

PROSPECT PRESBYTERIAN CHURCH

9425 W. NC Hwy 152

Mooresville, NC 28115

Telephone: (704) 664-1514

Fax: (704) 664-9612

Rev. Gipe: 1-276-275-1942

Email: office@prospectpres.org

Office Hours: Monday – Thursday

7:00 am to 1:30 pm – 2:30 pm to 5:00 pm

Office Closed on Fridays

Website: www.prospectchurchnc.com

CHURCH STAFF

Pastor – Rev. William Gipe

Office Administrator – Cheryl Chandler

Music Director – Dixie Forbes-Gorby

Organist – Pat McCall

Parish Nurse – Virginia Stewart, RN

THE SESSION

Class of 2022

Connie Brown

Brian Jackson

Joy Miller

Johnny Wilkinson

Class of 2023

Mike Anderson

Bob Edmiston

Shannon Knox

Rick Lyerly

Beth Stacy

Class of 2024

Karen Cornett

Van Knox

Terri McKnight

Paul Moore

Walter Teeter

Clerk of Session: Rick Lyerly

Treasurer: Becky Hart

Asst. Treasurer: Bob Edmiston

SESSION COMMITTEES

Administration and Personnel – Bob Edmiston & Walter Teeter*

Building and Grounds – Mike Anderson, Brian Jackson*, Paul Moore & Johnny Wilkinson

Christian Education and Fellowship – Shannon Knox* / Beth Stacy

Mission – Terri McKnight* / Van Knox

Nurture and Care – Joy Miller*

Outreach – Beth Stacy* / Shannon Knox

Stewardship & Finance – Bob Edmiston* & Van Knox

Worship and Music – Connie Brown* & Karen Cornett

(* Chair of Committee)

TRUSTEES

Brian Jackson

(2022)

Bob Edmiston

(2023)

Walter Teeter

(2024)

PRESBYTERIAN WOMEN

Co-Moderators – Connie Brown & Lee Williams

Secretary – Melody Morrison

Treasurer – Becky Hart

Co-Historians – Pam Beaver & Pam Tulbert

Bereavement Team – Cheryl Chandler

USHERS

Chairperson – Tommy McLelland

January, May, September – Brian Jackson

February, June, October – Nick Cornett

March, July, November – Matt Hagerty

April, August, December – Tommy McLelland

CIRCLE CHAIRPERSONS

ACTS/Lettie Beatty Circle – Virginia Edmiston &

Mary Lowrance

Ruth Circle – Lynn Britz & Judy Brumley

Serendipity Circle – Joy Miller



Prospect Presbyterian Church

9425 West NC 152 Highway

Mooresville, North Carolina 28115

www.prospectchurchnc.com

(704) 664-1514

Organized 1824

Heart Health and Spiritual Practice

Love the Lord your God with all your Heart, Soul and Mind. (Multiple Biblical Locations)

Studies suggesting religious involvement may affect health outcomes have been reported. A study appearing on the NIH website was designed to investigate whether scores on a questionnaire measuring spiritual well-being correlated with progression or regression of coronary heart disease as measure by cardiac catheterization data. Participants were selected from Dr. Dean Ornish's Lifestyle Heart Trial were given a Spiritual Orientation Inventory. A significant difference was found in the Spirituality scores be-

tween a control group and a research group that practiced daily meditation. The spirituality scores were significantly correlated with coronary artery obstruction over a 4 year time period. The lowest scores of spiritual well-being had the greatest progression of coronary obstruction and the highest Spiritual scores had the most regression of obstruction. The study suggests the degree of spiritual well-being may be an important factor in the progression of coronary artery disease.

An article on Harvard

Medical School website is titled *Spirituality can affect proteins linked to cardiovascular disease*. In addition to daily meditation, characteristics of a spiritually healthy heart are thought to include gratitude, hope, forgiveness, and love.

There is a large body of literature supporting effective spiritual interventions for the heart failure population. A 2018 search resulted in 30 peer reviewed articles involving spirituality and the heart failure population. Findings include descriptive evidence of the uniqueness of spirituality in this population as well as proposed interventions.

Watch: https://www.youtube.com/watch?v=Vg3Pz_SzRhA

Choir Practice has started back. It is tentatively scheduled for Thursday's at 6:30 pm. This may change. Please keep an eye out in the bulletin for any changes to the day and or time. Any questions, please contact Dixie Forbes-Gorby (Choir Director) at 1-336-757-1509.

Greetings from your Health Ministry!!

- **Exercise** - Mondays & Thursdays at 11am in the FLC. Join us!! We have room for you & are practicing social distancing, mask wearing & Hand Hygiene.
- As we finish up "**Heart Health Month**" be sure to check out the information in our bulletin.
- **Sunday, March 6** - "National Oreo Cookie Day" Be sure & pick up your "sweet treat". This is just a treat from Nurture & Care. Remember, "This is the day that the LORD has made! Be glad & rejoice in it." Psalm
- **Nurture & Care** Committee meeting will be held on Tuesday, March 1st at 5:00 pm next month.
- **April Blood Drive Postponed**
- **EXERCISE DAILY:** The American Heart Association recommends 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous activity, or a combination of both.
- **SAVE THE DATE:** Sunday, March 27th, Lunch & Learn in the Family Life Center at 11:45 am. Our special guest will be from the Mooresville Lion's Club and will be talking about Camp Dogwood and all the resources that they offer. We will also be collecting your old eyeglasses for the Lion's Club.
- **The Nurture & Care** Committee mailed out a **Green** Need Assessment card. If you received one, please be sure to mail it back in the envelope that was provided.

For Prayer:

Missionary:

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

Local Church:

Eastside Baptist Church

Nursing Homes, Rehab & Retirement Facilities:

Mac Atwell (Trinity Oaks-Salisbury)
Helen Barber (Trinity Oaks-Salisbury)
Anne Cloaninger (Heritage Place, Statesville)
Helen Lyerly (Cadence Living – Mooresville)
Meghan McSwain (Brookdale Peachtree, Statesville)
Margaret Martin (Abernathy Laurels, Newton)
Tink Wilkinson (Cadence Living – Mooresville)

Please Remember:

Thad Linker	Jo Powers
Anita & Wyatt Fesperman	Pam Beaver
Carl & Mary Agnes Wiggins	Toni Wheeler
Jackie McKnight	Lib Knox
Carol & Larry Stutts	Martha Brown
Ben & Judy Stacy	Sarah Jackson
Jaime Hovis	Roy Watkins
Mary Lib Kipka	Pearl Bell

Friends & Family of the Congregation:

Tillie Coyne (*Cancer w/hospice, neighbor of Betty Alexander*)
Mike Pebbles (*Hospital, friend of Jean Gibson*)
Doug B. (*Pneumonia / Vent – Friend of the Congregation*)
Scott Wilkinson (*Health Issues – son of Tink Wilkinson*)
Andrew “Drew” Milholland (*Electrical burn victim, friend of community*)
Scott Dyson & Family (*young son passed away in a dirt bike accident*)
Ronnie Stewart (*Small Stroke, husband of Virginia Stewart, FCN*)
Michael Weller (*Brain tumor, friend of Will & Stacey Gipe*)
Teresa Ervin (*Breast Cancer, Vi LaShomb daughter*)
Karen Broadway (*Brain Injury, family of the Chandlers*)
Edgar Moore (*Lung Cancer, friend of Jean Gibson*)
Lou Ann Compton Isenhour (*Blood Cancer, cousin of Becky Hart*)
Jamie Hall (*longtime friend of Will & Stacey Gipe*)
Kim Lambeth (*Cancer, Rachel Marlowe's mother*)
Beth Segui (*Parkinson, Daughter of Betty Alexander*)
Whitaker Raymer (*Cancer, Missionary Child*)
Ellen Goldstein (*Cousin of Becky Hart*)

Elder On Call: Beth Stacy (704) 746-4642

Front Before/West After Service: Beth Stacy

Open/Close Church: Mike Anderson

Newcomer/Visitor: Joy Miller

Sound System: Seth Burgess

Children’s Church: TBA

Ushers/Offering: Nick Cornett, Head Usher, Bob Edmiston, Jack Edmiston, Mary Beth Edmiston, Karen Cornett, Sam Cornett

This Week at Prospect:

Sunday, February 27, 2022

8:30 am – Mission Committee
8:30 am – Worship Committee
9:30 am – Sunday School
10:30 am – Worship Service / 2 Cents A Meal Offering
3:00 to 5:00 pm – Bridal Shower for Ally McLelland - FLC

Monday, February 28, 2022

11:00 am – Exercise Class
6:30 pm – BSA

Tuesday, March 1, 2022

5:00 pm – Nurture & Care Committee
7:00 pm – Ruth Circle

Wednesday, March 2, 2022

10:00 am – ACTS/Lettie Beatty Circle - FLC
6:30 pm – Dinner & Bible Study - FLC

Thursday, March 3, 2022

10:00 am – Bible Study
11:00 am – Exercise Class
6:30 pm – Choir Practice

Sunday, March 6, 2022

8:30 am – CE & Fellowship Committee
9:30 am – Sunday School
10:30 am – Worship Service / Communion

Sunday, February 20, 2021

<u>Attendance:</u>	Sunday School:	50
	Worship:	120
<u>Offering:</u>	General Fund:	\$2,515