

# West New Bern Presbyterian Church



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## FROM THE PASTOR

Pentecost is upon us! Come Holy Spirit, set our souls on fire!

I've always found it interesting that Pentecost, with such a fiery church celebration, happens in summer when we are all getting ready to go about our summery things. It's no secret that summer is a down time in the church, but it starts out with such energy and passion! We will get a glimpse of the energy and wonder the New Testament believers must have felt when we celebrate Pentecost this coming Sunday, June 4. We give thanks to the youth, who have decorated our sanctuary with the symbols and colors of Pentecost.

Pentecost is a celebration of the Holy Spirit coming upon the disciples and other followers who were there that day. It is often thought of as the day of the birth of the church. But just as we celebrate the Spirit setting their hearts and souls on fire, we also celebrate the response of the People of the Way. They responded to that fiery spirit with a fiery passion of their own to go out and let everyone know of God's love. Just ten days

## June Birthdays

June 1 – Robert Miller

June 24 – Naw Naw Wah

June 30 – Lance Goodrum

## June Anniversaries

June 4 – Robert & Diana Thompson

June 27 – Bob & Joan Zimmer

## Special Days

June 4 – Pentecost Sunday

June 18 – Father's Day

## Welcome!

In May, Pat Dixon chose to become an official member of our congregation. We are so happy to have her!

before Pentecost, we celebrate the Ascension of the Lord. The Lord leaves the disciples, and as he does so, he reminds them of all that was said about him—and not just what was said about him, but also what was said about the Way. He opens their minds to scripture. What's so surprising about this is how often we overlook all the stuff in between Genesis and the New Testament. For the next few months, the lectionary has us exploring the prophets and the Gospel of Mathew. By pairing our exploration of the Old Testament prophets with the gospel text, we will see how Jesus truly is the fulfillment of the scriptures and the embodiment of the Way.

## **HEALTH POINTS**

In the March publication of Health After 50, new findings about the consequences of excess weight revealed further information about the subject. The New England Journal of Medicine highlighted 13 cancers that are less likely to occur in folks that maintain “absence of excess body fatness.” Simply put, body fat does not cause these cancers, but may encourage their growth. According to the present theories, we all have the potential for cancer. Healthy bodies that are well nourished, with few irritants (smoking, environmental insults, stress, unhealthy lifestyles, etc.) beat back the early inroads that cancer cells make.

The BMI (body mass index) can clearly tell one how much excess weight is on board. It does not account for bone structure, so if you have small bones, you would be better off on the low side of the ranges given. The new theory informs us that excess body fat is not just padding like stuffing in a pillow – it produces hormones such as leptin, which may cause cancer cells to multiply; and estrogen, which can promote the growth of breast and ovarian cancer cells. Higher insulin levels associated with obesity may initiate the development of certain tumors; the low-level inflammation that goes with being overweight is another boost to some cancers.

In short, you can “load the dice” for prevention of these unwelcome guests, or invite them in. Since 70% of adults in the U. S. are overweight (BMI of 25 or more) I would say we have some work to do.

The complete article is on the Parish Nurse office door. You can easily figure your BMI with the data provided.

Submitted by Mary B. Slaughter, RN, Parish Nurse

Condensed from Health after 50, March 2017 Volume 29, Issue 1, The Body Weight and Cancer Connection

## NOTICES

### ICE CREAM SOCIAL

Break out those ice cream makers. We are having an Ice Cream Social, Sunday, June 11th at 2:00 pm. If you have a favorite ice cream that you would like to make please let Tonya Cedars know.

### VACATION BIBLE SCHOOL

Mark your calendars! Vacation Bible School will be July 10-14 from 5:30-8:00 each day. We will have a VBS Celebration on Sunday, July 16 where we will invite all who attended VBS and our congregation for a picnic on the grounds. What better way to culminate our time together at *Maker Fun Factory...Created by God!*

Thanks to all who have volunteered, but we can always use more volunteers to work with the children or behind the scenes. One way to help is to donate items on our wish list posted in May's Newsletter and on the bulletin board in the Narthex. We do have enough boxes, paper towel and toilet tissue rolls, straws, batteries, balloons, and styrofoam cups at this time.

We will meet June 19-21 from 2:00-5:00 each day to create our decorations for Bible School week. If anyone would like to help out, you may drop in any of these days.

Thanks!  
Charlotte

### LUNCH GROUP

The Lunch Group will meet on Wednesday, June 21<sup>st</sup> at Annabelle's at 12pm. All are welcome to join us. Point of Contact: Gerry Teple (637-7337).

### BOOK CLUB

Our next Book Club meeting is Tuesday, June 27 at 7:00pm in the multipurpose room. June's book selection is All Fall Down, by Jennifer Weiner. We invite anyone who loves to read to come join us.

## **PRESBYTERIAN WOMEN**

We ended our Bible Study, *Who Is Jesus?* last month. Many thanks to Pastor David for leading the lesson. Our next Bible Study, beginning in September, is *Cloud of Witnesses...The Community of Christ in Hebrews*.

Thank you to all who contributed to our Birthday Offering. This money will go to help three very worthy projects: the *Navajo Water Project* in New Mexico, *The Family Justice Center* in South Carolina, and the *First Hand Aid* in rural Cuba.

The Presbyterian Women will continue to collect items for the Three Angels Orphanage until November. The box will remain in the Narthex for any of your donations.

Blessings,  
Charlotte

## **NOAH'S ARK PRESCHOOL**

Noah's Ark Preschool would like to thank the Preschool Board, volunteers, and contributors to the preschool for making the 2016-2017 school year a success! The traditional preschool setting is becoming overlooked in today's busy world. With many parents both working, and full time daycare being required, it is a luxury for many families to choose the preschool option. There are also preschool opportunities within the public-school system that offer free services to many families. These programs are hard to "compete with." Noah's Ark tries to stand out to our families every day. We are a family oriented preschool that makes personal steps to ensure a child and their parents feel comfortable and welcome. We not only teach, we share the word of God.

Thank you again. Each prayer, donation, or hour spent volunteering is greatly appreciated.

Your Sister in Christ,

Kelly Squires, Preschool Director

## **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, June 17<sup>th</sup>**. Contact Jennifer Miller, 876-5457, for more information.

## ADULT SUNDAY SCHOOL

Please note that Adult Sunday School has ended for the summer, and will resume in September.

### JUST FOR FUN

The answers to May's "How Many Do You Know?" are: 1) 4 (the wayside, stones, thrones, and good ground – Matt. 13), 2) Only one returned (Luke 17:15), 3) 4 days (John 11:17), 4) 10 virgins (Matt. 25:2), 5) 40 days (Acts 1:3).

### **How Well Do You Know the 12 Disciples?**

1. This gentleman was a tax collector before he became a disciple of Jesus.
2. This disciple was the half brother of Jesus and a writer of one of the 66 books of the bible with the exception of Jude.
3. John was a disciple of Jesus and so was his brother. Who was his brother?
4. Peter was the first disciple that Jesus called. Peter has a brother who was also a disciple and his name was \_\_\_\_\_.
5. Peter, Andrew, James and \_\_\_\_\_ were fishermen before they became disciples of Jesus.

## Worship Assistant Schedule

	June 4	June 11	June 18	June 25
<b>Elder of the Week</b>	Whit Morgan	Rob Thompson	Tonya Cedars	Jeff Chittick
<b>Liturgist</b>	Jim Slaughter	Richard Stewart	Lily Cedars	Beth Doran
<b>Ushers</b>	Ric Evans Tillie Jones Pat Morgan Whit Morgan	Mike Kelley Lee McConnell Whit Morgan Trudy Nelson	Ellie Burns Eric Cedars Tonya Cedars Whit Morgan	Peggy Cuddington Beth Doran Lynn Lamont Whit Morgan
<b>Communion Stewards</b>	Pastor David Beth Doran Bob Griffin Lynn Lamont Paul Miller			
<b>Acolyte</b>	Esther Ku	Samuel Ku	Teresa Wah	Aurora Glisson

# June 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 9:30am Nifty Knitters 7:00pm Choir <b>Robert Miller</b>	2	3
4 10:30am Worship 1:30pm Myanmar Christian Fellowship <b>Rob &amp; Diana Thompson Anniv.</b>	5	6 7:00pm Karate	7	8 9:30am Nifty Knitters 7:00pm Choir	9	10
11 10:30am Worship 1:30pm Myanmar Christian Fellowship <b>2:00pm Ice Cream Social</b>	12	13 7:00pm Karate	14	15 9:30am Nifty Knitters 7:00pm Choir	16	17 6:00pm RCS
18 10:30am Worship 1:30pm Myanmar Christian Fellowship <b>Father's Day</b>	19	20 7:00pm Karate	21 12:00 Lunch Group	22 9:30am Nifty Knitters 7:00pm Choir	23	24 <b>Naw Naw Wah</b>
25 10:30am Worship 1:30pm Myanmar Christian Fellowship	26	27 7:00pm Karate 7:00pm Book Club <b>Bob &amp; Joan Zimmer Anniv.</b>	28	29 9:30am Nifty Knitters 7:00pm Choir	30 <b>Lance Goodrum</b>	1