

# First United Presbyterian Church of Dale City (PCUSA)

14391 Minnieville Road Woodbridge, VA 22193

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<https://www.youtube.com/c/FUPCDC>



State of the Church  
Annual Meeting  
February 21, 2021  
10:00 AM

The Reverend Adam C. Bowling - Pastor  
[Adam.Bowling@fupcdc.org](mailto:Adam.Bowling@fupcdc.org)  
828.448.8914

## WE ASSEMBLE IN GOD'S NAME

### + *GATHERING SONG*

*You Never Let Go* Beth Redman, Matt Redman (CCLI# 4674166)

#### Verse 1

Even though I walk through the valley  
Of the shadow of death  
Your perfect love is casting out fear  
And even when I'm caught in the middle  
Of the storms of this life  
I won't turn back I know You are near

#### Pre-Chorus

And I will fear no evil  
For my God is with me  
And if my God is with me  
Whom then shall I fear  
Whom then shall I fear

#### Chorus 1

Oh no You never let go  
Through the calm and through the storm  
Oh no You never let go  
In ev'ry high and ev'ry low  
Oh no You never let go  
Lord You never let go of me

#### Verse 2

And I can see a light that is coming  
For the heart that holds on  
A glorious light beyond all compare  
And there will be an end to these troubles  
But until that day comes  
We'll live to know You here on the earth

## **Chorus 2**

Oh no You never let go  
Through the calm and through the storm  
Oh no You never let go  
In ev'ry high and ev'ry low  
Oh no You never let go  
Lord You never let go of me'

## **Bridge**

Yes I can see a light  
That is coming for the heart that holds on  
And there will be an end to these troubles  
But until that day comes  
Still I will praise You  
Still I will praise You  
**(REPEAT)**

## **WELCOME**

## **SESSION NOTES**

Elder Norman Cobb

### **+ CALL TO WORSHIP** (*Psalm 25*)

We trust in you, O God, for you are faithful.

**Show us your ways and teach us your paths.**

We wait for you.

**Lead us in your paths of truth.**

Do not remember our failures.

**Out of your merciful grace, forgive us.**

You are faithful, O God. Your love is steadfast.

**We lift up our souls to you,  
and praise you always.**

## **CALL TO ORDER FOR THE CONGREGATIONAL MEETING AND MEETING OF THE CORPORATION OF FIRST UNITED PRESBYTERIAN CHURCH OF DALE CITY**

## **OPENING PRAYER**

Rev. Adam C. Bowling

Creator and Sovereign, our world and our lives are often full of threat. We return to you in this place today to be reminded that you do not abandon us to the hard realities of our lives. You are the one who saves us. You are the one who faithfully teaches us your life-giving ways. You are the one who instills courage within us to stand up from the waters of our baptism and to walk your path. Enter our hearts and lives for your powerful purposes, in the name of our baptized brother Jesus and the soaring Spirit.

**Amen.**

**RECOGNITION OF CLERK, ELDER SARA PORTER**

**STATEMENT OF PURPOSE FOR THE MEETING**

Elder Sara Porter

**DECLARATION OF QUORUM**

Elder Sara Porter

**+ OPENING HYMN**

*Eternal Father, Strong to Save*

8

1 Eternal Father, strong to save,  
whose arm has bound the restless wave,  
who bade the mighty ocean deep  
its own appointed limits keep:  
O hear us when we cry to thee  
for those in peril on the sea.

2 O Savior, whose almighty word  
the winds and waves submissive heard,  
who walked upon the foaming deep,  
and calm amid its rage did sleep:  
O hear us when we cry to thee  
for those in peril on the sea.

3 O Holy Spirit, who did brood  
upon the chaos wild and rude,  
and bade its angry tumult cease,  
and gave, for fierce confusion, peace:  
O hear us when we cry to thee  
for those in peril on the sea.

4 O Trinity of love and power,  
all travelers guard in danger's hour;  
from rock and tempest, fire and foe,  
protect them wheresoe'er they go;  
thus evermore shall rise to thee  
glad praise from air and land and sea.

## CALL TO CONFESSION

Debra Bowles-Wilson

Call to Confession by Sarah Are | A Sanctified Art LLC | sanctifiedart.org

Again and again, God meets us where we are. God's love knows no bounds, which is hard for us to understand and easy for us to forget. Therefore, in confession we remember together that we are not alone. And in a unified voice, we once again ask for God's grace in that holy reminder. Family of faith, please pray with me. . .

## PRAYER OF CONFESSION

Debra Bowles-Wilson

Adapted from a prayer by Sarah Are | A Sanctified Art LLC | sanctifiedart.org

God who meets us where we are—  
There is nowhere we can go that you are not.  
**You were with Jesus at his baptism.**  
**You were with him in the wilderness,**  
**And even in between,**  
**you were there, Saying aloud, "This is my beloved."**

We know that you are with us too—  
In the good, the bad, and everything in between—  
But so often we act like we are alone.

**Instead of coming to you with our hurt,**  
**We hold it in or cast it onto others.**  
**Instead of coming to you with our joy,**  
**We credit ourselves and offer you nothing.**

How can we long for a deeper relationship with you  
While living like you are nowhere to be found?

**Forgive our self-centered ways.**  
**Remind us that in every breath, in every step, you are there.**

You are the God who meets us where we are.  
**Before and behind, above and below, within and around.**

Hear us now, as we continue to confess in the silence of our hearts. . .

*(Silence is Kept)*

## KYRIE

*Lord, Have Mercy*

551

**Lord, have mercy;**  
**Christ, have mercy;**  
**Lord, have mercy upon us.**  
**Lord, have mercy;**  
**Christ, have mercy;**  
**Lord, have mercy upon us.**

## **ASSURANCE OF PARDON**

Assurance of Pardon by Sarah Are | A Sanctified Art LLC | sanctifiedart.org

Family of faith, if you hear nothing else today, hear this:

God is here. God sees you. God knows you.

God meets you at the edge of every new beginning,

And God calls you beloved.

**We are washed by the water.**

**We are called beloved.**

**Thanks be to God for a love like that.**

### **+ RESPONSE**

*We Are Forgiven*

447

**We are forgiven.**

**We are forgiven.**

**Thanks be to God.**

**Thanks be to God.**

**We are forgiven.**

**We are forgiven.**

**Thanks be to God.**

**Thanks be to God.**

### **+ PASSING OF THE PEACE**

Rev. Adam C. Bowling

The peace of Christ be with you.

**And also with you.**

## **STATISTICAL REPORT OF THE CLERK OF SESSION**

Elder Sara Porter

## **FINANCE AND ADMINISTRATION COMMITTEE REPORT**

✝ Report on 2020 Finances

✝ Presentation of 2021 Budget as information

Elder Jon Guest

Treasurer Gary Smith

## **NOMINATING COMMITTEE REPORT**

Elder Linda Wolstenholme

✝ Election of 2020 officers and Nominating Committee

## **Nominating Committee Slate for 2020**

### **Elder**

1) Bill Ediage (Class of 2024)

2) Morelle Fokwa (Class of 2024)

3) Sam Parris (Class of 2024)

## **Deacon**

- 1) Debbie Cornelius (Class of 2022 - filling an unexpired term)
- 2) Debbie Folly (Class of 2024)
- 3) Helen Francois (Class of 2024)
- 4) Kathy McNeely (Class of 2024)

## **Nominating Committee**

Linda Wolstenholme (Elder Chair - Class 2023)  
Gail Cobb (Class of 2022)  
Richard Mitchell (Class of 2022)  
Franklin Agyekum (Class of 2022)  
Claudia Cunningham (Deacon Representative - Class of 2023)  
Sam Gooding (Class of 2023)  
Gaylene Guest (Class of 2024)  
Mary Jones (Class of 2024)  
Rev. Adam C. Bowling (ex-officio)

## ***INSTRUCTIONS FOR THE ELECTRONIC VOTE***

Rev. Adam C. Bowling

## **WE PROCLAIM GOD'S WORD**

### ***PRAYER FOR ILLUMINATION***

Anna Oppenheim

### ***GOSPEL LESSON***

Mark 1:9-15 NRSV

Anna Oppenheim

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. <sup>10</sup>And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. <sup>11</sup>And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." <sup>12</sup>And the Spirit immediately drove him out into the wilderness. <sup>13</sup>He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

<sup>14</sup>Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, <sup>15</sup>and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

This is the Word of the Lord.

**Thanks be to God!**

O, Lord hear my prayer  
O, Lord hear my prayer  
All my hope comes from God.  
O, Lord hear my prayer  
O, Lord hear my prayer  
God, the wellspring of life.

**Note:** “O Lord, Hear My Prayer” is from the Taizé Community in France. The musical style of Taizé emphasizes simple phrases, usually lines from Psalms or other pieces of Scripture, repeated many times and sometimes also sung in canon. The repeated nature of these lines are designed so that the song can become a prayer for the participant.

**MESSAGE**

*Again & Again God Meets Us*

Rev. Adam C. Bowling

**INVITATION TO DISCIPLESHIP**

If you would like to speak with someone about becoming a Christian, about church membership, or about a special prayer need, please email Pastor Adam, [Adam.Bowling@fupcdc.org](mailto:Adam.Bowling@fupcdc.org).

**WE RESPOND TO GOD’S WORD**

+ **HYMN OF RESPONSE** *Lord, Who throughout These Forty Days*  
Dana Van Slyke, Musician

166

1 Lord, who throughout these forty days  
for us did fast and pray,  
teach us with you to mourn our sins  
and close by you to stay.

2 As you with Satan did contend  
and did the victory win,  
O give us strength to persevere,  
in you to conquer sin.

3 And through these days of penitence,  
and through this Passiontide,  
yes, evermore, in life and death,  
O Lord, with us abide.



4 Abide with us, till when this life  
of suffering shall be past,  
an Easter of unending joy  
we may attain at last.

### **SERVICE OF GIVING**

Music at the Offering *Great Gettin' Up Morning with Great Day*  
FUPCDC Music Team

Arr. Russell Mauldin

+ **DOXOLOGY** *Praise God, from Whom All Blessing Flow* 606

Praise God, from whom all blessings flow;  
Praise Him, all creatures here below;  
Praise Him above, ye heavenly host;  
Praise Father, Son, and Holy Ghost. Amen.

+ **PRAYER OF DEDICATION**

Mady L.

God of grace, we hear your call to generous giving in the way you meet our needs each day, and in the peace you give which passes understanding. Having received so much, we offer all we have, our time, talents, and treasure for your kingdom. Bless these gifts for the work of your church.

Amen.

## **WE GO IN GOD'S NAME**

+ **CLOSING SONG**

*My Lighthouse*

Rend Collective (CCLI#:7002032)

### **Verse 1**

In my wrestling and in my doubts  
In my failures You won't walk out  
Your great love will lead me through  
You are the peace in my troubled sea whoa oh  
You are the peace in my troubled sea

### **Verse 2**

In the silence You won't let go  
In the questions Your truth will hold  
Your great love will lead me through  
You are the peace in my troubled sea whoa oh  
You are the peace in my troubled sea

Chorus  
My Lighthouse my Lighthouse  
Shining in the darkness  
I will follow You oh  
My Lighthouse my Lighthouse  
I will trust the promise  
You will carry me safe to shore  
Safe to shore safe to shore safe to shore

Verse 3  
I won't fear what tomorrow brings  
With each morning I'll rise and sing  
My God's love will lead me through  
You are the peace in my troubled sea whoa oh  
You are the peace in my troubled sea

Bridge  
Fire before us  
You're the brightest  
You will lead us  
Through the storms (hey)  
(REPEAT 3X)

+ ***MOTION TO ADJOURN THE CONGREGATIONAL MEETING AND THE MEETING OF THE CORPORATION***

+ ***CLOSING PRAYER***

Rev. Adam C. Bowling

Lord, as we go from this worship experience, guide us so that we can reach our destination safely. Help us to submit and rely on you alone. Direct our paths through the wilderness and give us the confidence to follow your direction again & again. May we thrive in all areas this week and be firmly rooted in your love. In Jesus' name, we pray, **Amen.**

+ ***CHARGE AND BENEDICTION***

Adapted from a Charge and Benediction by Sarah Are | A Sanctified Art LLC | sanctifiedart.org

As you leave this space,  
May your mouth speak of God's goodness.  
May your arms hold those in need.  
May your feet walk toward justice.  
May your heart trust its worth.  
May your soul dance in God's grace.  
And may this be your rhythm—

Again and again and again,  
Until God's promised day.  
In the name of the Father, Son, and Holy Spirit,  
Go with courage, go with heart, go in peace.  
**Amen.**

+ **POSTLUDE**

*Beneath the Cross of Jesus/Lead Me to Calvary*

Inspired by Beethoven, Arr. Don Wyrzten

Justin Streletz, Pianist

+ *Please stand, in body or in spirit.*

**Note:** Church officers will be available in the Zoom Coffee Hour following the congregational meeting to answer any questions you may have about the life and work of First United Presbyterian Church of Dale City, VA.

## Elder

### Bill Ediage (Class of 2024)

Bill Ediage is originally from Central Africa—Cameroon to be precise. He is married to Therese Same and has two beautiful kids, Paul and Ange-Lashawn. In 2011, he migrated to the US through the DV lottery program. While in Cameroon, Bill was ordained as an Elder in the Presbyterian Church in Cameroon in 2009. He is currently self-employed as a home cleaner and water and fire damage remediation specialist.

Bill joined FUPCDC in late 2015 and was officially made a member in 2016. While at FUPCDC, he has served on the Notes of Salvation (FUPCDC Praise Team), and the Pastor Nominating Committee (PNC). Bill says, "It would be my honor to serve in this capacity as an Elder at FUPCDC, and by the grace of God I would do my best to do what is required of me."



### Morelle Fokwa (Class of 2024)

Morelle is the second of her parents' five children. She has an older sister, two younger sisters, and her brother is the last born. They moved from Cameroon to the Dale City area about 10 years ago and joined FUPCDC, after looking around for a community of faith that closely resembled the ones they had just left. Morelle states, "We found something pretty special here: people with hearts of gold, who helped us adjust to this new world and inspired us to get involved." Morelle joined the Chancel choir, Notes of Salvation, and the Music Team to share her love for singing, when time permitted. Other ministries she has been involved with from time to time include: Spread the Bread, Spread the Love, Bible Studies, a youth mission trip to Raleigh, NC; Youth Group Advisor, and the prayer team. Morelle studied biology in school, and healthcare is a field after her own heart. She currently works as a Clinical Technician at Inova Fairfax Hospital.



## **Sam Parris (Class of 2024)**

Sam Parris joined First United Presbyterian Church in 1996. He is married to Denise Parris and together they have five children. In addition to serving as both a Deacon and Elder, Sam has served on several committees over the years (Stewardship, Youth, Evangelism, and Mission & Outreach). He has participated and led numerous ministries with both youth and adults ranging from Sunday school instructor, Men's Group, KAIROS Prison ministries, Emmaus, Chrysalis, mission trips and youth activities. He is currently leading and assisting with men's small groups and Spread the Love.



Sam was baptized in Deridder, Louisiana in 1986 and was first ordained as an Elder in 1990 in Tampa, Florida. Sam retired from the Army in 2003 after 22 years of service and later retired from the Government in 2016, while serving as the Deputy Director of Information Technology for the Assistant Chief of Staff for Installation Management at the Pentagon. In 2017, Sam was ordained as a minister within the Assemblies of God denomination after obtaining a Bachelor of Science degree in Leadership Ministry. He also holds a Master Degree in Public Administration from Shippensburg University and a Bachelor degree from the University of Texas in Business Management. He is grateful for the love and care our church has shown him and his family over the years. His desire is to give back by passing it on. Sam's greatest joy is serving God and others.

## **Deacon**

### **Debbie Cornelius (Class of 2022 - filling an unexpired term)**

Debbie has been a member of FUPCDC for 34 years. She worked in our Church Nursery and taught Sunday School for many years. Debbie lost her husband of 38 years six years ago. She has three children and three grandchildren. Debbie worked for Prince William County Schools for 28 years as a kindergarten teacher and has been retired for 2 1/2 years. She is an avid reader and enjoys Bible studies.



## **Deborah “Debbie” Folly (Class of 2024)**

Deborah joined First United Presbyterian Church in 1986 when she married her husband, Levi, and moved to Prince William County. She previously has served as a Deacon at FUPCDC. In the summer of 2019, she supported the Lighthouse Drama Camp. She is currently participating in the Monday evening women’s Bible Study, known as Bible Buddies. Deborah grew up on Long Island, receiving her Bachelor’s Degree at SUNY at Stony Brook and later her Master’s Degree at George Mason University. She is married and has one daughter, Hannah. Deborah worked as a middle school science teacher for 39 years. She began her career teaching in Orange County, VA and then, after moving to Prince William County, at Saunders Middle School. Deborah retired in 2018 and enjoys having more time now to enjoy swimming and exercise classes at the Dale City Recreation Center, reading, gardening, and taking long walks.



Deborah is so thankful that God has surrounded her with a supportive family, neighbors, friends and the Christian community at First United Presbyterian Church of Dale City.

## **Helen Franchois (Class of 2024)**

Helen has been a life-long Presbyterian and joined FUPCDC in February 2020. One month later, they locked the doors! She has since become proficient enough with Zoom to participate in the Bible Buddies studies and Missions Committee meetings.

Helen previously lived in Vienna, VA and joined Vienna Presbyterian Church in 1978. She was active there in the children’s activities, as her children participated, served on several committees, and was ordained as a Deacon around 1997. After moving to Manassas, she joined Covenant Presbyterian, where she became an ordained Elder in 2014.

Helen’s work experience was as a secretary at the CIA. At the age of 50, she took advantage of an “early out” to go back to GMU for further studies and became an ESOL teacher in Fairfax County’s Adult Ed program. She was volunteering with the Literacy Council at the Montclair Library until those doors, too, were locked. But God has, and will continue, to open windows!



Helen is a widow with two children and six grandchildren, and her dog, Isaac.

## **Kathy McNeely** (Class of 2024)

Kathy joined First United Presbyterian Church of Dale City, in November of 2013, where she immediately felt the love of her new church family. Kathy was an elementary school teacher in Prince William County for 33 years. She continued to work part-time in the school system for another decade. Pre-Pandemic, Kathy volunteered in the FUPCDC office, Vacation Bible School, Lighthouse Drama Camp, and she assisted Gail Cobb in the flower ministry. Kathy is currently serving her third year as a Deacon at FUPCDC. She is the Deacon for Little Hands Preschool and serves on the LHP Advisory Board. She also represents LHP on the Communications Committee. Kathy serves on the Adult Christian Education Committee, which organizes Sunday school classes for adults and the Fair Share Speaker Series. Kathy is a member of the Monday night Bible Buddies, where she is growing in her understanding of God's Word.



## ***Worship Notes***

- \* **WELCOME!** Whether you are new in the area, a resident of the community, or visiting the FUPCDC website, we are delighted you joined us in worship online. Please fill out the online attendance and please let us know if you have any prayer concerns or needs. To find out more about this church, please email the Church Office at [office@fupcdc.org](mailto:office@fupcdc.org) or call at 703-670-7834.

## ***Connect with Us***

- \* **WE ARE ON FACEBOOK:** If you use Facebook, become a Facebook friend, and become a fan of First United Presbyterian. Make friends with others from the church.
- \* **WE ARE ON INSTAGRAM:** Find us on Instagram @fupcdc.
- \* **FUPCDC WEBSITE:** For detailed news and information, visit the church website at <https://fupcdc.org>.
- \* **FUPCDC YOUTUBE CHANNEL:** To view worship services and videos, visit the FUPCDC Youtube channel, <https://www.youtube.com/c/FUPCDC>. You can also find our channel by searching for "FUPCDC Video".

- \* **TEXT ALERTS:** Remind is a free text messaging service that will help our church communicate quickly and efficiently. On your cell phone, start a new message to **81010**. In the message, type **@fupcdc** and send. You can unsubscribe at any time.

## *Ministry in Action*

- ✝ **LENTEN DEVOTIONAL:** *Again & Again, A Lenten Refrain*, a devotional will be emailed to you until Easter. Please look for the devotional in your email mailbox.

- ✝ **LENTEN WORSHIP SERVICES:** A short Lenten scripture and prayer service will be available online each Wednesday at 7:00 PM through March 24<sup>th</sup>.

On Thursday, April 1<sup>st</sup>, we will celebrate Maundy Thursday online at 7:00 PM with virtual communion. You will be able to view these services the same way you view Sunday services on our YouTube channel "FUPCDC Video". The link is <https://www.youtube.com/c/FUPCDC>.

Chancel Choir will meet at 7:30 PM immediately following each Wednesday prayer service. Wednesday Night Bible Study will resume after Easter on Wednesday, April 14<sup>th</sup>.

- ✝ **NEW FLOWER SIGN UP:** We have a new way to sign up for flowers! We now have a sign up genius that is quickly filling up. When signing up, please indicate who the flowers are in honor or memory of in the comment section. In addition, after the service the flowers are typically given to a congregational member who is in need of feeling some love from the congregation. If you wish to keep the flowers instead, just indicate this in the comment section or email me. The cost for purchasing flowers continues to be **\$40.00**. You may pay for them by sending a check into the office made out to FUPCDC. Please write flowers and the Sunday you signed up for in the memo section.

Thanks for your patience and flexibility as we switch to this new method. If you have any trouble signing up, please email me at [gailzcobb@gmail.com](mailto:gailzcobb@gmail.com) and I will be happy to help you!

- ✝ **FLOWERING OF THE CROSS:** This year, we will once again be flowering the large wooden cross for Easter, but due to the pandemic, it will be done a bit differently. **We need lots of flowers to make this happen.** Here is how you can help. On **Saturday, April 3<sup>rd</sup>**, between **10:00 AM and 2:00 PM**, please bring some home-grown or store bought flowers and place them in one of the large buckets of water that will be placed by the church door. Please remember to wear your mask and socially distance when dropping off your flowers. Members of the worship team will decorate the cross early on Easter morning. The cross will be placed by Minnieville Road so that we can share Easter joy with our neighbors. The Worship team thanks you for your help!

- \* **LENTEN STUDY:** On **Sundays, 8:30 - 9:30 AM** on Zoom, join us for [FORGIVENESS: A Lenten Study](#). This is a Lenten study by Marjorie Thompson, a Presbyterian pastor. She wished to explore the way we practice our approach to our Christian duty. Everyone has experienced or is experiencing forgiveness in some form. Is forgiving the best path to healing for the injured? Are there emotional barriers involved with forgiveness? With lively discussion, and much scripture throughout our 6-week journey, we will create a livable and meaningful definition of forgiveness. While Forgiveness is a Christ taught virtue, we were never given instructions on application!
- \* **BIBLE BUDDIES:** Zoom Along with the Monday Night Ladies Bible Buddies **every Monday at 7:00 PM** for Bible Study and Fellowship. Please contact Betty Matthews, 703-618-9127 or [betty-smatthews1@verizon.net](mailto:betty-smatthews1@verizon.net) for more information. The Bible Buddies' new study is [Choose Joy: Because Happiness Isn't Enough](#) by Kay Warren. Illness, financial worries, relational problems, loneliness, anxiety—we all deal with challenging issues. But Warren says that a joy-filled life is within reach, no matter what your circumstances!
- \* **PASTOR'S WEDNESDAY EVENING BIBLE STUDY:** We are studying the Gospel of Matthew every Wednesday at 7:00 PM via Zoom. Contact Pastor Adam for the instructions to join via computer or phone. All are welcome. This Bible study will take a short break during Lent. **Pastor's Bible study will resume on Wednesday, April 14<sup>th</sup>.**
- \* **CHILDREN'S EDUCATION:** Every **Sunday, 8:45 - 9:30 AM**, we join King's Grant Presbyterian Church in Virginia Beach, VA, via Zoom, for children in 2<sup>nd</sup> grade to 6<sup>th</sup> grade. If you would like your child to participate, please contact Pastor Adam at [adam.bowling@fupcdc.org](mailto:adam.bowling@fupcdc.org).
- \* **HORIZONS BIBLE STUDY:** "Into the Light: Finding Hope through Prayers of Lament" is the title of the 2020 - 2021 women's Bible study. We will meet via Zoom on the **second Monday of each month, at 9:30 AM**. This is a study on the hope we can find in the scriptures. Contact Sara Porter, [saraporter@comcast.net](mailto:saraporter@comcast.net), or 703-670-8737 for more information.
- \* **FUPCDC CONTEMPLATIVE YOGA CLASS VIA ZOOM:** Join us for a time to prayerfully release your cares and recharge physically, spiritually, and emotionally. The Contemplative Yoga group has a spot just for you on **Saturdays from 8:30-9:10 AM** on Zoom. Classes are always free, just click this link to sign up: [CLICK HERE TO VIEW THE SIGNUP](#).
- \* **SPREAD THE WARMTH:** Are you looking for a worthwhile project to do while staying at home? Do you knit or crochet? If so, we have the perfect project for you. Our group makes hats and scarves for our friends in the community who are in need of something warm to wear during the winter. We also make hats for those suffering from cancer. If you would like to help or to find out more information about our group, please contact Elizabeth Glycer at [lizglyer@gmail.com](mailto:lizglyer@gmail.com).
- \* **MEN'S GROUP:** In lieu of our monthly Men's Breakfast, we now have several small groups of men that meet weekly for 30 minutes for devotion and prayer time. This is a phone-in conference call. We have slots available on Tuesday, Thursday, and Saturday. Please contact Sam Parris for your slot: 703-946-7266 or email at [samjparris@aol.com](mailto:samjparris@aol.com).



- \* **SPREAD THE BREAD:** Spread the Bread is our ministry for people experiencing homelessness. We currently provide a meal each Sunday at 12:20 PM for around 50 people in Prince William County. Volunteer opportunities include making sandwiches, donating drinks and chips, prayer, and more! If you would like to help in any way, please email Jon Guest, [jon.a.guest@gmail.com](mailto:jon.a.guest@gmail.com).
- \* **SPREAD THE LOVE:** We need volunteers to write cards/notes to those in quarantine or to folks who are experiencing isolation due to COVID-19. Other volunteer opportunities include making phone calls to check in with people who may need socialization. If you would like to volunteer for Spread the Love or suggest people to receive cards or calls, please email Sam Parris, [samjparris@aol.com](mailto:samjparris@aol.com).
- \* **EMAIL PRAYER CHAIN:** We need volunteers to receive one to two emails a week with prayer requests...and pray! If you would like to volunteer to pray, please contact the Church Office, [office@fupcdc.org](mailto:office@fupcdc.org).

## *Student Ministry News*

- ✝ Sunday, February 28<sup>th</sup>, 7:00 - 8:30 PM - Virtual Game Night on Zoom
- ✝ Sunday, March 21<sup>st</sup>, 7:00 - 8:30 PM - Virtual Game Night on Zoom
- \* **TEXT MESSAGES:** Sign up for Text Messages: Text @youthfupc to 81010.

# Joys and Concerns

## All those who are ill or facing difficulties, including:

- |                      |                      |                                  |                  |
|----------------------|----------------------|----------------------------------|------------------|
| ✝ Savannah Simmerman | * Ann Hoagland       | * Emmanuel Dankyi-Ankoma         | * Norman Cox     |
| ✝ Marjorie Lawrence  | * Dana Schnebelt     | * Derrick Schnebelt              | * Kym Havens     |
| ✝ David Glycer       | * Gordon MacDonald   | * Baby Louisa Wolstenholme       | * Gary Albrecht  |
| ✝ David Behrens      | * Joanne Willis      | * Baby Dean Moy                  | * Larry Menzie   |
| ✝ Melissa Behrens    | * Amanda Peck        | * Lee and Giselle Watenpaugh     | * Linda Ford     |
| ✝ James Kent         | * Mary Jackson       | * Jim and Jerolyn Randles        | * Lynn Wilson    |
| ✝ Sue                | * Virginia McPherson | * Sam Parris' Dad                | * Leigh Anderson |
| * Barb McGill        | * Debbie Niederriter | * Bill and Laura Parris          | * Phil Albrecht  |
| * Waddell            | * Lili Avity         | * Jason, Adriana, Mikhail Corbin | * Tim Elliott    |
| * Kathryn Avery      | * Mildred Shenk      | * Hunter and Annette Martin      | * Nate Johnson   |
| * Becca Whitfield    | * Patrick Cobb       | * Jennifer Kerr Shye             | * Larry Hodges   |
| * Marti Glycer       | * David Behrens      | * Graceann Case                  | * Jim Lawson     |
| * Jeannine Menzie    | * Grace Ofosu-Addo   | * Ann * Amanda * Brady           | * Dineen         |

✝ Prayers for the residents and staff of Potamac Place. - Linda Wolstenholme

✝ Prayers for Anne Labaire, who suddenly lost her husband, Ron. - Peter and Liz Glycer

\* Congregational love and sympathy are extended to Claudia Cunningham and family at the death of Claudia's sister, Anne Woodfin, on February 11, 2021. She went from the land of the dying to the land of the living. Please lift Claudia, Jack Woodfin, Anne's son, and Suzanne Villani, Anne's daughter, up in prayer at this time.

## All those serving abroad in our military, including from our church:

✝ Kelsey Gibson

✝ 2<sup>nd</sup> Lt. Sam Presley, just deployed to Middle East - Mike and Ruth Washburg's nephew

## The churches of National Capital Presbytery, especially:

✝ Northminster Presbyterian Church - Washington, DC

✝ Northwood Presbyterian Church - Silver Spring, MD

# *Calendar*

## *February 21 - 28, 2021*

### **SUNDAY, February 21**

**State of the Church Congregational Meeting and Corporation of FUPCDC**

- 8:30 AM Forgiveness: A Lenten Study via Zoom
- 8:45 AM Children's Education via Zoom
- 10:00 AM Worship - one service - Online Live Stream

### **MONDAY, February 22**

- 10:30 AM Holy Fitness via Zoom
- 7:00 PM Bible Buddies via Zoom
- 7:00 PM Electronic Sign Task Force via Zoom
- 8:30 PM Production Meeting via Google Meet

### **TUESDAY, February 23**

### **WEDNESDAY, February 24**

**Newsletter Deadline**

- 10:30 AM Holy Fitness via Zoom
- 7:00 PM Lenten Worship service via Zoom

### **THURSDAY, February 25**

### **FRIDAY, February 26**

- 10:30 AM Holy Fitness via Zoom

### **SATURDAY, February 27**

### **SUNDAY, February 28**

- 8:30 AM Forgiveness: A Lenten Study via Zoom
- 8:45 AM Children's Education via Zoom
- 10:00 AM Worship - one service - Online Live Stream
- 7:00 PM Youth - Virtual Game Night via Zoom

## First United Presbyterian Church of Dale City, Woodbridge, VA

Ministers.....	People of the Church
Pastor.....	Rev. Adam C. Bowling
Chancel Choir Director .....	Dana Van Slyke
Pianist/Organist .....	Justin Streletz
Contemporary Worship Directors.....	Becca and Chris Anderson
Children's/Youth Choir Directors.....	Becca and Chris Anderson
Jubilation Handbell Director.....	Ike Evans
Nursery Supervisor.....	Joann Paige
Little Hands Preschool Director .....	Tiffany Ramsey
Sexton.....	Homer Detrich
Office Manager.....	Kim Parker

### SESSION

Peter Glycer ('21) .....	<i>Adult Christian Education</i> .....	703-590-0856
Mike Gundel ('22) .....	<i>Building &amp; Grounds</i> .....	301-767-5030
Ruth Washburg ('22) .....	<i>Children's Ministry</i> .....	703-407-3976
Cathy Albrecht ('23) .....	<i>Communications</i> .....	703-670-8369
Betsy Gilbert ('23) .....	<i>Congregational Connections</i> .....	703-670-4949
Jon Guest ('22) .....	<i>Finance &amp; Administration</i> .....	703-491-4006
Chris Martin ('23) .....	<i>Information Technology</i> .....	585-455-8423
Dave Stokes ('22) .....	<i>Little Hands Preschool</i> .....	703-583-9287
Pam Cox ('21) .....	<i>Mission &amp; Outreach</i> .....	703-441-6319
Linda Wolstenholme ('23) .....	<i>Nominating</i> .....	703-878-3697
Norman Cobb ('21) .....	<i>Personnel</i> .....	703-878-7317
Jon Guest ('22) .....	<i>Safety &amp; Security</i> .....	703-491-4006
Pat Manalio ('23) .....	<i>Stewardship</i> .....	703-680-5058
Marti Hall ('22) .....	<i>Worship</i> .....	703-626-2269
Afton Schwalm ('23) .....	<i>Youth Ministry</i> .....	571-221-0778
Rev. Adam C. Bowling .....	<i>Moderator</i> .....	828-448-8914
Sara Porter .....	<i>Clerk of Session</i> .....	703-670-8737

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Church Office Hours: 10 AM - 2:30 PM, weekdays, 703-670-7834

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Little Hands Preschool, 703-878-2366