



The Lamplighter

The Monthly Newsletter of Richmond's WESTOVER BAPTIST CHURCH

"Living Water"

It's a pattern we all know: we work hard for something, we get it, and for a moment, we feel "full." But then, the feeling fades. Whether it's a big accomplishment at work, a new purchase, or a bit of praise, the satisfaction eventually fades away. Before long, the thirst is back, and we find ourselves trudging back to the same wells to try and fill up again.

In the Gospel of John, Jesus meets a woman at a well and points out this exhausting cycle. He says, quite simply: *"Everyone who drinks of this water will be thirsty again."*

He wasn't just talking about H₂O. He was talking about how we live.

Most of us treat our happiness or our "spiritual life" like a heavy water jar. We feel like it's our job to carry it, protect it, and constantly find ways to refill it from the outside. But Jesus offers a completely different image: a spring of water gushing up from within.

This is the shift from accumulating to participating. Think about how water works in the world. It's never just sitting still in a jar; it's always moving. Rain falls to the earth, flows into streams, joins the rivers, and eventually finds the ocean, only to rise back up and start again. It is a massive, ongoing cycle of renewal.

Life works the same way. The "Living Water" Jesus describes isn't a prize we keep in a bottle; it's a sacred current we belong to. The Divine isn't a

resource we have to go out and "get", it is a movement already flowing through creation, through our neighbors, and through us. We don't have to manufacture the water; we just have to realize we are already in the stream.

By the end of the story, something small but powerful happens: The woman leaves her jar behind.

She came to the well to carry a heavy burden home, but she got caught up in the flow. She forgot the jar, ran back to her village, and said, "Come and see!" Her private moment immediately became a shared discovery.

The invitation of this story is to stop focusing so much on the jars we are trying to fill. It asks us to look deeper, past our searching and striving, to the current of life that is already moving. We are already woven into this "Living Water." We don't have to work for it; we just have to awaken to it, jump in, and share the splash.

With Gratitude,

Drew



Remember in Prayer . . .

Les Alleyne, "Andy" Anderson, Adrian Banks, Margaret Christy, Carol Cozart, Evelyn Hart, Jimmy Kersey, Carrie Newman, Butch Nolan, Dick Moschler, Gayle Moschler, Robin Parrish, Glenn Pope, Calvin Reed, Rose Robbins, Johanna Seay, Betsy Summers, Gordie Taylor, Church Community.

February Ministry Deacon of the Week

- March 1 Sophia Goyal
- March 8 Ellen Seal
- March 15 Marcia Geiger
- March 22 Ben Johnstone
- March 29 Chip Harman
- April 5 David Cosby
- April 12 Mike Geiger



March Birthdays

- | | |
|-----------------|----------------|
| 8 Ken Geiger | 14 Butch Nolan |
| 9 Katie Lemmert | 16 Chip Harman |
| 13 Carol Cozart | 26 Sue Beasley |

Sunday Mornings: Our Sunday School meets in-person at 10:15 am in the Library and virtually via Zoom. We meet for Worship at 11:30 am, both in-person and via Zoom. Join via Zoom for Sunday School and/or Worship by entering the following codes in your Zoom app:

Meeting ID: 811 5323 9170 Passcode: 103094 - OR - by accessing link ...
<https://us02web.zoom.us/j/81153239170?pwd=Ty9GNHVBMdRlRmFpT2ZYnjFEL2FXZz09>

* IMPORTANT MESSAGE *

We are transitioning away from using the P. O. Box 13048 for our postal mail correspondence. PLEASE use the church's physical address going forward:
1000 Westover Hills Boulevard
Richmond, VA 23225

GIVING OPTIONS for OFFERINGS

- 1) Bring your offering when you come to church on Sunday mornings,
- 2) Drop through the bronze mail slot in the 49th Street door.
- 3) Mail your offering to: **Westover Baptist Church**
1000 Westover Hills Blvd.
Richmond, VA 23225
- 4) Give online at: <https://onrealm.org/WestoverBaptist/give/offering>



Upcoming Dates

- Palm Sunday - March 29**
- Maundy Thursday - April 2**
- Good Friday - April 3**
- Easter - April 5**



Easter Lilies

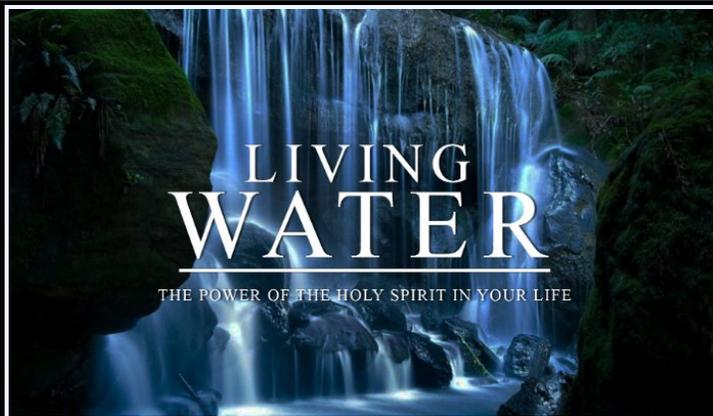
The Worship Team invites you to place one or more Easter Lilies in the sanctuary for Easter Worship (April 5th). The cost is \$16.00 per lily. Envelopes for placing your order are available. Please return your order by March 15, 2026.

STEWARDSHIP UPDATE

FEBRUARY 1 - FEBRUARY 28, 2026

General offering received	\$6,545.00
General offering budget requirement for period	\$5,125.00
General offering received in 2026	\$11,957.00
General offering budget requirement for 2026	\$61,500.00
Missions offering year-to-date	\$200.00
LWCC Mission offering year-to-date	\$150.00

MISSIONS OFFERINGS: This offering is distributed among both the state and national bodies of the Cooperative Baptist Fellowship, the Baptist General Association of Virginia, and the South Richmond Baptist Center. You may also contribute directly to our mission ministry, Living Water Community Center, through which we strive to meet the needs of our neighbors.



John 4:5-14

New Revised Standard Version Updated Edition

⁵ So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. ⁷ A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." ⁸ (His disciples had gone to the city to buy food.) ⁹ The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) ¹⁰ Jesus answered her, "If you knew the gift of God and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you **living water**." ¹¹ The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that **living water**? ¹² Are you greater than our ancestor Jacob, who gave us the well and with his sons and his flocks drank from it?" ¹³ Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴ but **those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.**"



MARCH MISSIONS UPDATE

Check out what the Wellness Program offers. Just click on the website link:

Website: www.livingwaterrva.com Email: livingwatercommunitycenter@gmail.com

Follow us on Facebook: [Living Water Community Center](#)

At Living Water, our mission is to cultivate community where people and the planet thrive. Through mindfulness, environmental care, and holistic wellness, we are building a community grounded in connection and transformation.

Ultra Local Raw Honey: We are a haven for native bees! In addition to our pure honey we also now have honey infused with chai spices. Your support allows us to plant more trees and provide more native bee homes throughout the city. We are seeking participation for our backyard beehive initiative. The program costs \$75 a month you will receive a pound of our ultra-local, sustainably harvested honey every month.

Community Garden: The weekly garden workday is every **Thursday** starting at 1:00pm. Now is a good time to clean up the old plants and vines and prepare the new beds and to plant the new seeds.

Daily Meditation: Join in each **Monday-Friday** at **7:00am** in the church sanctuary and via Zoom, and **8:00pm** in the Yoga Loft, for 30 minutes of silent prayer and meditation. Below is the Zoom information:

Meeting ID: 390 739 0579 Passcode: livingh2o -OR- access this link...

<https://us02web.zoom.us/j/3907390579?pwd=dm9rbm1ZNnVqcDVQYUVRZWFiNTJmUT09>

Food Pantry Mission

The **Food Pantry** operates twice a month, on **1st and 3rd Fridays** from **1-3 p. m.** Bags of groceries and frozen meats are given to local families that are impacted by food insecurities. We have seen an increase in the number of patrons lately, so please consider donating food for the pantry when you come to church.



songs for blooming

Wednesday, March 11th at 6:30 pm
Living Water – 1000 Westover Hills Blvd

River City Sing is a monthly community song circle hosted by Kelley Doyle at Living Water. This is a circle of folks singing together in a call-and-echo type format - no musical experience is necessary! *In March, we'll sing songs for blooming - to practice tender emergence and celebrate the wonder of nature. We'll plant seeds of song for the spring season ahead. Come as you are, take what you need!*

WESTOVER BAPTIST CHURCH
 1000 Westover Hills Boulevard
 Richmond, VA 23225
 (804) 233-9261

wbcrichmond@gmail.com
 www.wbcrichmond.com
 www.livingwaterrva.com

OUR CHURCH STAFF

Rev. Drew Nagy, Pastor
 Andrew Pfeiffer, Music Ministry
 David Parrish, Facilities Consultant



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CHANGE
 SERVICE
 REQUESTED

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>1 Second Sunday of Lent</i> 10:15AM Sunday School 11:30AM Worship Service</p> <p>[11am Greater Joy; Fellowship]</p> <p>6:30pm Sound Meditation</p>	<p><i>2</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>5:30pm Qi Gong</p>	<p><i>3</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>5:30pm Flow Yoga 7:00pm Guided Meditation & Mindfulness</p>	<p><i>4</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>10:00am Gentle Flow Yoga</p> <p>6:00pm Recharge Yoga</p>	<p><i>5</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>11:00am Yoga Basics</p> <p>6:30pm Exploring Meditation through Yoga Sutras</p>	<p><i>6</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>11:00am Chair Yoga</p> <p>1-3PM Food Pantry</p>	<p><i>7</i> 9:30am Community Yoga 11:30am Kundalini Yoga</p>
<p><i>8 Third Sunday of Lent</i> 10:15AM Sunday School 11:30AM Worship Service</p> <p>[11am Greater Joy; Fellowship]</p> <p>6:30pm Sound Meditation</p>	<p><i>9</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>5:30pm Qi Gong</p>	<p><i>10</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>5:30pm Flow Yoga 7:00pm Guided Meditation & Mindfulness</p>	<p><i>11</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>10:00am Slow Flow Yoga</p> <p>6:00pm Recharge Yoga 6:00PM Deacons (Library)</p>	<p><i>12</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>11:00am Yoga Basics</p> <p>6:30pm Exploring Meditation through Yoga Sutras</p>	<p><i>13</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>11:00am Chair Yoga</p>	<p><i>14</i> 9:30am Community Yoga 11:30am Kundalini Yoga</p>
<p><i>15 Fourth Sunday of Lent</i> 10:15AM Sunday School 11:30AM Worship Service</p> <p>[11am Greater Joy; Fellowship]</p> <p>6:30pm Sound Meditation</p>	<p><i>16</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>5:30pm Qi Gong</p>	<p><i>17</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>5:30pm Flow Yoga 7:00pm Guided Meditation & Mindfulness</p>	<p><i>18</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>10:00am Gentle Flow Yoga</p> <p>6:00pm Recharge Yoga</p>	<p><i>19</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>11:00am Yoga Basics</p>	<p><i>20</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>11:00am Chair Yoga</p> <p>1-3PM Food Pantry</p>	<p><i>21</i> 9:30am Community Yoga 11:30am Kundalini Yoga</p>
<p><i>22 Fifth Sunday of Lent</i> 10:15AM Sunday School 11:30AM Worship Service</p> <p>[11am Greater Joy; Fellowship]</p> <p>6:30pm Sound Meditation</p>	<p><i>23</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>5:30pm Qi Gong</p>	<p><i>24</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>5:30pm Flow Yoga 7:00pm Guided Meditation & Mindfulness</p>	<p><i>25</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>10:00am Gentle Flow Yoga</p> <p>6:00pm Recharge Yoga</p>	<p><i>26</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>11:00am Yoga Basics</p> <p>6:00pm Dynamic Meditation</p>	<p><i>27</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>11:00am Chair Yoga</p>	<p><i>28</i> 9:30am Community Yoga 11:30am Kundalini Yoga</p>
<p><i>29 Palm Sunday</i> 10:15AM Sunday School 11:30AM Worship Service</p> <p>[11am Greater Joy; Fellowship]</p> <p>6:30pm Sound Meditation</p>	<p><i>30</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>5:30pm Qi Gong 6:00pm Breathwork & Sound</p>	<p><i>31</i> Silent Meditations: 7-7:30AM, 8-8:30PM</p> <p>5:30pm Flow Yoga 7:00pm Guided Meditation & Mindfulness</p>				