The Lynmoore (formerly Ginter Hall West)
*Anne Tinsley

Manorcare at Stratford

Irene Mathews (aunt of *Helen Fitzgerald) McGuire Veterans Nursing Home Unit

Henry Holland (father of *Cindy Hurd)

Meadow Glen of Richmond

*Jean Ford

Morningside in the West End - Skipwith Road Mamie Seay (mother of *Cindy Conoly) Celeste Torian (mother of *Crystal Jacobs)

Ruxton at the Meadows, Goochland

Ruth Maybush (mother of *Jean Dickerson)

St. Marys Woods

*Anne Goins

*Kathleen Seay

*Nelda Tatum

Sitter & Barfoot, McGuire, VA

Gene Hart (friend of *Mel & *Elaine Rideout)

Spring Arbor at Ridgefield Parkway

*Virginia Latimer

Sunrise Assisted Living at Bon Air *William & Viola Herndon

The Crossing @ Bon Air

*Larry Enscore

Westminster Canterbury

*Jewel Poff

Westport Healthcare & Rehab *Ernestine Markwith

Willow Estates Retirement Community, Penn Laird, VA *Margaret Satterwhite

Family & Friends in Out-of-Town Nursing Facilities
Myrthel Clements (sister-in-law of *Peggy Roberts)
Esther Ferrell (sister of *Blanche Smith)
Edna Fryer (mother of *David Fryer)

Our Military

Douglas Berry, Army, Pentagon, Washington, DC, son of Sam & Margaret Berry

*Kevin Boykin, Navy, Bahrain son of Nelson & Carolyn Boykin

Kevin Cutright, Army, Iraq cousin of Julie McGowan Clare Danheim, Army, Fort Riley, KS, daughter of Lana Parker & granddaughter of Pat Harrison Les DeBusk-Lane, Marines, New Bern, NC, husband of Lauren DeBusk-Lane; son-in-law of Tommy & Phyllis Owens

Ricky Freeman, Marines, Camp Pendleton, CA husband of Ashton Freeman; son-in-law of



Lottie Moon Christmas Offering

MVBC goal: \$25,000 FINAL TOTAL (as of December 31): \$46,623.52

INFO: mvbcnow.org/missions
• Cameron Dahl • x129 • cdahl@mvbcnow.org

Sonny & Sue Brittle Brandon Gooch, Army National Guard, MD son of Robert & Diane Gooch Robert Gooch, Afghanistan son of Robert & Diane Gooch

Kevin Hadley, Army, Washington, DC brother-in-law of Julie McGowan

brother-in-law of Julie McGowan Eric Hyde, Air Force, Pentagon, DC

Eric Hyde, Air Force, Pentagon, DO son of Tom & Jean Hyde

Matthew Lodge, Marines, Hawaii, son of Juanita Branson & grandson of Virginia Coleman Byron Robert Marshall, National Guard, VA,

son of Byron & Laura Marshall

Cullen McNeal, Army National Guard. Fort Leonard Wood, MO, son of Roger & Tracy McNeal

Erik Reynolds, Navy, War College RI, grandson-in-law of Bill & Libby Stennett

Kelly Ridle, Coast Guard, sister of Chuck Ridle

*David Robertson, Marines, Camp Pendleton, CA, son of Archa & Nancy Robertson

Andrey Shults, DeSota, TX, nephew of Tommy & Phyllis Owens

*Jay Shankle, Army, Germany

son of Bert Shankle

*Charles "Chuck" Stepp, Air Force, Idaho, son of Betty Ragland

Joshua Tilley, Marines, Japan,

grandson of John & Joan Kinzie
Trey Ware, US Navy, Qatar, son of Juanita Branson

& grandson of Virginia Coleman

Lee Whiteside, Army, brother of Lynn Birdsong

Chris Whitworth, Army, Ft. Campbell, KY, son of Bill Whitwort

Nicholas Wiggins, Army, Hawaii

Missionaries & Ministries

Serving Overseas

Phil A. Lance, Carrie, Emily & Tyler B.

David & Jo B. Anne D. Terry & Darla H. Tim M.

Jeanine N. Dan & Christy O/B.
Jerry & Kathy P. Eddy & Cindy R.

Brian & Michelle S. Jon S. Scott, Shirin & Jasmine T.

World Peace

People in Indonesia dealing with the tsunami, volcano, death toll and missing people People in Haiti as they deal with the sick and dying

Baptism Service

We are now scheduling baptisms for Sunday, January 30 (this date is subject to change based on candidate participation). INFO or to SIGN UP: Jessica Allam · x115 · jallam@mvbcnow.org

Business Meeting
Wednesday, January 26 · 6 p.m.

Online Giving

mvbcnow.org/stewardship

Current point
Sundays 8:30 a.m. • 9:45 a.m. • 11 a.m.

worship info

9:45 a.m. Contemporary Service

Welcome Tom Ingram
Songs of Worship "Blessed"

"Mighty to Save"
Offertory Prayer Contemporary Worship Team
Offertory "Be Unto Your Name"
Sermon Dr. Don Runion
Song of Response "I Give You My Heart"
Benediction Dr. Don Runion

11 a.m. Traditional Service

Prelude	Anne Winston
Welcome	Tom Ingram
Hymns of Prais	e "All Hail the Power of Jesus' Name"
	"Crown Him with Many Crowns"
Song of Worshi	p "The Servant Song"
	Sanctuary Choir
Hymn of Unity	"They'll Know We Are Christians"
Offertory Praye	Pete Gibson
Offertory	Wesley Hurd, Violinist; Robin Lafon Accompanist
Sermon	Dr. Don Runion
nvitation Hymr	"Living For Jesus"
Benediction	Dr. Don Runion
Postlude	Anne Winston



January 9, 2011
Building Healthy Relationships
Part 2 • By Investing Yourself in Relationships

1.	Healthy Relationships are built on the investment of Hebrews 10:25 (NIV) Let us not give up meeting together, as some are in the habit of doing, but let us encourage one anotherand all the more as you see the Day approaching.
2.	Healthy Relationships are built on Romans 12:9 (NLT) Don't just pretend that you love others. Really love them. Hate what is wrong. Stand on the side of the good.
3.	Healthy Relationships are built on Romans 1:10-12 (NLT) One of the things I always pray for is the opportunity, God willing, to come at last to see you. For I long to visit you so I can share a spiritual blessing with you tha will help you grow strong in the Lord. I'm eager to encourage you in your faith, but I also want to be encouraged by yours. In this way, each of us will be a blessing to the other.
4.	Healthy Relationships are built on Romans 12:10 (GW) Be devoted to each other like a loving family. Excel in showing respect for each other.
5.	Healthy Relationships are built on Col. 3:13 (NLT) You must make allowance for each other's faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others.



11220 Nuckols Road • Glen Allen, VA 23059 • (804) 270-6600 • mvbcnow.org

Robin Lafon

Bringing joy
to the heart of God
by bringing Christ
to the heart of the world.



community point

Sunday, January 2

7:30a CWT Warm-Up/Rehearsal · Sanctuary 8a Deacon-led Prayer Time · M106

8:30a Bible Fellowship Classes (Children & Adults)

Contemporary Worship Service

· Sanctuary

8:45a CWT Breakfast · Choir Room 9:45a Bible Fellowship Classes

(Children, Students & Adults)

Contemporary Worship Service

Sanctuary

Traditional Service Worship Review & Rehearsal · Choir Room

11a Bible Fellowship Classes (Children & Adults)

Traditional Worship · Sanctuary

Leadership Council · E206

Deacon PC Committee · E206 First Step Class for Young Believers · C122 First Step Class Childcare · C104

Youth Band Practice · 213 6p Christian Foster Care Information Meeting · M135

8:45a Aerobics · E213

9a Holy Land Cruise Planning Meeting · E210

11a Primetimers' Senior Adult Game Day

'deliberate' band rehearsal · E213 Adult Discipleship PC Meeting · E203

7p Women's Bible Study · M131/132 Worship PC Meeting · E206

Tuesday, January 11

8:30a Ministers Meeting · E206 9a Exercise class · E213 MOPS · M131/132

12p Chat & Chew Bible Study · M133

Wednesday, January 12

8:45a Aerobics · E213

Women's Bible Study · M131/132

4:45p Wednesday Fellowship Dinner · Sanctuary

5:30p SPLASH · Ed. Building Lobby

Our Community

(*Indicates church members)

Tithes & Offerings (January 2)

Regular Offering Receipt......\$1,135,330.77 \$1,177,300.00 Budget Needs Imagine! Building Fund \$293,389.76 Budget Needs..\$204,800.00

Attendance (January 2)

Worship - 971 Bible Study - 587

New Members (January 2)

Judith "Judy" Key

Sympathy

*Pam & Gary Bise in the loss of her father, William Argenbright

*Nelson & *Carolyn Boykin and family in the loss of his brother, Gibson Boykin

*Beverly Hudson & *Maria Sawyer and their families in the loss of their nephew, William Ray "Billy" Harris, Jr.

*Rob & *Elizabeth Smith and family in the loss of his grandmother, Gladys Palmer

*Anne Glaze & *Nancy Vawter and their families in the loss of their aunt, Georgie Oliff

Hospitals

*Frances Ann Turner

*Gertrude Jeanne Currier

St. Mary's *Macye Rexrode

*Robert "Bob" Tisdale

Henrico Doctors Forest

Ruby Jordan (mother of *Michelle Natale) Russell O'Bryant (brother-in-law of *Cora O'Bryant) The Gathering · Student Worship Center

Monday, January 10

·M111/112

5:30p CR Beginners Meetings · E204/205

6:30p

10a Young at Heart Rehearsal · Choir Room

5:50p Men's CR STEP Study · E209

5:45p Women's CR Step Class · E202

Hanover Health Care Center

*Buck Richardson (no visitors)

Johnston Willis

Baby Royal Marquis Jr.

Westport Convalescent Center Mary Blankenship (mother of *Martha Sykes)

Prayer

To share your requests,



or contact Jean Grubbs · 270-6600 x114 · jgrubbs@mvbcnow.org

Prayer Requests This Week (Dec. 31-Jan. 6)

*Richard "Dick" Collins

*Frances Flynn

*Marian & George Haudricourt

*Conway Nuckols

*Javier & *Sharon Ramos

*Sara Robson

*Michael & Patty Southworth

*Beverly Stephenson Page & *Carroll Taylor, Jr.

David Whitlow (Primetimer)

Wesley Begley (great nephew of *Joyce Doyle) Mildred Crawley (friend of *Jerry & *Ken Person)

Hans Josephsen, Jr. (son of *Hans & *Charlotte Josephsen) Kindergarten student of *Kimberly Jackson Eileen Parker (friend of *Willye Fishburne) Mary Pavitt (grandmother of *Michelle Pavitt) Michael O'Brien (friend of *Willye Fishburne) Rene McSwain (sister of *Charlie Fishburne)

5:50p WADE: Music & Missions (preschool) ·C111/126

KidJAM · C115/121/122/124 6p G3 Student Small Groups

> · Student Worship Center Women's Bible Study · M131/132

Men's Fraternity · M134 Drama Core Rehearsal · M111/112/114 7p Prayer Group · M106

Sanctuary Choir Practice · Choir Room

Thursday, January 13

9a Exercise class · E213 Women's Bible Study · M131/132

10a Primetimers' Visitation Interest Meeting · E205

5:45p CR Childcare · Ed. Building Lobby

Celebrate Recovery · 2nd Floor Ed. Building CWT Rehearsal · Choir Room/Sanctuary

Friday, January 14

8:45a Aerobics · E213

7p Singles Game Night · E212/213/222/223

Saturday, January 15

7a Men's Study · E213

8a 'deliberate' band rehearsal · Sanctuary

Prayer Request Last Week (Dec 23-30)

*Dale Bullock

*Gertrude Jeanne Currier

*Diane Morrison

*Dorothy Runion

Larry Gill (friend of *Don Sykes) Sue Johnson (friend of *Candice Heins)

Patty Kingrey (Primetimer) Sophia Madden (daughter of Lynn & Jason Madden)

Known Job Losses

(If you would like to be on this list contact Jean Grubbs · 270-6600 x114 · jgrubbs@mvbcnow.org)

*Daniel Anderson

*Gary Embrey *Kay Gallahan

Nancy Bassett

Sheila Russ (daughter of *Bill & *Sharon Russ)

Members who need your continued prayers

Katya Arsantyeva Ruth Atkisson Billie Barker Kristin Beale Jerry Beasley Carolyn/Nelson Boykin Mildred Brennan Cathy Burgess Elaine Caldwell **Bootsie Camp** Agnes Carpenter Naomi Carter Haywood Chewning Amy Claytor Virginia/Wilson Coleman Clyde Colwell Darlene Couch Jeanne Currier Audrey DeRussee Joyce Darr Mary Dinsmore Frank Duda Deb (Wray) Eldridge Audrey/Don Evans Jerry Fanning Dot Frawner Joe Frick Shirley Garrett Espy Gilbert Jacob Gooch Cece Heins Pauline Hurd Shirley Ingram Ed Hyer Sherry Jacks Thomas Jarrell

Ann Jones Richard Kurtz Colleen MacDonald Kay McCloud George Markel Pat/Jim Means Julie Moore Greg Morrison Stephanie Myers Conway/Margaret Lucille Nuckols Nuckols Michelle Pavitt Frank Pond Karen Price Alice Ramsey Dayton/Lela Richmond Peggy Roberts Jesse Russ Dorothy Runion Jason Runion Harry & Mary Seeley Allene Simpson Samuel/Shirley Smith Nancy Sollars Patty/Michael Southworth Jo Ann Staub Audrey & Fletcher Stewart Brenda Street **Betty Taylor** Linda Taylor Doris West Mary Trexler Jeannie Troemmler Gerrit Werner **Audrey White** Kitty Willis

Relatives of our Church Families

(If you would like your family member to stay on this list contact Jean Grubbs · 270-6600 x114

· igrubbs@mvbcnow.org) Barbara Adams (niece of Jean Grubbs)

Carter Anderson (son of Dave & Jean Anderson)

Jean Badgett (sister of Ken Winston) Melanie Baker (granddaughter of Virginia Coleman)

Bill & Patsy Benson (parents of Craig Benson) George Bernard (father of Katherine Furr)

Mary Blankenship (mother of Martha Sykes) Bricker family (Peggy Partridge's family)

Paul Bulifant (father of Debbie Hoyle)

Anne Catlett (mother of Cindy Lovel & Elise Stroble) Ken Cauthorne (father of Chris Cauthorne) Ronnie Conner (brother of *Teresa Blackwell)

John J. Driscoll (father of John T. Driscoll) Mary Opal Dyke (mother of Norris Dyke)

Forrest Eary (husband of Evelyn Eary; father of David & Tony Eary)

Jerry Fadden (brother of Tese Allam) Ed Frawner (husband of Dot Frawner;

father of Charles Frawner) Baby Tommy Garrison (grandson of Debbie Troxell) Phyllis Gillio (sister of Peggy Partridge) John Goss (brother of Becky Simmons)

Margaret Gowdy (sister of Naomi Carter & aunt of Pattie Carter & Becky Young)

Marianne Graves (mother of Debbie Troxell) Ben Greene (grandfather of Jessica Benson)

Gordon Gregory (son of Clara & John Epperly) Joanne Groome (mother of Melody Davis) Rudi Guckel (brother of Helmut Guckel)

Peggy Hadder (aunt of Scott Lance) Jean Harmon

(mother of Tracy McNeal & Shannon Baird) Peggy Harris (sister of Kathy Crist)

Carolyn Hering (mother of Dave Hering) Gerald Hoffman (father of Carolyn Messimer) Henry "Hank" Holland (brother of Cindy Hurd) Barry Jackson (father of Kimberly Simmons)

Hans Josephsen, Jr. (son of Hans & Charlotte Josephsen)

Nancy Johnson (wife of Jim Johnson)

Cecil & Ruth Layman (parents of Debbie Will) David & Betty Jo Leonard

(brother & sister-in-law of Frances Frick) Jason Leonard (brother of Clay Leonard) Roy Lipscomb (husband of Marjorie Lipscomb)

John McCartney (father of Layne Coyne) Aubrey Moore (brother of Frank Moore) Marie Mosely

(cousin of Mavis Coppedge & Maxine Williams) Emmett Noel (father of Tim Noel)

Peggy O'Brien (sister of Jean Jones) Pete Person (brother of Ken Person) Bria Pendergast

(granddaughter of Vann & Nancy Allen) Calvin Queen (father of Kim Lanterman)

Kathy Rockwell (sister-in-law of Steven & Angela Rockwell)

Jim Ross & family (son of *Peggy Roberts) Dwayne Sawyer (son of *Marie Sawyer) Tom Scott (cousin of Beverly Rudd)

grandmother of *Michael Simmons) William Simmons (son of David Simmons)

Cora Simmons (mother of Kathy Keller,

Page Taylor (wife of Carroll Taylor, Jr.) Barbara Thornton (mother of Jean Anderson) Melody Todd & sons (cousins of Angela Howerton) Louise Tudor (mother of Ann Dickerson)

Margaret Watkins (sister of *Martha Gamble) Joan Wilkins (sister of Shirley Ingram)

Herb Wyndham (father of Cindy McKay)

Rehabilitation, Nursing & Retirement Facilities

Ashland Nursing & Rehab *Evelyn Hudson Cedarfield Assisted Living

*Peggy Bode Chestnut Grove

Edith Sykes (mother of *Steve Sykes) Dogwood Terrace Ellen Walker (mother of *Sue Patterson)

Elizabeth House @ Crump

*Beryl Breedlove

*Dot Jenkins Virginia Boykin (sister-in-law of Nelson Boykin)

Emeritus @ Deep Run Violet Didlake (mother of *Brenda Denton & Ann Bowles)

Glenburnie Rehab & Nursing Facility *Charles Lamphere

Hanover Health Rehab

*Verna "Bootsie" Camp Heritage Oaks - Retirement

*Evelvn Bowles Patricia Freiburger (mother of Joe Freiburger)

Imperial Plaza - Assisted Living *Joyce Smith

Dorothy Apperson (mother of *Gayle Christian) Imperial Plaza - Retirement

*Elbert Clark

Lakewood Manor

*Hiram Boone *Frances Flynn

*Chris Sharpe

Mildred Clayton (daughter of *Frances Flynn) Robert Culpepper (former MVBC Missionary) Laurels of University Park

Franklin Bourne (father-in-law of *Billy Ayres) Lexington Court Mary Ladd (mother of Susan & Margaret Ladd,

*Jan Whitman) Charlotte Simmons (mother of *Susan Atkins) Little Sisters of the Poor

Prayer Card
Sunday, January 9, 2011 Mr./Mrs./Ms. Address City, State, Zip Home Phone (Work Phone (Email I am interested in programs for: ■ Nurserv □ Preschool ☐ Grade(s) K-5 ☐ Grade(s) 6-12 ☐ Ages 18-21 ☐ Ages 22-35 ☐ Ages 36-56 ■ Ages 57+ I would like information on these ministries: ■ Worship Arts □ Recreation ■ Recovery □ Senior Adult ☐ Health ■ Singles ■ Men ☐ Women Drama ■ Pastoral Care ■ Missions & Outreach □ Other:

Information &

If you have a prayer request, change of address or want to send a message to a minister, please respond below: