

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

CHURCH OFFICE: 202-667-1078
www.vabc.church

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PUZZLE KEY

UPCOMING EVENTS

SAT OCT 3RD @ 11AM
Men's Day Committee Fish Fry

SUN OCT 18TH @ 3PM
Rev. Shaun & Friends
"God's Word In Song"

SAT OCT 24TH
Women's Health Summit
Registration \$15-- includes lunch

SUN OCT 25TH @ 10:45AM
Missionary Sacrificial Day

LET'S STAY CONNECTED

IN PERSON/VIRTUAL

Worship Service

Sundays @ 10:45AM
Communion on 2nd Sunday
YouTube @VABC1630

Sunday School

Sundays at 8:30 AM
Terrace Family Life Center
ZOOM Meeting ID: 659 757 9095
Passcode: Vermont

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

Social Media

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

A MESSAGE FROM OUR PASTOR



I thank all the Vermont Avenue Baptist Church members and friends for coming to our 160th Anniversary on September 20th and their contribution to the church. Thank You to the DC Council persons who were present - Honorable Phil Mendolsohn; Former Councilmember Eydie Whittington; Former Councilman Frank Smith; Councilmember Brooke Pinto.

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

MINISTERIAL STAFF

Reverend Dr. Michael C. Miller – Interim Pastor
Reverend. Dr. Isaac A. Fox – Former Interim Pastor
Minister Jeanette M. Clyburn
Reverend Wayne Quick
Reverend Dr. Angela Fox Wheeler

OCTOBER HEALTH AWARENESS

Breast Cancer Awareness Month

Breast cancer is the most common cancer in women worldwide. Early detection and timely treatment can greatly improve outcomes.

Know The Signs

Know the warning signs, including a new lump, breast or nipple changes, skin changes, or unusual discharge.

Know your body, follow recommended screenings, and talk with a healthcare professional about any changes.

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

A PRAYER FOR VERMONT AVENUE BAPTIST CHURCH

Lord, we thank You for VABC and for the generations of faithful servants who have worshiped, served, taught, prayed, and shared Your love through this church.

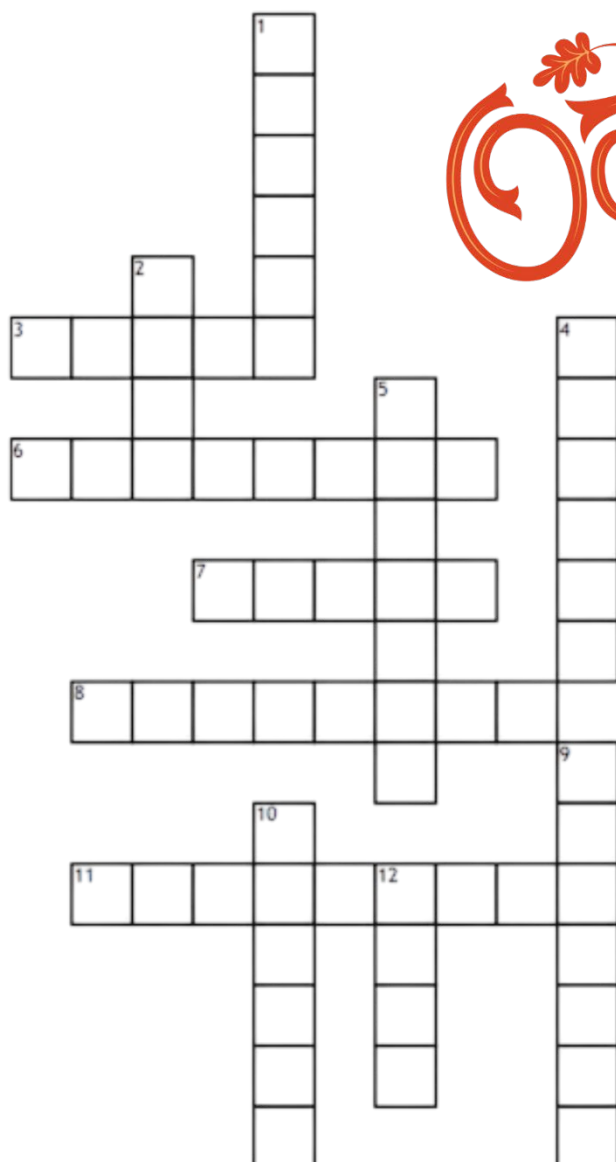
We thank You for the foundation that has been laid and for the ministry You continue to entrust to us. Keep us united in faith, love, and purpose. Help us to be a church that welcomes all, cares for those in need, stands for justice, shares the Gospel, and reflects the love of Christ in our community and beyond.

Bless our Pastor, ministers, deacons, deaconesses, missionaries, ministry leaders, musicians, choirs, teachers, ushers, members, and friends. Give us wisdom for the decisions before us, courage for the work You have called us to do, and willing hearts to use our gifts for the building of Your Kingdom.

Lord, strengthen those who are weary, comfort those who are grieving, heal those who are sick, encourage those who are discouraged, and draw closer those who may feel disconnected. Help us care for one another and never lose sight of the people You have placed before us.

As VABC moves forward, may we honor the faithfulness of those who came before us while remaining open to the new work You are calling us to do. Let our worship glorify You, our service demonstrate Your love, and our witness make a difference in the world.

In Jesus' name, Amen.



Across

3. This is the first city mentioned in the Bible
 6. Who returned to Israel to build up the walls of Jerusalem?
 7. VABC began as _____ Baptist Church
 8. The Lord is my _____

11. Nannie Helen _____, educator and activist

Down

1. Let everything that hath _____ praise the Lord
 2. God told him to build an ark
 4. Prophet who confronted the prophets of Baal

5. This apostle was a tax collector
 9. When Jesus called Peter and Andrew, they were _____
 10. A conversation with God is called
 12. Who was punished with death for touching the ark of God?



DID YOU KNOW?

Reverend Dr. John Rayford Wheeler (1969 – 2007)

Reverend Dr. John Rayford Wheeler became Vermont Avenue Baptist Church's fifth pastor in 1969, arriving at a pivotal moment in the history of Washington, D.C., and the nation. His pastorate began less than a year after the assassination of Rev. Dr. Martin Luther King Jr. and the civil unrest that followed in Washington and cities across America. As many African Americans moved from the city to newly developing and increasingly integrated suburbs, urban neighborhoods experienced significant population loss, economic challenges, and disinvestment. Through these changing times, Reverend Wheeler provided steady leadership and guided Vermont Avenue Baptist Church toward a broader vision of ministry and service. His distinctive leadership and commitment to missions helped the church become a national leader in Baptist foreign

COMMUNITY ENGAGEMENT

TAGE Steel Band

What a time in the Lord we had!!! We heard some of everything! The finale was "Total Praise" by Richard Smallwood. We are looking forward to worshipping with them in the future.

Check our website to view the concert!

REOPENING OF AFRICAN AMERICAN CIVIL WAR MUSEUM

Dr. Frank Smith, along with the entirety of the museum's staff and board members, was present to greet the community and celebrate this historic victory. VABC Music Ministry lent their voices to the occasion.

See the Take One Cart in the Lobby, our website, or social media for more information

missions giving. Under his leadership, Vermont Avenue Baptist Church became the first African American Baptist church to contribute \$50,000 to the Foreign Mission Board. His passion for missions extended internationally when the church purchased and donated a church building to a Baptist congregation in KwaMashu, Zululand, South Africa, reflecting a ministry that reached far beyond Washington, D.C.

Rev. Wheeler's forty-year pastorate also unfolded during significant milestones in African American history, including the election of the nation's first African American mayors in major cities, the rise of the Black Power movement, the election of African Americans to increasing numbers of public offices, and ultimately the election of Barack Obama as the first African American President of the United States.

Recognizing the importance of ministering to the whole person, Rev. Wheeler led the construction and retirement of the mortgage on the John R. Wheeler Family Life Center. Featuring a bowling alley, exercise room, modern cafeteria, and banquet hall, the Center became a model of holistic ministry. Its doors welcomed churches, community organizations, families, and individuals, including those with no church affiliation.

Reverend Wheeler's legacy reflects faith, missions, community, and a commitment to demonstrating that the church could be both a spiritual home and a resource for the broader community.

CHILDREN'S BOOK LIST (Ages 4 – 12)

God's Very Good Idea by Trillia J. Newbell
Tiny Truths: Wonder and Wisdom by Joanna Rivard and Tim Penner
Indescribable: 100 Devotions About God & Science by Louie Giglio
Be Kind by Pat Zietlow Miller
Stand Tall, Moily Lou Melon by Patty Lovell

YOUNG ADULTS BOOK LIST (Ages 13 – 18)

Live Fearless by Sadie Roberson Huff
The Depression Workbook for Teens by Katie Hurley
Growing Up Powerful by Nona Jones
The Healthy Teen Cookbook by Remmi Smith
Not a Fan (Youth Edition) by Kyle Idleman

Theme for October

Harvesting Wisdom

Nurturing Hope

Living with Purpose



ADULT BOOK LIST

Experiencing God by Henry Blackaby and Richard Blackaby
Forgiving What You Can't Forget by Lysa TerKeurst
Life Without Lack by Dallas Willard
The Joy of Movement by Kelly McGonigal
The Four Agreements by Don Miguel Ruiz

REFLECTION QUESTIONS

1. Which book encouraged you to see yourself or others differently?
2. What new habit or perspective will you carry into next month?
3. How did your reading strengthen your relationships with family, friends, or your faith community?
4. What act of kindness or service were you inspired to do after reading this month?

Provided by Sis. Nikita Campbell Woodward (Push a Book or 2 Ministry)

Club / Organization / Ministry Highlight

MUSIC MINISTRY

“O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation.” — Psalm 95:1 (KJV)

The Music Ministry needs YOU!

**The Messiah & Born to Die — A Christmas Concert Presentation
Sunday, December 20, 2026 at 2:30pm**

This Christmas season, we invite you to be part of something special!

The Music Ministry is preparing to present excerpts from Handel’s Messiah and Born to Die in concert. These powerful works tell the greatest story ever known: the promise, birth, life, death, and triumph of Jesus Christ.

Whether you have sung these selections before or have never sung them at all, this is your invitation to come and learn, or relearn, the music with us!

There is something powerful about people coming together to sing with one purpose, to glorify God.

For those who have sung these works in years past, come back and relearn the music, reconnect with old friends, and help carry the tradition forward. For those who are new, come and discover the joy of being part of a musical ministry that has blessed our church and community for generations.

So dust off your music, warm up your voice, bring your passion, and invite someone to come with you. Let us come together and lift our voices in celebration of the birth of our Savior.

Rehearsals start Saturday, October 3rd at 11AM

For more information see Trustee Solomon Sparrow, VABC Minister of Music or email VABCMusicMinistry@gmail.com

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; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.” — Isaiah 41:10 KJV

Heavenly Father, we lift before You all who are sick, recovering, hospitalized, or homebound. Surround them with Your presence, bring healing to those who are ill, strength to those who are weary, comfort to those who are in pain, and peace to those who are troubled.

Bless their families, caregivers, doctors, and nurses with wisdom and strength. Remind our church family that they are loved, remembered, and never alone. May Your grace sustain them and Your promises give them hope.

In Jesus' name we pray, Amen.

BIRTHDAY GREETINGS

Wishing all those celebrating birthdays in October 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, we thank You for the gift of life and for each person celebrating a birthday this month.

As they begin another year, guide their steps, renew their strength, and fill their days with joy, peace, purpose, and new opportunities to serve You and others. May they continue to grow in faith, walk in Your grace, and experience Your loving presence throughout the year ahead.

In Jesus' name we pray, Amen.

MOTHER/FATHER

Deaconess Jessie B. Fox

Deacon In Training, James S. Sparrow

(For More Information Contact: Brother Shawn Ruffing)



Official Flower: The primary October birth flower is the marigold - vibrant, layered flowers that come in yellows, oranges and reds.

Official Colors: Opal displays a spectrum of colors, often exhibiting multiple hues in a single stone.

Birthstone: October has two birthstones: opal and tourmaline. Opal, the most favored, is a pearly stone with dazzling rainbow bursts and was thought to represent purity, hope and truth.

Historical Name Origin: The eighth month in the old calendar of Romulus c. 750 BC, October retained its name (from Latin and Greek *ôctō* meaning "eight") after January and February were inserted into the calendar that had originally been created by the Romans.

YOUNG ADULT CORNER

“Trust in the LORD with all thine heart; and lean not unto thine own understanding.”

— Proverbs 3:5 KJV

Young adulthood is a season of growth, discovery, decisions, and new responsibilities. It is also a time to deepen your relationship with God and seek His direction for your life.

At VABC, we encourage our young adults to grow in faith, develop their gifts, build meaningful relationships, and find ways to serve both the church and the community. Your questions, ideas, experiences, and perspectives are valuable. There is a place for you here.

Whatever season of life you are experiencing, remember that you do not have to navigate it alone. Stay connected to God, surround yourself with people who encourage your faith, and remain open to where He is leading you.

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

Your faith today can help shape the life and purpose God has prepared for you tomorrow. It is our prayer that you and future generations will be a part of a church that is still proclaiming the Gospel, serving the community, and sharing the love of Christ.

Let Us Pray. Heavenly Father, guide our young adults as they make decisions, pursue their goals, and discover their purpose. Give them wisdom when they are uncertain, courage when they face challenges, and faith to trust You along the way. Help them use their gifts to serve others and grow closer to You. In Jesus' name we pray, Amen.

Young Adults, we want to hear from you... 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@vabc.org or see any member of the Communications Ministry.

SENIOR'S CORNER

Shingles Raises Heart and Stroke Risk: Protect Yourself with Vaccination

Shingles isn't just a painful rash and nerve pain. It's also linked with a higher risk of serious cardiovascular events, including heart attack and stroke, especially in the weeks to months after infection. However, shingles is largely preventable with vaccination.

Signs and Symptoms of Shingles: tingling, itching or burning on one side of the body or face; a stripe like rash that turns into fluid filled blisters; headache; fever; or chills.

The risk of serious complications from shingles increases:

- As you get older
- If you take drugs that keep your immune system from working properly, like steroids and drugs given after an organ transplant
- If you have medical conditions that keep your immune system from working properly such as certain cancers like leukemia and lymphoma, or HIV infection

Act fast: Contact your health care professional right away. Treatment works best within 72 hours of the rash appearing. If the rash is near your eye or you have eye pain or changes in vision, seek urgent care.

Avoid: (1) Pregnant women who never had chickenpox or the chickenpox vaccine (2) Premature or low-birthweight infants (3) People with weakened immune systems

The rash typically scabs over and clears within 2-4 weeks, but the pain in the rash area can last about a month. The duration of pain seems to increase with age.

“A prudent man foreseeth the evil, and hideth himself: but the simple pass on, and are punished.” — Proverbs 22:3 KJV

LEARN MORE AT www.Heart.org/shingles



VABC 160TH ANNIVERSARY SERVICE

Old favorites such as “Great Is Thy Faithfulness” and “Faithful Over A Few Things” set the tone for a celebration that honored God and the rich legacy of VABC. We were blessed by an original composition “Dwelling Place”, composed by our own Minister of Music, Trustee Solomon Sparrow. In addition to the Mass Choir, Harmony Ensemble came out to render a few of their signature selections.

The message delivered by Rev. Dr. Quintin Robertson, Regional Executive Minister of the Philadelphia Baptist Association, was both timely and encouraging. Drawing from **Joshua 17:18 (KJV)**, Dr Q, as we call him, reminded us that while the low country may be free and easy, the hill country requires work. As a people of faith, we are called to move beyond what is comfortable and confront the “giants” that stand before us including fear, doubt, disunity, and discouragement. With faith in God, we can conquer our fears; with the Word of God, we can overcome disunity; and when we place our hope in God, we can overcome discouragement and experience joy together in the promised land.

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VERMONT AVENUE BAPTIST CHURCH NEWSLETTER

Along with distinguished dignitaries, special guests, members, family, and friends who joined us to commemorate this historic milestone, descendants of Rev. Murray, Rev. Dr. Wheeler, and many other beloved deceased members joined in the worship service, providing a powerful reminder that VABC is truly an intergenerational church where faith, service, and love for God have been passed from one generation to the next. Following worship, everyone enjoyed a fabulous dinner and a wonderful time of fellowship. As we continue on, may we remember the message of the hill country: there is still work to do, but with God, we can move forward.



TOP [*Front* - Rev. Dr. Angela Fox Wheeler, Minister Jeanette Clyburn, the Honorable Phil Mendelson, Former Councilman Eydie Whittington, Rev. Dr. Quintin Robertson, Brother Craig Wheeler, Brother Arnold Murray, Rev. Dr. Michael C. Miller. *Back* – Rev. Dr. Isaac A. Fox, Rev. Wayne B. Quick]

MIDDLE [*Left* - Ward 2 Councilmember Brooke Pinto & Trustee Selena Anderson; *Right* - Minister of Music, Trustee Solomon Sparrow]

BOTTOM [*Left* – Deacon In Training, Christopher A. Wheeler; *Right* - Sister Vanessa Peterson leading “Jesus Cares”]

Check the board on the 1st Floor for more photos

COMMUNICATIONS MINISTRY

TEAM LEAD: Sister Lanita Sparrow

SOCIAL MEDIA: Sister Cynthia A. Wheeler

NEWSLETTER: Rev. Dr. Angela Fox Wheeler

BULLETIN BOARDS: Sister Debra Campbell

PHOTOGRAPHER: Trustee Solomon Sparrow

PROJECT MANAGER: Trustee Renata Miller

WEBSITE: Sister Lanita Sparrow/Stephanie Scott

LIASION: Trustee Alfred Martin

Corrections & Updates: We strive to provide accurate and current information. If you notice an error or have updated information to share, please contact CMSocialMedia@vabc.org

OCTOBER ANSWERS

1. BREATH (Psalm 150:6)
2. NOAH (Genesis 6:14)
3. ENOCH (Genesis 4:17)
4. ELIJAH (1 Kings 18:19-40)
5. MATTHEW (Matthew 9:9)
6. NEHEMIAH (Nehemiah 2:5-8, 11-18)
7. FIFTH
8. SHEPHERD (Psalm 23:1)
9. FISHING (Matthew 4:18)
10. PRAYER
11. BURROUGHS
12. UZZA (Samuel 6:6-7, 1 Chronicles 13:9-10)

Disclaimer: Information and advice provided in this newsletter is for general informational and educational purposes only and should not be considered medical, legal, financial, or other professional advice. Please consult an appropriate qualified professional regarding your individual circumstances.