

**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

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



# National Capital

P R E S B Y T E R Y

MISSIONAL · PASTORAL · PROPHETIC

Trinity Sunday

National Capital Presbytery Worship

May 30, 2021

10:00 AM

The Reverend Adam C. Bowling - Pastor

[Adam.Bowling@fupcdc.org](mailto:Adam.Bowling@fupcdc.org)

828.448.8914

---

## WE ASSEMBLE IN GOD'S NAME

### + *GATHERING SONG*

*Forever*

Chris Tomlin (CCLI# 3148428)

#### **Verse 1**

Give thanks to the Lord  
Our God and King  
His love endures forever  
For He is good He is above all things  
His love endures forever  
Sing praise sing praise

#### **Verse 2**

With a mighty hand  
And an outstretched arm  
His love endures forever  
For the life that's been reborn  
His love endures forever  
Sing praise sing praise

#### **Pre-Chorus**

Sing praise sing praise

#### **Chorus**

Forever God is faithful  
Forever God is strong  
Forever God is with us  
Forever forever

#### **Verse 3**

From the rising to the setting sun  
His love endures forever  
And by the grace of God  
We will carry on  
His love endures forever  
Sing praise sing praise

**WELCOME**

Rev. Adam C. Bowling

**WELCOME FROM NATIONAL CAPITAL PRESBYTERY (NCP)**

Rev. Tara Spuhler McCabe, NCP

**CALL TO WORSHIP/OPENING SONG**     *Lift Him Higher*     Chris and Kyle with True Spirit

McCottry Family from 15<sup>th</sup> Street Presbyterian Church

+ **CALL TO CONFESSION AND PRAYER OF CONFESSION**

Matt Nabinger, Director of Christian Education at Bradley Hills Presbyterian Church

**God of grace, love and community, we confess that we have failed to love you.  
We have failed to love you with our whole hearts, soul, and mind.  
We will turn to love our neighbors.  
We will turn to welcome the strangers.  
We will turn to face you in our shared humanity with one another.  
For you have baptized us in your Spirit of Love.**

**Have mercy on us.  
Forgive our sin and raise us up.  
Forgive our turning away and bless us up.  
May we serve you faithfully so they will know you by our love.**

+ **ASSURANCE OF PARDON**

Matt Nabinger

Lift up your eyes, heart, soul, and mind,  
For the life and love of Jesus Christ, we are forgiven,  
Hallelujah, Amen!

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

**SCRIPTURE READING**

John 3:1-17 NRSV

Rev. Tara Spuhler McCabe, NCP

Now there was a Pharisee named Nicodemus, a leader of the Jews. <sup>2</sup> He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." <sup>3</sup> Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." <sup>4</sup> Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" <sup>5</sup> Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. <sup>6</sup> What is born of the flesh is flesh, and what is born of the Spirit is spirit. <sup>7</sup> Do not be astonished that I said to you, 'You must be born from above.'

<sup>8</sup> The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”

<sup>9</sup> Nicodemus said to him, “How can these things be?” <sup>10</sup> Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things?

<sup>11</sup> “Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. <sup>12</sup> If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? <sup>13</sup> No one has ascended into heaven except the one who descended from heaven, the Son of Man.

<sup>14</sup> And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, <sup>15</sup> that whoever believes in him may have eternal life.

<sup>16</sup> “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

<sup>17</sup> “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

## **SERMON**

Oh, the Possibilities to Grow! Rev. Tara Sphuler McCabe, NCP

## **WE RESPOND TO GOD’S WORD**

### **+ AFFIRMATION OF FAITH**

Rev. Gloria Yi, from Hope Presbyterian Church

### **THE APOSTLE’S CREED**

I believe in God, the Father Almighty,  
Maker of heaven and earth,

and in Jesus Christ his only Son our Lord;  
who was conceived by the Holy Ghost,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, dead, and buried;  
he descended into hell;  
the third day he rose again from the dead;  
he ascended into heaven,  
and sitteth on the right hand  
of God the Father Almighty;  
from thence he shall come to judge the quick and the dead.

I believe in the Holy Ghost;  
the holy catholic Church;  
the communion of saints;  
the forgiveness of sins;  
the resurrection of the body;  
and the life everlasting. Amen.

**SERVICE OF GIVING**

Music at the Offering

*He is The Rock*  
FUPCDC Music Team

Michael Barrett

**PRAYERS OF THE PEOPLE AND THE LORD'S PRAYER** Rev. Tara Spuhler McCabe, NCP

*(You are invited to join in the prayer with song or words as invited)*

*Spirit of the Living God,  
Falls afresh on Us.  
Spirit of the living God,  
Falls afresh on Us.*

O Lord, hear our prayers for your world. Where there is war, sow peace. Where there is hate, sow love. Lord, hear the prayers that we each share for the cry, and the divisions, and the hopes that we know of in this world. . . (please name your prayers for the world now).

*Spirit of the Living God,  
Falls afresh on Us.  
Spirit of the living God,  
Falls afresh on Us.*

Lord, hear our prayers for our home countries. We do give thanks for the courage and faith that move so many people to serve in our country and in this country. Through the peace corps, through our elected positions, and in military service—we give thanks. Let us share our memorials to you, O Lord, at this time for their service. . . (please name your prayers for those serving now).

*Spirit of the Living God,  
Falls afresh on Us.  
Spirit of the living God,  
Falls afresh on Us.*

Lord, hear our prayers for one another. . . in our neighborhoods, our homes, and our congregations and communities. Lord, we invite you for the continued healing, for the continued sense of how we are to belong with one another, for the continued work of re-entering, and for the constant presence of your loving. Lord, hear our prayers for our local relationships and communities. . . (please name your prayers for your local communities now).

*Spirit of the Living God,  
Falls afresh on Us.  
Spirit of the Living God,  
Falls afresh on Us.  
Melt Us, Mold Us, Fill Us, Use Us.  
Spirit of the Living God, Falls afresh on us.*

And as your Son teaches us. . .

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 debts, as we forgive our debtors; and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

## WE GO IN GOD'S NAME

+ **CHARGE AND BENEDICTION**

Rev. Tara Spuhler McCabe, NCP

+ **POSTLUDE**

*Lift High the Cross*  
Justin Streletz, Pianist

CRUCIFER, Arr. Faye López

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



**Rev. Tara Spuhler McCabe  
National Capital Presbytery  
Transitional Director of Congregational Development and Mission**

The Rev. Tara Spuhler McCabe has served in the National Capital Presbytery in Washington, D.C. for the past 19 years. Recently, she has been the Site Coordinator for the DC-Young Adult Volunteer Program. She has served in congregations throughout the presbytery as an Associate Pastor at New York Avenue Presbyterian, Stated Supply at Garden Memorial, and Sabbatical Pastor for several other congregations throughout the presbytery. She has hung her “purse” for the past three years at Faith Presbyterian Church while serving the presbytery-at-large as a leadership coach and Church Assessment Tool Interpreter (CAT) with individuals and groups seeking to be in relationship with their communities as the larger Body of Christ. She is a graduate of Agnes Scott College, BA and McCormick Theological Seminary, MDIV. She has total faith that every era and every day, God is doing a new thing and it is our opportunity to participate in it! She lives in Arlington, VA with her husband, two children, and a hound dog!

# *Worship Notes*

- \* **WELCOME!** Whether you are new in the area, a resident of the community, or visiting the FUPCDC website, we are delighted you joined us in worship online. Please fill out the online attendance and please let us know if you have any prayer concerns or needs. To find out more about this church, please email the Church Office at [office@fupcdc.org](mailto:office@fupcdc.org) or call at 703-670-7834.
- \* **FLOWERS** are given by the Elliott family in honor of Becky Elliott's 88<sup>th</sup> birthday on June 2<sup>nd</sup>.

# *Connect with Us*

- \* **WE ARE ON FACEBOOK:** If you use Facebook, become a Facebook friend, and become a fan of First United Presbyterian. Make friends with others from the church.
- \* **WE ARE ON INSTAGRAM:** Find us on Instagram @fupcdc.
- \* **FUPCDC WEBSITE:** For detailed news and information, visit the church website at <https://fupcdc.org>.
- \* **FUPCDC YOUTUBE CHANNEL:** To view worship services and videos, visit the FUPCDC Youtube channel, <https://www.youtube.com/c/FUPCDC>. You can also find our channel by searching for "FUPCDC Video".
- \* **TEXT ALERTS:** Remind is a free text messaging service that will help our church communicate quickly and efficiently. On your cell phone, start a new message to **81010**. In the message, type @fupcdc and send. You can unsubscribe at any time.



# Ministry in Action

- ✝ **FUPCDC VIRTUAL BOOK FAIR (Monday, May 24<sup>th</sup> - Sunday, June 6<sup>th</sup>):** Due to the recent conflict in Cameroon, many families with children have fled to the central and northern regions of the country to escape violence. Unfortunately, there are not enough schools for these children. FUPCDC members Bill Ediage and Therese Same felt called by God in 2019 to build a school to help out. Through God's provision, they were able to open the ENIC International School in Cameroon in the fall of 2020. The Mission Committee invites members and friends of FUPCDC (as well as your families and friends) to help us build a library for the ENIC International School. Please refer to the email Pastor Adam sent to the congregation on Monday, May 24<sup>th</sup> for details on how you can contribute books to the library. Please email Ruth Washburg at [ruthwashburg@yahoo.com](mailto:ruthwashburg@yahoo.com) with any questions regarding the Virtual Book Fair.
- \* **INDOOR WORSHIP:** We will begin indoor worship, **Sunday, July 4, 2021, 8:30 AM** (Traditional) and **11:00 AM** (Contemporary). Social distancing and socially distanced seating will be provided for families and individuals. Masks are required (vaccinated worship leaders are excluded from this when not singing). Both services will also be lived streamed for those who chose to worship at home. Ministries affiliated with the church may use the inside facilities starting on July 11, 2021 following state/federal guidelines. **Please contact the Church Office to schedule your group's day and time.** Outside groups will be able to use the church's indoor facilities beginning August 1, 2021.
- \* **DRAMA CAMP:** Register for drama camp on the FUPCDC website or by clicking on this link: [FUPCDC Lighthouse Drama Camp 2021 \(google.com\)](#). We will be performing *The Phantom Tollbooth Jr.* Camp runs July 12<sup>th</sup> -23<sup>rd</sup>, 9:00 AM to 11:00 AM, on the church lawn with small groups working from 11 AM - noon. Performance will be on July 23<sup>rd</sup> at 7 PM on the church lawn. The camp is FREE and limited to 20 campers (rising kindergarteners to rising 9<sup>th</sup> graders). All safety precautions (including masks and distancing) will be in place, following the guidance of Safety and Security and the state/federal guidelines. There will be Acting, Singing, Dancing, Crafts, Bible Lessons, and SO MUCH FUN! Email Becca Anderson ([andersonclarinet@gmail.com](mailto:andersonclarinet@gmail.com)) with any questions.
- \* **WOMEN'S RETREAT:** Join us for the FUPCDC Women's Retreat, "Encouraging One Another: How to Be an Intentional Encourager", **on Zoom** with Rev. Anne Russ. Use this form to register for FUPCDC's FREE Virtual Women's Retreat - [Virtual Women's Retreat Registration \(google.com\)](#). It will be held on **Saturday, June 5, 2021 (10 AM - 12 Noon)**. We will email you information on how to join Zoom once you register for the event. If you have any questions, please email Betsy Gilbert at [betsy.gilbert24@gmail.com](mailto:betsy.gilbert24@gmail.com).
- \* **LITTLE HANDS PRESCHOOL REGISTRATION:** Registration is now open for the 2021-2022 school year. Register before August 1<sup>st</sup> to get \$10-25 off per month. For more information, go to [www.fupcdc.org/lhps](http://www.fupcdc.org/lhps).

- \* **FRIENDS ARE FLOWERS IN THE GARDEN OF LIFE!:** The gardens surrounding our church at FUPCDC are looking for some new friends to love them! A few of the areas only require periodic weeding and other areas are visible so others can enjoy the beauty of God's creation! Could you use some great fresh air and exercise? Please contact me at: [gretchenasnyder@aol.com](mailto:gretchenasnyder@aol.com)!
- \* **OUTDOOR LAWN/PARKING LOT WORSHIP:** We look forward to an Outdoor Lawn/Parking Lot Worship next Sunday (weather dependent). We will still live stream worship for those unable to join us on the lawn or from their vehicles.
  - **Sunday, June 6<sup>th</sup> - 10 AM (Installation and Ordination of Church Officers)**
- \* **BIBLE BUDDIES STUDY: ANNA - MARY - LYDIA - DORCUS - MARY - MARTHA - MARY MAGDALENE - ELIZABETH:** Can we connect with any of these brave, complex, ancient sisters in the faith? Can their stories of dedication remind us of our Christian Call? You are invited to join the Ladies' Bible Study to learn more about their stories: **From Daughters to Disciples: Women's Stories From the New Testament** by Lynn Japinga on **Mondays, at 7:00 PM** via Zoom. For more information, please contact Betty Matthews through the church office, [office@fupcdc.org](mailto:office@fupcdc.org) or 703-670-7834.
- \* **ROMANS STUDY:** Join us for a 9-week study on the book of Romans. With a scholar's mind and a pastor's heart, N.T. Wright (and FUPCDC leader Curtis Hoagland) will walk you through Romans with this guide designed especially with everyday folks in mind. Perfect for group use, this study uses the popular inductive method combined with Wright's thoughtful insights to bring contemporary application of Scripture to life. This course is designed to help you understand Scripture in fresh ways under the guidance of one of the world's leading New Testament scholars. Thoughtful questions, prayer suggestions, and useful background and cultural information will guide our group more deeply into God's Word. We will look at the early church of Rome and some of their struggles, and how they compare to our world today. Discover how you can participate more fully in God's kingdom. We hope you can join us each Sunday from **8:30 AM - 9:30 AM on Zoom. Class Link: <http://www.fupcdc.org/class>**
- \* **PASTOR'S WEDNESDAY EVENING BIBLE STUDY:** Pastor Adam's Bible Study on **Wednesdays at 7:00 PM**, via Zoom, is continuing the study of the Gospel of Matthew. All are welcome. If you would like to join this study, please contact Pastor Adam at [adam.bowling@fupcdc.org](mailto:adam.bowling@fupcdc.org). (June 9<sup>th</sup> - final study of the spring)
- \* **CHILDREN'S EDUCATION:** Every **Sunday, 8:45 - 9:30 AM**, we join King's Grant Presbyterian Church in Virginia Beach, VA, via Zoom, for children in 2<sup>nd</sup> grade to 6<sup>th</sup> grade. If you would like your child to participate, please contact Pastor Adam at [adam.bowling@fupcdc.org](mailto:adam.bowling@fupcdc.org). (June 6<sup>th</sup> - last Zoom class for kids)
- \* **FUPCDC CONTEMPLATIVE YOGA CLASS VIA ZOOM:** Join us for a time to prayerfully release your cares and recharge physically, spiritually, and emotionally. The Contemplative Yoga group has a spot just for you on **Saturdays from 8:30-9:10 AM** on Zoom. Classes are always free, just click this link to sign up: **[CLICK HERE TO VIEW THE SIGNUP.](#)**

- \* **SPREAD THE WARMTH:** Are you looking for a worthwhile project to do while staying at home? Do you knit or crochet? If so, we have the perfect project for you. Our group makes hats and scarves for our friends in the community who are in need of something warm to wear during the winter. We also make hats for those suffering from cancer. If you would like to help or to find out more information about our group, please contact Elizabeth Glycer at [lizglyer@gmail.com](mailto:lizglyer@gmail.com).
- \* **MEN'S GROUP:** In lieu of our monthly Men's Breakfast, we now have several small groups of men that meet weekly for 30 minutes for devotion and prayer time. This is a phone-in conference call. We have slots available on Tuesday, Thursday, and Saturday. Please contact Sam Parris for your slot: 703-946-7266 or email at [samjparris@aol.com](mailto:samjparris@aol.com).
- \* **SPREAD THE BREAD:** Spread the Bread is our ministry for people experiencing homelessness. We currently provide a meal each Sunday at 12:20 PM for around 50 people in Prince William County. Volunteer opportunities include making sandwiches, donating drinks and chips, prayer, and more! If you would like to help in any way, please email Jon Guest, [jon.a.guest@gmail.com](mailto:jon.a.guest@gmail.com).
- \* **SPREAD THE LOVE:** We need volunteers to write cards/notes to those in quarantine or to folks who are experiencing isolation due to COVID-19. Other volunteer opportunities include making phone calls to check in with people who may need socialization. If you would like to volunteer for Spread the Love or suggest people to receive cards or calls, please email Sam Parris, [samjparris@aol.com](mailto:samjparris@aol.com).
- \* **EMAIL PRAYER CHAIN:** We need volunteers to receive one to two emails a week with prayer requests...and pray! If you would like to volunteer to pray, please contact the Church Office, [office@fupcdc.org](mailto:office@fupcdc.org).

## *Student Ministry News*

- ✝ **YOUTH ADVISORS (ADULT VOLUNTEERS):** We are looking for Youth Advisors (Adult Volunteers) to begin in the fall. Please contact Pastor Adam if you are interested in helping with the Student Ministry.
- \* **TEXT MESSAGES:** Sign up for Text Messages: Text @youthfupc to 81010.

# Joys and Concerns

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

✝ Jeanette Gregory	* Betty Little	* Emmanuel Dankyi-Ankoma	* Jeannine Menzie
✝ Sandra D'Imperio	* Marjorie Lawrence	* Lee and Giselle Watenpaugh	* Larry Menzie
* Kath Purcell	* Graceann Case	* Grace Ofosu-Addo	* Tim Elliott
* Marti Glycer	* Scott Peterman	* Baby Louisa Wostenholme	* Lynn Wilson
* Faison Family	* Amanda Peck	* Savannah Simmerman	* Leigh Anderson
* Tanya	* Mary Jackson	* Sam Parris' Dad	* Linda Ford
* Andrea Tootell	* Nancy Ahern	* Bill and Laura Parris	* Nate Johnson
* David Behrens	* Debbie Niederriter	* Jason, Adriana, Mikhail Corbin	* Norman Cox
* Melissa Behrens	* Chuck Niederriter	* Hunter and Annette Martin	* Amanda
* Sandy Godfrey	* Barb McGill	* Ann and Dineen Hoagland	* Carol
* Gary Albrecht	* Dan McGill	* Ashleigh and Dan	
* Phil Albrecht	* Laurel Watenpaugh	* Mia Moy	

✝ Congregational love and sympathy are extended to Sandy Godfrey and family at the death of Sandy's mom, Mildred Shenk, Saturday, May 22, 2021. She went from the land of the dying to the land of the living. Please lift Sandy, Doug, and their entire family up in prayer at this time.

✝ Kathy McNeely thanks each of you for your prayers for her brother-in-law, Waddell, and his son, her nephew. Waddell peacefully passed away last weekend.

✝ Lord continue to uplift FUPCDC, Pastor Adam, and other FUPCDC leaders as they all continue to serve and strengthen Christians and non-Christians as well through not only the difficult time of the pandemic, but always. What a relief and joy to know they are there for me/us every Sunday and other times as well in fellowship. Love in Christ - Julie McAlister

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

- ✝ Kelsey Gibson
- ✝ 2<sup>nd</sup> Lt. Sam Presley, just deployed to Middle East (Mike and Ruth Washburg's nephew)
- ✝ Elizabeth Batista, Air Force Basic Military Training in Texas (Ana Batista Caporaletti's daughter)

## The churches of National Capital Presbytery, especially:

- ✝ United Parish of Bowie - Bowie, MD
- ✝ Vienna Presbyterian Church - Vienna, VA

# *Calendar*

## *May 30 - June 6, 2021*

### **SUNDAY, May 30**

#### **Trinity Sunday**

- 8:30 AM Romans Bible Study via Zoom
- 8:45 AM Children's Education via Zoom
- 10:00 AM Worship - one service - Online Live Stream (led by National Capital Presbytery)

### **MONDAY, May 31**

#### **Memorial Day**

#### **Church Office Closed**

- 10:30 AM Holy Fitness via Zoom
- 7:00 PM Bible Buddies via Zoom
- 7:00 PM Electronic Sign Task Force via Zoom

### **TUESDAY, June 1**

- 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, June 2**

- 10:30 AM Holy Fitness via Zoom
- 7:00 PM Pastor's Bible Study via Zoom
- 7:00 PM Chancel Choir (for vaccinated members)

### **THURSDAY, June 3**

### **FRIDAY, June 4**

- 10:30 AM Holy Fitness via Zoom

### **SATURDAY, June 5**

- 10:00 AM Virtual Women's Retreat - Rev. Anne Russ

### **SUNDAY, June 6**

#### **Installation and Ordination of Church Officers**

- 8:30 AM Romans Bible Study via Zoom
- 8:45 AM Children's Education via Zoom (Last Class)
- 10:00 AM Worship - one service - Outdoor Lawn/Parking Lot - 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.....	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

**MINISTRY TEAM LEADERS**

Jim Stacy .....	<i>Administration</i> .....	703-680-5111
Ellen Nuernberger .....	<i>Congregational Care</i> .....	703-828-0009
Deborah Folly .....	<i>Congregational Care</i> .....	703-221-6833
Charlotte Stultz.....	<i>Evangelism &amp; Outreach</i> .....	703-494-8367
Betsy Gilbert.....	<i>Fellowship</i> .....	703-670-4949
Curt Hoagland.....	<i>Growing in Faith</i> .....	703-878-4664
Pam Cox .....	<i>Mission</i> .....	703-441-6319
Mike Gundel .....	<i>Property</i> .....	301-767-5030
Dennis Dingle .....	<i>Stewardship &amp; Finance</i> .....	703-583-9689
Martin Andrews .....	<i>Worship</i> .....	703-878-2858
Rev. Adam C. Bowling.....	<i>Moderator</i> .....	828-448-8914

\*\*\*\*\*

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

\*\*\*\*\*

Little Hands Preschool, 703-878-2366

Anything submitted may be altered, edited, or changed for continuity and clarity by the communications team.