

HERALD



Join us online or in person this weekend as we continue our sermon series "The Blessing." We hope to see you soon.

VOLUME 14, NUMBER 32

FRIDAY, FEBRUARY 23, 2024

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Did You Get the Itch?

By Debbie McKellar

Go ahead and admit it! Last week, when the weather was so beautiful, you thought about Spring Break didn't you? You started dreaming.

That's OK it really isn't too early to start thinking about taking a break! If for you that means staying in Texas well, then this article is just for you.

My dad was a native Texan, and quite honestly, he told many bad jokes. One of the jokes I remember growing up with was this: "Did you know the apostle Paul was a Texan? Well of course, he HAD to be! In Philippians 4 Paul says 'for I have learned, in whatsoever state I am, therewith to be content...!' And we all know no one can be content unless they are in Texas..."



I warned you it was a bad joke. Now, if you've lived here very long, you know that Texas is a big place; you could drive for a full day and still not be out of Texas so plan accordingly. If the desire is to **get out on the road and drive for a few hours** with a destination in mind here are some great suggestions:

For a good beach, there's Galveston, Corpus Christi, and South Padre Island (to name a few.) But there's so much more than beaches here! Have you heard of the Rainforest Pyramid, the Strand Historic District, or the Bryan Museum in Galveston? There is actually a white sand beach (and a specific sand dune area that extends 30 miles) on South Padre, appropriately named the Isla Blanca Park. South Padre also offers different centers to study dolphins, sea turtles, birds, and natural wildlife. And Corpus Christi provides excellent wildlife/sea creature museums and gardens.

If you are looking for **history**, there's the obvious! San Antonio! It's home to the historic Alamo, where Texans fought for their independence in 1836, as well as missions along a designated missions

ASH WEDNESDAY

Hundreds of people from the church and local communities attended the Ash Wednesday services last week. Ash Wednesday is the formal opening to the Lenten season.

Lessons from Lent

Editor's note: "Lessons from Lent" is an annual series of reflections on the six-week Lenten Season. A daily devotional guide, "The Blessing" is available at various kiosks at White's Chapel, or at the Administrative Building front desk. Written by White's Chapel Co-Pastors Drs. John McKellar and Todd Renner, the guide is available at no charge.

Our Lord Without Savior

"The Lord ate from a common bowl and asked the disciples to sit on the grass. He washed their feet, with a towel wrapped around His waist - He, who is the Lord of the universe!" - Clement of Alexandria

One of the "almost Jesus" mistakes we can make is to get so busy following and doing, that we forget that our salvation is never up to us. If faith is

reduced to endless efforts to do good without replenishing our souls with the power of Jesus, it will grow weary, and we will slowly drift away. Striking the balance between works and faith has

constantly challenge in for a lifetime.

been the living a vital faith

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Training Your Mental Game in Sports

By Dr. Nina Rios-Doria, PhD, LPC
White's Chapel Counseling Center

Meditation is just a way that helps promote the longevity of that present moment that I feel.

As spring season sports approach, it's a perfect time for athletes to focus and train their mental game. This training can help increase their confidence and performance.

The following are three ways athletes can start training their mind:

1. Self-talk - In a recent study, self-talk was shown to increase self-efficacy and performance. The study examined the influence of self-talk on tennis athletes. They were divided into two groups. The experimental group would be taught how to use instructional and motivational

cues when they trained and performed while the control group would not have any instruction. After the training, the experimental group increased in self-efficacy and performance while the control group stayed the same. The diagram pictured shows the motivational

and instructional cues they would use.

As you think about your sport, start thinking about your "instructional cue words" that would help you and the "motivational cues" also. Write them down and read them often. Start incorporating them into your training. This will help increase your self-efficacy and performance.

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Lenten Devotional Available | See Page 4



Jack of All Trades

“Be ye therefore perfect, even as your Father who is in Heaven is perfect.” – Jesus (Matthew 5:48) –

By Dr. Todd Renner

The story is told that, in 1881 (10 years after WC was established), a new employee was brought on to the Cape Town–Port Elizabeth Railway service in South Africa. The new hire, Jack, had been appointed to assist the senior signalman with his duties after a horrible accident had confined him to a wheelchair. For his part, Jack trained. And he learned. And in his nine years of service, Jack never missed a single railway signal he was duty-bound to operate. Jack was a model employee.

Without fail, without excuse, Jack simply did his job.

of the Lord? That is one of the piercing questions we're confronted with during this holy season of Lent. "Be perfect," we hear Jesus proclaim. But we need to understand what He was saying. Jesus was not saying, "Be without sin." True, we are expected to pursue a life of holiness and righteousness. We are admonished to let no sin rule over us (Psalm 119:133). But Jesus knew our human nature, too;

in fact, He knew it from the inside. He knew (and He knows) that sort of "perfection" is beyond our earthly reach. What Jesus was saying is, "Do your job!" Now, that's a slightly loose translation from the Greek of the Sermon on the Mount,

but that's the picture of the perfection we're commanded towards: to be full, to be mature, to do that thing we were put on earth to do. And such is the invitation of Lent: to look inward, to examine our hearts and minds and souls. These days ask us to discern the Holy Spirit's guidance and to become that person God created us to be...and to do what He created us to do.

(To see a picture of Jack at work, just search for "Jack the Baboon" online.)

But there was something different about Jack. Jack was a baboon.

He had been found by the senior signalman, James Wide, and trained to do his job. And he did it well...and all for 20 cents a day and half a bottle of beer each week.

Jack knew what was expected of him, and he did it. Without fail, without excuse, Jack simply did his job.

And I have to wonder about us. Do we know what's expected of us as men and women of faith, as servants

GET INVOLVED!

MISSIONS' OPPORTUNITY FAIR

SUNDAY, MARCH 3 | 8 A.M. - 12:15 P.M. | CONCOURSE

Come and see all the mission ministries that White's Chapel has to offer!

For additional information, please contact
Rev. Joy Roberson | jroberson@whiteschapel.org

Training

Cont'd from page 1



2. Mental Rehearsal - Start focusing on what you want to accomplish this season. How do you want to play? What areas do you want to strengthen? Take time to visualize you performing as you want this season. Write it down. In the book "Atomic Habits" there was a study that divided exercisers into three groups. The first group was told to exercise for two weeks. The second group was told to exercise and were also told the benefits of it. The third group was told the benefits and were also told to write down: when, where, and what time they would exercise. After two weeks, the first group exercised 30 percent of what they had planned but the ones that wrote it down increased their exercise by 91 percent. Those who wrote it down had the best results.

"I think that mental rehearsal is every bit as important as physical rehearsal." – Phil Mickelson

3. Meditation – The purpose behind meditation is to help train your mind to be in the present moment and not to react when under stress to perform. If you haven't done this before. Start small and set realistic expectations. Set your phone to meditate for two to three minutes. You can listen to calm music during this time as well. Start taking deep and slow inhaleds and exhales, doing your best to focus on your breathing. You may notice your mind will start thinking about something as you do this breath work. This is okay. Acknowledge the thought and then return to your breathing. The

more you do it, the easier it becomes.

The quarterback J.J. McCarthy of U of M shared how meditation has played a pivotal role in his game...

"For me personally, I meditate before the game just to really get my mind set into that calmness, that emptiness where I can allow things to happen, and I can react from a higher perspective instead of reacting out of reacting out of just straight impulse. I want to promote the practice to the rest of the world. I want to be able to have kids that look up to me see that and be like, 'hey, let me try this out' and see it for themselves because it is a tremendous practice. When you focus on the present moment and you really dive into it and sulk into it, there's nothing that can be wrong. Meditation is just a way that helps promote the longevity of that present moment that I feel. When I feel like I'm not in the right headspace, or I'm thinking too far in the future, or I'm thinking too far in the past, I really just focus on my breath, and that starts to connect me to the present moment a heck of a lot faster."

These are a few things you can begin doing today to help you as spring sports season approaches. Remember, training your mind is an important part of being a great athlete. Enjoy the process and the moments. The more you can embrace your sport and enjoy it, the better you will perform.

Good luck!

Dr. Nina Rios-Doria | nrios@whiteschapel.org

		2024		2023	
		2024	2023	2024	2023
FINANCIALS FEBRUARY	February				
	Week 1	\$185,335	\$148,877	\$230,149	\$210,623
	Week 2	\$149,531	\$193,345		
	Week 3				
	MTD Actual	\$565,015	\$552,845	\$507,371	\$499,326
	MTD Goal	\$ 57,644	\$ 53,519		
	YTD Actual	\$1,298,869	\$1,164,064	\$1,229,157	\$1,124,806
	YTD Goal	\$ 69,712	\$ 39,258		

WEEKEND PREACHING SCHEDULE

SANCTUARY

SUN. 8:20 a.m. | Traditional
w/ Drs. John McKellar & Todd Renner

SUN. 9:30 a.m. | Contemporary
w/ Drs. John McKellar & Todd Renner

SUN. 11 a.m. | Foundation
w/ Drs. John McKellar & Todd Renner

THE FOUNDRY

SAT. 5:30 p.m. | Contemporary
w/ Rev. Sam Robbins

SUN. 11 a.m. | Acoustic Contemporary
w/ Rev. Jon Reeves

WALTON CHAPEL

SUN. 9:30 a.m. | Traditional
w/ Rev. Lori Cotton

WHITE'S CHAPEL

HERALD

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EASTER OUTREACH

Saturday, March 16
10 a.m. - 1:30 p.m.

Join our church family as we host a community Egg Hunt for the families living near the GRACE food pantry. Volunteers are needed to help set up, hide eggs, facilitate games, monitor inflatables, and help cook and serve a hot dog lunch. WC Kids and WC Missions invite families and adults to help with this day of fun and play!

Hannah R. | hrobbins@whiteschapel.org

Dedra M. | dmoftat@whiteschapel.org

WCS Students

Crave and Intersection

Middle School students are invited to Crave, the weekly worship service for seventh and eighth grade students. Crave is from 5:45 to 7 p.m. each Wednesday. High School students are invited to Intersection, the weekly worship service for students in 9th through 12th grade.



the start of the game, students on each team were released to battle through the sanctuary blasting each other with nerf guns with the goal of capturing the other team's flag and bringing it back to their own team's home base. While to an onlooker, the scene may have appeared as chaos, our seventh and eighth grade students raved about how much fun they had



getting to hang out together, bond with peers, and have a ton of fun all while going up and down the Sanctuary. After the capture the flag games were over and the Nerf battles concluded, our middle school students had the opportunity to refuel with a variety of funnel cakes cooked fresh for them by a funnel cake food truck.

Intersection is from 7:30 to 8:45 p.m on Wednesdays. Crave and Intersection both be held upstairs on the Youth Space in the student education building. We are so excited about what this spring will look like and how it will help students better know and follow Jesus together with their peers.



Similar to the kick-off event for our middle school students, our 9th-12th grade students kicked-off the semester with a nerf gun battle version of the game "Assassins." Before starting the game,



our students had time to eat some funnel cakes and fresh-cooked street tacos from a taco truck. After spending time to eat together and fuel up for the game, our students all together in the Foundry to

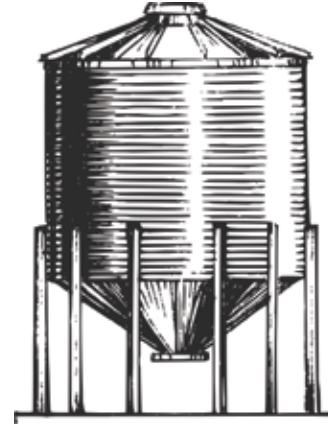
Spring Semester Kick-Off

WC Students kicked-off the semester to Crave and Intersection with a nerf gun battle across the White's Chapel campus. Our seventh and eighth grade students and high school student leaders met upstairs on the youth floor to check-in and split into teams before heading to the Sanctuary to play capture the flag with nerf guns. Upon

assign players for the game. Students were then assigned other students as their first "target" for the game. Students spread throughout the church as the game began. It's games and nights like this kick-off night that our staff absolutely love to watch our students make the church building their home and safe place.

Itch

Cont'd from page 1



trail that are part of the National Park service. There are great restaurants and hotels as well as wonderful museums and the famed river walk!

Austin offers great history destinations too. There's the Bob Bullock Museum, the LBJ library, University of Texas campus, the State Capitol building, the Governor's Mansion, and the state cemetery (Don't knock it; there are some very interesting stories and famous people in the state cemetery. And that's just history! Austin is a great destination for music, bat-watching, (yes, Austin IS weird!) Zilker Park for picnics and is also a major filmmaking locale.

There's **shopping, touring, ambling,** and **people watching** in the Hill Country with Fredericksburg being a great place to land. There are historic buildings, quaint food stores, and wineries to peruse. (If you wait for summer, there's also the Schlitterbahn.)

For **mountains** and geographic oohs and ahs, just head west. In western Texas, the Big Bend region is a bit of a drive, but worth it. Greater Big Bend International Dark Sky Reserve is the world's largest International Dark-Sky Association-designated area, spanning more than nine million acres. It includes Big Bend National Park and Big Bend Ranch State Park. Both offer organized star parties and stargazing opportunities.

At Big Bend National Park, spot canyons, buttes, mesas, mountains, beavers, turtles, and birds on an organized canoe or kayaking excursion on the Rio Grande, bordering Mexico. At Big Bend Ranch State Park, 238 miles of multiuse trails allow visitors to explore on foot, bike, or horseback. The Puerta Chilicote Trailhead is great for accessing numerous trails and the Bofecillos Highlands and Fresno Canyon. The park also provides habitats for more than 300 bird species, so grab a pair of binoculars and see how many you can spot. Just outside of both parks is Terlingua, an old mining destination that became a ghost town after operations

ceased. Terlingua is home to the Terlingua Trading Company, art galleries, and a few must-visit bars and restaurants. The Starlight Theatre, formerly a place for miners, is now a saloon, restaurant, and live music venue attracting visitors from near and far. Start with a cup of award-winning chili, then move on to the brisket tacos or chicken-fried antelope with Lone Star gravy.

West Texas is also home to the Guadalupe Mountains, which is bordered by the Pecos River and the Llano Estacado. Texas' highest peak is located here, Guadalupe Peak (elevation 8,751 ft) as well as El Capitan, both of which are in the Guadalupe Mountains National Park.

Finally, the second largest canyon in the United States is Palo Duro Canyon, in the Texas Panhandle. It is about 20 miles wide and 800 feet deep, totalling roughly 120 miles. If you only have the time for **day trips**, there's a lot of possibility there too. What about the silos (Magnolia Market) in Waco, the Dr. Pepper Museum in Dublin, the Courthouse Squares of Denton, McKinney, and Waxahachie, the bluebonnets of Ennis, ghost tours in Jefferson, or the dinosaur tracks in Glen Rose? If your schedule doesn't allow you overnight stays, there are lots of things you can do in the DFW area. While you're probably thinking "I've done everything there is to do here," my question is have you? Both cities have excellent zoos, gardens, theatres, and museums, (some of which have free admission!)



Additionally there are parks and new transportation modes to discover. Ride the Grapevine train to the Stockyards for the day! Ride the Dart to visit the Sixth Floor museum! Take the Trinity Railway Express and catch a ball game to experience the World Champion Texas Rangers or take a tour of AT&T Stadium in Arlington!

No matter what you decide to do, here's some advice: Some of the best bar-b-que, burgers, steaks, and Mexican food are within these state boundaries. Do your research and plan responsibly! Be safe and have fun!



Adult Baptism
Full Immersion
Profession of Faith
Class

Monday, March 4 | 6 - 7 p.m. | Room 2129

To register, please email Linda Phelps at lphelps@whiteschapel.org

June 20-29

Iona, Scotland Trip

Cost \$3,800 - due March 1
(includes air, ground transportation, lodging and dinners)

Register online at missionalwisdom.com/pilgrimage

For more information contact Larry Duggins at lduggins@whiteschapel.org





Lessons

Cont'd from page 1

A mother was about to take a business trip that would take her away from home for a couple days. The night before she left, as she was in her two boys' room to hear their prayers, she told them she was going to go away and asked if in their prayers, they would like to ask God to protect her on her journey. Her four-year-old son thought that was a great idea. He prayed: "Dear God, if buffaloes or bears or other mean animals come near Mommy, can You handle it? If You can't, just call on Jesus."

I think that is the key to a life of faith. We must work; we must serve; we must

try to bear good fruit for the kingdom. But in every step of the way, we must call on Jesus. We don't have the power or the strength to do much for long. We call on Jesus, and His power equips us for the work that we are to do.

I love the way Larnelle Harris conveys this truth in his beautiful song:

"Were it not for grace, I can tell you where I'd be: Wandering down some pointless road to nowhere, With my salvation up to me. I know how that would go, The battles I would face: Forever running but losing this race Were it not for grace."

Excerpt from "Almost Christian," a Lenten study published in 2017 and written by White's Chapel Co-pastors Dr. John McKellar and Dr. M. Todd Renner. All rights reserved.

COMMUNITY CONNECTIONS

Community Awareness Outreach with the Poima Foundation Saturday, Feb. 24 | 9 to 11 a.m. Concourse Welcome Doors

Each month, outreach teams of trained volunteers distribute posters of vulnerable, missing minors to strategic business locations throughout our local area to bring awareness of missing children. Businesses are encouraged to call the tip line on the poster if they see one of the missing youth. Each team consists of an experienced team leader, a driver, a data collector, and a prayer warrior. A one-time training is needed before participating in an outreach event. Use the Poima home page link to create an account or sign-in, then register for the training, if needed, or the outreach event. Registration is required for both options.

For questions or more information, contact Melissa Zimmerman at zimmerman.five@gmail.com.

Cooking with Care Second and Third Mondays of each month | 9:20 a.m. to 2 p.m. Ronald McDonald House in Fort Worth

Each month, men and women join in preparing and serving lunch to the parents, siblings, and family members staying at the Ronald McDonald House in Fort Worth. Ronald McDonald House provides housing for parents with critically-ill children at Cook Children's Medical Center. Meals are served twice a month on the second and third Monday, with the number of volunteers limited to five on each serving date. Volunteers must bring a valid driver's license.

Volunteers meet at 9:20 a.m. and carpool together, returning at 2 p.m. For more information, contact Susan Gregg at susancgregg@hotmail.com.

Midweek Meditation: Journey Toward Jerusalem Each Wednesday During Lent 12:15 p.m. | Grace Chapel

Please join us for Midweek Meditation as we intentionally focus on those essentials for Jesus' journey – and ours – in these 40 days and beyond. Services will include worship, a message, and communion. A light lunch will be offered in Wesley Cafe following the service.

Does Scripture Say That? Study First Three Weeks of Feb. March & April 9:30 a.m. | Room 3204

In this rapid-paced survey of three Old Testament books, we'll explore God's message for us in 2024 and beyond. This class will meet the first three weeks of February, March, and April. Each month's study is self-contained so join us for one, two, or all three. For more information, contact Pastor Judy Hunt. Registration is required.

Baptism 101 Class Sunday, March 3 | 9:30 to 10:15 a.m. Room 2102

Join us for Baptism 101 as we explore the church's understanding of baptism, share some tools for forming your faith in Christ, and share some family practices that will foster your children's spirituality as they develop their own personal relationship with Jesus Christ. Online registration is required.

THE BLESSING
PICK UP YOUR 2024 LENTEN DEVOTIONAL TODAY OR SIGN UP TO RECEIVE A DIGITAL AND AUDIO COPY.
AVAILABLE NOW!

WC Quilt Blessing
Sunday, March 3 | 12:15 p.m. | Grace Chapel
WC Quilters will be hosting a celebration of the finished quilts that will be given to various mission projects. Please join the group in Grace Chapel immediately following the 11 a.m. service to bless these quilts and to get involved in the quilting ministry at WC.

Wednesday Night FELLOWSHIP DINNER
February 28 | 5-6 P.M.
\$5 per Plate
Entrée: Chicken Enchiladas
Soup: Chicken & Rice
Dessert: German Choc. Cake
Sides: Spanish Rice, Black Beans, Queso, Guacamole, Tortilla Chips

Easter Lily ORDER FORM

If you wish to place an Easter Lily in our sanctuary this year, please complete the order form below. The lilies are \$10 each, and you may pick up your lilies after the last service on Easter Sunday, March 31.

Please make your checks payable to "White's Chapel Methodist Church" and write "Easter Lily" in the memo portion of your check. Submit form and payment to the church office by Sunday, March 10.

Name: _____

Phone Number: _____

Quantity Ordered: _____ x \$10 (each) = \$ _____ enclosed

In Honor } of: _____
 In Memory }
 Given by: _____

In Honor } of: _____
 In Memory }
 Given by: _____

In Honor } of: _____
 In Memory }
 Given by: _____

In Honor } of: _____
 In Memory }
 Given by: _____

Prayer List

Wayne Ackerman, Eric Anderson, Kamry Askew, Sandi Attwood, Jack Bair, Rick Baker, Terri Broom, Ryan Burns, Bobbie Cameron, Connie Center, Freddie Charles, Kennedy Joy Coke, Kenneth Coleman, John and Willene Corder, Dan Creedon, Steve Cullen, Aurelio Costa, Debbie Dreyfus, Wilma Dykman, Darrell and Jan Emory, Linda Evans, Ralph Evans, Will Fogle, Dorothy Fontana, Diane Franks, Billie Jean Garner, Shelly Gillette, Ted Gillum, Chuck Gregg, Kate Greinert, Judith Hallam, George Harshman, Elaine Hazleton, Sandra Hendry, Thetis Hilliard, Bob Horn, Barb Idol, Joe Jeffries, Monty Johnston, Cooper Kohan, Eric Larson, Helen Ledford, Rich Lyon, Sande Lyon, Seth M., Marsha Kelley McAlexander, Kerri McLeod, Samantha Montejano, Cathy Moore, Richard Moreau, Thomas W. Morris, Keith Morrow, Robin Murphy, Ethan Olsen, Sergio Oporto, Christopher Owen, Wren Parson, Barbara Pico, Kathy Pierce, Kathy Poe, Pat Powell, Myrna Puls, Maureen Punko, Jim and Mary Renner, Megan Robison and Brayden Steele, Robin Rodden, Johnnie Ruth Rogillio, Christine and Barbara Ruiterman, Dan Russell, Jeri Russell, Beatrice Scally, Claire Schmidt, Bruce Schollmeyer, Jane Schultz, Craig Sikes, Brenda Singer, Bruce Slocum, Everett Conley Sturgess, Orville Summey, Steve Swanston, Myra Taunton, Ronnie Thomas, Carolyn Thompson, Donna Thompson, Robert Thompson, Shane Thompson, Bill Thornton, The Tomlinson Family, Bob Uzelac, Lance Venable, Julie Weldon, Brayden Wells, Michael Wenger, Jackson Widaman, David Williams, Dick Williams, Elizabeth Willis, Ida Wilson, Larry Winans, Leigh Winzeler, Austin Witt, Melinda Witt, Jan, Miles. Recent Deaths: The Family of Jeannie Bowers, The Family of Arnie Brooks, The Family of Ruby Buffalo, The Family of Dewey Butler, The Family of Sheila Cook, The Family of Rosie Dowdy, The Family of Judy Dunham, The Family of Bobye Eagleston, The Family of Steve Easter, The Family of Clare Gatiin, The Family of Sam Lapp, The Family of Walt Lucas. The Family of Anna Lynn Lumpkin, The Family of Kay Madera, The Family of Sandy Ohmstede, The Family of Georgene Rhame, The Family of Jeff Ryno, The Family of Kati Zeller Buehler, The Family of Mark Smythe, The Family of Tonya Solomons, The Family of Somsak Trimas, The Family of Hazem Valdez.

You may submit prayer requests at whiteschapel.org/prayer-request.html or use the QR code.



WAYS TO GIVE AT WHITE'S CHAPEL

TEXT TEXT "WCMC" TO 77977
ONLINE GIVE ONLINE AT WHITESCHAPEL.ORG
CASH CHECKS PAYABLE TO "WHITE'S CHAPEL"
APP CLICK "GIVE" AT THE BOTTOM RIGHT

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