

West New Bern Presbyterian Church



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FROM THE PASTOR

It is with extreme joy and anticipation that I write to you all. Both Jean and I can't wait to meet everyone and to start our life together in community. We begin our journey in the season of Lent, which means we have the opportunity to share our first Easter together fairly soon!

I have always loved the season of Lent for its rawness and grit. It leaves me breathless how the bareness of this season can be so powerful: the stripping down of our worship spaces; ash crosses on the forehead; the use of last year's palm branches to make the ashes; the intimate quiet and still worship services. Not only do these rituals serve to strengthen our individual faith, but they also enhance our Christian life together.

During Lent, we get an opportunity to slow down just a bit—despite what our society, life, and technology tells us—and take a look at ourselves and our community. We are invited to ask two very important questions: what's getting in the way of my relationship with God? Is it politics, work stress, consumerism,

April Birthdays

April 4 – Connie Murphy

April 22 – Jeff Chittick

April Anniversaries

April 4 – Htee & Bee Bee Ku

April 13 – Fred & Sally Cornford

April 29 – Ric & Sarah Evans

Special Days

April 9 – Palm Sunday

April 14 – Good Friday

April 16 – Easter

sexism, racism, guilt, fear, depression? The second question we ask is: how does each and every one of us help to remove these obstacles for one another?

Lent is the time we put all of our Self on the table to be examined. This leaves us vulnerable, scared, and sometimes in pain. However, it is in this time of vulnerability that we should take solace in our belief in community life. God calls into community, Christ teaches us how to be in community, and the Spirit continues to work in and around the Christian community. The season of Lent should leave us vulnerable, but it should also bring to surface the love, acceptance, and comfort our congregation has to offer to each other and to our neighbors—God’s love and grace on full display!

I look forward to meeting each of you in the next few weeks. Come by the church, or I’ll come see you. Together, we will explore Christ’s love in our lives.

Peace,

David



Pastor David

HEALTH POINTS

In a two- page article called “Have You Heard?” Nutrition action pokes holes in some of the trendy “news” on the health front. Here are some of their advice points.

1. Taking Stock: In New York, people line up to pay \$6 - \$8 for a modest-sized cup of “bone broth”, a fancy term for stock, the basis of good soup. Contrary to the ads, it does not boost the immune system, or build bones. Bottom line: save your money, exercise instead.
2. A Tart Nightcap?: Dr. Mehmet Oz recommends tart cherry juice as a “triple threat sleep aid.” The bottom line: at 130 calories per cup, you may end up adding inches to your belly instead of zzzzz's to your night.
3. Vinegar's Virtues?: Touted for years as a cure for dull skin, warts, heart burn, belly fat, yada, yada, vinegar is special because of good marketing. Bottom line: it may lower blood sugar. You can make your own salad dressing (use at least 1 tablespoon of vinegar), or add 1 tablespoon to 8 ounces of water. If you have prediabetes, you may give it a try...however, diet and exercise are tried and true.
4. Collagen Dropout: Advertised as a fountain of youth for your skin, collagen is marketed as pills and also added to many beauty products. Bottom line: Invest in a broad-spectrum sunscreen, then use it daily.
5. Lipoic Service: Advised for years as the cure for diabetic neuropathy (nerve damage to feet with pins-and-needles pain), lipoic acid supplements may have some impact on this pesky problem. 600 mg. a day may help relieve some of this pain and appears to be safe.

This same publication contains a feature article that documents the influence of pharmacy-funded drug studies. According to the article, even a tiny gift from a drug company (a pen and pad of paper) can change a doc's prescribing practices. The docs don't believe this...it is an unconscious response. The drug companies are motivated by money and are very good at what they do. As consumers, we need to remember that. The complete article will be on the Parish Nurse door.

Condensed from Nutrition Action Health Letter, “Have You Heard?”, March 2017

Submitted by: Mary B. Slaughter, RN, Parish Nurse

NOTICES

BOOK CLUB

The next Book Club meeting is scheduled for April 25th at 7:00 pm. The book choice will be posted in the April 2nd Bulletin.

FLOWER CALENDAR

Beginning this month, the 2017 Flower Calendar is now available in the Narthex for you to choose a particular Sunday to donate flowers in the Sanctuary in honor or memory of that special someone, or special occasions. Please sign-up there.

LITTLE FREE LIBRARY

Thank you to all the dedicated folks who have made this project a success! As always, the church family is invited to help themselves to our wonderful books.

LUNCH GROUP

The Lunch Group will meet on Wednesday, April 19th at the Country Biscuit at 12:00. All are welcome to join us. Point of Contact: Gerry Teple (637-7337).

MERCI CLINIC

MERCI clinic is committed to providing confidential medical and pharmaceutical services to individuals who have no health insurance and are of limited income in Craven, Jones and Pamlico counties. The clinic is in great need of the truly committed who want to make a difference in our community.

On Monday, Wednesday & Friday the office is in need of volunteers for administrative duties and Clinic day preparation. Office hours are from 8:30am to 5pm. Typically we look for 4 hour shifts, but can accommodate shorter shifts.

Tuesday and Thursday are Clinic days, with patients and medical staff. Available shifts are from 7:45 – 12:15 pm and/or 12:45 – 5:30pm. On these days administrative and medical staff are needed.

If you are truly committed to making a difference, please submit a volunteer applications located on the MERCI clinic website at: www.merciclinic.org

For more information or to schedule a tour of the clinic, please email or call Beth Cooper, Executive Director, at 252-633-1599, ext 101 – director@merciclinic.org.

Thank you!

NOAH'S ARK PRESCHOOL

Spring is here and we are ready! After a cold and wet Winter, with sporadic bouts of heat, the children are ready to get outside and play! During the month of April, we will be enjoying our annual Easter Egg Hunt and cookout with the preschoolers and their families. Most importantly, we will be learning about the true meaning of Easter.

Registration for the Fall school year is underway and the month of April will begin our open-enrollment to the community. Please keep the Preschool in your thoughts and prayers during this time. We are always eager to meet new families and welcome back students each year. If there are families that you know in the community, with preschool-age children, you can refer them to us or guide them towards the website. Thank you for your help!

Your Sister in Christ,

Kelly Squires

Preschool Director

PRESBYTERIAN WOMEN

The West New Bern Presbyterian Women would like to welcome our new pastor and his wife, David and Jean Fuentes. We all look forward to getting to know you and making you feel welcome in your new church family.

Lesson Eight in our study *Who Is Jesus?*, will explore how Jesus is viewed in Judaism and Islam. While Jesus is the Christ, the Messiah, for Christianity alone, it is important to understand how Jesus is viewed in the other two traditions. We encourage all of our women to come join us in one of the meetings.

Our April meetings are:

The PW Council meets Tuesday, April 4 at 1:00pm in the Multi-Purpose Room.

The Morning Circle meets Wednesday, April 5 at 10:00am in the Fellowship Hall.

The Night Circle meets Tuesday, April 11 at 6:00pm in the Multi-Purpose Room.

April 8 is the PW Spring Gathering. First Presbyterian of New Bern is hosting this event. Carol Winkler, Moderator for Presbyterian Women Churchwide is the keynote speaker. Registration is 9:30, and the meeting is 10:00-12:00. We would like to see a large number of our women attend, so if anyone would like to attend but needs a ride, please let me know.

We are continuing our mission to collect items for the 3 Angels Orphanage in Haiti. This will be an ongoing mission to help these children. A collection box will be in the Narthex for your donations. A list of the items needed is posted on the bulletin board and on the box. Thank you.

Blessings,
Charlotte McConnell

JUST FOR FUN

The answers to March's "How Many Do You Know?" are: 1) 100 years old. (Gen. 21:5), 2) 10 plagues (Ex. 7-11), 3) 6 days (Gen. 1), 4) 10 people (Gen. 18:32), 5) 13 times (once per day for 6 days, then 7 times on the 7th day).

Biblical Number Fun (Week 2)

How Many Do You Know?

1. How many stones did David pick up as he made his way to fight Goliath?
2. How many books are there in the Old Testament?
3. How many wise men brought gold, frankincense, and myrrh to Jesus?
4. When Jesus was about 12 years old, he could not be found by Mary and Joseph because he was in the temple among teachers listening and asking questions. How long did it take Mary and Joseph to find Jesus?
5. After Jesus was baptized by John, he went to the wilderness where he was tempted by the devil. How long was Jesus in the wilderness?

Worship Assistant Schedule

	April 2	April 9	April 16	April 23	April 30
Elder of the Week	Paul Miller	Whit Morgan	Rob Thompson	Tonya Cedars	Jeff Chittick
Liturgist	Hso Wah	Rob Thompson	Beth Doran	Lily Cedars	Jim Slaughter
Ushers	Ric Evans Tillie Jones Paul Miller Whit Morgan	Charlene Gover Mike Kelley Whit Morgan Trudy Nelson	Peggy Cuddington Beth Doran Lynn Lamont Whit Morgan	Eric Cedars Tonya Cedars Whit Morgan	Carolyn Caton Sally Cornford Lee McConnell Whit Morgan
Communion Stewards		Tonya Cedars Al Fowler Lynn Lamont Paul Miller Whit Morgan			
Acolyte	Robert Miller	Esther Ku	Samuel Ku	Teresa Wah	Aurora Glisson

April 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2 9:15am Sunday School 10:30am Worship 1:30pm Myanmar Christian Fellowship	3	4 7:00pm Karate Connie Murphy Htee & Bee Bee Ku Anniversary	5 10:00am Morning Circle	6 9:30am Nifty Knitters 7:00pm Choir	7	8
9 9:15am Sunday School 10:30am Worship 1:30pm Myanmar Christian Fellowship Palm Sunday	10	11 6:00pm Night Circle 7:00pm Karate	12	13 9:30am Nifty Knitters 7:00pm Choir Fred & Sally Cornford Anniv.	14 Good Friday	15 6:00pm RCS
16 9:15am Sunday School 10:30am Worship 1:30pm Myanmar Christian Fellowship Easter	17	18 7:00pm Karate	19 12:00 Lunch Group	20 9:30am Nifty Knitters 7:00pm Choir	21	22 Jeff Chittick
23 9:15am Sunday School 10:30am Worship 1:30pm Myanmar Christian Fellowship	24	25 7:00pm Karate 7:00pm Book Club	26	27 9:30am Nifty Knitters 7:00pm Choir	28	29 Ric & Sarah Evans Anniversary
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