



First United Presbyterian Church of Dale City

Chronicles

October 2020



14391 Minnieville Road
Woodbridge, Virginia 22193
703-670-7834

<https://fupcdc.org>
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People of the Church, Ministers
Rev. Adam C. Bowling, Pastor
Dana Van Slyke, Chancel Choir Director
Justin Streletz, Pianist/Organist
Rebecca and Chris Anderson, Contemporary Worship Directors
Ike Evans, Jubilation Handbell Director
Joann Paige, Nursery Supervisor
Tiffany Ramsey, Little Hands Preschool Director
Homer Detrich, Sexton
Kim Parker, Office Manager

From Pastor Adam

Breathe Deeply

Breathing has a significant impact on your wellness and peace of mind. My Apple watch interrupts me frequently through the day suggesting that I might want to do some breathing exercises. I rarely take up the suggestion in the moment. But it really does have a calming effect and is good for the soul.

We are living in very stressful times for so many reasons right now. The pandemic continues which no one living has experienced before. It continues to impact all of us in so many ways. Many of the very basic routines we were accustomed to are now changed in order to stay safe and healthy from the virus.

The presidential election season is always another stressor for us which comes around every four years. This always raises the level of stress for families, congregations, communities, and so on.

Along with these two large stressors is added the tensions around the country as a result of racial justice and equity demonstrations and you really have a perfect storm for turmoil. And this has contributed to stress for local churches including FUPCDC.

This brings us to the Apostle Paul's letter to the Philippian church. There was some kind of strife between two leading women of the church, Euodia and Syntyche. Paul wrote, ***"I plead with Euodia and I plead with Syntyche to agree with each other in the Lord" (Phil. 4:2).*** And then a few verses later he gave some great stress relieving counsel.

"Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things...and the God of peace will be with you" (Phil. 4: 6-9).

Continued on Page 2

The expression “whatever” is now a popular expression which is used in all kinds of ways and in all kinds of situations. Next time you hear it think of this beautiful passage from Philippians: **Whatever...is commendable...is true...is honorable...is just...is pure...is pleasing...and feel the stress subside.**

And then by all means **breathe deeply**, so that you can practice these wonderful virtues.

On the journey with you,
Pastor Adam

P.S. I encourage you to look up the spiritual discipline of “The Breath Prayer” and practice it in the weeks and months ahead. Learn more here: <https://www.asacredjourney.net/how-to-practice-breath->

The Breath Prayer

Written by Sheridan Voysey

Lord God, fill me with your Holy Spirit

I receive your **love** & release my **insecurity**

I receive your **joy** & release my **unhappiness**

I receive your **peace** & release my **anxiety**

I receive your **patience** & release my **impulsiveness**

I receive your **kindness** & release my **indifference**

I receive your **goodness** & release my **ungodliness**

I receive your **faithfulness** & release my **disloyalty**

I receive your **gentleness** & release my **severity**

I receive your **self-control** & release my **self-indulgence**

Artwork by @jodiew888

Session Notes

September Session Report

Your Session continues to be busy. At the September 15 Zoom Session meeting, the Session approved the Safety and Security committee recommendation to keep the building closed to in-person activities through November 14, 2020. Outside activities will require the committee's approval prior to happening. The Worship committee's proposed schedule for drive-in and virtual services was all approved. Related to this, we approved funding for a portable sound system to enhance outdoor worship and other activities.

A church-wide Zoom forum was scheduled for Sunday, September 27 at 2 PM to discuss the way forward for FUPCDC during this pandemic, with a question and answer time. (The meeting did occur, and was well received with much good discussion. Contact Jon Guest or Pastor Adam if you have questions.)

At the recommendation of the Finance and the Building and Grounds committees, Session approved funding to replace the church fire alarm system and bring it up to county fire code. This is an extensive process. Building and Grounds has scheduled the annual fall clean-up day for Saturday, October 10, starting at 10 AM. Contact Mike Gundel if you have questions about the clean-up.

Church staff will be paid at their full rate through the end of the calendar year.

The Little Hands Preschool Advisory Board has voted and Session has approved the closure of the preschool until the 2021-2022 school year. Director Tiffany Ramsey is still working to plan for the reopening and to keep the preschool ministry contacts with family and staff current.

Session approved the recommendation of the Commission on Restructuring to hire the Rev. Harris to review the church's current leadership structure and assist in recommending any needed changes.

The Nominating committee has created a recommendation form which will be used in the future for members to suggest persons for election to the offices of deacon and elder. This is a way of helping the committee to consider a wider group of people for those positions.

A fundraiser campaign for Camp Hanover, "The Great Camp Give," looking to help raise funds on September 30 for the camp was approved. Also policies on the Budget Process and the Flower ministry were approved.

If you have questions about any of the items mentioned, please contact Pastor Adam or one of the elders.

Submitted by Sara Porter, Clerk of Session

Building and Grounds Committee

The annual fall outside cleanup will be held on **October 10**, starting at **9 AM**.

Rain date is October 24.

There are trees to be trimmed. The courtyard area needs work, and the play area too. If you are able to come up for a couple hours; we can get a lot of work done as a group. Scouts should be there as well to help haul away. We were able to put down a good amount of mulch in the spring and flowers were planted. Now that most of the growing is done, it's time to do the pruning. If you have tools, great, bring them! If not, that's fine too; we'll have things to use.

Bring a mask.

DEACONS: THE MINISTRY OF COMPASSION AND SERVICE

The ministry of deacon as set forth in Scripture is one of compassion, witness, and service, sharing in the redeeming love of Jesus Christ for the poor, the hungry, the sick, the lost, the friendless, the oppressed, those burdened by unjust policies or structures, or anyone in distress. Persons of spiritual character, honest repute, exemplary lives, brotherly and sisterly love, sincere compassion, and sound judgment should be chosen for this ministry.

2020 BOARD OF DEACONS

A Ministry of Compassion and Service

Class of 2020

Agnes Fokwa
Debbie Folly
Lisa Fortner
Kathy McNeely
Carol Schwalm
Celine Sonkwa

Class of 2021

Amy Bean
Karen Elliott
Liz Goolgasian
Peggy Heins
Therese Same
Charlotte Stultz

Class of 2022

Bob Albrecht
Sandy Chamberlin
Claudia Cunningham
Pam Emert
Ellen Nuemberger
Tracy Stevens

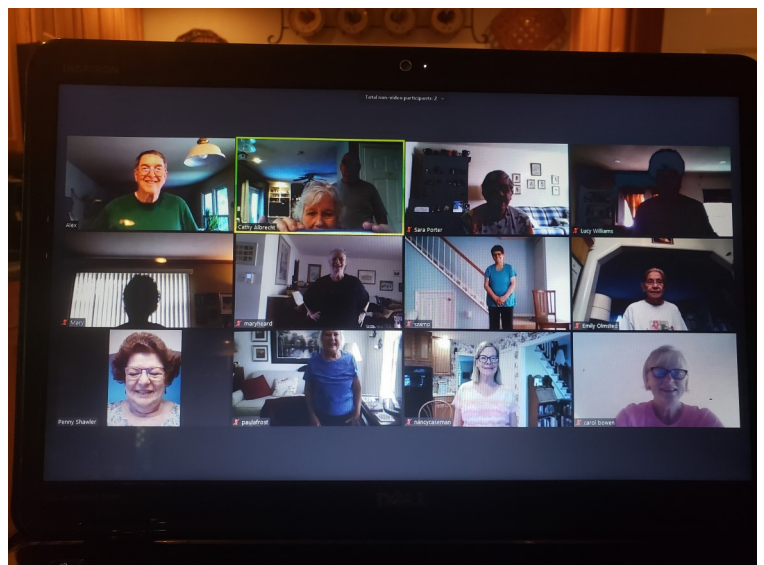
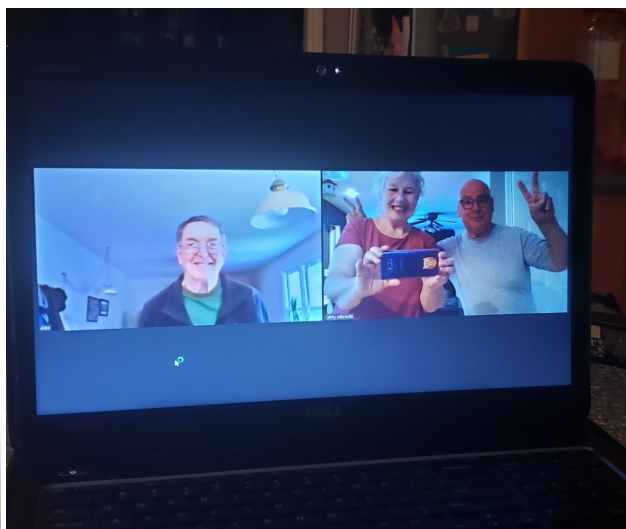
Ellen Nuernberger, Co-Moderator 703-878-0009

Carol Schwalm, Co-Moderator..... 703-680-7673

*We love to hear from you. **If you need to be connected with your Deacon**, please contact Carol Schwalm or Ellen Nuernberger by calling the numbers listed above or the church office (703-670-7834).*

Adult Education

Photos from Fair Share Speaker Series



Adult Education

Fall Classes:

Pastor's Wednesday Evening Bible Study:

Pastor Adam's Bible Study is on Wednesdays at 7:00 PM via Zoom. We are studying the Gospel of Matthew. All are welcome.

Small Group Study: The study of **Isaiah the Prophet**, taught by Larry Greenslit and Bob Porter meets every Sunday **8:30 to 9:30 AM** via Zoom.

Women's Monday Bible Study also known as Bible Buddies:

Are you feeling anxious? **Calm My Anxious Heart** by Linda Dillow is the 12 week Bible Study on **Monday at 7:00 PM**, via Zoom, for any Ladies or friends of FUPCDC. This study will help you discover what the Bible says about contentment and ways to apply this message to your daily life. This book may be purchased online from christianbook.com, Amazon or e-bay.

Please contact Betty Matthews, betty-smatthews1@verizon.net, or 703-618-9127 for more information and to be added to the Zoom group.

Horizons Monthly Bible Study:

"Into the Light: Finding Hope Through Prayers of Lament" is the title of the 2020-2021 Horizons Bible Study. The group will meet on the **second Monday of the month**, September through June, at **9:30 AM**, via Zoom, for discussion and viewing of the video. The emphasis is on the hope we can find in the scriptures even as we lament circumstances.

If you would like to join this study, please contact Sara Porter <saraporter@comcast.net> or 703-670-8737.

Fair Share Community Speaker Series

Fair Share Community Speaker Series for **October 17** will be Dr. J. Selden Harris. As a retired Presbyterian pastor, Dr. Harris has made an extensive study of Islam. He took early retirement in 2013 in order to pursue his lifelong passion of "Interfaith Dialogue." In his last called church, King's Grant Presbyterian Church in Virginia Beach, he led the church as they resettled a Shi'a Muslim family from Baghdad to Virginia Beach. The experience proved to be a great exercise in Interfaith Cooperation. He founded a consulting Organization called "**CyberSilkRoad**", to create opportunities for interaction, understanding, and friendship between Muslims and Americans. Want to know more about the relationship of Islam to the USA? Be sure to participate in this virtual event—**7 PM on October 17 via Zoom**.



Stewardship Committee



Your steadfast generosity is making a world of difference in FUPCDC's ability to continue ministry and outreach to show God's love.

We are thankful, grateful, and truly blessed to have each one of you as part of our faith community.

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." ~ 1 Peter 4:10 NIV

Holy Fitness

Come join Holy Fitness! Holy Fitness meets Mondays, Wednesdays and Fridays at 10:30 AM via Zoom. For information, contact Cathy Albrecht, 703-670-8369, albrennan3@aol.com, or Fred Menke, 703-680-6446, fhmenke@verizon.net.

All Saints Sunday



On **Sunday, November 1, 2020**, we will remember the saints (those who have gone to be with the Lord) and their faith, to cheer us on to strive for deeper worship and greater service to Christ. If you have a loved one who went to be with the Lord since last year's All Saints Day (November 4, 2019) and would like their name in the bulletin on Sunday, November 1, 2020, please email [your loved one's name](mailto:office@fupcdc.org) and [date of death](mailto:office@fupcdc.org) to the church office, office@fupcdc.org, by October 20, 2020.

How Many Presbyterians Does It Take to Erect a Church Tent?

Photos by Peter Glycer—September 12, 2020

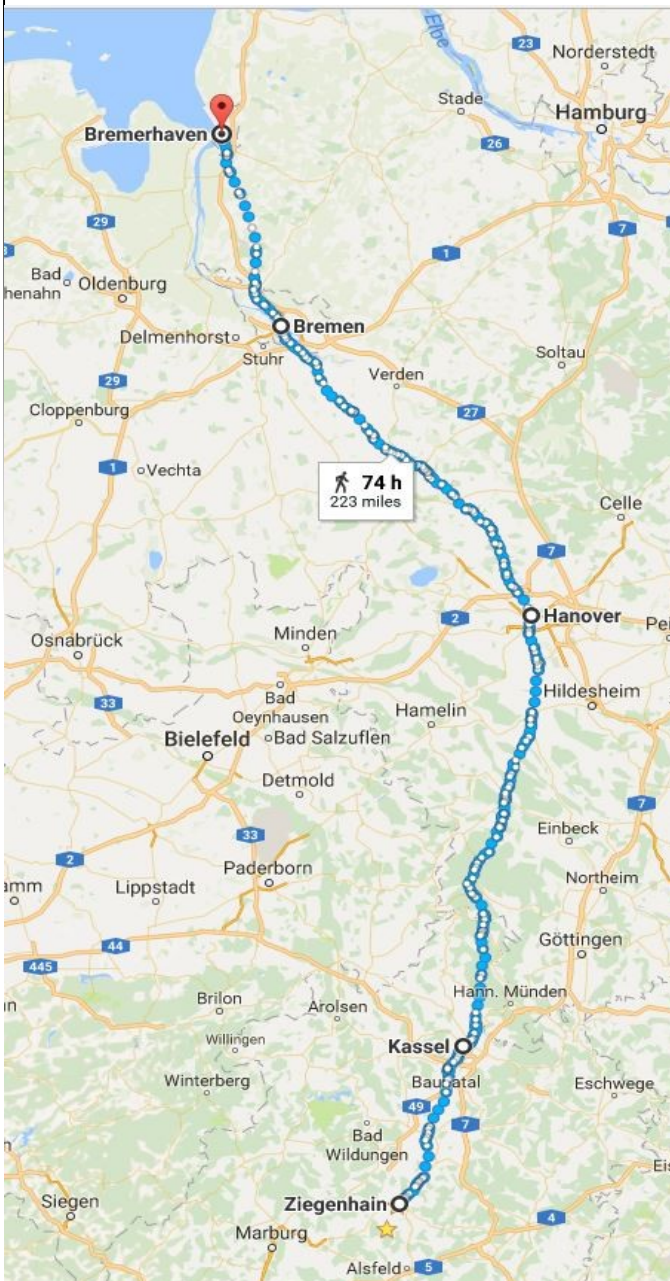


Gott mit Uns (God With Us)

Gott mit Uns – A thought to remember on your life journey per Pastor Bowling’s sermon on Sep 27, 2020
by Ross H. Schwalm

For those who come from the German Reformed Church tradition, this phrase may be familiar. Simply translated it is “God with Us”. This phrase was the motto of the “German” armies from the 1700’s through the end of WW II. It was on the belt buckle of soldiers for many decades as a constant reminder of strength, courage, and duty. On a recent video documentary of Russian youth recovering dead soldiers from the horrific Battle of Stalingrad, a few German soldiers were found along with their belt buckles that clearly showed the words, “Gott mit Uns”. German remains are turned over to representatives of the current German government while the Russians, about 3-4 % can still be identified, are reinterred in a formal ceremony at a Russian National cemetery with headstones or in mass graves for those that can not be identified. These Russian youth are on a “journey” that predicts it will take nearly 1000 years to find all the lost soldiers of Stalingrad.

My Third Great Grandfather Johannes Schwalm took a journey that started in 1770 when he became a Hessian Soldier. I have been to the church where he was baptized, to the fortress where he trained to become a soldier and to the church within the fortress where he worshipped. The pipe organ there was installed in 1740 and my cousin Stefan Prinz reminded me of a simple fact as we stood in the balcony of this church looking at the organ: “Ross, Johannes would have heard this organ played.”



In 1775 - 1776, things went very badly for the British in Boston and it was clear that more troops would be required to put down the rebellion in the American colonies. Through a treaty with the Prince in Hesse, the British obtained the use of Johannes Schwalm’s regiment which required a long march through Germany to the English Channel to board a ship to England for further transportation to America. In March of 1776, Johannes and his fellow soldiers walked over 200 miles to the channel. From there they sailed to Portsmouth, England and eventually loaded up on the ship Claudina. This ship was part of the largest flotilla ever assembled up to that time for the trip across the Atlantic Ocean.

After surviving several storms, bad food, bad water for drinking, unsanitary conditions, the death of several fellow soldiers and officers, Johannes landed on Staten Island, New York August 14, 1776. After getting their land legs back and having some fresh food and water, the Hessians along with their British k, on allies started training for an invasion of Long Island. At the end of each day, the British soldiers relaxed by drinking and doing other unsavory things while the Hessians conducted worship services to thank God for their safe arrival and for strength in the coming battles with the Americans. Multiple historic references cite this strong religious foundation of the Hessian soldiers. They lived the phrase “Gott mit Uns”.

Johannes fought several successful battles in New York and New Jersey until his unit went into winter quarters at Trenton in December 1776. They celebrated Christmas there and were attacked early the next morning by George Washington in the famous crossing of the Delaware and the Battle of Trenton. Johannes became a prisoner of war, was exchanged and was heading back to Europe when his ship was separated from the other ships in a storm and captured again. He spent the rest of the war as a prisoner in a jail in Philadelphia and eventually deserted at the end of the war to become an American. He leased some land, made a profit, found a wife, moved farther west in Pennsylvania, and obtained more land as a successful farmer. He helped to start one church (Coleman’s) and became the treasurer of another church (Klinger’s). I have no doubt that he knew “Gott mit Uns” as he raised his family of three to also become good Christian citizens of the new nation.

Moses reminded his complaining flock that God is with us. And God was with them. It does not matter if it was 5000 years ago, over 240 years ago or today in Prince William County. God is still with us and is the strength you need to get through our current struggles.

Mission and Outreach Committee



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 Fax 703-221-3585
actspwc.org

August 27, 2020

First United Presbyterian Church of Dale City
 14391 Minnieville Road
 Woodbridge, VA 22193

Dear First United Presbyterian Church of Dale City,

On behalf of the ACTS Board of Directors, and those individuals your donation aids, I thank you for your gift of \$2470.00 on 7/27/2020.

August 14 marked the one-year anniversary of ACTS Prince William Food Rescue (PWFR) Program. And what a year it has been for the program! It exceeded all our expectations in ways we could not have imagined. We are now redistributing almost weekly what we originally thought would take us the entire year.

Year One: August 14, 2019 – August 14, 2020			
RESCUES	DIRECT DELIVERIES	REDISTRIBUTED	TOTALS
2,950 Completed Rescues	1,251 Completed Rescues	1,935 Completed Rescues	6,136 Completed Rescues
626,957 Pounds of Food	55,334 Pounds of Food	2,461,583 Pounds of Food	3,143,874 Pounds of Food
\$1,047,019 Food Value	28,787 Meals Equivalent	\$4,110,844 Food Value	\$5,250,270 Food Value
326,174 Meals equivalent		1,280,637 Meals Equivalent	1,635,598 Meals Equivalent
338,557 Pounds CO2 mitigated			338,557 Pounds CO2 Mitigated

How did we do all of this? **We had 65 Donor Partners, 78 Distribution Partners, and 1,636 Food Rescue Heroes!** This was a Herculean effort only made possible by so many partners and volunteers (and a few staff), plus the generosity of our neighbors throughout Prince William County and the cities of Manassas and Manassas Park. PWFR is now helping feed over 4,000 families *per week* in our region, which means we are now purchasing food by the truckload, because the donations can't come in quickly enough. Fortunately, the County has allocated a portion its CARES Act money specifically for this purpose, has loaned us trucks, and is allowing us to share a warehouse with the Office of Emergency Management. Everyone is "all in" on this effort.

Thank you for your gift, as well, which is helping ensure all our neighbors have enough to eat every day.

Sincerely,


 Steven G. Liga, CEO

*Please share your
 on thanks with your
 entire congregation!*

The portion of the Revenue Reconciliation Act of 1993 relating to IRS regulations requires that charities certify whether donations were made in consideration of a transfer of goods or services from the recipient agency. ACTS certifies that this donation was not accompanied by such transfer.

- UTILITY & FOOD ASSISTANCE
- HOUSING & SHELTER
- THRIFT STORE
- HELPLINE & SUICIDE PREVENTION
- SEXUAL ASSAULT SERVICES
- DOMESTIC VIOLENCE SERVICES

