

# "THE WEST SIDE STORY"

PUBLISHED MONTHLY BY

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(Disciples of Christ)  
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## FROM YOUR BOARD CHAIRMAN

Hallelujah! Spring is here at last. It can't come too soon for me because I just don't like winter time as some of you already know about me. I realize that's not the case for some of you, however. There are those of you who like the feel of a stiff winter wind hitting you in the face. It just proves that people are different and they like different things.

That brings me back to the church. Our church is made up of all different kinds of people. So we must all learn to go along to get along. We here at West Side are so very fortunate because we have Christ as our example to follow and help lead us. "We can do all things through Christ who strengthens us." I love that poem in our 2003 Lenten Devotional Booklet by Disciples of Christ Poet, Edwin Markham:

*He drew a circle and left me out,  
Heretic, rebel, a thing to flout.  
But love and I had the wit to win;  
We drew a circle, and left him in.*

Easter is right on top of us and that makes me very happy. I just know it makes you very happy, too. For Christians it is the most special of times. My prayer for you is that we all just slow down and learn to absorb the moment. Effective people become an effective church who make effective servants for Christ. See you on Sunday!

Bobby Beal, Board Chairman

## PORTSMOUTH VOLUNTEERS FOR THE HOMELESS

Dear Larry Hackler:

We sincerely appreciate the efforts of West Side Christian Church in hosting the shelter for the Portsmouth Volunteers for the Homeless during the week of February 16-22.

Please let the congregation know that they are appreciated. We know there are folks who lend a hand from the background – give them a thank you from us as well. We look forward to many additional years of working together. Let us know if you have any suggestions for improvement.

R. Malcolm Fortson, President

## REPORT ON WSCC FEEDING/HOUSING THE HOMELESS, 2-16-2/22/03

WSCC served/housed 433 homeless persons. Benn's Methodist Church fed 57 of the 433 persons. Man hours expended by WSCC: 666 (100 volunteers)

<u>Benn's</u>	<u>97</u>
Total	763 hours

Meals served: 595 (some had 2 or more plates) (included coffee, tea, hot bread, water and desserts)

WSCC served 510 meals.

Total Cost for food \$355.95

Cost per plate .70

Note: quality of meals was the same as those served to WSCC on 1<sup>st</sup> Sunday.

A big thanks to all who donated their time. A bigger thanks to Mary and Dick Cornwell for

preparing 595 scrumptious meals at \$.70 per place.

Donations are welcome.

Larry Hackler, Coordinator

## MARY'S WELLNESS CORNER

By  
Mary Peris, Parish Nurse

*"Do you know that your body is a temple of the Holy Spirit from God? You are not your own; you were bought with a price. So glorify God in your body."*  
*I Corinthians 6: 19-20*

March is National Colorectal Cancer Awareness Month and it is also National Nutrition Month.

Colorectal Cancer is a leading form of Cancer in the US. Our Western Civilization diet is one of the risk factors of Colorectal Cancer. We can reduce this risk factor and protect against colon cancer by eating a diet high in fiber and low in fat. Fruits and vegetables contain a lot of fiber especially if eaten raw. They also have two (2) primary antioxidants, vitamin A and C. Vitamin A is especially prevalent in carrots, apricots, winter squash, sweet potatoes, cantaloupe and broccoli. Vitamin C is found in citrus fruits such as cantaloupe, strawberries, peppers, broccoli, cauliflower and tomatoes.

### TIPS TO REDUCE YOUR RISK FOR COLORECTAL CANTER

- Increase your dietary fiber by eating five (5) servings of fruit and vegetables per day, and drink at least 6-8 glasses of water each day.
- Regular exercise reduces your risk by helping you maintain a healthy weight.
- Schedule regular checkups with your doctor for screenings. **EARLY DETECTION IS THE KEY TO PREVENTION!**

MARK YOUR CALENDAR FOR MARCH 19  
FELLOWSHIP DINNER. SPEAKER WILL BE  
DR. RAY RAMIREZ

Mary Peris

### LECTIONERY TEXT

Mar. 2: II Kings 2: 1-12; Psalm 50: 1-6; II  
Corinthians 4: 3-6; Mark 9: 2-9

Mar. 9: Genesis 9: 8-17; Psalm 25: 1-10; I Peter 3:  
18-22; Mark 1: 9-15

Mar. 16: Genesis 17: 1-7, 15-16; Psalm 22: 23-31;  
Romans 4: 13-25; Mark 8: 31-38

Mar. 23: Exodus 20: 1-17; Psalm 19; I Corinthians  
1: 18-25; John 2: 13-22

Mar. 30: Numbers 21: 4-9; Psalm 107: 1-3, 17-22;  
Ephesians 2: 1-10; John 3: 14-21

Applications for the Edna Shearin Scholarship will be received until May 1, 2003. You may turn in your letter of request to the Education Department.

### CWF NEWS

Rebekah Group had 8 present. Offering was \$50.00. They read 17 books, 5 Daily Devotions, 2 Disciples, 4 Regional Papers and 1 teaching magazine. They made 20 calls. March meeting is with Marleen Whitehurst.

Lydia Group had 10 present. Offering was \$66.00. They read 6 books, 7 Daily Devotions, 2 Disciples, 3 Regional Papers, 1 teaching and 2 leading magazines. They made 43 calls.

Sarah Group met with Debbie Bond. Five members were present. Offering was \$40.00. Many Valentines were made. Next meeting will be on Saturday, March 8 and will be a "special outing."

ARTICLES FOR THE APRIL, 2003  
NEWSLETTER WILL BE DUE  
MARCH 16.

# SHROVE TUESDAY PANCAKE SUPPER

The Covenant and Fellowship Classes are sponsoring a Shrove Tuesday Pancake Supper on Tuesday, March 4 from 5:00-7:00 p.m. in the Fellowship Center. The cost is \$4.00 for adults, \$3.50 for children 6-12, and children under 6 will be free. The supper includes sausage and fried apples as well as all you can eat pancakes. Reservations slips will be in the bulletin. You can make checks payable to WSCC/pancakes. Please invite your friends and neighbors to this event.

## ADDRESS CHANGES

Rev. Diann Johnston  
1412 Westshire Lane  
Richmond, Va. 23233  
804-377-0388

Mr. & Mrs. Michael McCrickard  
108 Moon Dr.  
Smithfield, Va. 23430-1512

Darryl and Dee Ann Phelps  
4422 Liam Close  
Chesapeake, Va. 23321

## WORLD DAY OF PRAYER

March 7 at 11:00 a.m.

At

Fourth Baptist Church  
726 South St., Portsmouth  
Coffee Fellowship at 10:00 a.m.

## STEWARDSHIP

In an effort to help the counters on Sunday, we would like to suggest that when you make multiple contributions that you please fill out an envelope for each item. For instance: you want to give to the building fund and basic missions – put the amount to go to the building fund on a building fund envelope and the amount to go to BMF on a BMF

envelope and place both envelopes in your regular envelope along with one check for the total amount. This will help the people who count to get the job done a little faster.

We would also like to thank those who take the time on Sunday after church to see that this important job is done. Each team of two takes two months of the year. They are: Pam and Leo Gibbs, Thomas Thornton and Jerry Thornton, Billy Powell and Bobby Beal, Janice Deweese and Rita Antonucci, Dick Oliver and Norman Dickens, Mary Cornwell and Mary Redmon.

Thanks also to Norman Dickens who calls each month to remind the counters.

Special thanks and much appreciation to Garland Cook, who for more than twenty years made the trip to the bank on Monday morning to see that the bank bag placed in the night deposit by the counters was opened and the money was deposited. This task has been assumed by Dick Oliver and we thank him.

Mary Redmon, Chair  
Stewardship Committee

**OUR SHUT-INS:** Hazel Jarvis, Sentara, Greenwood; Leona Brodie, The Heritage, 515 S. Warley, Florence, SC 29501; Mary Mingis, 4107 Heritage Rd., Richmond, 23227; Ruth Blackman, 1 Bon Secours Way, Cedar Pt. #241, (P); Hervy Gray, Sr. , 111 Kansas Ave; Martha Gray, Maryview Care Center; Oleta Cook, 319 Thelmar Lane, (P).

**OTHERS ON OUR PRAYER LIST:** Patsy Pearce; Kenneth Nelson; Sylvia Dickens (Autumn Care); John Riddick, Jr. , cancer ; Javaid Reed, young leukemia patient.



**MARCH**

- 1 Erin Ripley
- 2 Shannon Bloxom
- 5 Paula Pittman
- 6 Michael Wyatt
- 8 Barbara Nelson
- 12 Patty Ross
- 20 Patrick Knill
- 22 Becky Barclay
- 23 Eddrie Bradley
- 25 Joshua Thornton
- 29 William Powell, Wanda Hackler
- 31 Kevin Gibbs

=====  
Our hearts were saddened at the death of Amy Landrum on February 23. Amy was a beloved long-time member of West Side and will be greatly missed. A funeral service was held on February 26 at West Side.  
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**THANK YOU'S**

- To Bubba and Sharon for the gift of a new Dell computer for the church office;
- To John Hayth for installing the new computer and for updating and maintaining our computers;
- To Wallace Williams for building a storage unit for

our banners;  
To Mary Peris for updating our first aid kit in the church office;

**AND,**

To all those who assisted in whatever way with our week of Feeding the Homeless, and especially Dick Cornwell for planning and preparing the meals.

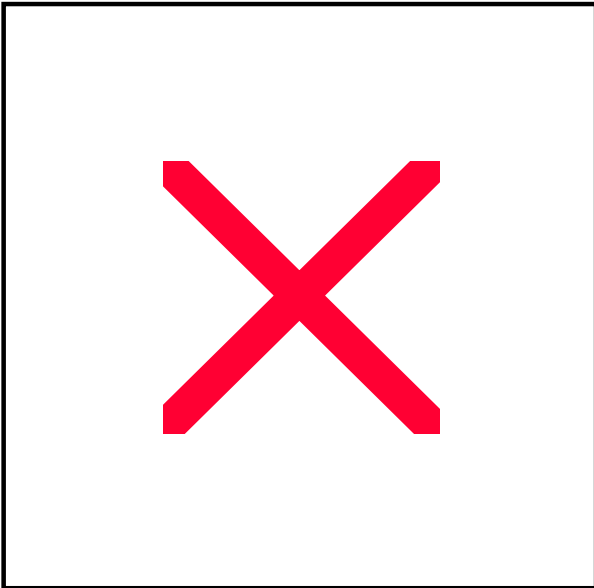
**B'GOSH! LEAPING LEPRECHAUNS!  
TIS' MARCH ALREADY!**

Fellowship Dinner will be March 19. Being so close to St. Patrick's Day, corned beef, cabbage and cornbread will be provided and you may finish out our dinner anyway you like with your favorite dishes. Wear your green, pink, blue or whatever, but do come!

March is "Colon Cancer Awareness Month." Dr. Ray Ramirez will be our speaker. Don't miss his very important message! Something he may say just might trigger a thought or cause you to recall an incident that warrants follow-up. If he does nothing more, you will be made aware of just how prevalent colon cancer is today.

If needed, a sitter will be provided. Let Mary Cornwell (488-7393) know by Sunday, March 16.

Membership Chair  
Mary Cornwell.



***YOUR CHURCH STAFF WOULD LIKE TO  
WISH EACH ONE OF YOU A CHRISTMAS  
FILLED WITH THE JOY OF CHRIST***

***AND,***

***A NEW YEAR FILLED WITH HIS  
BLESSINGS!***



**WEST SIDE CHRISTIAN CHURCH**  
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