



# First United Presbyterian Church of Dale City

## Chronicles

### February 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 Stretetz, Pianist/Organist  
Rebecca & 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

#### MESSAGE FROM PASTOR ADAM

FUPCDC Friends,

Did you know we are an official “Matthew 25 church” in the PC(USA)? On October 17, 2019 the session of First United Presbyterian Church of Dale City (FUPCDC) voted to become a “Matthew 25 Church” as part of the initiative of the Presbyterian Church (USA) by recognizing Christ’s urgent call to be a church of action where God’s love, justice, and mercy shine forth and are contagious.

#### What is a Matthew 25 church?

Matthew 25:31- 46 calls all of us to actively engage in the world around us, so our faith comes alive and we wake up to new possibilities. Convicted by this passage, both the 222nd and 223rd General Assemblies (2016 and 2018) exhorted the PC(USA) to act boldly and compassionately to serve people who are hungry, oppressed, imprisoned, or poor.

#### How the vision unites all Presbyterians:

By accepting the Matthew 25 invitation, we can help our church and denomination become a more relevant presence in the world. We recognize Christ’s urgent call to be a church of action, where God’s love, justice, and mercy shine forth and are contagious. We also rejoice how our re-energized faith can unite all Presbyterians for a common and holy purpose: our common identity to do mission.

There are already PC(USA) congregations that identify themselves as Matthew 25 churches. We aim to help multiply this loving commitment to radical and fearless discipleship by partnering with them to help embrace these three focuses:

- **Building congregational vitality** by challenging people to deepen their faith and get actively and joyfully engaged with their community and the world.
- **Dismantling structural racism** by advocating and acting to break down the systems, practices and thinking that underlie discrimination, bias, prejudice and oppression of people of color.
- **Eradicating systemic poverty** by working to change laws, policies, plans and structures in our society that perpetuate economic exploitation of people who are poor.

At our annual “State of the Church” meeting, scheduled for **ONE SERVICE at 10:00 AM on Sunday, February 23, 2020**, you will hear more about this initiative. I also plan to write a separate article on each of these three areas in upcoming newsletters. So, stay tuned!

Continued on Page 2



Until then, read this important scripture, and think and dream about the ways we can be doing this important work here at FUPCDC and beyond the walls of the church!

**Matthew 25:31-46**

*“When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. <sup>32</sup> All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, <sup>33</sup> and he will put the sheep at his right hand and the goats at the left. <sup>34</sup> Then the king will say to those at his right hand, ‘Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; <sup>35</sup> for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, <sup>36</sup> I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.’ <sup>37</sup> Then the righteous will answer him, ‘Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? <sup>38</sup> And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? <sup>39</sup> And when was it that we saw you sick or in prison and visited you?’ <sup>40</sup> And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’ <sup>41</sup> Then he will say to those at his left hand, ‘You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; <sup>42</sup> for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, <sup>43</sup> I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.’ <sup>44</sup> Then they also will answer, ‘Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?’ <sup>45</sup> Then he will answer them, ‘Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.’ <sup>46</sup> And these will go away into eternal punishment, but the righteous into eternal life.”*

On the journey with you,  
Pastor Adam

**Session Notes**

The Session has called the annual congregational meeting for February 23 during the one service at ten am. We will receive annual reports and elect the 202 nominating committee. Immediately following that meeting the session has called for the annual meeting of First United Presbyterian Church of Dale City, Virginia, Incorporated to elect the 2020 trustees which will be the 2020 Session elders. We are required to have at least one meeting of the corporation yearly, and every active member of the congregation is a voting member of the corporation.

Our treasurer, Gary Smith, has discovered that mail containing checks has been stolen from our mailbox. He has notified the Post Office authorities and has also been in touch with a few people who were affected by the thefts. A new locking mailbox was installed and that was also broken into. It was replaced and a monitoring camera is being installed to cover that area. Gary and the Finance committee recommend that we either use the Presbyterian Foundation electronic payment system or bring cash/checks to the church instead of the banking bill-pay system. Gary and Finance committee members can help set up a safe way to transfer money to the church.

The Personnel Policy has been updated to allow consideration of changing conditions in the inclement weather policies, including evening and weekend activities. We will usually follow Prince William County Schools for daytime, and announcements about evening and weekend activities will be posted on FUPCDC's social media sites.

Bob and Sara Porter were elected as two of the 2020 commissioners to meetings of National Capital Presbytery. Session elders will attend individual meetings on a rotating basis as the third commissioner from this congregation.

Committee membership lists for 2020 were approved.

*Submitted by Sara Porter, Clerk of Session*

## Worship Committee

**HELP NEEDED!** Men, Women and Youth (16+) to volunteer to run the Video during the 8:30 AM and/or 11:00 AM services. We will teach you. Contact Peter Glycer at 703-590-0866 or Marti Hall at 703-626-2269.

Submitted by Marti Hall, Worship Committee Elder

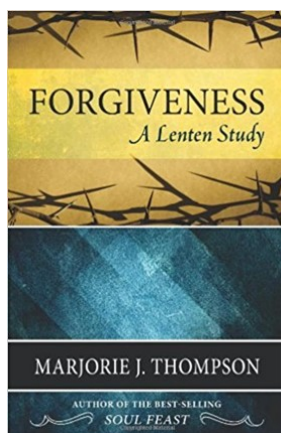
## Adult Christian Education



### Isaiah the Prophet

The prophet Isaiah wrote many words that are familiar to us (“For unto us a child is born...” is but one example.) but the prophet himself is shrouded in mystery. To add to the mystery, many believe that the prophecies of Isaiah are the work of not one but *three* individuals, writing at different times in Israel’s history. In our 2020 winter/spring adult Sunday class, we will examine Isaiah and his prophecies. We will attempt to shed some on the words that have meant so to Christians over the years.

Please join Larry Greenslit and Bob Porter in the **Triple Room** at 9:45 AM.



### **FORGIVENESS:** A LENTEN STUDY

The Lenten period is a time to reflect on our Christian journey. It is an appropriate time to *deepen our understanding and practice of forgiveness*. Using biblical examples and real life situations, this study is perfect for examining both our ability to forgive and our own need for forgiveness.

Join Cathy Smith, Facilitator on **Sunday** beginning **March 1, from 9:45 AM in Room 22**. (March 1, 8, 15, 22 and 29).

## DINNER WITH FRIENDS

Do you enjoy socializing with friends from the church? Do you enjoy cooking or dining out? Do you love a delicious meal? If any of these are the case, then Dinner with Friends is for you. We are a dinner group that has been part of the church for over 30 years, but perhaps you are new and haven’t yet heard of this opportunity for fellowship. If you are interested in learning more, please contact Elizabeth Glycer at [lizglyer@gmail.com](mailto:lizglyer@gmail.com) or 703-590-0856.



# Adult Christian Education

## **Seder, 2020**

The Maundy Thursday service, April 9, 2020 at FUPCDC will be especially meaningful to all. Before we take Communion, we will be journeying back to the Last Supper Jesus took with his disciples. The meal was the traditional Seder meal served before Passover. This is a meal that will be part of our Christian Seder. We will also have a simple but nourishing meal as well.

This service will involve the entire congregation on many levels. There are many ways you can participate with the preparations for this service, or within the service itself. Join the Seder task force that is planning all of this, be a member of the Seder service preparations team, join the cooking team that is preparing the Seder meal (Nancy Feldner is preparing delicious soup for the main meal), aide the shopping team, be part of the team for child care for children 5 and under, be a craft person for the K-2<sup>nd</sup> grade kids, help with the children's meal (for those under the age of third grade), become a part of the set up or take down team: these are all ways that you can be a part. But most importantly, attend this special service if you are able.

Participation will begin with the Narthex-sign ups. Read your March newsletter invitation and respond! Please remember that we are called to serve! Contact Pastor Adam, any member of the Adult Ed. Committee, or Cathy Smith with questions!

## **Interfaith Day of Learning - A great experience by Elder Ross Schwalm**

On January 18, 2020, over 40 people from seven different faith communities gathered at Congregation Ner Shalom for a day to share faith experiences and values. First United co-sponsored this event with Congregation Ner Shalom as part of the Adult Christian Education Fair Share Community Speaker Series. Representatives from faith communities included Jews, Presbyterians, Episcopalians, Unitarians, Latter Day Saints, Brethrens and Hope Aglow Empowerment Center who came together throughout the day to discuss topics relevant to the world at large.

The first seminar on resilience included the Jewish Proverb "Ask not for a lighter burden, but for broader shoulders." Participants discussed times in their faith journeys when they needed to have resilience. We also did a self assessment survey to determine our resilience score and then had the opportunity to share with each other how we personally built resilience. We were also given techniques to help others build resilience.

Rabbi Elizabeth (Liz) Goldstein offered a traditional Jewish prayer of thanks for our lunch which was served up by members of her congregation. It was a great time to meet with other participants to learn about their faith communities and the sorts of missions and ministries they support in the community.

The second seminar was Imagine a Just World. David used the lyrics from John Lennon's song "Imagine" to initiate the conversation. The lyric phrases were cut into strips and placed on the floor around the room. The participants were asked to move around the room, read each lyric and then decide which one best resonates with them. The lyrics "No Heaven" or "No Hell" had no one gather around them. It was a testament to the strength of faith in the group. Participants had to make the case why they picked a lyric to stand by. It was a powerful way to see and hear how people imagine or in some cases support creating a more just world. David led us through a discussion on the Creation story and asked us a series of questions to determine if we felt a just world was created at the beginning of time. We also had to make a case if we thought that the work of creation was complete. If not complete, how do we proceed to create a more just world? Across the faith participants it came down to "Living by the Word" as each faith group had scripture models to make us act to the help others. We also did an activity with water color paint where we all contributed to the overall finished product by passing paint one direction and the painting in the opposite direction. It allowed us to see how different people interpreted instructions in a different manner through the objects they painted on the paper.

The third seminar was Jewish Cooking and Bal Tashcit (Don't Waste). We started the seminar with picking our favorite plant foods and discussed how these effect the planet. David divided us into groups and had us cut up vegetables to make lettuce wraps. We discussed techniques to cut a little off as necessary to consume most of the growth of the plant. Any waste we did have was for a compost pile or in the case of romaine lettuce, we were taught how to cut it and replant it as it will regrow. This was the first time this hands on activity was done by IJSL and we made quite the mess in the welcome area of Congregation Ner Shalom synagogue!

Rabbi Liz closed out the 24 hour Jewish Sabbath with a traditional candle lighting and song. It is a brief 15 minute service normally conducted in a family home each week. Overall, it was a great experience meeting and discussing our shared faith values with members of the greater Prince William community.



# FUPCDC Earth Care Group

What could be better than a bowl of hot chili and a piece of cornbread on a cold night? Try these healthy, earth-friendly recipes taste-tested and approved by members of the Earth Care group.

## Best D\*\*\* Vegan Chili Ever Author: Brand New Vegan

### Ingredients

- 1 large onion (diced)
- 1 large red bell pepper (diced)
- 1 large green bell pepper (diced)
- 3-4 cloves garlic (minced)
- 8 oz favorite meat substitute OR ½ cup bulgur wheat, uncooked
- 8 oz tomato sauce (no salt)
- 15 oz can diced tomatoes
- 2 cups vegetable broth (low sodium)
- ½ can refried beans (no fat; 15 oz can)
- ¼ CUP chili powder
- 2 tsp ground cumin
- 1 tsp paprika 1 tsp oregano
- 1 tsp chipotle chili powder (optional)
- 1 can pinto beans (15 oz; drained and rinsed)
- 1 can kidney beans (50% less sodium; not drained)
- ½ tsp black pepper
- ½ tsp garlic powder
- 2 Tbs pickled jalapenos (with juice; adds heat so adjust accordingly)
- 1 – 2 Tbs Masa Harina Tamale flour (if necessary to thicken)

### Instructions

- 1) Chop onions and peppers into large soup pot.
- 2) Saute in splash of vegetable broth until translucent.
- 3) Add minced garlic and saute additional 30 seconds until fragrant.
- 4) Add meat substitute OR uncooked bulgur and continue to stir until heated through.
- 5) Add tomatoes, tomato sauce and remaining broth.
- 6) Add spices and mix well.
- 7) Add beans and jalapenos and stir.
- 8) Sprinkle 1 – 2 Tbs of the Masa on top if it needs thickening.
- 9) Stir and bring to slow boil.
- 10) Reduce heat, cover, and simmer for 15 – 30 minutes.



## Sweet Cornbread without Milk

Author: The Taste of Kosher

### Ingredients

- 1 cup cornmeal
- 1 cup all-purpose flour
- 2/3 cup sugar
- 1 Tbs baking powder
- ½ tsp salt
- 1 cup water
- 2 eggs, beaten
- 1/3 cup cooking oil

### Instructions

- 1) Preheat oven to 400 degrees.
- 2) Whisk together cornmeal, flour, sugar, baking powder and salt in a mixing bowl.
- 3) Add water, egg, and oil. Mix well.
- 4) Pour into 8 x 8 baking pan lined with parchment paper.
- 5) Bake for 15 – 20 minutes or until a toothpick inserted into the center comes out clean.
- 6) Let cool before cutting.



Earth-friendly recipes such as these are good for our bodies as well as the Earth. Please let us know if you try either of these recipes!

*“The Earth is the Lord’s, and everything in it, the world and all who live in it” Psalm 24:1*

## Mission and Outreach

### RISE AGAINST HUNGER - SAVE THE DATE!

On April 25 at 9:00 AM we will host the sixth Rise Against Hunger meal packaging event at FUPCDC. This year we have extended an invitation to Covenant Presbyterian Church and the Dumfries Methodist Church. Stay tuned for more information about this exciting event.



## Wednesday Night Alive

Wednesday Night Alive is an opportunity to connect and grow while enjoying a dinner each Wednesday night followed by Pastor's Bible Study and Chancel Choir rehearsal. The first Wednesday of each month is a potluck, and on the following Wednesdays enjoy a delicious homemade meal. Salad, drinks and dessert are also provided each week.

There is no charge for the dinner, just a donation to help cover the cost of the food.

Please join us for **FOOD, FAITH, FELLOWSHIP AND FUN!**



**Food. Faith. & Fellowship**

- Feb. 5 Potluck– Chicken Alfredo
- Feb. 12 Sloppy Joes and Mac-n-Cheese
- Feb. 19 Potluck– Favorite Dishes
- Feb. 26 Tacos and Spanish Rice

## Deacons

The ministry of a Deacon as set forth in Scripture is one of compassion, witness, and service after the example of Jesus Christ (Mark 9:35). It is the duty of Deacons to minister to those who are in need, to the sick, to the friendless and to any others who may be in distress. The role of Deacons at FUPCDC is designed to be a ministry of compassion and care manifested by Deacons developing caring relationships with assigned members encouraging those members to be active participants in the life of the congregation. Deacons once ordained or installed serve a three-year rotation with the church. Feel free to reach out to any of the Deacons on the 2020 Board with questions or encouragement.

### 2020 BOARD OF DEACONS

#### A Ministry of Compassion and Service

##### Class of 2020

Agnes Fokwa  
Lisa Fortner  
Kathy McNeely  
Carol Schwalm  
Celine Sonkwa

##### Class of 2021

Amy Bean  
Karen Elliott  
Liz Goolgasian  
Peggy Heins  
Therese Same

##### Class of 2022

Bob Albrecht  
Sandy Chamberlin  
Claudia Cunningham  
Pam Emert  
Ellen Nuernberger

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 by calling the number listed above or the church office (703-670-7834).*

# Mission and Outreach



November 2019

First United Presbyterian Church Of Dale City  
14391 Minnieville Rd.  
Woodbridge, VA 22193

Dear Friends:

In the book of Acts, the story of Pentecost tells of the amazing way the Holy Spirit pulled together a fragmented and frightened group of Jesus' followers, resting on them and filling them with fresh ways to speak the good news of God's love. The story is told in a way that reminds believers of the old story of the tower of Babel in Genesis, where the unity and common purpose of humanity was shattered through pride, misunderstanding and confusion. It was a disaster that shattered human community. I am thinking today how that old story unfolds again and again in the disasters we witness—tired and fearful refugees from South Sudan and Syria, the hard, ongoing work of recovery after fires in the West, typhoons in Southern Africa, major hurricanes in Puerto Rico, Texas, the Carolinas and Florida; and the fearful vulnerability of communities shattered by increasing incidents of mass gun violence, especially in American schools.

Yet, I am also filled with gratitude for the ways that *new* story of Pentecost is also unfolding, as good news is demonstrated, transcending differences of language, culture and race, through the gifts, prayers, and volunteer hours of so many in the Presbyterian family. By your generous gift to Presbyterian Disaster Assistance, you have spoken the language of love in a tangible, impactful way, offering a gift that helps to bring renewed hope and joy to those individuals and communities suffering from disaster and its aftermath. On behalf of them, we thank you.

I rejoice in the PCUSA's partnership with disciples like you, who, along with our ancestors in the early church, gave when asked and served with compassion and faithfulness.

Please know that your gift of \$975.00 on 10/7/2019 to DR000194 Disaster Relief--Hurricane and Typhoon Relief blesses those who walk the hard road toward recovery, letting them know they are not alone, helping them to find hope in the midst of chaos, and making real the promise of Pentecost—the tangible demonstration of the "mighty acts of God" in healing and restoration...in the language each one needs most to hear.

In Christ's peace,

A handwritten signature in blue ink that reads "Laurie A Kraus".

The Rev. Dr. Laurie A Kraus  
Director, Presbyterian Disaster Assistance

[pda.pcusa.org](http://pda.pcusa.org)

O: (502) 569-5839 | TF: (800) 728-7228 x5839  
100 Witherspoon Street | Louisville, KY 40202



**It's that time again. Registration for the 2020 – 2021 school is here!**

**Priority registration will be from January 7 – January 31.**

**Open registration for all including the community begins February 3.**

**We offer engaging, compassionate, interactive experiences for preschool children. We have availability in the following programs. All program are offered from: 9:15 AM– 12:15 PM.**

**Toddler 2.5, two and a half year– year – old classroom sessions meet on Monday and Wednesday and Tuesday and Thursday.**

*\* To be eligible for the toddler 2.5 class, your child must be 2.5 by September 30.*

**Three – year – old classroom sessions meet on Tuesday and Thursday**

**Three – year – old classroom sessions meet on Monday, Wednesday and Friday**

**Pre – Kindergarten Four – year – old sessions meet on Monday – Thursday**

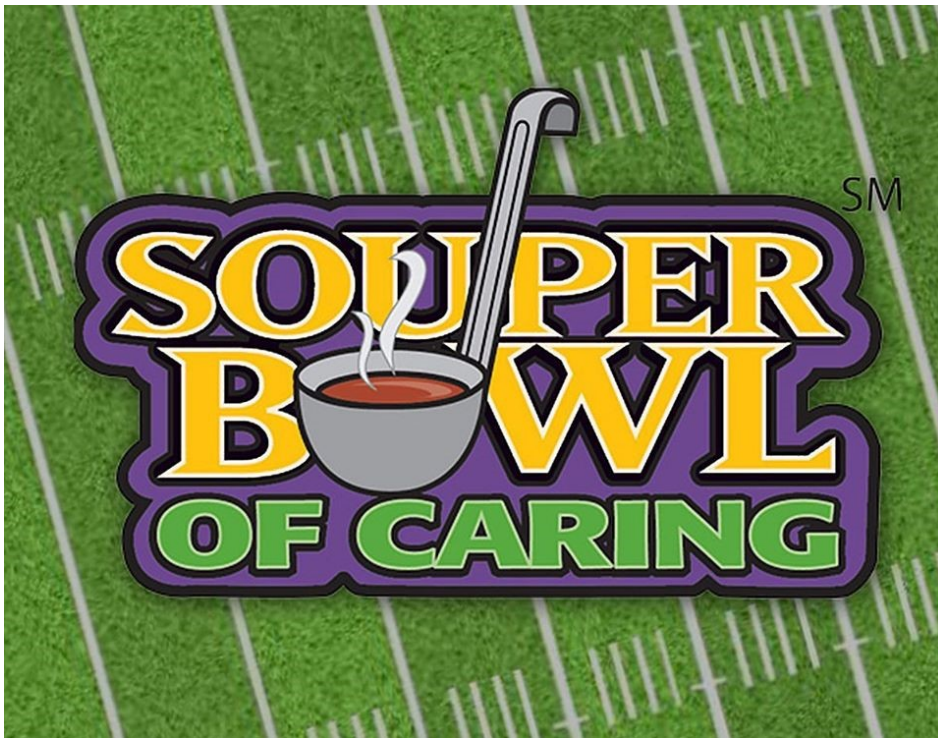
**Pre – Kindergarten Four – year – old sessions meet on Monday – Friday**

**Pre – Kindergarten Five – year – old sessions meet on Monday – Friday**

**Register now as enrollment is based on availability.**

**For more program information, registration requirements, registration packets, or to schedule a classroom visit please visit our website: <https://fupcdc.org/little-hands-preschool> . Or contact Tiffany Ramsey at: 703.878.2366.**





Please help the ACTS Hunger Prevention Center with non-perishable food and other items such as shampoo, soap, paper products, etc.

This year the 8:30 and 11 AM worship services are teaming up to break our record from last year, 3,266 pounds. Our goal for this year is 3,500 pounds.

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.

You may bring your donations to church now through Sunday, February 9.

## **Discover First United Lunch and Program February 9 @ 12:10 pm**



### **Prospective Members and Friends of the Church are Invited to Join Us in Room 25 (Triple Room)**

If you are new to FUPCDC, or are interested in possibly joining the church, or becoming an official "Friend of the Church," the Discover First United Lunch is the place for you! Child care will be provided for those who register ahead of time. Register by calling the church office at 703-670-7834, or emailing Pastor Adam at [adam.bowling@fupcdc.org](mailto:adam.bowling@fupcdc.org).

## Inclement Weather Policy

As we prepare for winter . . . we remind you of our Inclement Weather Policy here at FUPCDC .

Please text "@fupcdc" to the number 81010 to be put on our Group Text for [First United Presbyterian Church of Dale City](#).



## Inclement Weather Policy

FUPCDC activities will follow the PWCS delays/cancellations for inclement weather during the week. Information pertaining to weather closings will be announced on ABC 7, News 8, FOX 5, WUSA 9 and radio station WGTS 91.9.

**For Weekend Ministry Activities, We Will Notify You Of Cancellations & Changes By Email, Text, or Social Media**

This newsletter covers events from: February 1—February 29.  
Exceptions: Adult Christian Education class to be held in March 2020  
Maundy Thursday Seder Meal in April 2020  
Rise Against Hunger in April 2020

Articles for newsletter can be submitted to the editor via:

[newsletter@fucpdc.org](mailto:newsletter@fucpdc.org)

