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

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ADDRESS SERVICE REQUESTED

Please Note:

The church office will be closed in observance of Labor Day on Monday, September 7.

The church office will reopen at 9:00am on Tuesday, September



Cheryl Chandler, Office Admin. Will be on vacation September 8th—17th. There will be volunteers in the office during the week.

ROWAN HELPING **MINISTRIES**

Suggested Donation for September:

Paper Goods





Worship Service: 9:30 am & 11:00 am

THE GOOD PROSPECTS

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

Telephone: (704) 664-1514 Fax: (704) 664-9612 Rev. Will Gipe: 1-276-275-1942 Website: www.prospectpres.org

Church Office Hours: Monday – Thursday: 7:00am - 5:00pm Closed for Lunch: 1:30pm - 2:30pm Office Closed on Fridays

Pastor: willgipe@hotmail.com Office: office@prospectpres.org

Nurse: Virginia. Stewart@atriumhealthcare.org

Email:

FROM YOUR PASTOR'S KEYBOARD:

September is the month we usually get everything going again. All our classes and meetings and groups are going full speed by now. We are usually getting ready for Homecoming. This September is different. We were hoping it would be more normal by now, but it is not. Some things are close, but we are still missing a lot. Worship in two services has been going well. We still miss Communion and our choir and our congregational singing.

In its August meeting, the Session has voted to continue two services as they currently are. It also voted to leave it to each Sunday school class, Presbyterian Women's circle, Youth, etc. to meet (or not meet) as they feel is best. The Session decided not to have Homecoming on its traditional date (September 20 this year) but only voted to postpone (not cancel) for the time being.

I just want to say how much I appreciate the way our church has sought to live in these recent months. How individuals respond to this situation vary widely (in a family, in our church, in our area, in our country). We are not going to agree on everything. I think we have done a good job in our church of trying to be gracious to each other and to find our way together. Our Session has been deliberate and thoughtful and prayerful in its leadership. I very much appreciate our congregation's consistency to be part of worship (either in the sanctuary or at home) and to support the work of our church financially and otherwise.

I think we all know that we have a way yet to go with this thing. And when this thing is more under control, there will be new things to challenge us. What I have seen in the past 6 months keeps me confident about our future. I am confident primarily because God is in control of our world, and of our church. HE has good work for us yet to do. I am also confident because our church is full of Godly people who are tough and joyful and committed.

I hope everyone has a good September. Let us keep students, parents and teachers/educators in our prayers as they navigate the current environment. You are loved my friends.







Wow! A new school year has begun and in a new way! Home school. In school. Half home, half in school-school. Online School. Zooming! TEAMs! Duo! So many new tools for school. And many adults are working from home as COVID Restrictions continue in place. Parents -(Adults), I want to speak to you a moment. With all these "new ..." there is a rise in Family Violence, Domestic Violence, Child Abuse, Depression, Video Gaming, Stress Levels are reaching higher & higher, ANGER Increasing, Decreased Coping Ability, etc.

- What can we do about this?
- Admit it is happening, not just to others but also to me/us.
- Admit I/we need help. S
- tress that is ignored or denied can and does lead to any or all of the above mentioned problems.
- ASK for help.
- Put into practice your tools for coping Resiliency.

The SCOOP on Managing Stress

- S Stay connected to family & friends.
- C Compassion for yourself & others.
- O Observe your use of substances.
- O Ok to ask for help.
- P Physical activity to improve your mood.

Social connections build resiliency.

Self-compassion decreases trauma symptoms & stress.

Early intervention can prevent problems.

Struggling is normal. Asking for help is empowering.

Exercise boosts mood & lowers anxiety.

HOPE for NC HELPLINE 1-855-587-3463

Keep a journal of "how you feel." Call your company's EAP for help or referral services. Call your pastor, church nurse or other person to talk Call 800-273-8255 or text TALK to 741 741





Anyone needing a Mammogram and don't have insurance, you can call 704-920-

1205 ext. 3 and schedule your mammogram for free. The criteria are women 40 to 64 years of age with no insurance and meet the income restrictions.

EXERCISE CLASS

Will begin Thursday, September 10 at 11am in the Commons Area. **Please sign up**. There are 4 slots remaining. Another class will be added if more than 8 people are interested.

26 "Back to School" bags were given out to our chil-

Pray for ALL our students & families as they return to a new & different school year.

There are 365 "FEAR NOTs" in the Bible. One for each day. Deuteronomy 31:6

"Be strong & courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; He will never leave your nor forsake you."

Walk for Life **Community Pregnancy Center of Lake Norman**

Please join us in a virtual walk on October 3rd to raise money for the Community Pregnancy Center of Lake Norman. Due to Covid 19 the decision was made not to meet in person this year for the walk but to do it virtual. This means that you can walk with your family or by yourself wherever you want to and can do it any time before October 3rd or can join the virtual walk in spirit on October 3rd at 9:00 am. Our goal this year is to support 2 moms and their children. In order to do this our church needs to raise \$2,400 to support the 2 families for a year. This means that we will be helping with the physical, emotional, and spiritual needs of these 2 families. In order to help go to PregnancyCenterFriends.org and register you and your family. You can create a fund me page where family and friends can donate, ask for donations, or put it on your Facebook page. Your team leader will be me, Connie Brown. If you are not able to walk our church will have a donation day where you can donate and help us reach our goal. You can turn donations in during church or anytime between now and September 29th, I have to turn in all money by October 1st. Checks can be made out to Prospect or to Community Pregnancy Center of Lake Norman (your choice). Thank you in advance for your support. Registration forms are in the Narthex. If they are all gone, let me know and I will get one to you. If you have any questions please don't hesitate to contact me. Connie 704-437-1860

Samaritans Purse Christmas Shoeboxes, in the blink of an eye it will be Samaritans Purse Shoebox time. The Mission Committee would like to encourage each member and or family **SHOEBOX** unit to prepare their own Samaritans Purse Shoebox and to please follow the Samaritans Purse guidelines. The guidelines can be found online or you may get a copy in the church office. We also have the Samaritans Purse Shoeboxes available. We will not be collecting items and filling boxes at the church this year.



Hello Prospectors! YARD SALE UPDATE: Due to delays in construction on the new Family Life Center, we believe it's best to hold the yard sale in the spring. The response so far has been terrific, and we ask that you continue to donate items. Room in the Educational building

and the bus barn continues to be available. If you need a donation slip for tax purposes, please let Cheryl know. Just hang in there, we will have the biggest sale ever! For questions or help, give me a call, 704-579-8386. Violet Knox, Sale Coordinator. Please keep a look out for the NEW date. Please keep cleaning out and donating. There is a room in the education building to put the items.





Presbyterian Women will not have a PW Annual meeting this year. However, if Circles want to meet in the Sanctuary or some other large space where they can achieve social distancing, they can certainly do so. We will continue our study of Galatians and they should pick up on the study where they left off in the spring. We did not discuss updates to the PW Handbook, but until things become more settled, we wouldn't know what dates or responsibilities to assign. We would also want to wait until Circles meet and let us know what changes they need to make.

Please Remember

Missionary:

Justin & Kristen Raymer (African Island Mission in Washington DC)

Brian & Christy Ward (Papua, New Guinea) Rob & Sandy Shaffer (Czech Republic)

Local Church:

ALL Churches!!

Nursing Homes, Rehab & Retirement Facilities:

Mac Atwell (Trinity Oaks-Salisbury) Helen Barber (Trinity Oaks-Salisbury)

Tom George (Elderwood Assisted Living, Hamburg, NY) Harriet Lipe (Genesis-Mooresville)

Please Remember:

Ella Mae Stewart Perry Teeter Ann Clarke Anita & Wyatt Fesperman Mary Agnes Wiggins Helen Lverly

Jackie McKnight Don & Jerry Meredith Edith Lewis Dick & Ginny Bennett Louise Beeker Carol &Larry Stutts Dale McKnight Jo Powers Barbara Ussery Martha Brown Pearl Bell Eddie Teeter

Friends & Family of the Congregation:

Judy Overcash (Cancer, home bound in our community) Jeff Reid (Leukemia, cousin of Pam Seamon)

Brandon Mundy (Stage II Hodgkin's Lymphoma, husband of Kaitlyn H.

Jimmy Arthurs (ALS, friend of Barbara & Rick Lyerly) Nell Lawing (friend of Vi & Don LaShomb)

Scott Brady (Male Breast Cancer, friends of the Chandlers)

Linda Abel (Health Issues family of Mary Beth Edmiston)

Emory McLaurin (Cancer, friend of Jean Gibson)

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

Pressley Cashion (Bladder Cancer, brother of Becky Hart) Whitaker Raymer (Cancer, Missionary Child)

Ellen Goldstein (Cousin of Becky Hart

Tina Davis (Cancer, friend of Edie Steele)

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



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

RUTH STATON

Bv:

Fallowes Family Ken & Nikki Henke

Jo Ann Walters

(Sister of Roy Watkins) *Bv:* June Goodman

LEONARD WIGGINS

(Brother of Carl Wiggins)

June Goodman

WILLIAM "BILL" TULBERT

Bv:

Vance & Nyra Moore

MARTHA TEETER MEREDITH

Virginia H. Edmiston ACTS/Lettie Beatty Circle June Goodman Eric & Judy Teeter Bill & Becky Hart Paul & Barbara Teeter Dianne Davis

ANDREW "ANDY" BRITZ

Bv:

Lynn Britz

JUSTIN OGLE

(Son of Beth & Mike Stacy) *By*: Lynn Britz Dianne Davis

PAUL G. & MILDRED TEETER

Bv:

Paul C. Teeter

GIVEN IN LOVING HONOR OF . . .

WADE & PHYLLIS CARRIGAN

Bv:

Dan Edmiston Family Helen Barber Frankie Carrigan

In honor of...



Helen Lyerly	09/02
Ruth Lee Teeter	09/03
Andrew Jackson	09/06
Debbie Craven	09/08
Garrett Teeter	09/09
Jamie Anderson	09/11
Terry Stephens	09/13
Michael Stacy	09/13
Renee McLelland	09/14
Ginny Bennett	09/14
Cody Clanton	09/14
Mary Lib Kipka	09/15
Rita Jo Brown	09/19
Landon Cavin	09/19
Michael Hilton	09/20
Eddie Jackson	09/20
Seth Burgess	09/20
Tim Bradshaw	09/21
Don Meredith	09/22
Toni Brown Moore	09/23



Prospect Presbyterian Church would like to welcome to new precious additions:

Caroline Lily Wilson, parents Stephanie & Justin Wilson. Caroline was born August 3, 2020, weighted 7 lbs. 11 oz. and was 20.25 inches long.



Palmer Tate Wilkinson, parents Carly & Corey Wilkinson. Palmer was born August 4, 2020, weighted 8 lbs. 10 oz. and was 20.08 inches long.

Both baby girls are healthy, happy and home with their parents. Please pray for a blessed, healthy and happy life.



Don & Fonda Meredith	9/01
Rick & Barbara Lyerly	9/05
Dick & Ginny Bennett	9/08
Julius & Sharon Bivens	9/10
Mike & Robin Anderson	9/10
Brittain & Michelle Tulbert	9/24
Thad & Carol Linker	9/25
Drew & Shannon Knox	9/25
Vance & Nyra Moore	9/26
Terry & Beth Stephens	9/27
Toni & Philip Moore	9/30

My Church Family,

God will heal our land. Ephesians 5: 19: Singing Psalms & hymns & spiritual songs among yourselves and making music to the Lordia your heart.

I am so blessed to be a part of this family of God. Thank you for all the special music we've heard each Sunday. Thank you, God for all the talent we have that loves to sing and play for your glory.

As we continue to keep our services safe for all, pray for our homebound and our children as each needs your loving arms around them, keeping them safe from harm.

I love you all! Ms. Dixie





Health Article – September Why Fruits & Veggies

Looking for a brighter future? Try eating a diet rich in colorful fruits and vegetables. The potential benefits associated with eating more fruits and vegetables stack up quickly: Reducing your risk of certain chronic diseases is only the beginning. See our top 10 list below.

Whether fresh, frozen, canned, dried or 100% juice, these 200+ taste sensations are quick, delicious and convenient, and will keep you healthy all year round.

What's in the Vegetables group: Any vegetable or 100% vegetable juice. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated.

How to get more.

Leafy vegetables are better for you the darker they are. And it's easy going dark green. Add frozen chopped spinach, collard greens or turnip greens into a pot of soup.

Swap your usual sandwich side for crunchy broccoli florets or red pepper strips.

Microwave a sweet potato for a delicious side dish.

What's in the Fruits group: Any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried; and may be whole, cut-up, pureed, raw or cooked.

How to get more.

Bag some fruit for your morning commute.

Toss in an apple to munch with lunch and some raisins to satisfy you at snack time.

Buy fresh fruits in season when they taste best and cost less.

But never be fruitless! Stock up on peaches, pears and apricots canned in fruit juice or frozen so they're always on hand.

Top 10 Reasons to Eat MORE Fruits & Vegetables

- **10.** Color & Texture. Fruits and veggies add <u>color</u>, texture ... and *appeal* ... to your plate. It has be found that you enjoy your meal more if your plate is colorful.
- **9. Convenience.** Fruits and veggies are nutritious in any form fresh, frozen, canned, dried and 100% juice, so they're ready when you are!
- 8. **Fiber.** Fruits and veggies provide <u>fiber</u> that helps fill you up and keeps your digestive system happy.
- 7. Low in Calories. Fruits and veggies are naturally <u>low in calories</u>. And with all that fiber they fill you up and make you fill full longer. Eating 5 servings of fruits and 5 of vegetables can actually help you lose weight!
- **6. May Reduce Disease Risk.** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- 5. Vitamins & Minerals. Fruits and veggies are rich in <u>vitamins and minerals</u> that help you feel healthy and energized.
- **4. Variety.** Fruits and veggies are available in an almost infinite variety...there's always some thing new to try! Try star fruit, kiwi, passion fruit, mangos and so many more!
- 3. Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.
- 2. Fun to Eat! Some crunch, some squirt, some you peel, some you don't, and some grow right in your own backyard!

And the number one reason – drum roll please

1. Fruits & Veggies are Nutritious AND Delicious!

Session News

- 1. Session passed For RJ Klein to do his eagle project at Prospect.
- 2. Session met with Ethan Fallowes and had his examination. Ethan is one of three young men that went thru the confirmation class with Will.
- 3. Passed to send out letter to the congregation concerning paying for the FLC. Recommendation came from the trustees.
- 4. Motion made and passed to have the Building and Grounds along with Edie Steele form a committee to make a plan for Shrubbery Refurbishment around the whole church.
- 5. There are new Ceiling Tiles installed in the Educational Bldg.
- 6. Proposal from local carpet cleaner to clean all carpets in Sanctuary.
- 7. Rental Committee has had discussions with tenant at the old manse about cleaning up property. Also discussed with other tenant at the Hubbard house about removing bus and cleanup.
- 8. Agreed to not have Singing at worship in the congregation until further notice. However will continue to have singing in Choir as we have been since starting back in May.
- 9. Appointed Mike Stacy and Walter Teeter, from the class of 2020, to co chair the nominating committee for the election of officers for the class of 2023.
- 10.Set the annual meeting on the congregation and vote on election of officers for Sunday, October 25th.
- 11. Agreed to postpone Homecoming in September. Will look at again in September Session Meeting.

Homecoming for 2020 has been postponed. Due to the new Family Life Center not being ready and the Covid-19 situation, the Session decided to postpone Homecoming in September and will consider rescheduling it at the next Stated Session meeting which is scheduled for September 17, 2020.

July Financial Report

General Fund:

Monthly Income through 07-31-20: \$23,305 Monthly Expenses through 07-31-20: \$26,434 Income Less than Expenses

for month:

Development Fund:

Ending Balance through 07-31-20: \$46,269

Family Life Center:

Expenses to date:

\$1,224,884.28

\$3,129

