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# THE OCTAGON

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*The Monthly Newsletter of Fairfax Presbyterian Church*

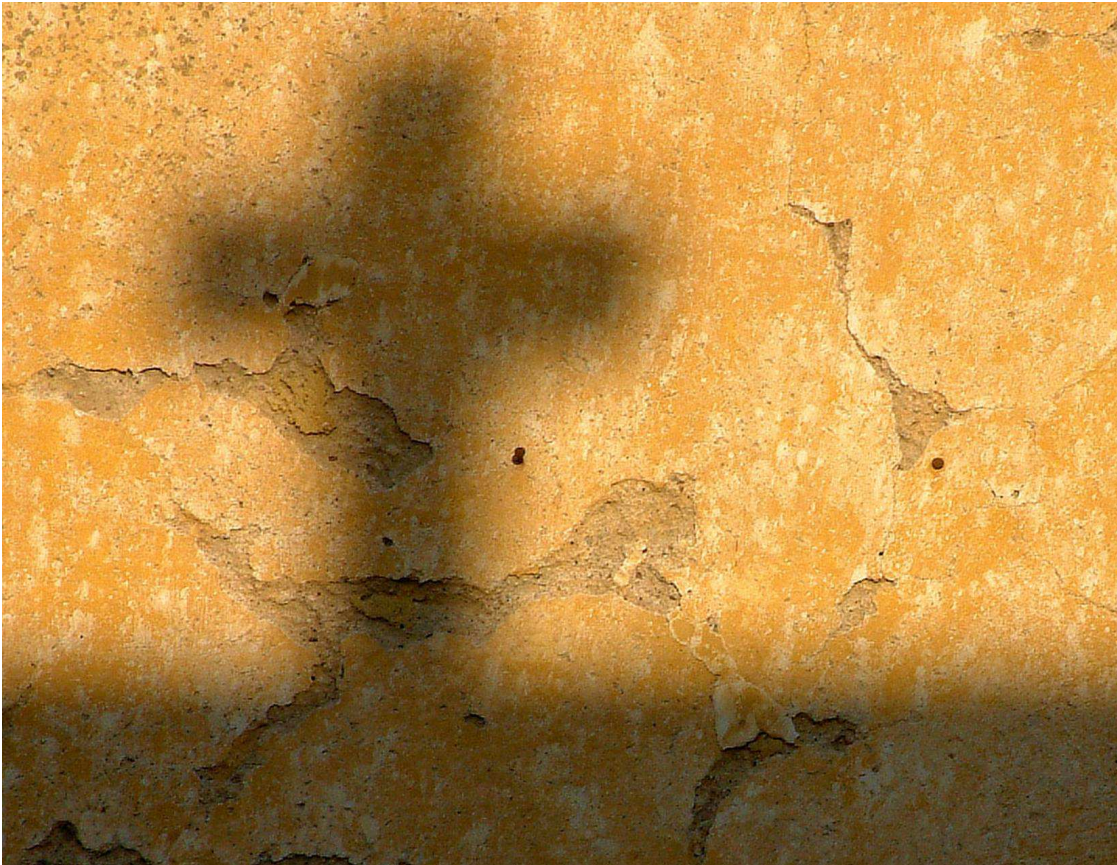


Image courtesy  
[www5.dozdrapede.tk](http://www5.dozdrapede.tk)

## Songs of New Life

*by Rev. Henry G. Brinton*

Some of the most beautiful Christian music has been written for Lent, Holy Week, and Easter, and a great deal of it will be sung at FPC during the month of March. Our focus will be on new life as we gather for worship during the final weeks of Lent, and then make the transition into Holy Week and Easter.

I am excited by what lies ahead for us this month:

**March 6**, the 4th Sunday in Lent. Sermon at 8:45 a.m. and 11:15 a.m. by Henry Brinton, "Song of Reconciliation," based on 2 Corinthians 5:16-21.

**March 13**, the 5th Sunday in Lent. Sermon in Music at 8:45 a.m. and 11:15 a.m. by the Sanctuary Choir: The Fauré Requiem.

**March 20**, Palm Sunday. Sermon at 8:45 a.m. and 11:15 a.m. by Henry Brinton, "Batman v. Superman v. Jesus," based on Luke 23:1-49. We will dedicate our pledges for the 2016-2017 budget year, and have Creative Worship at 11:15, with leadership by the Praise Band.

**March 24**, Maundy Thursday. Sermon at 7:30 p.m. by Yena Hwang, based on the story of the foot-washing. We will also celebrate the Sacrament of the Lord's Supper.

**March 25**, Good Friday. Tenebrae service at 7:30 p.m., with three anthems by the Sanctuary Choir, along with dramatic readings and hymns.

**March 27**, Easter Sunday, the Day of Resurrection.

- Easter Pilgrimage on the church grounds at 6:30 a.m., with leadership by the Confirmation Class and the Sacrament of the Lord's Supper.
- Sermon at 8:45 a.m. and 11:15 a.m. by Henry Brinton, with glorious Easter music by the Sanctuary Choir, hand bells, and brass.
- Easter Breakfast served in Fellowship Hall by the GRACE Youth Fellowship.

From the "Song of Reconciliation" to "Jesus Christ Is Risen Today," we will be hearing songs of new life through the month of March. These songs can lift our spirits, even in times of personal pain. In fact, one of my favorite Easter hymns, "Christ Is Alive," was written by Brian Wren for the Easter celebration that followed the assassination of the Rev. Dr. Martin Luther King, Jr.:

*Christ is alive! Let Christians sing.  
The cross stands empty to the sky.  
Let streets and homes with praises ring.  
Love, drowned in death, shall never die.*

**"Songs can lift  
our spirits,  
even in times  
of personal  
pain"**

May this hymn be true for you as we gather at FPC in the month of March. Christ is present with us, even in times of suffering, and his love for us shall never die.



Image courtesy  
[loweryournets.blogspot.com](http://loweryournets.blogspot.com)

# Journey Through Lent - 2016

*by Rev. Yena K. Hwang*

Lent is upon us.

I like the quiet, reflective nature of Lent.

I like the non-glitzy, contemplative season of Lent.

Forty days of active waiting. Forty days until resurrection and forty days of renewal and recommitment. Sure, Advent is fun and exciting - full of color and festive decorations. Lent is not... so much fun or exciting. There is so much talk of sin and repentance and the practice of giving up something you like and participating in the suffering of Jesus.

Yet, I still like Lent, because it is a season that connects our physical bodies with our spiritual selves. Lent began with sign of ashes - an ancient sign that speaks of the frailty and uncertainty of human life, a sign that reminds us that we are from dust...going back to dust, a sign that reminds us that we are God's beloved people, so loved that God's own son came to live for us, die for us, and resurrect for us. If you have not thought about this season in a positive light, I want to invite you to think about this season in a different light. I invite you to

participate in a mindful Lenten journey towards Easter. I want to spend some time each day, praying for our church, community, country, and the world that need renewal and the power of resurrection to cover over all our brokenness.

There are several ways for you to participate:

- 1) You can participate in the "Walk to Jerusalem" program and log in your daily miles as mentioned before. Again the link is: <https://fairfaxpresby.typeform.com/to/ULT1Ca>
- 2) You can pick up "Journey through Lent" activity booklet to engage in a family activity centered around Lenten theme. Ask Yena Hwang or Erin Sanzero for a copy.
- 3) You can pick up 2016 Lent Calendar and follow along and pray along each day of Lent. Each day, there is a suggested prayer topic. After you have prayed, you can color the box or mark the box. You will be praying the same topic with the rest of the community participating.

## FPC Guatemala Mission *by Kathy Squires*

"Many changes but much remains the same." As FPC's Girls in Guatemala meet and reflect on the goals and priorities for the Faith Stories women and the mission with them, the current events in Guatemala offer hope. Last Sept. 2015, when we arrived in Guatemala City during an election primary, Guatemalans were celebrating the vote after scandals ousted their corrupt President.

Now women are testifying in court on the war crimes committed against them during the civil war of 1980's. After fifty years, this is the first time that Guatemalan national court is hearing testimony against military war crimes against women.

So the women of Guatemala continue to find their voices. FPC Guatemala mission along with Winchester First Presbyterian and Looking for Lilith Theater continue to plan with the FSP women and hope for Guatemala mission retreat in the Fall 2016.

In the meantime follow CEDEPCA, a validated Guatemalan mission partner of the Presbyterian Church: [www.cedepca.org](http://www.cedepca.org) and [www.cedepca.us](http://www.cedepca.us) or join their Facebook page.

## **Stress Management Workshop** *by Kathleen Mulvihill*

COMING SOON :STRESS MANAGEMENT WORKSHOP APRIL 10 The Physical Consequences of Stress ;A Wholistic and Spiritual Approach to Stress Management; Nutrition ;Meditation ;Massage Therapy; Reiki; Stress Management for Teens and their Parents ;NAMI (National Alliance of Mental Health) "In Our Own Voice".. Look for more Information in the Sunday Bulletins !

## **Shepherd Center Announcements** *by Gretchen Bush*

### PROGRAMS:

#### LUNCH N' LIFE

Are You 50 or Better? Please join us for the next Lunch N' Life sponsored by the Shepherd's Center of Fairfax-Burke on Thursday, March 17, 2016 (12:00-2:00 p.m.) at Jubilee Christian Church, 4650 Shirley Gate Road, Fairfax. The guest speaker will be Fairfax County Supervisor, Mr. John Cook. For reservations, call Faye Quesenbery at 703-620-0161, by March 11th. The cost is \$10.00; checks payable to SCFB. If transportation is needed, call the SCFB office (703) 323-4788. See [www.scfbva.org](http://www.scfbva.org) for more information. If you paid for January's LNL, which was cancelled due to snow, please call to confirm your reservation for March. See Attached Flyer.[http://www.scfbva.org/files/lnl\\_flyer\\_march\\_pdf2016.pdf](http://www.scfbva.org/files/lnl_flyer_march_pdf2016.pdf)

#### ADVENTURES IN LEARNING - Spring 2016

When: Every Monday for 6 weeks, April 4, 2016 – May 9, 2016 (8:30 AM – 2:45 PM)

What: Monday sessions start with gentle exercise, followed by speakers on topics such as health, history, community, personal development, finance, and more. Afternoon breakouts are book club, bridge, and canasta. Bring a brown bag lunch.

Where: Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax, VA 22032. Social Hall located in the back of the church.

Cost: \$30 for 6 weeks (Mondays)

Register: Call the office at 703-426-2824, or go to our website and print the registration form and class schedule: [www.scfbva.org](http://www.scfbva.org).

DEMENTIA CARE GIVERS SUPPORT GROUP sponsored by the Shepherd's Center of Fairfax-Burke will be on March 8th (2nd Tuesday) at Noon - 1:30 pm at the Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The group is for those caring for someone with dementia or interested in learning more about providing care giving to a person with a disorder that affects memory and cognition and may impact behavior and physical abilities. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or [Eileen.thompson1@gmail.com](mailto:Eileen.thompson1@gmail.com).

INTERNATIONAL TRAVEL Through this recently added program, SCFB offers overseas travel opportunities for interested individuals. Overseas trips are scheduled annually and are arranged through a well regarded travel agency. Information on the destination and logistics of the annual trip will be provided through the SCFB website, newsletter, and regular communications. Currently a trip entitled, The Best of France, for 12 days from Oct 13 - 24, 2016 visiting Nice, Monte Carlo, Lyon, Chateaux Country, Mont St. Michel, Normandy and Paris, hosted by Pastor Ron and Sandi Qualley is endorsed by the Shepherd's Center of Fairfax-Burke.

The cost will be \$3,799 per person from Washington, D.C., under the auspices of Nawas International Travel. Please Contact Ron Qualley if interested at [RGQ1@aol.com](mailto:RGQ1@aol.com). The application and information will be available soon on the SCFB website.

#### SERVICE:

#### VOLUNTEERS NEEDED as DRIVERS & OFFICE WORKERS!

Shepherd's Center of Fairfax-Burke serves those 50+ and who no longer drive. Volunteer Drivers are needed for trips (Monday - Friday) to medical appointments and Companion Shopping within the Fairfax/Burke area. Office Workers are needed to answer phones in the SCFB office (Monday - Friday) of individuals requesting rides and match an available driver for each request. If you can volunteer your time, please contact the SCFB office at 703-323-4788,

#### SUPPORT SCFB

#### HELP SUPPORT THE SHEPHERD'S CENTER, BUY GROCERY GIFT CARDS

The Shepherd's Center of Fairfax Burke (SCFB) is selling grocery store gift cards as on Ongoing Activity from the following stores:

- Safeway
- Whole Foods
- Giant
- Shoppers Food Warehouse

The cards can be purchased in amounts of \$50 or \$100, and buyers receive full value upon use. Designated grocery stores have discounted the cards that SCFB buys in bulk to gain a donation from each card purchased. The cards can be used at any location of the participating grocers for anything stores sells, and you will still gain gas/reward points. Gift cards can be purchased by check (preferred) or cash at Council of Representatives meetings and Lunch N' Life, or by contacting the SCFB office at 703-323-4788

#### SHOP AMAZON & SUPPORT The Shepherd's Center Of Fairfax-Burke (SCFB). (NEW!)

If you are shopping online through Amazon at anytime of the year, please help us get a donation. When shopping on Amazon, go to [smile.amazon.com](http://smile.amazon.com) and designate the Shepherd's Center of Fairfax-Burke as your charity of choice. After you register, each time you make a purchase, Amazon will automatically provide a 5% donation to our organization. This will cost you nothing, but you will be helping those in our community who need SCFB's services and programs.

#### AUTO/BOAT/RV/MOTORCYCLE/TRUCK DONATIONS in support of SCFB (NEW!)

Do you have a vehicle you no longer use? DONATE THE VEHICLE to SCFB by calling 1-855-500-RIDE (7433). You will need the title if possible, but call anyway as arrangements can be made. You may donate your vehicle whether it is running or not and without the smog certificates and safety inspections. Once you call requesting the donation, you will receive a return call within 24 hours and schedule the pick-up of your vehicle within a week. Since SCFB is a 501c3 non-profit organization, you will receive the paperwork for tax purposes after the vehicle has been towed and processed.

## Order Your Flowers For Easter Now

Would you like to remember or honor a loved one, celebrate Jesus' resurrection, and help decorate the church this Easter? You can do so by purchasing lilies for our sanctuary. The cost is \$20 per plant, and you may take them home after the 11:15 service or leave them for delivery to those unable to attend the service.

If you wish to order lily plant(s), complete the form below, and place it in the offering plate with your contribution made payable to FPC and marked "Easter Memorial". You may also place an order by calling the church office (703)273-5300.

DEADLINE FOR ORDERS is March 20, 2016

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Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Contribution is (       ). In memory

of \_\_\_\_\_

OR                                  In honor

of \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_

(   ) I will (   ) not pick up my lily after the 11:15 Easter service.

## Announcements & Events

**INTERESTED IN SERVING ON MISSION OUTREACH MINISTRY?** If so, please send an email to Becca Peterson ([becca.peterson@verizon.net](mailto:becca.peterson@verizon.net)) or Mike Stewart ([mike\\_h\\_stewart@msn.com](mailto:mike_h_stewart@msn.com)) who will reach out to you to sort out a meeting date and time in March.

**CONSIGNMENT SALE** Help support the preschool! Participate in FPP's spring consignment sale as a seller, volunteer, or shopper. The sale will be March 5th and 6th with a pre-sale for volunteers the evening of March 4th. Check out [www.fairfaxpresbyterian.org/preschool/consignmentsale](http://www.fairfaxpresbyterian.org/preschool/consignmentsale) for more information, or email [erin.loesley@gmail.com](mailto:erin.loesley@gmail.com).

**FELLOW MAN** Want to keep up with Fellow Man International Mission and Lisa Armstrong? On Facebook, search for Fellow Man International Mission of Honduras. Pictures, stories and videos are available. Keep looking. Posts are made often.

**BASIC BIBLE AND MIDDAY PRAYER** All are invited to gather on Fridays for Bible Study in the Parlor at 11 a.m., and for Midday Prayer in the Sanctuary at 12. No previous experience required!

**WALKING TO JERUSALEM** During the Lenten Season, we will make a connection between body and spirit by joining Jesus on a "Walk to Jerusalem." The challenge for us, as a congregation, is to walk the mileage from Fairfax to Jerusalem, which is a total of 5,912 miles. You can join this faith and fitness program by logging your mileage on this Walk to Jerusalem tracker, created by Boyd Harrison: <https://fairfaxpresby.typeform.com/to/ULT1Ca>. The FPC totals will be tabulated automatically, and we'll announce our final mileage after **Palm Sunday**, when Jesus makes his triumphant entry into Jerusalem.

**LENT CALENDAR** 2016 Lent calendar is available for those who wish to prayerfully journey through this season of Lent. Contact Yena for more info at [yena@fairfaxpresby.com](mailto:yena@fairfaxpresby.com)

**THE MEN'S BREAKFAST** is pleased to announce the speaker for the **March 5th** Breakfast will be our own Roger Shoup. He will present the following meditation: On Dying, Death and Life. Opportunity for group sharing will follow. All adults are welcome to join us on Saturday, March 5th in the Multipurpose Room for Christian Fellowship and a wonderful breakfast. Al Henderson [alshenderson@aol.com](mailto:alshenderson@aol.com)

**SAVE THE DATE!** On Sunday, March 13, JOY! will sponsor a trip to the *Hylton Center*, GMU Manassas campus, to see "Sherlock Holmes and the West End Horror", a mystery the whole family can enjoy. Tickets are \$20 adults, \$17 seniors/students, \$12 children 11 or younger. Tickets are available until March 6. Sign up in the narthex and indicate the number of tickets you would like.

**BAPTISM CONFERENCE** If you desire baptism for yourself or a child, please call the church office at 703.273.5300 and reserve a spot in this conference with pastors and elders, scheduled for Tuesday, March 15, at 6:45pm in the Multi-Purpose Room.

**WHOLISTIC APPROACH TO STRESS MANAGEMENT:** April 10-Traditional Yoga for Beginners. This workshop offers an introduction to traditional yoga: difications given. Please bring a yoga mat and water. Instructor Jann Richards-Weltman received her training at the Sivananda Yoga Vedanta Centre at Neyyar Dam, Kerala in southern India in 2004. For more information contact [virginiahollis@yahoo.com](mailto:virginiahollis@yahoo.com).

**OCTAGON ARTICLE SUBMISSION** To enhance the timeliness and efficiency of your monthly newsletter submissions, we now feature an online form for on the Fairfax Presbyterian webpage. Simply navigate to the Monthly Newsletter / Octagon page, and click the link at the top to submit your content!

Classes offered the **Third Wednesday** of the month!

### Virtual Dementia Tour

*Wednesday, January 20, 2016 from 1:00 pm to 3:00 pm*

The VDT is designed to help simulate the effects of dementia, allowing caregivers to better understand the needs of their loved ones.

### Design for Dementia

*Wednesday, February 17, 2016 from 1:00 pm to 3:00 pm*

Learn more about what goes into designing a dementia friendly space, and how you can adapt these design principles for your own home.

### Taking Care of Me

*Wednesday, March 16, 2016 from 1:00 pm to 3:00 pm*

A certified Thanatologist will discuss how to define and deal with stress, recognize and understand guilt, and how it affects us physically, emotionally and mentally. Help yourself (and others!) manage and move forward with your lives.

### Prepare to Care

*Wednesday, April 20, 2016 from 1:00 pm to 3:00 pm*

Whether just starting your caregiving journey or taking care of a loved one full time, learn how to start the conversation, form your team, make a plan, find support, and still care for yourself.

### Picking a Provider

*Wednesday, May 18, 2016 from 1:00 pm to 3:00 pm*

How do you actually go about getting a diagnosis of dementia and what do the specialists really do? Join us to learn more about the unique roles of primary care physicians, neurologists and neuropsychologists.

### What if I Have a Movement Disorder?

*Wednesday, June 15, 2016 from 1:00 pm to 3:00 pm*

It's a common misconception that Alzheimer's is the only form of dementia. Learn more about movement disorders, including Lewy Body Dementia and Parkinson's disease, and how they are different from Alzheimer's disease.

### Dementia Roadtrip

*Wednesday, July 20, 2016 from 1:00 pm to 3:00 pm*

Join us for a "roadtrip" through the difficult and often taboo topics of dementia care, including taking away the keys, sexuality, incontinence, and wandering.

### Legal and Financial Considerations for Caregiving

*Wednesday, August 17, 2016 from 1:00 pm to 3:00 pm*

Legal needs are overwhelming, and the financial costs of caregiving can be enormous. Explore some of your options for these important aspects of caregiving.

### Behavior as Communication

*Wednesday, September 28, 2016 at 1:00pm (different week!)*

A speaker from the Alzheimer's Foundation of America will discuss understanding behaviors in effort to successfully communicate with your loved one with dementia.

### Maintaining Friendships and Intimacy while Caregiving

*Wednesday, October 19, 2016 from 1:00 pm to 3:00 pm*

It is easy to become socially isolated as a caregiver. Come and discuss ideas and strategies to help you maintain a social network and intimacy with loved ones.

### Demystifying Dementia

*Wednesday, November 16, 2016 from 1:00 pm to 3:00 pm*

Learn the nuts and bolts of caregiving for someone with dementia, including distinguishing different types, path of progression, communication techniques, dealing with troubling behaviors, and engaging the person with dementia.

### Person Centered Dementia Care

*Wednesday, December 21, 2016 from 1:00 pm to 3:00 pm*

How can you reconnect with someone with dementia? Keeping their current abilities in mind, learn ways to keep your loved one active and engaged in personalized activities.

## Details

Sessions are free and open to the public, and two hours in length. Classes are geared towards family caregivers who are caring for a loved one at home, or friends of someone with dementia. Respite care is available in our day center; please call in advance to make arrangements.

To register, please call 703-204-4664 or visit our website at [InsightMCC.org](http://InsightMCC.org). Classes are held at the Linda and Lou Mazawey Education and Support Center located at 3955 Pender Drive, Suite 100, Fairfax, VA 22030.



Workshops offered the **Second Thursday** of the month!

### **Workshop: What to Look for in a Facility**

*Thursday, January 14, 2016 from 3:00 pm to 4:00 pm*

Choosing the right residential care facility is hard! Join us to learn what questions to ask, what to look for on a visit, and how make the decision easier.

### **Workshop: Path of Progression in Alzheimer's**

*Thursday, February 11, 2016 from 3:00 pm to 4:00 pm*

Join us for a discussion on what to expect as Alzheimer's disease progresses. While not everyone travels the same path, learn guidelines to help you anticipate future challenges.

### **Workshop: Finding Balance When a Parent Moves In**

*Thursday, March 10, 2016 from 3:00 pm to 4:00 pm*

Learn how to balance your time and establish boundaries while caring for your children and your aging parents. Ease feelings of guilt, delegate duties, and get support on the emotional effects of living together after decades spent apart.

### **Workshop: SHARE Program**

*Thursday, April 14, 2016 from 3:00 pm to 4:00 pm*

SHARE is a research-tested program developed by dementia experts to help you with communication, building a support network, and making more informed decisions about care.

### **Workshop: Understanding VA Benefits**

*Thursday, May 12, 2016 from 3:00 pm to 4:00 pm*

Wondering if you qualify for Veteran's benefits or not sure where to get started? Join us to learn to navigate the VA's system of paperwork and calls to get the services you need.

### **Workshop: Are They Doing That on Purpose?**

*Thursday, June 9, 2016 from 3:00 pm to 4:00 pm*

For those with memory impairments, sometimes the only form of communication provided is through behavior, both positive and negative. Come and learn strategies for communication and dealing with difficult behaviors.

### **Workshop: Traveling with Dementia**

*Thursday, July 14, 2016 from 3:00 pm to 4:00 pm*

Everyone needs a vacation – but how do you make it enjoyable for everyone when your loved one has dementia? Learn some tips for travel, how to keep your loved one safe, maintaining a routine, and setting realistic expectations for everyone.

### **Workshop: Understanding Aphasia**

*Thursday, August 11, 2016 from 3:00 pm to 4:00 pm*

Is your loved one often struggling to find the right word? Learn more about aphasia, the types of aphasia, and how to communicate with someone as language skills diminish.

### **Workshop: Financing Long-Term Care**

*Thursday, September 8, 2016 from 3:00 pm to 4:00 pm*

Financing long-term care is a struggle in knowing all the options available. Join us to learn more about Medicare, Medicaid, auxiliary grants, and long-term care insurance.

### **Workshop: Hospitalization Happens**

*Thursday, October 13, 2016 from 3:00 pm to 4:00 pm*

A trip to the hospital for a person with dementia can be stressful for both parties. Join us to discuss ways you can relieve some of this stress by preparing for both unexpected and planned hospital visits.

### **Workshop: Compassion Fatigue**

*Thursday, November 10, 2016 from 3:00 pm to 4:00 pm*

Many experience compassion fatigue through the emotionally charged and stressful experience of caregiving. Learn the signs and develop positive self-care practices to also take care of you.

### **Workshop: Surviving the Holidays with Dementia**

*Thursday, December 8, 2016 from 3:00 pm to 4:00 pm*

With all the holiday parties, food, visitors, and decorations, there's a lot to juggle during the season. Learn how to adapt your holiday festivities so that it can truly be the most wonderful time of the year for everyone!

## **Details**

All sessions are free and open to the public. Workshops are an hour in length and geared towards family caregivers who are caring for a loved one at home, or friends of someone with dementia. Respite care is available in our day center; please call to make arrangements.

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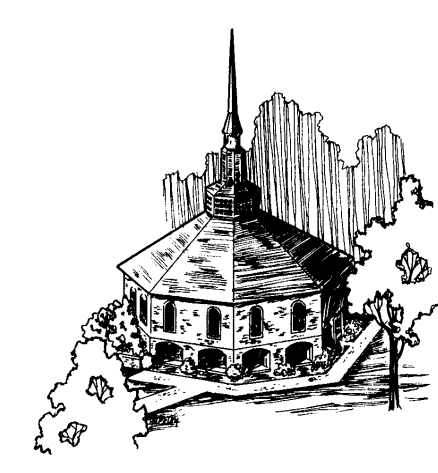


# MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	1	2	3	4	5
		<b>8:00 AM</b> Women's AA <b>8:00 AM</b> CBS <b>8:00 AM</b> CBS <b>8:00 AM</b> CBS <b>10:00 AM</b> Staff Meeting <b>11:00 AM</b> ESL <b>1:30 PM</b> Women's AA <b>4:00 PM</b> Cho Math Class <b>5:00 PM</b> ESL <b>6:00 PM</b> ESL <b>7:00 PM</b> MCM <b>7:00 PM</b> NVI <b>7:00 PM</b> Youth Committee <b>All Day</b> Primary	<b>12:30 PM</b> Martha Circle <b>6:00 PM</b> Fairfax Choral Society Makeup Day <b>6:30 PM</b> Girl Scouts <b>7:00 PM</b> NA Book Group <b>7:00 PM</b> PMM <b>8:00 PM</b> Open AA <b>8:30 PM</b> EMPC	<b>6:00 PM</b> Joyful Ringers <b>7:00 PM</b> Sarah Circle <b>7:30 PM</b> Sanctuary Choir <b>8:00 AM</b> RT Volunteer Mtg <b>4:00 PM</b> Parenting Education Program <b>4:00 PM</b> Parenting Education	<b>11:00 AM</b> Basic Bible <b>12:00 PM</b> Midday Prayer <b>4:00 PM</b> Cho Math Class <b>4:00 PM</b> Cho Math Class <b>8:00 PM</b> Al-Anon	<b>8:00 AM</b> Men's Breakfast <b>8:00 AM</b> Men's Breakfast <b>10:30 AM</b> SA <b>12:30 PM</b> Violin Recital <b>All Day</b> Preschool Consignment Sale
6	7	8	9	10	11	12
<b>8:45 AM</b> Worship Service <b>9:45 AM</b> Confirmation <b>11:15 AM</b> Worship Service <b>12:30 PM</b> CF Meeting <b>12:30 PM</b> Staff Personnel and Administration <b>1:30 PM</b> EMPC <b>3:30 PM</b> Praise Band Rehearsal <b>4:30 PM</b> GRACE Youth Fellowship	<b>10:00 AM</b> Sewing Group <b>2:30 PM</b> FACETS <b>7:00 PM</b> NA <b>7:15 PM</b> Radiant Ringers <b>7:00 PM</b> ESOL <b>7:30 PM</b> Girl Scouts #1194 <b>4:00 PM</b> Fairfax Choral Society	<b>8:00 AM</b> CBS <b>10:00 AM</b> Staff Meeting <b>10:00 AM</b> Rachel Circle <b>10:00 AM</b> Purly Gators <b>11:00 AM</b> ESL <b>1:30 PM</b> Women's AA <b>4:00 PM</b> Cho Math Class <b>5:00 PM</b> ESL <b>3:00 PM</b> FACETS <b>7:30 PM</b> Deacons <b>6:00 PM</b> ESL	<b>5:30 PM</b> Rebuilding Together <b>7:00 PM</b> Mary Circle <b>8:00 PM</b> Open AA <b>8:30 PM</b> EMPC	<b>2:00 PM</b> Trustees Meeting <b>3:30 PM</b> FACETS <b>6:00 PM</b> Joyful Ringers <b>7:00 PM</b> Preschool Committee <b>7:30 PM</b> Sanctuary Choir <b>4:00 PM</b> Parenting Education Program <b>4:00 PM</b> Parenting Education	<b>11:00 AM</b> Basic Bible <b>12:00 PM</b> Midday Prayer <b>3:30 PM</b> FACETS <b>4:00 PM</b> Cho Math Class <b>4:00 PM</b> Cho Math Class <b>8:00 PM</b> Al-Anon	<b>10:30 AM</b> SA <b>8:00 AM</b> Scouts Development
13	14	15	16	17	18	19
<b>8:45 AM</b> Worship Service <b>9:45 AM</b> Confirmation <b>11:15 AM</b> Worship Service <b>12:30 PM</b> JOY! <b>1:30 PM</b> EMPC <b>4:30 PM</b> Passion Stations	<b>3:30 PM</b> FACETS <b>7:00 PM</b> NA <b>7:15 PM</b> Radiant Ringers <b>7:00 PM</b> ESOL <b>7:30 PM</b> Worship Ministry <b>7:30 PM</b> Girl Scouts #1194 <b>4:00 PM</b> Fairfax Choral Society	<b>8:00 AM</b> CBS <b>10:00 AM</b> Staff Meeting <b>11:00 AM</b> ESL <b>1:30 PM</b> Women's AA <b>4:00 PM</b> Cho Math Class <b>5:00 PM</b> ESL <b>6:45 PM</b> Baptism Conference <b>6:00 PM</b> ESL <b>7:30 PM</b> Westmore Group <b>7:30 PM</b> Session	<b>8:00 AM</b> Fairfax County <b>8:00 PM</b> Open AA <b>8:30 PM</b> EMPC	<b>10:00 AM</b> Esther Circle <b>8:00 AM</b> Fairfax County <b>1:00 PM</b> Fairfax County <b>3:30 PM</b> FACETS <b>6:00 PM</b> Joyful Ringers <b>6:30 PM</b> Girl Scouts <b>7:30 PM</b> Sanctuary Choir <b>7:30 PM</b> NA Book Group <b>4:00 PM</b> Parenting Education Program <b>4:00 PM</b> Parenting Education	<b>11:00 AM</b> Basic Bible <b>12:00 PM</b> Midday Prayer <b>4:00 PM</b> Cho Math Class <b>4:00 PM</b> Cho Math Class <b>8:00 PM</b> Al-Anon	<b>10:30 AM</b> SA <b>10:00 AM</b> Paulette Taylor - Center Stage

FEBRUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

APRIL						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>8:45 AM</b> Worship Service <b>9:45 AM</b> Confirmation <b>11:15 AM</b> Worship Service <b>1:30 PM</b> EMPC <b>3:30 PM</b> Praise Band Rehearsal <b>4:30 PM</b> GRACE Youth Fellowship	<b>10:00 AM</b> Sewing Group <b>3:30 PM</b> FPC/FACETS <b>7:00 PM</b> NA <b>7:15 PM</b> Radiant Ringers <b>7:00 PM</b> ESOL <b>7:30 PM</b> Girl Scouts #1194 <b>4:00 PM</b> Fairfax Choral Society	<b>8:00 AM</b> CBS <b>9:00 AM</b> Purly Gators <b>10:00 AM</b> Staff Meeting <b>11:00 AM</b> ESL <b>1:30 PM</b> Women's AA <b>4:00 PM</b> Cho Math Class <b>5:00 PM</b> ESL <b>3:30 PM</b> FACETS <b>6:00 PM</b> ESL	<b>3:30 PM</b> FACETS <b>8:00 PM</b> Open AA <b>8:30 PM</b> EMPC	<b>3:30 PM</b> FACETS <b>6:00 PM</b> Joyful Ringers <b>7:30 PM</b> Sanctuary Choir <b>7:30 PM</b> Maundy Thursday Service <b>4:00 PM</b> Parenting Education Program <b>4:00 PM</b> Parenting Education	<b>8:00 AM</b> OFR Packing <b>11:00 AM</b> Basic Bible <b>12:00 PM</b> Midday Prayer <b>4:00 PM</b> Cho Math Class <b>4:00 PM</b> Cho Math Class <b>7:30 PM</b> Good Friday Service <b>8:00 PM</b> Al-Anon	<b>10:30 AM</b> SA
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
<b>8:45 AM</b> Worship Service <b>9:45 AM</b> Confirmation <b>8:00 AM</b> Easter Breakfast <b>11:15 AM</b> Worship Service <b>1:30 PM</b> EMPC <b>3:30 PM</b> Praise Band Rehearsal <b>4:30 PM</b> GRACE Youth Fellowship	<b>7:00 PM</b> NA <b>7:15 PM</b> Radiant Ringers <b>7:00 PM</b> ESOL <b>7:30 PM</b> Girl Scouts #1194 <b>4:00 PM</b> Fairfax Choral Society	<b>8:00 AM</b> CBS <b>10:00 AM</b> Staff Meeting <b>11:00 AM</b> ESL <b>1:30 PM</b> Women's AA <b>4:00 PM</b> Cho Math Class <b>5:00 PM</b> ESL <b>6:00 PM</b> ESL	<b>6:30 PM</b> Girl Scouts <b>8:00 PM</b> Open AA <b>8:30 PM</b> EMPC	<b>6:00 PM</b> Joyful Ringers <b>7:30 PM</b> Sanctuary Choir <b>4:00 PM</b> Parenting Education Program <b>4:00 PM</b> Parenting Education		