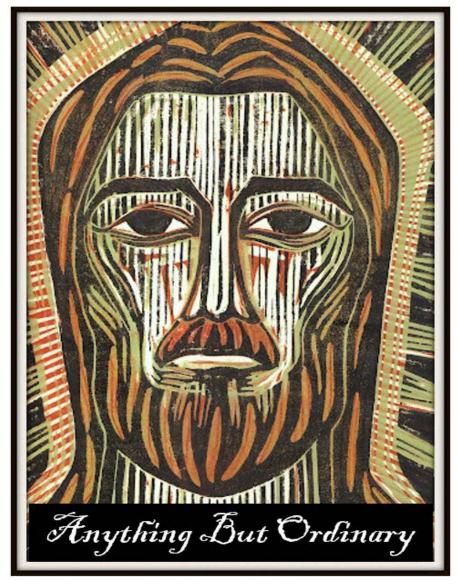
## First United Presbyterian Church of Dale City (PCUSA)

14391 Minnieville Road Woodbridge, VA 22193

703.670.7834 fupcdc.org LIKE us on Facebook Find us on Instagram @fupcdc



4<sup>th</sup> Sunday after Epiphany January 31, 2021 10:00 AM

The Reverend Adam C. Bowling - Pastor

<u>Adam.Bowling@fupcdc.org</u>

828.448.8914

## WE ASSEMBLE IN GOD'S NAME

#### + GATHERING SONG

Today Is The Day

Lincoln Brewster, Paul Baloche (CCLI# 5200924)

#### Verse 1

I'm casting my cares aside
I'm leaving my past behind
I'm setting my heart and mind on You Jesus
I'm reaching my hands to Yours
Believing there's so much more
Knowing that all You have in store for me is good
It's good

#### Chorus 1

Today is the day You have made I will rejoice and be glad in it Today is the day You have made I will rejoice and be glad in it And I won't worry about tomorrow I'm trusting in what You say Today is the day today is the day

#### Verse 2

I'm putting my fears aside
I'm leaving my doubts behind
I'm giving my hopes and dreams to You Jesus
I'm reaching my hands to Yours
Believing there's so much more
Knowing that all You have in store for me is good
It's good

## **Bridge**

I will stand upon Your truth
(I will stand upon Your truth)
And all my days I'll live for You
(All my days I'll live for You)
And I will stand upon Your truth
(I will stand upon Your truth)
And all my days I'll live for You
(All my days I'll live)

#### Chorus 2

Today is the day You have made
I will rejoice and be glad in it
Today is the day You have made
I will rejoice and be glad in it
And I won't worry about tomorrow
I'm giving You my fears and sorrows
Where You lead me I will follow
I'm trusting in what You say
Today is the day (5X)

#### WELCOME

### + CALL TO WORSHIP

Come to worship this day. Bring with you all your joys and sorrows. Jesus will offer hope.

Come to worship this day believing in the power of God through Jesus Christ. Jesus will bring us healing.

Come to worship this day feeling the presence of God.

Jesus will teach us new ways to live.

Let us worship God!

#### + OPENING HYMN

Be Thou My Vision

450

1 Be thou my vision, O Lord of my heart; naught be all else to me, save that thou art; thou my best thought, by day or by night, waking or sleeping, thy presence my light. 2 Be thou my wisdom, and thou my true Word; I ever with thee and thou with me, Lord; thou my soul's shelter, and thou my high tower; raise thou me heavenward, O Power of my power.

3 Riches I heed not, nor vain, empty praise; thou, mine inheritance, now and always; thou and thou only, first in my heart, High King of Heaven, my treasure thou art.

4 High King of Heaven, my victory won, may I reach heaven's joys, O bright heaven's Sun! Heart of my own heart, whatever befall, still be my vision, O Ruler of all.

### PRAYER OF THE DAY

Marti Hall

Almighty God, who commands the universe and all that is made, your Word is the power that makes whole what is broken. Teach us now as you taught in the synagogue. Heal us now so that in all that we say and do, the freedom we have in you may be for others, too; in Jesus' name we pray.

Amen.

### CALL TO CONFESSION

Marti Hall

The one who pardons, heals, and strengthens all who repent calls us to name our failings and our hopes. Let us confess our sins in the presence of God and one another by praying together. . .

#### PRAYER OF CONFESSION

Marti Hall

Holy and all-powerful God, who commands all spirits, comforts those in distress, and casts out destructive forces, we confess that we are unable to do your will. We protect what is familiar and reject what is unknown. We admire those with courage but excuse ourselves when we falter from the truth. We forget that you are always with us, and that with you all things are possible. Forgive us, lead us, make us new. Remove our desire to heed false prophets, and show us your way. Hear us now, as we continue to confess in the silence of our hearts. . .

(Silence is Kept)

### **ASSURANCE OF PARDON** (Romans 8:34)

Hear the good news! Who is in a position to condemn? Only Christ, and Christ died for us, Christ rose for us, Christ reigns in power for us, Christ prays for us. Friends, believe the good news of the gospel.

In Jesus Christ we are forgiven!
Thanks be to God!

#### + RESPONSE

Glory to God, Whose Goodness Shines on Me (verse 1)

582

Glory to God, whose goodness shines on me, and to the Son, whose grace has pardoned me, and to the Spirit, whose love has set me free. As it was in the beginning, is now and ever shall be. Amen.

## + PASSING OF THE PEACE

The peace of Christ be with you.

And also with you.

## WF PROCLAIM GOD'S WORD

TIME FOR CHILDREN

Rev. Adam C. Bowling

PRAYER FOR ILLUMINATION

Sara Porter

**GOSPEL LESSON** 

Mark 1:21-28 NRSV

Sara Porter

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. <sup>22</sup> They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. <sup>23</sup> Just then there was in their synagogue a man with an unclean spirit, <sup>24</sup> and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." <sup>25</sup> But Jesus rebuked him, saying, "Be silent, and come out of him!" <sup>26</sup> And the unclean spirit, convulsing him and crying with a loud voice, came out of him. <sup>27</sup> They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." <sup>28</sup> At once his fame began to spread throughout the surrounding region of Galilee.

This is the Word of the Lord.

Thanks be to God!

1 "Silence! Frenzied, unclean spirit," cried God's healing, Holy One.
"Cease your ranting! Flesh can't bear it.
Flee as night before the sun."
At Christ's voice the demon trembled, from its victim madly rushed, while the crowd that was assembled stood in wonder, stunned, and hushed.

2 Lord, the demons still are thriving in the gray cells of the mind: tyrant voices, shrill and driving, twisted thoughts that grip and bind, doubts that stir the heart to panic, fears distorting reason's sight, guilt that makes our loving frantic, dreams that cloud the soul with fright.

3 Silence, Lord, the unclean spirit, in our mind and in our heart.

Speak your word that when we hear it all our demons shall depart.

Clear our thought and calm our feeling; still the fractured, warring soul.

By the power of your healing make us faithful, true, and whole.

**MESSAGE** 

Anything But Ordinary

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, <u>Adam.Bowling@fupcdc.org</u>.

## WE RESPOND TO GOD'S WORD

#### + HYMN OF RESPONSE

My Hope Is Built on Nothing Less

1 My hope is built on nothing less than Jesus' blood and righteousness; I dare not trust the sweetest frame, but wholly lean on Jesus' name.

#### Refrain:

On Christ, the solid Rock, I stand; all other ground is sinking sand; all other ground is sinking sand.

2 When darkness seems to hide his face, I rest on his unchanging grace; in every high and stormy gale, my anchor holds within the veil. (Refrain)

3 His oath, his covenant, his blood support me in the whelming flood; when all around my soul gives way, he then is all my hope and stay. (Refrain)

4 When he shall come with trumpet sound, O may I then in him be found, dressed in his righteousness alone, faultless to stand before the throne. (Refrain)

## PRAYERS OF THE PEOPLE AND THE LORD'S PRAYER

. . . Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our sins, as we forgive those who sin against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

## SERVICE OF GIVING

Music at the Offering

Hush, Somebody's Callin' My Name The Van Slyke Family Arr. Barazzeal Dennard

353

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

Laurel W.

God of grace, it is our delight and our devotion to give these gifts to you. All we are and all we have are yours alone. Accept this joyful offering as a token of our abiding love: use it to bring peace, justice and comfort to all the world. In Jesus' name we pray. Amen.

## WE GO IN GOD'S NAME

+ CLOSING SONG

My Savior My God Aaron Shust, Dorothy Greenwell (CCLI#: 4592255)

#### Verse 1

I am not skilled to understand What God has willed what God has planned I only know at His right hand Stands One who is my Savior

#### Verse 2

I take Him at His word and deed Christ died to save me this I read And in my heart I find a need Of Him to be my Savior **Pre-Chorus** 

That He would leave His place on high And come for sinful man to die You count it strange so once did I Before I knew my Savior

#### Chorus

My Savior loves my Savior lives My Savior's always there for me My God He was my God He is My God is always gonna be (REPEAT)

#### Verse 3

Yes living dying let me bring
My strength my solace from this spring
That He who lives to be my King
Once died to be my Savior

## **Ending**

My Savior lives my Savior loves
My Savior lives my Savior loves my Savior lives

### CHARGE AND BENEDICTION

+ POSTLUDE

How Great Thou Art Justin Streletz, Pianist

O STORE GUD, Arr. Mark Hayes

+ Please stand, in body or in spirit.

## 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 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 <a href="https://fupcdc.org">https://fupcdc.org</a>.

\* 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 STUDY: On Sundays, February 14<sup>th</sup> March 21<sup>st</sup> from 8:30 9:30 AM on Zoom, join us for <u>FORGIVENESS</u>: A <u>Lenten Study</u>. 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!
- \* 2021 SUPER BOWL OF CARING: Many in our community are struggling with food insecurities. There is an enormous need to help put food on our brothers and sisters' tables. As a Matthew 25 church we are called to reach out to those in need. In years past we have done this by participating in the Souper Bowl of Caring.
  - This year's event will be held on February 6<sup>th</sup> (with February 13<sup>th</sup> as a rain date) from 10:00 AM 12:45 PM in the church parking lot. We will collect non-perishable food and other general items for the ACTS Hunger Prevention Center. If possible, place your donations in your car's trunk to enable a contactless drop off.
  - Please ensure you are wearing a mask and adhere to the six feet social distancing protocol.
  - Examples of items needed are: canned and dried vegetables, fruit and meats, breakfast items, peanut butter and jelly, macaroni and cheese, whole-grain pasta, canned tomato sauce, canned soup, coffee, cooking oil, Pull-Ups and diapers size 5/6, soap, toothpaste, deodorant, shampoo, laundry detergent, feminine hygiene products, etc.
  - Please check all expiration dates and ensure food items have not expired.
  - Your generosity in helping to provide healthy non-perishable food and other needed items to those in need is an expression of God's love for all. Thank you for helping us tackle hunger in Prince William County!

\* ASH WEDNESDAY: On Ash Wednesday, February 17<sup>th</sup>, there will be a worship service at 7:00 PM with Communion and Imposition of Ashes. We are asking participants to gather their own elements of bread and cup for communion. We also ask you to gather your own ashes (from a fire pit, fireplace, etc.) for the Imposition of Ashes. If you cannot gather ashes, you can substitute oil for the ashes (olive oil for example). A shorter 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 <a href="https://www.youtube.com/c/FUPCDC">https://www.youtube.com/c/FUPCDC</a>.

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>.

- \* THESE DAYS: "These Days" (Daily Devotions for Living by Faith) January/February/March 2021 are here! Please contact the Church Office at <a href="mailto:office@fupcdc.org">office@fupcdc.org</a> or 703-670-7834, to receive your book.
- \* GIVING: Thank you to those who have already pledged for 2021. Your support of the programs and ministries of FUPCDC that are *IMPACTING LIVES* is greatly appreciated! If you have not already pledged, you can do so by completing a pledge card and mailing it to the church or by going to the church website and clicking on the 2021 Pledge Card button. Contributions can be made by a check mailed to FUPCDC, 14391 Minnieville Road, Woodbridge, VA 22193 or online by going to the church website, <a href="https://fupcdc.org/give-online">https://fupcdc.org/give-online</a>. Thank you for giving to the Lord.
- \* SUNDAY SCHOOL CLASS (Simon Peter: the Flawed but Faithful Disciple): He left everything to follow his teacher and possessed a passion that would change the world. That's one way to describe Peter. Here's another: poor, uneducated, quick-tempered, and full of doubts and fears. It doesn't even sound like the same man. This is a six-week study utilizing material developed by Adam Hamilton. Class will meet Sundays, 8:30 to 9:30 AM via Zoom. All are invited to participate. Contact Peter Glyer, 703-590-0856 or <a href="mailto:peterglyer@gmail.com">peterglyer@gmail.com</a> for additional information.
- \* 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 <a href="mailto:bettysmatthews1@verizon.net">bettysmatthews1@verizon.net</a> for more information. The Bible Buddies' new study is <a href="mailto:Choose Joy: Because Happiness Isn't Enough">Choose Joy: Because Happiness Isn't Enough</a> 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.
- \* NEW FLOWER CHART FOR 2021: The 2021 flower chart is now hanging in the Narthex Welcome Center. If you would like to sign up, please contact Kim in the church office to check availability. The cost remains \$40.00. We need to know the week you would like them, who you would like them in honor or memory of, and if you would like to keep the flowers or donate them to the flower ministry. If you wish to donate them, they will be given to members of the congregation to share God's love and cheer them up. If you have any questions, please contact Gail Cobb at gailzcobb@gmail.com.
- \* CHILDREN'S EDUCATION: Every Sunday, 8:45 9:30 AM, we will be joining 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.
- \* 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, 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 Glyer at <a href="mailto:lizglyer@gmail.com">lizglyer@gmail.com</a>.
- \* 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 <a href="mailto:samjparris@aol.com">samjparris@aol.com</a>.

- \* 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.
- \* 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, <a href="mailto:samjparris@aol.com">samjparris@aol.com</a>.
- \* 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.

## Student Ministry News

\* TEXT MESSAGES: Sign up for Text Messages: Text @youthfupc to 81010.

## Joys and Concerns

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

ŧ	Jennifer Kerr Shy	е	<ul> <li>Larry Hodges</li> </ul>	*	Dana Schnebelt	*	Norman Cox
Ŷ	Kym Havens	*	Jeanette Gregory	*	Baby Louisa Wolstenholme	*	Jeannine Menzie
*	Marti Glyer	*	Joanne Willis	*	Baby Dean Moy	*	Larry Menzie
*	Lili Avity	ĸ	Amanda Peck	*	Lee and Giselle Watenpaugh	*	Linda Ford
*	Jim Lawson	*	Mary Jackson	*	Jim and Jerolyn Randles	*	Lynn Wilson
*	Patrick Cobb	*	Virginia McPherson	*	Sam Parris' Dad	*	Leigh Anderson
*	Barb McGill	*	Debbie Niederriter	*	Bill and Laura Parris	*	Grace Ofosu-Addo
*	Waddell	*	Marjorie Lawrence	*	Jason, Adriana, Mikhail Corbin	*	Tim Elliott
*	Kathryn Avery	*	Hunter Martin	*	Mildred Shenk	*	Nate Johnson
*	Becca Whitfield	*	Annette Martin	*	Gordon MacDonald	*	Shirley Westveer

- Derrick Schnebelt \* Ann \* Dineen \* Brady
   God help and comfort those who have lost family and/or friends to the virus.
- Prayers for our country and president. Linda Wolstenholme
- Prayers for the family of my next door neighbor, Marcia Hallums, who passed away on January 27, 2021, from COVID. Betty Matthews

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

**†** Kelsey Gibson

- Ann and Doug Randles

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

## Celebrations of joy with thanksgiving to God:

- Thanks be to God for each of you and your prayers, cards, well wishes and love extended to our family during the loss of my sister, Eunice, and the continued recovery of Nathan's rehab. He is in his last week of therapy and progressing well. God's steadfast love endures forever.

  Sue and Nate Johnson
- What an uplifting sight for these old eyes last Saturday when I opened my front door to see F.U.P. Care-A-Van 4 Joy folks standing in my front yard. Yes, they were wearing masks and bundled up against the winds. They carried poster boards with many sayings, plus, small gifts. I will say they brought tears of joy to know I was remembered and loved. God bless all. Jean Peterman

## The churches of National Capital Presbytery, especially:

- ♣ Mount Vernon Presbyterian Church Alexandria, VA
- The National Presbyterian Church Washington, DC

# Calendar January 31 - February 7, 2021

### SUNDAY, January 31

8:30 AM Simon Peter Sunday School Class via Zoom

8:45 AM Children's Education via Zoom

10:00 AM Worship - one service - Online Live Stream

#### MONDAY, February 1

10:00 AM Personnel Committee via Zoom

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 2

3:00 PM Congregational Connections Committee via Zoom

6:00 PM Mission and Outreach Committee via Zoom 7:00 PM Adult Christian Education Committee via Zoom

#### WEDNESDAY, February 3

10:30 AM Holy Fitness via Zoom

7:00 PM Pastor's Bible Study via Zoom

## THURSDAY, February 4

## FRIDAY, February 5

10:30 AM Holy Fitness via Zoom

## SATURDAY, February 6

8:30 AM Contemplative Yoga via Zoom 10:00 AM Souper Bowl of Caring Collection

## SUNDAY, February 7

Souper Bowl of Caring

8:30 AM Simon Peter Sunday School Class via Zoom

8:45 AM Children's Education via Zoom

10:00 AM Worship - one service - Online Live Stream

## 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	
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·····	
Office Manager·····	····· Kim Parker

## **SESSION**

Peter Glyer ('21) ······ Adult Christian Education ····· 703-590	-0856
Mike Gundel ('22) ······ Building & Grounds ····· 301-767	-5030
Ruth Washburg ('22) ····· 703-407	-3976
Cathy Albrecht ('23) ··········Communications ·······703-670-	-8369
Betsy Gilbert ('23) ······· Congregational Connections····· 703-670-	-4949
Jon Guest ('22) ······703-491	-4006
Chris Martin ('23) ····· Information Technology ···· 585-455	
Dave Stokes ('22) ······703-583	
Pam Cox ('21)	-6319
Linda Wolstenholme ('23) ········Nominating ······ 703-878	
Norman Cobb ('21) · · · · · · · Personnel · · · · · · · 703-878	
Jon Guest ('22) ······ 703-491-	4006
Pat Manalio ('23) ······703-680-	5058
Marti Hall ('22) ······703-626-	
Afton Schwalm ('23) ············Youth Ministry ···········571-221-	0778
Rev. Adam C. Bowling ·······828-448-	
Sara Porter ····· 703-670-	8737

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Little Hands Preschool, 703-878-2366