



Worship with
Us

Give to
Westwood

Service Times
Every Sunday at 11:00 AM

Grow in Discipleship | Connect in Community | Serve in Love

Friday, May 3, 2024

Let's Sing!

On Sunday, May 26th, Westwood is going to have a special worship service. We are calling it our "Hymn Sing Sunday" and we need your help preparing for it.

Singing together is important! In fact, many studies have now shown that singing together in a group can provide benefits, both psychological and physical (and I would argue spiritual!). Here are some of the key benefits that have been discovered:

- Improved mental health and well-being: Group singing has been associated with reduced levels of stress, anxiety, and depression.
- Enhanced social bonds and community: Group singing fosters social bonding and a sense of community and reduces feelings of loneliness or isolation.
- Increased endorphin release: Singing, especially in a group setting, can stimulate the release of endorphins, which are natural pain relievers and mood elevators.
- Cognitive benefits: Group singing can enhance cognitive abilities, such as memory, attention, and concentration. Learning and memorizing lyrics and melodies can provide cognitive stimulation and exercise for the brain.
- Intergenerational and cross-cultural connections: Group singing can bring together people of different ages, backgrounds, and cultures, fostering understanding, communication, and social cohesion.

Congregational singing is a core part of worship at Westwood for all these reasons as well as the spiritual benefit of sharing and learning about our faith. We want you to sing out when you are in worship!

On Sunday, May 26th, we will have an entire worship service focused on congregational singing. But we have a question: what do you want to sing? Is there a favorite hymn or praise song you have that we have not sung in a while? Is there a hymn that speaks to you? Is there a song you just particularly like to belt out? Then let us know!

By clicking on the link below you can share your favorite hymns. List as many as you want! We will then pick out some of the top vote-getters. Unfortunately, we won't be able to sing them all – but we will sing a lot!

Even if you don't have a hymn to suggest, make plans to join us on May 26th. You will notice the benefits!

~Bryan

PS – I am in Oklahoma this weekend visiting my parents. Pastors Stephen and Emily will be your guides on Sunday as we celebrate communion and talk about the “Love Chapter” in I Corinthians. I will be back in the office on Monday morning.

[Click Here To Suggest Hymns!](#)

THANK YOU TO ALL WHO SUPPORTED YOUTH MISSIONS!!

The Dessert Auction last Sunday was a huge success! Because of your plentiful donations and generosity we were able to raise over \$1200 for youth missions! It was a delicious way to support our youth group. If you didn't get a chance to donate and would like to give, designate any amount you choose to the Youth Activities Fund on Realm. Our youth are so very thankful for your support and can't wait to serve in Erie PA this July!

Westwood Ramblers

Time is drawing to a close to sign up for the June 2nd trip to the Little Theater of Alexandria to see "Is He Dead?" Sign up in the Narthex by May 12th. Tickets are non-refundable.

The Table On Wednesday

Join us on Wednesdays from 6-7 p.m. for dinner and fellowship at The Table. This Wednesday, May 8, features a fried fish and macaroni & cheese catered meal from What the Chef.

Please sign up by Monday at noon. Signup is available online (click the button below) or by calling the church office at 703-451-5120.

All those in 5th grade and older are \$7 each; 4th grade and under are free; and the family maximum is \$25. Payment is due at the door.

As a reminder: do not use door 5 when coming in for dinner; The Neighborhood is still in session and we need to keep that door clear for parents picking up.

[Sign Up for The Table](#)

THE TABLE



food. friends. faith.

WESTWOOD KIDS AND THE
NEIGHBORHOOD PRESENT:

FAMILY MOVIE NIGHT



May 10, 2024 • 6:30 pm

Whitten Hall

Pizza and Popcorn Provided

Viewing: The Incredibles

QUESTIONS? SEE PASTOR EMILY

Hymn Sing

May 26th 11:00 am Worship

“Sing a new song to the Lord!

Let the whole earth sing to the Lord!” Psalm 96



**SHARE YOUR HYMN AND
PRAISE SONG SUGGESTIONS
BY CLICKING THE BUTTON
BELOW!**

[Click Here To Make Hymn Sing
Suggestions](#)

Breaking a Sad Record

ECHO's Food Co-Chairs report that in February, ECHO responded to food requests from 154 households within our service area. We were able to serve those families but it took more than 25,000 pounds of food, a greater total amount than we distributed per month during the first terrible months of the Covid lockdown. Food needs persist.

Letter Carriers to Help ECHO "Stamp Out Hunger" - Saturday, May 11, 2024

ECHO is grateful to the Letter Carriers of the Burke, West Springfield, and Central Springfield Post Offices who are willing to join us in our mission to make sure that our neighbors do not go hungry! On Saturday, May 11, carriers from these Post Offices will pick up donations of non-perishable foods that residents leave next to their mailboxes early that morning. These foods will be brought to ECHO to be sorted and shelved by teams of volunteers. The "Stamp Out Hunger" Drive is vital to ECHO. Few organizations hold food drives during the summer. Food from this collection helps ECHO get through the lean months ahead. See a complete list of most-needed items on our home page at echo-inc.org. This list includes canned meats and fish, dried beans, canned beans, canned fruit, boxed potato products, pancake mix and syrup and much more.

2024 Calendar for Sanctuary Flowers

A calendar has been posted at the Welcome Center for those who wish to sign up to provide flowers in the sanctuary on Sunday mornings in 2024. Please write your name and the dedication you wish to appear in the worship guide on a given date. Payment of \$40 is due the date of the flower dedication. Only one signup is allowed per Sunday.

~ Lera League

“Love Is The Greatest”

I Corinthians 13:1-13



WESTWOOD BAPTIST CHURCH

MAY 5, 2024 ~ 11:00 AM
IN-PERSON OR ONLINE

[Click Here for Online
Worship](#)

[Click Here for This Week's Worship
Guide](#)

Continuing Ways to Connect

Sunday School and Life Groups

There is a Sunday School class or Adult Life Group for everyone at Westwood! Groups meet each Sunday morning at 9:45 a.m., and most have an online option as well. For more information or to talk about which group is best for you, please contact Pastor Stephen.

Youth Dining & Devotions (D&D)

Join us for Dining & Devotions (D&D), Sundays immediately following the worship service. This Sunday, lunch will be provided by Rebecca Glander and Carrie & Brandi will be leading a devotional and furniture swapping - bring your muscles to do some heavy lifting!

Monday Bible Study

This Tuesday, May 7, (*NOTE DATE CHANGE*) we'll be looking at Session 4 of our study, [Wrestling](#)

[Click Here to Join the Study on Zoom](#)

Giving To Westwood

As a reminder, you can give to Westwood in several ways:

- Place your contribution in the offering baskets that are passed down the pew during the Offering Hymn in the worship service.
- Place your contribution in one of three wooden lock boxes (one in the narthex and two in the sanctuary).
- Give through Realm Online Giving: Click on "Give to Westwood" button (at top of this page) to give.
- Text to give: Text WBCGIFT to 73256 and follow the prompts (example: "WBCGIFT \$100").
- Set up a recurring payment to the church through your bank's online bill pay.
- Send by mail to: Westwood Baptist Church, 8200 Old Keene Mill Rd, Springfield, VA 22152.



Westwood Baptist Church

8200 Old Keene Mill Rd
Springfield, VA 22152

[Contact](#)

Westwood Baptist Church | 8200 Old Keene Mill Rd, Springfield, VA 22152 703-451-5120

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