



The West Side Story

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A Note from Rev. Brown!



On Wednesday, March 1st, Ash Wednesday will mark the beginning of the Lenten season. As most of you know, Lent is the forty-day period that Christians use for prayer, penance, and fasting as a way to prepare for Easter. Different Christian traditions observe a variety of rituals during the Lenten season. Regardless of our differences in observance and ritual, all traditions use this time as a way of repenting for the brokenness and evil in our lives. Lent is a time used for reflection and repentance.

In a conversation with Becky Barclay early last month about a potential theme for this Lenten season, she suggested "Reflect and Repent." These two words embody the modes through which we encounter God during the forty days of Lent. By reflecting on our own lives and the ways in which we separate ourselves from God, we are able to acknowledge our sin and ask for God's forgiveness. As a result, we are prepared for new life in a risen Christ: a life based in compassion, selflessness, and love.

As Disciples, how do we "reflect and repent?"

The Greek word for repentance, *metanoia*, is composed of two parts: *meta*, means change, and *noia*, means mind. In the Christian Church (Disciples of Christ) we place a strong emphasis on the use of one's mind in exploring faith. Our tradition has a strong heritage of applying reason when discerning God's path for our lives.

For us, repentance is, in a sense, reflection; albeit, a specific kind of reflection. It is using our minds to think about how we might be falling short of God's calling for our individual lives and pondering possibilities for change in how we live out those lives. To reflect on our brokenness is to repent. And it is only after repentance that one can truly appreciate a life lived in our risen Lord.

I encourage each of you to use the forty days of Lent to "reflect and repent." Try taking time for prayer, fasting, or practicing other kinds of discipline. May this time enrich your spiritual life and allow you to encounter God in new and unique ways. Most of all, may it prepare you for a new life lived in our risen Savior, Jesus Christ.

Peace,

Nathan

MARCH
2006



IN THIS ISSUE:

- ▶ A Note from Rev. Brown - **pg.1**
- ▶ Mary's Wellness Corner - **pg.2**
- ▶ CMF News - **pg.2**
- ▶ CWF News - **pg.2**
- ▶ CWF Brown Bag Food Drive - **pg.3**
- ▶ Birthdays - **pg.3**
- ▶ New Arrival - **pg.3**
- ▶ World Day of Prayer - **pg.3**
- ▶ In Need of Prayer & Shut-Ins - **pg.3**
- ▶ 50th Anniversary Quilt - **pg.3**
- ▶ Thank you from Berry Brown - **pg.3**
- ▶ Preschool Welcome & Update - **pg.3**
- ▶ March Member Spotlight - **pg.4**
- ▶ Dead Sea Scrolls Trip - **pg.4**
- ▶ Youth News Flash! - **pg.4**
- ▶ WSCC Mystery Member - **pg.4**
- ▶ March Fellowship Dinner - **pg.5**
- ▶ Rev. Marion Brown, CWF Guest Speaker - **pg.5**
- ▶ West Side Players - **pg.5**
- ▶ Welcome! - **pg.5**
- ▶ Olive Branch Lent Services - **pg.6**
- ▶ March Lectionary Readings - **pg.6**
- ▶ Homeless Week Re-Cap - **pg.6**



Disciples of Christ

WEST SIDE CHRISTIAN CHURCH
535 CHEROKEE RD.
PORTSMOUTH, VIRGINIA 23701
(757) 488-0514 • www.westsidccdoc.org
REV. NATHAN BROWN, MINISTER

MARY'S WELLNESS CORNER

MEDICINAL BENEFITS OF THE FOODS WE EAT

In Old Testament times, the Holy Land people of Isreal used many of the plants that God created for food and medicine. They had strict dietary laws, but the foods they consumed contributed to a good health and fought many diseases. Their diet consisted of fiber-rich foods such as barley, wheat, sesame seeds, melons and raw vegetables. Instead of meat they ate poultry, fish and cheese. The phrase "soup to nuts" could very well describe their meals. Fruits and nuts were plentiful and the latter is known to help lower cholesterol and regulate blood sugar.

"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 food" (Genesis 1:29)

There are seven foods of the Old Testament that can claim the title of "healthiest": onions, fish, milk, apples, beans, garlic and olives. All of these contain ingredients that can alter the development of heart disease, intestinal illness and some cancers. Garlic, olives & onions were the only topical antiseptics in biblical times and they still are useful in this way today. These same three, plus fish, were used as blood thinners in Old Testament times and their ingredients are still important in our time. Other healthy foods of the Old Testament times that are available today are herbs, grapes, figs, apricots, yogurt (curds), honey, barley, wheat, melon and cucumbers. Their medicinal benefits include: decreasing pain, controlling blood sugar, altering life-threatening illness, decreasing appetite, increasing energy and strength, decreasing tooth decay, and contributing to longevity. An important aspect of these healthy foods is: many of these flavor-filled morsels also ENRICH THE SPIRIT! The Old Testament foods continue to be one of God's many healing forces of mind, body and soul. Use these healthy foods in conjunction with the medical

treatment you receive from your physician, who is one of God's instruments of health.

"And they offered him a piece of broiled fish and honeycomb. And when he had eaten in their presence, he took what remained and gave it to them."
(Luke 24:42-43)

EAT RIGHT FOR YOUR HEALTH!

Mary W. Peris, Parish Nurse

CMF NEWS

The next CMF meeting is scheduled for 8:00 a.m. on Saturday, March 18th. Our own George Pyles, designer for Metro Machine Corporation, will be the speaker. His topic will be "Ship Modeling". Attend for the opportunity to get informed about ship design and to learn more about what George does for a living. Reservations please! If you plan to attend, please RSVP to Larry Hackler at: (757) 488-5997.

CWF NEWS

LYDIA GROUP had 8 present in February with an offering of \$54. Lydia used their talents with 2 teaching and 1 leading. Further, they provided outreach by visiting, sending cards and calling 54 people! The group read 6 daily devotionals, 5 regional papers, 3 Virginia Christian, 1 Disciple reading and 6 books. Lydia Group also did 4 hours of cooking.

REBEKAH GROUP had 5 present in February with an offering of \$30. Rebekah used their talents with 1 teaching and 2 leading. Further, they provided outreach by making 25 calls. The group also read 5 daily devotionals, 1 disciple paper, 3 regional papers, and 5 books. Crafts and cooking were 1. The March Rebekah Group meeting will be with Maud Hemby.

SARAH GROUP met with Leigh Ann Allen on February 2nd with 5 present and an offering of \$60. Sarah Group will meet with Pat Turney at 7:30 p.m. on Thursday, March 2nd. We welcome any woman to join us for study, service and fellowship.

UPCOMING CWF MISSION PROJECTS:

- March: Craig Springs
- April: Shut-Ins

Brown Bag Food Drive Update:

CWF would like to say thank you to everyone who participated in the Brown Bag Food Drive last month. We had a great response! The bags have been distributed throughout the area through Social Services and the Salvation Army. Thank you for helping to make this mission project a success!



IN NEED OF PRAYER:

Sarah Crawford, Betty Lou Fox, Sid Price, Margie Robinson, Masil Jones, Esther Daniel, Berry Brown, David McCrickard, 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).



March Birthdays!

- 1st – Erin Ripley
- 2nd – Shannon Blaxom
- 5th – Paula Pittman
- 6th – Michael Wyatt, A. Wayne Powers
- 8th – Barb Nelson
- 10th – Colby Wallace
- 12th – Patty Ross
- 14th – Dillon Milam
- 15th – Kathy Williams
- 20th – Patrick Knill
- 22nd – Becky Barclay
- 23rd – Eddie Bradley, Linda Gilley, Charles Kelly, IV
- 25th – Joshua Thornton
- 28th – Samantha Williams
- 29th – William Powell, Wanda Hackler
- 31st – Kevin Gibbs

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

50th Anniversary Quilt Project

If you consented to make a square for our quilt, please start working and give it to Nora Davenport as soon as possible. We are eager to start putting the quilt together.



I want to thank the people of West Side Christian Church for all of their prayers, cards and phone calls while I have been sick.

William B. Brown

New Arrival!



Congratulations to Chris & Kelly Terry on the birth of their son, Braeden Christopher. Braeden was born on January 27th. He weighed in at 7lbs., 11oz. and was 20 ½ inches tall! Congratulations to the Terry family and welcome, Braeden, to the West Side Christian family!

Preschool Update!

The West Side Christian Preschool would like to extend a welcome to its newest staff member, Jenna Chevalier. Jenna has her teaching degree from Old Dominion University and has blessed us with her work in the 3 year old class. Welcome, Jenna. We're glad you're here!



World Day of Prayer

Christian Women United (CWU) will offer a World Day of Prayer service on March 3rd at 11:00 a.m. This service will be held at Ebenezer Baptist located at 728 Effingham Street in Portsmouth.



Also, beginning March 1st the preschool will hold open enrollment for the upcoming 2006-2007 school year. 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 website for more information.



Member Spotlight!

Beginning with this newsletter, membership will include a snapshot of a member each month to help the congregation get to know our members a little better. Since we have had so many folks join the church over the past few months, we thought we'd begin with them. Some of these are our youth, whom we've seen grow up in the church. Others come to us from other denominations and churches.

This month we are featuring **Bill Loftis**. Bill, like so many Virginians, came to our state courtesy of the US Navy. A "Navy Brat", Bill has lived in Texas, Connecticut, Pennsylvania, California and Louisiana. Currently, Bill lives in Chesapeake with his 4 year old son, Nathan, and is a new home owner.

Bill got started at West Side when his girlfriend, Diane Milam, "volunteered" him to help us with our production of "The Mystery of Montley Manor". Bill joined in with great enthusiasm and in no time it felt like he had been here for years! As rehearsals continued, Bill began attending other functions at the church as well as Sunday School and Worship. Bill is now a member of Rev. Nathan's "Younger Adult" Sunday School class and is serving as lay coordinator for the upcoming mission trip to Louisiana.

Bill is a supervisor with Geico Motorcycle Division and works some night hours, but he still finds time to participate in the events at West Side. Currently, he is participating in the Disciples bible study on Monday nights and is always willing to lend a hand in any project he can. You can look forward to seeing Bill in our next theatrical production, "The Case of the Missing Youth Choir" on April 1st and 2nd.

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 very busy and having lots of fun! We participated in filling our brown paper bags for those in need.

On January 28th we held progressive dinner. Thanks goes out to William and Pam Brown who prepared the outstanding Italian-style meal! Mr. Brown even dashed over to Olive Garden for some fresh, hot bread sticks. Thank you also to Bill Loftis and Diane Milam for the delicious appetizers of hot chicken wings and mozzarella sticks. Big thanks also to Bob & Donna Nutting for the awesome dessert of chocolate cake and chocolate-dipped strawberries! Following the dinner we played games, did karaoke (Mrs. Carrie especially got into that!) and, of course, there was lots of good fellowship and fun!

The entire youth group and their leaders cannot thank these families enough for opening their homes to us! God bless each of you!

Also, we would like to thank all the parents that bring their child to the Youth Sunday meetings held on the 2nd and 4th Sundays of each month. Remember, friends are always welcome too!

These are a great group of young people and they have been a blessing to us and our church!

"WE LOVE OUR YOUTH!"

Youth Leaders, Carrie Kelly & Lois Pyles



Mystery Member!

Beginning in March, the Membership Committee will sponsor a monthly "Mystery Member" contest. Each week in the bulletin there will be a few "clues" as to the identity of the mystery person. As the weeks progress, it should become easier to put all the "evidence together to solve the mystery. Now, like any good mystery, some of the clues will be obscure or indirect. Our hope is that you will be inspired to "interview" your potential "suspects" to narrow down the field! On the last Sunday of the month, you will cast your vote for the mystery person and the answer will be revealed the following Sunday. As a little added help, a picture of the Mystery member will be concealed on the Membership Bulletin Board in the preschool hallway. Each week, we'll peel of a little bit more of the picture. As Sherlock would say, "the game's afoot!"

B'Gosh & B'Gorrah-March 17 **~ Fellowship Dinner ~**

'Tis a fine dinner of corned beef and cabbage that we'll be providing this Saint Paddy's Day, March 17th, in the Fellowship Center. If you're a wee bit unsure about the corned beef and cabbage, why just bring a dish to share as you usually do and everything will work out fine!

To be sure, eating is a fine thing, but what would a Saint Paddy's Day be without a little wager and a story about leprechauns?! So, we'll be sponsoring a Bible Bowl on the book of Genesis with the winners earning a chance at a wee pot o' gold! It seems the older youth have challenged the Disciples class to a spirited contest of biblical knowledge. We'll limit the "green" tea and use a big burly emcee to keep the rowdies from coming to fisticuffs, so it'll be safe to stay and root for your favorite team. For the wee folk, we'll have a movie or activities to keep them entertained.



So, come one, come all,
sporting something green
on Friday night, March
17th at 6:30 p.m.

CWF Guest Speaker, Rev. Marion Brown!

Rev. Marion Brown (wife of our very own Rev. Nathan Brown) will speak at this month's CWF meeting on Saturday, March 11th. Marion will speak about her journey into ministry and provide us some insight on what it is like to be a female minister. CWF would like to invite any woman in the congregation who is interested in attending. Lunch will be served at 11:00 a.m. for no additional charge. Please make plans to join Marion and CWF in the Fellowship Center on March 11th!

WEST SIDE PLAYERS MOUNT THEIR NEWEST PRODUCTION!

Mark your calendars! On Saturday, April 1st at 6:30 p.m. and again on Sunday, April 2nd at 1:00 p.m., the West Side Players will present "The Case of the Missing Youth Choir", a mystery dinner theatre production. Tickets will go on sale the first Sunday in March. The cost is \$10 for 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 in July.

It was a dark and stormy night when inspector Casey Solved was called to the scene of the crime. It was reported that a church bus full of teenage choir members and their choir director, Ann Suzy Astic, had broken down outside of an obscure mansion. Within minutes of entering the mansion, all but three of the teens had disappeared! The only staff at the mansion was Red Butler (the arrogant and uncooperative butler) and Cassie Role (the saucy, southern cook). There is the conventional library, conservatory and billiard room, but was there really a rope, a wrench or a candlestick involved? Maybe the main clue was in the obituary, the birth certificate or the marriage certificate? Inspector Solved has his hands full with this one and needs your help to discover "who dunnit?"



Welcome!

Please extend a warm welcome to the newest members of West Side Christian. Mr. A. Wayne Powers joined West Side on January 29th. Wayne comes to us from Dublin United Methodist Church in Dublin, Virginia. On February 19th, The Phillips Family (Michael, Sandra, Sarah & Hinako) also joined West Side. The Phillips' come to us from Parkview Christian Church. Please be sure to add these newest members of the West Side family to your directory:

A. Wayne Powers
115 Burnetts Court
Suffolk, VA 23434
wpowers@cardserviceva.com
(757) 287-7318

The Phillips Family
1207 Fairway Dr.
Chesapeake, VA 23320
phillips49@juno.com
(757) 547-1424

Olive Branch Lenten Services

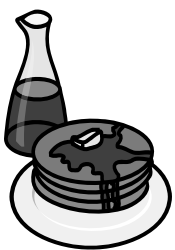


The Olive Branch Churches will sponsor Lenten Services beginning Wednesday, March 22nd. Each week, Community United Methodist (located at 37 Cherry Rd.) will be the host church. Lunch is provided and the cost is \$4.00. Reservations are to be made by 12:00 noon on the Monday of each week. If you plan 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. This year's Lenten Services speakers are as follows:

- March 22 - Rev. Tom Potter
- March 29 - Rev. Barbara Shefelton
- April 5 - Rev. Nathan Brown
- April 14 (Good Friday) - Rev. Mike Putnam

Mission Trip Fundraiser Breakfast!

West Side Christian Church has planned a summer mission trip to hurricane-stricken Louisiana for the week of July 30 - August 5. In order to help meet the expenses for this trip, a pancake breakfast fundraiser will be held in the Fellowship Center on **Sunday, March 26th** following service. Please join us for a delicious breakfast, while also helping make this mission trip a reality for those



who plan to participate. If you are interested in learning more about the Louisiana mission trip itself, please speak to Rev. Nathan Brown.

~ Lectionary Readings for March 2006 ~

| DATE | READINGS |
|------------------------|---|
| March 5 th | <i>Genesis 9:8-17, Psalm 25:1-10, 1 Peter 3:18-22, Mark 1:9-15</i> |
| March 12 th | <i>Genesis 17:1-7, Genesis 17:15-16, Psalm 22:23-31, Romans 4:13-25, Mark 8:31-38</i> |
| March 19 th | <i>Exodus 20:1-17, Psalm 19, 1 Corinthians 1:18-25, John 2:13-22</i> |
| March 26 th | <i>Numbers 21:4-9, Psalm 107:1-3, Psalm 107:17-22, Ephesians 2:1-10, John 3:14-21</i> |

Homeless Week Re-Cap!

Last month, West Side Christian hosted the homeless February 5th - 11th. The level of outreach West Side provided was amazing! Below are the statistics from the week:

- Total # of homeless housed over night: 473
- Total # of meals served: 812
- Total cost for meals: \$601.59
- Total # of man-hours donated for the week: 753
- Blood pressure measurements taken: 40

Total # of blessings received:
TOO MANY TO COUNT!

Thank you to Cindy Wallace who prepared approximately 100 Goodwill kits for our guests providing such items as: washcloths, hair brushes, band-aids chap stick, lotion, toothbrushes and toothpaste, deodorant, cough drops, soap, shampoo, denture cleaner, denture adhesive, sanitary napkins, and medicated foot powder.

On Friday and Saturday, Kitty Baker distributed coats, hats and the many packages of socks that were collected from the sock drive. Socks were by far their favorite item!

Also on Friday, Mary Redmon identified a pregnant guest with very high blood pressure and heart palpitations. 911 was called as a result.

Each night, we had 1 cook, 2 assistant cooks, 7-12 servers and 2-4 chaperones who volunteered a total of 753 hours of their valuable time to this Outreach program! Chaperones also stayed overnight, which is vital to the success of Homeless Week.

Let it be known that Chef Cornwell was here every day during the week working very hard to prepare scrumptious nightly meals for our guests.

West Side Christian wants to recognize and thank Chef Cornwell, Mary Cornwell and Bubba Jensen who dedicated nearly 12 hours each day preparing these delicious meals that made all of this happen!

Everyone involved in this outstanding Outreach program deserves our sincere thanks and appreciation for a job well done!



Thank You,
The Outreach Committee