

CONNECT



NEWSLETTER

December 2025



Church of the Evangel, UCC

“Spiritual Habits for a New Year: Getting Closer to God in 2026”

“SPIRITUAL DISCIPLINES”
by Rev. Christine Valentine

As we step into 2026, many of us carry the weight of what 2025 brought. It was a year marked by uncertainty, division, and unexpected challenges. For many, it felt like the world was shaking beneath our feet—emotionally, spiritually, financially, and socially. Yet, even in the midst of turmoil, one truth remained unchanged: **God never left us.** He was present in our tears, our questions, our transitions, and our silent prayers.

Now, as a new year unfolds, God is inviting us into something deeper—not simply to survive the storms

of yesterday, but to **draw closer to Him in a way that brings peace, clarity, and renewed purpose.** When everything around us feels unstable, His Word reminds us: “*Draw near to God, and He will draw near to you*” (James 4:8). Closeness to God is not just a spiritual phrase—it is an anchor, a lifeline, and a pathway to transformation.

In 2026, God is calling His people back to a place of intimacy with Him. Not rushed prayers, not a distracted walk with God, not faith that stops at Sunday—but a renewed, living relationship where we seek His presence, listen for His voice, and rely on His strength (spiritual disciplines).

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Up Coming Events Church of the Evangel, UCC

- **Faith & Wellness Ministry**
January 12, 2026: Evening of Prayer
- **Faith & Wellness Ministry**
An Evening of Appreciation
February 7, 2026 @ 4:30 pm
- **Faith & Wellness Ministry**
16th Anniversary Service
March 8, 2026 @ 10:30 am

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“Spiritual Habits for a New Year: Getting Closer to God in 2026” (cont’d)

After a year of turmoil, this is the year to rebuild... to reconnect... and to rediscover the God who kept us even when the world felt out of control.

This year, let us move with intention. Let us seek God with open hearts. Let us allow Him to heal what was broken, restore what was lost, and strengthen what was shaken by using our spiritual disciplines.

2026 can be a year of spiritual renewal—not because life becomes easier, but because we walk closer to the One who never changes. And as we draw nearer to Him, we will find the peace, direction, and hope we’ve been longing for. How do we grow spiritually?

Spiritual Disciplines

According to Richard J. Foster, “spiritual disciplines in the ministry lead to the path of spiritual growth, which comes about with a longing after God.”

Spiritual disciplines open the door for transformation that is only God’s work. There are three groups of spiritual disciplines.

- (1) Inward Disciplines: meditation, prayer (intercession), fasting, and study,
 (2) Outward Disciplines: Simplicity, solitude, submission,

and service,

(3) Corporate Disciplines: Confession, worship, guidance, and celebration.

Each discipline practiced in our lives will help us to seek God first. **Let’s talk about meditation, praying, fasting, and studying.**

MEDITATION:

Spiritual meditation is **more than quiet reflection**—it is the intentional practice of focusing your mind, heart, and soul on God. Unlike secular meditation that may seek inner peace or mindfulness alone, Christian meditation is **immersed in God’s Word, His nature, and His presence.** It allows us to internalize Scripture, hear God’s voice, and align our thoughts with His will.

Psalm 1:2 says: *“But his delight is in the law of the LORD, and on his law he meditates day and night.”*

Meditation here means **ruminating on God’s truth**, letting it shape our decisions, emotions, and actions.

Meditation cultivates:

Intimacy with God – Deepens your personal relationship.

Spiritual clarity – Helps discern God’s guidance in daily life.

Peace and stability – Especially crucial after tumultuous times like 2025.

Transformation of mind and heart – Romans 12:2 calls us to be renewed by the mind of Christ.

Through meditation, we move from **knowing about God to knowing God personally.**

In 2026, meditation can help us recover from the chaos of 2025 and establish a **steady rhythm of spiritual growth.**

PRAYING:

Prayer is **more than speaking to God**—it is a disciplined practice of communion with Him. As a spiritual discipline, prayer is intentional, regular, and focused on deepening our relationship with God. It is **both talking and listening**, expressing our hearts while being open to His guidance.

1 Thessalonians 5:16-18 reminds us: *“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”*

Prayer as a discipline is about making **God the center of our day, thoughts, and decisions**, not just a last resort in times of need.

Remember to pray daily. Set aside a time and place for prayer.

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“Spiritual Habits for a New Year: Getting Closer to God in 2026” (cont’d)

Prayer cultivates:

Intimacy with God:

We experience His presence daily.

Spiritual sensitivity: We learn to discern God’s will.

Peace and strength:

Philippians 4:6-7 promises God’s peace in anxious moments.

Transformation of the heart:

Prayer aligns our desires with God’s purposes.

After the turmoil of 2025, prayer is crucial for **renewal, direction, and resilience** in 2026.

Fasting:

Fasting is **the intentional act of abstaining from food—or other legitimate comforts—to focus on God and spiritual growth**. It is not a method to manipulate God, but a discipline that **creates space in our lives for prayer, reflection, and dependence on Him**.

Matthew 6:16-18 reminds us: *“When you fast, do not look somber as the hypocrites do... But when you fast, anoint your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen.”*

Fasting is about **prioritizing God over our natural**

desires and seeking His guidance, strength, and clarity. Fasting cultivates:

- **Spiritual clarity** – Helps discern God’s will in complex situations.
- **Self-discipline** – Strengthens control over impulses and habits.
- **Deeper intimacy with God** – As physical hunger rises, spiritual hunger is awakened.
- **Humility and dependence** – Remind us that life and sustenance come from God.

After the challenges and turmoil of 2025, fasting in 2026 can **reset our hearts, focus our priorities, and realign our lives with God’s purpose**.

In 2026, fasting can help believers **move beyond the setbacks of 2025**, hear God’s voice more clearly, and step into a year of spiritual breakthrough, clarity, and purpose.

STUDY THE WORD OF GOD

Studying the Word of God is **the intentional and disciplined engagement with Scripture to know God, understand His will, and apply His truths to life**. It goes beyond casual reading; it involves **reflection, investigation, memorization, and practical application**.

2 Timothy 3:16-17 reminds us: *“All Scripture is God-breathed and is useful for teaching, rebuking, correcting,*

and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”

Studying God’s Word equips us to **live faithfully, discern wisely, and grow spiritually**, especially in a year like 2026, following a challenging 2025.

Studying Scripture cultivates:

- **Spiritual maturity** – Deepens understanding of God and His purposes.
- **Wisdom and discernment** – Guides decisions and actions.
- **Faith and hope** – Strengthens trust in God’s promises.
- **Obedience and transformation** – Align life with God’s truth.

After a year of turmoil, immersing ourselves in the Word in 2026 can **restore our perspective, strengthen our faith, and anchor us in God’s promises**. Studying the Word of God as a spiritual discipline is essential for **spiritual growth, guidance, and transformation**.

In 2026, after the challenges of 2025, this discipline can help believers **anchor themselves in God’s truth, gain clarity for life decisions, and strengthen their walk with God**.

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“Spiritual Habits for a New Year: Getting Closer to God in 2026” (cont’d)

As we step fully into 2026, let us remember that **getting closer to God is not a one-time event—it is a daily, intentional pursuit.** Spiritual disciplines such as **prayer, fasting, meditation, studying the Word, and worship** are not burdens—they are pathways to experiencing God more deeply, gaining clarity in our decisions, and finding peace amid life’s storms.

2025 may have been a year of turmoil, but God’s invitation remains the same: *“Draw near to Me, and I will draw near to you”* (James 4:8). Each small act of faithfulness—each prayer, each moment spent in Scripture, each sacrifice of comfort—draws us nearer to the heart of God.

As we commit to these spiritual habits in 2026, let us:

Prioritize time with God daily, even in small moments.

Seek transformation, not performance, letting God’s Spirit shape our hearts.

Combine disciplines— meditation with prayer, fasting with study—to deepen our intimacy with Him.

Live what we learn, allowing our walk with God to overflow into love, service, and faithfulness.

May this new year be one of **restored focus, strengthened**

faith, and closer communion with our Creator. Let 2026 be the year we move intentionally toward God, embracing the spiritual disciplines that will anchor us, guide us, and transform us from the inside out.

Let us step forward boldly, trusting that as we draw near to Him, He will lead us into a year of purpose, peace, and spiritual growth, in Jesus’ name, Amen.



Celebrating Evangel’s 118th Anniversary

Theme: “We’ve Come This Far by Faith”

by *Lennox Grant*
(*Hebrews 11:1; 2 Corinthians 5:7*)

Beloved in Christ, as I reflect on our 118th anniversary of Church of the Evangel, we truly stand on holy ground, observing a sacred moment in the life of our church family.

One hundred and eighteen years ago, a small group of believers came together, not with wealth or worldly strength, but with a steadfast faith in a mighty God. They planted the seed of faith in soil that was watered with prayer, nourished by sacrifice, and blessed by God’s favor. And now, generations later, that seed has blossomed into a living testimony of God’s faithfulness. We stand as living witnesses to

the truth of our theme, ***“We’ve come this far by faith.”***

A handful of devoted believers came together with little more than a dream, a song, and a steadfast trust in God. They had no guarantee of success, but they had faith — faith that God would bless their labor, faith that He would sustain their work, and faith that future generations would continue the mission they began.

And look at what the Lord has done! Through trials and triumphs, through times of testing and times of rejoicing, **God has proven Himself faithful.** Every brick laid, every pew filled, every life touched by the ministry of this church tells the story of a people who never gave up on God and a God who never gave up on them.

Three Days of Celebration and Faith

This 118th anniversary celebration was nothing short of spectacular — a living testimony to God’s goodness and our shared joy as a church family.

On Friday evening, September 26th, 2025, we entered His presence in a *powerful service of prayer and thanksgiving.* We bowed our hearts in reverence, remembering that prayer has always been the heartbeat of this ministry. We thanked God for every mountain He brought us over and every valley

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He carried us through. Our prayers rose like incense, reminding us that faith and prayer has been and always will be the foundation of this house.

On Saturday afternoon, September 27th, 2025, the spirit of celebration filled the air with a *joyful anniversary concert*. Voices lifted in harmony, instruments rang out in praise, dancers touched us with a passion of God's loving spirit, and the sanctuary came alive with songs of victory. The music told our story — a story of endurance, hope, and divine favor. Every note sung, every dance and every hand raised reminded us that *worship is the sound of faith made alive*.

And on Sunday morning, September 28th, 2025, we culminated our celebration with a *glorious anniversary worship service* led by our guest preacher Rev. Kareem Camara, with a powerful message titled **"A HERITAGE AND LEGACY OF FAITH AND SERVICE"** — a true birthday celebration for the church! Together we rejoiced, giving God the glory for 118 years of ministry. We reflected on where we've come from, celebrated where we are, and envisioned where God is taking us next. The presence of the Holy Spirit filled the sanctuary as we declared, "To God be the glory, great things He has done!"

Faith That Brought Us, Faith That Keeps Us

As we look back, we see God's hand has been guiding us through every generation. Faith carried our founders through humble beginnings. Faith sustained us through wars, social changes, and even global challenges. Faith kept the doors open when circumstances tried to close them.

And that same faith is calling us forward to greater work, deeper love, and renewed purpose. Let this anniversary remind us that the journey of faith is not finished; it continues with us. We are the bridge between the legacy of the past and the promise of the future. So let us keep believing, keep serving, and keep walking by faith. For the God who has brought us **118 years** is the same God who will carry us into the next season with grace, power, and glory.

Reflecting on this milestone, let us:

- **Remember** the faith of those who came before us — their prayers built this house of worship.
- **Rejoice** in the faith that sustains us today — that even in a changing world, God remains the same.
- **Renew** our faith for tomorrow — so that future generations will look back and say, "They, too, stood firm in faith."

This 118th anniversary

celebration helped rekindle the fire within our hearts to serve God with excellence, to love one another deeply, and to carry the light of Christ beyond these walls. For truly, **we have come this far by faith — and by that same faith, we will go even further.**

A Prayer of Thanksgiving

Reflecting on this remarkable 118th anniversary celebration, we echo the words of the hymn: *"We've come this far by faith, leaning on the Lord; trusting in His holy Word, He's never failed us yet!"*

As a church family, we will continue to stand firm in faith, walk boldly in love, and serve joyfully in unity. Our story is not over; it's just entering another glorious chapter. To God be the glory for the things He has done, and even greater things He will yet do!

Prayer

Lord, we thank You for the generations who built Church of the Evangel with tears, prayers, and devotion. Thank you for the pastors, leaders, members, and friends who have kept the flame of faith alive. May this 118th anniversary not only be a time of remembrance but a call to greater faithfulness. Strengthen our hands, renew our spirits, and help us continue the work You have entrusted to us until all the world knows that Jesus Christ is Lord. Amen.





What's On Your Plate— Holiday Reflections

by *Sheryl Phillips*

During the holidays, our plates are often overflowing, not only with festive foods but also with activities, responsibilities, and expectations. Shopping, decorating, cooking, and gathering can leave us feeling overwhelmed. Yet, during the busyness, we are called to pause and remember the true reason for the season: the gift of Christ, the joy of giving, and the blessing of gratitude.

Scripture reminds us, “*It is more blessed to give than to receive*” (Acts 20:35). When our calendars feel heavy, we can lighten them by filling our “plates” with acts of service, sharing time with a neighbor, offering encouragement, or extending kindness. As we give, we shift our focus from stress to purpose and transform our holiday season into one of joy and meaning.

Our holiday tables overflow with rich foods, and celebration often includes indulgence. But wisdom calls us to moderation as we **choose wisely**, adding color to our plate with fruits

and vegetables alongside the treats we love; **practice portion mindfulness**, enjoy small servings, and savor each bite; **avoid deprivation**; balance is healthier than restriction; and celebration is meant to be enjoyed.

By making thoughtful choices, we honor our bodies as temples of the Holy Spirit (1 Corinthians 6:19–20), while still delighting in the traditions that bring us together.

A Plate of Purpose

This season, let us look at our plates, both figuratively and literally, as opportunities for balance. Let’s fill them with gratitude, generosity, and mindful choices. When we do, we not only nourish ourselves but also share the true spirit of the holidays with others.

What’s on your plate during this holiday season—spiritually, emotionally, and physically? How would you make space for giving, gratitude, and mindful enjoyment?

As you consider what’s on your plate this holiday season—both in spirit and in practice—use the following prayer to reflect, refocus, and invite God’s guidance into your choices. Allow this prayer to guide your heart towards gratitude, generosity, and balance.

Gracious God, in this season of celebration, our plates are full, overflowing with food, activities,

and responsibilities. Help us to pause and remember the true gift of Your Son, Jesus Christ. Teach us to give rather than to receive, to serve rather than to be served, and to find joy in generosity.

Guide us to make wise choices at the table, honoring our bodies as temples of Your Spirit. May our portions be balanced, our hearts be grateful, and our lives reflect Your love. Fill our plates with purpose, Lord, so that in all we do—whether eating, serving, or celebrating—we glorify You. Amen.



Holiday Wellness Tips

Hydrate often: Water helps balance holiday indulgence.

Pause before having seconds: Our bodies need time to feel satisfied.

Move joyfully: A short walk after meals can refresh our bodies and spirits.

Rest well, as sleep restores our energy and keeps stress in check.

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What's On Your Plate— Holiday Reflections

(cont'd)

Acts of Giving Ideas

Let's consider writing a note of encouragement to someone who needs a boost.

Sharing a meal or baked goods with a neighbor will always satisfy all.

Donating gently used clothing or household items will bless many we will never know.

Offering our time by visiting, calling, or volunteering.



Happy New Year!

**one
word**

My One Word for 2026
by Sheryl Phillips

Every January, millions of people set ambitious New Year's resolutions, only to watch them fade away by February. But what if there were a simpler, more inspiring way to spark real

change? Instead of a long list of goals, imagine focusing your energy on just one word: a single, powerful, intentional word to guide your year. This approach transforms the overwhelming into the achievable and turns a fleeting resolution into a lasting mindset shift. Let your one word become your compass, leading you toward growth, purpose, and fulfillment.

Choosing a single word to guide you through 2026 can be a powerful, inspirational, and intentional way to guide your decisions for physical, spiritual, emotional, and psychological growth throughout the year. The best word is one that resonates personally with your personal goals and vision for the year and offers flexibility and focus. A word that would support personal growth and self-improvement, productivity and organization, well-being, and relationships. Think about what you want more of in your life. Is it courage, balance, gratitude, or something else?

To choose the right word, reflect on what you most need to cultivate or change in your life for 2026. Your word should



inspire you and guide your actions throughout the year.

Choosing a single focus word

can provide a powerful mantra to help guide your intentions and actions and help you be the person you hope to be by the end of 2026.

I challenge you to reflect on what you hope to achieve in the new year and choose a word to guide your intentions. Make your word physically or digitally visible to be a constant reminder. Journaling can be a powerful way to keep a record of your achievements.

In preparation for 2026, challenge yourself to complete the word search in this publication and trust God to guide you to choose your One Word for 2026, a word that will guide, inspire, and ground you throughout the year.

Let your word be the compass when you need direction and your anchor when life gets challenging. Write it down, keep it close, and watch how your single word can shape your 2026 achievement story.

As you experience the magic of your One Word, you will realize that it doesn't add to your plate; it clears your plate.



Ministry Corner

Happy New Year!



Keeping Our Eyes on the Prize

by the New Men's Fellowship

Best wishes for the New Year to everyone.

As we move into 2026, we are focusing our efforts on making a fresh start, forgetting the former things, not dwelling on the past, and seeing the new things that God is doing in our lives.

Our potential to grow our generous spirit has never been more powerful than it is now, so let us recognize that our contributions to others determine how God seeds and multiplies our efforts. "Now it springs up." —*Isaiah 43:19*

Whatever He gives us as talents are to be used as investments today for others and ourselves in the future.

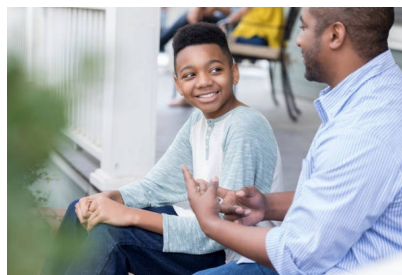


Here is a great investment that will be rewarding to everyone, our peers and youths alike.

Our young boys need male role models who would teach them to be respectful from a young age. This is incredibly important, and positive male role models can play a vital role here. As we are the male role models demonstrating how to treat others with kindness and consideration, creating an environment where everyone feels valued and heard, we are teaching respectful behavior.

We will be showing the boys how to listen and appreciate different perspectives, which strengthens their personal relationships and supports them in their efforts to promote a culture of equality and understanding in our communities.

Positive role models help shape young males' self-esteem and decision-making.



As role models, we can provide powerful examples of being open to attacks physically, mentally, and emotionally and the courage to share feelings, manage them in healthy ways,

and seek help when it's needed.

By learning to live this behavior, boys and men will feel more empowered and be willing to speak up about their struggles and seek support.

Our guidance and support will encourage the boys to pursue their dreams and goals and celebrate their achievements.

As their male role models, we are shaping their thinking and approach and helping them to develop their own skills and confidence, preparing them to handle future challenges more effectively.

The more we work with them, the more we will be reinforcing the importance of support in their relationships in personal and professional growth.



We, role models, set positive examples for those in our immediate care and those looking at us, wanting and needing care.

Let us be cheerleaders to the many youths who need to live cheerful lives.





Lessons Learned from Nature: An Enlightening Journey is an excellent compilation of fifty Nature stories. It will inspire you to appreciate God's majesty and splendor and learn the many lessons He wants to teach us.

Paperback
\$15.00

eBook
\$3.99



Available on Amazon or you can contact Sheryl Phillips, or any Wellness member to order from the church.

Word Search

MY ONE WORD

C	O	N	S	I	S	T	E	N	C	Y	E	R	A	H	S
O	O	Y	P	T	S	S	H	T	C	E	N	N	O	C	I
N	G	U	P	E	U	E	E	A	L	U	F	D	N	I	M
N	B	T	R	A	N	V	E	C	N	E	I	T	A	P	P
E	A	S	P	A	I	E	K	T	A	K	G	A	S	U	L
C	L	U	T	R	G	O	P	I	A	L	F	B	E	R	I
T	A	R	H	O	P	E	V	O	X	E	M	U	R	P	F
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S	F	O	T	B	S	G	E	E	L	E	S	J	C	O	D
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O	A	S	E	I	R	C	G	L	E	F	E	R	A	W	A
R	O	R	D	U	A	G	O	P	R	E	S	E	N	T	R
P	E	R	S	I	S	T	E	N	T	H	T	W	O	R	G

- ACTION
- AWARE
- BRAVE
- CONFIDENCE
- CONSISTENCY
- CONNECTION
- DISCIPLINE
- FOCUS
- GRATITUDE
- HOPE
- INTENTIONAL
- MINDFUL
- PATIENCE
- PAUSE
- PRESENT
- PERSISTENT
- RELEASE
- REFLECT
- SHARE
- SURRENDER
- THANKFUL
- TRUST
- ACCEPT
- BALANCE
- CONNECT
- CALM
- ENGAGE
- FAITH
- GROWTH
- HEART
- OPEN
- PROMPT
- PURPOSE
- PROGRESS
- POSITIVE
- REST
- SIMPLIFY
- SELFCARE
- TARGET
- TOLERANCE



Evangel
Serving the Community
by Sheryl Phillips

The Saturday before Thanksgiving Day is always a special event for the Church of the Evangel. It is a time when the members and friends of the Church of the Evangel come together under the leadership of Andrea Clark to provide free Thanksgiving meals and clothing to our community.

This year was extra special. Thanks to the generosity of the members and friends of the Church of Evangel, we served more meals and distributed more clothing than in past years. More than three hundred meals were served both in the community hall and two neighborhood shelters, where one hundred and twenty meals were served.

Thanks to the hard work, dedication, and selfless contributions of our members and friends, it was made possible for many to not go to bed hungry. We were able to provide not only for the physical needs of our guests but also for

their emotional needs. Members provided a welcoming atmosphere, and our guests sat and ate and shared time with each other.

Unlike years past when most people took away their meals, this year we had families come, sit, and eat.

There was more food and clothing than in years past, and our guests were blessed to be able to take home an additional meal with them. Our resident DJ, Darrell, playing relaxing and engaging music, added to the fellowship ambience.



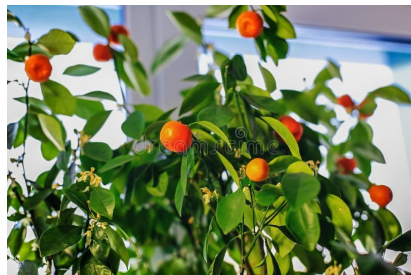
We had a glorious day caring for our community, who were grateful for the outpouring of love, caring, and recognition as some of their immediate needs were addressed and fulfilled.

As God's children, we show up for each other, supporting wherever and whenever needed.

Thanks to everyone for their love, input, and sharing.



Happy New Year!



Growing New Mindsets in 2026

by *Brian Ward*

Many factors determine the way we go and how we go, and where we arrive in life. They also determine how we grow.

But one thing is certain: when we practice the Bible's teaching of forgetting those things which are behind by reaching forward to those things which are ahead of us, "pressing toward the mark for the prize of the high calling of God in Christ Jesus" (Philippians 3:14), we will have a year filled with the joy of achievement and growth.

We have a new year filled with new opportunities that require us to apply new thinking so that we bear good fruit to sustain and nourish ourselves and others throughout the year.

In times past, we may have forgotten that new wine requires new wineskins (Mark 7:22), and by not developing new mindsets gradually, our opportunities leaked out of the old wineskins. So, let us structure new mindsets that will preserve and allow us to act on our 2026 opportunities, developing something entirely

new in our hearts so we can nourish the hearts of others.

No more of the old thinking, as that represented outdated, non-functioning, and leaking wineskins. This year, we grow and develop new thinking as opportunities will force us out of the mold of past leaking thinking, beliefs, and practices.

We need to house our many new opportunities in new attitudes generated from our hearts and based on faith in God. We don't want to merely add new practices to an old system because the old system leaks, and our new opportunities and practices will soon be lost.



The new opportunities will contain new teachings that are relevant to our growth, and we need to be receptive to them, as they will give us a new vision for ourselves, a purpose we will work at during the coming months.

Our challenges and struggles in 2025 have left us with tired spirits. We need a spiritual renewal. We need to be fired up with enthusiasm again.

So, as the new year brings us new opportunities, let us be open to God's work in our lives. Let us shape and develop new mindsets and new attitudes,

embracing this new season of our lives, breaking free from our customary ways.



Let us wake up on mornings, feeling renewed in spirit, and allow that inward transformation to grow and change our lives, according to God's will, because just as old wineskins could not hold new wine, a heart fixed on yesterday cannot receive the new opportunities each new day brings.

Let us remain open to spiritual growth, applying a fresh approach to our faith as we shape and develop new mindsets in 2026.

The old has gone. The new is here. We need to bloom and grow in this new season of our lives as our Lord plants new seeds in us.

In 2026, our Lord has new wine to pour into us, so let us be new wineskins.



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Photo by Ray Raman

CHECK OUT OUR WEBSITE

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WE APPRECIATE YOUR DONATION



Faith & Wellness Ministry

The purpose of the Faith & Wellness Ministry is to create a Faith-Based Health and Wellness program that focuses on Education, Health, Exercise, Nutrition, Stress Management, and living a Spiritually rich life.

There is a direct relationship between Spirituality or faith and health. God made us with a spirit, soul, and a body and they work together in amazing ways. Our program is designed to teach individuals about an integrated approach to health; living a healthy life based on Christian principles, and an integration of mind, body, and spirit to achieve total wellness.

AN OPEN INVITATION

Our Faith & Wellness Ministry

Welcomes You

Mondays and Fridays @ 8:00 pm on Zoom

Contact Sheryl Phillips:

sheryl.weightlossolutions@gmail.com

PRAYER & BIBLE STUDY MINISTRY

Thursdays @ 5:30 pm on Zoom

Contact Darrell @ 917-689-0386



These candles burn in loving memory of our pastor, Rev. Cynthia Jackson.

They also burn in loving memory of our church members who went to be with the Lord in recent years.

They burn in loving memory of the thousands of lives lost to COVID-19.

They burn for the families who lost loved ones.

These candles burn in memory of the lives lost in recent natural disasters, and for victims of gun violence.

The memory of your loved ones will continue to glow in your heart.