

# "THE WEST SIDE STORY"

PUBLISHED MONTHLY BY  
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## MARY'S WELLNESS CORNER

In his book, It's Better To Believe, Dr. Kenneth Cooper says he has two main ways to manage his STRESS. The first and most important one is his belief that: "I can do all things through Christ who strengthens me." (Phil. 4:13) His second way is aerobic exercise. (P. 29 It's Better To Believe)

Stress is a reaction to all the stimuli we receive routinely every day and also from crisis and unplanned life events. This reaction involves our mind, physical body, and our spirit. Stress in itself is good when it motivates us to deal with the situations we are encountering every day. Distress occurs when we cannot or will not manage our stress reaction appropriately. Distress, the inability to release the tensions of stress, does increase the risks of physical and mental illness.

In order to manage our stress and release tensions, we must recognize it and then take certain steps to allow its release. Our mind and body can work together so that one calms the other. Some examples are:

- Express our feelings to a spouse or best friend.
- Have a healing cry. Yes, guys, it is OK for you to cry.

- Express ourselves by writing, doing crafts, or art.
- Take a brisk walk.

There are many ways and things we can do to manage our positive stress and prevent negative distress.

Join us on Saturday, August 14, and take your first "aerobic step" against "DISTRESS." Exercise for Better Living begins at 10 am every Saturday.

As Dr. Cooper states: "Belief and regular exercise can produce a powerful natural combination that promotes healing and well being. (P. 29 It's Better to Believe").

For your good health!  
Mary Peris, Parish Nurse

## MEMBERSHIP

For August we plan to go to the Rocky Hock Playhouse in Edenton, NC, on the 4<sup>th</sup> and 7<sup>th</sup>. Car-pooling is available.

## HOME COMING CELEBRATION

September 25-26, 2004



We will be inviting everyone who has ever been involved with our church, including the Pre-school, to come home and celebrate what West Side has meant in their lives. There will be a Fellowship Dinner and Praise Service on Saturday evening and it will hopefully spill over into next morning's



worship service. Spread the word to those you know who may not receive the newsletter. We want to include everyone.

Fran Gray, Membership

## CWF NEWS

Lydia Group had 10 members and 2 guests present. Offering was \$75.00. They read 4 books, 4 Daily Devotions, 2 Regional Papers, 1 Disciple, 2 leader magazines, and 17 cards/calls.

Rebekah Group had 8 members present. Offering was \$53.00. They read 20 books, 5 Daily Devotions, 4 Disciples, 4 Regional Papers, 1 teaching and 1 leading magazines, and made 21 calls. August meeting will be on August 12 with Marleen Whitehurst.

Sarah Group met in July with 7 present and an offering of \$68.00. They will meet with Debbie Tibbits in August and continue the study "The ABC's Of The Bible."

### "TUESDAY TALES"

A program of story time, play time and a light snack for children ages 3-6 will continue on Tuesdays, August 3, 10, and 17.

We began this program on July 6 with 16 children registered. Each week we have seen more children join us for this fun summer program. There is no charge for "Tuesday Tales." Invite kids in your neighborhood or children of your family or friends to attend this program. A big THANK YOU to all those who helped in any way to make this a successful outreach event here at West Side.

**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); Martha Gray, Maryview Care Center, (S); Sandy Cotton, Sentara Nursing Center, 4201 Greenwood Dr., (P); Sylvia Dickens, Autumn Care, 3610 Winchester Dr., (P); Oleta Cook, Parsons Assisted Living, 1005 Deep Creek Blvd., Chesapeake, 23323.

**OTHERS ON OUR PRAYER LIST:** Betty McCrickard; Sid Price; Amy Rider; Beverly Baker Jones; Evelyn Thomson; David Stevens (Janet Parreria's son); Linda Britt (daughter of Mr. & Mrs. Mullins); Ellen Nelson and Adean Wyatt (sisters-in-law of Mary Wyatt.); Otis Mullins.

## ARTICLES FOR SEPTEMBER NEWSLETTER WILL BE DUE AUGUST 15.

### LECTIONERY TEXT

Aug. 1: Hosea 11:1-11; Psalm 107:1-9, 43; Colossians 3:1-11; Luke 12:13-21

Aug. 8: Isaiah 1:1, 10-20; Psalm 50:1-8, 22-23; Hebrews 11:1-3, 8-16; Luke 12:32-40

Aug. 15: Isaiah 5:1-7; Psalm 80:1-2, 8-19; Hebrews 11:29—12:2; Luke 12:49-56

Aug. 22: Jeremiah 1:4-10; Psalm 71:1-6; Hebrews 12:18-29; Luke 13:10-17

Aug. 29: Jeremiah 2:4-13; Psalm 81:1, 10-16; Hebrews 13:1-8, 15-16; Luke 14:1, 7-14

### "NO EXCUSE SUNDAY"

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To make it possible for everyone to attend this Sunday, our church is going to have a "No Excuse Sunday."

- Cots and hammocks will be placed in the aisle for those who say: Sunday is my only day to sleep in.
- Eye drops and extra coffee will be provided for

those with tired eyes from watching TV or partying late Saturday night.

- Day care will be provided as always for those who find it difficult to worship with their children running amok among the pews.
- There will be a special section with padded recliner chairs for those who feel that our pews are too hard.
- Doctors and nurses will be in attendance for those who feel ill.
- We will have steel hard hats and fire retardant suits available for those who say: "the roof would cave in if I ever came to church," or "I would spontaneously combust if I ever set foot in a church."
- One section will be decorated with trees and

- grass for those who like to seek God in nature.
- Scorecards and pens will be provided for those who wish to list the hypocrites present.
- Blankets will be furnished for those who say the church is too cold and portable fans for those who say it is too hot.
- Our musician will play a variety of musical accompaniments for those who feel that the hymns are too dull or that the contemporary service is too contemporary or not contemporary enough.
- And finally, the sanctuary will be decorated with both Christmas wreaths and Easter lilies for those who have never seen the church without them.

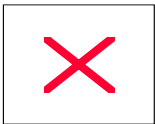
See you on Sunday, No Excuses!

(hmmm! Wonder if they have phone jacks for my laptop? . . .)

(copied)

- 26 Melinda Knill
  - 28 Linda Hayes
  - 29 Lynne Thomas
  - 31 Norman Dickens, Evelyn Brown
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**VACATION BIBLE  
SCHOOL  
JULY 25-29  
6:00-8:00 P.M.**



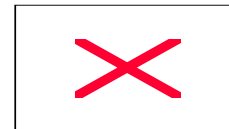
**HAPPY BIRTHDAY**

**AUGUST**

- 1 Brittany Gay
  - 2 Jimmy Jarvis
  - 3 John Wikoff, Brian Jarvis, Donna Nutting
  - 9 Tim Wells, Sydney Oliver
  - 10 Donna Owens, Sylvia Dickens
  - 12 Dee Ann Phelps
  - 13 Leona Brodie
  - 14 Rachel Widener, Brent Milam
  - 15 Judy Bryant
  - 16 Mary Mingis, Cheryl Jarvis, Diana Davenport
  - 18 Doris Tugwell
  - 20 Barbara White
  - 24 Sean Knill
- 

**HYMN SING**

Since August 29  
Sunday we will  
Sing during



is the 5<sup>th</sup>  
have a Hymn  
worship.

Please let Becky Barclay know what your favorite hymns are so we can sing them together.

**UPDATE  
BUILDING FUND**

Pledges received total \$70,500. There were 30 pledges made. Balance as of 7/16/04 is \$161,000. Thank you for your pledges and support.

## **NEW STEWARDSHIP ENVELOPES – 2005**

**Below is a sample of the new envelopes for 2005. The design was drafted by Dick Oliver, Bobby Beal and John Hayath. It will allow you to write one check and designate how you want it divided.**

**Stewardship Committee**

**WEST SIDE CHRISTIAN CHURCH**  
**535 Cherokee Road**  
**P. O. Box 3345**  
**Portsmouth, Virginia 23701**



**Rev. Jane Cherry,**  
**Interim Minister**

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