

Church Newsletter



West New Bern Presbyterian Church

Jeff's Jottings



Lent is a season of visual and symbolic reminders that prepare us for the mystery of dying and rising with Christ. Lent is a period of 40 days leading up to Good Friday of Holy Week. The 40 days of Lent are counted from the first Sunday (day one) to Holy Thursday (day forty).



So on our foreheads we rub ashes and begin. Ash Wednesday and the three days following are a kind of preface to the season. They are a time of penitence to prepare for the season of Lent. Ash Wednesday is a particular time for new beginnings in faith, a time for returning to the Lord. On this day we recall our mortality and wait upon the Lord for a re-

newing Spirit. Our Ash Wednesday service will be on Wednesday, February 17th at 7:00 p.m.

The word "Lent" comes from "lengthen". Days grow longer during this season.

During this time of "days getting longer", the ground freezes and thaws, and before we know it, everything is filthy. Our cars need washing, our windows need washing, and the earth itself needs a good bath. The English names for the months come from ancient words that image the need to roll up our sleeves. Lent is not about being tidy.

Starting on February 24th, and continuing through Holy Week, Morning Prayers will be offered each Wednesday in the sanctuary at 10:00 am.

We complete the Lenten journey together where we begin

with a service of worship.

Our Good Friday *Tenebrae Service* will be on April 2nd at 7:00 p.m. It is a service where



the lights are gradually darkened, paraments and candles and color are removed from the sanctuary as we read the scriptures that witness to the agony of the cross. We leave the sanctuary in darkness, to meditate and pray and return on Easter Sunday.

May our journey together through the season of Lent prepare us for the glory of Easter.

Grace and peace,

From Your Session - Ray Brock, Clerk

At the Stated Meeting of the Session on January 16, 2010, newly elected elders Joan Zimmer, Charlotte McConnell, and Bill Haacker were welcomed and thanked for their willingness to serve the church.

It was decided that the Sacrament of Holy Communion would be celebrated the first Sunday of each month during the year 2010 and every Sunday at the 9:00 am worship service. The Sacrament is to be celebrated by intinction.

The Karen Fellowship will assist in the worship service each 2nd Sunday of the month. Their participation will consist of singing by the Karen Fellowship choir and a Karen-speaking liturgist.

February 2010

FYI

The Parish Nurse Office is open on the 2nd & 4th Sunday of each month from 9:00 to 10:00 am and on request as needed. If you need a time set up for Parish Nurse services (consult for health concerns, blood pressure checks, info about resources in the community, etc.), contact Web Slaughter at 637-4754 or 670-1177 (daytime).

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Care Groups

To provide a "caring presence" for families, and to establish a direct link of communication to the session for ideas, concerns, and prayer requests.

The Session has assigned Elders to maintain contact with and offer support to members of the congregation. You are encouraged to contact the Elder of your Care Group for any needed assistance. Their phone numbers are listed next to their name.

Bob Griffin Care Group (633-3224)



- Jean Boyd
- Walt & Marlene Bracken
- Carolyn Caton
- Betty Lou Johnson
- Tommy & Trudy Nelson
- Martha Parker
- Walter & Cheryl Powell
- Gerry Teple
- Robert & Diana Thompson

Bill Haacker Care Group (229-1764)



- Jeff & Kate Chittick
- Chuck Davis & JoAnne Doles
- Doug Edwards
- Francis Fernandez
- Lance & Virginia Goodrum
- Betty & Rick Hamilton
- Verna Quidley
- George & Debra Rodriguez
- Jane Shumway

Bob Howe Care Group (633-9749)



- Ada Carson
- Myrtle Caton
- Peggy Cuddington
- Marie Dawson
- Beth Doran
- Stas & Brenda Humienny
- Surrie McNeill
- Monty & Lynn Lamont



Ellie Burns Care Group (636-3953)



- Jack & Corrine McCain
- Vern & Norma Miller
- Charlie & Jean Phelan
- Susan Romanski
- Helen Shillito
- Barbara Sylvester
- Coy & Jeri Wetherington

Tonya Cedars Care Group (633-2893)



- Ann Brinson
- Mike & Norma Kelley
- Whit & Pat Morgan
- Rose Roper
- Warren & Ruth Smith
- Alyce Willis
- Buddy Willis Jr.

Charlotte McConnell Care Group (514-4543)



- Ric & Sarah Evans
- Doug & Charlene Gover
- Peter & Elaine Meyer
- Brian & Kristie Miles
- Chuck & Connie Murphy
- Iona Strickland
- Phil & Linda White



Ray Brock Care Group (637-5004)

- Thurman & Agnes Brock
- John & Millie Jenso
- Htee Ku & Bee Bee
- Helen Rackley
- Pyo Rcham & Dong
- William and Shirley Rogers Jr.
- Saw Bleh Wah & Naw Naw
- Richard & Debbie Tuttle

Joan Zimmer Care Group (638-2717)



- Jane & Max Armstrong
- Margaret Brown
- Alton Cahoon
- Jo Cartner
- Jean & John Foss
- Jim & Brenda Glisson
- Terri Randell
- Jim & Web Slaughter
- Al & Jo Sonye

John Satterfield Care Group (633-4897)



- Evelyn Bell
- Minnie Cates
- Sue Davenport
- Betty Harrison
- Barbara Hopewell
- Tillie Jones
- Cliff & Maggie Meadows
- John Teple





Noah's Ark News



It was great to get back to work after the holidays. The children came back excited to tell of all their Christmas fun and toys they received, and the teachers came back rested and ready to begin a new year. We have a new teacher in our four-year old class. We welcome Trisha Carapazza to our staff. She has a four-year old son attending Noah's Ark. She brings with her a back-

ground in education; along with much energy and enthusiasm!

The children have been busy with everything wintery. They have made snowmen, snowflakes, mittens and have read many books about winter. The weather has certainly cooperated with very chilly days, as well as, snow threats. We were all disappointed when the snow did not come our way, so we created our own snow with shaving cream art and snowball fights using cotton balls.

We ended the month with a "pajama day". The children and teachers came to school wearing their pj's and brought their favorite blanket or stuffed animal for the

day. We spent the morning having a pajama party reading some of our favorite books while eating popcorn and drinking hot chocolate. We all decided we would like to have "pajama day" at least once a month!

We are beginning to gear up for 2010-2011 registration. If any of you know anyone who has a preschool age child, please let me know, and I will get a registration packet to you. Our church members and returning students have first priority before we have open registration.

~Charlotte McConnell, Director

Session Elections / Appointments

Clerk of Session

Ray Brock

Receiving Treasurer

Lee McConnell

Disbursing Treasurer

Gerry Teple

President

WNBPC Corporation

Bill Haacker

Vice President WNBPC Corporation

Bob Griffin

Secretary WNBPC Corporation

Ray Brock

Pennies for Hunger

The Pennies for Hunger Offering will be collected on Easter Sunday, April 4. Everyone is encouraged to place a container on your dinner table, and contribute two cents a meal per person. Containers will given out on Sunday, February 14th. The offering was designed to raise our awareness of world hunger, and is used in feeding programs around the world. A portion of the offering stays with our presbytery for local feeding programs. Consider this offering as part of your Lenten journey to Easter.

Sessional Committee Chairpersons

Building & Grounds

Bob Griffin, Bill Haacker

Congregational Care

Ellie Burns, Joan Zimmer

Stewardship

John Satterfield

Christian Education

Charlotte McConnell

Outreach / Evangelism

Ray Brock, Tonya Cedars

Worship

Bob Howe



February 2010

Sun

Mon

Tue

	<p>1 6:30 pm ESL Class</p> <p><i>Susan Glisson Jack McCain</i></p>	<p>2 2:00 pm Visitation 6:30 pm ESL Class</p>	
<p>7 6th Sunday in Ordinary Time 9:00 am Early Worship 9:45 am Educational Hour 11:00 am Worship</p> <p><i>Mike Kelley</i></p>	<p>8 6:30 pm ESL Class</p> <p><i>Dave Gover Doug Gover</i></p>	<p>9 2:00 pm Visitation 6:30 pm ESL Class 7:00 pm PW Evening Circle</p>	
<p>14 Valentine's Day Transfiguration of the Lord Sunday 9:00 am Early Worship 9:45 am Educational Hour 11:00 am Worship</p> <p><i>Pat Morgan</i></p>	<p>15 President's Day 6:30 pm ESL Class</p> <p><i>Chuck Murphey</i></p>	<p>16 2:00 pm Visitation 6:30 pm ESL Class 6:30 pm Session</p>	
<p>21 1st Sunday in Lent 7:45 am Men's Breakfast 9:00 am Early Worship 9:45 am Educational Hour 11:00 am Worship</p>	<p>22 6:30 pm ESL Class</p>	<p>23 2:00 pm Visitation 6:30 pm ESL Class</p>	
<p>28 2nd Sunday in Lent 9:00 am Early Worship 9:45 am Educational Hour 11:00 am Worship</p>			<p><i>Birthdays and Anniversaries are italicized</i></p>

February 2010

Wed

Thu

Fri

Sat

<p>3 10:00 am PW Morning Circle 6:45 pm Adult Choir</p> <p><i>Kate Chittick</i></p>	<p>4 9:30 am Nifty Knitters</p>	<p>5</p> <p><i>Vern & Norma Miller</i></p>	<p>6</p> <p><i>David McCain</i></p>
<p>10 6:45 pm Adult Choir</p> <p><i>Tommy Nelson</i></p>	<p>11 9:30 am Nifty Knitters</p>	<p>12</p>	<p>13</p>
<p>17 Ash Wednesday Noon Luncheon Group at Morgan's 6:45 pm Adult Choir</p>	<p>18 9:30 am Nifty Knitters</p>	<p>19</p> <p><i>Warren Smith</i></p>	<p>20</p>
<p>24 10:00 am Lenten Prayer Service 6:45 pm Adult Choir</p>	<p>25 9:30 am Nifty Knitters</p>	<p>26</p>	<p>27</p>
<p>Acolyte Schedule: 7th— Joseph Moo 14th— John Kelley 21st— Austin McConnell 28th— Michael Kelley</p>	<p>Elder on Call Schedule: 7th— Bill Haacker 14th— Bob Griffin 21st— John Satterfield 28th— Ellie Burns</p>	<p>Usher Schedule: 7th— Joan Zimmer, Bob Howe, Ray Brock, Charlotte McConnell 14th— Bill Haacker, Karen Fellowship, Ellie Burns, Tonya Cedars, John Satterfield 21st— Beth Doran, Peggy Cuddington, Pat Morgan 28th— Walter & Martha Powell, Jane Armstrong</p>	

Staff Email Directory

Pastor

Jeff Sockwell jsockwell@westnewbernpc.com

Office Manager

Kristie Miles kmiles@westnewbernpc.com

Music Director

Gera Howe gerahowe@suddenlink.net

Disbursing Treasurer

Gerry Teple lteple@suddenlink.net

Receiving Treasurer

Lee McConnell leemcconnell@embarqmail.com

Noah's Ark Preschool Director

Charlotte McConnell camcconnell@embarqmail.com

Custodial Services

Htee Ku



In 2007 I began seeing references to a new appreciation of the role of Vitamin D in this remarkable creation we call the “body.” The logical train of thought is the effect on bones, since it works with calcium to boost bone health. We are now seeing evidence that this element affects cancer risk, diabetes, periodontal disease, muscles, brainpower, arthritis and multiple sclerosis.

On the Peoples Pharmacy program (Saturday, 11-21-09), Dr. Bruce Hollis explained that the substance we call Vitamin D is more properly called a hormone, since your skin manufactures it. He further stated that 15 minutes exposure on a sunny day would result in creating 20,000 units of Vitamin D, available for your personal use. This means our current recommended levels are quite low, since RDA's (recommended daily allowance) range from 200 IU to 600 IU, depending on your age. Dr. Hollis says 2,000-4,000

HEALTHPOINTS



IU daily is more like the dose needed. To answer the “why”, think about the changes in lifestyle over the last 50 to 100 years. Most of the folks I knew growing up in suburban Fayetteville had a small garden. Children didn't come in from play until they were made to come in, except in the most inclement weather. Walking to school was the norm. Sunscreen was reserved

for beach or lake visits.

For years, there has been a puzzle about MS, or multiple sclerosis. Northern climes had a disproportionate share of cases. If a child moved south before age 11, his risk dropped. Maybe this “sunshine vitamin”, if depleted, is the trigger. Now wouldn't that be grand! Hollis says he keeps his levels at 50-70 nanograms/liter, considerably higher than the 30, which is “passing.” There doesn't seem to be a problem with overdosing as far as is known now. I will be watching this interesting medical puzzle.

Contributed by M. Slaughter, RN, Parish Nurse

Condensed from Nutrition Action Health Letters, November 2007 and People's Pharmacy with Joe & Terry Graedon (with guest lecturer Dr. Bruce Hollis, PhD, Professor of Pediatrics & Biochemistry & Molecular Biology.