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

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ADDRESS SERVICE REQUESTED

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

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



1 -4/-	Day 1	Day 2	Day 3	Day 4	Day 5	Дау б
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	Plank for 1 minute before every meal Go meatless for dinner Get in bed 30 minutes earlier than usual	Do 20 squats, 20 jumping jacks, 20 crunches Avoid fast food Drink an 8 oz. glass of water first thing in the morning	Venture outdoors for fresh alr & physical activity during lunch Include a healthy fat in every meal Take a full day off from social media	Exercise during TV commercial breaks (squat, plank, lunge) Avoid white foods (bread, pasta, rice, flour, sugar) 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 ml.) 2. Go no added sugar today 3. Drink ½ your body weight in ounces of water	Walk 3 min. for every hour of sitting Eat a new-to-you vegetable Turn off the TV at meal time	Do 20 lunges, Do push-ups, 20 burpees Log your food and drink Intake 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	Achieve 5,000 steps by 2:00pm Eliminate an unhealthy food from your pantry No screens 1 hour before bed	Do a 2 min. workout before showering Eat a salad for lunch Track your water intake
Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Stand or walk while talking on the phone Eat berries at breakfast Make a to-do list	Sign up for an exercise related event (5K, Fun-Run) Eat a green leafy veggle at dinner No caffeine after 12pm	Take your dog for a walk Make all your grains "whole" Revlew your progress & repeat your favorite	1. Attend an exercise class 2. Don't škip a meal 3. Add a fruit or veggle 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.)	Do 20 mountain climbers, 20 tuck jumps, 20 calf raises Fill ½ your plate with fruits & veggles Do 5 mit. of deep breathing before bed	Sit on an exercise ball at your desk instead of a chair Avoid fried foods 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	Stretch for 5-10 min. on break Eat a new-to-you fruit Take a water bottle with you everywhere you go	Complete 30 min. of structured exercise Eat a healthy, egg-based breakfast Journal about your day/ week before bed	Take a family walk after dinner Eat at least 3 servings of veggles Enjoy a creative activity (knit, draw, paint, DIY, etc.)	Do strength/ resistance training Swap alcohol for a calorie/sugar free drink Drink a 16 oz. bottle of water in car
Day 28	Day 29	Day 30	Day 31			
Stand up for 10 squats every hour during work day Eat until you're 80% full, not stuffed Make a healthy grocery list	Play a sport: golf, tennis, basketball, etc. Eat at least 2 servings of fruit Avoid alcohol before bed	Go hiking Include carbs, protein, and healthy fats in every meal Make a list of thigs you are thankful for to destress	Find an exercise partner Drink a green smoothle Review your progress & repeat your favorite activity		,	



Worship Service: 9:30 a.m. & 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 Website: www.prospectpres.org

Church Office Hours: Monday – Thursday: 7:00am - 5:00pm Closed for lunch: 1:30pm - 2:30pm Closed on Friday's

5:00pm P Opm C

Pastor: willgipe@hotmail.com
Office: office@prospectpres.org
Nurse: Viscinia Statutet@atribush.calth

Email:

Nurse: Virginia.Stewart@atriumhealth.org

FROM YOUR PASTOR'S KEYBOARD:

Our expectation is the new Family Life Center will be open and available for our use sometime in the month of October. We are so thankful. We thank God first and always, for establishing Prospect as part of His Church. We are honored and humbled to serve Him. We will plan to use this building as part of the larger work of our church. We pray this building will be a place where people can gather in love and then go out into the world with His Word and His Love, honoring God and serving our neighbor. I also have gratitude for our congregation. This building has been a long time coming. A lot of time and money and planning have been invested in this project. We are thankful for the congregations commitment and generosity that have made this building a reality. We are also thankful for the work of our Family Life Center building committee. The congregation invested them with a large task and a great responsibility. This committee has risen to the task and done a great job for us. Allen has been a tremendous leader. He has made sure the details were well thought out and that the job was done right. Mary Beth, Becky, Dan, Brian, Rick and Mike did a fantastic job as well. We appreciate so very much, the time and passion this committee has given to the project. We appreciate as well so many in our congregation who have given their time, ideas and expertise when called upon to bring us to this point. For close to 200 years, God has been faithful to our church. As we celebrate the opening of this building, let us see it as another in a long line of steps where we are seeking to be faithful to our great Lord and Savior. As we enjoy this building, let us continually ask how shall we use this building to honor Him and to serve our neighbors?

Have a great October, friends. You are loved.

Will



The Lettie Beatty Acts Circle will resume our meetings Oct 7th @ 10am in the Sanctuary, where we may spread out according to our state Covid guidelines. Melody Morrison will pick up our Galatians Bible Study with Chapter 4, (Page 103 in our study book), reviewing Part 1 & beginning with Part 2. Looking forward to seeing you there if you feel comfortable coming. Anyone is invited to join us.

Welcome to the 2020 - 2021 year in the Serendipity Circle! We finally can meet again! It will be different, but our core mission of serving God & each other can be met in many ways. We will meet in the sanctuary on Monday, October 5 at 6:30 so we can spread out & stay safe. We will share conversations, a devotion & our lesson from Galatians beginning on page 109 in Timothy Keller's book. We will not have refreshments at this time. If anyone feels uncomfortable or is unable to attend due to the virus, that is completely understandable. Everyone's health & wellbeing are paramount. I will mail &/or email notes of our meeting to anyone who is unable to attend. If you know of items we need to discuss, have comments or questions throughout the year, please email me Joy Miller at clm101@msn.com, call or text me at 919-698-7946.



The Annual meeting of the Congregation will be held on Sunday, October 25th during worship. The congregation will receive the annual report in the corporate meeting. Also, for the purpose of electing Elders for the Class of 2023. We will be electing 5 (five) Elders. Mike Stacy is the chairman of the committee. Nominations can be made from the floor if the permission of the nominee has been secured prior to the nomination. The election will take place **NOMINATIONS** after the worship service.

Do You Shop on Amazon?

If you are an Amazon shopper, did you know that you are able to support local charities with no additional cost to you? Two local missions that Prospect supports, Food for Days – the backpack food ministry for Iredell County schools and Mooresville schools, and Nazareth Children's Home of Rockwell are among the charities supported by using Amazon Smile rather than Amazon



when doing your shopping. Amazon donates 0.5% of your qualified purchase to the charity of your choice when you use the Amazon Smile site. When you visit the site, select the charity that you wish to support. You are free to change it at any time. This is a great way to support a local mission so we hope that you'll look into doing your Amazon shopping using this site.

Trunk or Treat

We will be doing Trunk or Treat on Saturday, October 31st at 4:30 following the car show. It will be located in the parking lot at the education building. Due to Covid-19 we will not be having the Fall Festival. We need many of you to support our church youth by bringing your trunks and giving out candy. This is also a great community outreach to neighborhood children. Hope to see a lot of you with open trunks! Suggestions for safety: Wear your mask, have candy in treat bags to limit contact touching, wear gloves will provide those if needed), and of course maintain social distancing as possible.



For Prayer

Missionary:

Justin & Kristen Raymer (African Mission in Washington DC) Brian & Christy Ward (Spokane, Washington) Rob & Sandy Shaffer (Czech Republic)

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 Anita & Wyatt Fesperman Pam Beaver Carl & Mary Agnes Wiggins Helen Lyerly Jackie McKnight Pearl Bell Edith Lewis Dick & Ginny Bennett Louise Beeker Carol &Larry Stutts Dale McKnight Jo Powers

Kay Edmiston

Barbara Ussery

Friends & Family of the Congregation:

Lee Ann Clay (Breast Cancer, sister to Wayne Chandler) Karen Pennington (Ovarian Cancer, friend of the Chandlers) Kim Lambeth (Cancer, Rachel Marlowe's mother) 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. Mundy) Jimmy Arthurs (ALS, friend of Barbara & Rick Lverly) 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) Beth Segui (Parkinson, Daughter of Betty Alexander) Elaine Holt Brown (Breast Cancer, 1st Cousin of Mary & Allen Lowrance) 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)

Martha Brown





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

JOHN MITCHELL & RHODA **FESPERMAN**

Bv:

Wyatt & Anita Fesperman

JO ANN WALTERS

(Sister of Roy Watkins) *By*: Frances Ann Neel

LEONARD WIGGINS

(Brother of Carl Wiggins) *By:* Dan Edmiston Family Frances Ann Neel

> **GIVEN IN LOVING HONOR OF...**

> > **BETTY ALEXANDER**

Bv:

Edward Hege

August Financial Report

General Fund:

Monthly Income through 08-31-20: \$29,130 Monthly Expenses through 08-31-20: \$24,311

Expenses LESS than Income

for month: \$4,819

Development Fund:

Ending Balance through 08-31-20: \$47,008



SESSION NEWS

Your Session had its regular stated meeting on September 17th at 7:00 pm, moderated by Rev. Will Gipe.

- Session approved canceling homecoming for 2020.
- Had a report from Allen Jackson, Building Committee Chair, on completion of the new Family Life Center. Allen took the Session on a tour of the new facility. The Session thanked Allen and the Building Committee for all of their hard work and dedication on the FLC over the past three years.
- Session approved Trunk or Treat on October 31st
- Session approved to go to one service starting Sunday November 1st @ 10:30 am. The FLC will be used along with the sanctuary to hold these services.
- Approved to go from a four person nominating class of Session Members to a five person class starting with the class of 2023.

As your Session we always welcome comments.

Grace and Peace, Dale Burgess- Clerk of Session

On behalf of the Usher Committee and the members of Prospect Presbyterian church, we would like to thank Chip & Lynn Atwell for their dedication and love to Prospect as Ushers for over 15 years. Chip & Lynn Atwell retired from Ushering on Sunday, September 27th. Please make sure to let Chip & Lynn know that they will be truly missed as Ushers on Sunday mornings!



**Health News:

October! What A Great Month!

Fall has arrived however, in North Carolina, we still will receive all 4 seasons through December, at least. Enjoy!

October's health focus is Self-Care. Self-Care is defined as taking care of self / family / church / community. Self-Care includes physical health, mental health, emotional health and most of all, spiritual health. The care of ourselves effects every part of our lives, personally and community wise. Make yourself a priority. Be kind, compassionate, and loving to yourself. Yes, you! In caring for yourself, ALL of you, you will be able to care for all that God has entrusted to you! John 13: 34 is clear about this!

Enjoy this month, despite COVID-19, with safety measures in place, enjoy your Sunday afternoon rest, walks, Bible reading, fall festivals, Pastor Appreciation Sunday, Boss' Day, birthdays, and every day! Psalm 118: 24 sums it up — "This is the day that the Lord has made..."

- Talk about loving your neighbor, Prospect family? You loved Nazareth Child & Family Connection! Donations of over 1,000's of goods, pillows, crayons, bedding, notebooks, shampoo, toothbrushes, etc.... and money totaling over \$2,000. Thank you for demonstrating your love to others, despite COVID!!
- The Fall Tea that was held on Thursday, September 24th was well attended and refreshing! We will do it again when we can use the new Family Life Center.
- Exercise will be moving to the New Family Life Center as soon as we are permitted.
- Pilates Exercise Rings were ordered for those that requested.
- 2 Prayer shawls were given out in September. Thank you for this ministry!
- Our Nurture & Care Committee with resume monthly meetings the 2nd Tuesday, Oct 13, at 6:30 in Sanctuary. We will spread out to comply with NC Covid-19 requirements by Gov. Cooper. Looking forward to seeing you there, if you feel comfortable coming out.





Cathy Mayfield	10/01
Jaime Hovis	10/02
Kevin Donaldson	10/03
Carl "Foot" Wiggins	10/04
Justice Fleming	10/06
Karen Cornett	10/07
Andrew Compton	10/09
Thomas Blackwelder	10/10
Donald LaShomb	10/10
Matthew Moore	10/10
Tony Robinson	10/10
	-
Connie Brown	10/15
Kim Randall	10/15
Michael Clanton	10/16
Erskine Smith	10/16
Logan Overcash	10/17
Barbara Stutts	10/17
Jean Gibson	10/19
Sonny Freeze	10/21
Joy Miller	10/25
Fonda Meredith	10/28
Carol Linker	10/29
Sam Cornett	10/30



HAPPY ANNIVERSARY

Chuck & Joy Miller	10/01
Erskine & Connie Smith	10/06
Michael & Stefanie Clanton	10/25
Wyatt & Anita Fesperman	10/25
Dale & Lisa Burgess	10/27



Shoeboxes

for kids

ROWAN HELPING MINISTRIES

Suggested Donation for October: Pasta



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 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 in the Narthex. We will not be collecting items and filling boxes at the church

this year.





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PM CLASS: Oct 19 – Dec 16, 2020

Mon – Fri | 5:30pm – 9:30pm

Rowan-Cabarrus Community College, Salisbury Campus

Questions?? Contact Donna.Ludwig@rccc.edu, 704-216-3668

www.ncmanufacturinginstitute.com