



***Grace and peace to all of you  
from our Lord and Savior,***

***Ephesians 4:32 - "Be kind and  
compassionate to one another,  
forgiving each other,  
just as in Christ God forgave you."***

In the gentle whisper of this verse from Ephesians, we find a profound truth that resonates through the ages: forgiveness is not just a command, it's a pathway to liberation, a journey towards inner peace. Forgiveness, a central tenet of Christian faith, holds the power to transform our lives, mending the fractures within our hearts and restoring the harmony that resentment may have disrupted. As we navigate through life, we often encounter situations that challenge our ability to forgive. It's in these moments of hurt and



**Prayer Requests:**

Cook's Church/Playschool, Lyle Pace, Jill Griffin (Novant/Main), *Carrie Troxler & family*, Sarah Penninger, Jimmy McClure (Chlt Healthcare, Toddville Rd), Tom McClure, Jack McClure, Steve Self, Rick Greene, Sara Yarbrough, Allyne Gant, Dale Luckey, F.D. & Pat Hager, Sarah Justice, Jerome Abernathy, Steve (@ Univ Rehab & welcomes visitors!) & Sharon Gilmore, Nancy & Richard Smith, Debbie White, Nicolas Wilson (teenage grandson of Ed & Nancy w/brain tumor), Betty McClure (Nan's mom), Jo Price, Jerry Hunter, Melody Mathews, Judy & Richard Bogan, Judy Rozzelle, Angie Ross, Ann Drake, Baby Carson, Al & Frances Lancaster, Mark Lackey, Dr. Jeff Ruskusky, Nancy Mummaw, *family of Jason Brown*,

betrayal that the weight of bitterness can anchor our spirits in a sea of turmoil. Yet, it's also in these moments that the divine call to forgive becomes a beacon of hope, guiding us toward shores of tranquility and understanding. Psychological studies echo this spiritual wisdom, revealing the tangible benefits of forgiveness. By choosing to forgive, we don't just obey a divine directive; we invite a multitude of psychological blessings into our lives. Forgiveness is linked to reduced anxiety, depression, and major psychiatric disorders. It paves the way for healthier relationships, enhanced mental health, and a significant reduction in the venom of anger and bitterness. When we forgive, we essentially free ourselves from the clutches of an invisible jailer, liberating our hearts from the chains of negativity that bind them. In the act of forgiveness, we reflect the grace of Christ, who, even in His last breaths, forgave those who wronged Him. As followers of Christ, we are called not just to receive God's forgiveness but to extend it to others, mirroring the unconditional love that marks the essence of our faith. Let's hold fast to the promise of peace that forgiveness offers, remembering that in each act of heartfelt forgiveness, we are not just obeying a divine command, but we are also nurturing our own souls, allowing the fragrance of peace and love to flourish within us and radiate to those around us.

**{CAUTION!!!}** It's January and that must mean it's time again for Scamming Season. We've heard multiple reports of texts messages being sent, presumably from Pastor Jason, asking for assistance

Andy Burge, Ned & Carolyn Beatty, Sherry Wasek, Nancy Brammer, Chrissy Hart, Jack Byers, Kurt Hollar, Al Thompson, Bobby Hotaling, John Park, Michael Matrone, Jane Mitchell's father-Joe Picard, Jim & Dawn Thompson, Lisa Roth-Julia Sasnett's granddaughter, Colette Roberts, Jane Jones, Israel, KCH/Kenya, NC School System/Students/ Teachers/Administration, victims of natural disasters, those suffering from long-term illnesses, families who grieving the recent loss of loved ones, and all those in need of our prayers of intercession

**{\*Names are left on for 4 weeks, so if they are still in need of 'extra' prayer after that, please let the church office know.}**

Homebound List: Jill Griffin, Steve Gilmore, Sarah Penninger, Tom McClure, Sara Yarbrough, Allyne Gant, Jack Parker

Soldier List: Austin McCrary, Clara DeFeo, Turner Salm, Anne Ledford, Eddy Self, Andy Dula, Chris Dula, Seth Seal, John Makahilli Jr., ALL Vets & families.

Please pray for all daily; to make changes to any of these lists, contact the church office @ 704/399-7735.

## **\* WE NEED YOUR HELP TO BE ABLE TO MINISTER TO YOU!**

Please don't hesitate to notify the church office (704-399-7735 / office@cookschurch.org) or Pastor Jason Bryant (704-607-4162 / Jason@cookschurch.org or jaydbryant@gmail.com) of any deaths, sickness, surgeries, births, etc. that you and/or a family member may be experiencing so that we can let our Elders and Deacons know so that they can minister to you and/or your family.

for various things. First of all, know that should I ever need assistance I will reach out to schedule a time to see you **IN PERSON. I WILL NEVER ASK FOR FUNDS VIA A PHONE CALL OR A TEXT MESSAGE.** If someone is doing that, you can be 100% confident it is not me. If I ask for help outside of a general, church-wide appeal, I will speak to you privately and confidentially. I say this because I'm hearing reports in other areas of scammers using Artificial Intelligence to mimic particular people's voices, maybe even that of your loved one. Perhaps best is to come up with a family word. Make certain that word is deliberately tested in electronic communications and phone calls.}

Peace in Christ, **Pastor Jason Bryant**

**\*\*ONE YEAR BIBLE READING PLAN:**

Pastor Jason has introduced us all to the Navigator's One-Year Bible reading plan. It's a great way to break the Bible up into manageable sections to be read once a day over the course of a year.

Here is the link to the readings:

<https://shorturl.at/nsDL9> (you may need to copy and paste this link into your browser for it to work, and for those of you that can't access it by computer, you can attain a copy in the church office, either by stopping by to pick one up, or it can be mailed/emailed to you).

{Join us this Sunday, 1/28, @ 10am for a message from Pastor Jason on '**Necessary Traumas – Forgiveness**' (Matthews 18:15-22)}!

***Thank you to all that have graciously made an additional contribution to our church since the first of last year. It is very much appreciated. Please note, our financial need remains this year. If you have available funds, please consider making an over-and-above contribution to our general fund. Thank you for considering this request.***

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***Looking for a class that will help you grow in your knowledge of what God's Word is saying to each of us?***

*You are always invited to join us at one of our Sunday School classes (for all ages!) each Sunday at 9am to study His Word and what it means for our daily living!*

For more info, contact Paige Benson at 704/488-7417.

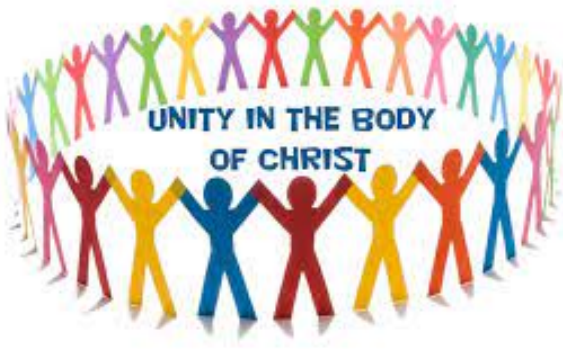
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We will collect the **'10 Cents-a-Meal'** offering this Sunday, **Jan. 28, 2024**, during our 10am worship service. "Marked" donations can be put in the offering plate during our offertory plate or the box on the communion table.

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\*\*\*\*Please note that our  
**“FELLOWSHIP ON THE LAWN”**  
will be set-up in the lobby of the  
Education Building for the rest of  
February, and possibly into March,  
depending on the ‘cold’ weather.  
Join us there after worship to  
***fellowship with your brothers &  
sisters in Christ*** and *enjoy a quick  
treat while you do!*

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## CONGREGATIONAL MEETING

**\*\*NOTE:** Due to Pastor Jason  
being 'under the weather', the  
**‘Called Congregational Meeting’**  
that was scheduled for this  
Sunday, 1/28/24, has been  
rescheduled to the **next Sunday,**  
**February 4, 2024**, to elect one  
Elder to the Class of 2026 and to  
elect the 2024 Nominating  
Ministry; and the 2024 Budget and  
2023 Mission Giving information



## 2024 Flower Calendar dates that are

**AVAILABLE:** If you’d like to  
supply our sanctuary flowers  
in honor and/or in loving  
memory of a loved one, these  
dates are available at this  
time (there may be more  
forthcoming): **Feb. 11; April**  
**14; May 12; Sept. 15; Nov.**  
**3.**

Contact the church office if  
you’d like to reserve a date!

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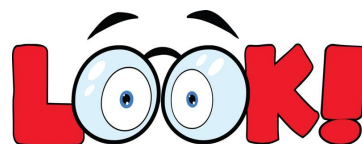


## **\*\* ASH WEDNESDAY SERVICE:**

Pastor Jason will be in our  
sanctuary from **12-2:00pm**  
on **‘Ash Wednesday’**,  
**February 14, 2024**,  
for ***anyone*** to stop by to  
receive ‘ashes’ and a prayer  
with/for you if you’d would  
like him to do so.

{We are also in the process of  
planning a ‘Maundy Thursday  
Service/Seder Meal on 3/28  
– more details to follow.}

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will be available to you in the Narthex.

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Cook's sanctuary will host a **'PRAYER VIGIL'** for *anyone* that would like to come and say a 'silent prayer' on **Saturday, February 3** from **8am-12pm**. Come pray for yourself/family/neighbors, all churches, our state/nation/world! *Praying together, with God's help we can accomplish many things!* **"Therefore, I tell you, whatever you ask in prayer, believe that you have received it and it will be yours"** (Mark 11:24).

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**"SCOUTING FOR FOOD"** is an ongoing annual program of the Boy Scouts of America that began in 1985 by the Greater St Louis Area Council. The program involves collecting for local food banks. It is organized at the local level throughout the country. Cook's 'Boy & Cub Scouts Troop #51' will be collecting **'non-perishable food**

*\*Anyone who would love to **"make a joyful noise unto the Lord"** is invited to join Cook's Adult Choir! Contact Clayton for questions at [claydeacon@gmail.com](mailto:claydeacon@gmail.com).*

*\*\*Cook's **NURSERY** is available each week (for SS at 9am & worship at 10am) for our youngest members, ages birth thru 4 yrs old!*

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*...that **IF** your picture is posted in our online church directory (to access go to [www.cookschurch.org](http://www.cookschurch.org) and at the very bottom of that page you will see "Church Directory"...click on that button), you can go into your information and make changes such as address, phone #'s, if in military past or present, the different groups you have been a part of at the church, etc. If you have any problems and/or questions on how to do so, please contact Gaye List at [gayelist@gmail.com](mailto:gayelist@gmail.com). Also, if your picture (or families') is not currently in our directory, please send a photo to the church office ([office@cookschurch.org](mailto:office@cookschurch.org)) and we'll see about getting it and your information included asap!*

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## NEWS FROM FINANCE MINISTRY

The Finance Committee would like you to know that we now have another way to donate funds to Cook's Church...you can use your debit/credit card and the "app" is available to download from our website...

[www.cookschurch.org](http://www.cookschurch.org). If you have any questions, call Ginger Thompson, Treasurer @ 704/562-7558.

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items' (please NO glass containers!) here at Cook's on **Sunday, February 4, 2024**. Please bring your donations that day and put them in the Narthex & they will take them to a local food bank to help those in need of food for their families! {February 4th will so be '**Scout Sunday**' therefore the Scouts will leading several parts of our worship on that day and we *welcome all of their families* that will be visiting with us!}

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***"We wish the following a 'Blessed and Happy Birthday!'"***

Feb. 4 - Dalton Stroup;

Feb. 5 - Robert Hunt;

Feb. 9 - David Lyerly;

Feb. 11 - Carrie Troxler;

Feb. 12 - (Charles Mathews);

Feb. 16 - Heather Wilz;

Feb. 17 - Linda Lynn, Ben Stevens;

Feb. 18 - Rachael Miles

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## **Cook's MONTHLY MEETINGS:**

Cook's **SESSION** meets on the **2nd Sunday** at 7pm in Rm #113.

**ALL Ladies** are invited to join our Presbyterian Women's **CIRCLE meetings** on the **2nd Tuesday**



The Digital Ministry of Cook's is working on all things that you need to stay connected with Cook's as well as resources to grow in your faith. Check out our *REFRESHED* website - CooksChurch.org. Join us today and be a part of our online community!

\*\* We're *now* on 'Instagram' so be sure to check it out and "Like" and share!



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Cook's Church has a **FACEBOOK** page!

Come check us out and stay connected!

[www.facebook.com/pages/Cooks-Memorial-Presbyterian-Church](http://www.facebook.com/pages/Cooks-Memorial-Presbyterian-Church)



## **SERMONS:**

Did you miss worship this past Sunday?  
Do you ever want to listen to a recent sermon again?

@ **10:30am or 7pm** in Rm #113 in the Ed Bldg. Contact Pede Self with questions.

Cook's **MEN OF THE CHURCH** will have their monthly breakfast meeting **on the 3rd Sunday at 7:30am** (Ed Bldg lobby) and **ALL men** at Cook's are invited to attend! Contact Dale Luckey with questions.

Cook's **PROPERTY Ministry** meets on the **2nd Thurs at 6:30pm in Rm #113**- contact Mike Stanford with questions.

Cook's **MISSION Ministry** meets on the **1st Friday** at 10:00am in Rm #113... contact Fred Cox with questions.

Cook's **WORSHIP Ministry** meets on the **last Thursday** at 2:00pm via Zoom and/or in the church office...contact Denise Vead for details.

Cook's **FINANCE MINISTRY** meets on the **fourth Sunday** at **11:15am** in Rm #113. Contact Joe Thompson if you have any questions.

Recent sermons from Sunday morning worship can be found on the Cook's Church website!

Click here:

[www.cookschurch.org/sermons](http://www.cookschurch.org/sermons)

**Have you read your recent church newsletter?** Recent issues of our Cook's Communicator can be found on our church website!

Click here:

[www.cookschurch.org/newsletters](http://www.cookschurch.org/newsletters)

#### **Contact Us!**

**Pastor Jason Bryant**

[jason@cookschurch.org](mailto:jason@cookschurch.org)

**Church Office**

[office@cookschurch.org](mailto:office@cookschurch.org)

**Cook's Playschool**

[cooksplayschool@gmail.com](mailto:cooksplayschool@gmail.com)

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