now, maybe you aren't like me in that you risk your well-being for the sake of a children's activity! But I'm sure that I'm not the only one that almost dreads the use of a sick day because of the workload it means for the next healthy day. I'm sure I'm not the only one that tries to hoard those days up—as if my brain somehow determines better the needs of my body! But wellness isn't to be stored up—it's to be experienced regularly. Life isn't to be rushed through to get to big moments—it's to be lived and cherished with each breath. The world around us at each and every moment is bursting with God's gifts of love and life, if we will just allow ourselves a minute to slow down...and embrace them.

I think that may even be true with the onset of a cold...or maybe it's just creation's way of forcing me to reset my focus. Either way, I've enjoyed the (forced) opportunity to slow down...and watch the harshness of winter refuse to melt. In the spirit of a reminder on the posture we need to see the beauty of the world, here's a selection from Wendell Berry's poem, "**How to Be a Poet**":

"Make a place to sit down.
Sit down. Be quiet...
Communicate slowly. Live a three-dimensional life;
Stay away from screens.
Stay away from anything that obscures the place it is in...
Accept what comes from silence. Make the best you can of it.
Of the little words that come out of the silence, like prayers
prayed back to the one who prays,
make a poem that does not disturb the silence from which it came."

SUNDAY MORNING

BAPTIST MEN'S DAY (postponed from 1/25)

9:45 AM - SUNDAY SCHOOL

11:00 AM - MORNING WORSHIP

SPECIAL ELEMENTS

Kenny Daniel | "Passing the Fire"

2 Kings 2:6-15

Music from the men of MHBC



CHURCH LIFE

DEACONS OF THE WEEK

Feb. 1 J. C. Fore & John Grieser

DEACONS SERVING FEB. 1

David Bryant	Marvin Hensley
Steve Martin	J. C. Fore
Steve Owen	Carl LaFerney

USHERS

Jim Byrd, Claude Mays

JANUARY 25, 2026 OFFERINGS

(no service due to weather)

Budget Envelopes.....	\$	0.00
(Weekly Budget Needs \$9,424.06)		
Plate Offering.....	\$	0.00
Designated Offering.....	\$	0.00
Miscellaneous.....	\$	0.00
TOTAL DEPOSIT.....	\$	0.00
Find Us Faithful.....	\$	0.00

MHBC ADMINISTRATIVE ASSISTANT

The Personnel Committee is currently receiving applications for our new office position. Applications are being received until Sunday, February 15. If you would like to apply, please email Personnel Chair, Carl LaFerney at cjlaferney@msn.com or call with questions at **(434) 851-6003**.

To see a full job description, visit our church website:
madisonheightsbaptist.com/stay-connected

IN THE HOSPITAL & REHAB

Betty Howell - UVA
Ron Rosser - LGH



MISSIONS

SOUPER BOWL SUNDAY

Bring canned soups on Sunday, February 8 and "vote" for who you think will win the Super Bowl - will it be the Seahawks or the Patriots?



All soups will go to Neighbors Helping Neighbors! And one person from correct team will win a prize!



FELLOWSHIP

WINTER WEATHER WATCH

There are more chances for snow this weekend, so please be on the watch for changes to our worship schedule for Sunday, February 1.

WEDNESDAY NIGHT MINISTRIES

Out of an abundance of caution, ALL activities for Wednesday, January 28 have been cancelled.

ALMOST ALL NIGHTER

Friday, January 30 from 6-9pm
Dinner, dessert, games, & Lilo & Stitch!
Kids and youth are invited to join us for the evening--and to bring a friend!
Sign-up sheet in main hall!

Continue to monitor social media for updates due to weather!



KEENAGERS & YOUNG AT HEART

Tuesday, February 10 at 10:30am
The crowning of our 2026 King or Queen with a covered dish lunch to follow - bread and beverages provided.