



NAME CHANGE NEWS

On May 15, our congregation voted to change our name to Forcey Bible Church. We feel the new name more clearly presents who we are – a body of believers based in God’s Word.

The new logo shown here was developed by a team of members, with Sara Robins doing the excellent creative and graphics work. We hope the new name and look will help clarify our vision and enhance our impact for the Kingdom of God.

Foundations

Foundations are not *niceties*, they are *necessities*. I’m sure some structures have been built without foundations, but they probably aren’t still standing—at least not where they were first built. Scripture speaks about foundations the same way that we know them in life: if something endures, it is very much because of its foundation. Even God and His throne are described in terms of a foundation: “Righteousness and justice are the foundation of your throne; love and faithfulness go before you” (Psalm 89:14).

Foundations are not *theoretical*, they are *substance*. A foundation is not just a good idea, an opinion, an abstract thought; it is the stuff of real life. It has mass, it has place. You can touch it, see it. A foundation must be as real as everything else built on it, because everything else depends on it. We need to remember that, when we talk about the foundation of what we believe. It’s not doctrine that lives only on some paper or in somebody’s mind. It is Jesus Christ Himself! The gospel is not a message about Jesus, it is Jesus Christ Himself! Everything that God has done for us, everything we are as children of God, everything we know about ourselves and God is bound up in the substance of Jesus Christ Himself. He is the cornerstone of the foundation of all that God is doing: “So this is what the Sovereign LORD says: ‘See, I lay a stone in Zion, a tested stone, a precious cornerstone for a sure foundation; the one who trusts will never be dismayed’” (Isaiah 28:16). “For no one can lay any foundation other than the one already laid, which is Jesus Christ” (1 Corinthians 3:11).

Foundations are not a *later addition*, they are *first things*. I’m sure it’s possible to come back and build a foundation later, but you probably do it out of desperation at that

point because the building is crumbling and you realize you should have paid attention to the foundation first. So for those just starting to build their new life in Christ, they need to start with the foundation. And for those who later see things falling apart in fear, confusion or doubt, they better go back and see about their foundation—right away! When the Jewish people returned from exile, they began with first things first—the foundation for the Temple: “When the builders laid the foundation of the temple of the LORD, the priests in their vestments and with trumpets, and the Levites (the sons of Asaph) with cymbals, took their places to praise the LORD, as prescribed by David king of Israel” (Ezra 3:10). Before maturity in your relationship with God you have to start with first things: “Therefore let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God” (Hebrews 6:1).

A foundation needs to be solid, strong and stationary, oriented correctly. Ancient builders took great effort to line up the corner stone, because it determined the lines for the rest of the foundation, and then the lines and integrity of the walls. Poor preparation and planning will weaken the foundation. An unstable foundation will affect everything else built on it. A crack that starts in the foundation will eventually make its way up the wall and into the house. Jesus said, “I will show you what it’s like when someone comes to me, listens to my teaching, and then obeys me. It is like a person who builds a house on a strong foundation laid upon the underlying rock. When the floodwaters rise and break against the house, it stands firm because it is well built. But anyone who listens and doesn’t obey is like a person who builds a house without a foundation. When the floods sweep down against that house, it will crumble into a heap of ruins” (Luke 6:47-49).



Trustee's Corner

Thank you to all who attended the Congregational Meeting on May 15. It is always a joy to see the face of Christ in our church body and to share in such a special opportunity to be together in community. We had a detailed presentation followed by a spirit-filled discussion of the proposals before the body and we appreciate the love our members show in participating and sharing what God has prayerfully laid on their hearts. We give thanks as well for the 90% vote in favor of each of the proposals: the changes to the church bylaws and the name change. Please feel free anytime to contact your church leadership at the email address forceyfamily@forcey.org.

As we head into the summer months, it is important for us to remember that the needs of the church and our community continue unabated and our ongoing financial obligations must be met. Our monthly expenditures continue at a normal pace yet we traditionally have a drop in our monthly giving during this time. We would like to thank all those who give to the church in any form and especially those who regularly support the body. If you are a regular giver, we appreciate your continued giving while you are away from Forcey this summer. This is one of the great benefits of eGive—it allows a person to consistently and effortlessly give to Forcey as it allows for periodic and one time giving. If you are not using eGive, please consider it today.

Soul Winning at Forcey

“Say not ye, There are yet four months, and then cometh harvest? Behold, I say unto you, Lift up your eyes, and look on the fields, for they are white already to harvest” (John 4:35). As Christians engage in soul winning, they need to be ever vigilant not to pre-judge their prospects. The ones that seem the least likely to come to Christ sometimes turn out to be very open to the gospel. A recent encounter by a Forcey member while on vacation serves to illustrate this point.

As this Forcey member was returning from vacation with her family, she decided to visit an elderly lady named Arzella, now living in a nursing home, who was the mother of one of her childhood friends. Having visited this lady several years earlier, the Forcey member was concerned that she had not shared the gospel with her. As they met that afternoon, Arzella seemed alert and attentive, even though she was now suffering from a certain degree of dementia. When the Forcey member introduced the subject of the gospel, Arzella was open to talking about the Lord and about how to get to Heaven. As the plan of salvation was explained slowly and carefully, Arzella seemed to be tracking the flow of thought. When it came time to receive the free gift of eternal life, this elderly lady bowed her head and called upon the Lord Jesus to be her Saviour.

As they reviewed the assurance of her salvation, it became evident that Arzella was sincere in her calling upon the Lord Jesus to save her. This lady, who at first glance seemed to be beyond reach of the gospel because of her age and dementia, was open to the message and able to receive the free gift of salvation.

- Ralph Zimmerman, Evangelism Team

Don't Let Vacation Ruin Your Summer

We all know that going away on vacation can have serious negative consequences on your life. I don't mean getting major sunburn, or your car breaking down, or your basement flooding while you're away. I mean losing out on all the great things happening around here. If you're in Hawaii on June 26th, you miss Dick and Sara Hart with their stories of what God's doing in Bolivia. Hiking though Yellowstone on July 17th would cost you all the stories of outstanding MKs that Joe and Susie Stebner are bringing from Germany. Other missionaries could show up at Forcey while you're wandering through Williamsburg. And sailing across the Pacific for the whole month of August means that you wouldn't hear the reports from our Mission Possible teams.

What's more, any of these vacations might cause you to forget to pray for those Mission Possible teams and lose out on a lot of eternal reward. Paul and Carmina Adams will be taking an evangelistic MP3 team to outdoor events in England and Scandinavia this summer, while Zane Dempsie and Christina Barrington will be training our MP1 team at a variety of sites on the East Coast. They need your prayers, and you need to be praying. Sound like perfect fit to me!

Have a great vacation. But don't let it ruin your summer.

- Bob Wiltrout, Missions Chair

Christian School

Forcey



It is hard to believe that another school year is winding down. We will graduate 47 8th graders on Wednesday, June 8. What a blessing!

In May we hosted the ACSI Math Olympics at the Southern Asian SDA Church gym across the street.

Our students competed with their peers from 13 other Christian schools in the region and took home 11 ribbons, including 3 first-place ribbons, out of the 12 categories in grades 3-8. May also included a very nice Teacher Appreciation Luncheon hosted by LeRachel Buffkins and the Booster Club, along with the 8th grade student leadership team, on National Teacher Day, May 3. Other fun highlights included the 4th grade's State Fair, the 6th grade's Medieval Festival, and kindergarten's Bike Day. All in all, it was a month filled with learning and fun, usually at the same time!

June wraps up the school calendar with class picnics, field day, our year-end program performed by the 1st-3rd graders, and ultimately graduation. We thank God for all He's done for us over the past school year. Please pray for our graduates as they go to shine the light of Christ elsewhere in high school.

Rev. Ezekiel Wharton, Administrator

Day Camp 2011

June 27th - August 12th

Forcey



PLEASE PRAY...

- for evangelistic zeal, that many kids might be reached with the Gospel
- for a unified staff that trusts each other and grows in Christ together while serving
- for a full camp (140 campers per week) and a FUN camp program
- for faithful Bible teaching, so that God's Word and our summer theme (The Fruit of the Spirit) can work itself out in the lives of our campers
- for endurance and perseverance for the staff
- for safety on our pool and field trips and all our other regular activities
- for parents, that they too might hear the Gospel
- for lasting relational connections that would bear fruit for years to come!

Pray for all the children ministries!

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So when it comes to foundations, we can't ignore them or take them for granted. We must be careful and attentive. We spend time, effort and money to protect them. We regularly inspect them and repair them if necessary. So beginning this June and into the early fall, each Sunday we will be examining the foundation of what we believe. Jesus said it — and we know it — it's important!

- Pastor Phil Powers



The next Men's event is a breakfast on Saturday, June 11th at 8:00. In honor of the upcoming Father's Day celebration, we'll be focusing on the crucial role of the father. Our speaker is Dave Brown, Director of the Washington Area Coalition of Men's Ministries. We'll be showing clips from the upcoming movie "Courageous" to be released on September 30.

"Courageous" follows four fathers at different stages in their lives who are in law enforcement. These men serve and protect together and willingly stand up to the worst the world can offer yet at the end of the day, each man faces a challenge none of them are prepared to tackle: fatherhood. While they consistently give their best on the job, good enough seems to be all they can muster as dads. Each man discovers that their standard is missing the mark. They know that God desires to turn the hearts of fathers to their children, but their children are beginning to drift further and further away from them. The question is whether these men will find a way to serve and protect those that are most dear to them.

This breakfast event is for men who are fathers or hope to be fathers one day. This is a great opportunity to bring a friend. So come on out and discover what it means to live "Courageously" as you enjoy great food and fellowship. Tickets are \$5 prior to the event and available at the Band of Brothers table each Sunday. Tickets are \$10 at the door.

Don't Let the Summer Slowdown Strike Your Giving!

Through our online giving service, you can give one-time or recurring gifts, and can designate them for the General Fund, the Building Fund or any of our special projects. This is not a credit card-based service, but works through a secure electronic transfer directly from your bank account to the church's.

To sign-up for the service, go to our website, www.forcey.org, click on the 'Home' button on the top menu bar, then 'Give Online'. You will see our page at eGive, the organization that processes our online giving. Click on 'Sign up now' to get started. You will be prompted to enter your contact and banking information, and your preferred giving schedule. With any questions, please contact Ken Wesche at ken-wesche@forcey.org or 301-622-3465 ext. 811.

Walking Your Way To Cardiovascular Fitness

Whether you consider yourself healthy, or challenged with a chronic condition or illness, walking can improve your physical, mental and emotional condition. The cardiovascular system involves the heart and blood vessels, and walking is an easy and simple way to incorporate exercises that will improve the condition of this system. You increase muscle and lose fat, and regular exercise decreases stress and anxiety and promotes better sleep.

If you're new to walking, however, start off with slow, short sessions and build your way up gradually. If you have any health concerns or medical conditions, **be sure to check with your doctor for advice before you start your walking routine.**

How Much Exercise Do We Need? If your goal is to maintain general health and well-being, you should walk 3 to 4 days a week for 20 to 30 minutes at a fast pace. (You will be breathing hard but not gasping for air). Several studies have shown that cardiovascular risk (strokes, heart attacks, high blood pressure) can be reduced by 30 to 40 %. If you are walking for weight loss you should walk a minimum of five days a week, and the Institute of Medicine recommends that we should be engaged in 60 minutes at a brisk pace; and of course, the more we walk the more calories we burn and there is greater improvement in our cardiovascular system.

How Do We Keep on Track? **1)** Perhaps you haven't been active in a long time, and you just dread the thought of starting a walking routine. Start off with 10 minutes at first and add five minutes each week until you reach the desired length of time. **2)** It helps to develop a routine until it becomes a habit. **3)** Set goals and try to stick to them. **4)** Wear proper clothes and shoes. **5)** Find a walking partner who will encourage you to continue on days when you don't feel like walking. **6)** Drink an adequate amount of water before, during and after walking

....the joy of the Lord is your strength. (Nehemiah 8:10)

- **Joy Wright for the Health Ministry**

June Highlights

- 💧 Vacation Bible School - June 20-24
- 💧 Forcey Day Camp - June 27 - August 12
- 💧 SAM Bible Study - 1st & 3rd Tuesday of the month @ 10:00 a.m.
- 💧 Losing To Live - Sunday @ 4:30 p.m.
- 💧 Challengers Club - Tuesday @ 7:00 p.m. (weekly)
- 💧 ESL - Tuesday @ 7:00 p.m. (weekly)
- 💧 Young Women's Bible Study - Wednesday @ 6:00 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)

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