

Worry Not – By Pastor Doug

Do you often feel anxious as you deal with life? Are you consumed with worry? Life brings many challenges and sometimes we become burdened by life. There are times when future concerns leave us feeling that life is out of control. While we can never be completely free from worry, the Bible shows us how to minimize worry and anxiety in our lives. Philippians 4:6-7 says “*do not worry about anything but with prayer and supplication with thanksgiving let your requests be made known to God.*” In this passage we see some really important ways to overcome anxiety.

Pray about life's worries – The apostle Paul reminds us in this passage that a real key is turning over the worries to God through prayer. The prayers are to include thanksgiving and praise along with the needs. Praying in this way reminds us of the many blessings God continually gives us whether we ask or not.

Remind yourself that there is security in Jesus - The verse in Philippians goes on to state the peace of God will come as we turn it over in prayer. Worry is proportional to our sense of security. When life is going as planned and we feel safe in our life routines, then worries subside. Likewise, worry increases when we feel threatened, insecure or are overly focused on and committed to some result. I Peter 5:7 says cast your cares upon Jesus because He cares for you. The practice of believers is to take our worries to Jesus in prayer and leave them with Him. This reinforces our dependence on, and faith in Jesus.

Recognize a wrong focus Worries increase when we become focused on the things of this world. Jesus said the treasures of this world are subject to decay and can be taken away but heavenly treasures are secure (Matt. 6:19) Therefore, set your priorities on God and not on money (Matt/ 6:24). Man worries about such things as having food and clothes but is given life by God. God provides life, without which the concerns of life are meaningless. Worry can cause ulcers and mental problems that can be destructive for our health. So God says take each day as it comes. Stop being obsessed with future what ifs. Keep your focus on the Lord for He knows how to handle life best.

Worship Schedule

Sundays • 9:30 & 11:00 am

Medina Community Church exists to help people begin and grow in their relationship with God. Our relaxed, contemporary style provides an enjoyable atmosphere where you can investigate the claims of Christ, deepen your faith and meet some great friends along the way.

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- [February 2](#) — Image of God series Gender and Sexuality
 - [February 9](#) — Overcoming Racism
 - [February 16](#)– Building Healthy Relationships series
 - [February 23](#) — Controlling People

Contact Us

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Doug Davidson — Sr. Pastor
Donna Spitzer — Family Ministry
Henna Hulme—Children’s Director
Matt Hulme—Youth Staff



Community Nights 2025

Join us for another six-week Community Nights beginning March 5th (Ash Wednesday) and continuing every Wednesday evening leading up to Easter. We'll have dinner together at 6:00 pm followed by an adult Bible study, a teen study, and Kids Blast. Great food, community-building time, and spiritual growth is on the agenda each week. Look for sign up sheets on the information desk at church.



Bahamas Mission Trip – Clothing/Food/Personal Care Collection

We will be shipping donations of clothing, non-perishable food, and personal hygiene items to Nassau before we travel. In addition to personal donations, we would welcome your help with soliciting corporate/business donations if you're gifted in that way. Please see Teresa or Rob to discuss business-related donations.

We will be placing a donation box in the church in the coming days to collect donations of the following:
Clothing: any new or gently used apparel and shoes. All sizes/styles needed - in addition to spring/summer weather items, even long-sleeved shirts/long pants and sweaters/sweatshirts can be a blessing. Just no extra-cold weather gear. Please, only new socks/undergarments.

Pantry Items: any dry or canned foods - rice, beans, pasta, sardines, tuna, sugar, cooking oil, tomato sauce, canned vegetables, etc. Please, no glass.

Personal Hygiene: toothpaste/brushes, soap, sanitary napkins, deodorant, lotion, hair products, etc.

We will also be shipping a specific list of tools that our mission partners will be sharing as a special need - please see Rob or Teresa if you'd like to donate tool items, and we'll share the specifics.



→ Sundays
5:00 to 6:30 pm



STUDENT LIFE
Sr. High

→ Sundays
6:00 to 8:00 pm



We are pleased to announce that MCC will be hosting drive-thru Community meals on **Saturday, February 8th** from 6-7 pm for those in need. Meals will be handed out in a drive-thru lane. Volunteers will help guide guests to the meal pickup area. (All guests will be asked to remain in their vehicles.) We can always use drivers for meal deliveries at 5:00 pm and others to help with the drive through. Please consider how you could serve in this ministry.

For more information or to sign up please call or text
Emily Winans at (240)405-4003.

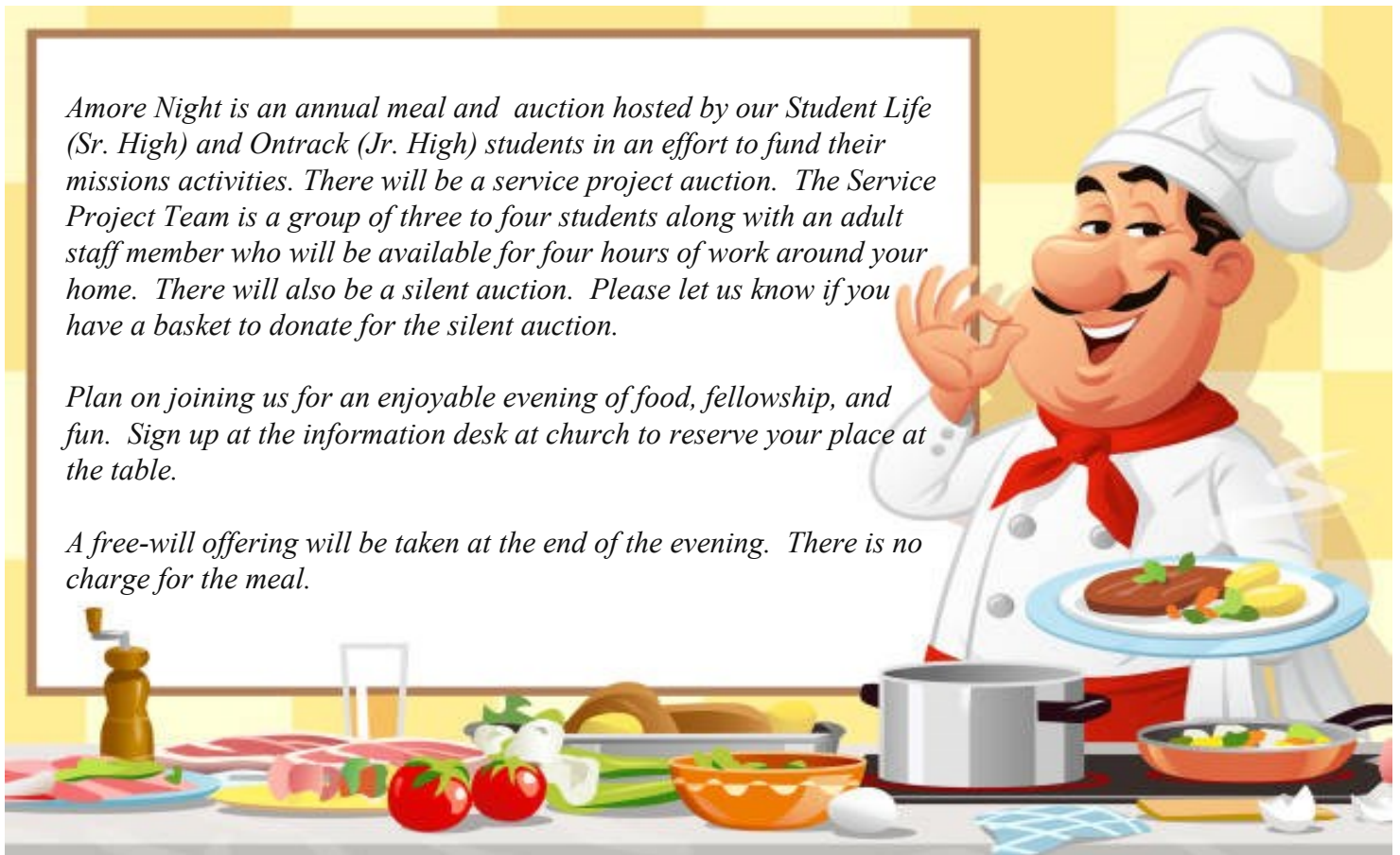
Amore' Night

March 14, 2025

Amore Night is an annual meal and auction hosted by our Student Life (Sr. High) and Ontrack (Jr. High) students in an effort to fund their missions activities. There will be a service project auction. The Service Project Team is a group of three to four students along with an adult staff member who will be available for four hours of work around your home. There will also be a silent auction. Please let us know if you have a basket to donate for the silent auction.

Plan on joining us for an enjoyable evening of food, fellowship, and fun. Sign up at the information desk at church to reserve your place at the table.

A free-will offering will be taken at the end of the evening. There is no charge for the meal.



**Dinner begins at
6:00 pm**

**Silent Auction
during dinner
(winners at 7:15 pm)**

**Service Project
Team Auction
begins at 7:15 pm**

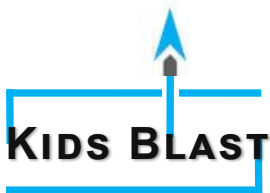


Ladies Bible Study - We will start our Thursday night Bible Study back up after Community Nights - tentative date April 24. I'm looking at a study by Nancy Demoss Wolgemuth called Seeking Him - Experiencing The Joy Of Personal Revival. It's a 12-week study. If you have other ideas please pass them along to me.

First Breakfasts and Dinners - During the Winter months we do a first Saturday breakfast. We'll start the dinners back up in May after Community Nights. Please watch your emails for information on that. Also pass along any suggestions on restaurants.

As information on events and other activities comes my way I try and pass along good information. Please make sure to check your email. If you're not getting regular emails please Kathy let know at kathyksummers@gmail.com or 330.461.1081 so she can get you on the list.

If you have ideas for things that our ladies could be doing please let Kathy know. We are always looking for new ways to serve and encourage.



Dates: Feb 12,19

Off on the 26th

Resumes Ash Wed.

Kids Blast takes place every Wednesday night from 6:00 to 7:30 p.m. We have dinner at 6:00 followed by the Bible Club at 6:30 p.m. On the 19th we will be having our first talent show. Sign up at Kids Blast if your child wants to be involved.