

West New Bern Presbyterian Church



September Birthdays

Sept. 10 – Corrine McCain, Verna Quidley

Sept. 11 – Samuel Ku

Sept. 17 – Gera Howe

Sept. 18 – Norma Kelley, Debbie Tuttle

Sept. 21 – Sarah Evans

Sept. 25 – Lily Cedars, Peggy Cuddington

Sept. 30 – Cliff Meadows

Special Days

Labor Day – Sept. 4

Rally Day – Sept. 10

FROM THE PASTOR

Throughout the summer, we've been exploring how the church's identity is molded through Christ's ministry in the gospel of Matthew. Jesus leads with compassion and love for others while revealing glimpses of the kingdom of God through his actions of hospitality. If we read this gospel in its entirety, we'd see Jesus making disciples out of these followers. Sometimes we think that his disciples became disciples that day they first dropped their nets, hammers, money bags, or whatever they had, to follow Jesus. But, as we walk with them throughout these Jewish towns, we can actually see the transformation from fishermen, carpenter, or tax collector to disciple. The gospel of Matthew is known for drawing one's attention to the progression of the followers from ordinary to disciples. From the first call story of the fishermen (4:18) to the great commissioning at the end of the gospel (28:16), we see this theme repeated throughout Matthew.

We will continue to explore the gospel of Matthew this fall alongside the Israelites' journey from the oppressive rule of

pharaoh to the land promised to them by God. We'll find that the path to discipleship and Promised Land is not a straight shot and takes devotion, patience, and practice. This is the same path we follow today as we live our lives together in community. We'll have many opportunities this fall to learn and engage in the living gospel. I encourage everyone to consider joining us in Sunday school or Bible study to contemplate God's action in our lives. I also encourage everyone to join a ministry team to explore that action through our own action.

This past month the session agreed to change the name of committees to Ministries. However, this is not just a name change, but also a change in mindset; a change in how we approach the planning and work of the church. As we plan for all the many activities of the church throughout the year, we shouldn't first be thinking about logistics, funding, or even recruiting volunteers. Instead, we should be asking, "How is God at work in this, and how can I participate?" A great way to start this mode of thinking is by reflecting on our mission statement:

"The West New Bern Presbyterian Church exists to invite people to enter a relationship with Jesus Christ, grow in their faith, and go out into the world to share that faith."

So please, throughout the month of September, think of all the ways you can contribute to the church: all the special talents, knowledge, and time that you can give and get involved. Because there's some Good News to share: God is with us!

HEALTH POINTS

A recent broadcast of Joe and Terry Graedon's "People's Pharmacy" program reminded me of a tidbit of information that I read at some time in the past. I vaguely recalled that there was an experimental program being conducted that claimed success in controlling or improving the health status of patients with Parkinson's disease. Well!!!

You may recall that actor Michael J. Fox has this diagnosis, and has handled the disease remarkably well. Marked by slow movements (bradykinesia), postural difficulty, tremor and difficulty imitating movement (akinesia), as well as jerking limb movements, this disease takes a large bite out of one's independence. It is progressive and incurable. Any improvement in this profile would be cause for celebration – how about a 35% improvement?!

Dr. J. Albert of the Cleveland Clinic Neurological Institute had one of those wonderful "Aha!" moments that began a search for bettering the lives of these patients. A biker-a-thon to raise awareness included tandem bikes, allowing both volunteers and patients to participate. A comment by one of the patients "I don't feel like I have Parkinson's" caught his attention ...the beautiful day, scenic Iowa countryside, sympathetic

friends ...no big deal. Later that evening, Dr. Albert had occasion to observe this patient's handwriting – not the tiny unreadable squiggles of a Parkinson's patient, but beautiful normal script. His search led to an eight week study in motor function that "forced" patients to pedal at a higher rate of speed than they normally would, using their muscles to keep up.

This therapy has been well tested, and may have implications for stroke, Alzheimer's disease and other chronic conditions. It is not a cure, but allows the medications that are used for Parkinson's to work well longer, gives the patients a sense of control that has been missing, and certainly makes a cruel disease more livable.

Perhaps the most telling indicator was the patient attendance rate in the study. Exercise classes are not known for participant adherence; drop-outs are the norm. The study was conducted in an Ohio winter, power-outs, closed schools and businesses (do they do the run on milk and bread?) and snow and ice roads. Attendees racked up an astounding 99.6% rate.

If you want to listen to the podcast, find it at peoplespharmacy.com/podcasts/, show number 1090 "How Intense Exercise Benefits Parkinson Patients".

Submitted by Mary B. Slaughter, RN, Parish Nurse

Condensed from radio broadcast People's Pharmacy 8-12-2017, by Joe & Terry Graedon, Medical Journalists.

Ways to Get Involved

Rally Day,

Sunday, September 10th—We will recognize our volunteer Sunday school teachers during worship and our youth and children Sunday school classes will begin at 9:15 in the sanctuary. The adult class starts on September 3rd.

Youth and Children Sunday school classes will be on a rotation based model this year. The lessons will be based off the lectionary readings and each week the students will rotate between liturgical art, liturgical drama, music and outreach based learning.

If you'd like to teach in any of these areas, please let Pastor David know or find the sign-up sheet in the narthex.

Ministry Teams Forming!

Looking for a way to get involved in the life of the church? Sign-up to be on a ministry team. There's a sign-up sheet in the narthex and below is a list of ministries you can join:

Christian Education: helps with the planning of bible school, Sunday school, bible studies, and the youth program.

Buildings and Grounds: helps maintain our building and outside areas by overseeing regular maintenance, planning for any future renovations, organizing workdays, and keeping our space safe.

Stewardship: helps plan stewardship season and educating the congregation the importance of giving time and finances to the ministry of the church.

Outreach: helps plan service projects, connects the church with local organizations, and assisting in the hospitality of the church.

Worship: helps planning worship services, music, and creating liturgical art in the sanctuary.

Congregational Care: helps plan fellowship dinners and socials, participates in pastoral visits and plans/manages emergency needs for our congregation.

Administration: helps plan the budget, manages contracts and personnel, tracks spending and other resources.

Bible Study Starting This Fall!

We are planning on having a day and night bible study this fall that will follow the scripture passages pastor David preaches on. If you're interested in diving deeper into scripture and the sermons, come join us! There's a sign-up sheet in the narthex.

Community Garden:

We've completed our grant application for our future community garden project. The grant is offered by the Presbytery of New Hope's passion driven ministry project. If you'd like to help in the planning of the garden or have any ideas to share, sign-up to be a part of the team! There's a sign-up sheet in the narthex.

Tutoring:

The church will be kicking off a mathematics tutoring ministry on Tuesday evenings starting soon. We plan to open this opportunity to come to the church and get extra math help to all in the community as an outreach of our church. All of those working in the ministry will receive basic youth protection training. We anticipate a need for tutors at all levels of mathematics from pre-school to beyond high school. Opportunities to serve in this ministry go beyond the need for tutors. If you feel the call to help with our Mathematics Tutoring Ministry, please contact Paul Miller at [\(252\) 876-5494](tel:2528765494) or millerp@cravencc.edu so that we can arrange a time to conduct the necessary training. If you or someone you know would like a little help with math, keep your eye out for our fall math kickoff date

The Worship Hour- A Team Effort

Have you ever considered how many people are needed to conduct one hour of worship? There is the pastor and the organist of course; and then there are choir members, ushers, acolytes, liturgist, communion servers, and sound technicians. An elder-on-call is in charge of making sure all are in place and ready to serve. We need YOU on our worship team. We especially need liturgists. One liturgist reads the call to worship and the first Scripture reading with the congregation. Another liturgist reads the Prayer of Confession and the Affirmation of Faith with the congregation. It only takes one Sunday a month or less with more people on the team. Everything you need to say is printed and placed on the lectern. Lynn Lamont will meet with you after church any Sunday for a quick training session. Won't YOU please consider becoming an active part of the

Worship Hour? You may be surprised how it will enrich your faith! Call Lynn (636-2753) and let her know you would like to be part of the Worship Hour!

LUNCH GROUP

The Lunch Group will meet on Wednesday, September 20th at Chelsea at 12pm. All are welcome to join us. Point of Contact: Trudy Nelson (514-8044).

BOOK CLUB

Our next Book Club meeting is Tuesday, September 26th at 7:00pm in the multipurpose room. 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, September 16th**. Contact Jennifer Miller, 876-5457, for more information.

CROP WALK

The annual CROP walk will be held on Sunday, September 24th at Union Point Park to raise funds to end hunger at home and around the world. CROP Hunger Walk is a ministry of Church World Service – cwsglobal.org which supports Hunger and Development needs across the world, including disaster and refugee assistance. 25% of funds raised go to Religious Community Services (RCS) to help feed the hungry in our area. Registration begins at 2pm and the walk starts at 3pm. Please contact Whit Morgan (671-4002) if you are interested in contributing or walking. Further information will be announced in the bulletin as it becomes available.

SUNDAY SCHOOL

IT'S SUNDAY SCHOOL TIME! Enrich your faith journey by planning now to attend Sunday School. The Sunday School year begins with "RALLY DAY" on **September 17th at 9:15am** in the sanctuary; refreshments in the coffee/office area; and a brief class time.

Starting **September 24th** the adult class will meet at 9:15am until 10:00am in the Multi-purpose room (parlor) with Jeff Chittick and Richard Stewart teaching the adult class (*Present Word* curriculum.) Charlotte McConnell, Bee Bee Ku, Tonya Cedars and Norma Kelley will be teaching our youth at a combined Sunday School/Children's Church during the worship service. Come nourish your faith, come learn, and come fellowship – hope to see you there!

LECTIONARY READINGS

Sept 3	Sept 10	Sept 17	Sept 24
<u>Semicontinuous</u>	<u>Semicontinuous</u>	<u>Semicontinuous</u>	<u>Semicontinuous</u>
Exodus 3:1-15	Exodus 12:1-14	Exodus 14:19-31	Exodus 16:2-15
Psalm 105:1-6, 23-26, 45b	Psalm 149	Psalm 114	Psalm 105:1-6, 37-45
Romans 12:9-21	Romans 13:8-14	Romans 14:1-12	Philippians 1:21-30
Matthew 16:21-28	Matthew 18:15-20	Matthew 18:21-35	Matthew 20:1-16

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.

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), Joe McGregor (Jennifer Miller's brother.)

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

	Sept 3	Sept 10	Sept 17	Sept 24
Elder of the Week	Bob Griffin	Lynn Lamont	Paul Miller	Whit Morgan
Liturgist	Rob Thomson	Richard Stewart	Beth Doran	Jim Slaughter
Ushers	Bob Griffin Whit Morgan Pat Morgan Tillie Jones	Lynn Lamont Whit Morgan Trudy Nelson Mike Kelly	Paul Miller Whit Morgan Peggy Cuddington Beth Doran	Whit Morgan Lee McConnell Carolyn Caton Ric Evans
Communion Stewards	Bob Griffin Paul Miller Jeff Chittick Al Fowler Lynn Lamont			
Acolyte	Aurora Glisson	Robert Miller	Esther Ku	Samuel Ku

September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3 9:15am Adult SS 10:30am Worship 1:30pm Myanmar Christian Fellowship	4 Labor Day	5 7:00pm Karate	6 10:00am Morning Circle	7 9:30am Nifty Knitters 7:00pm Choir	8	9
10 RALLY DAY! 9:15am Sunday School 10:30am Worship 1:30pm Myanmar Corrine McCain Verna Quidley	11 Samuel Ku	12 6:00pm Evening Circle 7:00pm Karate	13	14 9:30am Nifty Knitters 7:00pm Choir	15	16 6:00pm RCS 10:00am Session Retreat
17 9:15am Sunday School 10:30am Worship 1:30pm MCF Gera Howe	18 Norma Kelley Debbie Tuttle	19 7:00pm Karate 6:30pm Session Meeting	20 12:00 Lunch Group	21 9:30am Nifty Knitters 7:00pm Choir Sarah Evans	22	23
24 9:15am Sunday School 10:30am Worship 1:30pm Myanmar Christian Fellowship 3:00pm CROP WALK	25 Lily Cedars Peggy Cuddington	26 7:00pm Karate 7:00pm Book Club	27	28 9:30am Nifty Knitters 7:00pm Choir	29	30 Cliff Meadows