**Prospect Presbyterian Church** 9425 West NC 152 Hwy Mooresville, NC 28115

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# Vacation Bible School, June 8th thru 11th 2020

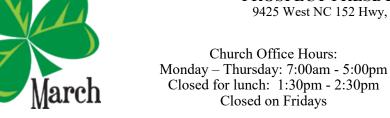
**SAVE THE DATE:** It is time to start thinking about Vacation Bible School. It will be at Prospect this year! Our theme is going to be Rocky Railway! Jesus' Power Pulls Us Together! We will need help doing all kinds of jobs including group leaders, recreation and sports, art, music, food, decorating, and lots of planning. So if you are interested in helping us make this another fantastic VBS, please contact a member of the Christian Education/ Fellowship Committee, or the church office. Thanks and we look forward to a great VBS with you!





# PROSPECT PRESBYTERIAN CHURCH

9425 West NC 152 Hwy, Mooresville, NC 28115



2020

Sunday School: 9:30 am

Worship Service: 10:30 am

Telephone: (704) 664-1514 (704) 664-9612 Fax: Website: www.prospectpres.org

Email:

Pastor: willgipe@hotmail.com Nurse: Virginia.Stewart@atruimhealth.org Office office@prospectpres.org

# FROM YOUR PASTOR'S KEYBOARD:

One of the toughest things Jesus tells us to do is "love your enemies and pray for those who persecute you" (Matthew 5:44). That is hard for me to do. My guess is that it is hard for you to do to. This month, March, when the world celebrates Saint Patrick's Day (March 17), let us consider the true story of Saint Patrick.

The man we know as Saint Patrick was born in Britain in the 400's AD. He was a devout Christian. His father was a deacon in his local church. When Patrick was 16, he was captured by some invading Irishmen, taken back to Ireland and made a slave. Patrick spent six years in slavery in Ireland, mainly as a herdsman. At the age of 22, Patrick escaped slavery

and returned to Britain. While home, he professed to have a vision that God told him to return to Ireland and become a missionary to the pagans in Ire-Day land. Patrick was convinced God had spoken to him and returned to Ireland with great commitment. He spent the rest of his life in Christian service to the people who had once enslaved him. God used Patrick to teach and baptize thousands of people and turn the country of Ireland to Christianity. In time, Patrick became, perhaps, the most famous and beloved Irishman in history.

Loving your enemies doesn't mean we do not acknowledge where they are wrong or that they do not need to change. Patrick knew the Irish were wrong and needed to change. Patrick, as a follower of Jesus Christ, chose to love

them and work to make them better instead of hating them. Paul tells us that Jesus died for us when our sin had made us His enemies (Romans 5:10). Loving your enemies is hard, but it is something Jesus wants us to do. As we try to be faithful to Christ, let us remember that Jesus died for us to convert us from His enemies to His friends. Let us remember the great things we can do when we rely on Christ's power and follow His example of loving enemies, just as St. Patrick did.

I hope all of you have a great March. You are loved.

Will



## For Praver **Missionary:**

Justin & Kristen Raymer (Tanzania, Africa) Brian & Christy Ward (Papua, New Guinea) Rob & Sandy Shaffer (Czech Republic)

## **Local Church:**

Centre Presbyterian Church

# **Nursing Homes, Rehab & Retirement Facilities:**

Reid Goodman

Mac Atwell (Trinity Oaks-Salisbury) Helen Barber (Trinity Oaks-Salisbury) Tom George (Atria-Lake Norman) Harriet Lipe (Genesis-Mooresville)

## **Please Remember:** Ella Mae Stewart

Toni Wheeler Anita & Wyatt Fesperman Mary Agnes Wiggins Helen Lyerly Jackie McKnight Martha Meredith Edith Lewis Dick & Ginny Bennett Louise Beeker Larry Stutts Jo Powers Dale McKnight Barbara Ussery Roy Watkins Johnny Wilkinson Martha Brown **Emily Moore** Van Knox Melody Morrison Mike Stacy

### Friends & Family of the Congregation:

Paula McNeely (Hospital VA, sister of Virginia Stewart, RN-FCN) Jeffrey Knox (Kidney Stones, son of Van & Violet Knox) Woody Lookabill (Rehab, brother in law of Melody Morrison) Elaine Holt Brown (Breast Cancer, 1st Cousin of Mary & Allen Lowrance) Steve Darne (Neurological, family of Toni Wheeler) David Clark (for Candace Jackson) Larry Abel (Stage 4 Cancer, brother of Mary Beth Edmiston) Larry Pruette (Cancer, friend of Candace Jackson) Pressley Cashion (Bladder Cancer, brother of Becky Hart) Don Smith (Cancer, Cousin of Kathy Bradshaw) Whitaker Raymer (Cancer, Missionary Child) Ellen Goldstein (Cousin of Becky Hart) Danny & Stephen Tulbert (Brothers of Bill Tulbert) Tina Davis (Cancer, friend of Edie Steele) Lauria Ann Slifko (Cancer, cousin of Mike Stacy)

Rita Purvis (Non-Hodgkin's Lymphoma, friend Brown Family)

# GIVEN IN **LOVING MEMORY OF.** . .

# WILLIAM "BILL" TULBERT

Mooresville Jewelry & Loan Everette Dellinger Peggy & James Bullard Rebecca T. Poplin Jaime & Amzie Hovis Kara Raymond Sherry & Humphrey Hayes



Wash your hands and Say your and germs are **EVERYWHERE** 





Tony & Lou Ann Robinson James & Marie Parker

March 27 March 30

# **GOLDEN PROSPECTORS**

SAVE THE DATE: Tuesday, March 17, 2020. We will be taking a road c trip to "The Classic" Restaurant in Denton, NC. We will meet at the church at 10:30 am and load up the church van. ALL are welcome. Please sign up outside the church office by Monday March 16th, or just let Cheryl know you are planning to go!

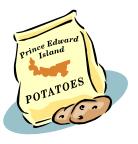
# Men & Women Fellowship!

**SAVE THE DATE**: Tuesday, March 24, 2020, the Men & Women's Fellowship will be meeting at 7:00 pm at the China Grove Family restaurant in China Grove for their March gathering. Everyone is invited. Please sign up outside the church office by Monday, March 23rd, so that reservations will be correct.

# ROWAN HELPING MINISTRIES

Suggested Donation for March

**INSTANT POTATOES** 







Dave Howie	03/02
Leah Robinson	03/04
Glenda Alexander	03/06
Wayne Chandler	03/06
Clayton Ervin	03/13
Mason Knox	03/14
Kevin Jackson	03/15
Elizabeth Carrigan	03/16
Matthew Hagerty	03/16
Alice Fleming	03/17
Frances Ann Neel	03/17
Lee Ann Williams	03/18
Kensley Ford	03/19
Judy Brumley	03/22
Anita M. Fesperman	03/26

# Dear Prospect Family,

Thank you for your generosity of love that you have shown to me & my family. The prayers, cards, visits, calls, and texts were a great encouragement and healing force.

Love in Christ, **Bob Edmiston** 





# The Hart Scholarship Awards

The Hart Scholarship Awards will be presented in late March early April during worship. Date to be determined. Watch your bulletin for the announcement of the date. Please be present for worship and this celebration of achievement and education.



Just a reminder to bring your BJ's books to our organist, Pat McCall. They will be used by St. Mark's Lutheran Church in their Food for Days program.

Young Disciples Camp Grier trip is April 25 & 26, 2020. We will leave on Saturday morning and return on Sunday afternoon. The trip includes overnight stay and two meals. Please contact Connie Brown if you have any questions or concerns. Please set aside this weekend for fellowship and fun.



Mark your calendars and remember to SPRING FORWARD!

Time Change on Sunday, March 8th!







# **YOUNG DISCIPLES! COMING EVENTS:**

Young Disciples Young Disciples

Young disciples will not meet in March due to Spring Break.



# **Egg Hunt**

C:---1-

The church egg hunt will be Saturday, April 4th from 2-4 pm. We will meet in the education building. Please turn in all donations of eggs, candy, and small toys by March 22nd, so we will have time to stuff the eggs. Thank you for your help! Connie

<u>Circie</u>
Lettie Beatty/Acts
Ruth
Serendipity

# Date/Time Mar. 6 @ 10:00 am Mar. 5 @ 10:00 am

Mar. 5 @ 10:00 am Mar. 4 @ 7:00 pm

# Location Session Room Session Room

Home of Jaime Hovis



# **Session News**

- Approved the 2020 budget of \$ 386,251.00.
- New lights for the educational building are on order.
- Building and Grounds got approval to move forward on Getting estimates on making all doors in the sanctuary safe. This is so the sanctuary can be locked down during worship and still have a safe means of egress in the event of an emergency. Also discussion of having the nursery and children's church in the basement of the sanctuary during the worship hour.
- Worship committee is seeking volunteers to run the projector during worship.
- Missions Committee sent various donations out in December and also to Camp Grier.
- Nurture and Growth has decided to suspend the American Cross Blood Drives temporarily until the new Family Life Center is complete. This is due to the Educational Building not being able to accommodate the needs of electrical outlets and space.
- Lunch n Learn April 26th. Caring for the Caregiver.
- Christian Education and Rec. VBS planned June 8-10. Church cookout Kannapolis Village Park Sunday May 30th shelter D, 3 to 7 pm.

If you have any comments or concerns please contact Will, myself or any member of the Session.

As your Session we always welcome comments.

Grace and Peace,
Dale Burgess - Clerk of Session







# JANUARY FINANCIAL REPORT

## General Fund:

Monthly Income through 01-31-20: \$64,127 Monthly Expenses through 01-31-20: \$22,901 Expenses Less than Income

for month.

for month: \$41,226

**Development Fund:** 

Ending Balance through 01-31-20: \$43,262

**Family Life Center:** Fund Balance: \$609,347



2020 U.S. REPORT: To further explore the impact of loneliness, in our culture and in our workplaces, Cigna fielded a national survey of 10,000 U.S. adults.<sup>1</sup>

#### **UCLA LONELINESS SCALE**

20	30	40	50	60	70	80
Less Lonely						Verv Lonely

The evaluation of loneliness below was measured by a score of 43 or higher on the UCLA Loneliness Scale, a 20-item questionnaire developed to assess subjective feelings of loneliness, as well as social isolation. The UCLA Loneliness Scale is a frequently referenced and acknowledged academic measure used to gauge loneliness.

The study's questions assess respondents' subjective feelings of loneliness, social isolation, health, work performance and other factors, and all data reflects these self-reported feelings.

### THE STATE OF LONELINESS TODAY

In 2018, Cigna conducted a large national online survey of U.S. adults to explore the impact of loneliness and found that loneliness was at epidemic levels.

In 2019, our results showed that the mental health crisis is growing - three in five Americans (61%) report feeling lonely, compared to more than half (54%) in 2018.



24% of Americans say their mental health is fair or poor.



Americans reporting good mental health is down 5-percentage points from 2018 (76% vs. 81%).



The CDC validates our findings in that 20% of Americans will experience a mental illness in a given year.2

### WHY? KEY DETERMINANTS OF LONELINESS IN AMERICA



A lack of social support and infrequent meaningful social interactions.



Negative feelings about one's personal relationships.



Poor physical and mental health.



A lack of "balance" in one's daily activities - doing too much or too little of any given thing (e.g., sleep, work).

#### LONELINESS ACROSS KEY DEMOGRAPHICS



### **GENERATION**

Younger generations are lonelier than older generations. Nearly eight in 10 Gen Zers (79%) and seven in 10 millennials (71%) are lonely, vs. half of boomers (50%).



# ANNUAL HOUSEHOLD INCOME

Higher-income individuals are less lonely than those with lower incomes. People with incomes of \$25K or less had a 7.2-point higher loneliness score than those with incomes of \$125K or greater (50.6 vs. 43.3).



Men (46.1) are lonelier than women (45.3).



Hispanic respondents (47.7) and those who identify their race as "other" (47.2) are loneliest, followed by Black/African-American respondents (46.3).



Those living in urban (46.7) and suburban (44.7) communities are less lonely than those in rural areas (47.0).

# 31 Days to a Healthier You — "You Choose" Edition

Choose one of the three daily activity options to complete each day. Little things add up to big things! Post this 31 day challenge calendar in a place where you will see it and make a commitment to become a healthier you.



1.04/0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	
Let's Go!	1. Take the stairs and/ or park further from entrances 2. Eat 1 serving of fish 3. Drink 32 oz. of water by noon	Stretch for 10 minutes first thing in the morning     Eat a healthy snack between lunch & dinner     Put away electronics at meals	1. Plank for 1 minute before every meal 2. Go meatless for dinner 3. Get in bed 30 minutes earlier than usual	1. Do 20 squats, 20 jumping jacks, 20 crunches 2. Avoid fast food 3. Drink an 8 oz. glass of water first thing in the morning	Venture outdoors for fresh air & physical activity during lunch     Include a healthy fat in every meal     Take a full day off from social media	1. Exercise during TV commercial breaks (squat, plank, lunge) 2. Avoid white foods (bread, pasta, rice, flour, sugar) 3. Get at least 7 hours sleep	
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	
1. Achieve 10,000 steps (approx. 5 mi.) 2. Go no added sugar today 3. Drink ½ your body weight in ounces of water	1. Walk 3 min. for every hour of sitting 2. Eat a new-to-you vegetable 3. Turn off the TV at meal time	1. Do 20 lunges, 20 push-ups, 20 burpees 2. Log your food and drink intake 3. Wake 30 min. earlier than usual to avoid being rushed	Do 10 min. of yoga or meditation     Avoid packaged foods     Swap a sugary drink for water	Spend 30 min. outside     Have a high protein     snack     Take 10 min. to     declutter/organize	1. Achieve 5,000 steps by 2:00pm 2. Eliminate an unhealthy food from your pantry 3. No screens 1 hour before bed	1. Do a 2 min. workout before showering 2. Eat a salad for lunch 3. Track your water intake	
Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	
1. Stand or walk while talking on the phone 2. Eat berries at breakfast 3. Make a to-do list	1. Sign up for an exercise related event (5K, Fun-Run) 2. Eat a green leafy veggie at dinner 3. No caffeine after 12pm	1. Take your dog for a walk 2. Make all your grains "whole" 3. Review your progress & repeat your favorite	1. Attend an exercise class 2. Don't škip a meal 3. Add a fruit or veggie to your water for flavor (lemon, lime, cucumber, etc.)	1. Go on a nature walk 2. Use a smaller plate at mealtime 3. Complete a brain game (crossword puzzle, sudoku, etc.) .	1. Do 20 mountain climbers, 20 tuck jumps, 20 calf raises 2. Fill ½ your plate with fruits & veggies 3. Do 5 min. of deep breathing before bed	1. Sit on an exercise ball at your desk instead of a chair 2. Avoid fried foods 3. Drink 8 oz. of water before every meal	
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	
Wash the car by hand instead of using the drive through     Go no added salt today     Meal plan your dinners for the week	Play outside with your kids/grandkids     Bring your lunch to work     Track your spending	Do calf raises while     brushing your teeth     Track your sugar intake     Set and stick to a     regular bedtime	1. Stretch for 5-10 min. on break 2. Eat a new-to-you fruit 3. Take a water bottle with you everywhere you go	1. Complete 30 min. of structured exercise 2. Eat a healthy, egg-based breakfast 3. Journal about your day/week before bed	1. Take a family walk after dinner 2. Eat at least 3 servings of veggies 3. Enjoy a creative activity (knit, draw, paint, DIY, etc.)	1. Do strength/ resistance training 2. Swap alcohol for a calorie/sugar free drink 3. Drink a 16 oz. bottle of water in car	
Day 28	Day 29	Day 30	Day 31			Mar	
1. Stand up for 10 squats every hour during work day 2. Eat until you're 80% full, not stuffed 3. Make a healthy grocery list	Play a sport: golf, tennis, basketball, etc.     Eat at least 2 servings of fruit     Avoid alcohol before bed	1. Go hiking 2. Include carbs, protein, and healthy fats in every meal 3. Make a list of thigs you are thankful for to destress	Find an exercise partner     Drink a green smoothie     Review your progress     repeat your favorite     activity		Υ,		