



**Bridgewater Church of the Brethren**

420 College View Drive  
Bridgewater, VA 22812  
(540) 828-3711; 828-2641



Web Site: [www.bwcob.org](http://www.bwcob.org)

**FOOD PANTRY SPECIAL REQUEST**

Food Pantry personnel have especially requested the following: boxes / bags of cereal. Please remember when purchasing that some families have only one or two members (small boxes) and others have up to 12 members (large boxes). Many thanks!

**A LIBRARY TO TREASURE**

Our church is blessed with a real “treasure.” One in which you meet great minds of leaders from our past as well as those of today.

As you enter the south side doors, take an immediate right and follow this turn by entering the first door on your right.

Inside is crowded with the world’s church leaders. Local historians Roger Sappington and Emmert Bittinger recall Bridgewater CoB’s past. The 200s contain prayers, meditations, inspiration, and help with life’s problems. Our own Earle Fike, Wayne Judd, and Fred Bernhard may be found here.

In the 800s poems by Doris Good, Hugh Whitten, and Margaret Zinn are located with other poets.

Books of travel, biographies (Betty Neher’s BVS years), fiction and boxes of children’s books add to the ‘crowd.’ Topics of sermons, DVDs, and videos may add to your pleasure.

A personal note to adults: Read some of the picture books for children. Lovely illustrations and inspiring stories will appeal to all ages. Plus – you missed these in growing up!

Comfortable seating and several magazines await you each time you visit our Treasure Trove.

With no library card needed! ~ *Dorris Wampler*

**GAME NIGHT**

Fellowship & Recreation Commission invites everyone to the church on **Saturday, February 19, at 6:30 p.m.** to enjoy an evening of fun and fellowship. Bring your favorite games and snacks to share. Childcare will be provided.

**HARTS**

We are looking forward to our fourth year of hosting HARTS (Harrisonburg and Rockingham Thermal) the week of February 28-March 7. We will host up to 22 men and women who are currently experiencing homelessness. We provide a hot dinner, safe and warm place to sleep, and breakfast in the morning, as well as the presence of caring people. You can help! Perhaps you can provide assistance on Monday morning 2/28 unloading and setting up cots and making other preparations for the week. We need at least 2 volunteers to spend the night each night. You will be able to sleep - a HARTS staff member is present and providing supervision all night. Also, we need people to provide breakfasts, which are served around 6:15am. Maybe you would be willing to do a load of laundry or two for guests. There are many ways to participate, so please be in touch with Wendy Carr (828-2041 or [carrwdc@gmail.com](mailto:carrwdc@gmail.com)) if you have questions or want to get involved. There will also be opportunities to sign up in the greeting hall.

**JUNIOR HIGH YOUTH FUNDRAISER**

The Jr. High Youth will be hosting a Cici’s dinner fundraiser on Sunday, **February 27**, from 5-8 p.m. Please join the Jr. High and their families at Cici’s in Harrisonburg. At the register, after you have paid, ask the cashier for a receipt for your meal purchase. On the back of the receipt write “Bridgewater Church of the Brethren Junior High Youth.” Place this in the appropriate container at the cash register. At the end of the fundraiser, all receipt subtotals will be added up and 10% of the evening will come back to our fund for Jr. High National Youth Conference and our Summer Workcamp. No reservations are needed to join. Contact Heather or Kenny Ellerbee with questions.

## THANK YOU NOTES

*On behalf of the entire staff and Board of Directors, I would like to thank you for including our organization in your 2010 Alternative Christmas Fair. We are truly grateful for your support...The Collins Center is thoroughly committed to working toward an end to sexual violence while supporting all who are affected by it. With your continued support, we will reach that goal.*  
~ **Kathy Bos**, Bilingual Court Liaison  
Collins Center

*I have now completed my radiation treatments and want to say thanks to all of you who have asked about my health, said prayers on my behalf and gave encouragement to me before, during and after my treatments. Prayers and words of encouragement are always welcomed and appreciated.* Shalom,  
**R. Jan Thompson**

*We would like thank everyone for their support, prayers, & cards during Twila's brief illness and death. A special thanks to Pastor Jeff and Pastor Chris for their visits and comforting words.*  
~ **The May Family**

*This note is to thank members of the congregation for their loving support of the Ulrich family during Claire's illness and passing. The prayers, cards, visits, and gifts of food were expressions of caring and love by a wonderful congregation and greatly appreciated by the family.*  
~ **Dale Ulrich**

*Thank you to everyone who supported / participated in Angel Tree this past Christmas. Gifts were provided to 39 local children.*  
~ **Jeannie Turner**

## SPECIAL THANKS

There are many individuals and organizations that Bridgewater Retirement Community credits with our success in maintaining our Christian mission to seniors. There are only a few, however, that have partnered with us from our beginning in 1965. The Bridgewater Church of the Brethren is just such a partner. We would both like to extend to the entire Bridgewater Church family our deepest appreciation for your loyal and generous support. We are humbled by your gifts of time, talent, treasure, advocacy and prayer. Our prayer for your church is abundant blessings as you have so blessed our past, current and future residents.  
God's grace,  
**Rodney D. Alderfer**, President  
**Todd D. Lilley**, V.P. for Development

## LENTEN SERIES



### Coming Soon:

Explore the gospel lectionary through the ancient practice of Lectio Divina.  
Organized activities for the kids as well!  
Every Sunday evening 6:30 – 8 p.m.  
March 13 through April 17

## VBMHC NEWS

- **CrossRoads Annual Meeting and Dinner**  
Plan to attend the CrossRoads Heritage Center's annual dinner and meeting on Friday evening, **February 4**, at 6:30 p.m., at Mill Creek CoB, 7600 Port Republic Road. Tickets are \$20 per person. Reservations required. To register, call (540) 438-1275 or e-mail the center [info@vbmhc.org](mailto:info@vbmhc.org). This year's program will include portrayals of Rebecca Burkholder (Linda Waggy) and Elder John Kline (Paul Roth). The snow date is February 11.
- **Do Voluntary Service From Your Home**  
A volunteer is urgently needed to assist in running the CrossRoads Heritage Center in Harrisonburg, Va. Duties include clerical and administrative tasks, grounds keeping, cleaning, and assisting with events and mailings. The position offers flexible hours. Time, work and minimal compensation will be comparable to persons in Mennonite and Brethren Volunteer Service. To explore this option, contact Steve Shenk at (540) 438-1275 or [sshenk@vbmhc.org](mailto:sshenk@vbmhc.org).

## MEMBERSHIP & BAPTISM PREPARATION CLASS

A class will begin in March for those persons interested in learning more about basic understandings of the Christian faith and how those inform basic Brethren thoughts and practices. The sessions will be held over the course of 5 weeks. Topics will include: God Who? (Creator, Jesus, and Spirit); Buildings and Beyond (The who and what of Church); Baptism, Bread, and Belief (Christian Identity); and Brethren Practice (Church of the Brethren in a nutshell). More information will become available in worship and bulletin announcements throughout February. This course will coincide with the youth inquires class being offered this spring. This class is not required for baptism or membership, nor is membership or baptism an expected outcome of participation. All are welcome. If you have further questions or would like to know more about baptism or membership, please contact one of our pastors. At this time plans are being developed for baptisms this spring.

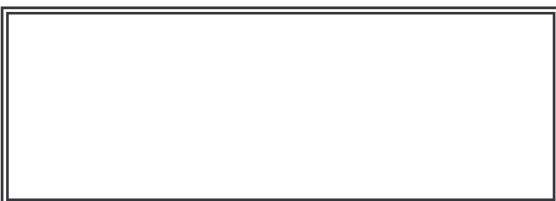
**HOLD THE DATE – March 12, 2011** for a special evening sponsored by the Peace Committee. We will have 2-3 guests from the **Interfaith Initiative for Peace and Justice in Israel / Palestine** to share with us from their perspective. We will gather in the Social Hall for the program to start at 6:30 p.m. for education and time for questions. Did you know, “the U.S. gives Israel \$7 million per day?” If you want more information go to [www.IfAmericansKnew.org](http://www.IfAmericansKnew.org)

### **JUBILEE CIRCLE**

Business meeting on February 8, 2011  
2:30 to 4:30 p.m. (**Note time change**)  
Location: Church Social Hall

## A.C. INFORMATION AVAILABLE

The church office now has this year’s annual conference information (available only in CD format). Registration opens February 22. Anyone wishing to borrow the CD is invited to speak with Shannon.



## FATS IN FEBRUARY

When was the last time you saw your lipid profile report? Usually called a cholesterol test, this will make some people laugh because it seems at certain ages “cholesterol tests” become a regular medical event. Let’s clear up some of the terminology about “good” and “bad” cholesterol and lipids.

Cholesterol and fat are things that many think of as unhealthy. Not so. There are different types of fats. Some can increase the risk of heart disease and some are actually protective! If you have risk factors for heart disease, your doctor will probably order a lipid profile test to check the levels of at least four lipid (fat) components in your blood:

Total cholesterol is the total amount of cholesterol floating in your bloodstream. Not all of that is bad - some is protective. Your total cholesterol level should be less than 200 mg/dl (milligrams per deciliter).

- LDL or low-density lipoprotein is usually labeled “bad.” An easy way to remember is L = lousy. LDL tends to stick inside blood vessel walls and build blockages. According to the American Heart Association, we should aim for an LDL level less than 100 mg/dl. 160 to 189 is considered “high” and 190 and above is “very high.”
- HDL cholesterol: H is for Happy, the cholesterol we think of as “good.” Instead of sticking to the lining of blood vessels, HDL, or high-density lipoprotein, flows to the liver to be removed from the body - reducing your risk of heart disease. You want your HDL level to be at least 60 mg/dl or higher. A low HDL level (less than 40 mg/dl for men; less than 50 mg/dl for women) increases the risk of heart disease.
- Triglycerides are also included in a lipid profile. High triglycerides usually go hand-in-hand with other risk factors, such as high total cholesterol or low HDL. Triglyceride levels may be higher if you are obese, inactive, drink a lot of alcohol, or follow a diet very high in low fiber carbohydrates. Your triglyceride level should be less than 150 mg/dl.

If you’ve already received your lipid profile with good results, that’s excellent, but it doesn’t mean you can eat whatever you want! Watch your fats and sweets and introduce high fiber foods for a healthier you.

~ *Health & Wellness Committee of Women’s Fellowship*

## BRETHREN WOODS NEWS

Women of all ages are invited to take a journey packed with friendship, God, and spiritual growth. *Wonder Full World* is an unforgettable travel-themed retreat. You'll have a whirlwind tour of the seven continents, experience meaningful Bible studies, explore the wonders of a woman's heart, and have time for both quiet reflection and laugh-out-loud fun. This fun, casual getaway will be held at Brethren Woods Camp & Retreat Center March 4 & 5. Get more information and a registration form by contacting the camp office by phone at 269-2741, by email at [camp@brethrenwoods.org](mailto:camp@brethrenwoods.org), or online at [www.brethrenwoods.org](http://www.brethrenwoods.org).

## BOOK CLUB

The Book Club selected The Boy Who Harnessed the Wind: Creating Currents of Electricity and Hope by William Kamkwamba and Bryan Mealer for discussion at our February Book Club meeting. All are welcome to join in the discussion on Monday, **February 28**, at 7:00 p.m. in the church library.

## SENIOR RECITAL

Marianne Houff's Senior Recital will be performed on Sunday, **February 27**, at 3:00 p.m. in the Carter Sanctuary. She will be performing selections from American Opera along with a presentation on her Honors Project and three French Chansons.

## POEMS OF THANKSGIVING

At the Board of Administration meeting on November 17, 2010, members were asked to write a Poem of Thanksgiving for our congregation. (Most are acrostics or haikus.)

- Beautiful people  
With nothing to hide  
Come together as family  
Open to all  
Bound together in Christ
- Grace  
Receiving  
Accepting  
Cherishing  
Each other

The road is rocky,  
And sometimes the way is dark.  
We walk together.

## IN OUR LIBRARY

Two new books by Phillip Yancy

- Prayer – Does It Make a Difference?
- What's So Amazing About Grace?

Other new books

- Where Jesus Walked – Experience the Presence of God by Ken Duncan (beautiful color photographs)
- Following Jesus Without Embarrassing God by Tony Campolo
- Long Walk to Freedom – the autobiography of Nelson Mandela
- The Lost Gospel – “The Quest for the Gospel of Judas Iscariot” by Herbert Krooney
- On the Brink – “Breaking Through Every Obstacle into the Glory of God” by Rod Parsley
- They Thought for Themselves – Ten Amazing Jews by Sid Roth

## WORSHIP SERVICES

**At 8:30 & 11:00 a.m. on Sundays**

### February 6 – *Fifth Sunday of Christmas*

Pastor Jeff preaching

*Sermon:* “Shining Wisdom”

*First Reading:* Isaiah 58:1-9a

*Second Reading:* 1 Corinthians 2:1-16

*Gospel Reading:* Matthew 5:13-20

### February 13 – *Sixth Sunday of Epiphany*

Pastor Chris preaching

*Sermon:* “How to Be Blessed”

*Scriptures:* Deuteronomy 30:15-20

1<sup>st</sup> Corinthians 3:1-9

Children's Worship – Worship @ 11

C4 Worship – 6:30 p.m.

### February 20 – *Seventh Sunday of Epiphany*

Pastor Jeff preaching

*Sermon:* “Silver and Holy”

*First Reading:* 1 Corinthians 3:10-16

*Second Reading:* Galatians 5:13-14

*Third Reading:* Leviticus 19:9-18

*Gospel Reading:* Matthew 5:38-48

### February 27 – *Eighth Sunday of Epiphany*

Robert E. Alley preaching

2011 Annual Conference Moderator

Children's Worship – Worship @ 11

C4 Worship – 6:30 p.m.

## **FEBRUARY CALENDAR**

All events take place at the church unless otherwise noted.

- 1** Esther Study – 7 p.m.  
Food Pantry – 7 p.m.  
Stewardship Commission – 7 p.m.
- 2** Children’s Choir Rehearsal – 4 p.m.  
Puppet Practice – 4 p.m.  
YORFFs Rehearsal – 4:45 p.m.  
Brethren Student Movement – 6:30 p.m. – Carter Center  
Christian Education Commission – 7 p.m.  
Mission & Service Commission – 7 p.m.  
Properties Commission – 7 p.m.  
Witness & Renewal Commission – 7 p.m.
- 3** Esther Study – 9:30 a.m.  
Interfaith Association – Noon – EMU  
College Ministry Committee – 6:30 p.m.  
Sanctus Choir Rehearsal – 7:30 p.m.
- 5** Soup-making by Sojourners Class
- 6** Simpler Life Network – 8:30 a.m.  
Ushers Lunch – Noon
- 8** Esther Study – 7 p.m.
- 9** Bridgewater Ministers – 8 a.m. – Maple Terrace  
Jubilee Circle – 2:30 p.m.  
Children’s Choir Rehearsal – 4 p.m.  
Puppet Practice – 4 p.m.  
YORFFs Rehearsal – 4:45 p.m.  
JOY Circle Dinner at Marjorie Rohrer Shank’s
- 10** Esther Bible Study – 9:30 a.m.  
Sanctus Choir Rehearsal – 7:30 p.m.
- 11-12** Brethren Student Movement Lock-In
- 13** Children’s Worship – Worship @ 11  
Friendship Circle Tea – 3 p.m.  
C4 Worship – 6:30 p.m.
- 14** Retired Ministers & Spouses – Noon – Maple Terrace
- 15** Esther Study – 7 p.m.  
Food Pantry – 7 p.m.
- 16** Children’s Choir Rehearsal – 4 p.m.  
Puppet Practice – 4 p.m.  
YORFFs Rehearsal – 4:45 p.m.  
Brethren Student Movement – 6:30 p.m. – Carter Center  
Board of Administration – 7 p.m.
- 17** Cub Scouts – 6:30 p.m.  
Sanctus Choir Rehearsal – 7:30 p.m.
- 19** Men’s Fellowship – 7:30 a.m.  
Game Night – 6:30 p.m.

**20** Blood Pressure Clinic – 9:30 & 10:30 a.m.  
Youth Inquirers Class – Noon

**22** Esther Bible Study – 7 p.m.  
Child Care Center Board – 7 p.m.

**23** Children’s Choir Rehearsal – 4 p.m.  
Puppet Practice – 4 p.m.  
YORFFs Rehearsal – 4:45 p.m.

**24** Esther Bible Study – 9:30 a.m.  
Sanctus Choir Rehearsal – 7:30 p.m.

**25** Brethren Student Movement – 6:30 p.m.

**27** Children’s Worship – Worship @ 11  
Jr. Hi. Youth Fundraiser – 5-8 p.m. – Cici’s Pizza  
C4 Worship – 6:30 p.m.

**28** Book Club – 7 p.m.

**28-March 7** HARTS

## **FEBRUARY WORSHIP PERSONNEL**

### ***Decorators:***

Lori Lineweaver, Dianne Murray, Linda Alley

***Sound/Light Operator:*** Ellsworth Neff

***Ushers:*** Devin Bowman, leader

Palmer Lee Berry	Harold Jennings
David Evick	Jim Lane
Rick Fawley	Michael Mason, Sr.
Chad Flora	Stephen Miller
Leroy Harsh	Bill Miracle
Missy Hipps	Jonathan Nicholas
Chuck Horn	Fred Showalter

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Connections is published by Bridgewater Church of the Brethren  
Collating/Mailing:

Clayton & Jackie Towers, Harold Jennings  
Next Newsletter – March 2011

**Information is due by noon on Monday, February 21.**

Church Staff: Senior Pastor, Jeff Carr  
Associate Pastor, Chris Zepp  
Christian Education Director, Jeanie Eye  
Administrative Assistant, Shannon Puffenbarger  
Business Manager, Glenna Wampler  
Custodian, Fortunato Correa  
Sr. Hi. Youth Directors, Josh & Erin Eye  
Jr. Hi. Youth Directors, Kenny & Heather Galang-Ellebee  
Child Care Center Administrator, Kathleen Arndt

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