

the

MAY 2026

tapestry



A WORSHIPING COMMUNITY OF GRACE

Faith Church, a Reformed Presbyterian congregation, is a member of the Presbyterian Church in America (PCA), a denomination faithful to the Scriptures, true to the Reformed Faith, and obedient to the Great Commission.

PASTOR'S PONDERINGS

BY JOHN ARMSTRONG JR.

May 2026

May I welcome you to May? It is a busy month of end of school activities and graduations as people prepare for summer. I hope your May is a marvelous month with the church retreat at the end. As we continue in our series of Pastor's Ponderings on the elements in our worship service that I wrote years ago, I want you to be thinking about your preparation to worship. It isn't just coming to worship ready, there is preparation still before us as we enter into worship. We come to worship for the express purpose of offering up our worship to the living and true God. With that in mind let's jump into the second section of our worship service dealing with consecration. Just ignore the fact that this was written for December of 2009.

December 2009

As we prepare for Christmas and think about the birth of our Savior, I think it very appropriate in this Pastor's Ponderings to talk about the first element of the "Consecration Section" of our worship service. This is one of those places where we sometimes have a visiting missionary speak for a few minutes or where we commission people going out from our midst on short-term mission trips, etc.. So why do we do that kind of thing here? Well, our worship services are broken up into three sections; praise, consecration, and communion.

So, what is this "consecration" section? First, we need to define what consecration means. To be consecrated is to be set apart for holy use. So, when we get to consecration there is a purpose in mind for you. This section of the worship service is where we respond to the praise section with "surrendering our lives to Christ." We do that in a number of ways that will be addressed in following months, but we typically begin with a hymn. This is a hymn of preparation. It is chosen to highlight who we are in Christ. We want to prepare ourselves to worship God by responding to Him with personal commitment. This is a hymn that calls us to do something.

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People are always looking for things to do, so here we have a chance to further prepare ourselves for what comes next, namely the collection of tithes and offerings, Prayer and Preaching. Each of these things require proper reflection and preparation before we can enter into them with a proper heart attitude. So, if you are still reading at this point, Congratulations, you just earned the good reader award! Next time you see me say, I got the good reader award. This will be an interesting way to see how many people are actually reading this stuff. Now, that said, I think this is important so I hope you will find it important as well. The second hymn is about getting ready. Well, you might point out that we have already spent a significant amount of time getting ready. The prelude, preparing our hearts by reflecting on a psalm, call to worship, etc... That is all about preparing, so what are we doing still preparing as we move into the middle of the worship service? Well, I'm so glad you asked because it is really significant. In many ways the corporate worship service we enjoy each week is a preparation. It is a preparation for God's people to be able to face the week ahead in the world. It is also a preparation for the worship we will enjoy together for eternity in the new heaven and the new earth. So, this is no small thing and coming to it in the right frame of mind and heart is vital.

If you have ever participated in athletic endeavors, you know the value of warming up first. Your muscles need to be stretched and warmed before they will be capable of their full potential. At this point in the worship service all the warming up period is done and we are ready for full exertion. I like to come to places like this because it allows me to praise God for this congregation and the enthusiasm with which it sings. You may not know this, but the number one compliment I receive about our congregation has to do with how well we sing. Good congregational singing reflects hearts that love the Lord and are engaged in worshipping Him. That is a good thing. That means that we are "getting it" when comes to preparation and participation in worship. That is a strength we need to be diligent to maintain.

As I close out this installment of the Pastor's Ponderings, I would challenge you to think on these things as we move together through the worship service and ask God to help you to worship Him fully. He is worthy of our full attention and affection all the time. Let us make sure we give Him all praise, glory and honor whenever we worship.

May 2026

Part of getting old is realizing more and more that you can do less and less. That is a fact of life, it is not a pleasant fact, it is just a fact. The question is what are you going to do with it?

Who is going to do what I can't do anymore in order to make things run smoothly? Who is going to step up to take my place or what things are just going to fall by the wayside and not get done? These are important questions that need to be asked individually and corporately. These questions will affect our lives as individuals and as family members and as church family members.

Now that we have an intern, it is part of my job as the Sr. Pastor to mentor him. That means seeking to disciple Him and to share my wisdom and insight from years of experience. That means sharing my successes as well as my failures. One of the things we have been discussing of late is our need within the church for greater discipleship. It is a perennial need within the church, every Christian needs to be disciplined. The problem is there are always more people who need to be disciplined than there are those who are competent to disciple them. However, that is usually not a problem demanding a solution right now. Why is that? Because, of the people that need to be disciplined, only a few truly desire to be disciplined. There are always those who say they want to be disciplined and when you get them started you find they want to be seen as "being disciplined" more than they actually want to be disciplined. They'll go through the motions, but there is no fruit, their heart really isn't in it.

So, why am I telling you all of this? I'm telling you this because I'm a man who wants to see the whole church growing in discipleship and I'm a man, who as I grow in grace, am realizing more and more my own limitations. Many of you have seen the old D.L. Moody quote I have in my office. It goes like this: "It is better to train ten people than to do the work of ten people, but it is harder." Some of you can relate to this. I've said this many times and since it is biblical, it is not going to change, my job is to ...equip the saints to do the work of ministry... (Eph. 4:12). Now here is a question for you to ask yourself: "How am I being disciplined?" Let me mention one thing here as you ponder the question. The answer is never, "I'm not being disciplined." You are being disciplined in some way, by something. Maybe you're being disciplined by Amazon or Apple TV, maybe your being disciplined by Minecraft or Fortnite, but you are being disciplined. The world, the flesh, and the devil are quick to want to disciple you, and they will sometimes without you even being aware of it.

Discipleship that will bear fruit for eternity, must be intentional. You will have to make a decision to do it, the Lord will be right there with you all along the way, it will not be easy, but it will be rewarding. You don't have to start big, start small, talk to your pastor and devise a plan. Whatever you do, don't just coast through life knowing that you should pursue discipleship, but never really getting around to it.



PERSECUTED

BROTHERS AND SISTERS IN

Rwanda

Overview:

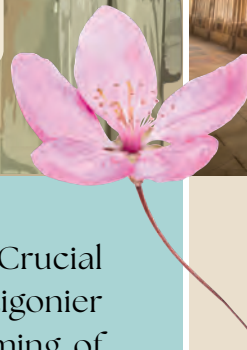
Though the population of Rwanda is 89 percent Christian, the Rwandan government has become increasingly restrictive of Christian activity in recent years. Front-line workers reported that 5,000 churches were shut down in 2024 alone for failure to comply with government standards. Christians in Rwanda are concerned that growing government control of churches will negatively affect their ability to teach the Scriptures from a sound biblical worldview. Front-line workers are also concerned that developments in Rwanda may spread to surrounding East African nations.

Prayer Requests:

- Pray that the government officials who monitor churches and ministries will hear the gospel and come to faith in Christ.
- Pray that the thousands of churches closed by the government will find ways to continue in worship and fellowship.
- Pray that pastors will have the boldness and courage to continue sharing the gospel despite government pressure.
- Pray that God will replace any fear in Christians with "a spirit ... of power and love and self-control" (2 Timothy 1:7).
- Pray that Rwandan Christians will stand firmly on the truth of Scripture as they face government monitoring.

Painting the Fenceposts

by Terri Brierly



What do Spring Break, Passover, Bucees, and “Crucial Questions” have in common? Answer—The 2026 Ligonier National Conference held in Florida, April 9-11. The timing of those added events made for an extra-long road trip. This year’s conference covered—“What is Truth?”, “What is My Purpose?”, “How Should I Endure Suffering?”, “How Can I Know God’s Will?”, “How Can I Overcome Anxiety?”, “Does Prayer Change Things?”, “Can I Be Sure I Am Saved?”, “Who Is God?”, “What is My Identity”, “Why Do Bad Things Happen to Good People?”, and “How Do I Grow In Holiness?” You may ask, why attend to be trained in such basic doctrine? Joel Kim re-quoting G.K. Chesterton states, “We are here to repaint the post. If you leave it alone, a white post becomes black.” We do not hold these truths once, but reaffirm them over and over again. We need a solid foundation of foundational principles. As Pastor John says, we must “Preach the Gospel to ourselves daily”. I am 66 years old and have been a Christian since a young child. I have been actively restoring and repainting my fencepost these many years. Yet it is not MY work but the work of the Holy Spirit. These basic tenets were addressed by powerhouse speakers with familiar Scriptures who brought new light to old truths. We had the added pleasure of hearing the testimony of Astronaut Barry Wilmore and his experience of being “Stuck in Space” for 464 days. Next year’s national conference will be April 1-3 and is on “The Attributes of God”. Bruce and I are already registering. Hope to see you there!

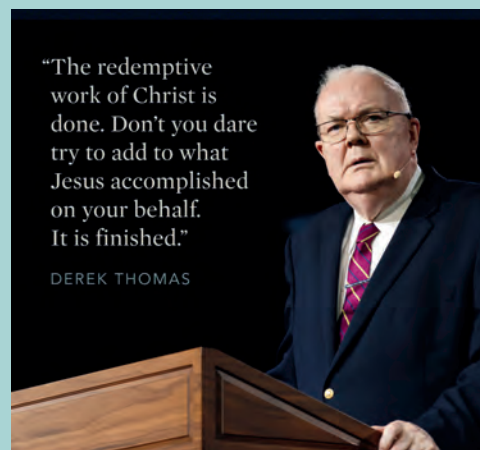
Antiochene Fathers

Early Church FATHERS

THEODORE OF MOPSUESTIA (C.350-428)

Theodore was a leader in church in Antioch and became bishop of Mopseustia, east of Tarsus (392- 428). He was a great commentator of the scriptures, using a more historical approach, typical of the Antiochene school, in contrast to Origen's more allegorical approach. He opposed Arianism and attended the Council of Constantinople in 394. He was a friend and follower of John Chrysostom. He later taught Nestorius. Both doubted whether it was right to describe Mary as the 'God bearer'. Because of some of his Pelagian thinking, he was condemned as a heretic in 553, after his death.

Helen Bourveroux sang in the
↓ choir! ↓



www.julianspriggs.co.uk/Pages/ChurchFathers



INTERN'S INSIGHTS BY QUENTIN JOHNSTON

"The Rare Jewel of Christian Contentment"



Jeremiah Burroughs, in his book, "The Rare Jewel of Christian Contentment," describes Christian contentment as a "sweet, inward, quiet, gracious frame of spirit" that submits to God's wise and fatherly disposal in every condition. Paul, in his letter to the Philippians, says, "I have learned, in whatever situation I am, to be content." (Phil 4:11). How can Paul say this, suffering all sorts of mental and physical afflictions while in prison? This is the mystery—hard for a carnal heart to understand—because it runs contrary to the world. The next paragraphs briefly describe Burroughs' points on the mystery of Christian contentment.

Burroughs presents the paradox that a Christian is both most content and most unsatisfied. Though capable of God and unable to be filled by anything less, he is content with mere bread and water because God is his portion. "A soul that is capable of God can be filled with nothing else but God." The world seeks contentment by addition, but the Christian finds it by subtraction. Contentment comes when the heart is fashioned to one's circumstances—when desires are reduced so that heart and condition are even.

Yet paradoxically, Burroughs calls Christians to add something: a greater burden of sin. If the heart is more burdened with sin, it will be less burdened with affliction. Humble acknowledgment before God lifts the cloud and brings light.

Contentment also comes not by removing affliction but by "metamorphosing" it. Poverty becomes riches, and affliction becomes consolation. God, by His power, brings good out of evil—turning the water of affliction into the wine of heavenly comfort.

Further, contentment is found not in supplying wants but in performing the work of one's circumstances. To support this point, Burroughs quotes Paul in his sermon at Antioch in Pisidia, in which Paul then describes David as having "served his generation according to the will of God, then he slept." (Acts 13:36). Like David, one must serve God's counsel in his generation, carefully observing what God requires in each condition.

Burroughs goes further: a gracious heart melts its will into God's will. True contentment is not mere submission but alignment—so that God's glory, satisfaction, and will become one's own.

This drives the believer to Christ. Christ sanctifies afflictions by sharing in poverty, pain, scorn, and death. In Him, even death becomes deliverance, a mystery to the natural man.

Christ also provides strength. Though it seems absurd to obtain strength from another, believers, united to Christ, are strengthened by His power to endure all afflictions.

A godly heart enjoys God in everything and makes up all wants in Him. Earthly things are but pipes conveying His goodness; when they fail, the believer goes to the fountain. God may cut off lesser streams so the heart flows wholly to Him.

Thus, Burroughs explains Paul's contentment: in every circumstance, the believer endures through Christ. Though trials abound, in Christ there is a treasure so great that one may be said to have "heaven while on earth." God's power shines brightest as He turns afflictions into mercies, drawing His people to find their all in Him.

Featured RECIPES

OF FAITH CHURCH



The Faith Cookbook

By: The Women of Faith Church

Compiled by: Mary Hudzinski

Have you ever gone to a fellowship meal or a church cookout and thought, wow, I want that recipe!? Mary Hudzinski compiled our church favorites into the Faith Church Cookbook! Shes been cooking for 49 years! The cookbook contains a number of recipes for large crowds, so anyone hoping to help with DCF and unfamiliar with feeding 40 people will find lots of help. You can find the cookbook at the welcome table with a suggested donation of \$25! One of our church favorites is Mary's Calico Beans! Here is her recipe!

Calico Beans

Stove top

Prep time is minimal

Serves 10

1lb ground beef	1 15oz can of kidney beans
½ lb bacon	½ cup of ketchup
1 onion, diced	½ cup brown sugar
1 15oz can of pork & beans	2 T vinegar
1 15oz can of butter beans	

Cut bacon in small pieces and brown in a large pot, add diced onion and saute for a few minutes.

Add ground beef and brown well.

Add all of the remaining ingredients and bring to a boil.

At this point, move to a crockpit or lower heat, cover, and cook about 1 hour minimum.



This month
we recognize
George
Johnson!



Hello, Faith family my name is George Johnson and I am married to my lovely wife, Chris. We met while serving in the US Army at Fort Detrick. We have been members of Faith since 1986. We have two children, a son who lives in Walkersville, MD and a daughter who passed away in 2015. My son has blessed us with two Grandchildren, Rhys and James. I currently serve as the Church Treasurer. The treasurer of the church involves much more than writing checks and paying bills. I also interface with both state and local government and at times with various contractors.

When I first became Treasurer, the church was not in the same financial shape it is in today. We struggled to pay the bills and at the time the church had trouble meeting our obligations like our mortgage and pastor's salary. Times have indeed changed and the Lord has provided to meet our daily needs.

Besides being the treasurer for the past 30 plus years, I also served on the diaconate and taught Sunday School.

My wife also serves the church as a member of the choir and in the past as a Sunday School teacher and as VBS director and volunteer.

I am currently retired after 29 years in the biotechnology industry and after several years working in the hospital setting as a Medical Laboratory Scientist.



BIBLE GAME



Mad Libs

"David and Goliath"

Once upon a time, in the land of _____ (place), there was a _____ (adjective) giant named Goliath. He was as tall as a _____ (animal) and had _____ (color) armor. Every day, Goliath would shout at the Israelites, saying, "Who will _____ (verb) me in battle?" The Israelites were very _____ (emotion) because they knew Goliath was a fierce _____ (noun). But one day, a young _____ (name) named David arrived at the camp. He was just a _____ (age) year-old _____ (animal), but he had faith that God would help him. David said, "I will _____ (verb) the giant!" The king laughed and said, "You are just a _____ (adjective) shepherd. How will you fight Goliath?" But David replied, "I have fought _____ (plural noun) and _____ (plural noun) in the fields, and God helped me defeat them." The king finally agreed, and David picked up a _____ (noun) and a _____ (noun). With one smooth _____ (verb), he slung the stone at Goliath's forehead. Goliath fell down with a loud _____ (sound), and the Israelites _____ (verb) in victory! David became a hero, and the people shouted, "_____ (name), the mighty warrior who defeated the _____ (adjective) giant!" And from that day on, David was known as the _____ (adjective) shepherd who trusted in God.

Hey
Kids!

Taking notes for the Sermon is a great way to learn, understand and look back on Pastor John's teaching! Bring me (Rebecca Frost) your sermon notes for a small prize!



Faith Family Page

HAPPY BIRTHDAY

May

- 4 Helen Cowen
- 7 Melissa Soe
- 9 Marco Ochoa
- 11 Kaitlyn Johnston
- 11 Lydia Hutchinson
- 12 Jeremiah Hale
- 12 Gavin Taylor
- 12 Thomas Yost
- 14 Richard Phillips
- 15 Kojo Nyarko
- 16 Laurel Hale
- 17 Everett Wilson
- 18 Aiden Snyder
- 20 Maria Rochford
- 21 Helen Shaver
- 21 Benjamin Newman
- 24 Elizabeth Johnston
- 26 Tom Maestri
- 29 Helen Boveroux
- 29 Rachel Hale
- 29 Amalia Ochoa
- 30 Tom Cole
- 30 Greg Stalnaker

APRAYER FOR MOTHERS

We come before You with grateful hearts, thanking You for the gift of mothers—women who reflect Your love through their care, strength, and sacrifice. Your Word tells us that children are a blessing, and today we honor those who nurture, guide, and pour out their lives for others.

Lord, bless every mother with Your peace and renewed strength. In moments of weariness, be their rest. In times of uncertainty, be their wisdom. Fill their hearts with joy as they see the fruit of their love and faithfulness.

For mothers who are struggling, grieving, or feeling unseen, draw near to them, O God. Remind them that You see every tear, every prayer, and every act of love. Surround them with Your comfort and hope.

Help us all to honor and cherish the mothers in our lives, not just today but always. May their lives be rooted in Your truth, and may their example point others to Your goodness.

We thank You, Lord, for the beauty of motherhood and the ways it reflects Your heart. Amen.

Happenings

WEEKLY

Sundays:

- 9:15am Sunday School
- 10:15am Fellowship
- 10:45am Worship
- 5:30pm Evening Worship / Meal (1st Sundays only)

Every Other Tuesday:

- 12:00pm Men's Bible Study

Wednesdays:

- 12:00pm Men's Lunch Bunch
- 7:00pm Prayer meeting

Thursdays:

- 7:00pm ESL Ministry

Fridays:

- 10:30am Fiber Fellowship (breaking for summer May 22)

Saturdays:

- 10:30am Downtown Christian Fellowship

MONTHLY

Third Saturdays, (16th)

- 8:30am Men's Breakfast
- 8:45am Women's Bible Study **

Third Sundays, (17th)

- 12:30pm Fellowship Meal

Coming Events

Faith CHURCH

8158 Yellow Springs Road.
PO Box 8158 Frederick, MD
21702

Sunday School for All Ages 9:15am
Worship Service 10:45am
Evening Worship, 1st Sundays 5:30pm

faithchurch@faithreformed.org
<http://www.faithreformed.org>
301-662-0662

