



# Forcey *focus*

GROWING UP TO LOVE GOD AND PEOPLE  
WITH HEAD, HEART AND HANDS, LIKE JESUS

## Trust Him

Some people live with a constant sense of urgency—so much to do, not enough time, frustration. Others just drift, either because they are disillusioned with life and have given up, or there is nothing that really grabs their attention, no sense of mission or purpose. Some carry with them a deeply buried anger because they've been hurt, they want justice, the truth needs to be told—and they can't rest until they are vindicated. And then there are those of us who carry the burdens of others—if only she could see what's right, make the right choices, be healed, restored—but she keeps walking further away.

The common connection that links all of these people together is a lack of trust in God. In a short devotional, Charles Swindoll wrote,

"Jesus arrived on the planet with a mission more important than any soul who has drawn breath. Yet he didn't really get started until He turned thirty. What about all those 'wasted' years? He left them to God.

We never read one time that He hurried anywhere. Or that He *worried* about anyone. What did He do with those who heard and walked away? He left them to God. And those nitpicking Pharisees? You got it! He left them to God, too."

If only we all would choose to trust our Father like Jesus! To trust Him to work out today's schedule. To trust Him to take care of people and hurts. To be faithful and work hard at what He's given me to do, trusting Him to give me what I need, because first of all, He is faithful. And to trust Him to take care of all the things that are beyond my pay grade! That's one of the things it means to be like Jesus.

"I glorified You on the earth, having accomplished the work which You have given Me to do" (John 17:4).

- **Pastor Phil Powers**

### ANNUAL EASTER SONRISE SERVICE

He is Risen! Join us April 24 for a special time of reflection, praise and fellowship. This annual celebration features worship in song and meditation, a special message, and communion as we watch the sunrise just as our Savior rose and still lives today. Opportunity for fellowship with hot chocolate and donuts will follow.

**When:** Easter morning, April 24 (Bonfire starts at 6:15, service starts at 6:30) **Where:** Brookside Nature Center Amphitheater (not gardens)

**Directions from Forcey:** Take E. Randolph Rd. West (toward New Hampshire Ave.). Drive 3.7 miles and turn left on Kemp Mill Rd. at light. Take 2nd right onto Glenallan Ave. Brookside Nature Center is on the left (1400 Glenallan Ave.)

## Soul Winning at Forcey

"Then he called for a light ... and said 'Sirs, what must I do to be saved'" (Acts 16:29-30). Just as the Holy Spirit worked very quickly in the heart of the Philippian jailer to bring him to see his need to be saved, even so today He is able to prepare hearts to receive eagerly the free gift of eternal life. During a recent visit to a local hospital, a Forcey member encountered just such an open heart to the gospel.

As the Forcey member began his visits that day, the first patient he encountered was a middle-aged man named Donald. After a few minutes of getting acquainted, the Forcey member worked up enough courage to inquire about his assurance of going to Heaven someday. Donald's response made it evident that he did not understand the gospel message of salvation by grace. The Forcey member then proceeded to explain to him that Christ died to pay the penalty for his sin, that He rose from the



dead, and that He was ready at that moment to save Donald, if he would turn to Him in faith and call on Him to do so. Immediately Donald responded "I call on Him now." As the Forcey member then led in a brief prayer, this hungry-hearted patient eagerly called on the

Lord Jesus to be his Savior. A brief review of the assurance of salvation made it clear that Donald understood the step he had just taken and that he was now saved and Heaven bound.

As he left Donald's room that day, the Forcey member marveled at the powerful working of the Spirit of God to prepare this patient's heart to receive the free gift of salvation through faith in the Lord Jesus Christ (Acts 16:31).

- **Ralph Zimmerman, Evangelism Team**

## ONLINE GIVING TO FORCEY

There are lots of advantages to online giving:

- You don't have to remember to write a check and bring it to church.
- When you can't come to church, your tithe or offering still does.
- You have easy access to complete records of all your giving.

If you have not yet signed-up for online giving, it's easy to do through our website, [www.forcey.org](http://www.forcey.org). From the home page, go to the 'Home' button on the main toolbar and click 'Give Online' to get started. Click the 'Signup Now' button, and you will be transferred to the Forcey page at the eGive website to enter your information.

eGive allows you to give directly from your bank account to the church (it is not credit card-based but is a direct bank transfer). You can give one-time or recurring gifts, and can designate gifts for the General Fund, Building Fund or other needs.

Contact Ken Wesche, (301) 622-2200 or [ken-wesche@forcey.org](mailto:ken-wesche@forcey.org), with questions or for more info.

## HEY!! DID WE GET YOUR ATTENTION??



The Missions Conference may be over, but we sure hope that your interest and involvement in missions is still growing. Are you interested in a short term trip – maybe to Kashmir? Want to get involved with making Mission Possible work this summer? Want to know where you can make the best investment of your time, talent and treasure in raising up worshippers all over the world? The enthusiasm is there, but you're not sure of the next step.

## Week of Prayer • May 1-7 • Mark Your Calendar!

It's time for us to once again come together as one body for a focused Week of Prayer. God calls us to pray. He finds delight in our prayers. He blesses and answers prayers. And we need to pray.

**What a blessing this was for many last year, and for the Forcey body... together as one!**

Just as we did last year, we are asking that regularly scheduled small groups, meetings and ministries – children, seniors and everyone in between – to come to Forcey and participate in the Week of Prayer. On Thursday, May 5th, National Day of Prayer, we will unite with believers all across the U.S... and the world!

**Here are some comments from 2010:**

"I thought it was great to have the youth, boys clubs and others groups step out of their regular meeting and join us for prayer...in unity."

"What blessings the corporate prayer times were... especially the Fellowship Feast - the coming together of all ages - sharing testimonies, particularly answers to prayer!"

"These were situations that allowed us to pray with different people, in different ways. Praying together led bonds that carried through the week. Met new people and saw them again on Sunday with renewed camaraderie."

"I also liked the atmosphere, lighting, quiet music at times, stage set up with the lamp/plants and prayer box etc."

**If you would like to get involved, contact Art Kennedy, [art-kennedy@forcey.org](mailto:art-kennedy@forcey.org) or (301) 802-3864.**



March was an exciting month at FCS! Fine Arts Week was celebrated March 7-11. We watched great performances, read the creative writing stories, and viewed the artwork. The middle school talent show treated us to singing, dancing, and even comedy.



Our boys' basketball team won the GMCAC tournament championship. Congratulations to Coach Mark Stewart, Athletic Director Zarnez Campbell, and all the boys on the team!

Our 6th & 8th graders participated in science fairs, while the 7th grade did a history fair. Our 5th graders had a colonial fair, and our 4th graders recited poetry. Our kindergarteners even celebrated an international festival. The list could go on.

In April we will be celebrating Easter and the truth that our Savior sacrificed His life for us, rose from the dead, and conquered sin and death. For a sample of the kind of lessons we provide our students, check out this video synopsis of a recent chapel talk, <http://www.youtube.com/watch?v=5SfQV68C8gI>.

FCS has been accepted as a candidate for accreditation by the Middle States Commissions on Elementary and Secondary Schools. We are very pleased to be pursuing accreditation through both Middle States and the Association of Christian Schools International. Thank you for your prayers as we continue to help students fulfill their potential academically, socially, and spiritually.

**-Rev. Ezekiel Wharton, Administrator**

Talk to us about it. Any of the Missions committee members would be happy to share information, and maybe point you in the right direction. Surely you must know at least one of these people: Ann Hunt, Gayleen Beach, John Schlorff, Jeff Wiltrout, Johanna Hopkins, Suresh Chandran, Byron & Norma Silvera, Craig Riston, Janet Kraus, Mark Heazlit and myself. Not only would you learn something helpful, I'll bet you'd make their day!

**-Bob Wiltrout, Mission Committee Chair**



The theme for the spring session of Body & Soul Fitness is **Live Life! Right here, right now.**

It sounds easy, but in reality we get derailed from embracing the joys of today on a regular basis.

- ◆ We get wound up in planning for future events.
- ◆ We get distracted by problems in the past.
- ◆ We get lazy, bored and discouraged.
- ◆ Or we get stressed and hyper trying to keep up with things.

How can we fight for the abundant life that God wants us to experience in the here and now?

- ◆ We can fight back with praise.
- ◆ We can fight back by filling our minds with God's Word.
- ◆ We can fight back with honest, open prayer.
- ◆ We can focus on others and not ourselves.
- ◆ We can keep our minds set on eternity and our eyes fixed on Jesus.

Life IS right here, right now. Let's live it, enjoying the 'best days' that God gives us here and now, while looking forward to the real 'best days' in heaven!

Ladies are invited to join us for the spring session of Body & Soul Fitness, **Live Life! Right here, right now.** Our 75-minute workout includes cardio conditioning, strength training, flexibility, and Pilates which is choreographed to Christian contemporary music that motivates us to move and encourages us spiritually.



Classes meet Saturday mornings at 8:30 in the gym beginning April 2. Remember to bring your mat, water bottle, weights and dyna-band. For more information, call Jennifer White, 301-483-4986 or email [rjslwhite@msn.com](mailto:rjslwhite@msn.com).

## Nutritional Support for Depression

- Nancy Parlette, Health Ministry Team

Depression is defined as an unrelenting feeling of sadness and despair. In addition to intense sorrow of emotional depression, a person is considered clinically depressed if they have 5 of the following symptoms for more than a month.



- ◆ Sleep difficulties; fatigue and lack of energy
- ◆ Loss of appetite with weight loss or increased eating with weight gain
- ◆ Lack of interest in relationships or favorable activities
- ◆ Feelings of guilt or worthlessness
- ◆ Pessimism, and suicidal thoughts
- ◆ Hyperactivity or physical inactivity
- ◆ Difficulty concentrating or thinking clearly

Consult your physician if you are dealing with depression. Dr. Archibald Hart, professor of Psychology at Fuller Theological Seminary, says depression is a healing emotion, serving to remove us temporarily from involvement in our environment so that our bodies and minds can be restored. Depression is viewed as a necessary phase after the recovery from a stressful state.

The following are some suggestions that have been found to have positive effects on reducing depression symptoms:

- ◆ Dehydration depletes tryptophan which the brain needs to produce serotonin. Increase your filtered water intake.
- ◆ Drugs that can increase depression symptoms include: alcohol, caffeine, nicotine, bronchodilators, antihypertensive medications, and steroids.
- ◆ Refined sugar suppresses the activity of the BDNF brain hormone which has been found to already be low in people with depression and schizophrenia.
- ◆ BH4 is essential for the production of serotonin and dopamine. BH4 synthesis is stimulated by folic acid, B12 and vitamin C.
- ◆ Make sure your doctor checks your B vitamin levels before prescribing medication.
- ◆ B12, B6, and folic acid are all vital for proper nervous system functioning. Probiotics help make these.
- ◆ Omega-3 fatty acids found in such things as wild caught salmon, tilapia, flounder, flax seeds, DHA algae supplements, etc. have been found to help alleviate depression.
- ◆ Get out in the sunshine and expose your non-sun screened skin for 20 minutes a day to get Vitamin D. Light therapy in the winter can also be effective.
- ◆ Exercise and pets have been successful in helping reduce depression symptoms.
- ◆ Listening to worship music, prayer, singing, and time reading the Psalms are very helpful.

*"Why are you cast down, O my soul?  
And why are you disquieted within me?  
Hope in God, for I shall yet praise Him for the help of His*

# April Calendar Highlights

- ◆ **Precepts Bible Study** - 1st & 3rd Monday of the month @ 7:00 p.m.
- ◆ **SAM Bible Study** - 1st & 3rd Tuesday of the month @ 10:00 a.m.
- ◆ **Challengers Club** - Tuesday @ 7:00 p.m. (weekly)
- ◆ **Young Women's Bible Study** - Wednesday @ 6:00 p.m. (weekly)
- ◆ **Stockade Club** - Wednesday @ 7:00 p.m. (weekly)
- ◆ **Battalion Club** - Thursday @ 7:00 p.m. (weekly)
- ◆ **Karate** - Friday @ 7:00 p.m. (weekly)
- ◆ **SIS Prayer** - Saturday @ 7:00 a.m. (weekly)
- ◆ **Body & Soul** - Saturday @ 8:30 a.m. (weekly)
- ◆ **Good Friday Services** - April 22 @ 6:30 p.m. AND 8:30 p.m.
- ◆ **Annual Easter Sunrise Service** - April 24 @ 6:15 a.m.  
(Brookside Nature Center Amphitheater)

For a complete  
calendar of  
events, visit the  
Forcey Memorial  
Church website.

## Our Pastoral Staff

Philip Powers, Senior Pastor  
Gerard Schneider, Associate Pastor for Counseling & Family Ministries  
Ronald Jones, Associate Pastor for Christian Education  
Lonnie Harris, Associate Pastor of Singles Ministries  
Chris Marchand, Associate Pastor for Teens  
John Itzel, Minister of Music and Worship  
Art Kennedy, Minister of Arts and Worship

Church Office Hours: Monday - Friday 8:30 a.m. - 4:00 p.m.  
(301) 622-2200 ◆ [www.forcey.org](http://www.forcey.org)