

West New Bern Presbyterian Church
1701 Lucerne Way
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September 2010 Newsletter

Check out the web site at www.westnewbernpc.com

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Staff Ch...ch...changes

Hi, Everyone my name is Lakisha Moore. I will be the new Office Manager here at West New Bern Presbyterian Church. To give you a little background information, I was born and raised in the Fort Barnwell area. I attended West Craven High School and then went on

to Pitt Community College receiving an Associates Degree in Human Resource Management and a Bachelors Degree in Business Administration at ECU. My family and I have just recently moved to the Ayden area where we have purchased a lovely new home. My

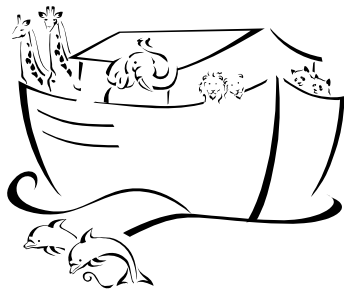
husband and I have three children that have all attended Noah's Ark Preschool. Thanks so much and hope to see you soon.

Lakisha Moore

FYI

The Parish Nurse Office will be open on the 2nd & 4th Sundays of each month directly after the 10:00 am worship service 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).

Noah's Ark Preschool * Christian Education



The rooms are being painted and decorated in anticipation of the first day of preschool, which will be Tuesday, September 7. Open House will be on Thursday, September 2. This will give the parents and children time to get to know their classmates and teachers before preschool begins.

We are again looking for volunteers to help during the preschool hours. You will only be asked to volunteer once a month. If you are interested, please let me know which day works best for you.

Thank You, Charlotte McConnell

**Rally Day is
Sunday,
September 12.**

Noah's Ark is getting ready to "launch" again! We ask for your support through praying for us, volunteering with us, and contributing financially. The Preschool Board thanks Jean Boyd, Jeff Chittick and Alton Cahoon for their service. They are rotating off and have earned their time to "rest"! The Board welcomes Janet Sockwell(2nd year), Elizabeth Griffin, Sarah Evans, and Bill Hacker. We look forward to promoting positive church/preschool relations and to supporting our preschool in their important ministry.

Thank you, Lynn Lamont

Rally Day is coming up on Sunday, September 12. We would love to have everyone come and bring a friend to Sunday School and start our new year with a large group. We will have a short meeting to thank the teachers who have volunteered their time, and then we will have refreshments before going off to our classes.

Thank you, Charlotte McConnell



Back to Sunday School!: Yes, it is Back to School for the children, but for the adults--it's Back To Sunday School! The new year and curriculum start in September with the Sunday school hour beginning at 9:45 on September 12th. We have two adult classes and invite you to join us. One class meets in the Parlor and one in the Fellowship Hall. Come learn, discuss, fellowship, or just listen! We want YOU Back in Sunday School!

Thank you, Lynn Lamont

**Mark your
calendars:**

**Worship returns
to the 9:00 am
and 11:00 am
schedule on
September 12th.**

From the Worship Committee

Service times through September 5, 2010 are:

8:45 am Education & 10:00 am Worship Service

Beginning September 12, 2010 we will return to:

9:00 am Worship Service, 9:45 am Education & 11:00 am Worship Service

Please plan to attend every Sunday and bring someone with you that doesn't have a church home. We'd love to have them call West New Bern Presbyterian their "home church"!

We hope to have our youth involved in worship serving as Acolytes, Liturgist and as leaders of "Our Time with Children".

Congregational Care Committee

September 2010

Congregational Committee--Our yard sale/plant sale was \$849.70.. \$200 of this amount was given to the church for a new microphone. Our ice cream social was absolutely yummy and we thank all of the contributors for the very delicious ice cream. We couldn't decide which we liked best, so had a taste of all of them!! We had a total of 42 attendees, which was the largest so far of all the ice cream socials. Our "lemonade on the grounds" was also successful. Since our members love to eat, be on the lookout for a spaghetti dinner coming in October.

Building & Grounds Committee

We hope you have noticed the improvements to the worship space. The narthex has been repainted, a bulletin board has been hung in the narthex (you will find the sign-up sheet for flowers for worship, a list of Ushers, Elder of the Week, a monthly calendar, as well as lots of other info), the pews have been arranged for better seating, the piano is now in the midst of the congregation, a new wireless microphone has been purchased, a DLP projector has been mounted in the ceiling, and a large viewing electric screen has been hung.

The session recently approved further enhancements which include plantation style blinds to cover all the windows in the sanctuary. These have been ordered and will be installed in September. The anticipated cost is approximately \$2000, with the funding coming primarily from the Building Fund.

You are encouraged to give to the Building Fund to help offset the cost of all of these improvements. There are additional projects anticipated that we hope to be able to move forward with, and your generosity can help make that happen. Contributions should be made out to the "West New Bern Presbyterian Church" and marked for "The Building Fund".

Thanks to everyone for the hard work , the generous giving, and for your prayers as we strive to serve God together here in this place.

Homeplace Ministry

We are pleased to announce that worship is again being led at Home Place on McCarthy Blvd. We gather on Thursdays at 2:00 pm on the following dates: Sept. 23, Oct. 28, Nov. 18, and Dec. 16. The residents there,

some of whom are members of our own congregation, look forward to being visited. It would be a great opportunity to say "Hi". and let them know you care and they are not forgotten. Thanks to Gera and Bob Howe, Web

Slaughter and Verna Quidley and several members of the choir that participate. So do a good deed for the day and join us for fellowship and fun. You need not call me, just show up. Coordinator--Joan Zimmer.



September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:45 pm Adult Choir	2 9:30 am Nifty Knitters	3	4
5 9:00 am Educational Hour 10:00 am Worship / Communion	6 LABOR DAY	7 Noah's Ark Preschool Classes Begin 7:00 pm Karate	8	9 9:30 am Nifty Knitters 6:45 pm Adult Choir 7:30 pm Xmas Cantata	10 6:00 pm Girl Scouts	11
12 9:00 am Worship / Communion 9:45 am Rally Day 11:00 am Worship 3:00 pm - 5:00 pm Wedding	13	14 7:00 pm Karate	15 12:00 pm Noon Lunch- eon Group 6:45 pm Adult Choir 7:30 pm Xmas Cantata Practice	16 9:30 am Nifty Knitters	17	18
19 9:00 am Worship / Communion 9:45 am Educational Hour 11:00 am Worship	20	21 2:00 pm Visitation 6:30 pm Session 7:00 pm Karate	22 6:45 pm Adult Choir 7:30 pm Xmas Cantata Practice	23 9:30 am Nifty Knitters 2:00 pm Homeplace	24 6:00 pm Girl Scouts	25
26 9:00 am Worship / Communion 9:45 am Educational Hour 11:00 am Worship	27	28 2:00 pm Visitation 7:00 pm Karate	29 6:45 pm Adult Choir 7:30 pm Xmas Cantata Practice	30 9:30 am Nifty Knitters		

	Acolyte	Elder of the Week	Ushers	Flowers
Sept. 5	Joseph Moo	Bob Griffin Communion— Joan Zimmer, John Satterfield, Bob Howe, Ellie Burns	Whit & Pat Morgan Bill Haacker	Samuel Ku
Sept. 12	John Kelley	John Satterfield	Martha Powell, Karen Fel- lowship	Colleen Brock
Sept. 19	Austin McConnell	Tonya Cedars	Walter Powell, Peggy Cud- dington, Beth Doran	Beth Doran
Sept. 26	Abigail Rogers	Charlotte McConnell	Charlene & Doug Gover, John Kelley	Eric & Tonya Cedars

Birthdays

September 1	Ada Carson
September 10	Verna Quidley
September 11	Melissa Tuttle
September 17	Gera Howe
September 18	Brenda Haacker Norma Kelley Debbie Tuttle
September 21	Sarah Evans
September 25	Lily Cedars Peggy Cuddington
September 30	Cliff Meadows

Anniversaries

September 21
John & Jean Foss

Healthpoints

Several articles from the various publications I read make up the advice for this month.

From Prevention, an easy way to monitor your salt intake: Up to 75% of the salt in our diets comes from packaged foods. "Look for a 1 to 1 ratio of calories to sodium or less" says David L. Katz, MD, MPH, director of the Yale Prevention Research Center. If a food has 150 calories per serving, it should have no more than 150 mg. of sodium. Your total should be below 1500 mg. per day. There is a strong correlation between our salty diets (courtesy of our food industry, who have found that Americans love salt) and the development of high blood pressure. Becoming a label reader is very educational!

From Johns Hopkins: A healthy diet may help stave off Alzheimer's disease. A study from Columbia University Medical Center (NYC) it was found that older folk with diets rich in omega-3 fatty acid, vitamin B12, folate, and vitamin E were 38% less likely to develop this brain insult than those whose diets were lacking a healthy intake of these nutrients. Optimal diets contained the most green, leafy veggies, nuts, tomatoes, poultry and fruit and the least amounts of red meat and high fat dairy products such as butter.

Also from Prevention: Dr Jim Sears, a pediatrician says his kids must follow the 1-sugar-a-day rule. The kids get to pick which one and when. This re-

duces any arguments about treats and unhealthy snacks. Some of these childhood habits hold over to adulthood. Recently, son Brian said to a friend "We weren't allowed to drink soft drinks at home, so I've never craved them."

Condensed from: Prevention, September 2010, Health News and Trends; and Health: Ask the Doctors - Instant Health Upgrades.

Johns Hopkins Medical Letter - Health After 50: Longevity Facts.

Submitted by:

Mary Slaughter, RN,
Parish Nurse