

Theme: “The One”

*“⁴ Paul said, “John indeed baptized with the baptism of repentance, saying to the people that they should believe in the one who would come after him, that is, in Jesus.”
⁵ When they heard this, they were baptized in the name of the Lord Jesus.”*

(Acts 19:4-5) (WEB)

Inside this Edition . . .

PWSSC&L CCM.....Page 3
Word Search.....Page 4
MPBC FCU.....Page 5
Winter Season
Wellness Toolkit.....Page 6
Church School.....Page 7
Minister’s Blast.....Page 8
MPBC News and
Events.....Page 9
Public Safety AlertPage 10
3 Safe Driving Tips
for Older AdultsPage 11

FROM THE EDITOR’S DESK . . .



(Acts 19:4-5)

Greetings Mount Pleasant Family,

If you have seen the movie the “Matrix”, you are familiar with the image above. In the movie, the matrix is a computer-generated dream world designed to keep humans under control. A central character in the movie is a computer programmer by day (Thomas A. Anderson) and a computer hacker by night (Neo) who has always questioned reality and discovers that the reality he perceives is actually the matrix. Neo meets Morpheus (another central character also a computer hacker) who reveals to him that he believes he is ‘The One’ – the person who has been prophesied to save mankind, bring peace and end the war between humans and machines.

In the theme scriptures recorded by Luke, Paul talked about ‘the one’ who would come after John the Baptist who they needed to believe in, Jesus. Paul had returned to Ephesus on his third missionary journey, which is the location and backdrop to the conversation he had with some disciples. In verse 2, he asked them had they received the Holy Spirit when they believed to which they replied they had not heard of the Holy Spirit. Paul continues the conversation in verses 3-4 to let them know that John the Baptist’s baptism was of repentance but ‘the one’ who comes after him would baptize those who believe in Jesus with the Holy Spirit. After hearing what Paul said, they were baptized in the name of the Lord Jesus (verse 5) and received the Holy Spirit (verse 6). Repentance and belief in Jesus are the essentials to salvation. Unlike the fictional ‘The One’ in the Matrix, Jesus is truly ‘The One’ and only Savior.

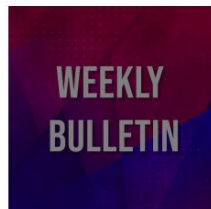
Be encouraged and have a happy winter!

MPBC Connect

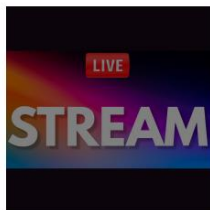
Visit our website at www.mtpleasantbc.org to stay connected.



Give Online



Bulletin



Live Stream



The Hearts Cry Podcast

Inspirations



The Winter Blues

By Deaconess Karin Henderson (MPBC)

Why are you sad
And not glad
Is there a reason
Or is it just the winter season
Ah, I may have a clue
It's the winter blues
Known as winter onset SAD
Seasonal Affective Disorder I might add
It begins in late fall
And doesn't affect all
It ends in early spring
Oh my, that's uplifting
Beating the winter blues
Here are some tips you may do
Exercise, socialize, go outside
Eat right, meditate, and turn the tide
Giving up is not an option
Pray to Jesus for additional instructions



Theme: "Ministry on the Move" (Philippians 3:14) →

Dear Ministry Member and Fellow Christian,

Greetings to all!

We pray that all is well. Please know we are here for you. We ask for your continued prayers and thank you for your continued support. We need you! If your address and/or other pertinent information has changed, please send Sister Anita Johnson, MPBC Church Clerk, an email to clerk@mtpleasantbc.org.

Thanks to all who attended the church comedy tour in Woodbridge on November 14.

The following are planned events for 2025. As always, if you have any suggestions, please let us know.

- Zoom Game Night
- Community Outreach Projects

We want to extend a welcome to our new ministry members and greetings to ministry members who have celebrated and/or are celebrating a birthday, wedding anniversary, retirement or any other celebratory event in December, January and February.

God bless you, continue to keep safe.

Deacon Karl Henderson, Deaconess Karin Henderson, Deacon James Cook and Deaconess Marlene Fields; Ministerial Team: Minister Myra Cook. Minister Angela Sheppard and Minister Kimberly Veney
(Prince William/Stafford/Spotsylvania/Caroline Counties and Lorton (PWSSC&L) CCM)

—Thought for the winter—

"One kind word can warm three winter months."



Word Search

Winter Word Search

SNOWBOARDING
 SLEIGHBELLS
 JACK FROST
 BELOW ZERO
 SNOWMOBILE
 SNOWFLAKE
 FREEZING
 BLIZZARD
 SNOWBALL
 FLURRIES
 MITTENS
 SCRAPER
 FISHING
 SLIDING
 SKATING
 SNOWMAN
 TUBING
 BAKING
 HOCKEY
 SKIING
 ICICLE
 DRIFTS
 GLOVES
 JACKET
 PLOW
 SCARF
 BOOTS
 SALT
 COLD
 SNOW



F	G	S	B	W	M	T	X	H	Q	L	T	S	A	J	D	T	N	L	M	D	U	L	F
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S	M	C	F	L	V	P	T	O	I	C	D	C	H	H	D	O	P	L	O	W	V	N	K
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O	Q	C	M	O	G	N	I	T	A	K	S	U	G	F	N	L	T	D	M	J	M	I	D
W	C	U	W	M	F	V	P	S	A	A	X	T	D	R	A	Z	Z	I	L	B	B	K	R
M	J	L	F	Z	I	R	F	X	W	V	Z	U	C	P	P	T	E	O	B	A	F	S	A
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N	C	A	S	B	V	H	T	E	T	L	X	I	U	N	W	R	E	I	S	D	G	E	E
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B	M	L	E	F	Q	C	J	I	E	N	Y	X	W	Y	P	K	J	H	F	Y	F	U	N
H	O	S	N	O	W	B	A	L	L	H	O	C	K	E	Y	B	G	N	I	D	I	L	S
Y	Z	K	M	E	F	X	G	A	B	U	M	M	Y	O	U	L	K	B	A	D	B	D	H
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S	L	T	E	K	C	A	J	C	S	N	O	W	B	O	A	R	D	I	N	G	L	F	L
H	K	O	L	P	S	N	W	L	E	R	T	V	G	D	W	U	G	S	O	R	Q	V	C
R	X	G	V	I	B	T	W	F	T	Y	T	W	E	L	I	B	O	M	W	O	N	S	I
M	Q	O	R	E	O	S	P	S	Q	O	Q	O	R	E	Z	W	O	L	E	B	A	E	C
D	F	I	B	T	S	N	D	R	W	M	S	N	X	N	N	Q	Z	H	L	Z	T	P	I

MPBC FEDERAL CREDIT UNION

Notes & News

WINTER 2024-2025 EDITION



SEASON'S GREETINGS

On behalf of all of the MPBC Federal Credit Union's Board of Directors and volunteers, we hope you enjoyed your holiday season!

We thank you for a great year and look forward to continue serving you in 2025!

Thank you



YOUR 2025 FINANCIAL PLANNING

The new year is a blank slate--an opportunity to set intentions and take control of your financial future. Start the year strong with these 5 tips to get started:

1. **Reflect on Last Year's Finances** - Review your spending, savings, and investment habits from the past year. Identify what worked well and areas for improvement.
2. **Create a Budget** - Develop a realistic budget that aligns with your goals. Factor in your income, expenses, and savings targets to stay on track.
3. **Build an Emergency Fund** - Prioritize saving at least 3-6 months' worth of expenses for unexpected events.
4. **Reduce and Manage Debt** - Focus on paying down high-interest debt first, and avoid taking on unnecessary new debt. This frees up more money for your goals.
5. **Track Progress Regularly** - Check in on your goals often. Adjust your plan as needed to stay aligned with changes in your life or priorities.

CHRISTMAS CLUB SAVINGS



Did you know that the Credit Union offers Christmas Club Savings Accounts that pays dividends every year?

Consider opening a Christmas Club Savings account and get a head start to set aside savings for holiday spending next year.

OPERATION STATUS

MPBC Federal Credit Union is open for business on Sunday mornings from 8:45 AM - 10:00 AM.

Appointments during the week can be made by request if needed.

CONTACT US:

MPBC Federal Credit Union

P.O. Box 11146
Alexandria, VA 22312



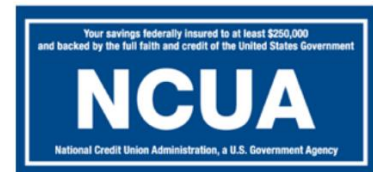
mpbcfcu@mtpleasantbc.org



(703) 256-4802



www.mtpleasantbc.org/credit-union



We are YOUR Credit Union.
Thanks for your business.

Winter Season Wellness Toolkit

Information from the Substance Abuse and Mental Health Services Administration (SAMHSA)

Coping Tips

Take care of yourself

Take care of your body

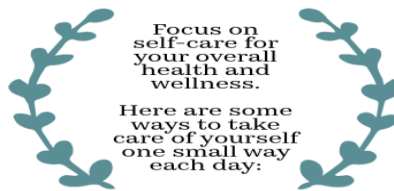
- Get enough sleep
- Spend time outside
- Play sports
- Get exercise

Connect with people for support

- When you feel ready, think about asking for help
- Join a support group or online community
- Talk to people who care about you and won't judge you—and be open to their advice
- If you're in a safe relationship, be open with your partner about what you're going through
- Get involved with a sports team, school activity, or a religious or spiritual organization
- Volunteer for a cause you care about

Take care of your mind

- Write or draw your feelings
- Take a few deep breaths
- Take a break from news or social media
- Explore your interests and hobbies
- If you can, follow a regular schedule each day and build in time to take breaks
- Celebrate large and small successes



You're Not Alone. **Help is Available.**

988 Suicide & Crisis Lifeline
988 or 988Lifeline.org

Veterans Crisis Line
Dial 988 (press 1)

SAMHSA's National Helpline
1-800-662-HELP (4357)

Disaster Distress Helpline
1-800-985-5990

FindSupport.gov

FindTreatment.gov

SAMHSA

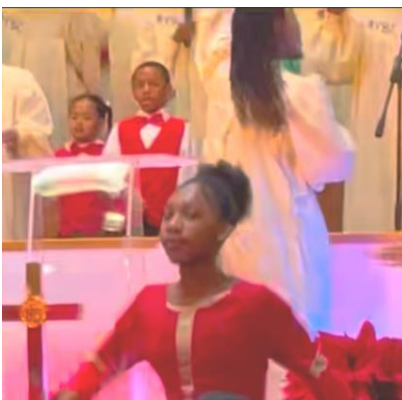
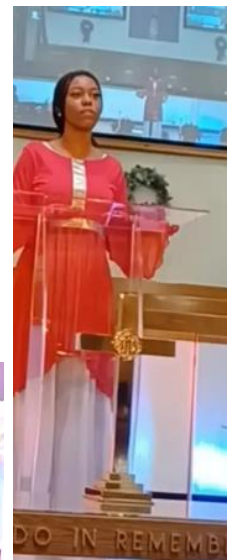
Sunday School

By Sister Yvonne Bush, Sunday School Director (MPBC)

The Sunday School participated in two events in December: visitation to Leewood Nursing Home (December 15 during Sunday School) and the Christmas Cantata (December 22 during the worship service). Brother Trevon Cook, MPBC Worship Coordinator, directed the Christmas Cantata. He and his team of musicians did a marvelous job. It was amazing! The Sunday School students had speaking parts before each song. The Youth and Sunday School students who are members of the Dancers of Destiny directed by Sister Leslie Green blew the congregation away as they ministered to the congregation through dance on each song sung by the choir. Many thanks to Deaconess Jean Watson who organized the nursing home visit and to Sister Brenda Stroble, and other Deaconesses who prepared the gift bags. Below are a few pictures of both events.



Leewood Nursing Home



Christmas Cantata



"Look At Jesus"

by Minister Linda Hayes (MPBC)

⁴ Paul said, "John indeed baptized with the baptism of repentance, saying to the people that they should believe in the one who would come after him, that is, in Jesus." ⁵ When they heard this, they were baptized in the name of the Lord Jesus.—Acts 19:4-5 (WEB)

The act of being baptized by John was a public declaration of one's desire to change and lead a life in accordance with God's will. The baptism of repentance holds a deeper spiritual meaning, signifying a turning away from sin to living a righteous life. This is a commitment that can only be achieved when we accept and acknowledge the working of the Holy Spirit in our lives. Understanding and acknowledging the power of the Holy Spirit is essential in our growth of becoming disciples of Christ to prepare for the coming of the Messiah.

I propose that we begin this journey by looking at Jesus. A simple act of changing your focal point by turning the head. When you "look at Jesus" and receive Him into your heart, it begins the Promise. Forgiveness replaces judgement. We are all sinners, and we must acknowledge and confess our sins and ask Jesus for forgiveness. (Romans 6:23). Light replaces darkness and you can see your way. The path of your future leads to the cross.

A thief on his way to eternal damnation, had his destination changed when he defended Jesus during his dying moments on the cross. His simple request of asking Jesus to remember him when he came into his Kingdom, instantly received God's gift of salvation. (Luke 23:39-41). It all began with a look at the Savior and with a repentant heart of faith. He received God's grace and mercy. And that's all he needed. The experience of the repentant thief is a perfect illustration of the biblical truth that salvation is a gift of God's grace that we receive through faith and not by works (Ephesians 2:8-9; Titus 3:5). Just one look at Jesus was the beginning of a glorious truth for the thief and reminds us of the hope for each of us yet today.

The Roberta Martin Singers recorded a song entitled "Only A Look." The song declared that Jesus would defend you and share your burdens. Jesus is merciful and true and will safely bring you through your dark storms.

There is a biblical account of a man named Zacchaeus, who needed and desired a change. He was a tax collector and was despised by the people and labeled a sinner. He was short in stature and was not considered a friend, but a traitor. To compensate for his pain and suffering, he became corrupt and dishonest. But he desired a change and heard about a man that could possibly make a difference in his life. Short in stature and unable to see Jesus through the crowd (Luke 19:3), he ran ahead and climbed a sycamore tree along Jesus's path. When Jesus reached the spot, he looked up at the sycamore tree, called Zacchaeus by name, and told him to come down, for he intended to visit his house. The crowd was shocked that Jesus would want to be the guest of a sinner. Because of a look and spending time with Jesus, Zacchaeus was transformed and pledged to give half of his possessions to the poor and vowed to pay back four times the amount to those he cheated. Here is a concrete example of a man who was changed with just a look from Jesus.

As followers of Christ, let us make a commitment to live a life dedicated to God and to uphold moral and ethical values that will bring us closer to one another as we draw closer to God. Let's realign our lives as a community of believers as we "Look At Jesus."

MPBC News and Events

MOUNT PLEASANT BAPTIST CHURCH
6477 LINCOLNIA RD., ALEXANDRIA, VA 22312
703 (256-1268) | WWW.MTPLEASANTBC.ORG

Pastor's Bible Challenge
READ THE ENTIRE BIBLE IN ONE YEAR.

VISIT
WWW.MTPLEASANTBC.ORG
TO DOWNLOAD THE PLAN

SELECT A DAILY READING PLAN TO
HELP YOU READ THE BIBLE IN A YEAR

- Bible Reading Plan (White)
- Bible Reading Plan (Gray)

Join | **MOUNT PLEASANT BAPTIST CHURCH & FIRST BAPTIST CHURCH OF MERRIFIELD**
In partnership with Know The Truth International Ministries, Inc.

South Africa

February 27 – March 8, 2025
MISSION & CULTURAL TOUR

\$4,195*
*Cost per person (double room occupancy).
Single room supplement - \$900.

COST Includes:

- Flights to Johannesburg and Cape Town (from Washington, DC area)
- Hotel accommodations
- All meals and drinking water
- In-country ground transportation
- Basic travel insurance

MISSION Activities:

- Visit local orphanage to share the love of Christ and distribute school supplies
- Street witnessing
- Visit local schools and universities
- Safari Drive
- Cultural and Historic Tour of Soweto Township
- Visit Robben Island, Apartheid Museum, Table Mountain and other points of interest

THE WOMEN'S MINISTRY
presents

WHY WE PRAY FOR You!

Rev. Chris White
Sharing ways to connect more deeply with God

Women of Mount Pleasant
Sharing the different types of Prayer

ADORATION, THANKSGIVING LAMENT, FAITH, PETITION
WED. JAN. 8, 2025
7PM

MEETING ID: 840 8691 3736
PASSCODE: 548532

REV. DR. CARL M. JOHNSON, PASTOR
FIRST LADY ROBIN JOHNSON

6477 LINCOLNIA RD., ALEXANDRIA, VA 22312
703.256.1268 | WWW.MTPLEASANTBC.ORG

IN-PERSON *Time* 8:55AM **SUNDAY SCHOOL DIRECTOR: YVONNE BUSH**

SUNDAY SCHOOL UPDATE

Adult Classes held in the Pinkett/Sheppard Chapel
Classes for Grades 1-12 are held in the Fellowship Hall

MOUNT PLEASANT BAPTIST CHURCH
6477 LINCOLNIA ROAD
ALEXANDRIA, VA 22312
PHONE: 703.256.1268
Rev. Dr. Carl M. Johnson, Pastor

Beginning 7/14/2024
In-Person Classes for ages 2-5 are held in the Nursery (Lower Level).

Virtual Classes via Zoom for:

- Young Adults
- Deaf and Hearing Impaired

Visit www.mtpleasantbc.org for Zoom links.

Mount Pleasant Baptist Church

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Now faster, with an easier to use interface. Enjoy your experience!

For more info;
(703) 256-1268
www.mtpleasantbc.org

Download on the App Store
GET IT ON Google Play

Monday, January 6-March 31—6:30 p.m.-8:00 p.m.

Virtual Grief Ministry Session. To register:
<https://www.griefshare.org/groups/254760> Zoom ID and
passcode will be forwarded after registration.
Contact: Denise.Mackie-Smith@mtpleasantbc.org.

Thursday, January 9—7:00 p.m. An Evening of Prayer. First
virtual Prayer Service in 2025. Encouraging all MPBC Officers,
Ministers, Ministry Leaders, and church members to share in
this special time of prayer in the New Year.
Join Zoom Meeting: <https://us02web.zoom.us/j/81673951455>
Meeting ID: 816 7395 1455 | Passcode: 424752

Public Safety Alert

For more information on Fentanyl, go to the Drug Enforcement Administration (DEA) website.

The screenshot shows the DEA website with a public safety alert. The header includes the DEA logo and navigation links. The main content area features a large banner with the text "ONE PILL CAN KILL" and a red diagonal line. Below the banner, there is a section titled "DEA Fentanyl Seizures in 2023" with statistics: 75,600,000+ Millions of Fentanyl Pills Seized and 11,503+ lbs. Pounds of Fentanyl Powder Seized. A warning icon is present next to the "Public Safety Alert" text, which states: "Laboratory testing indicates 7 out of every 10 pills seized by DEA contain a lethal dose of fentanyl. DEA has seized a record 74.5 million fentanyl pills to date in 2023, which already exceeds last year's totals of 58 million pills." A graphic shows 10 pills, with 7 marked as "DEADLY".

Public Safety Alert

Laboratory testing indicates 7 out of every 10 pills seized by DEA contain a lethal dose of fentanyl.

DEA has seized a record 74.5 million fentanyl pills to date in 2023, which already exceeds last year's totals of 58 million pills.

7 out of 10 DEA tested pills with fentanyl are potentially DEADLY



Brightly-Colored Fentanyl Used to Target Young Americans.

Ministry Opportunities

*“For we are His workmanship, created in Christ Jesus for good works,
which God prepared beforehand ...”*

Ephesians 2:10

Audio/Visual — Assistants — contact Church Office

Church School — Teachers — contact Sister Yvonne Bush

Grief Share Ministry — Members — contact Sister Denise Mackie-Smith

Health and Wellness Ministry — Nurses — contact Sister Phyllis Jordan

Nursery Ministry — Helpers — contact Deaconess Allie Hollister

Youth Ministry — Teachers — Youth Bible Study — contact Reverend E. Chris White, III

To inquire about other opportunities to serve, contact the Church Office.

3 Safe Driving Tips for Older Adults

Changes that happen with age may affect your driving. However, there may be steps you can take to help stay safe on the road.



Take care of your vision and hearing:
Schedule routine eye and ear exams.



Know your limits:
If you are concerned about driving in bad weather or at night, try waiting until another time or using transit or ridesharing services.



Exercise:
Staying strong and flexible can lengthen your driving years.

For a full list of safe driving tips for older adults, visit:
www.nia.nih.gov/health/older-drivers.



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MPBC Messenger Staff

Karin Henderson	Editor-in-Chief/ Designer
Eloise Clarke	Editor
Anita Johnson	Editor
Debbie Coles	Church News Reporter
Linda Hayes	Staff Writer/Contributor



VIRTUAL CHURCH CONFERENCE — JANUARY 25, 2025 @ 5:00 PM

Vision Statement

“Building a vibrant, engaged faith community serving, growing, and transforming Lives.”
 (1 Peter 4:10–11)

Mission Statement

“To grow a congregation of believers committed to the ministry of Worship, Evangelism, Missions, Discipleship, Service, and Fellowship with a heart for Prayer, Bible Study, and the Great Commission.” (Matthew 28:19–20)

Theme

“Changing Lives One Soul at a Time” (2 Corinthians 5:17)

Submission of articles to the **Messenger** — Please send articles via email attachment to:
mpbcnewsletter@mtpleasantbc.org.