

Messenger



WINTER 2025/2026

"Changing Lives One Soul at a Time"

VOL. 39 NO. 4

Theme: "The Promise"

¹⁵ And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel."

(Genesis 3:15) (KJV)

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FROM THE EDITOR'S DESK . . .



(Genesis 3:15) (KJV)

Greetings Mount Pleasant Family,

Genesis, chapter 3 describes the events that led to the fall of mankind that took place in the garden of Eden. The events are:

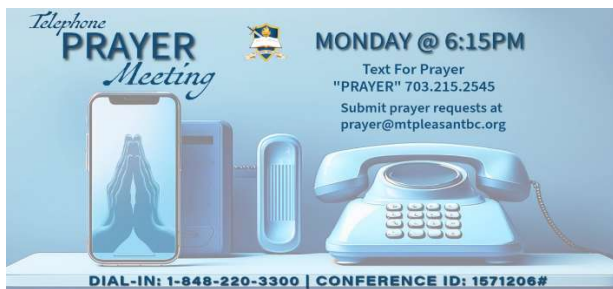
- The temptation (Genesis 3:1-5)
- The sin (Genesis 3:6)
- The punishment (Genesis 3:14-17)
- The expulsion from the garden (Genesis 3:22-24)

The fall of mankind, particularly the sin that was committed resulted in breaking the perfect relationship between God and humanity. But because of God's compassion, He desired a restored relationship with mankind that would involve payment of a sin debt. The theme scripture, Genesis 3:15, although a punishment, reveals God's divine promise, and His divine plan to restore the broken relationship between Him and humanity. Genesis 3:15 is referred to as "the protoevangelium" or "the first gospel", and is the first promise of redemption (the divine salvation plan through which God would provide someone to ultimately restore the broken relationship). The someone involved in this salvation plan would be His son, Jesus Christ that involves having a personal relationship with Him. To be saved, one must confess with their mouth the Lord Jesus and believe in their heart that God raised Him from the dead (cf. Romans 10:9). Through Jesus Christ's death and shedding of His blood, the sin debt was paid for mankind making the reconciliation between God and mankind possible. The invitation to Christian discipleship is extended! Will you come!

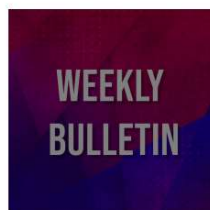
Be encouraged, be blessed and continue to stay prayed up.

MPBC Connect

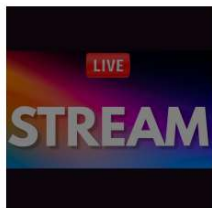
Visit our website at www.mtpleasantbc.org to stay connected.



Give Online



Bulletin



Live Stream



The Heart's Cry Podcast

Inspirations



The Winter Blues

By Deaconess Karin Henderson (MPBC)

Why are you sad
 And not glad?
 Is there a reason
 Or is it just the winter season?
 Ah, I may have a clue
 It's the winter blues.
 Known as winter onset SAD
 Seasonal Affective Disorder I might add.
 It begins in late fall
 And doesn't affect all.
 It ends in early spring
 Oh my, that's uplifting.
 Beating the winter blues
 Here are some tips you may do.
 Exercise, socialize, go outside
 Eat right, meditate, and turn the tide.
 Giving up is not an option
 Pray to Jesus for additional direction.



Theme: “Ministry on the Move” (Philippians 3:14)

Dear Ministry Member and Fellow Christian,

Greetings to all!

We pray that all is well. Please know we are here for you. We ask for your continued prayers and thank you for your continued support. We need you! If your address and/or other pertinent information has changed, please send Sister Anita Johnson, MPBC Church Clerk, an email to clerk@mtpleasantbc.org.

A virtual meeting will be scheduled to discuss the calendar of events for our CCM for 2026. The following are events for the remainder of this year:

- Zoom Bible Study (December 19)
- Community Outreach Project (December 20)

We want to extend a welcome to our new ministry members and greetings to ministry members who have celebrated and/or are celebrating a birthday, wedding anniversary, retirement or any other celebratory event in December, January and February.

God bless you, continue to keep safe.

Deacon Karl Henderson, Deaconess Karin Henderson, Deacon James Cook and Deaconess Marlene Fields; Ministerial Team: Minister Myra Cook. Minister Angela Sheppard, and Minister Jennifer Madison
(Prince William/Stafford/Spotsylvania/Caroline Counties and Lorton (PWSSC&L) CCM)

—Thought for the winter—

“Snowflakes are one of nature’s most fragile things but just look what they can do when they stick together.” – Vesta M. Kelly



Winter Season Wellness Toolkit

Information from the Substance Abuse and Mental Health Services Administration (SAMHSA)

Coping Tips

Take care of yourself

Take care of your body

- Get enough sleep
- Spend time outside
- Play sports
- Get exercise

Connect with people for support

- When you feel ready, think about asking for help
- Join a support group or online community
- Talk to people who care about you and won't judge you—and be open to their advice
- If you're in a safe relationship, be open with your partner about what you're going through
- Get involved with a sports team, school activity, or a religious or spiritual organization
- Volunteer for a cause you care about

Take care of your mind

- Write or draw your feelings
- Take a few deep breaths
- Take a break from news or social media
- Explore your interests and hobbies
- If you can, follow a regular schedule each day and build in time to take breaks
- Celebrate large and small successes

Focus on self-care for your overall health and wellness.

Here are some ways to take care of yourself one small way each day:



You're Not Alone. **Help is Available.**

988 Suicide & Crisis Lifeline
988 or 988Lifeline.org

Veterans Crisis Line
Dial 988 (press 1)

SAMHSA's National Helpline
1-800-662-HELP (4357)

Disaster Distress Helpline
1-800-985-5990

FindSupport.gov

FindTreatment.gov

SAMHSA



WINTER

WORD SEARCH



WORD LIST

BOOTS
 CHILLY
 COAT
 COLD
 FEBRUARY
 FIREPLACE
 FLURRIES
 FREEZE
 FROST
 FROSTBITE
 HIBERNATE
 HOLIDAY
 HOT CHOCOLATE
 ICE SKATING
 ICICLE
 IGLOO
 JACKET
 MITTENS
 NEW YEAR
 PENGUIN
 SCARF
 SKIING
 SLEIGH
 SNOW
 SNOWFLAKE
 SNOWMAN
 SOLSTICE
 WINTER

Q	X	G	H	O	L	I	D	A	Y	F	E	F
R	D	I	W	I	N	T	E	R	E	C	C	R
A	S	T	O	O	B	U	Q	O	T	I	T	E
E	D	S	N	O	W	M	A	N	A	R	H	E
Y	E	J	A	C	K	E	T	N	L	V	W	Z
O	P	Q	B	X	L	P	F	S	O	F	S	E
W	B	P	S	U	E	R	O	M	C	N	B	W
E	Q	C	J	N	A	L	D	F	O	N	B	G
N	V	M	G	C	S	A	R	W	H	E	N	H
A	N	U	S	T	U	O	F	X	C	I	Z	X
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D	E	X	B	K	C	I	S	E	O	N	S	E
H	B	I	E	P	I	T	S	T	H	O	B	P
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C	H	F	L	J	S	S	Y	E	E	R	C	R
Q	Z	E	P	X	K	Y	K	B	Q	O	W	R
I	C	B	E	F	A	H	U	I	U	S	Y	U
C	H	R	R	N	T	Z	G	H	X	T	X	L
I	I	U	I	K	I	B	A	I	F	V	M	F
C	L	A	F	G	N	J	E	M	E	Y	Z	K
L	L	R	Q	I	G	L	O	O	Z	L	H	O
E	Y	Y	D	L	O	C	P	L	H	A	S	B



MPBC FEDERAL CREDIT UNION

Notes & News

WINTER 2025-2026 EDITION

Season's Greetings

On behalf of all of the MPBC Federal Credit Union's Board of Directors and volunteers, we wish everyone a very Merry Christmas and Happy New Year!

COMING SOON: 52 -WEEK SAVINGS CHALLENGE



Beginning January 2026, MPBC Federal Credit Union is excited to launch a 52-week savings challenge! Each week, you'll save a set amount and by the end of the year, you'll have extra money you can use for whatever you desire.

Consider joining the challenge and watch your savings grow!

More information will be announced soon.

OPERATION STATUS

MPBC Federal Credit Union is open for business on Sunday mornings from 8:45 AM - 10:00 AM.

Appointments during the week can be made by request if needed.

CONTACT US:

MPBC Federal Credit Union

P.O. Box 11146
Alexandria, VA 22312



mpbcfcu@mtpleasantbc.org



(703) 256-4802



www.mtpleasantbc.org/credit-union

Holiday Loan Special

From November 16th - December 31st

Rates start as low as
4.00%* for up to
\$10,000.

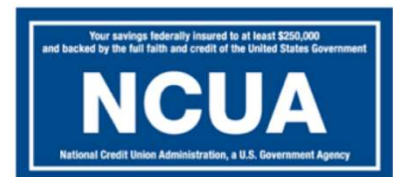
*Rates, terms, and conditions may vary based on credit score.

Contact the Credit Union for more information:

- mpbcfcu@mtpleasantbc.org
- (703) 256-4802
- Visit the Credit Union office - open on Sundays from 8:45 am - 10:00 am

We are YOUR Credit Union.

Thanks for your business.





"The Promise (The Protoevangelium or *First Gospel*)"

by Minister Carl Hollister (MPBC)

(Genesis 3:15) (KJV)

The term Protoevangelium—"the first gospel"—refers to Genesis 3:15, the Bible's earliest promise of a Messiah. After the Fall, God speaks to the serpent (Satan) and declares that the "seed of the woman" will one day crush his head, though the serpent will bruise His heel, pointing to Christ's suffering and ultimate victory over sin and death. This foundational verse introduces the ongoing conflict between good and evil, reveals God's plan for redemption, and offers humanity its first glimpse of hope—a Savior would come to reverse the curse brought on by humanity's disobedience, a promise fulfilled in Jesus Christ. Genesis 3:15 says, **"And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel."** (NIV)

Where the Story Begins: Genesis 3:15 contains the very first whisper of the Gospel, the very *first promise* or "*first gospel*." This verse seems difficult to understand, or even mysterious; but it represents the first promise of a coming Messiah or Anointed One. In this verse, God demonstrates His grace and mercy for mankind as well as His favor and judgment. God declares that there will be ongoing hostility between the serpent and the woman, and between their respective offspring. This is both a personal and spiritual conflict playing out even today in 2025, where the serpent symbolizes Satan, Eve embodies woman and humanity, and the enmity is the spiritual war between good and evil, darkness and light. Our faith allows us to endure this war to the end while also serving God and believing in Christ Jesus' life, death, and His resurrection. The reference to the *offspring of the woman*, the "seed", is profound because it points to a miracle birth, and a prophecy fulfilled in the *virgin birth* of Christ Jesus.

The good news is that Jesus has already defeated the serpent, gaining truth and light, and the keys to death and Hades. Genesis 3:15 reveals three ways God was in control of this ongoing struggle, through His divine judgment, sparing mercy, and redemptive purpose. *God's Divine Judgment* is seen in verse 12, where Adam makes an excuse and in verse 13 where Eve makes an excuse for their disobedience; however, God gave the serpent no opportunity for defense. God cursed the serpent before he cursed Adam and Eve. Adam and Eve hid in fear because they knew their punishment was death because of their sin against God. However, God showed mercy by holding back the death they both deserved. If God can forgive the first sins of disobedience, He can also show mercy to you if you turn from your sinful ways and trust in Christ Jesus. God's control is finally shown in *His Redemptive Purpose*, which was to restore humanity and all creation from sin. This plan, conceived before the world's creation, is fulfilled in Christ Jesus' life, death, and resurrection, and offers salvation and reconciliation with God for all who believe.

The Decisive Victory: Genesis 3:15 emphasizes the enmity between the serpent, the woman, and their offspring. Some see the bruised heel as the first advent, and the bruised head as the second coming. The crucifixion and resurrection of Christ were the decisive victory. Verse 15 refers to the *Heel-Bruising Crucifixion* and says, "You shall bruise his heel." The verb bruise means to strike or crush. The serpent

stalked the seed of the woman through forty-two generations; and struck the heel of Christ at the cross. The serpent's goal was to kill, not wound; but Satan lost at the bloody cross, not the empty tomb. Verse 15 also refers to *the Head-Bruising Resurrection* and says, "He shall bruise your head." The *serpent* will only *bruise* the offspring's heel. The *offspring* will *crush* the head of the serpent. John 19:30 says, "It is finished." God the Father places his stamp of approval on the finished work of Christ by raising him from the dead to crush the head of the serpent (now Satan is a defeated foe)! In 2025 we can trust and have faith in both God the Father and God the Son because: 1) The one who wrote the problem wrote the solution; 2) The one who wrote Genesis wrote Revelation; 3) The one who wrote the conflict wrote the victory; and 4) The one who wrote the First Adam wrote the Last and Greater Adam. Christ Jesus fulfilled and surpassed the role of the first man, Adam, who brought sin and death into the world. Today, Jesus offers us redemption and eternal life, which makes Him the ultimate representative for humanity.

MPBC News and Events

Join us! Virtual Congregational Care Ministry Bible Study

INVITING ALL MEMBERS IN...
 • Prince William
 • Stafford
 • Spotsylvania
 • Caroline & Loudoun Counties

A special invitation is extended to all MPBC members, their families, and friends.

**Friday, December 19, 2025
 6:30PM**
 Meeting ID: 821 8739 3500 | Passcode: 990434

Theme:
STUDY TO SHOW YOURSELF
Approved

Facilitator:
 DEACONESS MARLENE FIELDS

www.mtpleasantbc.org

MOUNT PLEASANT BAPTIST CHURCH
 6477 LINCOLNIA ROAD
 ALEXANDRIA, VA 22312 | (703) 256-1268
 Rev. Dr. Carl M. Johnson, Pastor

**SUNDAY
 DECEMBER 21
 10AM**

"The Gift Still Gives!"

Christmas Cantata 2025
 Presented by the MPBC Music Fine Arts Ministry and Church School.

WWW.MTPLEASANTBC.ORG

MOUNT PLEASANT BAPTIST CHURCH
 6477 LINCOLNIA ROAD, ALEXANDRIA, VA 22312
 (703) 256-1268 | REV. DR. CARL M. JOHNSON, PASTOR

Virtual MIGHTY MEN OF VALOR MEETING

SATURDAY, DECEMBER 19, 2025 @ 8:30AM
 Meeting ID: 347 7234 1077
 Passcode: 742234

www.mtpleasantbc.org

MOUNT PLEASANT BAPTIST CHURCH 6477 LINCOLNIA RD, ALEXANDRIA, VA 22312 PHONE: (703) 256-1268
 WWW.MTPLEASANTBC.ORG

NEW YEAR'S EVE WORSHIP
WEDNESDAY, DECEMBER 31, 2025

6PM - IN-PERSON WORSHIP SERVICE
 A time of praying, praising, singing, and receiving the preached word by Pastor Carl Johnson.

8:00PM - VIRTUAL WORSHIP SERVICE
 Recording of 6PM service. Moments of reflection and testimonies. An inspirational word and prayer by Pastor Carl Johnson.

REV. DR. CARL JOHNSON, PASTOR
 FIRST LADY ROBIN JOHNSON

ATTENTION

IS YOUR CURRENT EMAIL ADDRESS ON FILE?
 IS YOUR ADDRESS UP TO DATE?

MEMBERSHIP UPDATE

PLEASE PROVIDE YOUR CURRENT PREFERRED EMAIL AND MAILING ADDRESS TO THE CHURCH CLERK AT
 CLERK@MTPLEASANTBC.ORG (preferred)
 OR
 CALL THE CHURCH OFFICE AT
 703.256.1268 ext. 16.

703.256.1268 ext 16
 clerk@mtpleasantbc.org
 www.mtpleasantbc.org

WE WANT TO STAY IN TOUCH!

Mount Pleasant Baptist Church

DOWNLOAD OUR NEW CHURCH APP

Now faster, with an easier to use interface. Enjoy your experience!

For more info:
 (703) 256-1268
 www.mtpleasantbc.org

Check Out Our Church App!

Download on the App Store
 GET IT ON Google Play

Public Safety Alert

For more information on Fentanyl, go to the Drug Enforcement Administration (DEA) website.

The screenshot shows the DEA's 'One Pill Can Kill' website. The header includes the DEA logo, navigation links, and a search bar. The main banner features the text 'ONE PILL CAN KILL' with a red diagonal line striking through the word 'PILL'. Below the banner, statistics for 2023 fentanyl seizures are displayed: 75,600,000+ millions of fentanyl pills seized and 11,503+ pounds of fentanyl powder seized. A public safety alert section on the left, marked with a red warning triangle, states that 7 out of 10 tested pills contain a lethal dose of fentanyl. To the right, a graphic shows a pyramid of pills, with 7 out of 10 being red and marked 'DEADLY'.

ONE PILL CAN KILL

DEA Fentanyl Seizures in 2023

In 2022, DEA seized more than 59.6 million fentanyl-laced fake pills and more than 13,300 pounds of fentanyl powder. The 2022 seizures are equivalent to more than 397 million lethal doses of fentanyl.

The 2023 fentanyl seizures represent over 360 million deadly doses.*

75,600,000+
Millions of Fentanyl Pills Seized

11,503+ lbs.
Pounds of Fentanyl Powder Seized

* 2 mg of fentanyl equates to a potentially deadly dose

Public Safety Alert

Laboratory testing indicates 7 out of every 10 pills seized by DEA contain a lethal dose of fentanyl.

DEA has seized a record 74.5 million fentanyl pills to date in 2023, which already exceeds last year's totals of 58 million pills.

7 out of 10 DEA tested pills with fentanyl are potentially DEADLY



Brightly-Colored Fentanyl Used to Target Young Americans.

*“For we are His workmanship, created in Christ Jesus for good works,
which God prepared beforehand ...”*

Ephesians 2:10

Mount Pleasant Church Ministry Leaders Email Info **2025**

ANNIVERSARY COMMITTEE

Marion Allen
(2025 Chair)

CHRISTIAN EDUCATION MINISTRY

Rev. Margaret Barr

CHURCH SCHOOL MINISTRY

Yvonne Bush

DEACON MINISTRY*

Deacon David Evans

DEACONESS MINISTRY*

Deaconess Averil Tomlinson

DEAF SHALL HEAR THE WORD MINISTRY

Minister Jennifer Madison

DOMESTIC VIOLENCE MINISTRY

Min. Myra Cook

EVANGELISM MINISTRY

Deacon James Watson

EZEKIEL MISSIONARY MINISTRY

Yvette Collier

FLORAL MINISTRY

Trustee Constance Robinson

GIFTED TO SERVE MINISTRY

Tefera Baker-Warrick

GRIEF MINISTRY

Denise Mackie-Smith

HEALTH/WELLNESS UNIT

Phyllis Jordan

HOMELESS MINISTRY

Brenda Stroble

LITURGICAL DANCE MINISTRY

(vacant)

INTERPRETER MINISTRY

(vacant)

MEN'S MINISTRY (MMOV)

Michael Tyree

MPBC MESSENGER

Deaconess Karin Henderson

MUSIC MINISTRY COORDINATOR

Trevon Cook

NEW MEMBERS MINISTRY

Min. Derrik Allen
Deaconess Rita Jackson

Mount Pleasant Church Ministry Leaders Email Info **2025**

NURSERY MINISTRY

Deaconess Allie Hollister

PINKETT/SHEPPARD MEMORIAL CLUB

Julie Washington

PRAYER MINISTRY

Deaconess Marilyn McPherson

PRISON MINISTRY

Min. Percell Spinner

RISE MINISTRY

Min. Stephanie Gillus

SCHOLARSHIP MINISTRY

Trustee Billy Gregory

SENIOR ADULT MINISTRY

Merle Summers

TRUSTEE MINISTRY*

Trustee Tyrone Bradley

USHERS MINISTRY

Sandra C. Johnson

WOMEN'S FELLOWSHIP MINISTRY

Middie Brooks

YOUNG ADULT MINISTRY COORDINATORS

Co-Coordinator: Breanna Jones

Co-Coordinator: Khadeejah Honesty

YOUTH MINISTRY

Rev. E. Chris White

***Members cannot join voluntarily.**

NOTE: To contact the ministry leader, call the Church Office at 703-256-1268.

CONGREGATIONAL CARE MINISTRY (CCM) by DEACON, DEACONESS, MINISTERIAL STAFF and ZIP CODE				
Pastor Carl Johnson: Deacons, Deaconesses and Family, Out of Town Members				
John White (MD) Kenneth and Rita Jackson Jerry and Rosie Brown Annette Colclough Marcia Gilbert-Gregory Rev. Vonda Batts Rev. Dwight Cokely	Karl and Karin Henderson James Cook Marlene Fields Min. Myra Cook Min. Angela Sheppard Min. Jennifer Madison	Jerald and Faye Stark Maurice Evans Gloria Giron Min. Myron Euille Min. Stephanie Gillus Min. Leticia Watson Min. Eldred Williams	Carlton Brown Amanda Brown Allie Hollister Dalton Martin Min. Bonita Easter Min. Linda Hayes Min. Percell Spinner	David Evans Michael and Sylvia Hardy Mattie Charles Tawanna Tillman Min. Penni Ford Min. Henrietta Nelson
DC and Maryland All Zip Codes	Prince Williams County (excluding Manassas and its independent cities) Lorton: 22079, 22199 Stafford, Spotsylvania, and Caroline Counties	Centreville, Chantilly Manassas, Sterling Nokesville, Herndon Reston, Fauquier, Warren and Loudoun Counties Fairfax: 22030, 22031, 22032, 22033, 22037 Vienna: 22180	Alexandria: 22312	Ft. Belvoir: 22060 Alexandria: 22301, 22302, 22303, 22305, 22306, 22307 22308, 22309, 22310, 22313, 22314, 22315
Barry Newsome Glenn Blackwell Tasha Brown La' Tonia White Rev. Margaret Barr Rev. Chris White	Edward Robinson Barbara White Bryant and Jacqueline Black Rev. Cornella Carter-Taylor	Robert Brooks Sherri Morgan Averil Tomlinson Rev. Brian Morgan Min. Mark Miller Min. Jackie Wrice	James and Jean Watson Michael Wilson Sherry Allen Susie Taylor Rev. Jessie Reynolds Min. Derrik Allen	Ronald Hampton Robert Smith Josephine Byrd Marilyn McPherson Karen White Min. Carl Hollister Min. Aleia Taylor Ellington
Alexandria: 22304, 22311	Arlington: All Zip Codes 22201, 22202, 22203 22204, 22205, 22206 22207, 22209, 22211, 22212	Burke: 22015 Fairfax: 22039 Springfield: 22150, 22151, 22152 22153	Annandale: 22003 McLean Merrifield	Falls Church and Bailey's Crossroads: 22041, 22042, 22043 22044, 22046

Revised: November 2025

Mount Pleasant Baptist Church
6477 Lincolnia Road
Alexandria, Virginia 22312
(703) 256-1268
Rev. Dr. Carl M. Johnson, Pastor



*email: secretary@mtpleasantbc.org
web site: www.mtpleasantbc.org*

MPBC Messenger Staff

Karin Henderson	Editor-in-Chief/ Designer
Eloise Clarke	Editor
Anita Johnson	Editor
Debbie Coles	Church News Reporter
Linda Hayes	Staff Writer/Contributor



VIRTUAL CHURCH CONFERENCE — JANUARY 24, 2026 @ 5:00 PM

Vision Statement

“Building a vibrant, engaged faith community serving, growing, and transforming Lives.”
(1 Peter 4:10–11)

Mission Statement

“To grow a congregation of believers committed to the ministry of Worship, Evangelism, Missions, Discipleship, Service, and Fellowship with a heart for Prayer, Bible Study, and the Great Commission.” (Matthew 28:19–20)

Theme

“Changing Lives One Soul at a Time” (2 Corinthians 5:17)

Submission of articles to the **Messenger** — Please send articles via email attachment to:
mpbcnewsletter@mtpleasantbc.org.