

WEST SIDE CHRISTIAN CHURCH

535 Cherokee Road

Portsmouth, Virginia 23701

www.westsideccdoc.org

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**ADDRESS SERVICE
REQUESTED**

January 2011

*To all the members and friends of West Side Christian Church,
Happy New Year !*

Rev. Cyd Cowgill, Senior Minister

Trish Barker, Office Manager

Becky Barclay, Music Director

Joe Diggs, Custodial Services

The West Side Staff



The West Side Story

VOLUME 42
NUMBER 1

JANUARY
2011

*Service of Installation
for
Rev. Catherine Cyd Cowgill
Sunday, January 8, 2011
11 AM*

*Please join us for this important and
memorable service as we officially install
Cyd as our Senior Minister here at
West Side Christian Church.*

*Rev. Phil Jones of
St. Paul's Christian Church (DOC)
will be our guest speaker along with
Regional Minister, Rev. Lee Parker
who will be participating in the service.*

*There will be a reception in the
Fellowship Center following the service.*

STATEMENT OF CALLING

West Side Christian Church is a faithful and caring church family
committed to making disciples of
Jesus Christ in our CHURCH, our COMMUNITY, and our WORLD.

CHURCH: *Equip* our church family through spiritual growth and leadership development.

COMMUNITY: *Share* the love of Christ through service.

WORLD: *Witness* through support of Disciples' missions.



DISCIPLES WOMEN D. W. F.



Disciple Women General Meeting is January 8th at 11 AM, Brunch to follow. We are excited to host Mary Sue Moore.

Mary Sue, the niece of Marleen Whitehurst, will be sharing her experiences during her trip to Brazil. Please join us and learn about Brazil. Lydia & Rebekah groups will be hosting. Also, Lydia and Rebekah groups will now meet on the 1st Monday of each month at 1PM for lunch.

Brown Bags



Thanksgiving and Christmas are over, but Jesus reminds us, the hungry and needy are always with us. Please pick up a bag and list this month and bring it back full. Make it a group project for Sunday School, work or sports clubs.

ANGEL FOOD
ORDER TAKERS
FOR JANUARY

Betty McCrickard
and
Jennifer Larson

Blessing Box Calendar

January 2011

Blessing Box Calendar						
January 2011						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

IDENTIFY AND ASSIST A TRAFFICKING VICTIM

Everyone has the potential to discover a human trafficking situation. While the victim may sometimes be kept behind locked doors, they are often hidden right in front of us at, for example, construction sites, restaurants, elder care centers, nail salons, agricultural fields, and hotels. Traffickers' use of coercion - such as threats of deportation and harm to the victim or their family members - is so powerful that even if you reach out to victims, they may be too fearful to accept your help. Knowing indicators of human trafficking and some follow up questions will help you act on your gut feeling that someone is wrong and report it.

HUMAN TRAFFICKING INDICATORS

While not an exhaustive list, these are some key red flags that could alert you to a potential trafficking situation that should be reported:

- ◆ Living with employer
- ◆ Poor living conditions
- ◆ Multiple people in cramped space
- ◆ Inability to speak to individual alone
- ◆ Answers appear to be scripted and rehearsed
- ◆ Employer is holding identity documents
- ◆ Signs of physical abuse
- ◆ Submissive or fearful
- ◆ Unpaid or paid very little
- ◆ Under 18 and in prostitution

- 1 - .15 if you celebrated New Year's Day
- 2 - .10 if you took Christmas decorations down
- 3 - .05 if you wore a coat
- 4 - .03 for every storm door in your house
- 5 - .05 if you read a magazine
- 6 - .10 if you read the newspaper
- 7 - .05 if you are glad that it's Friday
- 8 - .02 for each button on your clothes
- 9 - .10 if you did not go out today
- 10 - .05 if you went church
- 11 - .05 for each TV in your house
- 12 - .02 for each pair of slacks you own
- 13 - .05 if you cooked today
- 14 - .10 if you skipped breakfast
- 15 - .10 if you ate out
- 16 - .05 if you watched a movie
- 17 - .05 if you sang in church
- 18 - .10 if you observed Martin Luther King Day
- 19 - .05 for each zipper in the clothes you wore
- 20 - .02 for each plant in your house
- 21 - .10 for each computer in your house
- 22 - .15 if you have a rocking chair
- 23 - .10 if you got up after 8 a.m.
- 24 - .05 if you took communion
- 25 - .10 if you did laundry
- 26 - .05 for each bed in your house
- 27 - .02 for each step in your house
- 28 - .02 for each DVD you own
- 29 - .01 for each CD you own
- 30 - .05 if you own a printer

Stewardship Quote for January

"It is more blessed to give than receive" ~ Jesus

New Year Resolutions

Many people use New Year's Day as a start day to make changes in their life. Many of us make these resolutions in the hope that we will be able to improve ourselves. Often these resolutions have disappeared by April.

This year I am resolving to begin each day with the serenity prayer: "God, give me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."

I am going to Let Go and Let God. By saying this prayer, I am praying to God for guidance in stewardship. There are daily opportunities for disciples/stewards to practice the art of stewardship, and I hope this prayer will lead me in the direction the Lord would like.

I wish for all of us a happy and prosperous New Year, as we work with our new minister to grow spiritually and physically. Please make a resolution to become involved in your church's life and goals.

Karen Hartzog

MARY'S WELLNESS CORNER

New Year's Recipe

Take twelve, fine, full-grown months, see that these are thoroughly free from all old memories of bitterness, rancor, hate and jealousy; cleanse them completely from every clinging spite: pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past; have them as fresh and clean as when they first came from the great storehouse of Time.

Cut these months into thirty or thirty-one equal parts. This batch will keep for just one year. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot in this way), but prepare one day at a time, as follows:

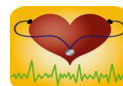
Into each day put twelve parts of faith, eleven of patience, ten of courage, nine of work (some people omit this ingredient and so spoil the flavor of the rest), eight of hope, seven of fidelity, six of liberality, five of kindness, four of rest (leaving this out is like leaving the oil out of the salad, don't do it), three of prayer, two of meditation, and one well selected resolution. If you have no conscientious scruples, put in about a teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkle of play, and a heaping cupful of good humor.

Pour into the whole love ad libitum and mix with a vim. Cook thoroughly in a fervent heat; garnish with a few smiles and a sprig of joy; then serve with quietness, unselfishness, and cheerfulness, and a Happy New Year is certain.

"But they who wait for the Lord shall renew their strength"

Isaiah 40:31a

Mary W. Peris, Parish Nurse



Homeless Week March 6~12, 2011

Just a reminder that homeless week is scheduled for the 2nd week of March this year. Gift bags items are already rolling in. By the last week of February, we would like to have collected at least 100 pair of new men's socks and 30 new pair of women's socks as well as 130 new toothbrushes & 130 small travel size toothpastes. Currently we have already received a donation of 140 small travel size shampoos, 15 small soaps and 50 lotions. If you are fortunate enough to travel between now and the end of February, please consider saving your hotel toiletry items for our Homeless Week gift bags.

Thanks so much to all of you!

~ ~ ~ ~ ~

Also, volunteers will be needed to assist with cooking, serving and chaperoning during the week we serve the homeless. If you are able to help in any capacity, there will be sign up sheets posted outside the Fellowship Center main doors.

For more information and to volunteer, speak with Carrie Kelly.

Happy New Year!



Memorial Gifts

December 2010

In memory of Doug Tatum given by
Dick & Mary Cornwell

PRAYER LIST



John Milam, Phil Barnes, Darryl Phelps,
Lloyd "Skip" Crawford, Sharon McCrickard,
Ruby Fulcher Bob Carlton, Barbara Brown,
Freda Pyles, Lois Nelson, Price Family,
Pauline Moseberth, Martha Whitlow, Brenda Lewis,
Kristen Muhlenbeck Maud Hemby, Quimby Family,
Catherine Buchanan Murray Brown, Lorraine Shea,
Jordan Lahy, Mary Wyatt, Janice Deweese,
Christie Bradley

SHUT INS

Masil Jones, Al Hemby, Dennis Davenport,
Ruth Blackman, Myrtle Henderson

Lectionary Readings

January 2011

January 2nd:	Jeremiah 31:7-14 Psalm 147:12-20 Ephesians 1:3-14 John 1: (1-9) 10-18
January 9th:	Isaiah 42:1-9 Psalm 29 Acts 10:34-43 Matthew 3:13-17
January 16th:	Isaiah 49:1-7 Psalm 40:1-11 I Corinthians 1:1-9 John 1:29-42
January 23rd:	Isaiah 9:1-4 Psalm 27:1, 4-9 I Corinthians 1:10-18 Matthew 4:12-23
January 30th:	Micah 6:1-8 Psalm 15 I Corinthians 1:18-31 Matthew 5:1-12

!NOTICE!

The Stewardship closet is in the process of being purged. This closet is for financial records and limited use for DWF. We are asking that DWF go through their materials and then we will label the DWF shelves.

Please be advised that placement of non-financial/DWF items in this closet means they are subject to loss, meaning, they are very likely to be discarded!

Thank you for your cooperation in keeping



To: The Congregation of West Side Christian Church:

Thank you for remembering our brother (your former Pastor) with a contribution to his last church, Faith Christian Church of Washington, NC. You were always dear in his memory.

From: The Family of Dr. Glenn Weaver

January Birthday's

1st:	Pam Brown
2nd:	Jamey Corbett
3rd:	Steve Gray
7th:	Kitty Buchanan
8th:	Zach Lowman Maud Hemby
9th:	Chris Terry
14th:	Kelly Terry Jimmy Powell
15th:	Mike Phillips
16th:	Shanna Trevino
17th:	Millicent Wise
19th:	Dick Cornwell Ruby Fulcher Stephen Milam Kayleigh McNelis
27th:	Braeden Terry
28th:	Betty Lou Fox
29th:	Janey Culpepper
30th:	Wallace Williams Sharon Trevino
31st:	Michael Stidham, III Roy Cherry



NEWSLETTER DEADLINE

January 14th

Please No Late Entries



SERVING AT OASIS

January 20th

From the Pastor

But that is tomorrow, and this is tonight.

What a great line from the play “In Bethlehem Inn” - performed so well at the West Side Christmas dinner on December 12! Those words really spoke to me as I, too, have endeavored to set aside worries about tomorrow and simply enjoy today.

Tonight, of course, was a reference to Christmas night, and my prayer is that all of you had a great Christmas with friends and family, and that the spirit of the new-born Christ is ushering you in to a new year in a positive way. My best Christmas gift this year was West Side! I’m having so much fun meeting and getting to know you, and I hope we can find many fun, creative ways to do even more of that in the weeks and months ahead.

One way is through a new Bible study on the Gospel of Matthew! Matthew is the gospel associated with Year A in the church year cycle, which is this year. That means I’ll be preaching a great deal from this special book in 2011, and would like to share even more about it with you through studying it together.

We will have a morning class and an evening class, where the same material will be taught. The evening class will be on Mondays, 7:00pm – 8:30pm, and will run for six weeks beginning on Monday, January 10, concluding on Valentine’s, February 14. We’ll have special Valentine treats on our last night together!

The morning class will be on Tuesdays, beginning January 11 and running through February 15, from 10:00am – 11:30am. We’ll have Valentine treats at that last session, too!

We’ll spend our six weeks together unlocking the riches of Matthew’s extraordinary account of Jesus’ life. Of the four gospels, Matthew is the one with that strange genealogy at the beginning. Matthew also contains the Beatitudes, the Sermon on the Mount and the oft-quoted parable chapter, Matthew 13. Matthew has a great deal to say about the Kingdom of God as well as living together in community, and why both are important as believers anticipate a final judgment.

My teaching style combines some delivery of pertinent information with lots of conversation and discussion. Studying the Bible in this way as a group is one of the best ways I know to connect as church-goers, and as brothers and sisters in Christ. I stake every book I have on it!

I hope you are available to attend! Remember, the morning and evening classes will be exactly alike in terms of the material covered, so if you need to miss a morning session, perhaps you can attend that week’s evening session and vice-versa. It’s going to be fun and I’m really looking forward to it. Hope to see you there!

My new local phone number is 289-9066, my email is cyd@westsideccdoc.org. Friday is my day off, but I’m always available by phone and email.

I meant what I said on my first Sunday . . . I want to know each of you. Call or come by; maybe we can have some lunch. I love hearing about members’ relationship to the church, and what your hopes and dreams are for West Side. And if you are visiting, I can’t wait to learn what led you to West Side, and what you hope for and need in a church. Let’s get in touch and stay in touch!

I look forward to seeing you in the days ahead. I appreciate your presence and your faithful commitment to Christ as you serve him through West Side. I’m so glad to be your pastor!

A happy and healthy 2011!

Cyd



JANUARY 2011 MENU

B2 - Bit O' Blessing Box

Quantities are Limited. Orders filled on a first come, first serve basis.

- 3 lbs. Birds Eye Steamfresh Meals (2 x 24 oz. pkgs.)
- 2 lbs. Chicken Fettuccini Alfredo
- 20 oz. Steak Fajita Strips
- 1 lb. Crunchy Fish Wedges
- 24 oz. French Fries
- 1 lb. 15 Bean Soup Mix
- 1 lb. Corn
- 16 oz. Fudge Brownie Mix

\$21.00

(plus sales tax where applicable)

B4 - Fast & Flavorful Cuisine

Convenience meals great for seniors and people on the go!

- Roasted White Chicken
- White Chicken Alfredo
- Meatloaf and Gravy
- Beef Patty with Gravy
- Meat Lasagna
- White Chicken and Gravy over Noodles
- Boneless Pork Patty with Barbecue Sauce
- Fish Fillet (lightly breaded and baked)
- Meatball Stroganoff over Noodles
- White Chicken and Penne

\$28.00

(plus sales tax where applicable)

*specific meal details can be found at www.angelfoodministries.com

GLUTEN FREE!*

B5 - Allergen Free Food Box

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Fillet Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

\$25.00

*Please see our website for other allergen facts. (plus sales tax where applicable)

B6 - Just 4 Me After School Box

An assortment of child-friendly snacks. Great for after school or any time.

- 2 lbs. Fully Cooked Breaded Chicken Breast Pieces
- 1.5 lbs. Corn Dogs
- 12 oz. Stouffers Mac & Cheese
- 16 oz. String Cheese
- 8 oz. Breakfast Sandwiches (2 x 4 oz.)
- 4 ea. Peanut Butter & Jelly Jamwich (4 x 2.8 oz.)
- 4 ea. Mini Stuffed Sandwiches (4 x 4 oz.)
- 6.5 oz. Cheese or Pepperoni Pizza
- 3 oz. Grilled Cheese Sandwich
- 3.4 oz. Watermelon Italian Ice Cup
- 3.2 oz. Raspberry Fruit Juice Sherbet Cup

\$24.00

(plus sales tax where applicable)

B1 - Bread of Life Signature Box

Balanced nutrition and variety with enough food to help feed a family of four for about a week.

- 1.5 lbs. Choice Beef Netted Roast with Pop-up Timer
- 2.5 lbs. IQF Split Chicken Breast (Resealable Bag)
- 2 lbs. Breaded Chicken Breast Assorted Pieces
- 1.5 lbs. Fully-Cooked Meatballs
- 2 lbs. Fully-Cooked Minestrone Soup
- 1 lb. Lean Ground Beef
- 1 lb. Sweet Italian Sausage
- 1 lb. Yellow Squash & Zucchini
- 1 lb. Sugar Snap Peas & Carrots
- 5 lbs. Waffle Fries
- 6.9 oz. Beef-Flavored Rice & Vermicelli
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 1 lb. Northern Dry Beans
- 18 oz. Quick Oatmeal
- 32 oz. Shelf-Stable Milk
- 1 Dozen Eggs
- Dessert

\$31.00

(plus sales tax where applicable)

B7 - Just 4 Me No Child Goes Without

"Blessing America's Children, one Box at a Time"

- 6-pk. Instant Oatmeal Variety Pack
- 7 Cereal Bowls (.75 oz. each)
- 32 oz. Shelf Stable 2% Milk
- 7.5 oz. Beans & Wieners
- 7.5 oz. Cheezy Mac 'n Cheese
- 7.5 oz. Mini Beef Ravioli
- 7.5 oz. Spaghetti and Mini Meatballs
- 7.5 oz. Noodle Rings & Chicken
- 7.5 oz. Cheezy Mac 'n Franks
- 12 oz. Peanut Butter
- 12 oz. Pure Honey
- 1 Chunk Lite Tuna in Water (.5 oz.)
- 6-pk. Applesauce
- 6 Granola Bars (.25 oz. ea.)

\$24.00

(plus sales tax where applicable)

B8 - Just 4 Me After School Fruit and Veggie Box

- 6-pk. Applesauce
- 6-pk. Raisins
- 3 ea. Red Apples
- 3 ea. Granny Smith Apples
- 3 ea. Navel Oranges
- 3 ea. Pears
- 1 lb. Mini California Cello Carrots
- 1 stalk California Sleeved Celery
- 8 oz. Trail Mix

\$16.00

(plus sales tax where applicable)

Angel Food Ministries Reserves the Right to Substitute Any Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT). Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410

B3 - Bountiful Blessing Box

- 1.5 lbs. Choice Beef Netted Roast with Pop-up Timer
- 2.5 lbs. IQF Split Chicken Breast (Resealable Bag)
- 2 lbs. Lasagna
- 2 lbs. Breaded Chicken Breast Assorted Pieces
- 1.5 lbs. Fully-Cooked Meatballs
- 1.5 lbs. Bone-In Pork Chops (4 x 6 oz.)
- 1 lb. Lean Ground Beef
- 1 lb. Sweet Italian Sausage
- 1 lb. All Meat Hot Dogs
- 14 oz. Breakfast Link Sausage (2 x 7 oz. pkgs.)
- 2 lbs. Fully-Cooked Minestrone Soup
- 1 lb. Yellow Squash & Zucchini
- 1 lb. Sugar Snap Peas & Carrots
- 1 lb. Green Beans
- 5 lbs. Waffle Fries
- 6.9 oz. Beef-Flavored Rice & Vermicelli
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 1 lb. Northern Dry Beans
- 8.5 oz. Jiffy Corn Meal Mix
- 18 oz. Quick Oatmeal
- 32 oz. Shelf-Stable Milk
- 1 Dozen Eggs
- Dessert

\$41.00

(plus sales tax where applicable)

S1 - JANUARY SPECIAL #1 \$24.00*

New York Strip Steak Special (4 lb.)
4 lbs. NY Strip Steaks (8 x 8 oz.)

S2 - JANUARY SPECIAL #2 \$23.00*

Steak & Chicken Combo Box
2 lbs. Top Sirloin Steaks (4 x 8 oz.)
3 lbs. Boneless/Skinless Chicken Breasts (12 x 4 oz. individually wrapped)

S3 - JANUARY SPECIAL #3 \$23.00*

Premium Fresh Fruit and Veggie Box

- 3 lbs. Juice Oranges
- 4 Pink Grapefruit
- 4 Tangerines
- 4 Bosc Pears
- 4 Red Apples
- 3 lbs. Idaho Potatoes
- 3 lbs. Sweet Potatoes
- 2 lbs. Yellow Onions
- 1 Head, Green Cabbage
- 1 lb. Mini California Cello Carrots
- 46 oz. Fruit Juice
- 8 oz. Trail Mix
- AFM Fruit and Veggie Recipe Sheet

*all prices are plus sales tax where applicable

Angel Food Distribution

Saturday, January 22, 2011

West Side Christian Church

9 am - 11 am

