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MONTH AT A GLANCE

2/1 Family Group Leaders Mtg. 1:30-3 pm
2/4 Family Midweek, FCS 7:30 pm
2/7 PTP Devo @ FCS 7-9 pm
2/8 Worship Service, FCS 10 am;
Zumba w Linda 12:30-2:30 pm;
Open Gym Basketball 1-3 pm
2/11 Small Groups Midweek
2/14 Valentine's Day Dance 6-10 pm
2/15 Worship Service, FCS 10 am;
All Leaders Mtg. 1:30-3 pm
2/18 Family Midweek, FCS 7:30 pm
2/22 Worship Service, FCS 10 am
2/25 Women's Midweek, FCS 7:30 pm

PRAYER REQUESTS

Those with chronic pain/illness:

Ann Giles, Renae Facundus, Lois Burton, Sara Dugas, Claudia Mack, DeNeana Dewberry, Julian Grante, Jack Jackson, Renee Lombardo, Aundrea Dugas, Marcy McCabe, and Karen Brown (Jaime Huffman's mom).

Renee Lombardo's step-dad, Billy, has begun Hospice care.

Musu Tyler's mom, Ms. Stevens, for her chemo treatments.

Will Archer's mom for her health.

Klein, Lowery, and Hewitt families after the passing of Joan Klein.

Angie Field's family member is in the ICU.

Toya Zweere's mom's recovery from surgery.

Miller family after the passing of Jeff Miller.



POTOMAC VALLEY
CHURCH

February 1, 2015

www.potomacvalleychurch.com

I CHOOSE US

- Are you in need of pre-marriage counselling?
- Do you want to have a great marriage but are unsure how to go about it?
- Have you just gotten married and want to maintain that "in love" feeling?
- Do you wish your spouse understood better how to meet your needs?
- Are you struggling to keep the fires burning with your spouse?
- Are you curious about counselling and how it can prevent marital breakdown?
- Are you possibly thinking of divorce but want to give it one more try?

If the answer to any of the above is Yes, then you are at the right place!

The Potomac Valley Church utilizes a number of practical resources to help strengthen Marriages and provide pre-marriage coaching. Among them is an internationally renowned marriage program called, I Choose Us. I Choose Us combines insights from the Scriptures, credible research, and practical advice from the Authors John & Karen Louis along with the utilizing movie therapy to provide an inspirational, thorough, practical and well-reasoned guide for couples.

Here's how the "I Choose Us" marriage program can help...

Starting February 4th, couples in our church will receive training through programs such as "I Choose Us"—both before and after marriage—on an ongoing, proactive basis. Using a mixture of Schema and Movie Therapy™ as tools, the "I

Choose Us" program offers a Christian perspective on building "Love Connection" in your marriage by breaking harmful cycles. The book, I Choose Us, complements the materials covered in this study, which offers participants opportunities to look deep into their marriage and learn skills that can help their marriage grow from strength to strength. The Movie Therapy™ component utilizes scenes from movies to highlight teaching points in such a way that participants can see themselves in the movie characters.

Workshop Outline:

Module 1 – Choose Love Connection
Module 2 – Choose Love and Respect
Module 3 – Choose Awareness
Module 4 – Choose to be Vulnerable
Module 5 – Choose Fidelity
Module 6 – Choose Reconciliation

To get into "Love Connection", spouses take the "I Choose Us" journey together. They will learn the stages of marriage and how they are different, they will learn more about how to meet the needs of "Love and Respect", they will gain awareness about what might be causing them to be "stuck", they will learn how to be vulnerable with each other and sensitively bring things out in the open, and they will learn to genuinely forgive each other. Steps to help couples replace anger, guilt, and coping styles with compassion and forgiveness will result in true LOVE CONNECTION!

We hope you connect with us so we can help strengthen you and your spouse.

Will & Tosha Archer
Evangelist & Women Ministry Leader
Certified Facilitators, I Choose Us Program

Please pick up your copy of the book, only \$35 each. Each spouse needs their own book as it is also a workbook.

FAMILY MINISTRY



The Potomac Valley Church utilizes a number of practical resources to help strengthen families. Among them is an internationally renowned parenting program called Good Enough parenting. Good Enough Parenting combines insights from the Scriptures, credible research, and practical advice from the authors, John & Karen Louis, along with the wisdom of eight Elders and their families to provide an inspirational, thorough, practical and well-reasoned guide

for parents. This book introduces the Four Plus One Core Emotional Needs and explains why meeting them is absolutely crucial for raising emotionally healthy and spiritually minded children. Readers will also learn how to avoid "Exasperation Interactions" and the "Vortex of Conflict Escalation", as well as how to "Repair and Reconnect" with teenagers and adult children. Don't forget to get your copy of Good Enough Parenting which will kick off in April. The book is available at the book table before and after church service.

"Making Marriage Work" VA Churches of Christ Marriage Retreat February 21-22 at the Double Tree Hotel in Williamsburg, VA. Marriage is a "labor of love" but it's also great fun when it's working well. Come and you'll learn 7 Core Principles for Making Your Marriage work throughout this spiritual and romantic retreat. Guest speakers are Ron & Linda Brumley. Call the Double Tree Hotel for hotel reservations at 757-220-2500. Register online at: www.hamptonroadschurch.org

2015 Marriage Conference "I Choose Us": Friday-Sunday, March 20-22, 2015 at The Baltimore Convention Center, One West Pratt Street, Baltimore, MD. Guest Speakers are John and Karen Louis. I Choose Us draws from the Scriptures, credible research, and the Louis life experiences to build a strong case for the importance of having a healthy, vibrant marriage. It takes readers through the different phases of marriage and gives practical biblical advice about how to build Love Connection by showing real love and respect to our spouses. With the help of the questionnaires, and this book, this conference can give valuable insights into unhealthy thinking patterns, called life traps (schemas). Rather than relying on ineffective communication and behavior that invariably leads to the Vortex of Conflict Escalation, I Choose Us helps couples break from harmful cycles, and avoid hurtful coping styles as they practice vulnerability and forgiveness. Registration is open starting at \$100 per couple. Register online at: <http://www.gbccc.net/ministries/marrieds/marriageconference/>The book will be available at our book table next week for \$35 per book.

ANNOUNCEMENTS

2015 Valentine's Day Ball: THIS Saturday, February 14th from 6-10 pm at The Waterford at Fair Oaks (12025 Lee Jackson Memorial Highway Fairfax, VA 22033). The cost is \$40/person and the dress is semi-formal. Price includes dinner, dessert, DJ, live band, professional photography, and more! For more information, contact Bruce Facundus at bfacund@hotmail.com. Sign up after church TODAY!

Teen Mentoring Meeting: There will be a Teen Mentoring Orientation for mentors only on Sunday, Feb 8th from 12-12:30 pm right after church at FCS. Lunch will be provided.

New Christians' Sunday School: If you have been baptized within the past two years or just feel like you need some foundational refreshment, please join the New Christians Sunday School class beginning February 1. This class will be held from 8:30am-9:15am to allow those serving in Children's Ministry an opportunity to participate as well.

Youth Ministry

Youth & Parent Devotional (PTP - Preteens, Teens, and Parents): This year we'll be kicking off our PTP events which will happen each quarter. It consists of all the pre-teens, all the teens, and all their parents. We will have break-out devotionals (even for the parents) and then come together afterwards to play some games. Our first one will be Saturday, Feb. 7th from 7-9 pm. Please mark your calendars and set-up babysitting for younger siblings; we want all parents to come.



HOPE for Kids R Camp & Teen Camp 2015: For more information and registration, visit www.hopeforkids.org. PVCOC is encouraged to do R Camp 2 and Teen Week 1.

THANK YOU to all who participated in the MLK DAY OF SERVICE. It was a huge SUCCESS!! We had 58 volunteers, and 81 nursing home residents participated in the plan activities. They thoroughly enjoyed themselves. The activities coordinators and residents thank you!! Several Bible talks are considering making this a regular event. Thank you for your acts of service!!



Fredericksburg Food Bank: Saturday, 2/7, from 9-12 pm. If you are younger than high school age, you need to have a responsible adult with you. Fredericksburg Area Food Bank, 3631 Lee Hill Drive, Fredericksburg, VA 22408 (for more info go to: <http://fredfood.org/>).

HOPE Youth Corp Summer applications are now available — serve the poor in the United States or abroad. Go to: www.hopeww.org.

HOPE worldwide Single Corps — serving the poor in Haiti, Israel, Johannesburg, or Kathmandu, Nepal. To apply go to: www.hopeww.org

CONTRIBUTION

Sunday, January 25, 2015

Weekly: \$6,610 (budget:\$7,500)
4 week average: \$6,815
HOPE Chapter: \$116
Missions: \$102
Attendance: 220
PVCOC membership: 138

Please make checks payable to the Potomac Valley Church of Christ or pay on our website using Easy Tithe.

FEBRUARY BIRTHDAYS

2/4 Michelle Esmacher, Ryan Grubb
2/5 Frank Jackson
2/10 Christine Benjamin
2/11 Dan Hines
2/13 Calvin Austin, Renee Lombardo
2/15 Phil Twine
2/16 Mike Daye
2/21 Renae Facundus, Anne Giles
2/24 Michael Stewart