

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

Non Profit Organization
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Mooresville, NC 28115
Permit No. 50

ADDRESS SERVICE REQUESTED



2021

Worship Service: 10:30 am

THE GOOD PROSPECTS

PROSPECT PRESBYTERIAN CHURCH

9425 West NC 152 Hwy, Mooresville, NC 28115

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

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

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

FROM YOUR PASTOR’S KEYBOARD:

I enjoy March. We can begin to feel Spring is coming, at least on some days. More importantly, we are getting ready for Easter, which falls on Sunday, April 4 this year. I encourage you to take a little extra time during this month to reflect on the great gift of life and hope and joy we have in the Resurrection of Jesus Christ. This season is a good time to ask ourselves what we can do to make sure we are giving our great Savior the time and attention and control of our lives that HE deserves.

March has also become a little more special to Stacey and to me because it is our anniversary of coming to Prospect. The month marks the end of our third year here. In many ways, these years have gone by quickly. I am finding time goes by more quickly as I get older. But time also goes by quickly when you are enjoying what you are doing and when you are around friends. We continue to be thankful to God for bringing us here. This congregation has been very good to us and we are privileged to be part of your lives. We thank you for taking us in to your family. We look forward to what God has in store for all of us in the coming years.

Have a great March, friends. Know that you are loved.

Will

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.

Mark your calendars and remember to
SPRING FORWARD!

Time Change on
Sunday, March 14th!





For Prayer:

Missionary:

Justin & Kristen Raymer (African Island 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)
Ginny Bennett (Elmcroft Assisted Living, Salisbury)
Tom George (Elderwood Assisted Living, Hamburg, NY)
Edith Lewis (Citadel, Mooresville)
Harriet Lipe (Citadel-Mooresville)
Helen Lyerly (Cadence Living – Mooresville)

Please Remember:

Vi LaShomb	Perry Teeter
Anita & Wyatt Fesperman	Pam Beaver
Carl & Mary Agnes Wiggins	Linda Brooks
Jackie McKnight	Pearl Bell
Dick Bennett	Rachel Powers
Carol & Larry Stutts	Frances Ann Neel
Jo Powers	Dan Edmiston & Family
Martha Brown	Allen Lowrance
Karen Cornett & Family	Jack Edmiston
Family of Barbara Ussery	



Friends & Family of the Congregation:

Barbara Wilson Howard family (Cancer, cousin of Vance Moore)
Jessica Lindsay (Pancreas, daughter of Melody Morrison)
Jamie Hall (longtime friend of Will & Stacey Gipe)
Candace Hagerty (Health Issues, wife of Matt Hagerty)
Bruce & Justin Simmons (friends of Candace Simmons Jackson)
Frankie Thompson (Cancer, Cousin of Jean Gibson)
Judy Palmquisk (friend of the Howie family)
Kim Lambeth (Cancer, Rachel Marlowe's mother)
Judy Overcash (Cancer, home bound in our community)
Jeff Reid (Leukemia, cousin of Pam Seamon)
Julia Hallum (Breast Cancer, granddaughter of Betty Alexander)
Scott Brady (Male Breast Cancer, friends of the Chandlers)
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)

GIVEN IN
LOVING MEMORY
OF...

WOODROW "SONNY" FREEZE

By:
Betty Alexander
Pam Tulbert
Mac Atwell
Roy & Janielle Watkins
Allen Lowrance
Mark & Karen Vandivier
Bobby & Phyllis Bracken
Wade & Phyllis Carrigan

TROY E. FESPERMAN
By:
Bobby & Linda Fesperman

JOHN CLARKE
(Uncle of Frances Ann Neel
& Lee Williams)
By:
Frances Ann Neel

LOUISE BEEKER
ANDY BRITZ
DON LASHOMB
MARTHA MEREDITH
JUSTIN OGLE
RUTH STATON
By:
Allen Lowrance
Wade & Phyllis Carrigan

BARBARA LONDON USSERY
By:
June Goodman
Ann & Allen Jackson
Bobby & Phyllis Bracken
Frances Ann Neel
Wade & Phyllis Carrigan
Lynn Britz

LARRY ABEL
(Brother of Mary Beth
Edmiston)
By:
Virginia Edmiston

KAY TAYLOR EDMISTON
By:
Frances Ann Neel
Wade & Phyllis Carrigan
Lynn Britz



Tony & Lou Ann Robinson March 27
James & Marie Parker March 30

ROWAN HELPING MINISTRIES

Suggested Donation for March

INSTANT POTATOES



MAY YOUR TROUBLES
BE LESS
and your
Blessings
be MORE
AND NOTHING BUT
HAPPINESS
come through your
door
IRISH BLESSING

FIVEheartHOME



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

From: SBC Farmhouse, LLC
d/b/a McLaughlin's Country Store

To Whom It May Concern:

We appreciate your support after we purchased McLaughlin's Farmhouse on April 31, 2020. We will be closing our flower shop at the Country Store. Sunday, February 28th will be the last day we will be offering flowers for your Sunday Services. We thank you for your continued support to our Country Store.

Sincerely,
Tammy Clodfelter

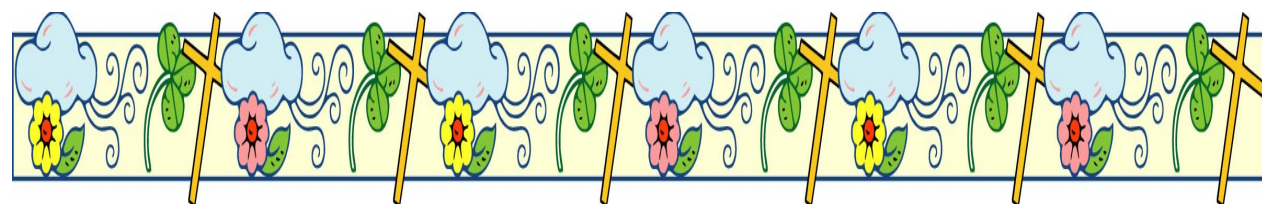


Wash your hands
and say your
prayers
cause
Jesus
and germs are
EVERYWHERE



The Mission Committee would like to Thank everyone for supporting Mitten Tree, Undie Sunday and Blanket Sunday that have been here close together. Also, we distributed six large boxes of socks from one of our members. Those socks went to: Mt. Ulla Elementary School, Barium Springs Home for Children, FEEDNC, West Rowan Elementary, Vandora Springs Elementary, Nazareth Children's Home, Salvation Army Shelter, Kannapolis Clothes Closet and VA of Salisbury, NC Men's Shelter. Thank you to everyone that helped support these charitable events.

Thank You
for your Kindness



YOUNG DISCIPLES! COMING EVENTS:

The church egg hunt will be Saturday, March 27th from 2-4 pm. We will meet in the New Family Life Center. Rain make-up day will be April 3rd. Thank you for your help! Connie



Circle

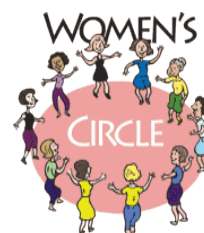
Lettie Beatty/Acts
Ruth
Serendipity

Date/Time

Mar. 3 @ 10:00 am
Mar. 2 @ 7:00 pm
Mar. 1 @ 6:30 pm

Location

Session Room
Session Room
FLC



March's Health Awareness is on Mental & Emotional Health, what is it, what can you do about it, where to get help and embracing who God says that you are.



SOCKS! SOCKS! SOCKS! We have 1000's of socks provided to us by the "Odd Sock Group". Why? To help distribute to those without socks, in need of socks or knows a group that can distribute to those in need. Schools. Children's Homes. Homeless Shelters. Etc. Do you know an organization with a group of people that could use socks? Please let me know.



Self-Care. Self-care is taking care of yourself; being kind to yourself, going for a walk, enjoying time with friends and family, etc. Self-care promotes Mental & Health.

EXERCISE- Mondays & Thursdays at 11am in the FLC. Masks worn & Social Distancing in place. Join us!

St. Patrick's Day is March 17th. Celebration of this missionary to Ireland, began in the fifth century, in Ireland. St. Patrick is credited with bringing Christianity to Ireland.



As we have entered the Lenten Season, "the act of giving up something for Lent is to practice self-discipline and remember the sacrifices Jesus made."

Covid Vaccinations continue to be given to individuals 65 years old & older, direct patient health care workers & those with chronic diseases. If you need help arranging your appointment, please contact the church nurse.

Mammograms & Covid Vaccinations-Wait at least 4 weeks AFTER your 2nd vaccination Before getting your Mammogram. Vaccinations can cause Lymph Nodes to swell and result in an abnormal Mammogram.

SAVE THE DATES: Blood Drives are scheduled for April 8th, July 29th, & October 28th.



JANUARY FINANCIAL REPORT

General Fund:

Monthly Income through 01-31-21:	\$67,972
Monthly Expenses through 01-31-21:	\$22,883
Expenses Less than Income for month:	\$45,089

Development Fund:

Ending Balance through 01-31-21:	\$48,939
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Enclosed are forms to update your Emergency Contact Information and to submit any prayer requests you may have.

If anyone in attendance, member or visitor, has a prayer need or would like a call from Reverend Gipe or an Elder, please indicate below:

Prayer need _____

I would like to be contacted. Name _____

Phone _____ Best time to be contacted _____

If you are a visitor at Prospect Presbyterian Church today, we welcome you!

Please help us get to know you by providing your name _____

If you would like to receive information about our church, please complete the information below:

Address _____ Phone number _____

Place this information in the offering plate as you are leaving. Thank you!

Emergency Contact Information

Prospect Member Name _____

Emergency Contact 1:

Name _____

Address _____

Relationship _____

Home Phone _____ Cell _____

Emergency Contact 2:

Name _____

Address _____

Relationship _____

Home Phone _____ Cell _____

☐ Check box if you do not wish to submit emergency contact information

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.



Let's Go!

Let's Go!	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	1. Take the stairs and/or park further from entrances 2. Eat 1 serving of fish 3. Drink 32 oz. of water by noon	1. Stretch for 10 minutes first thing in the morning 2. Eat a healthy snack between lunch & dinner 3. 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	1. Venture outdoors for fresh air & physical activity during lunch 2. Include a healthy fat in every meal 3. 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	1. Do 10 min. of yoga or meditation 2. Avoid packaged foods 3. Swap a sugary drink for water	1. Spend 30 min. outside 2. Have a high protein snack 3. 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 skip 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
1. Wash the car by hand instead of using the drive through 2. Go no added salt today 3. Meal plan your dinners for the week	1. Play outside with your kids/grandkids 2. Bring your lunch to work 3. Track your spending	1. Do calf raises while brushing your teeth 2. Track your sugar intake 3. 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			
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	1. Play a sport: golf, tennis, basketball, etc. 2. Eat at least 2 servings of fruit 3. Avoid alcohol before bed	1. Go hiking 2. Include carbs, protein, and healthy fats in every meal 3. Make a list of things you are thankful for to destress	1. Find an exercise partner 2. Drink a green smoothie 3. Review your progress & repeat your favorite activity			