



*Loving, Serving, and Transforming Lives!*

**April 5, 2026**

8:00 AM: FELLOWSHIP HALL

10:00 AM: SANCTUARY

In-Person & Online Services



## **"TWO GOSPELS"**



## **MISSION STATEMENT**

Love God and one another, serve our community, and transform lives.

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## **VISION**

A radically inclusive community, empowered to spread God's love throughout the world.

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## **BELIEFS**

**We Believe That:**

All are created in the image of God, God loves everyone, and through Christ, He saves, revives, and renews the world, that God, through the Holy Spirit, changes lives, that the church is the body of Christ with a mission, that the Bible is the word of God, that God has gifted everyone and the church for the purposes of God, and that discipleship is a continuing journey.

†† – Those who are Able May stand  
**AAHH** – African American Heritage Hymnal – Yellow Hymnal  
**UMH** – United Methodist Hymnal – Red Hymnal

**Welcome & Announcements**

Rev. Dr. Ronald Bell, Jr.

**++ Introit**

*"Behold the Lamb"*

Dottie Rambo

**++ Gathering Hymn**

*"Christ the Lord Is Risen Today"*

vs (1-4) 302 UMH

**Morning Prayer**

Min. Christian S. Watkins

**Prayer Response**

*"He Is Lord"*

285 AAHH

**Children's Moment**

Ruth Scarbrough

**Ministry of Music:  
The Anthem**

*"INFLAMMATUS" (When Thou Comest)*

G. Rossini  
 Brittani McNeill Soloist (**Soprano**)

**Scripture Reading**

*Jeremiah 31:1-6  
 Matthew 28:11-15*

Tawana Jackson  
 Tawana Jackson

**Sermonic Selection**

*"Only Love"*

Patrick Bradley  
 Dr. Andrew Smith (**Soloist**)

**Sermon**

*"Two Gospels "*

Rev. Dr. Ronald Bell, Jr.

**++ Invitation to  
Christian Discipleship**

*"Take Me to the Alley"*

Gregory Porter  
 Dawn Robinson (**Soloist**)

**Holy Communion**

Rev. Dr. Ronald Bell, Jr.

**Communion Hymns**

*"Jesus, Keep Me Near the Cross"  
 "I Know It Was the Blood"*

252 AAHH  
 267 AAHH

**Invitation to Give**

Minister Christian S. Watkins

**Offertory Selection**

*"He Decided to Die"*

Margaret Douroux  
 Dawn Robinson (**Soloist**)

**++ Sending Hymn**

*"He Arose"*

280 AAHH

**++ Benediction**

Rev. Dr. Ronald Bell, Jr.

**Choral Postlude**

*"I'm Gonna Rise"*

Glenn Burleigh  
 Charles Miller (**Soloist**)

†† – *Those who are Able May stand*  
**AAHH** – *African American Heritage Hymnal – Yellow Hymnal*  
**UMH** – *United Methodist Hymnal – Red Hymnal*

## **WORSHIP PARTICIPANTS**

### **Minister of Music**

Everett Williams, Jr.

### **Music**

Everett Williams, Jr.,  
Kevin Bradley, (Percussionist),  
John Buchanan, (Timpanist)

### **Liturgists**

Minister Christian S. Watkins  
Tawana Jackson

### **Trustee On Duty**

Canardo M. Richardson

## **An Easter Thanksgiving & Communion**

### **THE GREAT THANKSGIVING**

**PASTOR:** Alleluia. The risen Christ is with us.

**ALL: Hallelujah! Hallelujah!**

Death is conquered! Sin's power is broken.

**ALL: Praise to you, Conquering God!**

We have seen your glory.

**ALL: And we are yours!**

We are yours, all yours, blessed Triune God, all our lives, all our thanks, all our praise, we give it all to you, with all our bodies, and minds, and voices.

**ALL: Yours, all yours!**

Yours the blessing, yours the praise, from the unimaginable silence before creation, beyond the farthest reaches of time and space our instruments may ever find, from infinity to infinity, everlasting to everlasting, you are God, boundless in love and power.

**ALL: We stand in awe, trembling in the light of your glory!**

What are we that you should notice us? What are we that you should love us?

What are we that you should call us into covenant with you, a covenant we continually broke, and you continuously sustained.

**ALL: Mercy! How full of mercy!**

## **An Easter Thanksgiving & Communion cont.**

How can we but praise you, joining our voices with the song of angels and saints, seraphim and martyrs, strangers and family in every generation:

**(SUNG RESPONSE):**

**Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

**PASTOR:** You are holy, O God!

**ALL: Holy!**

You are worthy, O Christ!

**ALL: Worthy!**

Worthy in your birth! Worthy in your living!

**ALL: Worthy in your loving! Worthy in your serving!**

Worthy when you preached good news that God's kingdom has drawn near and gathered disciples, then and now, to learn and show the world what life in God's reign means: healing for the sick, new life for the dead, cleansing for the lepers, freedom for the possessed, new birth, new hope, new creation breaking for all.

**ALL: Worthy! Worthy! Worthy above all!**

Worthy too, the night we betrayed you, when you took the bread, blessed it and broke it, and gave it to your disciples. Worthy when you told them, "This is my body broken for you. Remember me."

**ALL: We remember.**

Worthy when you took the cup, praised God, and shared it, and worthy when you said, "This is my blood of the new covenant for you. Remember me."

**ALL: We remember.**

And on this day of days, we proclaim above all, worthy were you when the angels rolled away the stone, and you came forth from the tomb, trampling down death by death, and to all in the graves restoring life.

**ALL: We remember, and we praise you with our lives.**

We remember, and we praise you with our lives and these gifts of bread and wine, proclaiming with one voice the mystery of faith:

**(SUNG RESPONSE):**

**Christ has died. Christ is risen. Christ will come again.**

Even so, come upon us, Holy Spirit.

**ALL: Come upon us, Holy Spirit.**

## **An Easter Thanksgiving & Communion cont.**

Come upon these gifts.

**ALL: Come upon these gifts.**

Make them be for us Christ's body, Christ's blood.

**ALL: Make us one body in Christ enlivened by his blood.**

One in heart, one in mind, one in you, Holy Spirit, as you move us to pray for the church and the world:

**PASTOR:** That we with Mary Magdalene may proclaim the gospel boldly:

**ALL: Hear us, O God.**

That we may offer your healing for all who are sick, or torn, or weary:

**ALL: Hear us, O God.**

That many dead and left for dead may be raised, and death's power vanquished:

**ALL: Hear us, God.**

That all who are unclean may receive your cleansing grace:

**ALL: Hear us, O God.**

That all who are possessed, oppressed, distressed, depressed and downcast may be set free at last.

**ALL: Hear us, O God.**

**PASTOR:** Even so, come and fill this feast, Holy Spirit, this day, and every day until that day when we eat it new at the marriage supper of the Lamb and our Easter rejoicing shall know no end. All blessing, honor, glory and power be yours, Holy Triune God, now and forever.

**(SUNG RESPONSE): Amen!**

### **THANKSGIVING AFTER COMMUNION**

Triune God, you have fed us with the body and blood of Christ, uniting us with you, filling us with the power that raised Jesus from the dead. Send us, rejoicing, to declare with Mary, in hearts, and hands, and voices, that day has dawned, and we have seen the Risen Lord.

**Amen.**



# Asbury's Week At A Glance

Sunday, April 5 2026

## Sunday, April 5, 2026

- 9:00 AM**                      **All-in-One Sunday School**  
Ages 4-12, 3rd Floor, Room 208
- 10:00 AM**                      **Worship Service**  
[In-person and online via Livestream]

## Monday, April 6, 2026

- 3:00 PM**                      **Asburyan Deadline**
- 7:00 PM**                      **Small Group Bible Study**  
**Adrienne Neal-Harris**  
Zoom [Link](#): Dial In: 312-626-6799  
Meeting ID: 841 7757 8283  
Passcode: 768211

## Tuesday, April 7, 2026

- 11:00 AM**                      **Weekly Office Staff Meeting**
- 9:00 AM**                      **Small Group Bible Study**  
**Dr. Shopshire**  
Zoom [Link](#): Dial In: 312-626-6799  
Meeting ID: 841 7757 8283  
Passcode: 768211

## Wednesday, April 8, 2026

- 12:00 PM**                      **Midweek Intercessory Prayer**  
Prayer Ministry
- 6:00 PM**                      **Small Group Bible Study**  
**Rev. Ronald Bell, II**  
Zoom [Link](#): Dial In: 312-626-6799  
Meeting ID: 841 7757 8283  
Passcode: 768211

## Thursday, April 9, 2026

- 1:00 PM**                      **Small Group Bible Study**  
**Brenda Reid-Sanders**  
Zoom [Link](#): Dial In: 312-626-6799  
Meeting ID: 841 7757 828  
Passcode: 768211
- 5:30 PM**                      **Small Group Bible Study**  
**Bryana Zavala**  
Zoom [Link](#): Dial In: 312-626-6799  
Meeting ID: 841 7757 8283  
Passcode: 768211

## Friday, April 10, 2026

## Saturday, April 11, 2026

- 1:00 PM**                      **Small Group Bible Study**  
**Tawana Jackson**  
Zoom [Link](#): Dial In: 312-626-6799  
Meeting ID: 841 7757 8283  
Passcode: 768211
- 1:00 PM**                      **Small Group Bible Study**  
**Clyde Nelson**  
Zoom [Link](#): Dial In: 312-626-6799  
Meeting ID: 841 7757 8283  
Passcode: 768211

### From The Senior Pastor's Desk | April 2026

#### Word for the Month: The Gift of Lent



Grace and peace to you!

Can we talk about 40 days and 40 nights?

While that language is directly connected to Jesus's wilderness experience in the Gospel of Matthew 4:1-2, it also becomes the model upon which the season of Lent is built. Lent operates like a wilderness. It is a sacred interruption, a time meant to help us shed the external, unnecessary, and trivial distractions that keep us distant from ourselves and, sometimes, distant from God.

It is a season set aside to quiet the noise of life so we can hear again the whisper of God. Not the thunder. Not the earthquake.

But the **whisper**.

The thing I love most about the framing of forty days and forty nights is something I learned from all my traveling. If you stay in a hotel and ask for forty days and forty nights, you are actually paying for forty-one days. They charge you for that last night. That final night completes the circle. You don't leave at midnight. You leave in the morning. You leave when the night has done its work.

And so, whatever you carry with you into this Lenten season, know that when the season is over, when it has ended, when **we learn to leave "it" there**, it will literally be a brand-new day.

That is the gift of



# Parking Instructions



## Monday - Friday

Asburyans and guests on church business should park in the parking garage and bring the printed parking ticket to be validated in the church office. Park on levels P2 or P3 and take the elevator to the "G" level to exit the building (to the left toward 11th Street). Drivers will scan the front of the ticket (invoice) and then the back (payment). Push the call button if you have any issues, and the LAZ Garage Staff will assist you.

## Saturday & Sunday

Parking is available on Saturday and Sunday until 4 pm (unless otherwise noted). Park on levels P2 or P3 and take the elevator to the "G" level to exit the building (to the left toward 11th Street). The church provides parking passes (half sheet paper passes) to use as you exit the garage. **You must give the parking attendant your printed ticket and the parking pass.**



Asbury United Methodist Church is a Lighthouse Congregation of the Baltimore Washington Conference of the United Methodist Church.

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## HOURS OF OPERATION

Monday to Thursday 8:00 AM — 3:00 PM

Friday 8:00 AM — 1:00 PM [Office Closed]

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[HTTPS://WWW.FACEBOOK.COM/ASBURYUMCDC/](https://www.facebook.com/asburyumcdc/)



[HTTPS://WWW.ASBURYUMCDC.ORG/](https://www.asburyumcdc.org/)



[HTTP://WWW.YOUTUBE.COM/@ASBURYUMCDCNEWCHANNEL](http://www.youtube.com/@asburyumcdcnewchannel)



ASBURY UNITED  
METHODIST CHURCH  
WASHINGTON, DC

## YOU ARE WELCOME TO WORSHIP WITH US!

We pray you are uplifted and encouraged.

[www.youtube.com/c/AsburyUMCDCNewChannel](http://www.youtube.com/c/AsburyUMCDCNewChannel)

[www.asburyumcdc.org](http://www.asburyumcdc.org)  
Click WATCH LIVESTREAM

[www.facebook.com/asburyumcdc/](http://www.facebook.com/asburyumcdc/)

Dial in: (301) 715-8592  
Meeting ID: 861-5564-3955#  
Code: 123456#

CONTACT US

[www.asburyumcdc.org](http://www.asburyumcdc.org)

noteworthy



# WAYS TO GIVE

<p><b>1</b> In Person</p> <p>USE AN ENVELOPE OR WRITE A CHECK</p>	<p><b>2</b> Mail</p> <p>SEND CHECK TO: ASBURY UMC DC 928 11 STREET, NW WASHINGTON DC, 20001</p>	<p><b>3</b> Online Banking</p> <p>VISIT OUR WEBSITE <a href="http://WWW.ASBURYUMCDC.ORG">WWW.ASBURYUMCDC.ORG</a> SELECT "GIVE"</p>	<p><b>4</b> Apps</p> <p>TEXT "GIVE" TO 202-952-9309</p>
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# NEHEMIAH

Shoulder to Shoulder  
for the Purposes of God

## THE NEHEMIAH FUND

Thank you for your contributions to The Nehemiah Fund of Asbury United Methodist Church. The Nehemiah Fund provides emergency financial assistance to members of Asbury United Methodist Church and their immediate families who temporarily need help in meeting housing, nutritional, medical, security, or other essentials of daily living. In rare cases, the Fund may be accessed for burial assistance for members of Asbury United Methodist Church. The Fund may also be used to support needs of members of the community at large. The Fund is maintained by general and undesignated offerings made during the Communion offering on the first Sunday of each month or other period when an offering is taken associated with a Communion service at Asbury United Methodist Church. Requests for assistance are held in confidence and administered by our Senior Pastor, Rev. Dr. Ronald Bell, Jr.

We are praying for you....



HOPE IN  
every  
PRAYER

Need Prayer?  
Send your specific prayer requests to:  
[prayer@asburyumcdc.org](mailto:prayer@asburyumcdc.org).  
Complete a Prayer Card  
& drop it in the prayer box located in the Narthex or  
outside the Chapel.



MID - WEEK

## INTERCESSORY PRAYER



EVERY WEDNESDAY | 12 NOON

CALL: +1 (717) 908 - 1986

ACCESS CODE: 933 - 092

[WWW.ASBURYUMCDC.ORG](http://WWW.ASBURYUMCDC.ORG)

### CONSTANT CONTACT EMAIL BLASTS



NEED HELP  
LETTING  
EVERYONE KNOW  
ABOUT YOUR  
UPCOMING  
ASBURY MINISTRY  
EVENTS?

WHAT YOU NEED TO KNOW:

- Email blasts go out on Wednesdays & Fridays.
- Exceptions are:
  - Mid-day Intercessory Prayers (Tuesdays)
  - Bulletin Reminders (Sundays)
  - Rev. Bell's Letter to the Congregation
  - Funeral Announcements (as it occurs)
- Submit camera ready flyers or announcements to [asburymail@asburyumcdc.org](mailto:asburymail@asburyumcdc.org)
- No "pdfs"
- Turnaround time: 48 hours required.
- Test Email will be forwarded to the sender to be proofed before it is sent out.

Many thanks for your kind cooperation.

ASBURY MAIN OFFICE | 202-628-0009 | [asburymail@asburyumcdc.org](mailto:asburymail@asburyumcdc.org)

### BULLETIN INFORMATION DEADLINE

PLEASE NOTE

ALL bulletin information for the upcoming  
week must be received on

**Mondays at 3:00 pm  
(NO EXCEPTIONS)**

If an item is received after this deadline,  
it will be featured in the next bulletin.

Many thanks for your kind cooperation.

ASBURY MAIN OFFICE | 202-628-0009 |  
[asburymail@asburyumcdc.org](mailto:asburymail@asburyumcdc.org)

## OPEN POSITION

We are currently looking for someone to  
fill the hospitality desk position on  
Saturdays and Sundays

**PLEASE CONTACT**

Martrice Green

Staff Parish Relations Committee Chair  
at [martrice69@verizon.net](mailto:martrice69@verizon.net),  
for more information



# School



## Adult Sunday School

All members and friends are cordially invited to join us on Sunday mornings for spiritually uplifting lessons and thought-provoking discussions. We meet in the Library at 9:00 am each Sunday morning. For more information text/call Patrice Blackman 301-922-9020.

JOIN US EVERY SUNDAY  
9:00AM  
3RD FLOOR

CLASSES FOR ALL AGES  
Nursery thru 2nd Grades  
3rd - 5th Grades  
Tweens/Teens



## Sunday School

# ANNOUNCEMENTS



CALLING ALL ASBURY YOUTH...  
*Asbury's Youth Ministry wants to hear about your 2026 Special Events*

LET'S SHOW UP AND SHOW OUT  
TEXT OR EMAIL YOUR YOUTH COORDINATORS



Sarita Copeland • (202) 302-9632 • saritamsingh13@gmail.com  
Chance Humbard • (301) 751-7178 • chance.a.humbard@gmail.com



**WOMEN'S DAY 2026**  
Sunday April 12, 2026 | 10:00 AM

*"Women of Asbury Empowered by Faith for 190 Years"*

Please support Asbury's  
**United Women in Faith**

Queen Candace	\$290
Mary Magdalene	\$190
Deborah	\$90
Bathsheba	\$50
Marion	\$25



Guest Preacher  
The Rev. Nontombi Naomi Tutu




**Asbury Youth & Young Adult Choir Rehearsal**

- Every 3<sup>rd</sup> Sunday Immediately after Service
- Choir sings 4<sup>th</sup> Sundays

**Psalm 100: 1-2**  
Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before His presence with singing.



## EASTER LILIES DEDICATION 2026

<b>GIVEN BY</b>	<b>IN LOVING MEMORY OF</b>
CAROL ARLEDGE-CLOMAX	ALBERT L. CLOMAX, Husband ATTY. FRED & FLORA COLSTON, Parents REV. & MRS. FRANKLIN PROCTOR, Uncle and Aunt REV. & MRS. GODREY L. TATE, JR., Uncle and Aunt
JOSEPHINE BAKER	BERNICE J. TILLET, Sister
DEANNA BEANE	HOWARD P. and BUENA VISTA BANKS, Parents
BRENDA M. and ROBERT R. BEASLEY	ROBERT CHARLES BEASLEY, Son
ROBERT R. BEASLEY	EVELYN I. and ROBERT I. BEASLEY, Parents
BRENDA M. BEASLEY	MINTA L. and CHARLES E. McALLISTER SR., Parents
PATRICE BLACKMAN	GARNET and LOIS HAMMOND, Parents DAVID HAMMOND, Brother
VALORA BISHOP	VALERIE R. REID, Mother
MICOLIA LYNETTE BRYANT SHIRLEY THOMAS	GERALD LOVETT BRYANT, Father Brother
PATRICIA A. CRUDUP SARAH M. WRIGHT	HATTIE B. BENSON, Mother/Sister THOMAS and AMANDA BARRENTINE, Uncle/Brother/ Aunt/Sister-in-law
THOMAS and DELORIS DEMPSEY	MICHAEL R. DEMPSEY, Son
MIRIAM DIXON	JOYCE A. NIXON, Sister
REUBEN and AUDREY DRAKE	KENNETH HALL, Friend GLORIA HUTCHINS, Friend ALETHEA LEAKE, Friend
CYRIL KOJO DURING	HANNAH AKOSUA DURING, Wife CYRIL KWEKU DURING, Son
MAE GALLOWAY	SARAH V. WHITE, Mother

**GIVEN BY****IN LOVING MEMORY OF**

WILHELMINA GOFF NORMAN JOHNSON	MR. & MRS. WILLIAM GOFF, Parents MR. & MRS. NORMAN JOHNSON, Parents
BUNNIE HARLESTON	MR. WALTER & MRS. CHARLOTTE SMITH, Parents BRIAN and CHRISTINE HARLESTON, Children
DR. LEONARD L. III and MARY HAYNES	MRS. IDA PHILLIPS, Sister (of Mary)/Sister -in-law MRS. LILLIE SENSLEY, Mother of Mary/Mother-in-law REV. LEONARD L. HAYNES, JR., Father/Father-in-law MR. WALTER HAYNES, Brother/Brother-in- law MRS. LEILA HAYNES, Mother/Mother-in- law
JUDY JACKSON	LAULA RIVERS, Aunt
MARY M. JACKSON	MARY ELIZABETH JOHNSON, Mother
CLIFTINE JONES	MR. CLIFTON and MRS. MARION W. JONES, Parents
LARRY and PAULA MATHIS	JOHN and VALJEAN MATHIS, Parents
PAULA H. MATHIS	ELMER and PAULINE HURNDON, Parents
BISHOP MARCUS and BARBARA MATTHEWS	GLORIA W. HUTCHINS, Sister/Sister-in-law
CHRISTINE McDANIEL	ROBERT McDANIEL, SR., Husband
NINA McEADDY	MR. & MRS. SHAKESPEARE McEADDY, Parents
GLORIA NERO and FAMILY	RICHARD S. NERO SR., Husband/Father/ Grandfather/Great-Grandfather
CANARDO RICHARDSON	BERNICE RICHARDSON, Mother
CARLTON RICHARDSON	BERNICE RICHARDSON, Mother
CHRISTIAN T. RICHARDSON	COURTNEY JACKSON-BOOZER, 1 <sup>st</sup> Cousin THOMAS N. AUSTIN, III, Godfather
JUDITH D. ROBERTS BRANDON, CARRIE, and NICOLE ROBERTS	JOHN B. and FRANKYE D. WARREN, Uncle and Aunt JASON E. ROBERTS, Son/Brother
MARY E. ROBERTS	TALMADGE ROBERTS, Husband
WALLACE SCOTT	ROSALINE COKER, Mother

## GIVEN BY

## IN LOVING MEMORY OF

MARY W. SIMMONS	DOROTHY P. GARRETT, Sister
SHIRLEY BRYANT THOMAS GERALD L. BRYANT	MR. WAYLAND C. and MRS. GERALDINE M. BRYANT, Parents MR. HERBERT ELWOOD THOMAS, Husband
CLIFTON JR. & SANDRA K. WARE	WILLIAM and CATHERINE GARDNER, Father/Mother, Father-in-law/Mother-in-law
JEAN WILLIAMS	HUXLEY WILLIAMS, Husband DAHLIA CLAIBOURNE, Daughter
SARAH M. WRIGHT PATRICIA A. CRUDUP	DONNA L. WRIGHT-MILLER, Daughter Cousin

<b>GIVEN BY</b>	<b>IN LOVING HONOR OF</b>
JACQUELYN L. BOOZER	MELVIN ADAMS, Friend
KIM COX	GERTRUDE S. HARRIS, Mother
MIRIAM A. DIXON	WILLIAM E. AYERS, JR., Brother
MARY M. JACKSON	BARBARA COLLINS, Neighbor
CANARDO RICHARDSON	BLANCHE RICHARDSON, Wife
JUDITH D. ROBERTS BRANDON, CARRIE, and NICOLE ROBERTS	REUBEN and AUDREY DRAKE, Friends MARY W. SIMMONS, Friend

### EASTER LILIES

## *REMINDER*

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Please see  
Pat Crudup or Judith Roberts to  
pick-up your Easter lilies after  
the 10:00 am service today.



## The Asbury United Methodist Church Health Ministry Newsletter April 2026

*By Drs. Clive and Ealena Callender*  
**Spring Clean Your Medicine Cabinet**



For many folks, the start of spring means it is time to tidy up, declutter and take inventory of our homes. This year, make sure not to overlook the medicine cabinet. As we get older, the number of health issues and prescriptions we acquire tends to increase. By age 60, most Americans are taking at least one prescription medication. About a third of adults in their 60s and 70s regularly use five or more prescription drugs to help manage multiple chronic conditions. As the number of medications increases, so does the danger of complications.

Polypharmacy, or using multiple prescription or over-the-counter drugs, may lead to overmedication, unpleasant side effects or dangerous drug interactions. In some instances, a drug used to treat one condition, may actually worsen another condition. A serious problem often associated with polypharmacy is oversedation, which can lead to drowsiness or confusion and raise the risk of falls or other accidents.

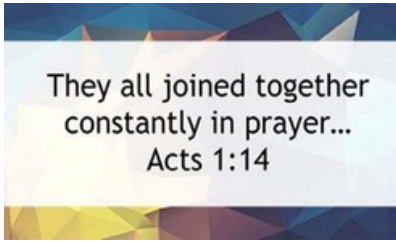
Common medications that contribute to oversedation include drugs that contain opioids, often used for pain or cough; and antihistamines, like Benadryl, used for allergy symptoms or sleep. Interestingly, studies have found that opioid-containing cough syrup is ineffective. And antihistamines like Benadryl are not recommended for regular use in adults over the age of 65. Cumulative use is associated with increased likelihood of falls, delirium and dementia.

Experts recommend taking an inventory of what's in your medicine cabinet at least once every year. Dispose of any expired or "leftover" medications. Most drugs won't work as well once the expiration date has passed. Some pharmacies and hospitals will collect unused and expired medications. You can find more guidance about how to safely dispose of unused medications at the [FDA.gov](https://www.fda.gov) website.

Also, discuss all of your medications with your primary doctor at least once a year – this includes over-the-counter medications and supplements. Together, you can:

- Review all the drugs you are taking and determine whether each is still benefiting your health.
- Identify drugs that may be interacting with other medications or worsening other health conditions.
- Look at alternative drug options, formulas or dosages to minimize side effects.
- Determine whether the medications you are taking are still recommended for you and your condition.

When you open the windows and get serious about spring cleaning, don't forget to open your medicine cabinet. To benefit your health, take inventory of your medications and review them with your primary doctor at least once a year.



# ASBURY UNITED METHODIST CHURCH

## Care and Concern List

April 2026

When you care for others, you are caring for Christ.

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. (2 Chronicles 7:14)

### WASHINGTON, DC RESIDENCE

#### Northwest

- ♥ LisaDuperier
- ♥ Renee Huggen

#### Northeast

- ♥ SelmaDouglas

#### Southwest

- ♥

#### Southeast

- ♥

### WASHINGTON, DC NURSING HOMES, HOSPITALS & ASSISTED LIVING

- ♥ Gertrude Barnette, Lisner Louise Dickson Hurt Home, 5425 Western Ave NW, Washington, DC 20015
- ♥ Timmie Bouknight, Serenity Rehabilitation & Health Center, 1380 Southern Ave., Rm 319B, SE, DC 20032
- ♥ Mildred Robinson, Forest Hills Assisted Living, 4901 Connecticut Ave., NW, Rm 212, Washington, DC 20008

### MARYLAND RESIDENCE

- ♥

♥ Lina Reynolds

♥ Andrewlette Thompson

### MARYLAND NURSING HOMES, HOSPITALS & ASSISTED LIVING

- ♥ Barbara Collins, Grand Oaks Assisted Living, 5901 MacArthur Blvd NW, Apt #402, Washington, DC 20016
- ♥ Elisha Davies, Regency Rehab Center, 9101 Second Avenue, Silver Spring, MD 20910
- ♥ Lorraine Hightower, Independence Court of Hyattsville, 5821 Queens Chapel Road, Hyattsville, MD 20782
- ♥ Lillian Langford, Collington, 10450 Lottsford Rd., Mitchellville, MD 20721
- ♥ Alice Owens, 304 West Cedar Street, Franklin, KY 42134
- ♥ Floyd Robinson, Arbor Terrace Senior Living, 9885 Greenbelt Road, #322, Greenbelt, MD 20706
- ♥ Zelma Solomon, Grace House Assisted Living, 3214 Norbeck Rd, Silver Spring, MD 20906

### NURSING HOMES, HOSPITALS & ASSISTED LIVING

- ♥ Maryland Ellison, c/o Vanessa Burnett, 100Asch Loop, Apt. # 22F, Bronx, New York 10475
- ♥ Dorothy West, 8804 South North Shore Drive, Apt. #230/232, Knoxville, TN 37923



# UPCOMING EVENTS 2026

**APRIL 5<sup>TH</sup>**

**EASTER WITH THE CHILDREN**

**EASTER BASKETS FOR CHILDREN- INTERESTED IN HELPING/DONATING**

**CONTACT:**

**P. BLACKMAN** AT [PATRICEGHB@GMAIL.COM](mailto:PATRICEGHB@GMAIL.COM)

**G. MCFADDEN** AT [GLOSTAR1@COMCAST.NET](mailto:GLOSTAR1@COMCAST.NET)

**V. WILLIFORD** AT [WILLIFORD\\_V@HOTMAIL.COM](mailto:WILLIFORD_V@HOTMAIL.COM)

**APRIL 12<sup>TH</sup>**

**UNITED WOMEN OF FAITH - WOMEN'S DAY 2026**

**OCTOBER 11<sup>TH</sup>**

**PASTOR APPRECIATION DAY**

**OCTOBER 18<sup>TH</sup>**

**LAITY SUNDAY**

**NOVEMBER 24<sup>TH</sup>**

**COMMUNITY THANKSGIVING "BAGSKET" DISTRIBUTION DAY: 11:30AM - 1:00PM**

**FOOD PANTRY DISTRIBUTION DAY**

**EVERY 3<sup>RD</sup> SUNDAY OF THE MONTH: 9:00AM - 12 NOON**

**TBD**

**SUNDAY SCHOOL AT THE SMITHSONIAN NATIONAL ZOO**

**SUNDAYS**

**SUNDAY SCHOOL CLASSES AT 9:00 AM FOR ALL AGES**

**NEIGHBOR TO NEIGHBOR (N2N) 4<sup>TH</sup> SUNDAY OUTREACH**

**EVERY 4<sup>TH</sup> SUNDAY FROM 9AM-10:30AM**

## GETTING AROUND

- There is an elevator in the Education Building that accesses all levels of the church—the sanctuary, the fellowship hall, and all the Sunday School rooms.
- Free parking is available Sundays in the garage adjacent to our 11th Street entrance. Pick up a parking pass from the 11th Street reception desk.
- Restrooms are on the lower level on either side of the narthex and on the 2nd and 3rd floors.

## UPPER ROOM - DAILY READINGS

DATE	SCRIPTURE
SUNDAY APRIL 5, 2026	MATTHEW 28: 1-10
MONDAY APRIL 6, 2026	LUKE 13: 1-9
TUESDAY APRIL 7, 2026	JOHN 4: 4-14
WEDNESDAY APRIL 8, 2026	COLOSSIANS 3: 12-17
THURSDAY APRIL 9, 2026	EXODUS 14: 10-14
FRIDAY APRIL 10, 2026	ACTS 2: 1-4
SATURDAY APRIL 11, 2026	MATTHEW 25: 31-40



## ASBURY UNITED METHODIST CHURCH

**Rev. Dr. Ronald Bell, Jr.**, Lead Pastor  
**Everett P. Williams, Jr.**, Minister of Music  
**Tawana C. Jackson**, Stephen Minister  
**Monica McEaddy & Patrick Wilkerson**, Lay Leaders  
**Rev. Dr. Johnsie Cogman**, District Superintendent  
**Bishop LaTrelle Miller Easterling**, Episcopal Leader of the Baltimore-Washington Conference

Visit [asburyumcdc.org](http://asburyumcdc.org) for information about our ministries.

Find us on Facebook and Twitter.