

MARY'S WELLNESS CORNER

“Do you know your body is a temple for the Holy Spirit within you, which you have from God? You are not on your own; you were brought with a price. So glorify God in your body” (1 Corinthians 6:19-20).

Think about this scripture and God’s charge to each of us. We have been given the precious gift of life and God wants us to enjoy His gift of wholeness.

Sometime we question this wholeness when illness strikes, but God wants us to do our part too by listening, observing and knowing our body’s signs. God in His expert craftsmanship has created our entire being with warning signs that “rough times” may be ahead. If we heed the signals and be proactive, we may decrease our risk for some diseases.

During April, National Cancer Month, let’s begin to be proactive and LISTEN carefully to our bodies and begin taking those steps that will help decrease some of our cancer risks. The three (3) most important steps in reducing our risk are: (1) self-awareness (this includes family history) and self-exams, (2) screening and early detection by medical professionals and special diagnostic procedures, and (3) finally, you guessed it, DIET!

As we listen to our bodies, be aware of these cancer warning signs: change in bowel or bladder habits, sores that do not heal, unusual bleeding, thickening or lumps in any area, difficulty swallowing, frequent episodes of indigestion, changes in a wart or mole, and nagging cough or hoarseness. Continue to monitor your diet. The National Cancer Institute recommends eating 5 servings of fruits and vegetables each day. Make your diet low in fat and high in fiber and whole grains.

Cancer of the colon is a major health problem in the United States. It ranks as the leading form of cancer, along with lung and breast cancer.

Other common cancers are prostate and skin cancers. Colorectal cancer is one of the most curable forms of cancer, if detected early.

REMEMBER: EARLY DETECTION AND PROMPT TREATMENT ARE THE KEYS TO CANCER CONTROL!

Mary W. Peris, Parish Nurse

CMF NEWS

The 3rd Saturday of April falls on Easter weekend this year. Therefore, we will not have a CMF meeting this month. Watch the bulletin and May newsletter for information on the next CMF meeting. Thank you!

April Elder’s Meeting

The Elder’s of District VIII will gather at Diamond Springs CC for a district meeting to discuss stewardship with the Regional Minister, Lee Parker. This meeting will be at 7pm on Tuesday, April 18th and will take place of our regularly scheduled Elder’s Meeting in April. Please let Nathan know if you plan to attend.

CWF NEWS

LYDIA GROUP had 7 present in March with an offering of \$30. Lydia used their talents with 2 teaching and 1 leading. Further, they provided outreach by visiting 9 and calling/sending cards to 27 people. The group read 2 daily devotionals, 2 regional papers and 2 disciples readings. In April, Lydia will meet at the church at 10:00 a.m. and head to West Haven Adult Home. Lunch will follow (restaurant TBD).

REBEKAH GROUP had 7 present in March with an offering of \$65. Rebekah used their talents with 2 teaching and 2 leading. Further, they provided outreach by making 15 calls. The group also read 7 daily devotionals, 2 disciples readings, 3 regional papers, and 19 books. Crafts and cooking were 4. The April meeting will be with Wilma Ingram.

SARAH GROUP met in March with 4 present. They will next meet at Cindy Wallace’s home at 7:30 p.m. on Thursday, April 6th. Come meet for bible study and fellowship as we plan for the Mother-Daughter Banquet.

UPCOMING CWF PROJECTS:

- April: Shut-Ins
- May: Mother-Daughter Banquet

April Birthdays!

- 1st: Barb Powell
5th: Rev. Nathan Brown, George Pyles,
Tracy Adams
6th: Brian Hayes
7th: Sam Wiseman
14th: Lois Pyles
16th: Shannon Stidham
17th: Debra Trevino, Brooke Kays
18th: Stephen Henderson
19th: Jerry Thornton, Jr.
20th: Kelly Wallace
21st: Nina Milam
25th: Brenda Hayth
26th: Brooke Lowman



IN NEED OF PRAYER:

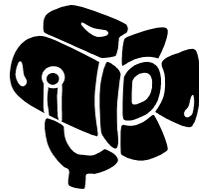
Sarah Crawford, Betty Lou Fox, Berry Brown, Sid Price, Margie Robinson, Masil Jones, Esther Daniel, Ellen Nelson, Hilda and Glen Weaver, Pete Darden, Connie Hutto (cousin of Brenda Hayth), Sam Waugh (brother-in-law of the Nutting's neighbor), Kathryn Bean and Jordan Blount (preschool child).



SHUT-INS: Mary Mingis, Ruth Blackman, Sylvia Dickens, Sandy Cotton and Helen McQuade.



Be sure to check out page six of the newsletter for details on all of this year's Easter happenings at West Side!



Member Spotlight

This month, the member spot light is shining on a West Side couple, **Larry & Wanda Hackler**. Larry and Wanda were high School sweethearts and have been married since 1950. They joined West Side in September of 1963. Larry and Wanda hail from Kentucky where Larry did his undergraduate work at Western Kentucky University. He holds a Master's Degree in Physics/Math from Vanderbilt. Larry says Wanda has the most prestigious degree in the family, the PHT degree ("put hubby through school"). Larry served four years in the U.S. Air Force and went to college on the G.I. Bill. In the course of his work life, Larry has been a certified Health Physicist, a Certified Safety/Health inspector, a Safety/Health Engineer and a Certified Hazardous Material Control Manager. He retired from Federal Civil Service in 1990.

Larry really enjoys his "retirement" but he is by no means "retired". Larry is an avid golfer and on most pretty days you'll find him on the Elizabeth River Manor golf course. However, he is not just a "golf bum". Larry has single-handedly revitalized the Disciples Men Group which holds a monthly breakfast meeting with an informative speaker. In addition, he and his group have taken on the planning, financing and execution of several church projects, including the addition of the handicap ramp on the Fellowship Center side of the Sunday school wing and, most recently, the renovation of the newer Sunday School wing to make 4 classrooms out of what were 3 rooms. Larry is an excellent leader and for the past several years he has worked tirelessly with Dick Cornwell and a huge crew of volunteers to manage our week of feeding and housing the homeless. Larry also served on the Pastoral Search Committee. He's been an Elder, a Deacon, Board Chair, etc. and is a proud member of the Disciples Sunday School class. He's also a bit of a biblical scholar as he demonstrated in our recent Bible Bowl.

Wanda has been a long-time member of the Ruth Sunday School class, leading devotions for the group every Sunday. She has sung with the Choir on numerous occasions and is currently active in the Choir. Wanda and Larry both enjoy traveling and have been in all 50 states (several more than once) and been to 7 different countries. In the course of his 4 short years with the Air Force, Wanda set up housekeeping in at least 7 states! Once their children were old enough to be in school, Wanda worked at various jobs until she retired in 1986 as Executive Secretary to the Assistant Superintendent of Portsmouth Public Schools. Wanda is an avid reader and is always up to date with the N.Y. Times Best Seller list. One of her most cherished authors is Billy Graham. Larry and Wanda have 2 grown daughters, 4 granddaughters and 1 great grandson (at last, a boy!).

Dead Sea Scrolls Trip!

West Side is planning a trip on May 19th & 20th to see the Dead Sea Scrolls in Charlotte, NC. The trip provides an itinerary packed full of fun, including round trip bus transportation, continental breakfast on the day of departure, a visit to the Duke University Chapel, hotel accommodations at the Holiday Inn, dinner at Frankie's Italian Restaurant and, of course, a chance to see the Dead Sea Scrolls exhibit at Discovery Place. The trip cost will depend on the occupancy you choose for your hotel stay. Prices are outlined below:

<u>Price (per person)</u>	<u>Occupancy</u>
\$289	single
\$233	double
\$214	triple
\$205	quad

Payment is due in the church office by **April 1st**! Checks should be made to "Fun Tours". If you have questions about the trip, you may contact Elnora Phillips at (757) 484-3671 for more details.



Youth News Flash!

Our youth have been busy and active, as always! We would like to congratulate the following youth:

- **Kristen Brown:** made the JV soccer team for Western Branch High School.
- **Western Branch 8th Grade Middle School Orchestra:** received a superior rating at the District IV Orchestra Competition.
- **Emily Nutting:** received a superior rating in the Hymn Play Division of the Virginia Music Association Piano Competition.
- **Brittany Gay:** her eight piece ensemble choral group took 1st place with O.D.A.C.C.
- **Allison Nutting:** finished 1st Place in the Forensics competition for the City of Chesapeake Middle Schools. This was Allison's first competition.

Please take the time to let each of these fine young individuals know how very proud we are of them!

On March 26th, immediately following church, the youth went to Virginia Beach for Laser Quest. Afterwards, we headed to Ci-Ci's for lunch.

If you are not involved in our youth groups, come and give us a try! We meet the 2nd and 4th Sunday's of the month at 3:45pm. We would love to have you!

"We Love our Youth"

Youth Leaders, Carrie Kelly & Lois Pyles

MYSTERY DINNER THEATER!



Mark your calendars! The dates for the Mystery Dinner Theater have been changed. The **new show dates** are *Saturday, April 29th at 6:30 p.m. for an evening performance, and a matinee at 1:30 p.m. on Sunday, April 30th.* The West Side Players will present "The Case of the Missing Youth Choir". Tickets are on sale now for \$10 each, which includes a 3-course meal and a barrel full of laughs! Proceeds will be used to help underwrite the cost of our Mission Trip to Louisiana this summer.

PRESCHOOL UPDATE!

On March 1st, the preschool began open enrollment for the upcoming 2006-2007 school year. We have just about reached our limit for the 4 year old class, but we still have space available in the pre-3's and 3's classes. If you are interested in enrolling your child, or if you know of someone who is interested, please contact Jennifer Larson, or visit the West Side Christian website for more information.

Spring Softball!



West Side Christian will participate in the City of Portsmouth co-ed softball league this spring. The softball season will begin on April 24th. If are interested in joining the team, please sign-up on the sheet located on the bulletin board in the church hallway. If you have any questions, please see Nathan.

WELCOME!

West Side would like to extend a welcome to our newest members, Gary & Jacky Edens, who come to us from Park View Christian Church. Please add their contact information to your West Side directory:

Gary & Jacky Edens
9323 Rivershore Drive
Suffolk, VA 23433
(757) 238-3231

**ATTENTION
CRAIG SPRINGS CAMPERS!**

Once again, the Education Committee is sponsoring campers who are attending MADD Camp (July 16-21) and New Covenant Camp (July 30-August 4). The church will pay \$100 toward the camp registration for each applicant. Applications and camp information are available in the church office and on the bulletin board outside the office. Completed application forms and registration fees must be submitted to the Education Committee by Sunday, May 21st.

Edna Shearin Scholarship

Every year since its inception, the Edna Shearin Scholarship Fund has awarded a modest scholarship to those members of West Side who are pursuing post high school education. It is our fondest hope that every member who applies will be granted an award. If you are interested in applying for this scholarship, please stop by the church office to pick-up your application form, or see one of the Christian Education Chairs, Kim Powell or Mary Redmon. The deadline to submit your application is Monday, May 1st. No late applications will be considered!



**~ Biennial Family Gathering ~
Christian Church in Virginia
(167th Regional Assembly)**

Mark your calendars for the Biennial Family Gathering held at Lynchburg College the weekend of Friday, June 2nd through Sunday, June 4th. The theme for this event is: "The Emerging Church: The Roadmap to the Future". The weekend is sure to be packed full with events and activities for the whole family! You may pick-up a registration form on the bulletin board in the hallway. The Early Bird deadline to register (saves you \$15) is May 8th. For additional details & information, go to www.ccinva.org or call (434) 846-3400.

Mother-Daughter Banquet

The West Side Christian Mother-Daughter Banquet will be held at 6:00 p.m. on Saturday, May 13th in the Fellowship Center. This year's banquet theme is "A Sentimental Journey". More details will be provided soon.

**~ LECTONARY READINGS FOR
APRIL 2006 ~**

<u>DATE</u>	<u>READINGS</u>
April 2 nd	<i>Jeremiah 31:31-34</i> <i>Psalms 51:1-12</i> <i>Hebrews 5:5-10</i> <i>John 12:20-33</i>
April 9 th	<i>Mark 11:1-11,</i> <i>Psalms 118:1-2, 19-29</i>
April 16 th	<i>Acts 10:34-43</i> <i>Psalms 118:1-2, 14-24</i> <i>1 Corinthians 15:1-11</i> <i>John 20:1-18</i>
April 23 rd	<i>Acts 4:32-35</i> <i>Psalms 133</i> <i>1 John 1:1-2:2</i> <i>John 20:19-31</i>
April 30 th	<i>Acts 3:12-19</i> <i>Psalms 4</i> <i>1 John 3:1-7</i> <i>1 John 3:24-26, 4:19</i>



ATTENTION NEW MEMBERS!

On April 22nd at 6:00 p.m. the Membership and Invitation Committees will host a "New Member Dinner" in the Fellowship Center. We would like to bring together all those folks, and their families, who have joined the church since Reverend Nate's arrival. Join us for a dinner and informational gathering. Our Elders will be joining us and can explain our shepherding program and help answer questions regarding the church. This will be a casual affair in which we hope to learn more about our newest members and their families as well as let them know more about us! We've had at least 13 folks join the church when the newsletter was printed, and we anticipate more by Easter, so don't worry that you'll be the "only ones"! Each person/family will be receiving an official invitation in the next few weeks, so mark your calendars now!



We would like to extend our deepest Christian sympathy to the families of Helen Ward and Helen Frink, both of whom passed away in the month of March. May the Lord be with these families during this time.

Easter 2006 at West Side!



Holy Week Schedule

- † **Palm Sunday (Worship Service):**
 - › Sunday, April 9th at 11:00am
- † **Maundy Thursday (Communion Service):**
 - › Thursday, April 13th at 7:30pm
- † **24 Hour Prayer Vigil:**
 - › Begins Good Friday, April 14th at 12noon
 - › Ends Saturday, April 15th at 12noon
- † **Easter Egg Hunt (ages 2 - 5th grade):**
 - › Saturday, April 15th at 2:00pm
- † **Easter Sunday Worship Services:**
 - › Sunrise Service, April 16th at 6:30am
 - › Easter Service, April 16th at 11:00am

Annual Easter Egg Hunt!

You won't want to miss this year's Easter Egg Hunt, scheduled Saturday, April 15th at 2:00pm. This annual event is always packed full of fun for the kids (ages 2 - 5th grade). Be sure to bring an empty basket to collect all your eggs! We are currently taking bagged candy donations (candy must be individually wrapped to be put inside the plastic eggs). If you would like to donate, please place your candy bag(s) in the High School class room. Happy Hunting!



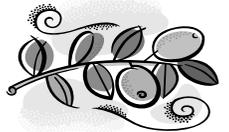
24-Hour Prayer Vigil



Each year, West Side Christian Church holds a 24-hour Prayer Vigil on Easter Weekend. This is a time of quiet reflection and prayer within the church. This year's vigil will begin at 12:00 noon on Good Friday, April 14th and will end at 12:00 noon on Saturday, April 15th. If you would like to be a part of the vigil this year, please place your name in a time slot on the sign-up sheet located in the gathering space. Time slots are filling up fast! For more information or if you have any further questions, please see Dee Ann Phelps.

Olive Branch Lenten Services

There are still two of the four Olive Branch Lenten Services remaining in the month of April. Community United Methodist (located at 37 Cherry Rd.) is the host church. Lunch will be provided for \$4.00. Reservations are to be made by 12:00 noon on the Monday of each week. If you plan to attend, please let Frances Wells know by the Sunday prior to the service, and she will make the reservations for all. Or, you may call Community United Methodist directly at 488-9038. The April Lenten speakers are as follows:



- April 5 - Rev. Nathan Brown (our very own!)
- April 14 (Good Friday) - Rev. Mike Putnam

We hope you can make plans to join our fellow Olive Branch churches this Lenten Season.



*Easter Sunday
is
April 16th!*