

West New Bern Presbyterian Church



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FROM THE PASTOR

We've made it through the emotional roller coaster of the Spring Christian calendar: the deconstruction of ourselves we experience during Lent; the sadness and guilt of Holy Week; the hope and optimism of Easter; and finally the fiery passion and liberation of Pentecost. You'd think we would all get a little spiritually exhausted. But so often, it's quite the opposite; sometimes, we actually feel renewed! It's almost as if we just completed some sort of body cleanse. We flushed out the old and sluggish clutter and made some room for the Spirit. It's important for us to do this from time to time—both inwardly and outwardly of course.

Sometimes I coincide what I want or need to do mentally with a physical action. For example, if I'm having trouble starting a sermon, I clear my desk to simulate the idea of a clear mind. Also, if I'm going over the logistics of the week, it helps for me to organize what's right in front of me to help compartmentalize my tasks. Our relationship with God can be practiced in a similar way—we show outward acts of love and kindness to

July Birthdays

July 8 – Joan Zimmer

July 15 – Carolyn Caton & Rose Roper

July 16 – Charlene Gover

July 18 – Martha Parker

July 21 – Dickie Tuttle

July 23 – Elizabeth Griffin

July Anniversaries

July 5 – Chuck & Connie Murphy

July 10 – Paul & Jennifer Miller & Dickie & Debbie Tuttle

Special Days

July 4 – Independence Day

others as a reflection of our internal love and devotion to God. Doing so also strengthens our relationship with God. As Christ says in the gospels, “If you love me, feed my sheep.” In this passage from scripture, Christ is teaching his disciples how to outwardly demonstrate their love for him: by showing love to his Creation.

HEALTH POINTS

For many years the accepted path to prevention of cardiac problems has been the avoidance of fat, especially saturated fat, along with exercise and control of salt intake. There were always a few nay-sayers, but the main message was clear. I remember arguing with a speaker at a nutrition conference that shrimp was a great protein. She was adamant that shrimp is high in cholesterol and shouldn't be on a cardiac diet. I was convinced it was good lean protein and eating foods with cholesterol was okay...it was foods with “sat fat” that caused the problem. Turns out we may have both been off base.

After many very specific and carefully structured studies, the advice is beginning to reflect new knowledge. Three prominent cardiologists have authored an article titled “Saturated fat does not clog the arteries” (British Journal of Sports Medicine, online, April 25, 2017). They state: “The conceptual model of dietary saturated fat clogging a pipe is just plain wrong.” Their view is that inflammation and insulin resistance are the culprits, driven by carbs (which become sugar when ingested) and sugar in the diet. The recent hue and cry about sugary drinks would support this view.

While we wait for the dust to settle on all the divergent views, two very strong pieces of advice remain consistent in all the voices: 1. The Mediterranean Diet, featuring modest amounts of lean protein and generous amounts of fruits and vegetables, is a winner all around. 2. Exercise is essential. The new advice is “22 minutes daily of vigorous exercise.” Many experts (and this aging RN) advise that any exercise you can regularly perform is a good thing – aim for 30 minutes daily.

It often takes many years for medical advice to change, so use your common sense. Our Maker did not form our bodies for a sedentary lifestyle, or for excesses of food. If you would like to hear the latest ideas, the Peoples's Pharmacy podcast is available at www.peoplespharmacy.com. This program aired on June 17, 2017 on WUNC radio.

Condensed from the People's Pharmacy program.

Submitted by Mary B. Slaughter, RN, Parish Nurse

NOTICES

VACATION BIBLE SCHOOL

The excitement is growing...VBS is coming soon! Thanks to all the volunteers who have put in many hours preparing for this special time for both parents and children in our church and community.

Maker Fun Factory is going to be a fun-filled week of getting to know that we were all created by God and built for a purpose! VBS begins July 10-14 from 5:30-8:00pm. Each night, dinner will be provided before we begin our sessions of music, arts & crafts, games, and the Bible adventure. Please spread the word to friends and family. Registration forms are available in the church office. You may call the church or Charlotte (670-8388) for more information.

Also, a big thanks to all who donated materials to help with VBS! It looks like we have enough of everything at this time.

We will meet on Sunday, July 9 from 4:00-6:00pm to decorate the Sanctuary and Fellowship Hall. Anyone who would like to help is welcome. Dinner will be served afterwards.

We will end the week with a celebration on Sunday, July 16 by inviting all who attended VBS to join us for worship and a picnic on the grounds. John Teple, Lee McConnell, and Eric Cedars will be grilling hamburgers and hot dogs, so please plan to join us for this special time.

God Bless,
Charlotte

NOAH'S ARK PRESCHOOL

Hello Summer! It is always busy at Noah's Ark Preschool. School may be out until September, but Mrs. Marie keeps the party going with her Summer-Day Camp. This is a great opportunity for families to become acquainted with Noah's Ark Preschool and West New Bern Presbyterian.

Flyers have been placed throughout town regarding registration. If any members would like flyers for a family member or a friend, please let me know and I can gladly furnish those!

After seventeen years of service and friendship, Mrs. Gwyn Rice has decided to retire as a teacher at Noah's Ark. Mrs. Gwyn will fill in temporarily as a substitute and possibly assistant for the Fall. Please keep the preschool in your thoughts and prayers as we try to fill the teaching position that Mrs. Gwyn filled for so long.

Thank you.
Your Sister in Christ,
Kelly Squires, Preschool Director

LUNCH GROUP

The Lunch Group will meet on Wednesday, July 19th at Spunky McDoogles at 12pm. All are welcome to join us. Point of Contact: Trudy Nelson (514-8044).

BOOK CLUB

Our next Book Club meeting is Tuesday, July 25th at 7:00pm in the multipurpose room. The July book selection will be posted in the bulletin and online. We invite anyone who loves to read to come join us.

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, July 15th**. Contact Jennifer Miller, 876-5457, for more information.

JUST FOR FUN

The answers to May's "How Well Do You Know the 12 Disciples?" are: 1) Matthew – Matthew 9:9, 2) James (younger) (Matthew 13:55), 3) James (older) (Mark 1:19), 4) Andrew (Matthew 4:18), 5) John (Mark 1:19).

How Well Do You Know the 12 Disciples?

1. The three disciples that wrote books of the bible were: Matthew, John and _____.
2. This disciple was also known as Nathaniel. _____
3. Which disciple of Jesus hung himself for betraying Jesus?
4. This disciple was a brother of James (younger). _____
5. Which disciple would not believe Jesus was resurrected until he could see for himself? _____

Worship Assistant Schedule

	July 2	July 9	July 16	July 30	July 30
Elder of the Week	Beth Doran	Bob Griffin	Lynn Lamont	Paul Miller	Whit Morgan
Liturgist	Jeff Chittick	Jim Slaughter	Beth Doran	Rob Thompson	Richard Stewart
Ushers	Beth Doran Tillie Jones Pat Morgan Whit Morgan	Bob Griffin Mike Kelley Whit Morgan Trudy Nelson	Peggy Cuddington Beth Doran Lynn Lamont Whit Morgan	Ric Evans Lee McConnell Paul Miller Whit Morgan	Carolyn Caton Eric Cedars Charlene Gover Whit Morgan
Communion Stewards	Pastor David Beth Doran Al Fowler Paul Miller Rob Thompson				
Acolyte	Robert Miller	Esther Ku	Samuel Ku	Teresa Wah	Aurora Glisson

July 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2 10:30am Worship 1:30pm Myanmar Christian Fellowship	3	4 7:00pm Karate Independence Day	5 Chuck & Connie Murphy Anniv.	6 9:30am Nifty Knitters	7	8 Joan Zimmer
9 10:30am Worship 1:30pm Myanmar Christian Fellowship	10 Paul & Jennifer Miller Anniversary Dickie & Debbie Tuttle Anniversary	11 7:00pm Karate	12	13 9:30am Nifty Knitters	14	15 6:00pm RCS Carolyn Caton Rose Roper
16 10:30am Worship 1:30pm Myanmar Christian Fellowship Charlene Gover	17	18 7:00pm Karate Martha Parker	19 12:00 Lunch Group	20 9:30am Nifty Knitters	21 Dickie Tuttle	22
23 10:30am Worship 1:30pm Myanmar Christian Fellowship Elizabeth Griffin	24	25 7:00pm Karate 7:00pm Book Club	26	27 9:30am Nifty Knitters	28	29
30 10:30am Worship 1:30pm Myanmar Christian Fellowship	31	NOTES				