

VERMONT AVENUE BAPTIST CHURCH NEWSLETTER



VERMONT AVENUE
— BAPTIST CHURCH —
— est. 1866 —

1630 Vermont Avenue, NW
Washington, DC 20009
Rev. Dr. Michael C. Miller, Interim Pastor

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UPCOMING EVENTS

ANNUAL MISSIONARY DAY
Sunday, June 7th

GOLDEN AGE DAY
Thursday, June 18th

WOMEN'S DAY BAKE SALE
Sunday, June 28th
Immediately Following Service

LET'S STAY CONNECTED

IN PERSON

Worship Service
Sundays @ 10:45AM
Communion on 2nd Sunday

For more opportunities to
serve, programs, and worship
services, check Our Social
Media, Take One Box, or
Website

VIRTUAL

Sunday School
Sundays at 8:30 AM
ZOOM Meeting ID: 659 757 9095
Passcode: Vermont

Social Media

YouTube/ TikTok - @VABC1630
FaceBook/X - @VABC1630
Instagram - @VABCD1630
Website - www.VABC.church

A MESSAGE FROM OUR PASTOR

Grace and peace to the Vermont Avenue Baptist Church family. As we continue to walk together in faith, let us remain encouraged and steadfast, trusting God to guide our steps and strengthen our hearts. In every season, God's grace sustains us, His love unites us, and His promises remind us



that we are never alone. Thank you for your continued prayers, service, and commitment to the ministry and mission of our church.

Women's Day 2026 was truly a blessed and uplifting celebration as we embraced the theme, "Women Marching as Beacons of Light." The day was filled with inspiring worship, fellowship, and a powerful reminder of the vital role women continue to play in the life and ministry of the church.

I extend my sincere appreciation and gratitude to the Women's Day Chairperson, Deacon In Training, Antoinette Ward, along with the entire Women's Day team, for their outstanding leadership, dedication, and hard work in making this occasion such a wonderful success. Your commitment, creativity, and spirit of excellence were evident throughout the entire celebration.

Thank you to everyone who participated, supported, and helped make Women's Day a memorable and spirit-filled experience. May God continue to bless and strengthen each of you as you shine His light in our church, community, and beyond.

— Rev. Dr. Michael C. Miller, Interim Pastor

HEALTH AWARENESS

June is dedicated to several major health awareness observances, most notably Men's Health Month, Alzheimer's and Brain Awareness Month, PTSD Awareness Month, and National Migraine and Headache Awareness Month.

Here is the breakdown of the major health causes observed in June:

Men's Health Month: Focuses on encouraging early detection, disease prevention, and regular medical check-ups for men and boys.

Alzheimer's and Brain Awareness Month: Led by the Alzheimer's Association to raise awareness about brain health, dementia, and funding for research.

PTSD Awareness Month: Highlights resources and support for those dealing with Post-Traumatic Stress Disorder.

National Migraine & Headache Awareness Month: Aims to reduce the stigma surrounding these neurological conditions and improve patient support.

A Father's Day Prayer

Lord, we thank You for the gift of fathers and for their love, sacrifice, guidance, and strength. Bless every father with peace, joy, and encouragement today. When they feel weary or unnoticed, remind them that You see every effort they make for their families.

Strengthen them physically, emotionally, and spiritually as they carry many responsibilities and lead their families with wisdom, patience, love, and integrity. Surround them with appreciation and support, and renew their strength for each new day. May their lives continue to reflect Your goodness and faithfulness.

In Jesus Name we pray, Amen.

National Safety Month: Promoted by the National Safety Council to focus on preventing injuries and deaths at work, in homes, and on the road.

National Aphasia Awareness Month: Raises understanding of this communication disorder often caused by stroke or brain injury.

For more information check out our Health Awareness Board on the first floor.

You can find official resources, toolkits, and event schedules for these observances through the Men's Health Network, the CDC National Health Observances, and Healthline.

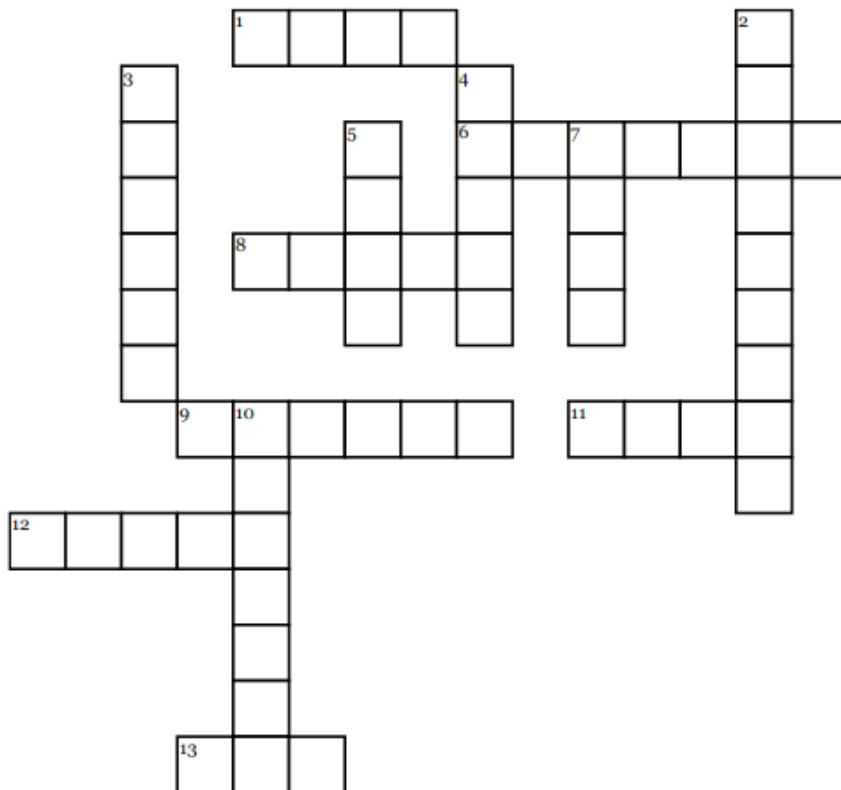
Deuteronomy 6:4-9 NIV

Across

1. The passage teaches that faith should be part of everyday _____.
6. Father of many nations in the Bible.
8. According to Deuteronomy, God's commands should first be on your _____.
9. Fathers often leave this behind for future generations.
11. Something loving fathers often give that cannot be wrapped.
12. "Hear, O Israel" begins an important prayer known by this Hebrew name.
13. The scripture says to talk about God's commands when you lie down and when you _____ up.

Down

2. A father who teaches kindness, honesty, and respect is building this.
3. A good father does this with wisdom, not just rules.
4. A father may teach this by both words and actions.
5. This biblical father built an ark to save his family.
7. The passage says parents should teach children while walking along the _____.
10. More powerful than a lecture, according to this passage.





Juneteenth is a special day in the United States that celebrates freedom for enslaved African Americans.

Juneteenth is a special day in the United States that celebrates freedom for enslaved African Americans. It remembers June 19, 1865, when many enslaved people in Texas finally learned they were free – even though slavery had officially ended earlier.

COMMUNITY ENGAGEMENT

On Wednesday, May 27th, award-winning composer Rev. Nolan Williams Jr. visited VABC to teach “Just Like Selma,” a powerful social justice hymn inspired by the legacy of the Selma voting rights movement and the ongoing call for civic engagement, justice, and unity.

Our Music Ministry was excited for this special opportunity, continuing VABC’s long history of fellowship with Rev. Williams. Special thanks to Minister of Music Solomon Sparrow for facilitating this meaningful experience. We look forward to hearing it during Worship Service on third Sunday. Additional information about the song and national movement can be found at [Black America Web](#).

DID YOU KNOW?

Reverend John Henry Brooks (1866 – 1884)

Reverend John Henry Brooks served as pastor during one of the most important periods in African American history following the Civil War and emancipation. As formerly enslaved African Americans sought to build new lives during the Reconstruction Era, Black churches became centers of faith, education, leadership, and community support. Under Reverend Brooks’ leadership, the church grew spiritually and physically while helping meet the needs of a newly freed people seeking hope, stability, and opportunity.

During his pastorate, the church was officially named the Fifth Baptist Church, and the main sanctuary was constructed. Reverend Brooks also established several benevolent organizations that provided care, support, and encouragement to members of the community during a time when African Americans faced widespread discrimination and limited resources.

Recognizing the importance of unity among Black Baptist congregations, Reverend Brooks organized the Mt. Bethel Association, which remains active today.

His leadership extended beyond the local church, as he became widely respected among Baptist churches throughout Washington, D.C., and surrounding areas.

Like many African American pastors of the Reconstruction period, he served not only as a spiritual

leader, but also as a community organizer and advocate for progress and self-determination.

Reverend Brooks faithfully labored until the end of his life. His impact upon the church, the city, and the African American community was so significant that his funeral was recorded as one of the largest ever held for a person of color in Washington, D.C. His legacy continues to reflect faith, perseverance, leadership, and dedication to God’s people.



YOUNG ADULTS BOOK LIST (Ages 11 – 17)

THEME: IDENTITY, PURPOSE, WALKING WITH GOD

1. Teen to Teen: 365 Daily Devotions by Patti M. Hummel
2. You Are Never Alone by Max Lucado
3. Live on Purpose by Sadie Robertson Huff
4. The Bible Tells Me So by Peter Enns
5. I Am Just a Kid by Tim Tebow

ADULT BOOK LIST

SPIRITUAL GROWTH & DAILY FAITH

1. Practicing the Way by John M. Corner
2. Get Out of Your Head by Jennie Allen
3. The Ruthless Elimination of Hurry by John M. Corner
4. Daily Liturgy Devotional by Douglas S. O'Donnell

HEALING, PURPOSE & INNER GROWTH

1. Women Evolve by Sarah Jakes Roberts
2. Restored by Meshali Mitchell
3. You Are What You Love by James K.A. Smith

PRAYER, FAITH & SPIRITUAL POWER

1. Praying the Psalms by Thomas Merton
2. When God Speaks by Joshua Giles
3. Draw the Circle by Mark Batterson

FAITH-BASED FICTION & INSPIRATIONAL READS

1. Theo of Golden by Allen Levi
2. Redeeming Love by Francine Rivers
3. Canticle by Janet R. Edwards
4. The Shack by William P. Young



CHILDREN'S BOOK LIST (Ages 3 – 10)

THEME: FAITH, GROWTH, PURPOSE, SUMMER READING

1. The Jesus Storybook Bible by Sally Lloyd-Jones
2. When God Made You by Matthew P. Turner
3. God Always Keeps His Promises: Unshakable Hope for Kids by Max Lucado
4. The story of God's love for you by Sally Lloyd-Jones
5. When I Pray for You by Matthew P. Turner
6. God Gave Us Summer by Lisa T. Bergren

Club / Organization / Ministry Highlight

SUNDAY SCHOOL

Many of us remember our first gold star in kindergarten or Pre-K. How good it felt and how exciting that moment was. Studying God's Word can bring understanding to each of us as we use His word every day. Sunday School is a great place believers can diligently learn GOD's Word. As students of His Word, we learn to live His Word daily, giving us an anchor. Sunday School helps us to build and gain our own personal relationship with God and eventually a gold crown.

“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.” 2 Timothy 2:15 KJV

ZOOM Information for Virtual Sunday School can be found on the front page of our newsletter. For more information call the Church Office or see Sister Brenda Twyman, Superintendent of Sunday School.

PRAYER FOR OUR SICK AND SHUT-IN

***“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee.” —
Isaiah 41:10 KJV***

Gracious Father, we lift before You all who are sick and shut-in. Thank You for Your love, mercy, and constant presence in every circumstance. Strengthen those who are weary, comfort those who are discouraged, and bring healing according to Your will.

Lord, let Your peace rest upon them and remind them they are never alone. Renew their faith, encourage their hearts, and surround them with caring family, friends, and support. Bless all caregivers with patience, compassion, and strength for each day.

May Your grace sustain every person facing illness, recovery, or loneliness. Fill their homes with hope, comfort, and the assurance of Your unfailing love. In Jesus' Name we pray, Amen.

BIRTHDAY GREETINGS

Wishing all those celebrating birthdays in June a joyful and blessed birthday month. May God continue to guide, strengthen, and bless you with peace, love, and happiness throughout the year ahead. Happy Birthday!

Let us pray. Heavenly Father, thank You for the gift of life and for each person celebrating a birthday this month. Bless them with good health, joy, wisdom, and peace. Continue to guide their steps and fill their lives with Your love and favor. In Jesus Name we pray, Amen.

MOTHER/FATHER

Deaconess Zenetta Bates
Sister Bernadette Harris

*(For More Information Contact: Brother
Shawn Ruffing)*



Official Flower: June's primary birth flower is the Rose. It symbolizes love, beauty, devotion, and honor. Honeysuckle is also associated with June and represents happiness and affection.

Official Colors: The traditional colors for June are Light Purple and Cream, reflecting elegance, warmth, and the beginning of summer.

Birthstone: Pearl, symbolizing purity, wisdom, and serenity.

Historical Name Origin: June is believed to be named after Juno, the Roman goddess of marriage, women, and family, who was regarded as a protector and symbol of strength and prosperity.

YOUNG ADULT CORNER

“But let justice roll down like waters, and righteousness like an ever-flowing stream.” — Amos 5:24 KJV

To every young adult trying to find your way, remember this: your life has purpose even in difficult times. You are living in a world filled with pressure, uncertainty, rising costs, political division, online negativity, and questions about what the future will hold. Many young African American adults are carrying the weight of student debt, job insecurity, mental exhaustion, concerns about safety, discrimination, and the feeling that their voices are ignored.

But you come from a people who have survived, built, created, organized, worshiped, and kept moving forward even when the odds were against them. Your history is one of strength, brilliance, faith, resilience, and vision. Do not allow social media, public opinion, or society’s limitations to define your worth. You are more than algorithms, trends, followers, or labels. Your voice matters. Your dreams matter. Keep learning. Keep growing. Keep speaking truth. Keep protecting your peace. Keep caring for your community. Keep believing that you can build something better than what you inherited. And when you become tired, remember that God still walks with those who are trying to live with integrity, justice, compassion, and courage.

OPPORTUNITIES TO SERVE

If you are interested, see the following for more information on how you can serve.

A/V Ministry

Trustee Solomon Sparrow

Culinary Ministry

Trustee Selena Anderson

Missionary Ministry

Minister Jeanette Clyburn

Nurses Unit

Deaconess Norma Jean Taylor

Youth Empowerment Committee

Sister Cynthia Milanez

Music Ministry

Trustee Solomon Sparrow

Let Us Pray. Gracious God, we pray for young adults everywhere. Strengthen them when they feel discouraged and guide them when they feel lost. Remind them that they were created with value and purpose. Give them wisdom, courage, peace, and hope for the days ahead. Surround them with people who will encourage them, support them, and help them grow. Help this generation rise above fear, division, and despair, and become lights within their communities. And remind them every day that they do not walk alone. In Jesus’ Name, Amen.

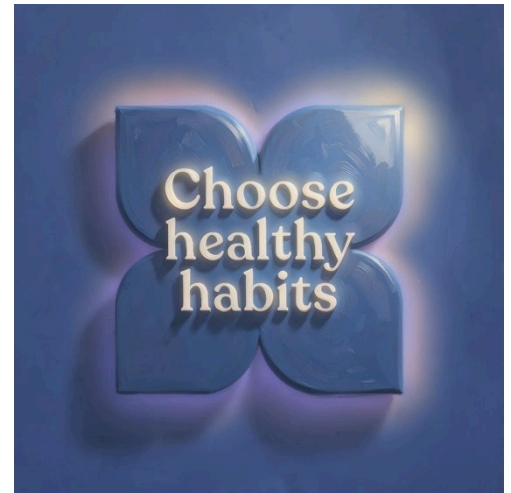
Young Adults, we invite you to share your reflections, social commentary, words of encouragement, or faith-filled insights for possible publication in our newsletter. Email submissions to cmsocialmedia@yabc.org or see any member of the Communications Ministry.

SENIOR'S CORNER

Preventing Falls Through Exercise

Staying active can help older adults improve balance, build strength, and lower the risk of falls. According to the National Council on Aging (NCOA), simple exercises practiced regularly can increase confidence, improve mobility, and help maintain independence.

Even small amounts of movement each day can make a big difference in staying healthy and active.



Helpful Fall-Prevention Tips

- Practice balance exercises regularly
- Strengthen leg muscles with chair stands or heel raises
- Take daily walks to improve mobility
- Use support or handrails when exercising if needed
- Speak with your doctor before starting a new exercise routine

Source: Adapted from "What Exercises Can Help Seniors Prevent Falls?" by the National Council on Aging (NCOA)

VABC PROGRAM HIGHLIGHT WOMEN'S DAY WORSHIP SERVICE

On Sunday, May 17, 2026, we celebrated Women's Day under the theme, "Women Marching as Beacons of Light," inspired by Matthew 5:16. The service marked a beautiful return to the church's traditional Women's Day observance and was filled with renewal, revitalization, promise, and hope.

This year's celebration was especially meaningful as several women stepped into new leadership roles. Deacon in Training Antoinette Ward served as Women's Day Chair for the first time, Sister Cynthia Wheeler directed the Women's Day Choir for the first time, and Rev. Dr. Angela Fox Wheeler, a daughter of the church, reached a significant personal milestone by preaching both her first Women's Day sermon and her first sermon during a main Sunday worship service at Vermont Avenue Baptist Church.

Drawing from Matthew 5:14–16 and Matthew 25:1–13, Rev. Wheeler reminded the congregation that preparation, visibility, and courage are essential for those called to let their light shine before others and glorify God. Her message challenged worshippers to remain faithful, purposeful, and steadfast as beacons of light in a changing world.



The sight of members and visitors dressed in white, complemented by yellow scarves distributed by the ushers on behalf of the Women's Day Committee, created a beautiful and memorable display throughout the sanctuary. The vibrant white and yellow colors evoked images of sunflowers bringing brightness to a dark day and reflected the spirit of renewal, hope, and promise that characterized the celebration. Together, they served as a reminder that when God remains at the center of our lives, His light shines through us and into the world.

The women of the church came together in prayer, praise, and palpable joy to honor our Lord and Savior. The choir sang with

enthusiasm, and the congregation responded warmly to the message and its call to action. As Rev. Wheeler concluded her sermon, worshippers enthusiastically answered her final questions and joined the choir in a moving rendition of "Order My Steps," bringing the service to a powerful and memorable close. Particularly noteworthy was the presence of numerous former members and a large number of visitors, whose attendance added to the spirit of fellowship, reunion, and celebration that filled the sanctuary throughout the day.

God's presence was truly felt throughout the service, and the strong attendance of members, former members, and visitors alike reflected the enduring bonds of faith and fellowship that continue to unite the Vermont Avenue Baptist Church family. Women's Day 2026 was a memorable and uplifting occasion that celebrated the enduring faith, leadership, and light of the women of Vermont Avenue Baptist Church. As we continue marching as beacons of light, we look forward with anticipation to all that God has in store for our church family in the days ahead.

ANSWERS

1. Life
2. Character
3. Guides
4. Faith
5. Noah
6. Abraham
7. Road
8. Heart
9. Legacy
10. Example
11. Time
12. Shema
13. Get

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CMSocialMedia@vabc.org

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