

BON AIR CHRISTIAN CHURCH (DISCIPLES OF CHRIST)

FEBRUARY 2020 NEWSLETTER

Bon Air Christian Church (Disciples of Christ)

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VISIT US:

<http://www.baccdoc.org>



Bon Air Christian Church
(Disciples of Christ)

WORSHIP WITH US:

Sunday Morning Worship
8:45 and 11:00 a.m.

Saturday Casual Worship
5:00 p.m.

Sunday School
10:00 a.m.

All are welcome!

"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile."
Mother Teresa

Dear friends:

St. Valentine was a minister in the Roman Empire who reached out to help persecuted Christians and gave his life trying to help others.

Jesus said, "Love your enemies and pray for those who persecute you." How can we open our hearts to those with whom we disagree? How can we listen to those whose perspective is different, perhaps because their life experience, their background, or their environment has been so different from our own?

In this month with heart stickers, chocolates, flowers, and greeting cards proclaiming love, may we as Christians share our love by the things we do and by the words we speak. We look around and see such a broken and fragmented world. Politics, race, economics, social issues, and oh so many other things cause us to draw lines and boundaries to separate us from one another.

One of our members brought me one of those signs that says, "Be Kind." One woman created this very simple sign to raise people's awareness that we need more kindness in the world, and that we can make a difference by our own simple acts of kindness. Who is that person who needs love and kindness? Who do you see who seems alone? How can you bring a smile to someone else's face with your kindness?

Shalom, Cindy



Talent Show

The Youth Group and Youth Group leaders did a great job hosting their first BACC Talent Show on January 26th. There were twelve acts total and they were all amazing! Thank you to all who provided food for our lunch and to those who stayed to cheer on our talented and brave members.

A special thanks to **Marie Boger** for organizing the event. Marie does a talent show every year at Manchester High School for her Exceptional Education students and does a great job with the set-up, decorations, equipment, and MCing. We are so grateful that she shared her experience with us and made this such a successful and fun afternoon!

We can't wait to do it again next year -- *plenty of time for all of you to practice!*



Youth Group

Thanks to all of our talented members who participated in the
Talent Show ~ you all are amazing!



Suzanne Dale
Bud Deihl
Charlotte & Elizabeth Emson
Angel Huff
Nicole Johnson
Brenda Kidd
Gina McKenney
Michael McCall
Peyton Nilles
Jake Ver Beek



Reese Blanchard, Emily Rucker & Lilly Ver Beek

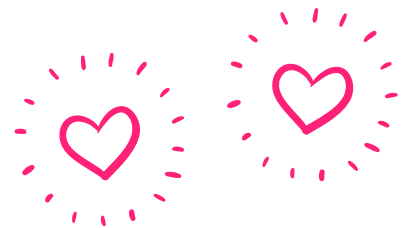
The YG Leaders: Robin Blanchard, Marie Boger, Kendra Ver Beek & Joan Mielke,
with a *special appearance* by Pete Landergan

Next up for the Youth Group:

VALENTINE'S DINNER AND DANCE

FRIDAY, FEBRUARY 14TH ~ DINNER AT 6:00 P.M. ~ DANCING UNTIL 8:30 P.M.

Mark your calendar for one of our favorite annual events! This year we will have a Spanish-themed dinner, which will include a delectable protein dish, a vegetarian option, something for the kids and lots of yummy desserts! Fantasia Sound DJ's will be spinning the tunes and it's sure to be a great evening! All donations will benefit Youth Missions.



SHROVE TUESDAY PANCAKE SUPPER

TUESDAY, FEBRUARY 25TH ~ DINNER AT 6:00 P.M.



We are looking forward to another successful Pancake Supper. The Youth will be flipping cakes and serving up some amazing toppings to go with them! Invite your friends and get all filled up at our annual Shrove Tuesday event.

Lots of hard work to earn money for Youth Missions!



Wellness Fair

BACC Wellness Fair
Sunday, February 23rd, 12:30 - 2:30 p.m.

The Evangelism Committee is hosting a Wellness Fair and we are excited to welcome the congregation and community to learn more about resources that are available to them to help with overall health and wellness. We have several people and organizations committed. Here is a sneak peek of who will be in attendance.

A light lunch will be served so you can eat and take your time exploring the resources and gathering information. More details to come ...

Shepherd's Staff Ministry / Jennifer Collins Mdiv, BSS, BCC: Pastoral counseling with areas of concentration in Grief; including grief associated with trauma; Family Systems; Parenting; Vocational Call; Compassion Fatigue; Burnout; Emotionally healthy spirituality.

Visualize Health / Susan Warner: Susan teaches and offers a mindful and meditative approach to living and healing. Susan's goal is to offer people techniques for helping themselves live rich, vibrant, peaceful and healthy lives in the midst of today's high paced, often stressful world. Visualize Health embraces a multidisciplinary approach to health and healing. Ten-minute "peaceful meditation" experiences will be available at 1:00 and 2:00 p.m.

Senior Connections - The Capital Area Agency on Aging / Penny Jordan, M.P.A.:

Senior Connections empower seniors to live with dignity and choice. They offer a comprehensive range of Home and Community-Based Services for older adults, caregivers and persons with disabilities.

RVA Athletes / Glenn Pfluger, Founder: Coach Glenn has a Masters level education in Exercise Science with a concentration in Performance Enhancement and Injury Prevention. RVA Athletes is dedicated to helping athletes (ages 8 and up) reach and exceed their natural athletic potential. Increased movement (mobility / stability, motor control, functional patterning) and performance are valuable assets that they will help develop in an athlete of any age.

Yoga / Samantha Burns, RYT: Samantha Burns is a 200-hour Yoga Alliance Registered Yoga Teacher. She completed her training in 2019 and also has held a children's certification since 2017. She has experience in gyms, studios, churches, schools, and private settings with all types of yoga, but gentle, beginner, and vinyasa are her favorites. Fifteen-minute "gentle demo and vinyasa demo" will be available at 1:15 and 2:15 p.m.

*Mind * Body * Spirit*



Wellness Fair

Nurse & CRNA/ Susan Baum, MSN, BSN, RN and Robin Blanchard, CRNA: Susan will be taking blood pressure readings and answering questions. Robin will give pre-op and post-op instructions and also be educating us on "What to know about anesthesia and your surgery."

Pharmacist / Carrie Berkley, PharmD and Diane Fearnley, RPh: Carrie and Diane will help answer questions about medications and also help "Get your meds organized."

Dentist / Dr. Ron Mamrick, DDS, PC.: Dr. Ronald Mamrick is an experienced dentist in Midlothian, VA, offering the highest quality dental care for you and your family.

Chesterfield County Senior Advocate / Debbie Preston, Manager of Aging & Disability Services: Debbie offers many resources for older adults in Chesterfield and will be answering any questions you have.

Reiki / Andrea Post: Andrea is a certified reiki master level three and graduate of two year Asclepion Hands on Healing Program. Reiki is a form of alternative medicine called energy healing. It is a way to bring subtle body energies, emotions and patterns into alignment and harmony balancing the bodies systems for over all health and well being. Demo will take place during yoga experiences at 1:15 and 2:15 p.m.

Massage Therapy / Paige Beale: At Therapeutic Massage & Wellness Center, Paige and her staff strive to get to the source of pain and discomfort by working with you and encouraging your active participation in the healing process. They offer many holistic therapies to facilitate your entire healing process.

The OSHER Lifelong Learning Institute: The OSHER Lifelong Learning Institute at the University of Richmond combines intellectual stimulation and civic engagement with a vibrant community of like-minded students age 50 and better on the campus of University of Richmond.

Pet Therapy / Steve Goff & Nelson: Steve and Nelson are a certified team by the Allied of Therapy Dogs (ATD). They volunteer to visit hospitals, special needs centers, schools, nursing homes, and other facilities. They represent a network of caring volunteers who are willing to share their special canines to bring smiles and joy to people, young and old alike. Nelson can't wait to meet everyone!

Music Therapy / Ruth Ann Bates, MSW: Music Therapy is magic as a therapeutic tool and can be used for stress relief for the average person.

HELP WANTED!

ARE YOU CHARMING and personable, friendly and welcoming? Do you have talents with candles, or enjoy helping adorable small acolytes? Consider becoming a greeter for one of our services! We have one or two for our early service, and one or two for our late service each week. Sign up with a friend and make lots of new ones! Click here to apply.....

A small, light blue rectangular sign with the word "HELLO" written in colorful, blocky letters. The letters are in shades of red, blue, green, and yellow. A small blue heart is at the end of the word.

BRING THE LIGHT!

Are you small to medium in size, and astoundingly cute? You are needed to start our services by bringing the light to us! Check out the **Acolyte Sign Up Poster** outside the church office!



AND WHAT IS SO RARE AS A ROSE IN BLOOM?

Do you enjoy sharing the beauty of nature with others, or honoring or remembering a loved one with a special tribute? Our **Flower Signup Poster** is on the bulletin board near the church office.



HEY, GOOD LOOKIN? WHATCHA GOT COOKIN?

We're looking for people who can get a good meal on the table to provide a lunch for our awesome youth group. There will be about twenty hungry, yet grateful, people right after the Sunday late service. Get your chef's hat on! Click here to apply...



GOOD LEADERS NEEDED!

Looking for good public speakers of any age who are willing to share scripture with others, lead us through the Words of Assurance, and lead the Lord's Prayer. You will receive a copy of the weekly bulletin several days beforehand, so you can be familiar with the text. We are looking for Worship Leaders for every service, both early and late. No experience necessary. Click here to apply...



Reaching Out with Christ's Love



WORLD OUTREACH

Steve Craft reports that our congregational offering for Thanksgiving was \$1203.00, and our Christmas offering was \$3917.05. Our total offering for 2020 was \$11,296.00. The World Outreach committee, the Disciple institutions, and organizations supported by these offerings thank you for your generosity.

ADULT YOGA CLASSES

We're so fortunate to have Samantha Inlow Burns as the wonderful teacher for our gentle yoga class. Please join us on the 1st and 3rd Mondays of each month. This month our yoga classes will meet on **Monday, February 3** and **Monday, February 17 at 9:30 a.m.** If you haven't given this a try yet, you're in for a treat! Come join the fun!



FINANCIAL PEACE UNIVERSITY

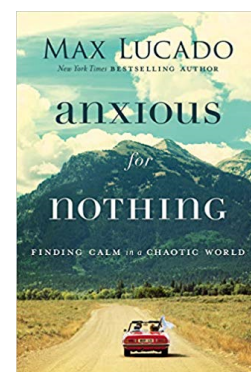
BACC will be hosting Dave Ramsey's "Financial Peace University" Workshop, beginning on **Monday, February 3rd** and running for nine weeks. We'll be meeting every Monday evening from **6:15 to 8:00 p.m.**

"Planning for the future is hard when you're still paying for the past! Listen~~ there's a better way! Join the Financial Peace University class, and we'll learn how to beat debt and make a plan for the future...together! Interested? Join us!" See <http://www.fpu.com/1108855> for information and to sign up. Call Chris or Leah Harrison with any questions.



LENTEN BOOK STUDY

Do you feel weighed down with worry? Does the uncertainty and chaos of life keep you up at night? Could you use some calm? Join us for a five-session Bible study by best selling author Max Lucado. Max explores God's treatment plan for anxiety found in Phillipians 4:4-8. While anxiety is part of life, it does not have to dominate your life. We would love to have you join us as we learn to view life through the lens of God's sovereignty. Together, let's develop tools for combating the onslaught of anxiety. Our book study groups will meet on **Thursday mornings from 10:00-11:00 a.m., beginning on February 27 - led by Rev. Jennifer Collins**, and on **Tuesday evenings from 6:15-7:15 p.m., beginning on March 3 - led by Paula Craft**. We would love to have you join us!



*Beloved, I wish above all things that thou mayest prosper
and be in health, even as thy soul prospereth.*

John 1:2

Reaching Out with Christ's Love

BAINBRIDGE FOOD BANK

Bainbridge Community Ministry is a well-run organization that gives food to deserving people in the south Richmond area. Recipients are well checked for actual need before food is given. It is also one of our outreach ministries. Please continue to support this worthy organization and the folks it serves. Current needs are canned meat, any kind of soup, canned fruit, mac and cheese, and jelly.

The **Saturday evening casual service at 5:00 p.m.** is alive and well. It is a good alternative to the regular Sunday services for those who can't make it to church on Sundays. It lets us keep up with our church attendance even when other things interfere. Let's not forget that regular church attendance is an important part of our spiritual lives. See you there at 5:00 PM.

--Charles Stevens



CHURCH IN COMMUNITY

The Church in Community Committee and the World Outreach Committee are promoting a church-wide competition to see which Sunday school class can put together the most hygiene kits, school kits, and emergency buckets between now and the end of April. To get started, check out the list of items needed for each kit or bucket on the Church World Service website: CWS Buckets and Kits | Help Communities in Need Around the World, or check page 14 of your newsletter.

Cassie Price



WEEK OF COMPASSION

Week of Compassion is the relief, refugee and development mission fund of the Christian Church (Disciples of Christ) in the United States and Canada. We seek to equip and empower disciples to alleviate the suffering of others through disaster response, humanitarian aid, sustainable development, and the promotion of mission opportunities. We will receive our Week of Compassion offering **February 16-23**. Please give generously to help our brothers and sisters in crises.

"We love because he first loved us."

1 John 4:19

Women and Men's Fellowship Groups

CMF

Well, guys, here it is the bleak midwinter. Leaves are raked. Christmas decorations are stored. Boat is winterized and put away. Too cold for golf or fishing. What to do? Join with your church family brothers in fellowship and feasting!

--Mark your calendar for **February 13th, 6:30 p.m.** for the Men's Card Group. We will play one or two games of 'Oh Hell' in the church multi-purpose room, and we are normally finished by 9:00 p.m. This is a simple and fast trick-taking card game, with no money involved. The card-playing men meet once a month, usually on the second Thursday at 6:30 p.m. Bring a friend.

--On the third Wednesday of each month, we will meet at a restaurant for dinner and discussion. Our topic in February is 'Men's activities for the late winter and spring.' Events to consider are an indoor golf outing at TopGolf or a similar facility and a fishing excursion in May or June. Our next meeting is **February 19th at 5:30 p.m.** at Joe's Inn/Bon Air, 2616 Buford Road, Richmond, VA 23235.

--Report on January Events: Six men played 'Oh Hell' card game at church on January 9th. BACC Men gathered at the Vaden Farm Pond in Cartersville on January 11th to remove brush from the pond banks. Nine men made short work of the task and feasted on sausage soup with cornbread and cookies in celebration. Seven BACC men gathered at Candela's Pizzeria on January 15th. More feasting; more fellowship!

If you want more information about the Men's Group activities or have suggestions for work projects and fellowship opportunities, contact Tom Snodgrass at 804.370.5279 or tesnodgras@aol.com, or email Sam Herrin at cherrin2706@verizon.net.

--Tom Snodgrass



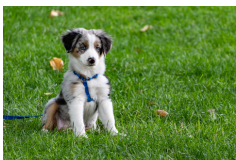
CWF

It's Leap Year! 29 days hath February. This, of course, doesn't change CWF. The Thursday evening group met on January 2, 2020 (just one month away from Groundhog Day). We met for dinner at P. F. Chang's, and then went to Andee Kirk's home for the meeting at 7:00 p.m. Andee does such an outstanding job decorating for the holidays, as does Sara Reese, whose home we met in in December. It's so wonderful that they invite us into their homes at this special time of year. We sent Happy New Year's cards. The lesson was from Matthew 18:12-22, about the importance of forgiveness. Dessert was delicious! Next month, we'll meet on **February 6th at 7:00 p.m.** at my home. I'll make tea! We're planning to eat at Wild Ginger off of Robious Road prior to the meeting. We will also be having special guests. Two of the women who help run the battered women's shelter are coming to talk to us and answer our questions. The Salad CWF met on January 8th. We collected money for The Gathering Place, who provide lunches for the homeless. After dinner, we sent cards. Christy MacAuley shared interesting facts about Cuba, our country of study. Rose McCaferty led the lesson from Matthew and I Thessalonians. Next month the lesson will come from Matthew 18:12-22. We meet in the multi-purpose room at **6:30 p.m.**, and our next meeting will be **February 12, 2020**. We'll be having a potluck Cuban dinner. The Day CWF met on January 14th. Our Bible lesson was from Matthew 18:12-22. The Day Group and the Thursday Night Group are on the same lesson schedule. We followed the lesson with lunch, dessert, and fellowship. We also sent cards, as customary. The next meeting will be on **Tuesday, February 11th at 10:30 a.m.** in the multi-purpose room at BACC. Come join us!

--~Jamie McDonald

Our Church Family

JOY GROUP HAS A RUFF MEETING!



Fifteen JOY Group members joined us on Tuesday, January 21st for our Mystery Luncheon, and we all had such a good time! There are lots of "characters" in this group at all times, and they came out in full force for **The Great Canine Follicle Debacle!** Once our mystery had been solved, we all enjoyed lunch from Joe's Inn: lasagna, salad, and bread, with a little dessert. You've had a great day if you've enjoyed a wonderful lunch like that, hung out with some of the nicest friends ever, and spent your morning wearing dog ears, and maybe a collar. Hope that you can join us for our **February 18th meeting at 10:30 a.m.** if you're not "tied up!"



Church Family Updates

Congratulations, Liz Young...

Our warmest congratulations to one of our newest members, Elizabeth "Liz" Young. Liz is the sister of Carrie Berkley, and the aunt of Cole and Mia. She was baptized on Sunday, February 12 at our early service. Elizabeth works as a paralegal during the day, and she also owns Bebe's Bakery, doing custom cakes, cupcakes and other sweets for people. She loves to crochet and read, and her favorite authors are Vince Flynn, Brad Thor, and David Baldacci. She was born and raised here in Midlothian, and has a four-year-old border collie, Jingle, who is "her child." Liz is fighting stage 4 colon cancer, and she plans to beat it by the grace of God. Please add her to your prayer list and join her in prayer on this challenging situation. Find her here at BACC and say hello and introduce yourself! We are so happy to have Elizabeth here with us!



...and Mary Garrison!

We also warmly congratulate Mary Garrison, another of our new BACC members!! Mary has been singing with our choir for several months now. She is married to Ed and they moved from Oklahoma City, where they lived for 45 years, to be closer to family. They have a daughter, Kama, and a son, Greg. He and his wife, Mary, are the parents of two grandchildren, Gwen and Hunter. Ed was an attorney in Oklahoma City, and Mary was a middle school teacher, who was selected as "Teacher of the Year" three times! She taught history, geography, and English to sixth graders. One of her greatest accomplishments was climbing to the top of the highest mountain peak in New Mexico, Wheeler Peak, with her daughter Kama to celebrate her 70th birthday! Here in the Richmond area, Mary walks five miles every day and volunteers at Crestwood Elementary. We are so happy to welcome Mary to our church family!



"That is, that I may be comforted together with you by the mutual faith both of you and me."

Romans 1:12

Church Family Updates

O Captain, Our Captain...

Does anyone recognize this cute little face? Not the boys...the daddy! Captain Adam Teachey grew up here at BACC, and attended nearly every Sunday with his family (Kim, Susan, Amy, and Mandy) and both sets of grandparents (Bill and Peggye Alcoke, and Carnell and Iva Teachey). He now serves in the US Army, and after recently completing his time in Hawaii, he has just been deployed to Afghanistan for at least six months. His wife, Colleen, and the twins, Bryce and Blake, will be living here in the area with her family while Adam is away. Please keep Captain Teachey and his family in your prayers, along with those serving with him to protect our freedom. Wouldn't it be fun to deluge him (or all of them!) with cards and letters? If you have time to drop him, and maybe his comrades, a card or letter during his deployment, his address there will be:

CPT ADAM TEACHEY

TAAC-N HQ

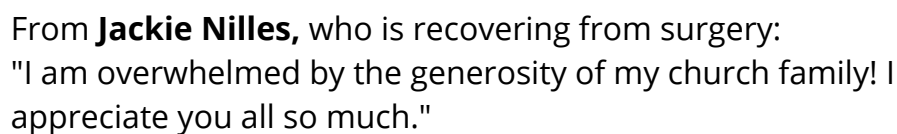
CAMP MARMAL

APO, AE 09354



Lord, Hear Our Prayers ...

Our prayers are with Traci Eagle who is recuperating from rotator cuff surgery, and with Lynn Sarvis' friend, Brian Nelson, who has just started chemotherapy for follicular lymphoma. We continue to pray for Cheryl Farrell and Jackie Nilles who are recovering from surgery; Mary McCaferty upon the loss of her husband Bob; Rose's sister who is undergoing treatment for lymphoma; Rhonda Ringel's friend, Diana Barber, who has just had a recurrence of pancreatic cancer, and Rhonda's friend Pat Tilmon, who was recently diagnosed with cancer; Tommy Williams, Angel Huff's grandfather; John and Judy Crank, who are at The Laurels; Valerie Carey's four year old grandson, Caden; Jeter Bourne; Jake McCann; Sitina Yusuf; Lenora Fowler; Pat Cosby; Liz Young; Steve Goff; Hannah Moon's friend, Caroline Laughorn; Frank Clark's father, Jimmy; Todd Hatton and his father, James Hatton; Tammy Rucker's friend, Judith Hazelo; Charles Stevens' son-in-law, Smokey and daughter, Kris Perkins; Tom Neumayer, and his great-granddaughter, Kassidi Stevens; Cathy Wheless; Russell Shelton's friend, Paul Townes; Stephen Blanchard's cousins, Van and Leigh Dupriest; Kathy Morton's mother, Pat Hedrick; Jackie Nilles' friend, Kathryn Idelson Noftzger; Jim Pannell; Gail Macfadden's friend, Lewis Bell; Harold Campbell; Dot Nuckols; Steve Blythe's cousin, Brandon Clements; Gerry Roppé; Terry Tynan; Steve Kline's niece, Suzy Street; Tom Mayfield's friend, Mickey Denke; Stacy Price; and the Blythes' friend, Donna Leake.

[illegible]

From **Laura Jurman**, who recently traveled to Indianapolis with her daughter:
 "Please say thank you for me to folks who have kept us in their prayers. We had a very good genetics appointment in Indianapolis on Monday. Headed home now on I64 east of Lexington Ky. My sister-in-law Jackie made the trip with us and has been a godsend, as have your prayers."
 Love to all! Laura

Our **ASH WEDNESDAY PRAYER VIGIL** will begin at 6:00 a.m. on **Wednesday, February 26.**

We maintain a continuous 24-hour prayer vigil throughout the day and night, with members taking turns to pray in the sanctuary for half hour slots. Anyone is welcome to stop in throughout the day to pray, as we will have a prayer station set up in the library as well. We hope that you will choose to be part of this special time. One of our elders will be in the church office throughout our chain of prayer, so that no one will be in the building alone. There is a paper signup on the bulletin board outside the church office, and there is also an online signup available: <https://www.signupgenius.com/go/5080E4EA5AF2FA2FD0-ashwednesday>.



HYGIENE KITS:

One hand towel measuring approximately 15" x 28" to 16" x 32" (no fingertip, bath, dish towel or micro-fiber), One washcloth, One wide-tooth comb removed from the package, One fingernail or toenail clipper removed from the package (either one is acceptable), One bath-size bar of soap in the original package, One toothbrush in the original package, Ten standard size Band-Aids

SCHOOL KITS:

One pair of blunt scissors removed from the package (rounded tip only,)Three 70-count bound notebooks or notebooks totaling 200-210 pages (no loose-leaf or filler paper), One 30-centimeter / 12" ruler, One hand-held pencil sharpener removed from the package, One large eraser (no pencil cap erasers), Six new, unsharpened pencils with erasers (please remove pencils from the package), One box of 24 crayons (only 24), One 12"x14" to 14"x17" finished size cotton or lightweight canvas bag with handles (solid color or kid-friendly fabric, no logos, reusable shopping bags or backpacks)

CLEANUP BUCKETS:

One five-gallon bucket with resealable lid (If bucket has been used, clean well but do not use if it has held chemicals of any kind.), Four scouring pads, Seven sponges, including one large, One scrub brush, Eighteen reusable, lightweight dry cleaning towels (e.g. Handi wipes), One 50 oz. or two 25 oz. bottle(s) of liquid laundry detergent, One 16-28 oz. bottle of liquid disinfectant dish soap, One 12-16 oz. bottle of household cleaner that can be mixed with water (no spray bottles), One package of 48-50 clothespins, Clothesline, two 50 ft. or one 100 ft., Five dust masks, Two pairs heavy-duty, waterproof dishwashing gloves (latex-free, non-surgical), One pair work gloves, cotton with leather palm or all leather, 24-28 heavy duty or contractor type 30-45 gallon trash bags on a roll and removed from carton, One 6-9 oz. bottle of non-aerosol insect repellent

For further info: <https://cwsglobal.org/>