



# THE BRIDGE

WOODBIDGE SDA CHURCH

MAY/JUNE 2022

## A PRAYER FOR OUR PASTOR

Dear God, we know that there are many ways that pastors today are being attacked by the enemy and we ask that You would protect our own dear pastor, body, soul, and spirit, from the pitfalls and temptations of the enemy.

Keep him Lord, free from worry, the influences of the world, pure in heart and mind. Protect his home and his marriage from the evil one as well as well-meaning believers. Keep him from discouragement, set his heart alight with Your love, and keep him rejoicing in the Lord and in the power of His strength. Pour into his heart the joy of the Lord, and may the oil of God's gladness be his portion.

Thank You for bringing him into our lives and may He continue to deliver the truth of Your Word in truth and love, with integrity and wisdom.

In Jesus' name,

Amen.

**Come and Socialize**

**26 June, 2022, 10am - 3:30pm**

**Veteran's Memorial Park  
14300 Veterans Dr.  
Woodbridge, VA 22191  
Tent #2**

**Food, Bar-b-que Cook-off, Games  
and More!**

**The "Bridge"  
Church Picnic**

**Food sign-up sheets will be available at both  
check-ins at church. Following COVID-19  
protocol -Pre-made and pre-packaged food  
only.**

**Please bring your own ball for kickball, soccer or basketball.**  
The church is not liable for any lost or damaged property.  
Swimming is available at your own cost -  
Ages 2 and under: Free  
Youth (3-17) \$ 6  
Adults \$6.25  
Seniors (60+): \$5.50

**Water, Drink and Snacks will  
be provided**



# Men's Ministry

The Woodbridge SDA Men's Ministry began meeting in a virtual space due to Covid-19 restrictions. Each Sunday morning at 7 a.m. join us as we discuss Christ-edifying literature, share personal testimony, and glean invaluable knowledge from health experts and community leaders alike. You are strongly encouraged to tune in as well as meet in designated fellowship locations on Sabbath afternoon following worship services. It is indeed time well-spent.

We're a prayerful society of male Christians from various faiths. Although we may not worship under the same official denomination, prayer, however, is something shared by all God's children, "for where 2 or 3 gathered in His name, there I am with them (Matthew 18:20)".



## About Sabbath School

### God's Mission Ground Zero

God meets us where we are. We often think of the mission field as some far-off place to "go and teach". However, ground zero of the mission field starts right where we are, here in Sabbath School. Sabbath School is a place to both learn and teach of the goodness of God. It's a place of encouragement and growth; a place where the Holy Spirit can work on hearts and minds.

In Col 3:16 it says to "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord."



## Reminder

**from the clerk**

Please send changes in address and phone numbers to [clerk@woodbridgesda.org](mailto:clerk@woodbridgesda.org)



## Youth & Young Adults

### Youth Prayer Line

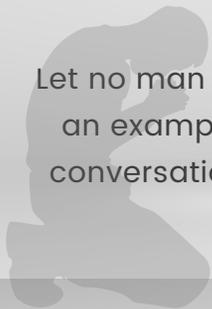
Every Friday at 7:00 pm

Parents, we need your support!

### Youth Ministry on Your Knees

1 Timothy 4:12

Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.





- 4 Rupa Allman
- 5 Michael Allman
- 6 Harrison Cush
- 7 Pastor Lola Johnston
- 12 Christine Kiarie
- 13 Jennifer Waysome-Tomlin
- 15 Kaileb Vanderveen
- 19 Jereamy Rose
- 21 Nora Sison
- 25 Sandra Martial
- 26 Bert Cush
- 26 Natalia Simons
- 28 Debora Wilson
- 28 Alexis Zelaya
- 30 Brandon Lilly
- 30 Kerriane Vaz
- 31 Bob McAdams

## Health Nugget

Light was the first essential thing our Creator made, and it still divides the night from the day. *Genesis 1:3, 4.* Sunlight was then added on the fourth day of creation week and is essential for healthy human beings and healthy plants. Our body needs at least 15-30 minutes of exposure to sunlight each day to provide sufficient vitamin D, which is synthesized in the skin when exposed to the sun. Other benefits of sunlight include:

1. Elevates the mood and gladdens the heart.
2. Kills germs, viruses, bacteria, and mold.
3. Stimulates melatonin output and enhances restful sleep.
4. Strengthens the immune system.
5. Relieves pain and aids healing.
6. Imparts a healthy glow to the skin.
7. Improves home atmosphere.

The building of our homes should include plans that provide windows for letting in an abundance of sunlight. All rooms should be well supplied with pure air and warmth of sunshine at various times of the day. Avoid sunburn or over-exposure to direct sunlight, a leading cause of skin cancer. Sunlight is truly one of God's gifts, which we often take for granted. If possible, get out in the sunshine every day. What a dark, dismal world it would be without it!

Excerpt from Ten Talents Cookbook



## Upcoming Events

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June 12 - AY Olympic Games

June 17 - 19 (T) Mason Neck  
campout

June 18 - Sabbath Morning prep for  
Father's Day

June 25 - Graduation Sabbath

June 26 - Church Picnic  
Veterans Memorial Park

July 16 - Youth Outreach

August 6 - Back to School Bash &  
Bonfire

August 10 - Pathfinder Camporee

September 17th - International Day

October 15th - Pastor Anniversary &  
Bowling

Questions? Email us at  
[GetSocial@Woodbridgesda.org](mailto:GetSocial@Woodbridgesda.org)

# Stewardship

It's not just about being able to balance your budget or tithing 10 percent because Scripture says you should. Church stewardship and personal stewardship are biblically grounded aspects of discipleship.

As both churches and individuals, we steward our resources in the ministries we choose to invest in, the businesses we support, and even the ways we spend our time.

Strong stewardship should start with prayer and discernment and be guided by vision, vision of God's call for you, your church, or your family. Biblical stewardship in all its forms is an essential part of fulfilling God's mission in the world. And when we cultivate a strong culture of generosity in our church, there's will be a powerful ripple effect on our ministries



# Family Life Presents:

## Coaching Your Kids Through the Teen Years

Dr. Gary Chapman says one of the most sobering questions he ever asked himself was:

*"What if my child turns out to be just like me?  
What if they have the same work ethic that I have?  
What if they handle anger the way I do?  
What if they treat their spouse the way I treat mine?  
What if they have the same relationship with God that I have?"*

Answering those questions should remind every parent that the behavior we model is more important than the words that we speak. As I've reminded myself and others over the years, "Values aren't taught as much as caught."

Dr. Chapman says, "Although some facets of teen life have changed tremendously over the last few decades, the basic questions, longings, and struggles have not. Teens still seek independence and their place in the world. And they still need you, even though it may not always seem that way."

Hear more of Dr. Chapman's insights on your local radio station, online, on Apple Podcasts, Google Podcasts, or take us with you on our free phone app.

Dr. Chapman's book, *Things I Wish I'd Known Before My Child Became a Teenager* is available for a gift of any amount. It is full of stories about raising his own children, as well as wisdom and practical tools to help you build a stronger relationship with your teenager as he or she transitions from childhood to adulthood. Visit our website for more information or call 1-800-A-FAMILY (232-6459).



2 Rebecca Allman  
5 Edward Martial  
5 Veronica Mwila  
6 Marlyse Montgomery  
7 Cindy Zelaya  
8 Corrine Bolder  
13 John Woodall  
15 Sharonlyn Siler  
17 Zavala Palmer  
18 Karen Shade  
21 McDennis Chona  
24 Emily Walker  
26 Gabriel Gillan  
27 Lawton McCalla-Evans  
30 Julian Cook

## Reminder

**Continue to pray for all those on our sick and shut-in list as well as for our missing members.**