# The Epistle

First Baptist Church of Vienna, Va. | "Fruit Bearing Disciples"



From
Pastor
Walton's
Desk

he weather is cooling and the days are getting shorter, but we are moving into full gear for our fall season of ministry. I am looking forward to our upcoming ministry opportunities because they will provide opportunities for us to grow spiritually and allow us to serve the greater community.

I'm looking forward to joining men from the Cedar Street Baptist Church of God and Land of Promise Church for our Joint Men's Retreat on October 13th and 14th. This year's theme is "The Recovery Room," and Kwame Kilpatrick will be with us to share his journey to healing and we will also hear from Dr. Chandra Williams. I believe this will be an opportunity for men to grow and heal together and I pray that not only will all the men of First Baptist join us, but that every member invites a man in their life to be a part of this retreat.

I also pray that you will make time to invest in yourself spiritually. Join me on Wednesday mornings at 7 a.m. for prayer and devotions. You can also join us Monday—Friday for our noon day prayer call or on Monday nights

PASTOR, continued on page 2

# Let's Fall into Our Fall Season of Music Ministry

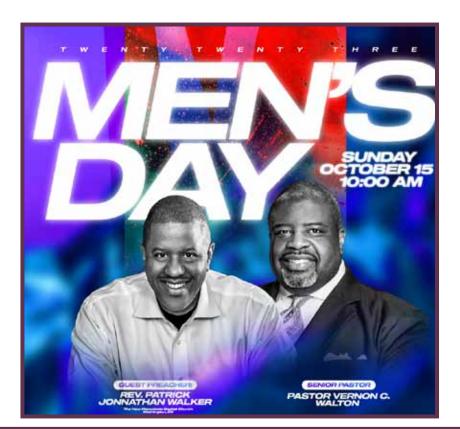
Special to the Espistle by Kwan McKnight

s the leaves start to change and the air gets a little crisper, it's that time of year when our music ministry at First Baptist Church of Vienna gears up for a new season of inspiration and celebration. We've been blessed to witness the power of music in bringing joy and spirituality to our congregation, but there's one essential element missing from our ensemble—and that's YOU!

The heart of our ministry lies in the Worship and Arts team, and we're excited to invite you to join us in spreading love, hope, and faith through the medium of music. In this article, we'll shine a spotlight on the areas where we need your valuable assistance, including multimedia, audio, video, and our esteemed choirs. We'll also take a special look at Men's Day and the Men's Choir rehearsals scheduled for this fall.

WORSHIP AND ARTS, continued on page 5







## **PASTOR**, continued from page 1

at 7:30 for a time of prayer set aside for children, youth and families. Our fall Christian education offerings are also in full swing and you can join me in person on Tuesdays at 11:00 for our Study of the Life and Work of John, on Wednesday nights online for our study on Developing a Servant's Heart, or you can sign up for one of the Connection Groups that will begin this month.

Finally, there are numerous opportunities for you to help us be a blessing to the community and it is my desire that you partner with us not only through your financial support but also through the giving of your time. I pray that we can help transform lives in this season.

# New Awards Coming in December

nce again, we will recognize ministries and church members who exemplify 5-Star characteristics at our church anniversary in December. This year in addition, to our 5-Star Ministry Recognition, we will be launching our inaugural Fruit Bearing Disciple Awards. There will be an award for each of the five characteristics of fruit bearing disciples:

- Radical Hospitality
- Passionate Worship
- Extravagant Generosity
- Intentional Faith Development
- Risk Taking Mission and Service

We are asking each of you to nominate church members in each of these categories. Members should exemplify the characteristic for which you are nominating them. You can pick up paper forms in the Narthex or complete the online nomination form at: www.tinyurl.com/fbcvaward2023 Nominations must be submitted by October 31, 2023. —Stacey Seay

# WORSHIP AND ARTS, continued from page 1

# Multimedia Ministry:

Our multimedia ministry plays a crucial role in enhancing our worship experiences. From capturing the essence of our services to creating visually engaging content, there are numerous ways you can contribute:

- **Photography:** If you have a knack for capturing beautiful moments, we'd love to have you document our worship services and events.
- **Videography:** Bring our worship services to life through video. Record sermons, music performances, and special events to share our message with a wider audience.

# **Audio Ministry:**

The quality of sound is pivotal in our worship experiences. If you have an ear for audio engineering, consider joining our audio ministry:

- **Sound Mixing:** Ensure that our music and sermons are heard clearly and crisply during our services.
- **Recording:** Record live performances and sermons to share online or create CDs for our congregation.

### **Choirs:**

Our choirs are the backbone of our music ministry, and we invite voices of all ranges and backgrounds to join us. Whether you're an experienced vocalist or just someone who loves to sing, there's a place for you:

- Men's Choir: Join us for Men's Choir rehearsals on the following dates:
  - Monday, October 2, 2023, at 7 p.m.
  - Saturday, October 7, 2023, at 9 a.m.
  - Tuesday, October 10, 2023, at 7 p.m.

Our choirs are a close-knit family, and you'll find camaraderie, spiritual growth, and the opportunity to share your talents with the congregation.

As we embrace this fall season, let's come together as a community to enhance our music ministry. We believe that music has the power to touch hearts, uplift spirits, and strengthen our faith. By joining us in the areas of multimedia, audio, video, and choirs, you can play a vital role in spreading the message of love and hope to our congregation and beyond.

Mark your calendars for Men's Choir rehearsals and Men's Day, and let's make this season of music ministry one to remember. We look forward to welcoming you with open arms as we continue to grow and glorify together. Let the music of our hearts be a blessing to all.

Come be a part of our musical journey this fall – because in the harmony of faith, there's a place for YOU!





# **Marriage Ministry**

Help us celebrate and wish a very happy anniversary to these FBCV couples!

Rick and Marcia Taylor - October 1 Lamont and Natalie Ruffin - October 7 Jeffrey and Benita Byas - October 10 Marqueen and Venisca Jones - October 16 Morris Mack and Diana Smith-Jackson - October 27

Please be on the lookout for information on an October Marriage Ministry family outing. If you would like to join our Marriage Ministry email list to receive information, please send your name and email address to Natalie at natm20@gmail.com. —Lamont and Natalie Ruffin

# **College Connection**

# **Welcome NEW College Connection Scholars**

The semester is in full swing and we would like to welcome our newest scholars to the College Connection Ministry:

Chelsea Colter George Mason University

Zachary Byas Stevenson University

Shealyn Ricks York College

**Damierah Walker** Virginia State University **Erin Smith** James Madison University

The College Connection Ministry is looking forward to supporting you during your course of study and providing you with the "connection" to home through prayer and spiritual growth opportunities.

### It's Incentive Grant Time

Incentive Grants will be submitted for processing on October 9th. Have you completed the 2023–2024 Scholar Database? Please be sure to submit your information for 2023–2024. Join here: https://forms.gle/wx9adVyrzUqDE4md8.

Parents, please make sure your college student has completed the database survey. We only have eight respondents of 25+ College Conection students who have joined.

# Are you in the College Connection Know?

There is a College Connection GroupMe. That is how we stay in touch with all of our scholars. We encourage all scholars to stay in the know. Send us a quick "Hi" so we know you are receiving our updates. Not sure, you are in the GroupMe? You can join using this link: https://groupme.com/join\_group/90794491/kDQlsjbE

# **Birthday Blessings to this Scholar:**

Jayden Seay, Junior, NC A&T State University

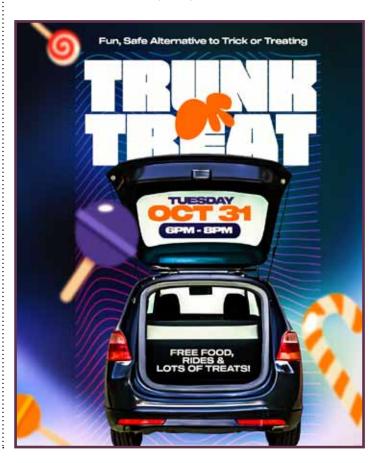
-Submitted by Arnitra Duckett

# **Missions Updates**

ur monthly fresh food giveaways have resumed and we need your help to ensure that we continue to be a blessing to the community. We gave away over 6000 pounds of much needed fresh produce and pantry items in September. We continue to need your support by not only giving to missions, but we also need your hands to help with food sorting and packing as well as the distribution of bags. Our next packaging is scheduled for Thursday, October 19th beginning at 10:00 am and our distribution will be held on Saturday, October 21st. We will also resume our distribution of weekend meal packs to area schools we support in October. Visit linktr.ee/fbcvoffice to sign up to serve for any of our fall opportunities — Stacey Seay

# **Trunk or Treat**

runk or Treat is our next community outreach opportunity. All ministries should plan to host a decorated trunk for this event which will be held on October 31st from 6:00 – 8:00 pm. In addition, individuals, businesses and organizations are invited to host trunks during the event. We encourage you to be creative with your trunks and take advantage of this opportunity to evangelize to our community. Please use the following link to register your trunk: https://www.signupgenius.com/go/30E044FA4AD23A6F94-44702490-fbcv —Stacey Seay





Geraldine Henryhand and family for the loss of her husband, Charles HenryHand

# Altar flowers

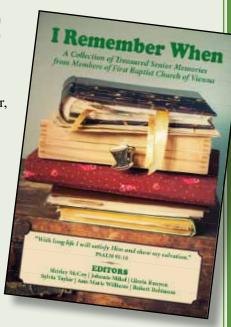
Alees Coates-Richardson and family to commemorate the birthday of her son, Stevie Coates-Richardson

Ceola Allen, Danny and Alfred Bunaugh, grandchildren and greatgrandchildren to commemorate the 105th birthday of their mother, grandmother and great-grandmother, Bertha Bunaugh

-Compiled by Ceola Allen

# It's Almost Here!

he book. I Remember When. was the brain child of The SWAP Ministry Servant Leader, Dr. Emma Valentine. According to Dr. Valentine: "It was written to tell the unique stories of senior members of our congregation at First Baptist Church of Vienna. Theirs is a rich legacy that is etched in the rich fabric of the history and life of our 156-year-old congregation. As you walk through the pages of this book, I hope that you will be humbled and inspired as we are introduced to these awesome seniors and their life stories."



There is a book launch and reception being planned. More information on a date and time will be announced soon..

Lest we forget...our stories need to be told and remembered. We hope you will come out to celebrate these lives well lived.

-The Book Committee



Extravagant Giving

Fruit bearing disciples give of their resources to bless others, join this group an discuss the principle of Extravagant Giving. Facilitator: Dea. Willie Boykin | Meets: Mondays @ 7 p.m.

Radical Hospitality
Fruit bearing disciples extend love and offer Christ! This group will offer in-depth discussion about radical hospitality Facilitator/Meeting Time: TBD.

Intentional Faith Development

Fruit bearing disciples are committed to learning and developing their faith. This group will explore and discuss faith development. Facilitator Chrisina Hamilton | Meets: Tuesdays @ 7 p.m

Risk Taking Mission & Service Fruit bearing disciples seek to meet the needs of others. This group

will talk about our call to missions and social justice. Facilitator: Stacey Seay | Meets: Thursdays @ 7:00 p.m.

Young Adults: Revolution

Young Adult (18-35) study of Josiah. Participants will study the five practices & explore ways Josiah serves as a model for millenials. Facilitator: Minister Kennard Jones | Meets: Thursdays @ 7 p.m.

Children &

Elementary students will continue their study of Kingdom Heroes & focus on one of the five practices each week! Facilitator: Deas. Monica Evans | Meets: Mondays @ 6:30 p.m.

Middle & High School students will continue their discussion of 3 Circles & focus on one of the five practices each week! Meets Mondays @ 7:30 p.m.

# **YOUTH AND YOUNG ADULTS**



# **Embracing the Spirit of Fall Ministry: Nurturing Youth and Young Adults**

s the leaves start to change and the air turns crisp, we warmly welcome the fall season of ministry with open arms. It's a time when our faith community comes together to embrace the changing seasons, and more importantly, to nurture the spiritual growth and development of our youth and young adults. In this article, we want to extend a heartfelt welcome to all, and also give a special shout-out to Sydney McCown for her dedication to spiritual growth.

Sydney McCown, a shining example of dedication and commitment to her faith, recently became the first to share her completed assignment in her prayer journal to Minister KJ. Her enthusiasm and commitment serve as an inspiration to all of us. Sydney's actions remind us of the importance of prayer in our journey of faith. Prayer is not merely a religious ritual; it is a deeply personal and profound way to connect with God and find spiritual nourishment.

Our youth and young adults are at a crucial stage in their lives. They are navigating the challenges of adolescence and early adulthood, seeking their purpose and identity. It is during these formative years that they need the guidance and support of our faith community the most. We believe that prayer is an essential tool in helping them build a strong foundation for their spiritual lives.

Prayer serves many purposes in the lives of our youth and young adults. It is a means of seeking God's guidance and wisdom in the decisions they make. It offers solace and comfort in times of doubt or hardship. It fosters a sense of gratitude and mindfulness for the blessings in their lives. Furthermore, prayer brings them into a closer relationship with God, allowing them to experience His presence and love.

As we embark on this fall season of ministry, we encourage everyone to be mindful of the wonderful opportunities it presents. Our church offers a variety of programs and events tailored specifically to the needs and interests of our youth and young adults. These opportunities are designed to not only nurture their faith but also to build a sense of community and belonging.

We invite you to engage actively in our fall ministry initiatives. Whether it's joining a youth connection group, attending a young adult fellowship, or participating in community service projects, there are countless ways to get involved and make a meaningful impact in the lives of our youth and young adults. Your presence and support can be a source of inspiration and encouragement to them.

In conclusion, we extend a warm welcome to the fall season of ministry, a time when we come together as a faith community to nurture the spiritual growth and development of our youth and young adults. We applaud Sydney McCown for her dedication to prayer and encourage everyone to recognize the importance of prayer in our lives. Let us be mindful of the incredible opportunities this season brings, and let's embrace the spirit of fall ministry with open hearts and open arms. Together, we can make a positive difference in the lives of our youth and young adults as they continue on their journey of faith and self-discovery

-Min. KJ



# JOIN OUR MINISTRY

Use the QR to register for upcoming events and join our ministry. This will also enable you to receive information and reminders for upcoming events.

# Ordination and Consecration Service for Deacons and Deaconess



Deaconess Margaret Chichester, Deaconess Kisha Lee, Deacon Antoinette Guidry, Deacon Julian Purvis, Deacon Lamont Ruffin





















# What Is Domestic Violence?

Abusive relationships can be very complex and can include a lot more than physical violence. What we often don't hear about is the pattern of control, intimidation, and verbal abuse that occurs in abusive relationships.

Though these things are harder to identify because we often do not recognize them, they are equally dangerous. Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion, or gender. It can happen to couples who are married, living together, or who are dating.

# Am I experiencing domestic violence?

Most relationships are not abusive. However, if you feel threatened, intimidated, or controlled by your partner you may be experiencing relationship abuse. It may be helpful to consider the following questions to assess your relationship for abuse.

Does your partner ever:

- Degrade you by calling you names or putting you down?
- Control who you see, where you go, or what you do?
- Stop you from seeing your friends or family members?
- Use your children to control you?
- Intimidate you with threatening words, looks, or weapons?
- Shove you, slap you, or hit you?
- Deny their actions or minimize the pain they've caused you?
- Repeatedly blame you for their actions?
- Threaten to kill you?

If you answered yes to one or more of these questions, please consider reaching out for help.

# How can I help someone?

Many of us know someone—mother, sister, friend, or neighbor – who is a victim of domestic violence. Often, we ask how we can help. If you know or suspect that someone you know is involved in an abusive relationship, it is important to recognize the signs and be a support for the person experiencing abuse.

Recognize the signs:

- Has your friend been isolated?
- Were they outgoing before, but have become more withdrawn?
- Do you rarely see them anymore?
- Are they constantly checking to see when they should leave?
- Does their partner have an unusual amount of control over their lives?
- Does their partner ridicule them regularly in public?
- Does their partner appear to be volatile?
- Have you noticed other changes in their or their children's behavior?
- Are they frightened, nervous, or uncomfortable when their partner is around?

# Be a support

Listen without judgment. For many of us, the hardest thing to do is to simply listen without asking Why don't you just leave? Our eagerness to be helpful can often cause a victim of domestic violence to become more withdrawn and less likely to see you as a resource. Leaving is not always simple. Leaving a violent relationship is dangerous. There are often threats of violence in addition to emotional and financial control. Never blame them. Focus on providing support.

**Become familiar with local resources.** Find out about the local services – phone numbers and websites. Be able to refer your friend to an expert who can help identify their options and develop a safety plan.

Remember leaving or letting go is not always the immediate remedy. For many of us the answer is easy – leave and do it now. However, it takes an average of 5 -7 times for a victim of domestic violence to leave the relationship for good, and some people may never leave. While it can be frustrating to watch someone you love return to an unsafe situation, remember that alienating your friend or family member will just leave them isolated and less likely to remain safe. Ask them how you can support them, both if they stay and if they leave an abusive relationship.

Let go of What I would do? and listen to What do they want? The first response many victims of domestic violence hear from family and friends is I would never... or I could never... Let go of what you think would do and ask your friend or family member what they want to do. Let them talk about their needs, frustrations, and fears. Remember that asking for help or reaching out is a big step, and you can be a huge support to them just by listening to what they want and need.

**DOMESTIC VIOLENCE**, continued on page 10

# **October is Breast Cancer Awareness Month**

ctober is breast cancer awareness month. The FBCV Women's Ministry celebrates and thanks God for those who have survived the disease and offers this useful information excerpted from the Breastcancer.org and MAKNAcancer websites.

Breast Cancer Facts and Statistics Breast cancer is the most commonly diagnosed cancer among U.S. women. Breast cancer accounts for 12.5% of all new annual cancer cases worldwide, making it the most common cancer in the world. About 1 in 8 of U.S. women are going to develop invasive breast cancer in the course of their life. In 2023, an estimated 297,790 new cases of invasive breast cancer are expected to be diagnosed in U.S. women, along with 55,720 new cases of ductal car-

cinoma in situ (DCIS) which is non-invasive. In 2023, an estimated 2,800 new cases of invasive breast cancer are expected to be diagnosed in men. A man's lifetime risk of breast cancer is about 1 in 833.

Black women are more likely to die from breast cancer than women of any other racial or ethnic group. Experts believe that it's partially because about 1 in 5 Black women is diagnosed with triple-negative breast cancer, more than any other racial or ethnic group. Breast cancer is the leading cause of cancer-related death in the United States for Black and Hispanic women.

Women of all ages need to pay attention to their breasts, perform self-exams, and report any unusual changes to their doctors — and insist that breast cancer be ruled out if there's a

concerning symptom. Even some doctors buy into the myth that women in their 20s and 30s don't get breast cancer. Women with a strong family history of breast cancer, especially cancers diagnosed in relatives before age 40, may wish to start screenings sooner.

Breast cancer is rare in men, but it does happen. People often think that men can't get breast cancer because they don't have breasts — but they do have breast tissue. Even though male breast cancer is rare, it tends to be diagnosed at a more advanced stage because breast changes and lumps typically don't lead men and their doctors to think "breast cancer." Changes in male breasts need to be checked out, too.

-Sandra Graham





# Money Matters: Interest Rate vs. APR: What's the Difference?

nterest rates and APR are two frequently conflated terms that refer to similar concepts but have subtle differences when it comes to calculation. When evaluating the cost of a loan or a line of credit, it is important to understand the difference between the advertised interest rate and the annual percentage rate (APR), which includes any additional costs or fees.

### INTEREST RATE

The advertised rate, or nominal interest rate, is used when calculating the interest expense on your loan. For example, if you were considering a mortgage loan for \$200,000 with a 6% interest rate, your annual interest expense would amount to \$12,000, or a monthly payment of \$1,000.

Interest rates can be influenced by the federal funds rate set by the Federal Reserve, also known as the Fed. In this context, the federal funds rate is the rate at which banks lend reserve balances to other banks overnight.

### **APR**

The APR, however, is the more effective rate to consider when comparing loans. The APR includes not only the interest expense on the loan but also all fees and other costs involved in procuring the loan. These fees can include broker fees, closing costs, rebates, and discount points. These are often expressed as a percentage. The APR should always be greater than or equal to the nominal interest rate, except in the case of a specialized deal where a lender is offering a rebate on a portion of your interest expense.

Returning to the example above, consider the fact that your home purchase also requires closing costs, mortgage insurance, and loan origination fees in the amount of \$5,000. To determine your mortgage loan's APR, these fees are added to the original loan amount to create a new loan amount of \$205,000. The 6% interest rate is then used to calculate a new annual payment of \$12,300. To calculate the APR, simply divide the annual payment of \$12,300 by the original loan amount of \$200,000 to get 6.15%.

# INTEREST RATE VS. APR

Both the interest rate and the APR on a loan reflect the cost to borrow money from a lender for a specified period of time. However, they differ in how they are calculated, what they represent, and how much control a borrower has over each.

# THE BOTTOM LINE

While the interest rate determines the cost of borrowing money, the annual percentage rate (APR) is a more ac-

curate picture of total borrowing cost because it takes into consideration other costs associated with procuring a loan, particularly a mortgage. When determining which loan provider to borrow money from, it is crucial to pay attention to the APR, meaning the real cost of financing.

Hopefully this information will allow you to make better decisions and ask different questions as you consider what loan rate is best for you. Feel free to contact your First Baptist Church Credit Union if you need help understanding this difference.

—Submitted by Willie Boykin based on information in an Investopedia article Titled: Invest Rate VS APR: What's the Difference? by Troy Regal dated July 17, 2023



**DOMESTIC VIOLENCE**, continued from page 8

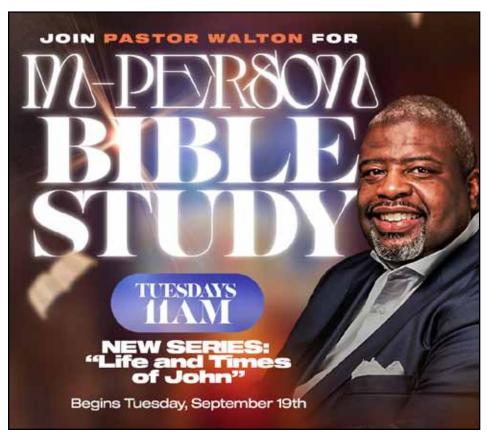
# Can I look for help online?

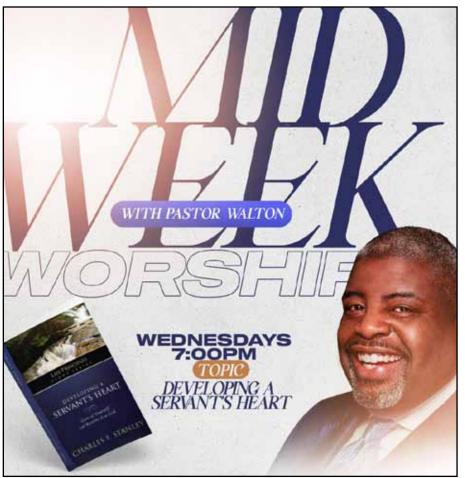
Caution: Email or online chat are often not a safe way to talk to someone about the abuse in your life. For help, please call the National Domestic Violence Hotline at 1-800-799-SAFE.

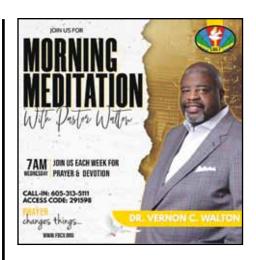
There are many resources for people experiencing domestic violence online, but accessing resources online from your own devices may not always be safe. There are many ways for abusers to record everything you do on your computer and what you access online, and it is not possible to delete or clear all computer "fingerprints," and spyware can be installed easily and is hard to detect.

If you think your activities are being monitored, it's important to trust your gut and assume that your online activities are likely being monitored as well. Use a computer at a public library, computer lab, or other public place to access resources and information.

-From the DC Coalition Against Domestic Violence Website, Submitted by Sandra Graham, FBCV Women's Ministry













# FIRST BAPTISTCHURCH

450 Orchard St. N.W., Vienna, Virginia 22180 (703) 938-8525 • www.fbcv.org Dr. Vernon C. Walton, Pastor

# October

# Fruit Bearing Disciples

SATURDAY	7	10:00 AM Women's Ministry Brunch	14	Men's Refreat	21	Food Distribution	28			
FRIDAY	9	12:00 pm Prayer Call	13	Men's Retreat 12:00 pm Prayer Call	20	12:00 pm Prayer Call	27	12:00 pm Prayer Call		
THURSDAY	5	12:00 pm Prayer Cal 5:30 Excellence Academy	12	12:00 pm Prayer Call 5:30 Excellence Academy	19	12:00 pm Prayer Cal 5:30 Excellence Academy	26	12:00 pm Prayer Call 5:30 Excellence Academy		
WEDNESDAY	4	7:00 am Prayer Call 12:00 pm Prayer Call 7:00 pm Mid-week Worship	11	7:00 am Prayer Call 12:00 pm Prayer Call 7:00 pm Mid-week Worship	18	7:00 am Prayer Call 12:00 pm Prayer Call 7:00 pm Mid-week Worship	25	7:00 am Prayer Call 12:00 pm Prayer Call 7:00 pm Mid-week Worship		
TUESDAY	က	11:00 am In-Person Bible Study 12:00 pm Prayer Call	10	11:00 am In-Person Bible Study 12:00 pm Prayer Call	17	11:00 am In-Person Bible Study 12:00 pm Prayer Call	24	11:00 am In-Person Bible Study 12:00 pm Prayer Call	31	11:00 am In-Person Bible Study 12:00 pm Prayer Cal <b>Trunk or Treat</b>
MONDAY	2	Connection Groups Begin 12:00 pm Prayer Call 7:30 pm The Call Out Family Prayer	6	12:00 pm Prayer Call 7:30 pm The Call Out Family Prayer	16	12:00 pm Prayer Call 7:30 pm The Call Out Family Prayer	23	12:00 pm Prayer Call 7:30 pm The Call Out Family Prayer	30	12:00 pm Prayer Call 7:30 pm The Call Out Family Prayer
SUNDAY	_	Pink & Purple Sunday 8:00 am CLA 10:00 am Worship	∞	8:00 am CLA 10:00 am Worship	15	<b>Men's Day</b> 8:00 am CLA 10:00 am Worship	22	8:00 am CLA 10:00 am Worship	29	8:00 am CLA 10:00 am Worship

"I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. - John 15:5