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"...Write the vision and make it plain on the tablet so that it might be read quickly."

Habakkuk 2:2 (LEB)

Marion FCOG Baptizes 5 New Christians



Pastor Bill McCollian and Baptism Candidates

The Spirit of the living God continues to move and bless lives at Marion First Church of God. Just a couple of weeks ago we had another baptismal service. This time we were excited to watch as 5 believers followed the Lord's command to be baptized.

Two young couples have accepted the Lord over the last couple of months. One young father had accepted Christ at the Ignite Men's Conference held each year in Lynchburg. His first call after being saved was to his wife to tell her what he had done. She had accepted the Lord just a few months before him. Another young couple who had been experiencing some

serious difficulties began coming to church. After a few weeks they remained in their pew weeping softly as the service was dismissed. Pastor Bill then talked with them and led them to the Lord. Still another exciting experience that we have seen now several times is the baptism of Christians who had only been "sprinkled" in another church. When they understood that to be baptized was to be immersed completely in water, they choose to follow the Lord's example and command. Sharing their testimony has inspired others and we already have others waiting for our next baptismal service so that they too can follow the

Lord's example.

It is humbling to watch God's Spirit move and change the life of a person, a family and even a church. This move of God is not inspired by man nor is it dependent upon a man. Some powerful services have been held even when the pastor has been away. What we are seeing, we believe, is the outpouring of God's Spirit upon those who are actively seeking Him in these last days.



I've Been Thinkin...



**Dr. Bob Neace, COGVA
State Minister**

Recently I had the opportunity to attend the Regional convention of the Church of God, held in Vancouver, Washington. Among the convention speakers were Milton Grannum, Steve Arterburn, Arnetta Bailey, and Reggie McNeal. These four individuals will be speaking in the remaining Regional Conventions in Anderson (June 21-22) and Philadelphia (September 27-28).

The second event, and the one to which I was invited to take part in, was the CHOG Table dealing with Sexual Ethics. The remaining two CHOG Tables are scheduled for June 23 at Madison Park CHOG in Anderson to discuss the "Immigration and Refugee Crisis" and "Racial Unity" will be the CHOG Table topic at New Covenant Church in Philadelphia.

It was refreshing and encouraging to hear Dr. Jim Lyon, General Director for Church of God Ministries begin the CHOG Table with a reiteration of our traditional stand on homosexuality, speaking from a Biblical perspective, and assuring those in attendance that this discussion was not an attempt to deny those Biblical truths. Through the course of the day, these same statements

were repeated numerous times. Those speaking at the CHOG Table spoke often about our position on the issue, and with one exception, each presenter spoke clearly of a solid Biblical stance. Where I was challenged, however, was when each presenter began to speak about our posture toward people who don't see, or refuse to see, the scripture on this teaching as do we. A consistent challenge was made that, while we are correct in our theology, attempts must be made to find ways to bring Christ to the homosexual community. It would have been helpful to have heard practical ways to do that, but perhaps those ideas might be birthed out of this round table discussion. I must admit I find this issue troubling and difficult to wrestle with as it seems, not from the CHOG Table, but society as a whole, that loving an individual means accepting their sin as a normal behavior when the truth is, I know "...the wages of sin is death, but the gift of God is eternal life in Jesus Christ" (Romans 6:23 NKJV). My dilemma is determining how to express love to a community that equates my love to whether I accept and tolerate a sinful lifestyle. My unwillingness to tolerate this sin, or any other sin,

as acceptable in the Kingdom labels me intolerant and prohibits me from being heard in such a way as to share truth with others. I believe that love mandates I share what God says through His word in order to keep them from an eternal punishment and help them to experience Christ's love and presence here and now, as well as in the future. How to bridge that gap becomes a matter of prayerful discernment. I guess I will remain a work in progress on this front.

Some have asked about the presence of an outcome to this conversation that took place in Vancouver. There will be a paper presented to the Church of God body soon, and it is my hope that what I heard being spoken by so many at the gathering are interpreted the way I believe they were. I am also told that all presentations from the podium will be available in video format. When that occurs, I will let you know where to view that as well.

Please continue to pray for the Church of God as a whole, leadership in its varied tribes, and especially in the Church of God Reformation Movement and COGVA as we strive daily to serve Jesus Christ, our Lord.

“Perseverance, Persistence, and the Prize” 1 Corinthians 9: 24-27

In any kind of race or competition, it takes two things in order to win the prize, **perseverance and persistence**. Without either one of the two, we will not gain the prize.

The Christian life was never promised as an easy way to live; instead, Paul constantly reminds us that we must have a *purpose and a plan* because times will be difficult and Satan will attack. But we never persevere without the promise of a prize – a promise God will keep. It is the promise or expectation of a prize in the Christian race that makes us persevere and persist.

Winning a race requires *purpose and discipline*. Paul used this illustration to explain that the Christian life takes hard work, self-denial, and grueling preparation. As Christians, we are running toward our heavenly reward. **The essential disciplines of prayer, Bible Study, and worship equip us to run with vigor and stamina.** Don't merely observe from the grandstand; don't just turn out to jog a couple of laps each morning; and don't just work out when you feel like it. Train diligently, because the Christian life is truly important.

At times we must give up something we want in order to do what God wants. Each individual's goal determines the

discipline and denial he must accept. Without a goal, discipline is nothing but self-punishment. With the goal of pleasing God, our denial seems like nothing compared to the eternal reward that is ours.

When Paul said he might be declared unfit and ordered to stand aside, he did not mean he would lose his salvation, but rather he could lose his privilege to tell others about Christ. It is easy to tell others how to live and not take our own advice. We must be careful to practice what we preach.

Athletes who break the rules become disqualified. Paul's illustration stresses the necessity of self-discipline and the dangers of flaunting one's liberties. Believers must practice self-denial and self-control even in matters that are morally indifferent.

This is what Paul says regarding his spiritual conditioning. In verse 27 he says, “I beat my body and make it my slave.” Here Paul uses the figure of boxing to represent the Christian life. He says he does not aimlessly beat the air, but he severely disciplines his own body in serving Christ. Paul realizes that he must with rigor, vigor, and vitality serve the Lord and battle against sin. If he fails in this, he may be excluded from the reward.

We too must realize that if we fail to serve the Lord

with the same determination, intensity, commitment, resolution, and resolve that Paul had, we too will lose our reward. **We must run this race with perseverance:** Purpose, steady persistence, in a state of grace to the end which leads to eternal salvation. **We must run this race with persistence:** Continued existence or occurrence, continuance. We must run this race expecting the prize. Without perseverance, without persistence, there will be no prize.

Prayer is an essential discipline for running this race. (Pray without ceasing.)

Bible Study is an essential discipline for running this race. (Study to show thyself approved a workman that needeth not be ashamed, rightly dividing the Word of God.)

Worship (Regular and consistent) is an essential discipline for running this race. (Forsake not the assembling of yourselves together.)

If we are running the Christian race without these disciplines, as Paul says, we are aimlessly beating the air, just shadow boxing, and not having any effect on our competition, the devil. Keep your eye on the prize and run with perseverance and persistence.



Rev. Dr. Rawleigh W. Quarles, Sr.

“Without a goal, discipline is nothing but self-punishment.”

“We Live in Perilous Times – Evil Days”



Rev. Dr. Simeon R. Green III

My friends, the judgment is near! We find in the New Testament, 2 Timothy 3:1-5 these words, “But know this, that in the last days perilous times will come. For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away!”

The Apostle Paul's reference to the last days reveals to us the urgency of the times in which we are living. The last days began after Jesus victorious Resurrection! People are drifting farther and farther away from God and not realizing that the judgment is near. We must not give into society's demands. As Christians, we must evaluate or examine our behavior and attitude

against the Apostle Paul's warning. It is time to take a stand against evil by obeying God's Word. We must keep our standards high, act and use wisdom by doing good whenever possible. The Apostle Paul words' in Colossians 4:5-6 says, “Walk in wisdom toward those who are outside, redeeming the time. Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.” As Christians, we must use wisdom in our approach with non-Christians, making the most of our opportunities to share the love of Christ and the Good News of salvation. As ambassadors for Christ, it is important always to be humble and gracious in what we say. We must encourage and respect others.

In every age, we will experience troubled times. Even, now, the world in which we live is full of trouble, violence, destruction and killings of innocent people, children being sexually abuse and

candidates pursuing the highest office in America are slandering each other's lives. There is trouble in the world! We are reminded of Brother Job in the Old Testament, “Man that is born of a woman is of few days and full of trouble” (Job 14:1). My friends, life is short and full of trouble. In all of Job's miseries, disappointments, loneliness and illness he said that life is not fair. No matter how unfair and unjust your present condition seems, God offers us the hope of being with Him in eternity. Remember, the God of Jacob is our refuge and strength. We serve an on time God, who has never failed us yet. The old song says, “We come this far by faith, leaning on the Lord, trusting in His Holy Name.” Our God will deliver us and set us free. We must trust and obey for there is no other way. When we live for the Lord, He will bless us. Yes, we will experience difficult days; however, God will take care of us.

Care Taker Needed at Camp Bedford

The Ministry of Church Property has received the news of the retirement plans of Brother Henry Brown. Brother Brown has been the care taker for Camp Bedford for a number of years and COGVA will certainly feel the vacancy as he moves to Maryland.

His retirement will leave a vacancy that will need to be filled. At a recent Executive Board meeting, it was determined that an ad be placed in COGVA News advertising the open care takers position at Camp Bedford. Those interested in details should contact Church

Property Chair, Dr. Steve McMurray (mcmurrays@comcats.net or 540-605-6072) and he, along with his team, will be able to give greater details as to responsibilities and compensation package.

What Do We Do with 10,000 Pounds? @ Water's Edge Church

by Larry Ebinger



Volunteers ready to provide food to the hungry in the Virginia Beach area



Every month, Water's Edge Community Church of God in Virginia Beach ends up with a 10,000 pound "problem."

Many years ago, the congregation in Virginia Beach wanted to start a food pantry to help feed those people in need. Although the desire was there, there was nobody who had the passion for such a ministry. The church tried several times with little success. Without a leader, the ministry, any ministry, no matter how good or Biblical it is, is doomed for failure.

As it turned out, the ability to raise a significant amount of food was not the problem. The people, after all, thought the idea of a food pantry fit well into the overall ministry of the church. The obviously area where the congregation was lacking was someone who was dedicated to lead the distribution portion of the ministry.

We decided to do what the congregation did best. That was in the collection of donated food. In about

the year 2009 or so, we decided to partner with another congregation in the community. We would collect the food, deliver it to them and they would be the distribution arm of the ministry. This arrangement worked well.

However, things did not go very well for the other congregation and they no longer exist. Our Elder Board made the decision to invite those who were involved with the distribution to be able to use our facilities. Linda VanRysdam and her team came and set up the distribution site using our Oasis Building.

Because of the change of location, the distribution at our facilities started out slow with only a few families receiving food the first month.

They kept inviting me to come to be with them. However, I did not have the passion to work in the food pantry. I would show up, but that was about it.

As time went by, the number of families (we refer to them as clients) increased and I slowly became more involved. With this growth, became more needs. Instead of securing the food in a cabinet, we were allowed to use a large closet. Shelves were installed up to the low ceiling and of course, we were serving more clients. As growth increased another closet

was built and an additional refrigerator was obtained. We applied for and became a Partner Agency with our local Foodbank where we could obtain food at a greatly reduced cost.

We have now grown to the point where we now have an additional whole room for our storage. We have 6 refrigerators and 4 freezers.

We currently make 8 or 9 "Food Rescues" each week. This is where we visit a grocery store and receive their food which is nearing the end of its useful life or maybe food where the outer packaging is damaged. To do these rescues, we have a refrigerated truck. I believe there is only one other food pantry within the Tidewater area who also uses a refrigerated truck.

We have no paid staff so every person who works within the food pantry is a volunteer. We do it because we want to. We treat all of our clients with respect.

What we do on distribution day is very simple. We only serve those who live in Virginia Beach because that is where we are. We do not want people to use their expensive gasoline to come visit us when there are other food pantries in their communities to serve them. (Continued on page 11)

"He Calls us Friends" C.W.C. State Convention



Rev. Linda Schreck



Pastor Keene Prays for the C.W.C.



"The Cow Skit"

"Holy Cow, what a convention!" could be heard by many of the women as the convention came to a close.

Approximately 70-75 women gathered on April 22-23 at Atkins First Church of God for their annual CWC/WCG Spring Convention. From the moment the women stepped through the doors of the church until the time they left, there was a sweet spirit among the women.

The guest speaker was Linda Schreck, from Poughkeepsie NY. She did an awesome job of making our theme of "He Calls Us Friends" come alive as we looked at Mary and Martha at the time of their brother's death. Sister Linda then placed us in the boat with the disciples while Jesus was on the shore calling to them to cast their nets on the right side and then inviting them to come and eat breakfast which He prepared for them. We were challenged as we learned to listen for our name being called by the ONE who calls us friends. As the women responded, lives were being changed.

One of the highlights of the weekend was the communion service on Saturday morning. Pastor Justin Keene brought us to the table of the Lord and then encouraged us to serve one another. After Pastor Justin and Bro. Bob Neace served the first two ladies, they stepped aside and had the two ladies serve the next two. This continued until all the ladies had a chance to serve and be served. One could sense the love for one another and the sweet presence of the Lord!

There was much laughter as we gathered for fellowship and food. Since our foreign mission's project was "Cows for Rwanda," everything was decorated with cows in mind (and how appropriate that the location of the convention was surrounded by farmland!). The women of the hosting church decided to give the two New Yorkers a chance to milk a cow (a fake one, of course). Linda Schreck managed fairly well, but the state president didn't fare as well! The women showed their creativity in

the skits that were performed and the songs that were sung.

At the end of every convention, there is roll call. It is during this time that the local CWC/WCG units are able to present the money they raised for the mission's project. As stated earlier, our project for this year was "Cows for Rwanda." As each unit presented their gift, stories were shared on how they raised the money. There was no lack of ingenuity. We sat in amazement as each unit gave and we saw the number of cows our state would be able to purchase. The women in the state of Virginia raised over \$11,000.00 and will be able to purchase at least 17 cows! What an "udderly" amazing response to this project.

We praise the Lord for all He did for us during the convention. We have been drawn into a closer friendship with Jesus! And now, plans for family camp is well under way. Our theme for the WCG Cottage is "Basking in the Son." Be sure to stop by and visit the cottage during family camp.

Angela Whitehead Pursues Vision

Angela Whitehead founded Seniors Unlimited Lifestyles Inc. (SULI) in 2004. As SULI's CEO, Angela develops programs that maintain the company's focus on its commitment to core values and principles of service. She also oversees new development strategies, public relations and corporate communications efforts. Angela has an extensive background in serving seniors for the past 20 years. She has been a member of the Senior Citizen Fellowship of the Church of God, Virginia for five years. Angela is a member of the Bellamy Church of God, Norfolk VA.

As a Developer, Angela is currently working on affordable senior housing in Virginia Beach's Burton Station. The affordable apartment complex for seniors is one of the first signs of revitalization in one of the city's oldest historically black neighborhoods.

On May 3, 2016, residents, developers and

city leaders gathered at the front of the Burton Station neighborhood off Northampton Boulevard for the official groundbreaking of Tranquility at the Lakes project. It will be an affordable 40-unit independent living senior project handled by the nonprofits Community Housing Partners and Seniors Unlimited Lifestyles.

Residents will have to be 62 or older, and five of the units will be completely accessible. The rest will use universal design components, which allow people with and without disabilities.

Coming soon"



Tranquility at the Lakes

Angela is a member of Outreach Ministry, Berkley Community Norfolk, Virginia, Bellamy Church of God Organizational

Committee and Hampton Roads Housing Consortium. She is also a member of BEACH (Bring an End to All City Homelessness) planning committee. BEACH planning Committee's goal is to end homelessness in the city of Virginia Beach. Angela has successfully completed training in Quadel Consulting - HUD Subsidizing Multifamily Housing, Alzheimer's Association - Foundations of Dementia Care Reducing Risks of Falls & Promoting Restraint-Free Care and Southside Geropsychiatric Services - Mental Health & Aging.

Seniors Unlimited Lifestyles is committed to providing much needed services for the senior residents of our community:

Transportation

We provide senior citizen transportation services for medical appointments, errands and minor trips around town. We do substantially more than providing rides for the elderly; we're helping to solve a huge social need. Seniors now have an alternative to driving that preserves their independence.

Excursion

Social, recreational, educational and cultural programs tailored to the interests and abilities of seniors. Trips are organized and run by volunteer leaders.

(Continued on page 12)



**Angela Whitehead
Founder/Seniors
Unlimited Lifestyles, Inc.**



Spring Ministers Gathering Well Worth the Trip

Thank You to all who participated in our recent Ministers Fellowship Gathering. A special thank you to Greenview Church of God and host Pastor Tammy Clark for such gracious hospitality. Our Gathering was an interactive seminar "Keeping a Kingdom Focus in Conflict". We had over 50 Participants. Dr. Quarles began our time on Friday morning by defining the Kingdom for us through illustrating its practices. Donn Sunshine followed with a presentation called Engaging Your Brain dealing with how anxiety effects thinking. After lunch we had a time for

case studies to apply what we had learned so far. Our afternoon speakers were Dr. Steve McMurray who taught us about The 4M church and the foundation of Message, Mission, Ministry and Method. He was followed by Silas Oliver who wrapped things up nicely for us. Friday night we had a concert and time of worship from TRIO. Saturday we closed our time together with some more case studies and communion.

Our Fall Ministers Fellowship Gathering will be September 23-24 at the Chesapeake Church of God, Host Pastor Ricky

Morris. Our Speaker will be Dr. James Lewis, Dean of Anderson University School of Theology. More information regarding the meeting, hotels, etc. will be coming soon. We will have a business meeting at this gathering to approve By-law changes that are needed to comply with changes in the COGVA By-laws and we will have a ballot to ratify for the leadership of the Minister's Fellowship and the ministers on Credentials Ministry. We anticipate having both of those in your hands at the August Camp Meeting.

Donn Sunshine



Wytheville First Church of God (WFCOG) is excited to partner with Launch International

Launch International is a missions organization operated by Ron and Sarah Gibson who are part of the WFCOG family. Launch has 3 parts, Launch Me (short term missions trips), Launch Lift (long term field teams) and Launch Pro (special projects). Four WFCOG members, Katrina, Mary, Matt and Ron, along with several others from different congregations will be going on a short term missions trip to share the Gospel in the squatter camps outside of Johannesburg South Africa in October. Ron and Matt recently shared on a Sunday morning about a

past trip they had been on and as a result two other members wanted to go. The WFCOG Missions Ministry through monetary support and the congregation as a whole through a love offering along with ongoing prayer support from both have partnered to help send these 4 people to share Jesus Christ with others. They are currently preparing through Bible study and training and we are all excited to see the lives God will change through them.

Pastor Donn says, "It is great to have Ron and Sarah working together

with our Missions Ministry. The passion everyone brings to this coupled with those who are answering the call to go is going to be life changing not only for those who hear the Gospel and those who go to share it but for all of us who partner in sending them. Please continue to pray for all impacted by this Gospel Opportunity"

To find out more about Launch International you can find them on Facebook, go to their website at WWW.LaunchInternational.net or email Ron Gibson Ron@launchinternational.net



Rita and Rev. Donn Sunshine

Mark Your Calendars

May

15th-20th Mountain Empire Churches of God Indoor Camp Meeting, Chilhowie FCOG, Preaching Evangelist - Dr. Dave Sebastian, Worship Evangelist – Rev. Mark Stayton
29th Unity Service 4:00 pm Chesapeake CHOG, 201 Providence Road,(Rev. Rick Morris, Host Pastor)
Guest Speaker: Pastor Pete Canciglia

June

3rd -4th Men's Ministry Workday – Camp Christi
10th S.H.A.P.E. Cluster Coach Training 10:00 – 4:30, Mountain View CHOG/Lynchburg
21st – 23rd Church of God Regional Convention, Anderson, IN CHOG Table “Immigration and Refugee Crisis”
29th July 1 Middler Camp, Grades 1-5, Camp Christi

July

16th Men's Ministry Training, Mountain View CHOG Lynchburg, VA (Lonnie Wickard Host Pastor) Bro. Perry Hargrove will be speaking about Moses
18th – 23rd Jr/Sr. High Youth Camp Grades 6-8 and 9-12.
29th S.H.A.P.E. Cluster Coach Training 10:00 – 4:30, Mountain View CHOG/Lynchburg

August

July 31st – August 6 State Camp Meeting, Rev. Horace Sheppard, Jr, Preaching Evangelist, Rev. Mark Stayton, Worship Evangelist
7th – 14th National Association of the Church of God Centennial Celebration
19th S.H.A.P.E. Cluster Coach Training 10:00 – 4:30, Mountain View CHOG/Lynchburg

September

23rd -24th at the Chesapeake Church of God, Host Pastor Rick Morris, Dr. James Lewis, Resource Leader
27th – 29th Church of God Regional Convention, Philadelphia, PA CHOG Table “Racial Unity”

S.H.A.P.E. Training to Begin for COGVA

On April 7, team of 11 people gathered to talk with Paul Dregar about the possibility of bringing S.H.A.P.E. to the Church of God in Virginia. This meeting produced excitement about the benefits of this program. The acronym of S.H.A.P.E. stands for Sustaining Health and Pastoral Excellence. S.H.A.P.E. is an opportunity for pastors to grow in their relationship to Christ by nurturing relationships with colleagues in ministry. It serves as a tool to bring about and enhance relationship among the leadership in the family of God. This promises to be a great asset for COGVA.

S.H.A.P.E. Coach Training will begin May 29 at the Mountain View CHOG in Lynchburg. The schedule for this gathering of S.H.A.P.E. Leaders is as follows: June 10, July 29, and August 19, each to maintain a schedule of 10:00 am to 4:30 pm. At our first gathering, we may tweak that schedule a bit to accommodate everyone's schedule who asks to be a part of this leadership training.

Please watch for more information about S.H.A.P.E. Clusters being formed in regions across the state. If you are interested in this training for coaches, please let Dr. Bob Neace know as quickly as possible at brobob4691@gmail.com.

For more information on S.H.A.P.E. go to <http://www.jesusisthesubject.org/shape/>

COGVA Budget

Summary of COGVA Expenditures YTD 2015/2016

August 1, 2015 - July 31st, 2016

Categories	Budget	Aug-Oct 1st Qtr	Nov-Jan 2nd qtr	Feb-April 3rd Qtr
1000 STATE OFFICE				
1100 Business Office	\$3,800.00	\$552.90	\$1,095.77	\$550.72
1200 Insurance	\$14,800.00	\$	\$6,714.50	\$3,302.00
1300 Office Manager	\$14,437.50	\$3,609.36	\$3,609.36	\$3,609.36
1400 Income Taxes and Social Security	\$3,320.00	\$880.07	\$791.70	\$620.69
SUBTOTAL	\$36,357.50	\$5,042.33	\$12,211.33	\$8,082.77
2000 STATE MINISTER				
2100 Salary Package (Salary, House, Etc.)	\$9,000.00	\$1,500.00	\$1,500.00	\$
Pension Contribution	\$450.00	\$	\$	\$
2200 Travel & Expenses	\$4,000.00	\$1,192.62	\$281.62	\$2,059.47
2300 Expenses for State and National Meetings	\$2,600.00	\$	\$840.71	\$1,307.25
SUBTOTAL	\$16,050.00	\$2,692.62	\$2,622.33	\$3,366.72
3000 EXECUTIVE COUNCIL/STANDING MINISTRIES				
3100 Executive Board	\$1,000.00	\$	\$	\$ 359.02
3200 Ministry of Church Service/Credentials	\$300.00	\$18.28	\$2.60	\$
3300 Ministry of Christian Education	\$75.00	\$36.75	\$	\$
3400 Ministry of Evangelism	\$50.00	\$	\$	\$
3600 Ministry of Program	\$2,000.00	\$	\$331.98	\$329.15
3800 Ministerial Fellowship	\$100.00	\$	\$	\$312.48
3900 Church Property Team	\$75.00	\$	\$	\$
SUBTOTAL	\$3,600.00	\$55.03	\$334.58	\$1,000.65
5000 PROPERTY AND MAINTENANCE				
5110 Camp Bedford				
5110 Caretaker	\$5,000.00	\$1,250.01	\$1,250.01	\$1,250.01
5111 Health Insurance	\$840.00	\$210.00	\$210.00	\$210.00
5120 Campground Expenses (Maintenance)	\$1,000.00	\$	\$	\$
Capital Improvements	\$750.00	\$	\$	\$
Vehicle Maintenance	\$300.00	\$	\$	\$
Camp Bedford Mkt/Advertising	\$500.00	\$	\$	\$
5140 Utilities	\$6,000.00	\$976.77	\$1,156.79	\$1,883.05
SUBTOTAL	\$14,390.00	\$2,436.78	\$2,616.80	\$ 3,343.06

5200 Camp Christi				
5210 Caretaker	\$26,565.12	\$6,641.28	\$6,641.28	\$6,641.28
5220 Health Insurance	\$7,000.00	\$1,788.00	\$1,788.00	\$1,788.00
5250 Utilities	\$14,000.00	\$5,929.42	\$3,131.21	\$2,284.80
5260 Maintenance	\$4,000.00	\$333.33	\$	\$333.33
Camp Christi Mkt/Advertising	\$500.00	\$	\$	\$
5270 Capital Improvements	\$750.00	\$	\$	\$
5280 Vehicle Maintenance	\$500.00	\$	\$	\$
5300 Legal Fees	\$400.00	\$23.50	\$84.16	\$129.75
5400 Ministry Expenses	\$300.00	\$	\$	\$
Christmas Bonus	\$1,300.00	\$	\$1,300.00	\$
SUBTOTAL	\$55,315.12	\$14,715.53	\$12,944.65	\$11,177.16
TOTAL	\$125,712.62	\$24,942.29	\$30,729.69	\$26,970.36
Income		\$24,423.67	\$27,148.06	\$28,324.58
Difference		\$(518.62)	\$(3,581.63)	\$1,354.22

...10,000 pounds (continued)

We have what is called a "Client's Choice" food pantry. It is similar to a grocery store and they shop for the items they will take home. This is more efficient and less wasteful than if we give them a pre-packaged bag of food because there may be items within the bag that they cannot or will not eat. The Client's Choice prevents a lot of wasted food.

One week we read the price tags on the meat we distributed on a single day. The cost of the meat was over \$800.00 as priced by the grocery store.

So what do we do with 10,000 pounds? Well, that is 5 tons and

approximately the quantity of food we distribute every month. We feed over 300 families or about 1,500 people monthly.

We feel really blessed to monthly provide this amount of food to those in our community who may have need of additional food.

We call our food pantry the *Bread of Life Food Pantry* and are open every Tuesday from 1:30 until 4pm and the clients are welcome to come any Tuesday but only once per month.

***'For I was hungry and you gave me food ...'
Then the righteous will answer him, saying,
'Lord, when did we see***

you hungry and feed you,' ... And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers you did it to me.'

Matthew 25:36-40 ESV

Larry Ebinger –
Elder/Pastor, Food Pantry
Coordinator
LarryEbinger@gmail.com

We are a congregation in Virginia Beach which is

Most Passionate

about what is

Most Important.

Angela Whitehead Pursues Vision (Continued)

Health and Wellness Services

We provide a convenient way for senior citizens to learn about the options available in their local community that support their changing needs. Seniors will have the opportunity to learn about available services that help promote wellness and healthy living. Our goal is improving the physical, emotional, and social well-being of seniors.

Transitional Housing

We provide education, services and support essential to achieving personal and financial independence. Our seniors participate in a personal development plan. Follow up services are provided for those transitioning to independent senior facilities, assisted living facilities and nursing homes.

Food Pantry

We provide canned goods and other groceries to persons in need of food assistance. With all we do, there never seems to be enough time to devote to this critical function.

Workshop on Safety and Identity Theft

Our workshops teach our seniors how to protect themselves from identity theft and how criminals can assume their identity. We offer these seminars to increase awareness about the damage that can result from their activity.

Family Workshops

As our seniors advance in age, they require more

attention and assistance. We provide information, counseling and assistance to seniors and their families to address the specific needs of elderly adults. We believe it is important to offer encouragement and a variety of programs and activities to enhance the lives of our community's elderly residents.

Care Package Drive

A Care Package Drive to benefit the seniors was organized. We provided soup, oatmeal, socks, glove, thermal wear and blankets to our seniors in the community. (November - December 2016)

Blanket Drive

Blankets, toiletries, towels and wash cloths delivered to homeless. (January - March 2016)

Fundraisers

- Calendar Project (2015)
- Seniors Bus Trip to Sight and Sounds Theater, Lancaster, PA (April 29, 2016)

Fan Drive

Fans will be delivered to the elderly during the summer months (2016)

Seniors Unlimited Lifestyles Inc. (SULI) is a 501(C) (3) non-profit organization based in Chesapeake, Virginia. The organization specializes in providing affordable and decent housing for the low-income senior residents of the Virginia Hampton Roads area. Our goal is to provide quality housing for

the elderly in a safe, secure environment. The organization will assist community services in adding an alternative to the Hampton Roads senior housing inventory.

VISION

To Develop Affordable Independent Senior Living Facilities.

MISSION

Seniors Unlimited Lifestyles Inc. is dedicated to providing all senior citizens with the highest quality of a living environment. Residents will be treated with respect, care and dignity with an opportunity to live independent productive lives. SULI will create an affordable safe and healthy environment that fosters independent living skills and improve quality of lives for low income senior citizens in the community.

OUR VALUES

To treat others with respect
To have compassion for others
To deliver excellent quality
To act with integrity
To accept social responsibilities

OUR GOALS

Promote independence
Promote higher standard of living
Promote self-esteem
Promote the prevention or elimination of blight

We are soliciting your prayers and support as we develop and see this project come to fruition.



Bus Trip to Lancaster, PA to see the play Samson



Church of God in Virginia

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Guideline Submissions for COGVA News

COGVA News is a tool for the Church of God in Virginia to disseminate news of the Church at large and has begun to grow where clearer guidelines are necessary. Under direction from the Executive Board in their meeting of March 13, 2015, COGVA News will operate under the following guidelines. What follows is a work in progress as other State Newsletters are consulted. All articles should be limited to a length of 500 – 700 words. Submission to COGVA News implies

permission to edit submitted articles for clarity and space availability. Priorities of space will be given to items of news of local congregations/ministries, COGVA functions, regional activities, and COGVA Entities (C.W.C/W.C.G., M.C.G., Christian Education, and all ministries of COGVA).

Non-news items and editorials must be original to the author and quotes attributed to its proper sources. Priorities of space will be given to items of news of local

church news, COGVA Ministries.

Submission of articles should be limited to a minimum of one article per local church/ministry per quarter. A quarter will be defined as Aug.-Oct., Nov. – Jan., Feb. – Apr., and May –Jul.

Please remember, these guidelines are a work in progress and a future set of guidelines governing COGVA News will be forthcoming

About the Church of God in Virginia...

The Church of God in Virginia consists of 50 churches across the Commonwealth and according to current accounting serve over 2,500 constituents each

Sunday Morning. Our current State Leadership consists of Chair - Rev. Gertrude Goode, Vice-Chair – Rev. Steve Hency, Secretary – Cathy Atkins,

and State Minister – Dr. Bob Neace.

CHURCH OF GOD IN VIRGINIA

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