

# "THE WEST SIDE STORY"

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## FROM THE PASTOR

Officially, I have decided that being sick is no fun! As most of you know, for an entire week during the month of August, I was out of the office with a viral infection. It included all the symptoms of a good old flu: fever, nausea, headaches, soreness, lethargy. Although, since then I have come to understand that my symptoms are indicative of what is more commonly referred to as, "The Tidewater Crud." Needless to say, whatever viral infection I had was not one that I look forward to hosting again anytime soon.

Upon visiting my doctor during the peak of my illness, I was made aware of a reality that I had not thought about in moving to a new area. He said that often, when a person moves or visits a new area, the body must build up antibodies to the new strands of virus to which he or she is being exposed. The only way to build these antibodies is to get sick and allow your body to build immunity to the viral strand. Most of you have lived here long enough to file away those antibodies that fight the many different strands of "The Tidewater Crud." Unfortunately, I think I have a long way to go.

However, while reflecting on the amazing way in which our bodies naturally combat illness, I began to think about the ways in which we learn to defend ourselves against the "sufferings" of life. Death/dying, loss, grief, despair, heartache, and pain are facets of life against which many of us attempt to protect ourselves. We put up barriers to fight off these feelings or events, but inevitably they

slip into our lives and cause us suffering for a period of time. Unfortunately, we do not have antibodies that allow us to build up immunity to these aspects of life. Nevertheless, we have something better to help us through our times of suffering: community.

The church is not just the building in which we worship. Rather, it is also a place of community where we cultivate relationships and grow into those relationships. Our church community, as a result, becomes a group of people with which we experience the many phases of life, the good and the bad. Most importantly, though, the community of the church supports us in our times of need, giving us strength to cope with whatever life may throw our way. While community may not have the power to build up immunities to the sufferings and stresses of life, at least it can help us through the times we need relationships the most.

It is within Christian community that the compassion and love of Jesus Christ manifests. In experiencing life together, that compassion and love inevitably emerges within the church if we continue to intentionally uplift each other along our journeys in Christian faith. May West Side Christian Church continue to be a community that supports and sustains as we journey in relationship with one another.

Peace, Nathan

*There will be an installation service for Nathan on September 18, during the 11:00 a.m. worship service.*



## MARY'S WELLNESS CORNER

When did you last have your blood cholesterol level checked? Are you at risk for heart disease or a stroke due to high cholesterol? September is National Cholesterol Education Month. Awareness, prevention and treatment of high cholesterol are important to your health.

Cholesterol is necessary for body cell functions, but if there is too much cholesterol circulating in your blood it will attach itself to your artery walls. This creates a condition called arteriosclerosis. This condition is the major risk factor for heart attacks and strokes. Our body produces good and bad cholesterol and this we cannot change. What we eat can change the levels of good and bad cholesterol. We want our good cholesterol to be high and our bad cholesterol to be low. One of the first steps each of us can take is to have our cholesterol checked by age 40 and every 5 years after that, unless the following risk factors are part of your health history:

- Family history of early heart attack,
- Cigarette smoker,
- High blood pressure or taking high blood pressure medicine,
- Diabetes.

If any of the above factors pertain to you, check your cholesterol before age 40 and more frequently.

The following blood cholesterol levels are desirable:

- Total cholesterol below 200,
- HDL cholesterol (good) above 35,
- LDL cholesterol (bad) below 130.

Most people can lower their cholesterol by maintaining a low-fat diet and by exercising regularly. Some of us may have to take medication in addition to maintaining a low-fat diet and regular exercise.

Other tips for reducing your cholesterol are:

- Eat less total Fat.
- Use cooking oil that is liquid at room temperature and use less of it.
- Eat two to three servings of baked or broiled fish per week.
- Exercise more to increase good cholesterol.
- Quit smoking to increase the good cholesterol.
- Loose 5-10 lbs. to increase good cholesterol and lower total cholesterol.
- Eat more soluble fiber to lower total cholesterol.

*“And God said, ‘Behold, I have given you every plant yielding seed which is upon the face of all the earth and every tree with seed in its fruit; you shall have them for*

*for food.” Genesis 1:29*

*“They gave him a piece of broiled fish, and he took it and ate before them.” Luke 24:42-43*

Mary Peris

## CWF NEWS

CWF will meet at 6:00 p.m. on Sunday, September, 11, for a Salad Supper and Program. Tommy Ross, Jr., son of Edith Ross, will present a program about his mission trips to Honduras and the work of establishing an orphanage for children whose parents have died of AIDS. Men, women and guests are invited to hear our special speaker.

Rebekah Group had 7 members present. Offering was \$53.00. They read 21 books, 5 Daily Devotions, 1 Disciple, 5 Regional Papers, 1 teaching, 1 leading and 7 cooking/craft magazines. They made 34 calls. September 1st meeting is with Mary Wyatt.

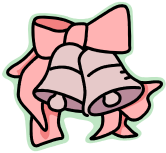
Lydia Group had 7 members present. Offering was \$26.00. They read 1 book, 1 Daily Devotion, 1 Disciple and 1 leading magazine. They had 20 calls/visits.

Sarah Group met for dinner at the Olive Garden with 11 present. We were honored to have Rev. Nathan and Rev. Marion join us for dinner. The September 1st meeting will be with Brenda Hayth.

## Disciple Bible Study



Beginning in September, Nathan will be teaching a Bible Study for those who are interested. The Bible Study is a thirty-four week commitment and requires that those who sign up attend faithfully. The study demands one two-hour session per week. The program is designed to take its participants from Genesis through Revelation in the given time frame. Those who created the program understand that in studying Scripture, we must draw on a variety of resources including our tradition, our intellect, and our experiences. Disciple Bible Study relies on smaller groups, which means that there will be limited availability. Watch the bulletin for an insert requesting day and time information that might work for those interested. Please give prayerful consideration to being a part of this Bible study.



### “WEDDING BELLS”

Congratulations to Emily Marie Gray and Jarad Darryl Metz who were married on August 13 at Believers Church in Chesapeake.

Emily is the daughter of Steve and Fran Gray.

**ARTICLES FOR THE OCTOBER, 2005 NEWSLETTER WILL BE DUE SEPTEMBER 21.**

### A NEW BABY GIRL



Congratulations to William and Erica Zyliak upon the birth of

Madison Marie born August 3. Grandparents are Lynne and David Thomas.

**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); Martha Gray, Maryview Care Center, #229, 4775 Bridge Rd., (S); 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; Betty Jo Little.

### *RECONCILIATION GOAL: \$900*

*We will receive our reconciliation offering September 25 and October 2.*



Dear West Side Family,  
Thank you all so much for blessing me with the Edna Shearin Scholarship.

I plan on using it to purchase books this coming semester. Thank you all very much!

Emily Gray Metz

To West Side Church Members,  
Thank you for the cards and your prayers. Carrie and I have always thought that if we lived in Virginia, West Side would be our church.

Dees Hendley and family  
(Wilma Ingram's brother)

### MEMBERSHIP

There are three events during the month of September that you are not going to want to miss! First, on September 15<sup>th</sup> there will be a Fellowship Dinner to honor Andrew and Ellen Collins, missionaries currently serving in Nepal. Bring two of your favorite dishes to share and enjoy the program following the meal.

Then on the weekend of September 24 and 25, West Side will celebrate its second annual Community Day and Homecoming. Community Day will be on the 24<sup>th</sup> from 11 am until 3 pm. There will be games, pony rides, a “bounce house”, food and lots of fun for all ages. Volunteers will be needed to work the games and greet the visitors during the day. A sign-up sheet will be posted in the gathering area for you to indicate the times that you can help. On September 25<sup>th</sup>, there will be a Homecoming Celebration: coffee and donuts at 9:30 a.m., Church School at 9:45, and Worship at 11:00 with



special music. There will be a potluck picnic immediately following the worship service.

Fran and Cheryl

### DMF INFORMATION

Polo shirts, T-shirts, ball caps, sweatshirts, and aprons for cooks, with the chalice emblem are available at a reasonable price. Blend Polo shirts - \$18.99 each; T-shirts - \$9.99 each; ball caps - \$10.99 each; sweatshirts - \$16.99 each; aprons - \$14.25 each (on front of apron is “Thou shall not serve burnt offerings”).

It would be nice to show a sense of unity among WSCC men by wearing similar clothing (shirts, hats, etc.) at DMF meetings. If interested let me know.

DMF Breakfast Meeting will be September 17 at 8:00 am The theme is “Men Making a Difference.” Nathan will be the guest speaker. Please make reservations.

Larry Hackler

# HAPPY BIRTHDAY

## SEPTEMBER

- 1 Corbyn Milam
- 2 John Hayth, Lloyd Crawford
- 3 Callie Honeycutt
- 4 Wilma Ingram
- 6 Claudia Thompson, Rachel Powell
- 7 Diane Milam, Brantley Jarvis
- 8 Leeann Williams
- 9 Dick Oliver
- 11 Morgan Phelps
- 13 Debbie Johnson
- 15 Renee Twomey
- 17 Timothy Brown
- 18 Doug Gibbs
- 19 Matt Corbett, Brandon Powell, Elnora Phillips
- 20 Drew Thompson
- 23 Thomas Crawford
- 24 Mary Redmon, Sarah Smith, Kitty Baker
- 25 Earl Ripley
- 27 Kristie Acors, Sharon Jenson
- 30 Pat Henderson

### LECTIONERY TEXT

Sept. 4: Exodus 12:1-14; Psalm 149; Romans 13:8-14; Matthew 18:15-20

Sept. 11: Exodus 14:19-31; Psalm 114; Romans 14:1-12; Matthew 18:21-35

Sept. 18: Exodus 16:2-15; Psalm 105:1-6, 37-45; Philippians 1:21-30; Matthew 20:1-16

Sept. 25: Exodus 17:1-7; Psalm 78:1-4, 12-16; Philippians 2:1-13; Matthew 21:23-32

### WORLD OUTREACH

Mark your calendar for Thursday, September 15. Ellen and Andrew Collins, missionaries from Nepal will join us for a special potluck and program. We've invited all the churches in our District and should have a large turnout. This will be an excellent way to learn how Disciples Global Ministries is working in our world today.

A bulletin board in the Fellowship Center has a good deal of educational material about Global Ministries. It shows where there are opportunities for our church and our members to help in Global

Ministries. The bulletin board also shows where West Side is currently serving in Global Ministries. Stop by the bulletin board and learn how DOC Global Ministries teams with the United Church of Christ to place 200 missionaries in 40 countries and work in programs in 90 countries. We also have information at the rear of the sanctuary about the Collins' in Nepal.

Jimmy Jarvis, Outreach

### **“Meal with the Minister”**

Throughout the month of September, I am freeing up my schedule during the lunch hour to have lunch with anyone and everyone who might like to join me. Because of where Marion and I live, it is difficult for me to make house calls in order to get to know all of you better. Therefore, I thought this might be one small way in which we might continue to grow in our relationship together. I understand that many of you will not be able to participate, due to schedule conflicts, family commitments, etc. However, if you are able to have lunch with me one day, I would be much obliged. Sign up on the minister's study door. Then, we can make plans regarding where we might meet. I look forward to sharing a meal with many of you in the coming days.

Thanks, Nathan

### Minister's Office Hours

Monday - Thursday

9:00 AM – 3:00 PM

\*Nathan will be in and out of office during these days and times. If you need to see the minister, please call ahead.

Tuesday and Thursday

9:00 AM – 12:00 PM

\*During these days and times, Nathan plans to have an open door policy in his office for anyone needing or wanting to see him.

Friday (Day off)

### AN INVITATION



West Side members are invited to the Installation Service for Reverend Terrye Williams on September 18, at 3:00 p.m. Reverend Williams is the new minister at Hilton Christian Church, 100 James River Dr., Newport News, Va.

**WEST SIDE CHRISTIAN CHURCH**  
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**Rev. Nathan Brown,  
Minister**









