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



5th Sunday after Epiphany Souper Bowl of Caring Sunday February 7, 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

I Will Call Upon the Lord

Michael O'Shields (CCLI# 11263)

Verse

I will call upon the Lord (ECHO)
Who is worthy to be praised (ECHO)
So shall I be saved from my enemies (ECHO)
I will call upon the Lord

Chorus

The Lord liveth
And blessed be my Rock
Let the God of my salvation be exalted
(REPEAT)

WELCOME

+ CALL TO WORSHIP (based on Isaiah 40:21-31)

Don't you know? Haven't you heard?

God created all things and summons everyone by name.

Don't you know? Haven't you heard?

No one - nothing - can compare to God's glory.

Don't you know? Haven't you heard?

The Lord is the everlasting God, the creator of the ends of the earth, and never grows tired or weary.

Don't you know? Haven't you heard?

Those who hope in the Lord

will renew their strength forever and ever.

Let us Worship God!

Refrain:

Alleluia, alleluia! Give thanks to the risen Lord. Alleluia, alleluia! Give praise to his name.

1 Jesus is Lord of all the earth. He is the King of creation. (Refrain)

2 Spread the good news o'er all the earth: Jesus has died and has risen. (Refrain)

3 We have been crucified with Christ. Now we shall live forever. (Refrain)

4 Come let us praise the living God, joyfully sing to our Savior. (Refrain)

PRAYER OF THE DAY

Abby W.

Everlasting God, you give strength to the powerless and power to the faint; you raise up the sick and cast out demons. Make us agents of healing and wholeness, that your good news may be made known to the ends of your creation. In Jesus' name we pray.

Amen.

CALL TO CONFESSION (John 3:19-21)

Abby W.

As we begin a new week in the shelter of God's love, let us be truthful about our lives, about our living, and about our limits. Confident of God's love, let us make our confession before God and one another as we pray together, saying. . .

PRAYER OF CONFESSION

Abby W.

Gracious and Holy God, we make no pretense about our lives. We forget, even deny that we were created with wonder and delight in our souls. Yet, we go through life anxious and stressed, seeking to get ahead, striving to make ends meet. We rush and hurry, and fill up our calendars. Where is the joy? Where are the times of rest? Where is our sense of delight? Forgive us, Lord, for failing to be the people that you created us to be, and remind us that we are loved for who we are, just as we are. May our lives not primarily be formed by the demands of our work, the expectations of our culture, or the urgings of our feelings. Rather, may our lives be formed by you, by your example, by your truth. Hear us now, as we continue to confess in the silence of our hearts. . .

(Silence is Kept)

ASSURANCE OF PARDON

Jesus has come to heal our spirits and our souls.

The demons of arrogance, indifference, and overworking are being cast out.

Forgiveness and new life is offered to us in Jesus Christ.

Rejoice! Be Glad! For God's love is poured out to us this day.

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.

WE PROCLAIM GOD'S WORD

TIME FOR CHILDREN

PRAYER FOR ILLUMINATION

Regina G.

OLD TESTAMENT LESSON

Isaiah 40:28-31 NRSV

Regina G.

Have you not known? Have you not heard? The Lord is the everlasting God,

the Creator of the ends of the earth.

He does not faint or grow weary; his understanding is unsearchable.

²⁹ He gives power to the faint, and strengthens the powerless.

³⁰ Even youths will faint and be weary, and the young will fall exhausted;

but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

This is the Word of the Lord.

Thanks be to God!

GOSPEL LESSON

Mark 1:29-39 NRSV

Rev. Adam C. Bowling

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. ³⁰ Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. ³¹ He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

³² That evening, at sunset, they brought to him all who were sick or possessed with demons. ³³ And the whole city was gathered around the door. ³⁴ And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

³⁵ In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶ And Simon and his companions hunted for him. ³⁷ When they found him, they said to him, "Everyone is searching for you." ³⁸ He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." ³⁹ And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

This is the Word of the Lord.

Thanks be to God!

MESSAGE

When Life Comes At You

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

Blessed Assurance, Jesus is Mine!

839

1 Blessed assurance, Jesus is mine! Oh, what a foretaste of glory divine! Heir of salvation, purchase of God, Born of His Spirit, washed in His blood.

Refrain:

This is my story, this is my song, Praising my Savior all the day long; This is my story, this is my song, Praising my Savior all the day long.

2 Perfect submission, perfect delight, Visions of rapture now burst on my sight; Angels, descending, bring from above Echoes of mercy, whispers of love.

3 Perfect submission, all is at rest, I in my Savior am happy and blest, Watching and waiting, looking above, Filled with His goodness, lost in His love.

SERVICE OF GIVING

Rejoice, Ye Pure in Heart Justin Streletz, Pianist

Arthur H. Messiter, Arr. Cindy Berry

+ PRAYER OF DEDICATION

Sadie M.

God, you have given each of us gifts to use as members of the body of Christ. Here are our gifts - the work of our hands, our hearts, and our lives. We pray that they may help to bring the Good News of Jesus Christ to our world, today and always, here and everywhere. It is in Jesus' name we pray.

Amen.

THE SACRAMENT OF THE LORD'S SUPPER

INVITATION TO THE LORD'S TABLE

GREAT PRAYER OF THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise. . .

THE LORD'S PRAYER (Sung) Dana Van Slyke, Soloist

Albert Hay Malotte

. . . 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.

WORDS OF INSTITUTION

COMMUNION OF THE PEOPLE

Music during Communion Let Us Break Bread Together FUPCDC Virtual Choir

525

Annual One License w/Podcasting (Category C) A-729554 for Dec 05, 2019 - Dec 04, 2020

Note: This African American spiritual quite possibly reflects the circumstances of slaves attending early morning communion services in colonial Anglican churches, but its combination of hope ("rising sun") and supplication ("Lord, have mercy") speaks to many worshipers' experience.

PRAYER AFTER COMMUNION

Lord God, in deep gratitude for this moment, this meal, these people, we give ourselves to you. Take us out to live as changed people because we have shared the living bread and cannot remain the same. Ask much of us, expect much from us, enable much by us, encourage many through us. So, Lord, may we live to your glory, both as inhabitants of earth and citizens of the commonwealth of heaven. Amen.

WE GO IN GOD'S NAME

+ CLOSING SONG

Old Church Choir

Colby Wedgeworth, Ethan Hulse, Zach Williams (CCLI# 7071239)

Verse 1

There's revival and it's spreading
Like a wildfire in my heart
A Sunday morning hallelujah
And it's lasting all week long
Can you hear it
Can you feel it
It's the rhythm of a gospel song
Oh once you choose it you can't lose it

Pre-Chorus

(Oh 'cause) There ain't nothing There ain't nothing gonna steal my joy

Chorus

I've got an old church choir singing in my soul
I've got a sweet salvation and it's beautiful
I've got a heart overflowing
'Cause I've been restored
(No) there ain't nothing gonna steal my joy
No there ain't nothing gonna steal my joy

Verse 2

When the valleys that I wander
Turn to mountains that I can't climb
Oh You are with me You never leave me

Bridge

Clap your hands and stomp your feet
'Til you find that gospel beat
'Cause He's all you'll ever need
All you'll ever need
Clap your hands and stomp your feet
'Til you find that gospel beat
'Cause He's all you'll ever need
All you'll ever need

Interlude

I've got an old church choir singing in my soul I've got a sweet salvation and it's beautiful

Ending

Oh there ain't nothing gonna steal my joy

CHARGE AND BENEDICTION

- + POSTLUDE Here I Am to Worship with Crown Him with Many Crowns

 Justin Streletz, Pianist Arr. Cindy Berry
- + Please stand, in body or in spirit.

The Session has called the State of the Church and Incorporation Annual Meeting on February 21st, at the one worship online service, at 10 AM. The purpose of the meeting is to receive the Annual Report and to elect new church officers.

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 https://fupcdc.org.
- * 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

THEOREM STUDY: On Sundays, February 14th - March 21st 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!

* ASH WEDNESDAY: On Ash Wednesday, February 17th, there will be a worship service at 7 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 (palm ash, not wood ash) 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 24th. On Thursday, April 1st, 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.

A note about ashes: Remember that wood ash if it gets wet turns to lye and will burn skin. If you can not get palm ash, use oil, not ash from wood fires.

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 14th.

- * 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, https://fupcdc.org/give-online. 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 peterglyer@gmail.com 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 bettysmatthews1@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.

- * 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 2nd grade to 6th 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 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 samiparris@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.

- * 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, samiparris@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.

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:

*	Emmanuel Dankyi-Ankoma		*	Dana Schnebelt	*	Norman Cox
*	Ann Hoagland *	Gordon MacDonald	*	Baby Louisa Wolstenholme	*	Jeannine Menzie
*	Marti Glyer *	Joanne Willis	*	Baby Dean Moy	*	Larry Menzie
*	Lili Avity *	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 Corbir	*	Tim Elliott
*	Kathryn Avery *	Hunter Martin	*	Mildred Shenk	*	Nate Johnson
*	Becca Whitfield *	Annette Martin	*	Jennifer Kerr Shye	*	Larry Hodges
*	Derrick Schnebelt	* Ann * Dineen	*	Brady * Jennifer Kerr Shy	*	Kym Havens

- God's comfort for the wife and family of Jim Toner, who passed away from ALS on Saturday, January 30, 2021. Helen Franchois
- **†** Prayers for the residents and staff of Potomac Place. Linda Wolstenholme
- * God help and comfort those who have lost family and/or friends to the virus.
 - Ann and Doug Randles
- * 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
- 🗘 2nd 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:

- New Hope Presbyterian Church Derwood, MD
- The New York Avenue Presbyterian Church Washington, DC

Calendar February 7 - 14, 2021

SUNDAY, February 7 Souper Bowl Sunday

8:30 AM Sunday School Class - Simon Peter via Zoom

8:45 AM Children's Education via Zoom

10:00 AM Worship - Communion - Online Live Stream

MONDAY, February 8

9:30 AM Horizons Bible Study via Zoom

10:30 AM Holy Fitness via Zoom 7:00 PM Bible Buddies via Zoom

7:00 PM Electronic Sign Task Force Meeting via Zoom

8:30 PM Production Meeting via Google Meet

TUESDAY, February 9

6:00 PM Safety and Security Committee via Zoom

7:00 PM Stewardship Committee via Zoom 7:00 PM Worship Committee via Zoom

WEDNESDAY, February 10

10:30 AM Holy Fitness via Zoom

7:00 PM Pastor's Bible Study via Zoom

THURSDAY, February 11

7:00 PM Finance and Administration Committee via Zoom

7:00 PM LHP Advisory Board Meeting via Zoom

FRIDAY, February 12

10:30 AM Holy Fitness via Zoom

SATURDAY, February 13

8:30 AM Contemplative Yoga via Zoom

SUNDAY, February 14

Transfiguration Sunday

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 Stream1:15 PM Building and Grounds Committee via Zoom

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.¹

2021 BOARD OF DEACONS

Class of 2021	Class of 2022	Class of 2023
Agnes Fokwa	Amy Bean	Bob Albrecht
Deborah Folly	Liz Goolgasian	Sandy Chamberlin
Lisa C. Fortner	Charlotte Stultz	Claudia Cunningham
Kathy McNeely		Pam Emert
Carol Schwalm		Ellen Nuernberger
Celine Sonkwa		Tracy Stevens

RULING ELDERS: THE MINISTRY OF DISCERNMENT AND GOVERNANCE

As there were in Old Testament times elders for the government of the people, so the New Testament church provided persons with particular gifts to share in discernment of God's Spirit and governance of God's people. Accordingly, congregations should elect persons of wisdom and maturity of faith, having demonstrated skills in leadership and being compassionate in spirit. Ruling elders are so named not because they "lord it over" the congregation (Matt. 20:25), but because they are chosen by the congregation to discern and measure its fidelity to the Word of God, and to strengthen and nurture its faith and life. Ruling elders, together with teaching elders, exercise leadership, government, spiritual discernment, and discipline and have responsibilities for the life of a congregation as well as the whole church, including ecumenical relationships. When elected by the congregation, they shall serve faithfully as members of the session. When elected as commissioners to higher councils, ruling elders participate and vote with the same authority as teaching elders, and they are eligible for any office.²

See current ruling elders of FUPCDC on page 16 of bulletin.

¹ The Constitution of the Presbyterian Church (USA), Part II, Book of Order: 2013/2015, 2013. Published by The Office of the General Assembly, 100 Witherspoon Street, Louisville, KY 40202, p. 26.

² ibid., p. 60

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 Glyer ('21)	
Rev. Adam C. Bowling ········Moderator······ Sara Porter ·······Clerk of Session····	828-448-8914 703-670-8737

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

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