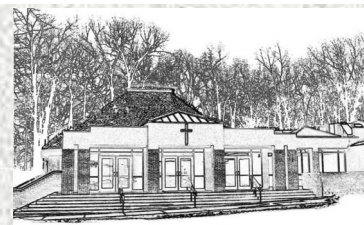


The Parkwood Connection

A monthly publication by Parkwood Baptist Church

Developing fully devoted followers of Jesus Christ,
fully involved in God's Kingdom work



JUNE 2014

SUMMER 2014 WEDNESDAY NIGHT BIBLE STUDY

THE LAW OF GOD: THE LOVING LAWGIVER

JUNE 4-JULY 16

The Ten Commandments have made the headlines in recent years. The posting of the Commandments in courtrooms has led to court cases in several states of our country. Some have protested the presence of the Commandments and others have defended their history and precedent. In some cases, the Commandments have been removed, while in others they have been permitted to remain because they are commonly accepted as a cultural artifact no longer binding on judges or juries. Even some Christians tend to look at the Ten Commandments as a historical artifact devoid of any major significance to their lives.



Why do we need laws in the first place? Are the Ten Commandments still relevant today? Do the Commandments reinforce the stereotype that God is a cosmic killjoy who wants to keep us within the confines of stale morality?

Parkwood invites you this summer to an exciting study of the law of God! The study will set the framework for understanding the purpose of the law, emphasize the law as both an expression of God's love to humanity and gift to enhance the believer's freedom and joy in the Lord Jesus. All who love the law of God will express their love for others (Rom 13:8-10; John 13:34-35).

PARKWOOD HEALTHY CORNER

Size Matters! How Big are Your Portions?

Proverbs tells us: "When you sit to dine with a ruler, note well what is before you, and put a knife to your throat if you are given to gluttony. Do not crave his delicacies for that food is deceptive." (Proverbs 23: 1-3)

God commands us to look at what we are eating, to not desire the excessive amounts of a king's bounty, and to take drastic measures if we fall to gluttonous ways. See the chart at right for some easy ways to identify portions, and keep reading for tips on how to control them so you don't need to take drastic measures.

As you can see, the portions we should eat are smaller than the palm of an average adult hand, yet we live in a world where words like *Supersize*, *Jumbo*, *Biggie*, *Colossal*, *Kingsize*, and *Ultimate* are telling us more is better and encourage us take more food than we need. We were raised not to waste food because there are people starving around the world. That is true, but the food on your plate will not stop the people from starving, and it can lead to obesity and premature death. Remember you can WASTE food or you can WAIST food.

(continued on page 6)

What's a healthy portion?					
If you're not sure how much you should eat, everyday objects offer guidance on what makes up a healthy portion size					
VEGETABLES	MEAT	PASTA	ICE CREAM	FISH	PANCAKE
					
1 cup = Baseball	3 ounces = Deck of cards	½ cup = Tennis ball	½ cup = Two golf balls	3 ounces = Checkbook	4-inch compact disc
BAKED POTATO	CHEESE	MUFFIN	BUTTER	PEANUT BUTTER	BAGEL
					
Computer mouse	1½ ounces = Four stacked dice	A large egg or light bulb	1 teaspoon = Thumb tip	2 tablespoons = Ping-pong ball	Hockey puck



5/2 Chen-Yang Hwang

CHILDREN'S MINISTRIES

Funtastic Friday

We had over 150 children and parents come out to see turtles and snakes for our May Funtastic Friday. Thanks to Mary Lindsay for organizing the dinner and to all of those who helped serve, setup and cleanup during the evening. Everyone had a great time!

Art Show

Thank you so much for your support with the CentriKid Silent Auction; we raised ???! A huge **“Thank You”** to Kellie LeGrand, Janet Rust, Jackie Lopez and Kim Damico for organizing the projects, teaching the children and inspiring them to imagine and create!

Summer Music Program

We are excited to offer a music program on Wednesday evenings that will coincide with the adult Bible study. Our first class will be held on June 4 from 6:00 PM to 7:30 PM. Children ages 4–12 are welcome to attend this fun-filled, mind-blowing music class! PreK–Kindergarten will meet in Room B-113 and Grades 1-6 will meet in Room A-100.

VBS July 21 - 25

Agency D3 - Discover, Decide, Defend! Calling all volunteers: whether you're serving snacks to the workers, helping to decorate the church, or teaching a class, we have the perfect mission for you! Please contact Jenn Heiserman at JenniferH@parkwood.org or register online at www.parkwood.org.



CentriKid Camp

A group of 21 children will be leaving on June 29 to attend camp at Eagle Eyrie through July 6. Please keep them in your prayers that God will keep them safe and they will feel His presence while away from their families.

Jenn Heiserman, Director of Children's Ministries



VBS 2014
July 21 - 25
9 AM - 12 PM

Trace it back to just the facts! The evidence is clear. The proof is all right here! Come discover, decide, and defend the truth about who Jesus really is at Agency D3!

VBS is for ages 4 (by June 30, 2014) through grade 6. Due to available classroom space, we are limiting our 4-year-old enrollment. Priority will be given to those who have older siblings enrolled. Register by July 16 to ensure your special agent receives an evidence kit to help them Discover, Decide and Defend the truth!

Register online at www.parkwood.org

Parkwood wee center

The students had a fantastic school year learning about God's love and the world He created around them. This year the WEE Center delivered God's message to approximately 100 preschoolers and their families. On the last day of school, we distributed new children's Bibles to the 32 students who will be attending Kindergarten next year.

Thank you to everyone who supported the WEE Center ministry through your prayers, time and financial contributions. The preschoolers are blessed to have so many individuals working and praying for them. We were able to honor some of you at our Volunteer Breakfast in May. Please continue to pray for this ministry as we reach out to the community.

Summer Camp
Monday - Friday, June 9-13
10 AM - 2 PM
\$150 and \$15 registration fee

If you know of a potty-trained 3-to-5-year-old who would like to attend our Camp, please pick up a flyer from the Church Office or the WEE Center bulletin board across from the Prayer Parlor. This year's theme is **"Our Senses in Summer!"**

register now for
SUMMER camp

Space Available for Next Year

There is still space available for students to join the preschool. Please share the great news about your Weekday Early Education Program with family, friends and neighbors. We serve children 16 months-5 years old, Tuesdays-Fridays from 10 AM - 2 PM. Please look at the website for additional information.

Ann Lipton, WEE Center Director

PRIMETIMERS' LUNCHEON

MONDAY, JUNE 16
11:30 AM
FELLOWSHIP HALL

If you are 50+, we would love to have you join us! For more info, please contact Virginia Sandidge at vsandidge@aol.com or 703.323.7537.

Hello Parkwood!

Expect to see a lot of appreciation for our High School Seniors this June! We will be having a cookout on June 1 for grades 7-12 to show our appreciation as a group, and we will be recognizing them in our Sunday services on June 8! Be sure to show our senior students some



love this month as they start getting ready to transition into post-high school life. Remember they will be ambassadors of Parkwood, and more importantly, of the Kingdom of Jesus Christ as they go out into universities and employments across the world! Even though we will miss them, we cannot help but feel excited about what God has in store for them!



Summer Wednesday Nights

We will be studying the book of Genesis, looking at who God created and redeemed us to be. Our meeting time will be 6:30-8 PM every Wednesday night. We hope you will be able to make it out!

Kingdom Investments

You can also expect to see a lot of our youth serving our Church and the community as a whole this month! Here at Parkwood we want not only to minister to our youth, but also through our youth to the world, and every one of our Kingdom Investments aims to do just that! If you are interested in supporting our youth and partnering with them as they serve, consider becoming a Kingdom Investor! By contributing \$100 per investment, you support our students in their efforts here and now, and also specifically in their summer mission trip this July. This is our opportunity as a Church to show our students that we recognize, support, and appreciate the things they are doing for the Kingdom of God!

As always please feel free to contact me if you have any questions!

Blessed to be a Part,

Reed Bradley
Youth Director



JUNE Birthdays

5/1 Bonnie Hansen

FROM THE DEACONS

We hope you were able to come to the Easter Sunrise Service. It was a wonderful event. We would like to thank the Parkwood youth for helping the deacons with this special service. It was well attended, and was followed by a great breakfast and fellowship!

The deacons are here to serve you. If we can assist you in some way, or if you have a prayer concern you would like to share with us, please feel free to contact any of the Parkwood deacons.

Stuart Rust, Deacon Chair



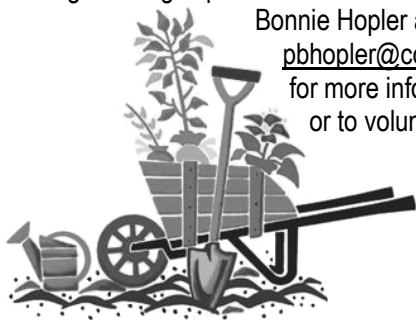
Stewardship Report

Budget Needs thru Apr 2014	\$ 384,782
Budget Received	\$ 305,424
Budget Expended	\$ 352,407
Difference	\$ (-46,983)
Building funds received thru Apr 2014	\$ 13,348

Adopt A Flower Bed

The members of our volunteer Grounds Team are looking for an individual, couple, or family to adopt the flower and plant bed on Braddock Road. This is the bed surrounding the church sign, on your right as you enter the church grounds. We can supply plants and tools, and even gardening expertise if asked. Contact

Bonnie Hopler at
pbhopler@cox.net
 for more information
 or to volunteer.



Abby Bills

Anthony & Jonathan
 Acevedo

HAPPY BIRTHDAY TO OUR MISSIONARIES!

June 3

Hope Hoskins
 (Daughter of Tabitha
 & Ben Hoskins, Asia)

June 4

Ben Hoskins, Asia

June 5

Aiden Miles
 (Son of Stacy & Corbin Miles, Scotland)

June 10

Reed Bradley
 Director of Youth
 & College Students/Missionary

June 11

Katherine Liddle, Germany





A fellow disciple on the Way...

A Model for Discipleship

"Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (that is, the Son of Timaeus), was sitting by the roadside begging. When he heard that it was Jesus of Nazareth, he began to shout, 'Jesus, Son of David, have mercy on me!' Many rebuked him and told him to be quiet, but he shouted all the more, 'Son of David, have mercy on me!' Jesus stopped and said, 'Call him.' So they called to the blind man, 'Cheer up! On your feet! He's calling you.' Throwing his cloak aside, he jumped to his feet and came to Jesus. 'What do you want me to do for you?' Jesus asked him. The blind man said, 'Rabbi, I want to see.' 'Go,' said Jesus, 'your faith has healed you.' Immediately he received his sight and followed Jesus along the road" (Mark 10:46-52, NIV)

The healing of the blind man, Bartimaeus, outside Jericho comes at the end of our first three Gospel accounts of Jesus' last journey to Jerusalem (Matt 20:29-34; Luke 18:35-43; Luke 19:1-27 recounts another incident involving Zacchaeus and a lengthy parable in Jericho before Jesus reaches Jerusalem). Each of the Gospel writers tells the story uniquely, emphasizing the main points that each seeks to convey to their respective communities. For example, in Matthew there are two unnamed blind men who are not described as beggars. Rather, Matthew highlights Jesus' compassion and the act of healing the blind men. Luke also does not mention the blind beggar's name. However, these narrative differences should not distract us from the central point of the story.

First, the geographical location of this last stopping place before Jerusalem is widely regarded as symbolic, especially in Mark's Gospel where it balances the other (less instantaneous) cure of another blind man at Bethsaida (Mark 8:22-26). These two framing incidents in Mark invite the reader to reflect on the gradual enlightenment of the twelve disciples through Jesus' teaching. Second, the blind man's faith is demonstrated by his persistence in the face of the crowd's attempt to silence him. Third, he appropriately addresses Jesus as "Son of David" [Matthew adds "Lord" to underline Jesus' messianic status]. The title "Son of David" combines both political and messianic overtones (esp. Matt 22:41-45). In Matthew, the title is used particularly by people of no social or theological importance, such as the masses, the lame, the dumb, Gentiles, and children (Matt 9:27; 12:23; 20:30; 21:9; cf. 1:1). This identification reflects on the blind man's ability to discern who Jesus is and it stands in sharp contrast to the religious leaders in Jerusalem who will fail to do so. Further, this is the only time in Mark's Gospel that Jesus is addressed "Son of David." Blind Bartimaeus therefore serves as an ironic contrast to the twelve who, though they see, still have difficulty in comprehending who Jesus is.

Fourth, Jesus not only hears but feels in His spirit the blind man's desperate cry for help in that large, slow moving crowd. At a time when Jesus' mind might be expected to be on His imminent fate in Jerusalem, He still has time to notice and respond to the need of a beggar. Jesus calls for the man, who cannot wait to show himself to the Savior. The blind man quickly jumps to his feet, throws away his cloak, and runs to Jesus with the request to have his sight restored. Finally, Jesus demonstrates His redemptive ministry by restoring the blind man's sight (see Luke 4:17-19; cf. Isa 61:1-2). Bartimaeus shows his gratitude by becoming a disciple of Jesus (he "followed Jesus along the way"). As Bartimaeus follows Jesus "along the way," he functions as a model disciple with whom Mark encourages the reader to identify.



Pastor Daniel



At-A-Glance

June 1

High School Senior Appreciation
Cookout (Youth Event)

June 4

Wednesday Night Activities Resume
(no dinners until September)

June 7

Young Men in Action
Outing to The Adventure Park

June 8

Senior Recognition

June 9

WEE Center Summer Camp
(through June 13)

June 15

Father's Day

June 25

Fairfax County Last Day of School

June 27

Women's Ministry Fellowship Craft
Night

June 29

CentriKid Camp
(through July 3)





Canned Meats
 Jelly
 Condiments
 Diapers (all sizes)
 Baby Wipes
 Infant Formula
 Baby Food
 Canned Beef Stew
 Tuna
 Canned Milk
 Rice
 Cereal
 Oatmeal
 Breakfast Bars
 Peanut Butter
 Instant Potatoes
 Spaghetti Sauces
 Pasta
 Soups
 Canned Ravioli
 Boxed Dinners
 Macaroni & Cheese
 Boxed Juices
 Juice/Drinks
 Canned Fruit
 Canned Vegetables
 Powdered Milk

Please remember to check expiration dates. Thank you!

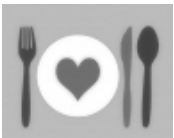
before you start eating. This will save your waist and your wallet.

3. If you must eat fast food, consider the kid's meal. It is enough to fill you up until you can have a good meal. Also, they usually come with some type of fruit now.

All Times:

1. Do not waste calories on sugary drinks. A 16 oz. soda is 200+ calories (without refills) and a large at fast food restaurants is 32 oz. and over 400+ calories.
2. Eat your vegetables first. Vegetables are voluminous food, and fill you up to help keep you from overeating.
3. Take your time. It takes 20 minutes from the time you start eating for your brain to send out signals of fullness. Feeling full translates into eating less.

As followers of Christ we are told "each of you should learn to control your own body in a way that is holy and honorable" (1 Thessalonians 4:4). If we know that the amount and types of foods we are eating are harmful to our bodies, and we continue to eat them, it is a sin. Ask yourself the hard question...are your portions sinful?



Lord, we ask the fruit of the spirit come into our lives help us with self-control and portions we take. Give us desire to learn how to control our appetites and strength to control our portions.

PARKWOOD.....On Mission

Native American Missions

Hunger Committee

Parkwood will be hosting a Stop Hunger Now packaging event on August 2. Quarter tubes will be available the last Sunday in June, and our VBS donation this year will go to help Stop Hunger Now. The Missions Committee has graciously offered to match whatever VBS families donate!

If you have any questions about the Hunger Committee, or Stop Hunger Now, please email me at mgibson2@cox.net. Thank you for your support!

Blessings,

Sharon Gibson,
Hunger Committee Chair



PARKWOOD HEALTHY CORNER (continued)

Here are a few easy tips for controlling your portions.

At Home:

1. Eat off a salad plate. Note how large the average dinner plate is now - one can put three meals on it, and you only need one! A salad plate helps you put reasonable portions on your plate and signals your brain you have all the food you need.
2. Uses a salad fork and a teaspoon. By having to lift the fork/spoon multiple times you will eat slower, taste your food, and your brain has time to realize it is full.
3. Leave the food on the counter/stove. Then it is a conscience effort to leave the table and get seconds.

When Eating Out:

1. Skip all-you-can-eat buffets – you cannot afford what they do to your body.
2. Share or take home – order a meal to share with someone or put half in a to-go container

Cheri Dickey



*Hiking Through:
One Man's Journey to Peace and
Freedom on the Appalachian Trail*

By Paul Stutzman

If you've ever dreamed of hiking all or part of the Appalachian Trail (AT), read this book. Even if that has not been your dream, you will still enjoy and appreciate *Hiking Through*. Yes, it is about accomplishing the goal of hiking the 2,176-mile Trail through 14 states, but it is also about love, family, friendship, change, discovery, healing, and so much more.

After Paul Stutzman lost his wife to breast cancer, he sensed a tug on his heart—the call to a challenge, the call to pursue a dream. With a mixture of dread and determination, Paul left his job in Ohio, traveled to Georgia, and took his first steps on the Appalachian Trail. What he learned during the next four and a half months changed his life.

When hikers Roger and Ingrid Larson recommended this book to me, I expected to like it. I loved it! I enjoyed reading about the fascinating and funny people he met, about “trail magic,” and about the challenges he faced. After reading this book, you may gain a new understanding of God's grace and guidance, even in the smallest things. Or, you may pursue your dream of hiking the AT.

Reviewed by Bonnie Hopler



ILLUMINATIONS

Rightful Responsibilities

At some point we all need to come to the sobering realization that we cannot be responsible for the lives nor the eternal salvation of grown people. Yet, there are other responsibilities that we ignore. And often, many Christians embrace a false sense of responsibility.

A few years ago, a friend paid daily visits to pray for the physical healing of a lady with cancer. However, she was clear that she had no interest in prolonging her life. I felt terribly uncomfortable when asked to join them in prayer as he clearly prayed against her will. He was so determined to prove that he believed God could heal her, that he dishonored her desire to transition quietly without any fanfare. It was really awkward.

Furthermore, while we are commissioned to share the Gospel, we should not get upset if grown people refuse to accept Christ or attend church, or if they remain in immoral lifestyles. We put needless worry on our minds when we assume responsibility that is not ours. Years ago, when my sister was very ill, my minister friend went to her hospital bedside and pressed her to accept Jesus into her life. She “prayed to accept Jesus” just so he would stop talking! When she was fully recovered, she returned to the same lifestyle, and never showed an interest in Jesus.

Similarly, I talked to a friend who has embraced a lifestyle of cross-dressing and homosexuality. He *emphatically* said that if he could relive his life, he would not change a thing. I left it alone, while his brother kept trying to convince him otherwise, after admitting that he wanted to see him in heaven. But it was not his responsibility. It was the Holy Spirit's.

On another note, many Christians brag about bringing people to the Lord, or they boast about their giving. Yet those same individuals are mean-spirited towards others, and consequently fail to honor their Christian responsibility to treat one another kindly. Also, many Christians neglect to hold one another accountable for mistreating others while coming down on some who drink, smoke, shack up, etc. This really confuses me. It is our responsibility to stop entertaining excuses for being unkind and harboring ugly biases. In *Galatians 2:11-14*, Paul confronted Peter (and others) for their hypocritical behavior, because their “conduct was not in step with the truth of the gospel”. Let's not mistreat believers because of their political bents, looks, interests, or when we cannot control them. Sadly, this is a common thread that runs across many church denominations.

Lastly, when people refuse to reconcile after we have encouraged them to, we just need to let it go. Some folks just choose to stay mad. We cannot stress over them. I had two family members who went to their graves holding grudges against each other. I really tried, but then I realized that it was not my duty to make them reconcile. We need to honor our *rightful responsibilities* and leave the rest to God.

Denise Lewis Christopher



Next Meeting
Monday, June 9
10:30 AM
First We Have Coffee
by Margaret Jensen





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Pastor Mike

