

"THE WEST SIDE STORY"

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(Disciples of Christ)
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FROM THE PASTOR

From September 25th to October 2nd, the Christian Church (Disciples of Christ) will be emphasizing the pro-reconciliation initiative our denomination adopted in 1999, focusing on becoming an anti-racism church. This reconciliation mission is to “nurture the wholeness of the church by dismantling systemic racism and other oppressive structures towards becoming a church that demonstrates True Community, Deep Christian Spirituality and a Passion for Justice.”

It seems appropriate that the reconciliation emphasis ends on World Communion Sunday (October 2nd). While becoming a pro-reconciling church is a process and must be part of the church’s mission year-round, the collection of a special offering for this ministry of the church takes place during the week in which we celebrate with *all* Christians the most reconciling act of the church: Communion. World Communion Sunday reminds us that when we partake of the Lord’s Supper, we do so with our brothers and sisters throughout the world, regardless of race, gender, class, or ethnicity.

As disciples, we celebrate the Lord’s Table each and every week. Communion is at the heart of who we are as a people of faith. The act of communion reminds us of the love that binds each of us to another through the saving grace and presence of Jesus Christ.

For the first two months that Marion and I lived in Virginia, we were without a dining table.

While we still cooked meals and enjoyed dinner together as often as possible, we sat at the coffee table in front of the television rather than at a dining table across from one another. However, a couple of weeks ago, we received from one of you a small kitchen table with four chairs. It isn’t large enough to host a family event or entertain a group of people from church, but it is the perfect size for Marion and me; big enough for us to share a meal with one another, nourishing our bodies both physically and spiritually so that we might have the strength for ministry.

The dining table is the most important piece of furniture in our homes because it is where we gather with our family and friends and share a meal. Jesus was constantly sharing meals with people. In fact, this was a staple of his ministry. It is around the table that memories are made, that we share in community, that we nourish our bodies, and that we live in solidarity.

In the Disciples tradition, *all* are welcome at the table of the Lord. And when we meet at that table on Sunday morning, we are no longer separated by race, class, gender or ethnicity. We are no longer divided by borders, walls, mountains, or oceans. Instead, we are joined in unity with all of God’s people looking across a simple table at one another and our Lord and Savior, Jesus Christ. I invite you to give to the reconciliation mission of the Christian Church (Disciples of Christ). You may do so through designating a special offering to the church in worship. An offering may also be made online at www.reconciliationmission.org.

Peace, Nathan

MARY'S WELLNESS CORNER



Osteoporosis is a condition referred to as "brittle bones" or "porous bones." One half of the Caucasian women, over 50, and one third of the men by age 75, experience the effects of this disease. The loss of bone mass and strength causes the bones to weaken, which may result in broken bones. For some, this is the first and only symptom of Osteoporosis. Prevention of this debilitating disease can begin at any age, young or old. The earlier you start the prevention regime, the stronger your bones will be.

Calcium is the essential nutrient for keeping bones strong. The best sources of calcium are dairy foods, green leafy vegetables and fortified orange juice. In order for calcium to be absorbed, you need other nutrients, primarily Vitamin D. The best sources for Vitamin D are milk, breakfast cereals and sunlight. According to Dr. Daniel Baran, MD, "Spending about 15 minutes a day in full sunlight, with only your face and hands exposed would provide all you need."

"... The Lord has set the sun in the heavens ..."
I Kings 8:12a RSV

Start now! Strengthen your bones!

- Walking is good exercise to keep your bones strong.
- Make sure you have 1000 to 1500 milligrams of calcium a day.
- To ensure that the calcium you eat is absorbed, get enough Vitamin D.
- Limit the amount of caffeine to two or three servings a day and use salt in moderation.

For your good health, it is never too late!

Mary Peris, Parish Nurse



Dear West Side Family,
We wish to express our heartfelt gratitude for all the kind expressions of sympathy upon the death of our mother, Betty Jo Little, for the fantastic support at the visitation and service, and for the wonderful luncheon. West Side is truly a family! Thank you all so much.

Kitty Baker, Kim Powell and Families

CWF NEWS

The September project was Health Kits. They assembled 35 kits to be sent to CWS. These kits were handed out

to Hurricane Katrina victims. They included a hand towel, washcloth, soap, band aids, comb, toothpaste and brush, nail file and dental floss. Thanks to all who donated to this project. For October, CWF will be serving lunch at the OASIS CENTER on Saturday, October 8. We will meet at church at 10:00 a.m. and carpool to OASIS. November project will be blankets. These will also go to CWS where the need is so great due to the disasters of Hurricane Katrina and Rita. The cost is \$8.00.

Rebekah Group had 8 present. Offering was \$63.00. They read 11 books, 7 Daily Devotions, 3 Disciples, 5 Regional Papers, 5 teaching, 3 crafts/cooking, and 1 leading magazines. They made 15 calls. October meeting is with Esther Daniel.

Lydia Group had 9 present. Offering was \$36.00. They read 1 book, 2 Daily Devotions, 1 Regional Paper, 1 leading magazine, 8 cooking/crafts and made 27 phone calls as well as 4 visits.

"HAPPY BIRTHDAY"

Happy Birthday to our own Ruth Blackman who will celebrate her 100th Birthday on October 24.



OUR SHUT-INS: Sandy Cotton, Sentara Nursing Center, 4201 Greenwood Dr., (P); 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); Sylvia Dickens, Autumn Care, 3610 Winchester Dr., (P); Helen McQuade, Maryview Care Center, 4775 Bridge Rd., (S).

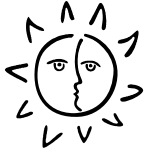
OTHERS ON OUR PRAYER LIST: Sarah Crawford; Sid Price; Renee Twomey; Betty Lou Fox; Ellen Nelson; Hilda and Glen Weaver; Connie Hutto (cousin of Brenda Hayth); Pete Darden; Sam Waugh (brother-in-law of the Nutting's neighbor); Betty Bryan; Betty Lou Fox; Todd McRae (friend of John & Brenda Hayth); Margie Robinson; Maureen Powers (sister of Ellean Mullins); Barbara Kauffman (pre-school grandparent).

PLEASE NOTE: An emergency Cabinet meeting will be held Monday, October 3, at 6:00 p.m.

An **INFORMATION SESSION**, concerning the roof repair, will be held Sunday, October 9 immediately following worship.



FYI: Portsmouth Floral Company has informed us that due to the increase in fuel, beginning October 1st., weekly altar arrangements will be increased from \$13.50 to \$18.00.



JYF NEWS FLASH

The JYF youth have been decorating their “Sunshine Tree” and it looks like it is spreading sunshine throughout the church. Our tree is one small way of showing someone we care about them, we are proud of them or just to say I am thinking of you.

So, please, help yourself to a sunshine catcher and share it with someone. We hope our elders will share it with our shut-ins also.

To keep this project going we need your help. If anyone would be interested in purchasing sun catchers, the paint and/or the little suction cups we would greatly appreciate it. We will have a box located near our “sunshine tree” for your donations.

Your love and support of our youth is what gives them the encouragement they need to reach out to others. Thanks for all you do for us.

JYF

Kristen, Courtney, Allison, Emily, Morgan,
Brittany, Stephen and Austin

NO FAMILY NIGHT DINNER IN OCTOBER

PRE-SCHOOL, 2005-06



Preschool began September 7 and is off to a good start. We welcomed Cathy Jenson as our Four Year Old 3-day Teacher. At the present time all classes are full but names can be put on a waiting list. There will be a Pre-school Committee meeting on Sunday, October 9 following worship.

HAPPY BIRTHDAY

OCTOBER

- 2 David McCrickard
- 7 Bob Nutting
- 8 Garland Cook
- 12 Mary Peris
- 14 Emily Nutting
- 15 Kristen and Courtney Brown
- 16 Mary Bond
- 19 Joe Antonucci
- 23 David Kays
- 24 Ruth Blackman
- 26 Masil Jones
- 27 Tom Larson
- 31 Benjamin Jarvis

LECTIONERY TEXT

October 2: Exodus 20:1-4, 7-9, 12-20; Psalm 19; Philippians 3:4b-14; Matthew 21:33-46

October 9: Exodus 32:1-14; Psalm 106:1-6, 19-23; Philippians 4:1-9; Matthew 22:1-14

October 16: Exodus 33:12-23; Psalm 99; I Thessalonians 1:1-10; Matthew 22:15-22

October 23: Deuteronomy 34:1-12; Psalm 90: 1-6, 13-17; I Thessalonians 2:1-8; Matthew 22:34-46

October 30: Joshua 3:7-17; Psalm 107:1-7, 33-37; I Thessalonians 2:9-13; Matthew 23:1-12

DMF MEETING



In our September DMF meeting, Rev. Nathan presented us with several challenges/objectives. The October breakfast meeting will be devoted to determining/selecting these objectives and the best method to accomplish them. How best can we raise the money to support them. Please put on your thinking caps and make suggestions on which project(s) WSCC DMF should consider. Your participation is urgently wanted/needed. Don't forget to make reservations.

Larry Hackler

DISTRICT VIII ASSEMBLY
November 5, 2005
At
West Side Christian Church

The Assembly will begin promptly at 8:00 a.m. with registration (coffee and pastries will be available). It will conclude at 3:30 p.m. Registration is \$6.00 and lunch will be \$6.00. Please make reservations (488-0514) no later than October 1st.

Nationally renowned speaker, Tex Sample will begin the first session at 9:00 a.m. He is Coordinator of the Network for the Study of U.S. Lifestyles. He works as a freelance lecturer, workshop leader, and consultant with the church and with community, governmental, and business organizations. He is an ordained elder with the United Methodist Church and he and his wife live in Goodyear, Arizona.

Disciple Bible Study



Our in depth Bible Study will begin Monday, October 10 and continue each Monday thereafter. Our study will begin at 7:00 p.m. and will last two hours. This is a 34-week commitment and will require faithful attendance. This study should take participants from Genesis through Revelation in the given time frame. Cost of the manual is \$30 and checks should be made payable to West Side CC. If you are planning to attend and have not yet notified Nathan, please do so as soon as possible.



**CWF SPAGHETTI DINNER
& "TALENTS FOR MISSIONS"**
A Spaghetti Dinner will be sponsored by CWF on Saturday, October 22, in the Fellowship Center from 4:00 – 7:00

p.m. Tickets are \$7.00 for adults and \$3.50 for children 12 and under. Take out orders will be available.

Make plans to attend and invite friends and family. The Annual "TALENTS FOR MISSIONS" will be on display as well. All CWF members and

members of the church who would like to donate handmade items, their favorite pickles, preserves, etc., made this summer, baked goods, crafts, fall and Christmass decorations, please have these items at the church on Friday, October 21. You can purchase your ticket from any CWF member starting October 4 before and after church.

THANK YOU!

I would like to take this opportunity to thank the following for making the installation service a huge success:

- *Rev. Nathan Brown for answering God's call and becoming a part of our church family.
- *Rev. Lee Parker, our Regional Minister, for bringing us God's word and leading the installation service.
- *Rev. Bryant and Rev. John Knibb for their participation in our worship service.
- *Tom Larson for sharing a wonderful children's message.
- *John Hayth for capturing many "Kodak moments."
- *William Brown for video recording the service.
- *Becky Barclay and our fabulous choir for a beautiful anthem.
- * Mary Cornwell, Mary Redmon, and Kim Powell for their help on Saturday preparing for the reception.
- *My mother, Myrtle Henderson for all her help, love, and support.
- *Joe for making our fellowship center "sparkle."
- *Barbara Brown for her dedicated service.
- *ALL of the talented cooks in our congregation for preparing a delicious array of food and beverages.
- *All the "clean-up crew" who stayed behind and helped wash, clean, and put away.

I feel extremely blessed by God to have such a wonderful church family. May God bless each and everyone of you. Thanks to ALL!

DeeAnn Phelps, Worship Chairman



COMING SOON

Beginning this fall, the Worship Department will be launching a Chalice hymnal dedication drive. You may wish to dedicate one or more hymnals in memory or in honor of a loved one. Information will soon be available to all members of West Side Christian

Church. What a wonderful way to remember or honor a loved one!

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**Non-Profit Organization
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**Rev. Nathan Brown,
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