

West New Bern Presbyterian Church



August Birthdays

Aug 9 – Matthew Cedars

Aug 12 – Bob Zimmer

Aug 21 – Gerry Teple

Aug 22 – Barbara Hopewell

Aug 29 – Al Fowler

Aug 30 – Bee Bee Ku

August Anniversaries

Aug 24 – Tommy & Trudy Nelson

Thank You Note from Lia

I want to thank you all for the warmth and friendship that you have shared with me while I have been your church secretary. Working here has been a joy, and I will miss you all. I have accepted a full-time job at MCAS Cherry Point as an industrial hygienist. Please keep me in your prayers, as this will be quite a transition for me and my family.

Your Friend, Lia

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FROM THE PASTOR

*The grower of trees, the gardener, the man born to farming,
whose hands reach into the ground and sprout, to him the soil is
a divine drug. He enters into death yearly, and comes back
rejoicing. He has seen the light lie down in the dung heap, and
rise again in the corn.*

His thought passes along the row ends like a mole.

*What miraculous seed has he swallowed that the unending
sentence of his love flows out of his mouth like a vine clinging in
the sunlight, and like water descending in the dark?*

~ Wendell Berry

I remember the first time I read this Wendell Berry poem. I liked the realness of the language. No fancy, eloquent words to beauty up the flow. Just words true to the perspective of a farmer sharing his witness to the miracle of life. We can sometimes forget how real God's participation in our lives really is. Sometimes we search for miracles that shake our soul, all the while overlooking the sprouts that lie before us. Just a few weeks ago I remember walking out the door and being blinded by the color and beauty of the gladiolus that a neighbor planted around our condo. I asked Jean, "Where did these come from?" She laughed at me in my bewilderment. She even reminded me that just last week I accidentally stepped on one before it'd bloomed without even noticing!

These last few weeks, the lectionary has us exploring parables together. So often these parables challenge us to pause and observe the unseen actions of God. In our church life together, we all establish our own “signs” of growth: a full parking lot, Bible School registration numbers, financial giving and people showing up on Sundays. Sure, these are some ways of measuring church growth, but they can often distract us from God’s action in our lives throughout the week.

As we transition out of the slumber of summer and into the busyness of fall, we will find it even more difficult to slow down just a bit. However, when we do slow down, we just might find God’s presence in those small talk conversations. I challenge us all to actively slow down enough in our own social situation to observe God’s action. Who knows? It might even eventually lead up to one of those soul-shaking moments.

HEALTH POINTS

We are slap in the middle of a heat wave, so the time seems right to remind us of the sun’s effects on two levels: your skin, and any medications or foods you ingest. In the [HealthAfter50](#) June edition, the subject of photosensitivity is raised. Your sunscreen is on, broad-brimmed hat in place, and you are gardening late in the afternoon (weaker sun rays). Why do you have a red, itchy sunburn? Most often this reaction occurs in fair-skinned folk who burn easily, and may be triggered by a medication, a plant, or an allergy. There are also non-chemical causes. Plant derived substances that may cause phototoxicity include wild parsnip, parsley, celery and citrus fruits, especially limes and lemons. A margarita has been known to do this. Below is a list of drugs and supplements that may trigger sun sensitivity:

Common sun-sensitizing drugs and supplements

- **Antianxiety drugs** (alprazolam, chlordiazepoxide)
- **Antibiotics** (ciprofloxacin, doxycycline, levofloxacin, ofloxacin, tetracyclines, trimethoprim)
- **Antiarrhythmics** (amiodarone, quinidine)
- **Antidepressants** (tricyclics)
- **Antifungals** (flucytosine, griseofulvin, voriconazole)
- **Antihistamines** (cetirizine, diphenhydramine, loratadine, promethazine, cyproheptadine)
- **Antipsychotics** (phenothiazines, including chlorpromazine, fluphenazine, thioridazine)
- **Cancer and immunosuppressant drugs** (dacarbazine, fluorouracil, methotrexate, vinblastine)
- **Diabetes drugs** (sulfonylureas, such as glipizide and glyburide)
- **Diuretics** (thiazides, including hydrochlorothiazide, chlorthalidone, chlorothiazide, furosemide, triamterene)
- **Nonsteroidal anti-inflammatory drugs, or NSAIDs** (ibuprofen, naproxen, celecoxib, piroxicam, ketoprofen)
- **Oral contraceptives and estrogen**

- **Skin-clearing drugs**, such as those for acne, eczema, and psoriasis (retinoids, psoralen, coal tar)
- **Sulfonamides, or sulfa drugs**, used to treat certain infections (acetazolamide, sulfadiazine, sulfamethizole, sulfapyridine, sulfasalazine, sulfisoxazole)
- **Statins** (simvastatin, atorvastatin, lovastatin, pravastatin)
- **St. John's wort**

The same article added another handy reminder, with some serious statistics about melanoma.

4 ways to fend off skin cancer

Melanoma represents a fraction of skin cancer cases, but it's responsible for most skin cancer deaths. It's largely preventable if you take steps to protect yourself from the sun, but many people don't do so. A study published in March 2017 in *Cancer Epidemiology, Biomarkers & Prevention* found that a significant proportion of melanoma survivors reported elevated sun exposure, sunburn, and lack of sun-protecting measures. What's more, melanoma survivors have a ninefold increased risk of recurrence that persists 20 years after the initial diagnosis. Here are four ways to protect yourself:

1. **Use sunscreen.** Generously apply a broad-spectrum, water-resistant sunscreen with a sun protective factor (SPF) of 30 or higher. Reapply approximately every two hours, even on cloudy days and after swimming or sweating. Use lip balm with a high SPF.
2. **Stay in the shade**, especially between 10 a.m. and 4 p.m., when the sun's rays are the strongest. Avoid tanning beds. Use extra caution near water, snow, and sand, which can reflect and intensify rays.
3. **Wear clothing that covers your skin**, such as a long-sleeved shirt, long pants, sunglasses, and a hat with a three-inch or larger brim.
4. **Check your body monthly.** Ask your doctor to examine any new or changing skin growths or moles, especially those that bleed, itch, or are painful.

The full article is on the Parish Nurse Office door. Condensed from [HealthAfter50](#), June 2017

Submitted by Mary B. Slaughter, RN, Parish Nurse

NOTICES

VACATION BIBLE SCHOOL

We had a wonderful week at VBS! Thanks to all the work from our many volunteers, our VBS was a BIG success. When you have a moment, take a look at the slideshow on our website and the pictures on the bulletin board in the office area. These will give you an idea of all the fun we had at *Maker Fun Factory*.

Blessings,

Charlotte McConnell

LUNCH GROUP

The Lunch Group will meet on Wednesday, August 16th at Famous Restaurant at 12pm. All are welcome to join us. Point of Contact: Trudy Nelson (514-8044).

RCS OUTREACH

Please join us in providing and sharing a meal with the residents of the homeless shelter at RCS. We will meet at **RCS at 6:00pm on Saturday, August 19th**. Contact Jennifer Miller, 876-5457, for more information.

BOOK CLUB

Our next Book Club meeting is Tuesday, August 29th at 7:00pm in the multipurpose room. The August book selection is *A Tree Grows in Brooklyn*, by Betty Smith. We invite anyone who loves to read to come join us!

PRESBYTERIAN WOMEN

The Presbyterian Women's Council will meet on Tuesday, August 22 @ 1:00 to plan for the installation of officers and other business.

On Tuesday, September 5 @ 6:00pm we will have our first lesson in our new Bible study, *Cloud of Witnesses: The Community of Christ in Hebrews*. Carole Koi will lead the lesson and install our new officers. Carole is a member of First Presbyterian Church of New Bern, and she is on the Churchwide Coordinating Team of Presbyterian Women. Please plan on attending this meeting, and please bring a salad or dessert to share.

We will continue with two circles beginning in October. Our morning circle meets the first Wednesday of each month at 10:00am in the fellowship hall, and our night circle meets the second Tuesday each month at 6:00pm in the multipurpose room.

We look forward to a new year of fellowship and service.

Charlotte McConnell

ECU FAITH AND FAMILY DAY

The Pirates are inviting churches to join them for Faith and Family Day at Dowdy-Ficklen Stadium for ECU's pre-conference game against James Madison on Sept. 2nd (kickoff at 6:00 pm). The cost is \$15 per ticket and West New Bern Presbyterian will be recognized on the video board with all the other churches in attendance. If you are interested in attending with us, please contact Trudy Nelson ASAP so that we can get block seating together.

JUST FOR FUN

The answers to July's "How Well Do You Know the 12 Disciples?" are: 1) James (younger) – James 1:1, 2) Bartholomew (John 21:12), 3) Judas Iscariot (Matthew 27:5), 4) Thaddeus (Matthew 13:55), 5) Thomas (John 20:27).

How Well Do You Know the 12 Disciples?

1. Which three disciples witnessed the transfiguration? _____, _____, & _____.
2. What disciple was beheaded for the gospel's sake? _____
3. What disciple, also known as Cephus, cut off the right ear of the high priest's servant? _____
4. This disciple was also known as Lebbaeus. _____
5. This disciple's name means, rock. _____

LECTIONARY READINGS

Aug 6	Aug 13	Aug 20	Aug 27
<u>Complementary</u>	<u>Complementary</u>	<u>Complementary</u>	<u>Complementary</u>
Isaiah 55:1-5	1 Kings 19:9-18	Isaiah 56:1, 6-8	Isaiah 56:1, 6-8
Psalm 145:8-9, 14-21	Psalm 85:8-13	Psalm 67	Psalm 67
Romans 9:1-5	Romans 10:5-15	Romans 11:1-2a, 29-32	Romans 11:1-2a, 29-32
Matthew 14:13-21	Matthew 15:22-33	Matthew 15:10-28	Matthew 15:10-28

PRAYER CONCERNS

MEMBERS: Ada Carson, Corrine McCain, Vern Miller, Peggy Cuddington, Martha Parker, Verna Quidley, Jane Armstrong, Barbara Hopewell, Cliff Meadows, Matthew Cedars, Terry Powell, Max Armstrong, Pat Morgan, Walter Powell and the family of Virginia Powell, Joan Wilson and the family of Glenn Wilson, the family of Margaret Brown, Kate and Jeff Chittick and the family of Rebekah Chittick, Sue Davenport.

FRIENDS OF THE CHURCH: Catherine Ciin's mother, Hellon Matthews (former member), Ralph & Leigh Powell (Walter's brother & family), Jimmie Boyd, Deborah Glisson, Fred Cornford and the family of Lowell Marsh, Peggy Barber (friend of Beth Doran), Eliza Williams (Tillie Jones' sister), Pat Peterson & Diane Manley (friends of Jean Foss), Mary Gover (Charlene Gover's daughter -in-law), Jim Schneider (friend of Rob & Diana Thompson), Peggy Owen (Jean Boyd's sister), Ashleigh Randell (Terri Randell's daughter), Maxine and George Fisher and the family of Tim Fisher, Mabel Weatherly (friend of Peggy Cuddington), Carol Cherry, Christine Smith (friend of the Thompsons), Eddie Austin (Charlotte McConnell's brother), Denise Plourde (friend of the Thompsons), Caroline Wrigley (Evelyn Wrisley's daughter-in-law), Rosemary (a friend of Ellie Burns' daughter), Deb & Tim Tuttle (friends of the Thompsons), Nate Brown (Al Fowler's great grandson).

ASSISTED LIVING: Betty Harrison (Homeplace)

DEPLOYMENTS/MILITARY: Evan Austin (Peggy Cuddington's grandson), Nick Zimmer, and Shannon Webster, Germany, (both Joan Zimmer's grandchildren).

Worship Assistant Schedule

	Aug 6	Aug 13	Aug 20	Aug 27
Elder of the Week	Rob Thompson	Tonya Cedars	Jeff Chittick	Beth Doran
Liturgist	Hso Wah	Lily Cedars	Beth Doran	Jim Slaughter
Ushers	Eric Cedars Tillie Jones Pat Morgan Whit Morgan	Tonya Cedars Mike Kelley Whit Morgan Trudy Nelson	Carolyn Caton Charlene Gover Lee McConnell Whit Morgan	Peggy Cuddington Beth Doran Lynn Lamont Whit Morgan
Communion Stewards	Tonya Cedars Bob Griffin Lynn Lamont Paul Miller Rob Thompson			
Acolyte	Robert Miller	Esther Ku	Samuel Ku	Teresa Wah

August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 7:00pm Karate	2	3 9:30am Nifty Knitters	4	5
6 10:30am Worship 1:30pm Myanmar Christian Fellowship	7	8 7:00pm Karate	9 Matthew Cedars	10 9:30am Nifty Knitters	11	12 Bob Zimmer
13 10:30am Worship 1:30pm Myanmar Christian Fellowship	14	15 7:00pm Karate	16 12:00 Lunch Group	17 9:30am Nifty Knitters	18	19 6:00pm RCS
20 10:30am Worship 1:30pm Myanmar Christian Fellowship	21 Gerry Teple	22 7:00pm Karate Barbara Hopewell	23	24 9:30am Nifty Knitters Tommy & Trudy Nelson Anniversary	25	26
27 10:30am Worship 1:30pm Myanmar Christian Fellowship	28	29 7:00pm Karate 7:00pm Book Club Al Fowler	30 Bee Bee Ku	31 9:30am Nifty Knitters	1	2