

West New Bern Presbyterian Church



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FROM THE PASTOR

Let's go! Let's go! It's game four, first round of the NBA playoffs. The Atlanta Hawks are up by 10 points with just a few more minutes to go to tie the series. As the team builds momentum, the camera pans to the Hawks bench and you see the players in full excitement mouth, "let's go!"

I felt this way in my first month at West New Bern. Full of excitement as folks would come into my office or around the dinner table to share ideas for the future of the church. There's so much to be thankful for! So much energy! Every time one of you shares your energy and excitement with me, I think to myself, "let's go!" In some ways, I'd feel like the crowd, ushering in Jesus on the road to Jerusalem that we read about on Palm Sunday. "This is it! Let's go!" All of us together, following Jesus into town claiming what we're sure will be victory. Christ is going to lead us, our congregation, to new life! But just as we read the Palm Sunday narrative in the gospel, we too can find ourselves captivated by our own idea of what that victory may look like. When we do get caught up in our own

May Birthdays

May 2 – Margaret Brown

May 11 – Richard Stewart, Hso Wah

May 12 – Web Slaughter

May 15 – Monty Lamont, Lia Gilleski

May 16 – Teri Randell

May 17 – Lynn Lamont

May 29 – Ric Evans

May Anniversaries

May 19 – Richard & Janet Stewart

May 30 – Walter & Cheryl Powell

Special Days

May 14 – Mother's Day

May 26 – Preschool Graduation

May 29 – Memorial Day

personal vision of the Kingdom of God, we can find ourselves running into a brick wall of discouragement. Jesus' followers, despite what he had told them all along, had many different ideas of what Christ's reign would look like. They wanted a change in political power—something more promising to put their faith behind—and that's exactly what they got.

However, as we'll find in the lectionary this month, it took some time for the disciples to see what Christ was ushering in—the new covenant of grace! One of my favorite passages in the resurrection narrative comes from the Gospel of John. It takes place after the first several visits from the resurrected Christ. The disciples are out fishing and they don't catch a thing (we've all been there, right?) It's even worse because these guys used to fish for a living. A stranger on the beach gives them the simple suggestion to cast their nets on the other side of the boat, and bam! Fish galore! It's at that moment they realize the stranger on the beach was Christ. This is when the disciples realize that their lives would change forever. They could no longer go back to just being fishermen.

In our life together at West New Bern, we may also find that our lives have changed forever. This may mean change, getting uncomfortable, or finding ourselves in unfamiliar territory. I don't know what this will look like, but I'm filled to the brim with hope. I have witnessed so much energy and selfless acts of service from many of you. The big challenge, however, is will we be ready and responsive when Christ suggests that we cast our nets to the other side of the boat?

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

NOAH'S ARK PRESCHOOL

It is hard to believe that May is here and our Preschool year is coming to an end. The school year will conclude with our annual Program and Graduation Ceremony on May 26, 2017 at 9:30am in the Sanctuary. All church members and Preschool volunteers are welcome to come! Your presence and support are always appreciated.

Please think of Noah's Ark during registration time and throughout the summer. Registration paperwork is available to download on the Church's website.

Thank you to all our sponsors who support us throughout the year. Your contributions appreciated, and are a valuable part of our program.

Sincerely,

Your Sister in Christ, Kelly Squires, Preschool Director

VACATION BIBLE SCHOOL

We are excited to announce our VBS 2017...*Maker Fun Factory!* At VBS, kids will discover not only that God made them the way they are, but for a purpose too. *Maker Fun Factory* is filled with incredible Bible-learning experiences kids see, hear, touch, and even taste. VBS is scheduled for July 10-14 from 5:30-8:00pm.

We will be needing many volunteers of all ages, so if you want to join in this wildly creative, inventive, interactive adventure with God join us for a planning meeting on Monday, May 8th at 7:00pm in the fellowship hall (dessert and coffee will be provided). Even if you don't want to work directly with the children, there are a lot of behind the scene jobs...such as preparing dinner each night for the children, donating supplies, and decorating.

VBS Supplies Needed:

Recycled Materials

Paper Towel Tubes
Toilet Paper Tubes
Aluminum Foil Tubes
Plastic Wrap Tubes
Buttons
Boxes (all shapes & sizes)
Tin Cans (cleaned & labels removed)
Sport Bottle Tops
Old CDs
Old Hardware (nuts, bolts, washers, etc.)
Rubber Bands

Dollar Store Items

Plastic Table Cloths (all colors)
Plastic Bowls & Plates (all colors)
Paper Bowls & Plates (all colors)
Colorful Poster Board (small & large)
Plastic Slinkys
Pool Noodles (all colors)
AA Batteries
Battery Powered Kid's Toothbrushes
Duct Tape (all colors & designs)
Wiggle Eyes
Wooden Dowels (3/16")
Balloons
Straws
Hula Hoops
Sponges
Marbles
Rolls of Colored Cellophane
Styrofoam Cups

Thank you, in advance, for helping make this VBS a time for children to discover how to see evidence of God in everyday life!

Charlotte McConnell

LUNCH GROUP

The Lunch Group will meet on Wednesday, May 17th at 37th Street Pizza at 12:00. All are welcome to join us. Point of Contact: Gerry Teple (637-7337).



CONGRATULATIONS!

Connie Murphy won Silver AND Gold medals for pickle ball in the Neuse River Senior Games.

BOOK CLUB

The next Book Club meeting is scheduled for Tuesday, May 23rd at 7:00pm in the multipurpose room. May's book selection is A Man Called Ove, by Fredrik Backman.

PRESBYTERIAN WOMEN

We had a wonderful time at the Spring Gathering at New Bern First Presbyterian with nine of our women in attendance. We had a chance to hear from Carol Winkler, the Church-wide Moderator for Presbyterian Women. She spoke of all the worthy projects that Presbyterian Women are a part of worldwide, and she encouraged all of us to continue reaching out to others.

One way our women are reaching out is by collecting donations for the Three Angels Orphanage in Haiti. We will continue our collection throughout the year until Jennifer Miller returns to Haiti to deliver the donations. A "wish list" is on the bulletin board and on the collection box in the Narthex.

Another annual tradition of mission giving is the Birthday Offering of Presbyterian Women. All through the month of May we will be collecting this offering. The monies raised will go toward funding three mission projects: The Family Justice Center in South Carolina, the Navajo Water Project in New Mexico, and the First Hand Aid in Cuba. You will hear more about these very worthy projects in the coming weeks.

The PW of New Hope Presbytery will have their annual Spiritual Retreat at Camp Albemarle on May 19-21. The theme this year is "Jump Start Your Joy". If any of our women are interested in attending, the registration forms are in the Narthex. The registration deadline is May 10, and you may go for the entire weekend or just for the day on Saturday. If you have any questions, please contact Charlotte.

The PW Council will meet Tuesday, May 2 at 1:00pm in the multipurpose room.

We will be combining our Circles for our May meeting. We encourage all our women to join us on Wednesday, May 10 at 6:00pm for our final lesson in the series *Who Is Jesus?* Pastor David has graciously agreed to lead the lesson for us. Please bring a salad or dessert as we share a meal and fellowship together.

Blessings,
Charlotte McConnell

SPRING CLEAN UP

Saturday, May 13th is our spring cleanup day. We'll start at 9:00am. Please bring trimmers, hedge clippers, and rakes, etc., and energy so we can make WNBPC as nice outside as it is inside!

JOIN A COMMITTEE

Get Involved! Join a committee!

UPCOMING COMMITTEE MEETINGS: These committees will meet the first Tuesday or Wednesday of every month, starting in August.

Evangelism and Outreach – Tuesday, May 2nd at 10am.

Christian Education – Tuesday, May 2nd at 12pm.

Buildings and Grounds – Tuesday, May 2nd at 2pm.

Worship – Wednesday, May 3rd at 10am.

Congregational Care – Tuesday, May 9th at 7pm.

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, May 20th. Contact Jennifer Miller, 876-5457, for more information.

JUST FOR FUN

The answers to April's "How Many Do You Know?" are: 1) 5 smooth stones. (1 Sam. 17:40), 2) 39 books, 3) the bible does not specify a number (Matt. 2), 4) 3 days (Luke 2:46), 5) 40 days and nights.

Biblical Number Fun - How Many Do You Know?

1. When Jesus tells the parable of the sower, he speaks about several areas on which the seeds fell. How many areas did Jesus mention?
2. Of the ten lepers Jesus healed, how many returned to tell him thanks?
3. When Jesus arrive at Lazarus's grave, how long had Lazarus already been dead?
4. Jesus tells a parable of virgins who were on their way to meet the bridegroom. How many total virgins were there?
5. How long was Jesus on earth after he resurrected from the dead?

Worship Assistant Schedule

	May 7	May 14	May 21	May 28
Elder of the Week	Beth Doran	Bob Griffin	Lynn Lamont	Paul Miller
Liturgist	Hso Wah	Rob Thompson	Beth Doran	Jeff Chittick
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	Carolyn Caton Ric Evans Paul Miller Whit Morgan
Communion Stewards	Pastor David Jeff Chittick Beth Doran Al Fowler Rob Thompson			
Acolyte	Samuel Ku	Teresa Wah	Aurora Glisson	Robert Miller

May 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2 10:00am E&O Mtg 12:00pm CE Mtg 1:00pm PW Council 2:00pm B&G Mtg 7:00pm Karate Margaret Brown	3 10:00am – Worship Mtg	4 9:30am Nifty Knitters 7:00pm Choir	5	6
7 9:15am Sunday School 10:30am Worship Youth Pizza Lunch 1:30pm Myanmar Christian Fellowship	8 7:00pm VBS Planning Meeting	9 7:00pm Karate 7:00pm Cong. Care Mtg	10 6:00pm Combined Circle Final Mtg	11 9:30am Nifty Knitters 7:00pm Choir Richard Stewart Hso Wah	12 Web Slaughter	13
14 9:15am Sunday School 10:30am Worship 1:30pm Myanmar Christian Fellowship Mother's Day	15 Monty Lamont	16 7:00pm Karate Teri Randell	17 12:00 Lunch Group (37 th St Pizza) Lynn Lamont	18 9:30am Nifty Knitters 7:00pm Choir	19 Richard & Janet Stewart Anniversary	20 6:00pm RCS Meal Outreach
21 9:15am Sunday School 10:30am Worship 1:30pm Myanmar Christian Fellowship	22	23 7:00pm Karate 7:00pm Book Club	24	25 9:30am Nifty Knitters 7:00pm Choir	26 9:30am Noah's Ark Preschool Graduation	27
28 9:15am Sunday School 10:30am Worship 1:30pm Myanmar Christian Fellowship Trudy Nelson	29 Memorial Day Evans	30 Ric 7:00pm Karate Walter & Cheryl Powell Anniversary	31	1	2	3