

THE MESSENGER

JANUARY, 2017



Sunday Schedule
9:30 AM Sunday School
10:30 AM Worship

1459 White Memorial Church Rd.
Willow Spring, NC 27592
919-639-9973
www.wmpcwillowspring.org

MISSION STATEMENT

Remembering God's grace, the mission of White Memorial Presbyterian Church in Willow Spring is:

- Come to be joyous and thoughtful in worship;*
- Walk with God's guidance into deeper faith and knowledge*
- Stretch out to the needy with tangible acts of service;*
- Be loving and generous with time, talents, and treasures;*
- Go out into the world to welcome and invite.*

Dear friends and family - Happy New Year!!!

Lake Superior, the largest of the Great Lakes, holds about 5% of the earth's total fresh water supply. There is a unique phenomenon that happens when the water temperature of the lake hits 39 degrees. The water becomes heaviest at that critical temperature, making the cold water on top sink and the warmer water underneath rise, thereby causing the lake to "turn over." When this occurs, it revitalizes the lake by sending nutrients to the bottom and redistributing oxygen throughout the lake. This makes the entire Lake Superior ecosystem healthy and able to sustain all life that lives in and around it.

The beginning of a New Year can afford us an opportunity to 'turn over the waters' and continue to develop our sustainability as a strong and leading rural church. This "turning over", this invigoration can help us as we work to stay healthy and continue to respond to the Holy Spirit's calling of our church. As we reflect on the year's past and develop a vision for the coming years, our collective voices can be stronger than ever about the value of our church to our local community and our Presbytery.

However, this means that we must stay diligent with the task at hand; being earnest in listening and discerning where the Spirit is calling WMPC to go. You can proud of what you have accomplished together in 2016 and we should look forward to what is to come.

May you start the New Year in peace and health; my best wishes for a joy filled New Year!

Blessings and Peace,

Pastor Ed

SERVICE AND CELEBRATION PAGE

January, 2017

USHERS

Margaret King and Joyce Byrd

NURSERY

1 – Stay in church, 8 – Jen Baoudoux,
15 – Michelle and Kaylee Johnson, 22 – Becky Stephenson
29 – Jen Baudoux

BIRTHDAYS

15 – Lauren Kane, 16 – Adam Denning, 16 – Pam Denning
27 – Mary Alice Rhodes, 29 – Roseanne Rimbey

ELDER OF THE MONTH

Anne Honeycutt

H: 919-552-3793

C: 919-414-0026

honeycuttdj@hotmail.com

Please call if you have concerns

SECRETARY HOURS

Sandy Parrish – Secretary

Wednesdays – 11:00 AM to when tasks are completed

Thursdays – 1:00 PM to when tasks are completed.

Prayer Concerns

- Buddy Brooks, Judy Morris's brother in law, (Irene's husband) had open heart surgery to replace heart valve. He is doing well.
- Judy's sister, Helen Best, had surgery on her leg and has had some problems but hopefully it is healing as the doctor expects.
- Mitch Parrish had to be taken to hospital but is now home. Continued prayers for Mitch to regain strength in his heart and lungs.
- Ira Jersey spent several days in the hospital while visiting family in New Jersey with some kidney problems.
- Safe travel journeys for folks especially during the holiday season.
- Please continue prayers for kindness and love.

CONTINUED PRAYERS FOR OUR MEMBERS AND FRIENDS

- | | | |
|-------------------------|-------------------------|----------------------|
| * Kaylan King | * Mitch & Sandy Parrish | * Pam & Robin Grimes |
| * Meagan Poole | * Danny Gay | * Connie Aberant |
| * Geraldine Stephenson | * Janet and Karl Bunn | * Jason Nunn |
| * Randy Raynor | * Walt Slater | * Jane Gurley |
| * Courtney Jernigan | * Ed Dunn | * Amy Beshgatorian |
| * Jimmy Worrell | * Debbie Honeycutt | * Larry Taylor |
| * Colby Springle Family | * Cathy Baker Family | |

THOSE IN NURSING HOMES OR ASSISTED LIVING

- Danny Matthews, Hester Family Care Center, 154 Haven Lane, Princeton, NC 27569
- Pauline Jones, Liberty Commons, 2315 Hwy. 242, Benson, NC 27504
- Vada Allen, Oak Hill Living Center, 9767 NC Hwy 210, Angier, NC 27501
- Dorothy Page, Gabriel Manor, 84 Johnson Estate Road, Rm. 112, Clayton, NC 27520

JOYS

- Angels at Dixon Road Elementary were given gifts from our church members. Thanks to all who participate in this great mission project.
- Mike Stewart had a great violin recital with his students and their families and friends attending. Thanks to all who helped Mike with decorating and refreshments.
- Our fabulous choir presented yet another wonderful Cantata. It was very beautiful. Thanks to Kristy Gathings for sharing her special pianist talent and also to narrators, Michelle and Kaylee Johnson for their talents.
- The Women of the Church gave Kaylan King a cash gift for Christmas so that she could go shopping for some things for herself.
- Upcoming mission trip to Haiti. We will be looking for contributions and fund raisers. Please let Kathy Johnson know if you wish to participate and/or contribute.
- Upcoming Senior Citizens Luncheon sponsored by White Memorial on January 10th. We need volunteers to set up tables & chairs, decorate and to serve and clean up afterwards.

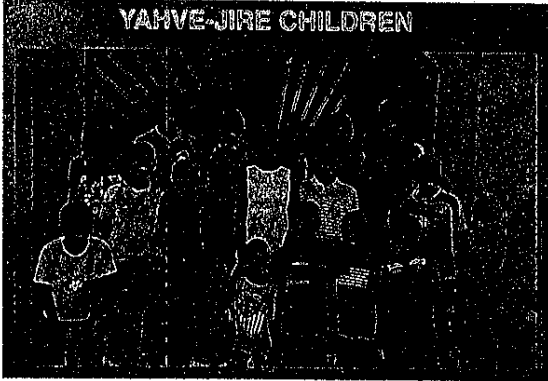
JANUARY 2017 MOUSE NEWS Happy New Year--Looking forward; looking back! Thank God for Ed Johnson, our new minister. Thank God for Carol McCartney, moderator, and Henry Coates, interim, for stability during the hiatus between ministers. Thank God for new members to our church during the interim between pastor, Duane Hix and pastor, Ed Johnson

THANK GOD FOR THE FOLLOWING New members in past two years --ALPHABETICALLY-
Annette Bridges and daughter Madison; Lori Hall, Eric and Elisa Wright-Hammond, Nicholas and Patrick; Anona Huff, Brenda Kane and Lauren; Rita and Jim Kramer--Jim went to Glory in October; Mary Alice Rhodes, Jane and Jerry Smith. (from church directory)

- The 5:00 p.m. Christmas Eve Worship Service was a full house, amazingly beautiful and filled with love. (Christmas day falls on Sunday again in 2022.) The children were there and heard a lovely Christmas story by Pastor Ed. Communion was served and Ed officially observed the passing of the Season of Advent to Christmas by changing the color of his stole. If all that is Greek to you, perhaps a page in the newsletter could help inform us. In the old days the colors of the Christian Year were observed and spoken of regularly. The Worship Committee changes the banners with the Christian calendar.
- The many poinsettias this year have been gorgeous and the luminaries outside the church set a sweet and beautiful and love- filled atmosphere.
- Many thanks to the musicians for the beautiful worshipful gift of music to this season. The music of Christmas is a miraculous experience in our souls. Grateful thanks to Kristy, Anne and Mike who gave their time and talents and to the choir members. The Cantata was very beautiful and the violin recital that afternoon filled the hearts of those who attended. The choir welcomes new members. Come and join.
- Nancy and husband Al annually host a wonderful luncheon after the cantata for choir members and Nancy's friends and family who are able to come. That special meal is worthy of all the choir practices all the year!
- The annual Joy Gift program and visit from Santa was very special this year. The youth presented a Christmas skit in the sanctuary with WISE MEN, ANGELS, AND ALL! Then in the Fellowship Hall we enjoyed delicious soup and cheese biscuits before Santa arrived! Many thanks to Lisa Stanley and Michelle Johnson and to the youth.
- Sandy was able to bring husband Mitch home from the hospital on Christmas afternoon, a blessing for sure. Their anniversary is December 24.
- Ira Jersey is doing well at home now after hospitalization during their Christmas celebrations in NJ with their sons and families. They've discovered Ira had E-Coli.
- Deirdre will be headed to Hawaii in January to work with a client and then to San Diego to spend a week with her dear friend from the New Jersey days, Carolyn. The two traveled to Europe together this fall.
- LOOKING FORWARD TO WMPC HAITI MISSION TRIP IN 2017.

2017 Haiti Mission Trip Yahve Jire Children's Foundation

White Memorial Presbyterian we are stepping out of our comfort zones and are going to Haiti! We will be traveling to the Yahve Jire Children's Foundation in Despinos, Haiti on May 25th – June 2nd. We pray that this will be the beginning of a wonderful relationship between the church and the children's home. It is so exciting that Ann, Lis, Stephen, Kathy, Jenn and Pastor Ed will be going from WMPC. We have others from Raleigh, Burlington, Winston Salem and Illinois joining in. God is calling us and giving us an opportunity to serve in this manner.

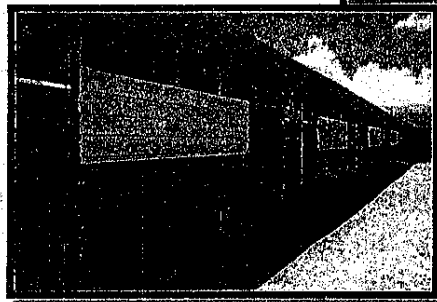
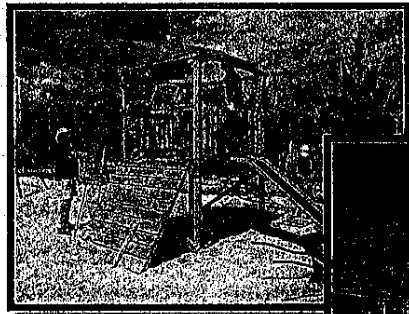


Even if you are not a traveling disciple you can be a disciple and go with us through your prayers and donations. We will be hosting several fundraising events to help us with funds needed to purchase construction materials; to take the children on a field trip, to purchase rice and beans for an extremely poor community food distribution site; and for the new community church and school. We also will be collecting supplies to take with us in our suitcases. More info regarding specifics later this spring. We also will be taking a small package for each child and the nannies and will let you know more what is needed in the near future.

Several of the travelers need assistance with the payment for their trip. The total cost for the trip is \$1800. If you'd like to make a donation to a specific person or just as a scholarship to help one of the disciples, let Kathy or Don Smith know of your intentions and we will let you know how to make such a donation (it is tax deductible). We are so appreciative of the financial donations made during the Christmas season and for the Joy gift offering received on Christmas Eve. God is so good and knows our needs. Please begin praying for our team as we prepare to go and serve.

Our team:

1. Ann Stephenson
2. David Tyeryar
3. Ed Johnson
4. Elizabeth Wright
5. Jenn Baudoux
6. Kathy Johnson
7. Mark McKnight
8. Patrick Pleasants
9. Sheila Kekesi
10. Stephen Broussard
11. Van Anthony Hall
12. Wanda Applewhite



But I NEED to go to the Doctor for Antibiotics!

I hear this phrase uttered from patients and friends way too often. Most of the time, however, it is spoken out of fear and misinformation. Most people run to the doctor for antibiotics after they get a cold, flu, sore throat, bronchitis, sinusitis, or ear infections.

Here is what you need to know. The CDC website says, “Antibiotics should NOT be taken for viral infections such as cold, flu, sore throat, bronchitis, sinus infections, or ear infections”. Antibiotics only work against bacterial infections. Most of the time, the conditions listed above are from viral infections, so the antibiotics do NO good!

Even though antibiotics aren't always effective, they have guaranteed side effects every time.

4 Major Problems with Antibiotics:

1. Antibiotics destroy good bacteria in the gut and, therefore, weaken your immune system.
2. Antibiotics often have side effects as bad or WORSE than the condition they are treating.
3. Antibiotics can have life-threatening interactions with medications.
4. Antibiotics can lead to antibiotic resistance. So, if you do get a REAL life-threatening bacterial infection, it lessens the chance of it killing the bacteria and saving your life. The NCPH website says that 23,000 people died because of antibiotic resistance last year.

So, what should you do when you get a cold, flu, sore throat, or the like? The number one thing is to have faith in your body! God designed the body with an amazing immune system to heal from all sorts of problems. Drugs are not needed to heal these simple issues.

Dr. Jake's top 5 tips to prevent OR fight illness:

1. **Get more rest:** 1-2 more hours of sleep than normal. Permission to nap, too!
2. **Stay well-hydrated:** Drink half your body weight in ounces every day.
3. **Get your spine adjusted regularly:** chiropractic care is proven to boost immune function.
4. **Focus on nutrition:** Eat nutrient dense fresh foods. Avoid sugar, grains, and inflammatory foods.
5. **Supplementation:** Take high quality Vitamin D3 and Vitamin C to ramp up the immune system.