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Gospel Service Newsletter

September 2009

"Cast Down" Sheep

by Marvin Williams

He restores my soul. —Psalm 23:3

In his classic book *A Shepherd Looks at Psalm 23*, W. Phillip Keller gives a striking picture of the care and gentleness of a shepherd. In verse 3 when David says, "He restores my soul," he uses language every shepherd would understand.

Sheep are built in such a way that if they fall over on their side and then onto their back, it is very difficult for them to get up again. They flail their legs in the air, bleat, and cry. After a few hours on their backs, gas begins to collect in their stomachs, the stomach hardens, the air passage is cut off, and the sheep will eventually suffocate. This is referred to as a "cast down" position.

When a shepherd restores a cast down sheep, he reassures it, massages its legs to restore circulation, gently turns the sheep over, lifts it up, and holds it so it can regain its equilibrium.

What a picture of what God wants to do for us! When we are on our backs, flailing because of guilt, grief, or grudges, our loving Shepherd reassures us with His grace, lifts us up, and holds us until we've gained our spiritual equilibrium.

If you've been cast down for any reason, God is the only one who can help you get on your feet again. He will restore your confidence, joy, and strength. —

*This Shepherd of mine knows each trial, each snare,
And at just the right moment my Lord will be there,
On His shoulders to carry each burden for me —
Yes, the Lord is my Shepherd, and always shall be. — Henry*

The weak and the helpless are in the Good Shepherd's special care.

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Gospel Service Chapel Activities

Opportunities To Join A Ministry

ALTAR MINISTRY

LEADER/ADVISOR: TBD

BAPTISM AND DISCIPLESHIP

LEADER: Deacon Calvin Taylor

BELVOIR MEN OF FAITH – (2nd & 4th Saturdays 0730 hrs-REC)

POC: Deacon Adrian Clay

BEREAVEMENT MINISTRY

POCs: Brother Theodore and Sister Roberta Alridge

BIBLE STUDY – TEENS – (Age 13+) (Thursdays 1930 hrs)

POCs: Reverend Leonard Baldwin

BOYS TO MEN – (4TH Saturdays 1000 – 1200 hrs)

POCs: Brother Chris Hardnick and Reverend Leonard Baldwin

CHILDREN'S MINISTRY

MINISTRY LEADERS: Minister Barbara & Brother Tony Burrell

- **CHILDREN'S CHURCH** – (1st, 2nd & 4th Sundays during service)

Group 1 Pre Kindergarten & Kindergarten – Group Leader
Sister Denise Baldwin

Group 2 Grades 1- 3 – Group Leader – Sister Doris Wilson

Group 3 Grades 4 - 6 – Group Leader – Sister Alice White

- **CHILDREN'S BIBLE STUDY** (Pre Kindergarten & Kindergarten)

Thursdays -1930 hrs

Group Leader: Sister Denise Baldwin

- **CHILDREN'S BIBLE STUDY**

(Grades 1, 2 & 3) Thursdays – 1930 hrs

Group Leader: Minister Barbara Burrell

(Grades 4, 5 & 6) Thursdays – 1930 hrs

Group Leader: Alice White

DEACONS MINISTERS/TEAM LEADERS TRAINING

(4th Saturdays, 0900 – 1300 hrs)

POC: Deacon William Collins

FINANCIAL PEACE UNIVERSITY (Sunday Mornings – 0845 hrs)

POC: Sister Ruby Wilson

FOLLOW-UP MINISTRY TEAM

LEADER: TBD

GUEST RECEPTION MINISTRY

POCs: Sister Rita Williams / Sister Norma Taylor / Sister
Jannie Wilson

HOSPITALITY COMMITTEE – (AS ANNOUNCED)

POC: Sister Sharon McNeil

INTERCESSORY PRAYER MINISTRY – (Fridays - 1830 hrs)

POC: Sister Peggy Hogan

J7 FRONTLINE YOUTH MINISTRY – (1st & 3rd Saturday)

(AS ANNOUNCED)

POC: Brother Sean Miller

MARRIED COUPLES MINISTRY – (4th Mondays 1800 – 2000 hours)

POC: TBD

MEN @ ARMS, THE GX – (4TH Saturdays immediately following

Boys To Men Ministry)

POC: Brother Anthony "Tony" Bennett

MINISTERS TRAINING – (4th Saturday) (AS ANNOUNCED)

POC: To be announced

PARISH COUNCIL – (1st Sunday after Worship Service)

POC: Sister Alice Ford

PRISON MINISTRY - (TBD)

POCs: Minister Marsha Morris / Sister Patrice Alston

PROTESTANT WOMEN OF THE CHAPEL

POC: Sister Nilda Navarro

SINGLES MINISTRY – (3rd Fridays 1900 hrs

@ Religious Education Center (REC)

POCs: Minister Yvonne Kizer / Sister Rosa Butler

SUNDAY SCHOOL (ALL AGES) – (Every Sunday

@ Religious Education Center (REC) 0920 – 1030 hrs)

POCs: Sister La Ticia Anderson / Sister Rita Williams /

Sister Sharon McNeil / Minister Daryl Duff

USHERS AND GREETERS MINISTRY – (4th Sundays after Worship Service)

POC: Brother Calvin Brown

WISDOM FOR LIFE SEMINARS – (Thursdays 1830 hrs & Sundays)

ADVISOR: Minister Terry Hogan

WOMEN'S FELLOWSHIP – (1st Saturdays 0900-1030 hrs)

POC: Sister Sara Simmons

WORSHIP ARTS MINISTRY

- **ADULT CHOIR** – (Mondays & Wednesdays prior to 1st & 2nd

Sundays 1900 hrs)

POC: Brother Crosby BOWENS

- **BROTHERHOOD CHOIR** – (Mondays prior to the 3rd and 4th

Sundays - 1900 hrs)

POCs: Deacon Fred Owens / Minister Robert Brooks

- **DANCE MINISTRY** – (1st, 3rd, & 5th Saturdays 1030 hrs)

POC: Sister La Ticia Anderson

- **DRAMA MINISTRY** – (TBD)

POC: Sister Trevetta Bennett

- **STEP MINISTRY** – (1st, 3rd, & 5th Saturdays 1300 hrs)

POC: Sister Valerie Ford-Miller

- **SUNSHINE CHOIR** – (Thursdays 1830 hrs)

POCs: Sister Stephanie Jackson / Sister Sylvia Harris /

Sister Michelle Williams

- **WOMEN'S CHOIR** – (Monday & Wednesday prior to 5th

Sundays) (AS ANNOUNCED) – 1900 hrs

POC: Brother Crosby BOWENS

- **YOUTH CHOIR** – (Thursdays 1830 hrs)

POCs: Sister Alice Ford / Sister Valerie Ford-Miller

YOUNG SISTERS OF FAITH – (4TH Saturdays)

POC: Minister Annie Powell

YOUTH LEADERS – Reverend Leonard Baldwin,

Minister Annie Powell and Deacon Fred Owens

YOUNG ADULT SINGLE & SAVED (YASS) –

(2nd Fridays – 1900 hrs)

POC: Minister Marsha Morris



Gunston Chapel (Then) / Woodlawn Chapel (Now)
Fort Belvoir, VA - Photographs by L. Worthington Jones

Woodlawn Chapel Gospel Service VISION & VALUES

“To develop devoted disciples who follow after Christ to fulfill the great commission.”

The Five Values of the Woodlawn Chapel Gospel Service

- 1. Loving God through Worship: Matt 4:10**
- Worship helps us to focus on God
- 2. Knowing God through Fellowship: Eph 2:19**
- Fellowship helps us face life problems
- 3. Growing in God through His Word: Eph 4:12B-13**
- Discipleship helps us to fortify our faith
- 4. Serving God by Serving Others: Matt 22:36-40**
- Ministry helps us to find our talents
- 5. Sharing God with the Lost: Matt 28:19-20**
- Evangelism helps to fulfill our Life's Mission

SICK AND SHUT IN / PRAYER REQUESTS

Baby Caleb
Roberta Alridge
Ted Alridge
Bill Barron
Thelma Gill
Josephine Jones
Candace Miller
Bertha Roberts

(Submit names to joneslw4126@msn.com)

Upcoming Events – Chapel Activities –

Mark your calendars:

September

3 – No Mid-Week Worship Service

5 – No Church Activities – Holiday Weekend

9 – AWANA Kick-off – REC – 1900 – 2100 hrs -

Thereafter every Wednesday night – POC Sister Patrice Alston

10 – PWOC Kick-off – Belvoir Chapel – 0930 – 1230 - Thereafter every Thursday

12 & 26 – Belvoir Men of Faith – REC – 0730 hrs – POC Deacon Adrian Clay

13 – Guest Reception Ministry - Visitors Welcome Reception – Immediately following Worship Service – Choir Room – POC Sister Rita Williams

23 – Financial Peace University – New 13-Week Class begins – 0730 – Sign up early to reserve a seat – POC Sister Ruby Wilson

19 - Praise Dance Rehearsal – 1030 hrs – POC Sister La Ticia Anderson

26 –Boys to Men Ministry - “Integrity, Respect, and Responsibility” – Vernondale Village - POC Brother Chris Hardnick

- Men @ Arms: The GX – 1130 hrs – Immediately following Boys to Men

28 – Married Couples Ministry 2009-2010 Season Kick-Off – 1800 hrs

Every Sunday – Sunday School Classes for all ages – REC – 0920 – 1020 hrs

Every Thursday

- Mid Week Worship Service, 1930 hrs

Mentoring Women – A Discipleship class – 1800 hrs – POC: Minister Barbara Burrell

Every Friday – Intercessory Prayer – 1830 hrs – POC Minister Peggy Hogan

October

23 – 24 – Youth Revival – Theme “Higher” – POC: Minister Annie Powell

24 – Gospel Explosion – POC: Sister Danita Anderson

November

13 – 15 – 10 Great Dates – Fort Belvoir Marriage Seminar – Dulles Hyatt Hotel, Herndon, VA – Suggested donations per couple: Enlisted: \$50 / Officers/Civilians: \$100 – Includes 2 nights lodging, buffet lunch on Saturday, and cost of Seminar – a \$550 value per couple – Come and join us for a great weekend investing in your marriage.
WCGS POC: Shereda Jones

December

13 - Christmas Family Fellowship and Play – POC: Sister Trevetta Bennett

CID/Volunteer Update Reminder - All CID/

- Volunteer Forms must be completed, signed and turned in to **Sister Patrice Alston, Gospel Service Parish Coordinator**, for (ALL) Ministry Chairs/Team Leaders and Team Members, no exceptions! This requirement is for everyone working in the following areas: with children 18 years or younger, with food and/or with money. As new volunteers join your Ministry/Team, have them read, complete and sign the required forms prior to allowing them to work in your Ministry/Team. Turn completed forms into the Gospel Service Parish Coordinator.

Ministry/Team Leaders be aware that any volunteers not in compliance with this Department of the Army requirement **IS NOT** allowed to volunteer in areas involving children, handling food or money. CH McElroy will be notified accordingly. Allowing any volunteer who has not complied with this requirement to work in your Ministry/Team is in violation of this DA requirement and could adversely affect the Gospel Service's ability to minister to the congregation. Direct all concerns and/or questions to CH McElroy.

Courtesy of Gospel Service Parish Coordinator

September Birthdays

- 1 - Christopher Atcherson
- 2 - Christina Leak
- 3 - Lucious F. Fludd
- Devin Jackson
- Jody Jackson
- Keisha Kouneski
- 4 - Cheryl Solomon

- 5 - Rhozina Booker
 6 - Elizabeth "Liz" Momon
 - Nicole Wilson
 7 - Rachel Sutton
 - Nicole Williams
 8 - Christalyn Solomon
 10 - Ouchee Collins
 - Minnett Jones
 11 - Kiana Austin
 - Eugenia "Gena" Caroll
 - Artaisha Jenkins
 - Rita Williams
 13 - DeAndre Butler
 14 - Trevetta Bennett
 15 - Essie Ward
 17 - Keith Butler
 - Michael F. Carter
 - Miles Patrick Sharpton
 - Larry Vann
 - Genesis Webb
 - Jaren Wilson
 18 - LaShawne Booker
 - Dezjia Carr
 - Justin Johnson
 - Sharon Taylor
 19 - LaRonda Bryant
 - Racquel Sharpton
 - Willie J. Warren, III
 20 - Debra Darby
 - Min. Terry Hogan
 21 - JaWilliam Johnson
 22 - Rose Carter
 23 - Sydney Julia Foster
 - Edwin Stanfield
 - Tangeria Williams
 - Stephanie Wilson
 24 - Trey Brown
 - Jerry Elliott, Jr.
 - Lucious Fludd, Jr.
 - Lucious F-J. Fludd
 - April Myles
 - Taylor Tutt
 - Sherryl Vialdores
 25 - Bunny Barrow
 - Betty Dennard
 26 - Teresa Dabney
 27 - Barbara Armstead
 - Keith Brown
 - Arica Oliver
 28 - Brandon Alston
 - Andre Burrell
 - Jemiah Elliott
 - Christopher Jones

♪ *Happy Birthday to you,
 Happy Birthday to you,
 Happy Birthday, God Bless you,
 Happy Birthday to you!* 🎵

September Anniversaries

- 3 - Dea. Calvin and Sharon Taylor - 38 yrs
 4 - Dea. Adrain and Pamela Clay - 27 yrs
 5 - Quentin and Shelita Pierce - 19 yrs
 5 - Min. Tyman and Deaconness Glinda Wallace - 28 yrs
 8 - Patrick and Racquel Sharpton - 11 yrs
 - Louis and Janice Tutt - 12 yrs
 10 - Gregory and Jannie Wilson - 26 yrs

- Rodney and Michele Wray - 4 yrs
 11 - Reginald and Debra Darby - 10 yrs
 - Patrick and Shana Thomas - 5 yrs
 - Anthony and Dawn Walker - 20 yrs
 12 - William and Gloria Walker - 21 yrs
 15 - Marcus and Eugenia "Gena" Carroll - 2 yrs
 19 - Jody and November Jackson - 19 yrs
 20 - James and Liz Momon - 10 yrs
 - George and Doris Moore
 22 - Joe and April Myles - 2 yr
 30 - Avrion and Arica Oliver - 4 yrs

Congratulations!

NOTE: You too can have yours and your family's special days published. Send e-mail with dates and event to Sister Shereda Jones at joneslw4126@msn.com as soon as possible.

September is:

- Baby Safety Month
- Better Breakfast Month
- Cable TV Month
- Children's Eye Health and Safety Month
- Classical Music Month
- Library Card Sign-Up Month
- National Chicken Month
- National Courtesy Month
- National Honey Month
- National Pediculosis Prevention Month
- National Piano Month
- National Preparedness Month
- National Rice Month
- National School Success Month
- National Sewing Month
- Read-A-New-Book Month
- Women of Achievement Month
- 1st - 7th - Child Injury Prevention Week
- 2nd Week - International Housekeepers Week
- 3rd Week - National Child Care Week
- 3rd Week - National Farm Animals Awareness Week
- 3rd Week - National Flower Week
- 4th Week - Equal Parents' Week
- 4th Week - National Dog Week
- 4th Week - National Roller Skating Week
- 1 - Mary Had A Little Lamb - Published in 1830
- 2 - National Blueberry Popsicle Day
- 3 - Barkley the Dog's Birthday. Sesame Street Character
 - - Skyscraper Day
 - - Uncle Sam's Birthday. Uncle Sam's image was first used on this day in 1813
- 4 - Newspaper Carrier Day
- 5 - National Cheese Pizza Day
- 6 - Father's Day in Australia
 - - Read a Book Day
- 7 - Labor Day
 - - Neither Rain Nor Snow Day
- 8 - International Literacy Day
- 9 - Teddy Bear Day
- 10 - Swap Ideas Day

- - T.V. Dinner Day. On this day, in 1954, Swanson sells it's first T.V. Dinner
- **11** - Make Your Bed Day
- - **Patriot Day. World Trade Center/Pentagon/Pennsylvania Remembrance Day**
- **12** - National Chocolate Milk Shake Day
- **13** – National Grandparents Day
- - National Peanut Day
- - Positive Thinking Day
- - Scooby Doo's Birthday. First cartoon debuted
- **14** - Clayton Moore's Birthday. Born in Chicago in 1914
- - First Department Store Opens. Opened in 1848 by Alexander Stewart
- - Holy Rood Day
- **15** - Make A Hat Day
- - National Hispanic Heritage Month - Begins September 15 and ends October 15
- **16** - Collect Rocks Day
- - Mayflower Day
- - El Grito de Independencia - Mexican Independence Day
- - National Working Parents Day
- - Stepfamily Day
- **17** - Citizenship Day - Also known as Constitution Day
- - National Apple Dumpling Day
- **18** - First Edition of the New York Times Published in 1851
- - Lance Armstrong's Birthday - Born in 1971
- - Mushroom Picking Day
- - National Play-Doh Day
- - POW/MIA Recognition Day
- - Rosh Hashanah – Begins at sundown
- **19** - Slimey the Worm's Birthday - Sesame Street Character
- - Talk Like a Pirate Day
- **20** - First Railroad Station Opened
- **21** - International Day of Peace
- - Miniature Golf Day
- - World Gratitude Day
- **22** - Band-Aid Invented in 1920
- - Dear Diary Day
- - Elephant Appreciation Day
- - First Day of Autumn
- - Ice Cream Cone Invented in 1903
- - U.S. Post Office Opened in 1789
- **23** - Great American Pot Pie Day - Sponsored by Marie Callender
- **24** - First Toy Store Opened
- - National Bluebird of Happiness Day
- - National Punctuation Day
- **25** - Barbara Walters' Birthday - Born in Boston in 1931
- - Christopher Reeve's Birthday - Born in 1952
- - Mary Poppins Debuted - In 1964
- - Native American Day
- - Will Smith's Birthday - The 'Fresh Prince' was born in 1965

- **26** - Johnny Appleseed's Birthday - John Chapman born in 1774
- **27** - Crush A Can Day
- - Good Neighbor Day
- - Yom Kippur - Begins at sundown
- **28** - Chinese Mid-Autumn Festival - Also called the Moon Festival
- - First Airport Opened
- **29** - Rosh Hashanah - Begins at Sundown
- - Scotland Yard Formed - In London in 1829
- - Telly Monster's Birthday - Sesame Street Character
- **30** - Safety Pin Invented



National Preparedness Month (NPM) NPM 2009 will focus on changing perceptions about emergency preparedness and will help Americans understand what it truly means to be *Ready*. We will illustrate how preparedness goes beyond fire alarms, smoke detectors, dead-bolt locks and extra food in the pantry and help you communicate important preparedness messages to your family, your business and your community with a new series of customizable materials. **For more information visit <http://www.ready.gov/america/npm09/>**

MEMBERS/SERVICE MEMBERS DEPLOYED OR TDY

Rose Carter – Kuwait
MAJ Nancy Henderson - Iraq
1SG Darryl Miller - Kuwait
SFC Steve Pomerlee - Iraq
MAJ Gregory Wilson – Korea

(NOTE: Notify Sister Shereda Jones by e-mail to JonesLW4126@msn.com as soon as possible when any individuals deploy or go TDY and upon their return from deployment or TDY)



March 2 Success Online Test Preparation - for Various Exams – Useful and Valuable Information for Parents of and High School Students to Know -

March 2 Success is an on-line test preparation course that will provide help with taking standardized tests, and improve math, language arts and science skills. What is it? The **March 2 Success** program is an Assistant Secretary of the Army, Manpower and Reserve Affairs (ASA (M&RA)) funded initiative. It is a highly interactive program designed to provide high school and college students easy access to on-line test preparation training. **March 2 Success** allows young men and women to

participate through this web based program to assist them with improving their performance on tests of math, science, and English, ACT and SAT preparation, state standardized tests, and overall test-taking skills. Diagnostic tests help students identify their strengths and weaknesses. Each lesson also includes on-line drills that reinforce the lesson's material.

Other on-line test preparation courses have been available to high school students for some time, but this is the first time a program of this caliber has been offered free of charge. There is absolutely no obligation. If a student chooses to be contacted by a recruiter, he or she can indicate this during the online course registration. By developing and offering this program the Army is extending its commitment to success for young adults still in school by becoming partners in education.

March 2 Success is designed primarily for **11th graders through college students** to assist you if you're

- *taking college entrance exams
- *taking a trade school entrance exam
- *taking assessment exams
- *applying for a job
- *taking the ASVAB military entrance exam

March 2 Success is available at any time and is **FREE!** There are on-line tests, self-paced courses, assistance in taking standardized tests, and help with improving English and math skills.

March 2 Success will help students prepare for:

- SAT/ACT college entrance test
- College placement tests
- State assessment or exit tests
- Trade School entrance tests
- Military entrance test
- Applying for a job

For more information and to register, visit <https://march2success.com/index.cfm>. Also check out **March 2 Success Zero Hour Threat - College Entrance Exam Preparation game** at: <http://www.cofcontests.com/March2Success/ZHT/>



TomJoynerCollegeFair.com is a new site that allows visitors to conveniently explore higher educational opportunities online. The **Virtual College Fair** provides users with access to Historically Black Colleges and Universities (HBCUs), Traditional Schools, Community Colleges, and more.

ACCESS college planning resources you need!
REGISTER - It's easy!
BE ENTERED to win a lap top computer!

YOUR HIGHER EDUCATION ONE STOP SHOP
 Finding information about schools that fit your financial budget and your future career goals is now made easier with the Virtual College Fair. Whether you are a high school senior

or you're considering advancing your education we invite you to visit the Virtual College Fair to find schools that want you! For further information, visit <http://shows.fusionexperience.com/tomjoynercollegefair>.

PLUS, CHECK THIS OUT...

To assist you we've included a link to the Common Black College Application that will be useful for applying to HBCUs. Feel free to fill out the application for a small fee and you can submit it to several HBCUs to make the application process easier. To find out more visit: <https://counselorlogin.com/application.asp>.
Education Starts Here!

Our participating schools:

HBCU - Historically Black Colleges and Universities in Gold
 Traditional Colleges and Universities in Blue

PARTICIPATING SCHOOLS:

- Alabama State University
- Albany State University
- Arkansas Baptist College
- Atlanta Metropolitan College
- Baylor University
- Bennett College for Women
- Bethune-Cookman College
- Central State University
- Claflin University
- Concordia University Chicago
- Coppin State College
- Cornell University
- Dillard University
- Elizabeth City State University
- Fisk University
- Florida A & M University
- Florida Memorial College
- Grambling University
- Hampton University
- Howard University
- Huston-Tillotson College
- Indiana University
- Indiana University Purdue University - Indianapolis
- Jackson State University
- Jarvis Christian College
- Kentucky State University
- Lane College
- Langston University
- Lemoyne-Owen College
- Lincoln University of Missouri
- Martin University
- Morehouse College
- Morgan State University
- Norfolk State University
- Nova Southeastern University
- Prairie View A&M University
- Quinnipiac University
- Rust College
- Savannah State University
- Shaw University
- Southern University @ New Orleans
- Spelman College
- Stillman College
- Talladega College
- Tennessee State University
- Texas A&M - Commerce
- Texas Southern University
- Tougaloo College

place for discovery and fulfilling adventure. The Outward Bound program for Veterans provides an opportunity for camaraderie and has proven to be a powerful tool helping veterans readjust after leaving the combat zone.

Through generous funding by the Military Family Outdoor Initiative Project, a joint partnership of The Sierra Club and The Sierra Club Foundation, The Anschutz Family Foundation, and The Disabled American Veterans we are offering fully underwritten Outward Bound programs to Veterans. This is a tremendous opportunity for adventure and self-discovery to our veterans of combat operations in Afghanistan (Operation Enduring Freedom) and Iraq (Operation Iraqi Freedom). We have over 20 years serving our nation's combat veterans through a long partnership with the Disabled American Veterans organization, where we have offered enriching wilderness expeditions specifically designed for war veterans at no cost to the participants.

Our newest programs offer numerous wilderness adventures exclusively for war veterans, and are fully funded for all participants, to include their roundtrip stateside travel costs between home and the excursion site. Our goals include helping participating veterans build a supportive community with other war veterans; facilitating discussions on readjustment and transition challenges; and re-energizing and reinvigorating our veterans' spirits with adventures and challenges in the beautiful outdoors.

Program Details -

Who is Eligible: Under this program, all Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) veterans, who were deployed to these countries, including current and former members of the Active and Reserve Components of the United States military. It doesn't matter what your current military status is (active, inactive, discharged, retired) as long as you deployed in support of OEF or OIF combat operations while in the military. Military family members are not eligible to participate in this OEF/OIF program. However, please see, www.sierraclub.org/military for other programs for military family members funded by the Sierra Club.

Enrollment Options: There are two types of courses available, each offering wilderness expeditions year-round.

Open Enrollment Courses: Outward Bound has scheduled expeditions where individual war Veterans sign up for the course of their choosing, attend on an individual basis, and meet other war veterans from around the nation. Each course will have 7 to 12 participants. We anticipate having several hundred slots available for our OEF/OIF veterans each year. We'll fill the slots for the summer, fall, and winter of 2009 using a lottery for all leads received between April 9th 2009 and April 27th, 2009. We fill any vacancies or cancellations from a wait list. Copy and paste link to see all available open enrollment courses for veterans-
http://www.outwardbound.org/index.cfm/do/cp.course_search_result/coursedetailfocusid/18. To apply for the course you want to go on, simply click the apply link and fill out/submit the form to us. Course run from 6 September 2009 thru 29 August 2010.

Custom Courses: We will schedule customized expeditions upon request for groups of war veterans; these customized expeditions can be tailored to specific needs. These courses are for organizationally established groups of veterans along with their counselor or therapist (mental health worker, outreach specialist); and/or Unit Leader. In order to run a custom course with Outward Bound, in most cases a minimum of 9 participants is needed. These courses can be scheduled at any time of year and at nearly any location where Outward Bound operates. The course activities can be

customized to a variety of ability levels. If you are a counselor, therapist, or Unit Leader, who wants to schedule a Custom Course, please contact one of our Veterans Program Course Advisors at obvets@outwardbound.org, or call 866-669-2362 ext. 8387. They will refer you to an account executive.

Cost: Free-of-charge. All costs, including round-trip stateside travel between home and expedition location; lodging en route; and food, lodging, equipment, and instruction while on the course, are fully paid by the Military Family Outdoor Initiative Project.

Future Course Offerings: Don't be discouraged if you are not selected to participate in one of our currently available course offerings. You'll have another opportunity to participate when we post the schedule for our 2010 - 2011 course offerings.

If you have any questions regarding our 1/1/2009 - 3/31/2010 OEF/OIF Veterans Program course offerings, please contact 1-866-669-2362, ext. 8387 OR e-mail us at obvets@outwardbound.org.

Thank you again for your interest in our OEF/OIF Veterans program, and for your selfless and honorable military service.

About Outward Bound: Founded on the vision of renowned youth educator, Kurt Hahn, in 1941, Outward Bound has expanded into a nation-wide network of hands-on experiential learning courses for both young and old. Today the organization serves 70,000 students and teachers annually in the U.S. and has over 500,000 alumni from its wilderness adventure programs.

Let's Talk "Wellness", "Cellular Health" and "Nutrition"



Epidemic Influenza and Vitamin D

15 Sep 2006

In early April of 2005, after a particularly rainy spring, an influenza epidemic (epi: upon, demic: people) exploded through the maximum-security hospital for the criminally insane where I have worked for the last ten years. It was not the pandemic (pan: all, demic: people) we all fear, just an epidemic. The world is waiting and governments are preparing for the next pandemic. A severe influenza pandemic will kill many more Americans than died in the World Trade Centers, the Iraq war, the Vietnam War, and Hurricane Katrina combined, perhaps a million people in the USA alone. Such a disaster would tear the fabric of American society. Our entire country might resemble the Superdome or Bourbon Street after Hurricane Katrina.

It's only a question of when a pandemic will come, not if it will come. Influenza A pandemics come every 30 years or so, severe ones every hundred years or so. The last pandemic, the Hong Kong flu, occurred in 1968 - killing 34,000 Americans. In 1918, the Great Flu Epidemic killed more than 500,000 Americans. So many millions died in other countries, they couldn't bury the bodies. Young healthy adults, in the

prime of their lives in the morning, drowning in their own inflammation by noon, grossly discolored by sunset, were dead at midnight. Their body's own broad-spectrum natural antibiotics, called antimicrobial peptides, seemed nowhere to be found. An overwhelming immune response to the influenza virus - white blood cells releasing large amounts of inflammatory agents called cytokines and chemokines into the lungs of the doomed - resulted in millions of deaths in 1918.

As I am now a psychiatrist, and no longer a general practitioner, I was not directly involved in fighting the influenza epidemic in our hospital. However, our internal medicine specialists worked overtime as they diagnosed and treated a rapidly increasing number of stricken patients. Our Chief Medical Officer quarantined one ward after another as more and more patients were gripped with the chills, fever, cough, and severe body aches that typifies the clinical presentation of influenza A.

Epidemic influenza kills a million people in the world every year by causing pneumonia, "the captain of the men of death." These epidemics are often explosive; the word influenza comes from Italian (Medieval Latin *influentia*) or influence, because of the belief that the sudden and abrupt epidemics were due to the influence of some extraterrestrial force. One seventeenth century observer described it well when he wrote, "suddenly a Distemper arose, as if sent by some blast from the stars, which laid hold on very many together: that in some towns, in the space of a week, above a thousand people fell sick together."

I guess our hospital was under luckier stars as only about 12% of our patients were infected and no one died. However, as the epidemic progressed, I noticed something unusual. First, the ward below mine was infected, and then the ward on my right, left, and across the hall - but no patients on my ward became ill. My patients had intermingled with patients from infected wards before the quarantines. The nurses on my unit cross-covered on infected wards. Surely, my patients were exposed to the influenza A virus. How did my patients escape infection from what some think is the most infectious of all the respiratory viruses?

My patients were no younger, no healthier, and in no obvious way different from patients on other wards. Like other wards, my patients are mostly African Americans who came from the same prisons and jails as patients on the infected wards. They were prescribed a similar assortment of powerful psychotropic medications we use throughout the hospital to reduce the symptoms of psychosis, depression, and violent mood swings and to try to prevent patients from killing themselves or attacking other patients and the nursing staff. If my patients were similar to the patients on all the adjoining wards, why didn't even one of my patients catch the flu?

A short while later, a group of scientists from UCLA published a remarkable paper in the prestigious journal, *Nature*. The UCLA group confirmed two other recent studies, showing that a naturally occurring steroid hormone - a hormone most of us take for granted - was, in effect, a potent antibiotic. Instead of directly killing bacteria and viruses, the steroid hormone under question increases the body's production of a remarkable class of proteins, called antimicrobial peptides. The 200 known antimicrobial peptides directly and rapidly destroy the cell walls of bacteria, fungi, and viruses, including the influenza virus, and play a key role in keeping the lungs free of infection. The steroid hormone that showed these remarkable antibiotic properties was plain old **vitamin D**.

All of the patients on my ward had been taking 2,000 units of **vitamin D** every day for several months or longer. Could that be the reason none of my patients caught the flu? I then contacted Professors Reinhold Vieth and Ed Giovannucci and told them of my observations. They immediately advised me to collect data from all the patients in the hospital on 2,000 units of **vitamin D**, not just the ones on my ward, to see if the results were statistically significant. It turns out that the observations on my ward alone were of borderline statistical significance and could have been due to chance alone. Administrators at our hospital agreed, and are still attempting to collect data from all the patients in the hospital on 2,000 or more units of **vitamin D** at the time of the epidemic.

Four years ago, I became convinced that **vitamin D** was unique in the vitamin world by virtue of three facts. First, it's the only known precursor of a potent steroid hormone, calcitriol, or activated **vitamin D**. Most other vitamins are antioxidants or co-factors in enzyme reactions. Activated **vitamin D** - like all steroid hormones - damasks the genome, turning protein production on and off, as your body requires. That is, **vitamin D** regulates genetic expression in hundreds of tissues throughout your body. This means it has as many potential mechanisms of action as genes it damasks.

Second, **vitamin D** does not exist in appreciable quantities in normal human diets. True, you can get several thousand units in a day if you feast on sardines for breakfast, herring for lunch and salmon for dinner. The only people who ever regularly consumed that much fish are peoples, like the Inuit, who live at the extremes of latitude. The milk Americans depend on for their **vitamin D** contains no naturally occurring **vitamin D**; instead, the U.S. government requires fortified milk to be supplemented with **vitamin D**, but only with what we now know to be a paltry 100 units per eight-ounce glass.

The **vitamin D** steroid hormone system has always had its origins in the skin, not in the mouth. Until quite recently, when dermatologists and governments began warning us about the dangers of sunlight, humans made enormous quantities of **vitamin D** where humans have always made it, where naked skin meets the ultraviolet B radiation of sunlight. We just cannot get adequate amounts of **vitamin D** from our diet. If we don't expose ourselves to ultraviolet light, we must get **vitamin D** from dietary supplements.

The third way **vitamin D** is different from other vitamins is the dramatic difference between natural **vitamin D** nutrition and the modern one. Today, most humans only make about a thousand units of **vitamin D** a day from sun exposure; many people, such as the elderly or African Americans, make much less than that. How much did humans normally make? A single, twenty-minute, full body exposure to summer sun will trigger the delivery of 20,000 units of **vitamin D** into the circulation of most people within 48 hours. Twenty thousand units, that's the single most important fact about **vitamin D**. Compare that to the 100 units you get from a glass of milk, or the several hundred daily units the U.S. government recommend as "Adequate Intake." It's what we call an "order of magnitude" difference.

Humans evolved naked in sub-equatorial Africa, where the sun shines directly overhead much of the year and where our species must have obtained tens of thousands of units of **vitamin D** every day, in spite of our skin developing heavy melanin concentrations (racial pigmentation) for protecting the deeper layers of the skin. Even after humans migrated to temperate latitudes, where our skin rapidly lightened to allow for more rapid **vitamin D** production, humans worked outdoors. However, in the last three hundred years, we began

to work indoors; in the last one hundred years, we began to travel inside cars; in the last several decades, we began to lather on sunblock and consciously avoid sunlight. All of these things lower **vitamin D** blood levels. The inescapable conclusion is that **vitamin D** levels in modern humans are not just low - they are aberrantly low.

About three years ago, after studying all I could about **vitamin D**, I began testing my patient's **vitamin D** blood levels and giving them literature on **vitamin D** deficiency. All their blood levels were low, which is not surprising as **vitamin D** deficiency is practically universal among dark-skinned people who live at temperate latitudes. Furthermore, my patients come directly from prison or jail, where they get little opportunity for sun exposure. After finding out that all my patients had low levels, many profoundly low, I started educating them and offering to prescribe them 2,000 units of **vitamin D** a day, the U.S. government's "Upper Limit."

Could **vitamin D** be the reason none of my patients got the flu? In the last several years, dozens of medical studies have called attention to worldwide **vitamin D** deficiency, especially among African Americans and the elderly, the two groups most likely to die from influenza. Cancer, heart disease, stroke, autoimmune disease, depression, chronic pain, depression, gum disease, diabetes, hypertension, and a number of other diseases have recently been associated with **vitamin D** deficiency. Was it possible that influenza was as well?

Then I thought of three mysteries that I first learned in medical school at the University of North Carolina: (1) although the influenza virus exists in the population year-round, influenza is a wintertime illnesses; (2) children with **vitamin D** deficient rickets are much more likely to suffer from respiratory infections; (3) the elderly in most countries are much more likely to die in the winter than the summer (excess wintertime mortality), and most of that excess mortality, although listed as cardiac, is, in fact, due to influenza.

Could **vitamin D** explain these three mysteries, mysteries that account for hundreds of thousands of deaths every year? Studies have found the influenza virus is present in the population year-around; why is it a wintertime illness? Even the common cold got its name because it is common in cold weather and rare in the summer. **Vitamin D** blood levels are at their highest in the summer but reach their lowest levels during the flu and cold season. Could such a simple explanation explain these mysteries?

The British researcher, Dr. R. Edgar Hope-Simpson, was the first to document the most mysterious feature of epidemic influenza, its wintertime surfeit and summertime scarcity. He theorized that an unknown "seasonal factor" was at work, a factor that might be affecting innate human immunity. Hope-Simpson was a general practitioner who became famous in the late 1960's after he discovered the cause of shingles. British authorities bestowed every prize they had on him, not only because of the importance of his discovery, but because he made the discovery own his own, without the benefit of a university appointment, and without any formal training in epidemiology (the detective branch of medicine that methodically searches for clues about the cause of disease).

After his work on shingles, Hope-Simpson spent the rest of his working life studying influenza. He concluded a "seasonal factor" was at work, something that was regularly and predictably impairing human immunity in the winter and restoring it in the summer. He discovered that communities

widely separated by longitude, but which shared similar latitude, would simultaneously develop influenza. He discovered that influenza epidemics in Great Britain in the 17th and 18th century occurred simultaneously in widely separated communities, before modern transportation could possibly explain its rapid dissemination. Hope-Simpson concluded a "seasonal factor" was triggering these epidemics. Whatever it was, he was certain that the deadly "crop" of influenza that sprouts around the winter solstice was intimately involved with solar radiation. Hope-Simpson predicted that, once discovered, the "seasonal factor" would "provide the key to understanding most of the influenza problems confronting us."

Hope-Simpson had no way of knowing that **vitamin D** has profound effects on human immunity, no way of knowing that it increases production of broad-spectrum antimicrobial peptides, peptides that quickly destroy the influenza virus. We have only recently learned how **vitamin D** increases production of antimicrobial peptides while simultaneously preventing the immune system from releasing too many inflammatory cells, called chemokines and cytokines, into infected lung tissue.

In 1918, when medical scientists did autopsies on some of the fifty million people who died during the 1918 flu pandemic, they were amazed to find destroyed respiratory tracts; sometimes these inflammatory cytokines had triggered the complete destruction of the normal epithelial cells lining the respiratory tract. It was as if the flu victims had been attacked and killed by their own immune systems. This is the severe inflammatory reaction that **vitamin D** has recently been found to prevent.

I subsequently did what physicians have done for centuries. I experimented, first on myself and then on my family, trying different doses of **vitamin D** to see if it has any effects on viral respiratory infections. After that, as the word spread, several of my medical colleagues experimented on themselves by taking three-day courses of pharmacological doses (2,000 units per kilogram per day) of **vitamin D** at the first sign of the flu. I also asked numerous colleagues and friends who were taking physiological doses of **vitamin D** (5,000 units per day in the winter and less, or none, in the summer) if they ever got colds or the flu, and, if so, how severe the infections were. I became convinced that physiological doses of **vitamin D** reduce the incidence of viral respiratory infections and that pharmacological doses significantly ameliorate the symptoms of some viral respiratory infections if taken early in the course of the illness. However, such observations are so personal, so likely to be biased, that they are worthless science.

As I waited for the hospital to finish collecting data from all the patients taking **vitamin D** at the time of the outbreak - to see if it really reduced the incidence of influenza - I decided to research the literature thoroughly, finding all the clues in the world's medical literature that indicated if **vitamin D** played any role in preventing influenza or other viral respiratory infections. I worked on the paper for over a year, writing it with Professor Edward Giovannucci of Harvard, Professor Reinhold Vieth of the University of Toronto, Professor Michael Holick of Boston University, Professor Cedric Garland of U.C., San Diego, as well as Dr. John Umhau of the National Institute of Health, Sasha Madronich of the National Center for Atmospheric Research, and Dr. Bill Grant at the Sunlight, Nutrition and Health Research Center. After numerous revisions, we submitted our paper to the same widely respected journal where Dr. Hope-Simpson published most of his work several decades ago.

24th Annual National Council of Negro Women, Inc. Black Family Reunion Celebration - September 12-13, 2009
National Mall, Washington, The NCNW Black Family Reunion Celebration is a three-day cultural event celebrating the enduring strengths and traditional values of the African American family.
Saturday Concert in the Park Sponsored by Coca Cola Featuring: Charlie Wilson



Sunday Concert in the Park - McDonald's Inspiration Celebration Gospel Tour Featuring: CeCe Winans and J. Moss.



For further information visit <http://www.ncnw.org/events/reunion.htm>.



Empowering Women Now - Women's Retreat,



"Rejuvenate Mind, Body and Soul" – September 18 – 19, 2009, Williamsburg, VA

Speakers: Pastor Deborah Dukes and Bishop-Elect Lyles Dukes, Harvest Life Changers Church, Woodbridge, Virginia; Pastor Lorene Poindexter, Love of Christ Church, Alexandria, Virginia, and Reverend Dr. Suzan Johnson Cook, Senior Pastor, Bronx Christian Fellowship Church in Bronx, New York

Join women from across the world as they come together to experience life-changing empowerment, transformation, encouragement and motivation! With all the demands pulling on us as women, we sometimes get overwhelmed with responsibilities and lose sight of who we are to become but now it's time to rediscover your dreams, goals and God-given purpose! Hear renowned, highly acclaimed leaders and

visionaries as they share their stories of perseverance, courage and victory. Register today for this dynamic retreat and get empowered to not only make a difference but be the difference! For more information and to register, copy and paste link:

http://empoweringwomennow.org/retreat_home.html

Courtesy Sister Deon Fortune-Canada



The time has come for a generation to rise up and truly take a **STAND** for Christ. We are this generation and we want you to take part. Welcome to the **STAND** Campaign, that prays and promotes the 2nd coming of Jesus Christ. Join believers of all ages, nations, and races as we **STAND** as ONE and minister beyond the church walls. You don't have to be a certain age or a biblical scholar to **STAND**; just a desire to serve God and increase His Kingdom. If you would like more information about this movement, sign up today. We are **STANDING** for Christ, what do you stand for? **STAND** with us....

Join the Campaign
The Covey's



Join the campaign – visit
<http://www.thestandcampaign.com/join.html>

CASH AND CHECKS (with proper ID) ACCEPTED

GREAT BARGAINS!

- Baby & Children's Fall & Winter Clothing
- Toys • Books • CDs
- Children's & Baby Furniture
- Strollers • Swings • & More
- Sporting Equipment

1/2 PRICE SALE
 12:15 until 1:30 pm on select items

REGISTER ON-LINE
 Click Here

No Strollers Allowed on Sales Floor for Safety Reasons

SATURDAY • SEPTEMBER 26th
7:30am until 1:30pm
 (Sales floor closed 12 noon - 12:15 pm to prepare for 1/2 price sale)



**6811 Beulah Road,
 Alexandria, VA 22310**



Families, neighbors, colleagues, and friends! Join **Sister to Sister** on **Sunday, October 11, 2009** in Washington, DC for our **BIKE FOR THE HEART** fundraiser and a ride of a lifetime down a car-free Pennsylvania Avenue. Help save women's lives through screenings, education, and health empowerment. Plus, help us lower the risk of the #1 cause of women's death - heart disease.

- Ride with us past the Capitol, White House, and other national landmarks along Pennsylvania Avenue or join our super-sized spinning session on the floor of the Verizon Center.
- Afterward, stay and play at our Finish Line Festival, featuring family-friendly entertainment by Ringling Bros. and Barnum & Bailey Circus.
- Every dollar raised will help Sister to Sister save women from heart disease -- the #1 cause of death -- by providing screenings, education, and health empowerment.

Everyone's turning out to support **Sister to Sister's BIKE FOR THE HEART**, including dedicated sponsors like GEICO, the Washington Wizards, Washington Sports & Entertainment, and Sport & Health.

Choose from these three events:

America's Main Streeter – A family friendly, 5-mile ride past the US Capitol and the White House.

Arena Spinathon – The ultimate spinning experience on the floor of the Verizon Center.

Heart of the Nation Time Trial – A 5-mile race past the nation's most recognizable landmarks.

Visit www.bikefortheheart.org to find out how YOU can help, too!



WCGS MINISTRIES NEWS / UPDATE

Baptism Ministry - Baptism classes are on Thursdays at 1830 hours, and scheduled as needed. **POCs are Deacon Calvin Taylor and Minister Ty Wallace.**

LET US TEACH KIDS **Children's Church** - Check back for more information. **POC: Minister Barbara Burrell**

ATTEND FPU Find a Class in Your Area

Register today to attend WCGS next **Financial Peace University (FPU)** 13-week class. Classes begin on Sunday, September 20, 2009, 0845 – 1045 hrs. Dave Ramsey's **FPU** provides students with the tools to help manage your finances that will help you to become **debt free**. You will learn how to become good stewards over your finances so that you can "live like no one else!" **POC is Sister Ruby Wilson, e-mail: RubyW08@yahoo.com.**

Guest Reception Ministry - The Guest Reception Ministry would like to invite you to their first **Visitors Welcome Reception, on Sunday, September 13, 1:00 pm**. Please join us immediately following Worship Service in the Choir Room. Come and meet our Pastor, Chaplain James Key II, and learn more about our Church Ministries.
POC: Sister Rita Williams



Married Couples Ministry will kick off its 2009 – 2010 season on **Monday, September 28, 2009**. A family dinner and fellowship begins at **1800 hours** in the Fellowship Hall. Woodlawn Chapel Gospel Service recognizes that the family is vitally important to the health of the church. That is why we seek to build strong, spiritual homes in our church.

The **Married Couples Ministry** is designed to help strengthen your faith in Jesus Christ while also strengthening the bonds of marriage. You and your spouse will share experiences, learning, and worship that will help you grow spiritually and discover God's will for your family. We meet

monthly, on the 4th Monday, except when holiday falls on 4th Monday. **Ministry Facilitator is Sister Jannie Wilson.**

Married couples, geographically separated couples, and couples engaged to be married are welcome to attend. Watchcare for children up to age 5 provided. Childcare for older children available. **Registration requested to properly prepare for number of adults and children attending.** Complete and return registration form attached to newsletter. **NOTE: This is a good time to verify and update information on file for current members; and to add new members.** For further information, contact Sister Shereda Jones at 703-966-4526 or e-mail JonesLW4126@msn.com.



Men @ Arms Ministry –

Monthly men's fellowship and workshop. We show you how to work with the tools God gives us using your "66 Magnum" (Bible)! We meet on the 4th Saturday, immediately following the "Boys to Men" Ministry meeting, at Vernondale Village Community Center. Inviting all WCGS men to come out and fellowship with your Brothers-in-Christ. **POC: Brother Tony Bennett.**

PRISON MINISTRY - Mission - Our mission is to provide material and spiritual support for those incarcerated. We intend to introduce, empower, and transform prisoners through the sharing of Gods word.

Objectives -

- To effectively minister to the needs of those incarcerated
- Facilitate studies lead by the Holy Spirit
- Present the Gospel in clear and comprehensible terms
- Touch lives by showing God's love
- Introduce the saving grace of the Lord Jesus Christ
- Provide discipleship and mentorship
- Preach and teach sound doctrinal principles through Gods infallible word.
- For each individual to understand the relationship that God desires to have with his creation.

Foundational Scriptures:

Mark 6:15- *He said to them, "Go into the entire world and preach the good news to all Creation.*

Matthew 25:36 - *I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.*

Prison Ministry is seeking men and women who have a heart for reaching people outside of the four walls of the church. It's an opportunity to effectively minister to the needs of those incarcerated, facilitate studies lead by the Holy Spirit, touch lives by showing God's love and introduce the saving grace of the Lord Jesus Christ.

Prison Visiting Dates: Dates and frequency are subject to change according to how the mentoring sessions go and if we decide to conduct a worship service.

Time: Between 0930-12:00 subject to change
Prison Ministry meeting: (TBD)
Projected Dates 2009-2010:
September 6
October-18

November-15
December-13
January-17
February-21
March-14
April-11
May-16
June-13

Prison Ministry needs you! Please join us!
POCs: Minister Marsha Morris 571-265-6249. Email: mljesus@yahoo.com, and
Sister Patrice Alston, Email: saltlake2202@aol.com



Wisdom for Life Classes – 2009 – 2010

Look for more information about up coming classes. **POC:**
Minister Terry Hogan



Worship Arts Ministry

Leader: Brother Crosby Bowens



Drama Ministry – Sign-up is underway

for the 2009 Christmas Play production. Seeking men, women, and children of all ages as cast members. Also seeking a host of volunteers to assist with making this a joyful and successful production. Sign up through Thursday, 7 September 2009. **POC: Sister Trevetta Bennett, e-mail wcgsdrama@yahoo.com.**



Music Ministry - Recruiting for voices of all ages – come out and join a WCGS singing group: Adult Choir / Mass Adult Choir / Women's Choir / Sunshine Choir / Youth Choir / The Brotherhood



Adult Praise and Worship Dance

Ministry – Our desire is to do holy dances to

transform the atmosphere and usher in the Holy Spirit during the period of Praise and Worship at the beginning of Worship

Service. If you have a heart and desire to praise and worship the Lord through dance, we invite you to join us.

POC Sister Trevetta Bennett.



Youth Praise Dance Ministry

Stay tuned for ministry update –
POC: Sister La Ticia Anderson

PLEDGES EVERYONE SHOULD KNOW

AMERICAN FLAG

I pledge allegiance
to the flag of the United States of America
and to the Republic for which it stands,
one nation under God
indivisible with liberty and justice for all.

CHRISTIAN FLAG

I pledge allegiance to the Christian Flag
and to the Savior for Whose Kingdom it stands,
One Savior, crucified, risen, and coming again
with life and liberty to all who believe.

BIBLE

I pledge allegiance to the Bible, God's Holy Word.
I will make it a lamp unto my feet,
A light unto my path,
And I will hide its words in my heart
That I may not sin against God.

LAMB

I pledge allegiance to the Lamb
with all my strength, with all I am.
I will seek to honor His commands
I pledge allegiance to the Lamb.



How To Plant Your Garden

First, you Come to the garden alone,
While the dew is still on the roses....

FOR THE GARDEN OF YOUR DAILY LIVING,
PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul



PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness



PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another



NO GARDEN IS WITHOUT TURNIPS:



1. Turnip for meetings
2. Turnip for service
- 3 Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:



1. Thyme for each other
- 2.. Thyme for family
- 3 Thyme for friends

WATER FREELY WITH **PATIENCE** AND CULTIVATE WITH **LOVE**. THERE IS MUCH FRUIT IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW!

September 11 National Day of Service and Remembrance

Mission and Purpose: Our mission is to honor the victims of 9/11 and those who rose to service in response to the attacks by encouraging all Americans and others throughout the world to pledge to voluntarily perform at least one good deed, or another service activity on 9/11 each year. In this way we hope to create a lasting and forward-looking legacy -- annually rekindling the spirit of service, tolerance, and compassion that unified America and the world in the immediate aftermath of the 9/11 attacks.

Please take a moment now to post your personal plan to perform a good deed, volunteer or engage in another charitable activity in observance of the newly established **September 11 National Day of Service and Remembrance**. Help create a wonderful legacy that honors the victims and those who rose to service in response to the attacks on America. Visit <http://911dayofservice.org/Share-Plans/>

Edward M. Kennedy Serve America Act - <http://www.citizencorps.gov/news/press/2009/9-11-dayofservice.shtm>

Washington, DC area **National Day of Service and Remembrance** Events –

AmeriCorps: <http://americorpsalums.wordpress.com/2009/08/31/911-join-americorps-alums-in-a-day-of-service-and-remembrance/>

September 11 National Day of Service and Remembrance Organization: <http://911dayofservice.org/en/Things-to-Do/Search-for-Projects/>

Deadline for submitting articles for newsletter to Joneslw4126@msn.com is NLT 3rd Sunday of month, in subject line: "Gospel Service Newsletter". Feedback is encouraged and appreciated.



DESIGN A TRUCK!

Your child's design could be selected to be on a real AAFES truck!

If your design is selected, you will also receive a miniature version of your truck design!

Your design should represent your **Family's MILITARY LIFE.**

CONTEST RULES:

- Open to military dependents only.
- Entrants must be from one of two age groups: Grades 1-6 or 7-12. One winner will be chosen from each group!
- Entries must be submitted **BEFORE 17 September 2009.**
- Winners to be selected on or before **9 October 2009.**

Entries must include name, address, phone number and grade.

Mail all entries to: HQ AAFES MK M/P
ATTN: MERISA TREVINO
DESIGN A TRUCK CONTEST
3911 Walton Walker Blvd.
Dallas, Texas 75236-1598



See your local AAFES BX/PX or log on to aafes.com for more details!



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MUSIC & ARTS WORKSHOP
SEPTEMBER 18TH & 19TH

JOE PACE



STEPHEN HURD



AMANDA STANDARD



TYRONE POWELL



FREE CONCERT WITH
JOE PACE
SATURDAY 9/19 @ 7PM



Friday @ 7pm

Guest Speaker: Stephen Hurd

Held at New Life Anointed Ministries
14045 Jefferson Davis Hwy, Woodbridge, VA 22191

**Saturday 10am—5pm
Workshops**

Held at Forest Park High School
15721 Forest Park Drive, Woodbridge, VA 22193

Saturday @ 7pm

Free Concert Featuring Joe Pace

Held at Forest Park High School

Featured Clinicians:

- Joe Pace—General Session
- Stephen Hurd—General Session
- Dr. Amanda Standard—Liturgical Dance
- Tyrone Powell—Praise & Worship
- Marquis Egerton—Songwriting
- Ricardo Roper—Musicianship
- Joscelin Lockhart—Vocal Training
- Sommer Grasty—Mime
- Pastor Kathy Austin—Worship

REGISTRATION
\$35 UNTIL AUG 31
\$45 STARTING SEP 1
ADD LUNCH & DINNER
FOR \$20

Log on to view complete class descriptions, schedules,
speaker info and to register today!

www.TheLifeDC.org



**Woodlawn Chapel Gospel Service
Registration**

Monday, September 28, 2009 @ 1800 hrs

Woodlawn Chapel Gospel Service recognizes that the family is vitally important to the health of the church. That is why we seek to build strong, spiritual homes in our church.

The Married Couples Ministry is designed to help strengthen your faith in Jesus Christ while also strengthening the bonds of marriage. You and your spouse will share experiences, learning, and worship that will help you grow spiritually and discover God's will for your family. **Registration requested.**

To register to attend, please fill complete form below. See below to return registration form:

Family Name: _____

Husband: _____ Wife: _____

Date of Marriage: MM___/DD___/YYYY_____

Birthdays: Husband: MM___/DD___ Wife: MM___/DD___

Address: _____

E-mail Address(es): _____

Phone No.(s): _____

Child Care Service Needed: [] YES [] NO

Names and Birthdays (MM /DD /YYYY) and ages of children:

_____	_____
_____	_____
_____	_____
_____	_____

Fold and place completed form in (1) Offering Basket, (2) place in basket at Greeter's Desk in the vestibule at front of church, (3) give completed form to Bro. Lionel or Sis. Shereda Jones, or (4) provide information by e-mail to joneslw4126@msn.com

Seminar Registration

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

-- 13-15 November 2009 --

From 6 PM, Friday, to noon, Sunday

Dulles Hyatt Hotel

2300 Dulles Corner Blvd

Herndon, VA 20171

Hotel Telephone: (703) 713-1234

Suggested donation for registration:
\$50/enlisted couple; \$100/officer or civ
NOTE: No childcare provided.

Registration includes: 2 nights
lodging, buffet lunch on Saturday,
and cost of the Seminar ... a \$550
value per couple!

Come join us for a great weekend
investing in your marriage!

What others are saying:

“The dates were a door to go through to talk about subjects that we wouldn't otherwise talk about.

“My husband would never come to church with me before, but he felt very safe coming to 10 Great Dates.

“10 Great Dates was the best thing that ever happened to us as a couple to strengthen our marriage.

“I'm not a talker and there are a lot of things we need to talk about after 47 years of marriage. I tend to skirt around issues. Dates helped us to talk.

www.marriagealive.com

Marriage Alive

Transforming Marriage & Family Relationships



Come experience a fun-filled
approach to building a thriving
relationship!

10

GREAT DOTES

THE SEMINAR
with David & Claudia Arp

13-15 November 2009
Ft Belvoir Marriage Seminar
-- Dulles Hyatt Hotel --

10

GREAT DATES

Put The Sizzle Back In Your Marriage With 10 Great Dates!

Remember back to your dating days—the excitement you felt? Now you can reclaim that same spark, connection and creativity through the 10 Great Dates seminar. Come fall in love all over again!

Topics include:

- Prioritizing Your Marriage
- Learning to really talk
- Talking when you disagree
- Building a creative love life
- Developing spiritual intimacy
- Having an intentional marriage

What You Need To Know:

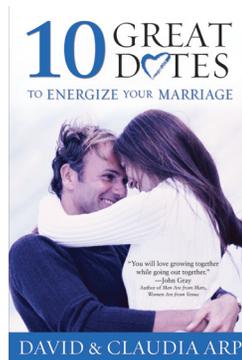
For registration, please make your check out to: FBCTOF (Ft Belvoir Chapel Tithes and Offerings Fund).

For more information and/or registration turn-in, please contact one of your Chapel Representatives shown below:

Gospel Service: Shereda Jones
(joneslw4126@msn.com)

Main Post Chapel (Protestant):
8 AM - Mac West (m_lwest@verizon.net)
11 AM - Andre Francis
(andre.l.francis@us.army.mil)

ChapelNext and Seminar Coordinator
Keith Morgan (KnSMorgan@gmail.com)



Each couple receives a copy of the book, 10 Great Dates to Energize Your Marriage, two participant's Guides and time to discover how much fun your relationship can be.

Come Meet The Arps!

David & Claudia Arp, Founders of Marriage Alive International are educators, popular speakers and authors of over 30 books including the 10 Great Dates series and the awarding winning Second Half of Marriage. The Arps are frequent contributors to print and broadcast media and have appeared on NBC Today, PBS and Focus on the Family. Their work has been featured in publications such as USA Today, The Wall Street Journal and The Ladies Home Journal. For more information visit their website: www.marriagealive.com

