

# HERALD



Please join us online or in person this weekend as we conclude our sermon series "Undeclared." We hope to see you soon.

VOLUME 14, NUMBER 40

FRIDAY, APRIL 26, 2024

571870



## May 18 Offers Triple the Fun for Families

Fun Run, Bike Rodeo & BMX Stunt Show

That's right – this year's Fun Run will now incorporate the rescheduled Bike Rodeo and BMX Show!

"It's exciting to make this a hybrid event because we just think there will be even more excitement, more people, more energy, and more to do. And more opportunities to meet new families that you didn't know go to church here," shared WC Kids Co-Directors Denise Bennett and Hannah Robbins. "Fellowship has really been the goal..."

Everyone will gather at the outdoor amphitheater on **Saturday, May 18 at 9:30 a.m.** before all the events take place. There will be a short welcome and

**FUN cont'd on page 3**

## PRESENTING ANNIE

WC Theater I students wowed audiences with their two performances of "Annie Kids" last week. There was a record number of attendees - both in person and online!

May 2 & 3 | The Foundry | 7 p.m.

## Theater II Students Bring The Sound of Music to Life

By Debbie McKellar

The White's Chapel Theater II students will present one of the most endearing productions in American theater on Thursday and Friday, May 2 & 3 in The Foundry. The 7 p.m. performances are open to all. Admission is free.

One would be hard pressed to find many Americans who are not familiar with the story and movie "The Sound of Music." People of my generation were fortunate enough to see the film in theaters; the next generation saw it on video, and the next on DVD. Now it is available by streaming pretty much at

any time. From age 7 to 87, the timeless film has maintained its appeal and popularity.

Based on the 1949 memoir "The Story of the Trapp Family Singers" by Maria von Trapp, it is set in Salzburg, Austria: a fictional retelling of her experiences as governess to seven children, her eventual marriage to their father Captain Georg von Trapp, and their escape during the Anschluss in 1938.

The play has also been a long time favorite. It opened at Broadway's Lunt-Fontanne Theatre on Nov. 16, 1959, was nominated for eight Tony Awards and won five, including Best Musical (1960). It was the last musical to feature

the music of Rodgers & Hammerstein. Hammerstein died in 1960. Many of the songs have become standard musical numbers, including "Do-Re-Mi," "My Favorite Things," "Edelweiss," "Climb Ev'ry Mountain," and, of course, the title song "The Sound of Music."

"This musical is my personal favorite of all time," said Music Director Julie Blalock, (named after Julie Andrews, who portrayed the main character in the classic movie). "The music is iconic. The story is based on true events."

The Theater II program typically features White's Chapel middle school students.

**SOUND cont'd on page 2**

## May 22 & 29 Workshop will Address Transitioning Out of Sports

How to prepare for the next chapter

"Don't retire from something, retire to something." - David Parkin (Sport Australia Hall of Fame).

By Dr. Nina Rios-Doria, PhD, LPC

For some athletes, this spring will be a shift for them as they leave their sport that they've been playing for many years and prepare for college. In some cases, there are athletes that may not need or want to stop but because of things such as age, deselection, decline in performance, loss of motivation, non-renewal of contract, or injury they are leaving their sport. How an athlete plans for this time will be influential on their overall mental health.

A research study administered online surveys to assess the mental health and sleep of 173 male and female athletes retiring from various sports in the last 20 years. The surveys consisted of the Athlete Sleep Screening Questionnaire (ASSQ), Personal Wellbeing Index-Adult (PWI-A), Center for Epidemiologic Studies Depression Scale-Revised (CESD-R), and Generalized Anxiety Disorder Assessment (GAD-7).

**WORKSHOP cont'd on page 3**

## Communion Date Changes, Offering Dedicated to Student Needs

This next month's communion offering will be different.

For one thing, it is early. Instead of observing communion on our regular schedule (first Sunday of the month), it has been moved to this Sunday, April 28, in order to celebrate our graduating seniors on May 6.

Secondly, our communion offering will be collected for a brand-new recipient: the Belmopan Methodist High School

in Belize. The money will be targeted to purchase computers.

A little background: White's Chapel Students founded their relationship with the Belmopan Methodist Church and High School in March (last month) during the WC Student High School International Mission trip over spring break. Forty-three high school juniors and seniors, along with adult volunteers, traveled to Belmopan, Belize to serve the members of that community. The

students worked by expanding the library, painting the exterior of the school and church, and installing a culvert to connect the school/church property to city greenspace that can be used as an area for students to take part in sporting activities and events.

Over the course of the week, these students were able to interact with the students at the school, as well as the teachers and principal.

**COMMUNION cont'd on page 3**

INSIDE THIS WEEK'S ISSUE

WC Students Update  
Strawberry Pie Recipe



Stephen Ministry Informational Meeting  
Sunday, May 5 | See Page 4





# What Matters Now

By Dr. John McKellar

I had a wonderful visit with a family last week planning the memorial service for their Dad. We laughed and cried at the influence of their Dad on their lives. They kept repeating the wisdom that they learned from him that had molded them. I started thinking about all those insightful things we learn from each other. And I remembered an old column, written years ago, by Regina Brett when she turned 50. Let's be aware of that wonderful folk wisdom all around us that can make us think. Listen to a few on her list:

- "Life isn't fair, but it's still good.*
- \*When in doubt, just take the next small step.*
- \*Your job won't take care of you when you are sick. Your friends and family will.*
- \*Cry with someone. It's more healing than crying alone.*
- \*Make peace with your past so it won't mess up the present.*
- \*Don't compare your life to others. You have no idea what their journey is all about.*
- \*If a relationship has to be a secret, you shouldn't be in it...*
- \*Take a deep breath. It calms the mind.*
- \*Get rid of anything that isn't useful. Clutter weighs you down in many ways.*
- \*Over prepare, then go with the flow.*
- \*Be eccentric now. Don't wait for old age to wear purple.*
- \*No one is in charge of your happiness but you.*
- \*Frame every so-called disaster with these words 'In five years, will this matter?'*
- \*Always choose life.*
- \*Time heals almost everything. Give time time.*
- \*However good or bad a situation is, it will change.*
- \*Don't take yourself so seriously. No one else does.*
- \*Believe in miracles.*
- \*Don't audit life. Show up and make the most of it now.*
- \*All that truly matters in the end is that you loved.*
- \*Get outside every day. Miracles are waiting everywhere.*
- \*If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.*
- \*The best is yet to come...*
- \*No matter how you feel, get up, dress up and show up.*
- \*Life isn't tied with a bow, but it's still a gift."*

That is something to think about, isn't it! Have a wonderful week!

FINANCIALS			
APRIL			
	April 2024	2023	
Week 1	\$241,742	\$208,288	
Week 2	\$181,322	\$314,989	
Week 3	\$213,646	\$146,058	
MTD Actual	\$636,710	\$669,335	
MTD Goal	\$629,366	\$565,553	
	\$ 7,345	\$103,782	
YTD Actual	\$3,446,275	\$2,786,312	
YTD Goal	\$2,971,800	\$2,719,704	
	\$ 474,476	\$ 66,608	

## 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. Steve Lallier

WHITE'S CHAPEL

# HERALD

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## Sound

Cont'd from page 1

The cast includes Tristan Carson, Sam Creed, Abigail Dedic, Gabriel DeLaune, Hannah DeLaune, Frankie Dillard, Rylan Dixon, Christopher Elliott, Zoey Heilman, Catelyn Kelley, Avery Lee, Benjamin Lee, Catarina Martin, Kayla McMaster, Eliza Morris, Emily Morris, Brooke Neely, Antonella Rincon, Elijah Parish, Jack Paschall, Noah Pearson, Maddie Pratt, Reese Roberts, Jude Schultz, Cade Skattum, Ridgely Snead, Madeline Spencer, Evelyn Veley, Madelyn Zabrouski, and Roxy Zimmerman.

"With such a wide range in age of the characters, we had to find actors who wouldn't normally be in our Theater II program," explained Blalock. "Thankfully, several of our students had talented younger siblings we invited to come play

the youngest of the Von Trapp children! It has been really sweet to have the siblings together."

Blalock is assisted by Eleni Brooke, Music Director, as well as Ann-Marie Heilman in choreography. Dana Netzer serves Creative Coordinator, while Hannah Robbins is the Set Artist. Blalock and Brooke also managed costumes.

The play's crew includes Libby Dodson, Cade Lewis, Emily Petersilge, and Sam Thompson. In addition to other tasks, the crew assisted Robbins in painting the set.

Tech will be handled by the WC Productions staff, and lighting will be designed by WC Productions newcomer Weston Sambrano. Numerous parents have generously volunteered during rehearsals to help us manage kids during breakout sessions.

With such a classic script, "The Sound of Music" is a production not to miss. For those who cannot physically attend, the show will also be live-streamed online.

### Interesting facts about The Sound of Music

- Maria von Trapp (about whom the story is written) has a cameo in the movie. She portrayed the elder of the two women in Austrian peasant garb who are in the background as Maria (Julie Andrews) walks through a brick archway during the song "I Have Confidence."
- Julie Andrews sang "Supercalifragilisticexpialidocious" to the children in the cast to entertain them between shooting. Since Mary Poppins hadn't yet been released, they just thought she'd made up the song for them.
- Christopher Plummer accidentally said the word "Captain" to Julie Andrews during the argument scene. Despite the error, producer and director Robert Wise thought it was that amusing, and liked it so he kept it in the movie.
- Plummer disliked the role and the movie from the beginning.
- After the Von Trapps fled Austria, their home was taken over by Heinrich Himmler, one of the key players of the Nazi party. Adolf Hitler personally visited Himmler there several times.
- The real Maria Von Trapp claimed that this movie toned down her behavior during her stay at Nonnberg Abbey. When asked in an interview if she was really that bad, she joked "I was worse."
- The real Maria Von Trapp appeared on a television special where she taught Julie Andrews how to yodel. The episode is on YouTube.
- Amongst kids who auditioned to play one of the Von Trapp children were Kurt Russell, Richard Dreyfuss, Veronica Cartwright, and the four eldest Osmond Brothers (Alan Osmond, Jay Osmond, Merrill Osmond, and Wayne Osmond). Dreyfuss couldn't dance.
- When this movie was first released on home video, it stayed on the charts for over 250 weeks, almost five years.
- Julie Andrews had to learn how to play the guitar especially for this movie.
- The song "Edelweiss" was written for the musical and is little known in Austria. The song was the last that Oscar Hammerstein II wrote before his death on August 23, 1960.
- "The Sound of Music" was the last musical written by Rodgers and Hammerstein, as Oscar Hammerstein died of stomach cancer nine months after the Broadway premiere.
- Five of the seven surviving Von Trapp children from the movie serenaded her during Andrew's AFI Life Achievement Award presentation in June, 2022. "Let's start at the very beginning," quickly moved into "Do-Re-Mi," with Andrews joining in with the grown children.

## Strawn's STRAWBERRY PIE

There is a restaurant in Shreveport, LA that is famous for its Strawberry Pie. It's located on King's Highway; John and I both grew up enjoying going to Strawn's. In fact, it was considered one of the ultimate treat. I got this recipe many years ago and make it during strawberry season.—Debbie McKellar

### Ingredients

- 9 in baked pie shells
- ¾ cup sugar
- 3 tbsp cornstarch
- 1 pinch salt
- 1 cup water
- 3 tbsp water
- 1 tbsp lemon juice
- 3 Tsp red food coloring
- 8 cups fresh strawberries, sliced
- 8 oz whipping cream
- 1 tbsp powdered sugar

### Directions

- Mix corn starch, sugar and salt in sauce pan. Mix to a paste with 3 tbsp water. Then boil the cup of water and slowly add to sugar mixture. Boil on low heat until the mixture is thick and clear. Add lemon juice and food coloring.
- Cool 15 minutes then add sliced strawberries.
- Pour into shell. Chill.
- Whip cream & slowly add sugar & spread on pie.
- Refrigerate & Enjoy!



# WC Students

## High School Mission Trip

All students of the graduating classes of 2024-2028 are welcome to register for this year's High School Mission Trip. The trip is July 14-19 in Conway, Arkansas. This week-long trip will provide students with the opportunity to serve the people of Little Rock and Conway while growing in their faith alongside their peers. Because space is limited, ALL students will initially be placed on a WAIT LIST on a first-come, first-served basis. When an adult signs up, five students will be placed on the final roster. If a parent of a student on the wait list registers as a work group leader, their student will automatically be added to the final roster. Registration forms for this trip can be found at [wcstudents.com](http://wcstudents.com).

### Upcoming HSMT Dates:

- **Parent Meeting: May 1 at 6:30 p.m. in Evans Hall**
- **Commissioning: July 7 at 9:30 a.m.**
- **Worship Service**
- **Tool Loading: July 13 at 8 a.m. in the Back Parking Lot**
- **Reflection Night: July 21 at 6:30 p.m. in the Foundry**

## Middle School Mission Trip

Those in the graduating classes of 2029-2030 are invited to join us on this year's Middle School Mission Trip to Conway, Arkansas. The trip will be June 10-14. These middle school students will get to learn about their faith as they serve the community together. All students will initially be placed on a WAIT LIST, and when an adult signs up, five students will be placed on the final roster in the order that they registered. If a parent of a student on the wait list registers as a work group leader, their student will automatically be added to the final roster. Register at [wcstudents.com](http://wcstudents.com).

### Upcoming MSMT Dates:

- **Parent Meeting: May 8 at 6 p.m. in Evans Hall**
- **Commissioning: June 9 at 9:30 a.m.**
- **Worship Service**

## 7th Grade Trip

We have a jam-packed schedule for the class of 2030 on this year's 7th Grade Trip. The trip, which takes place June 3-4, will be two action-packed days of ridiculous fun. Students will travel around the metroplex, going from one adventure to the next. This trip is designed to provide an opportunity for students to become acclimated with WC Student Ministry as they prepare for life as a 7th grader. Every effort is made in helping students connect in friendships with each other and with our Student Ministry Team to lay a foundation of community. Register on [wcstudents.com](http://wcstudents.com).

### Leaders

In order for these trips to be a success, more than 75 adults are needed as work group leaders for High School Mission Trip alone! We hope you will consider joining us. We are happy to answer any questions or concerns you may have. Work group leaders are responsible for co-leading a team of students with one or two other adults in assigned projects and facilitating group discussion/devotion times (provided). Because we are required to provide one work group leader for every five students, the number of students who can attend this trip is strictly determined by the number of adults who register for this role. This year, to keep work groups small, we will need adult leaders more than ever. If you have ever wanted a shot at being a hero for a week, this is definitely it!

### Senior Sunday

We are looking forward to honoring your senior with the entire congregation on Sunday, May 5 during the 11 a.m. Foundation Service in the sanctuary. Each student will walk across the stage to shake Drs. John McKellar and Todd Renner's hands, and to receive a small gift. The graduates will also recess out of the service at the end, so they will be able to meet their family right outside of the sanctuary by the fountain.

them during this time can keep them encouraged and hopeful.

**2. Keeping busy, training/exercising-** Creating a schedule that includes exercise for the athlete can offer security.

**3. New focus-** Finding something that inspires them can help them feel recharged and purposeful.

**4. Setting goals-** Creating new goals and plans for the future can motivate the athlete.

**5. Getting sleep-** Sleep can help improve overall mental health by reducing anxiety and depression and help with focus and increase energy level.

An athlete will also benefit from seeking a counselor to help them going through the emotions that they are going through and offer them the support and accountability that they need during this time.

Many athletes have had a performance-based identity while playing their sport instead of a purpose-based identity. Looking into their values and what's important to them today can be beneficial. In addition, learning about their transferrable skills from their sport will increase self-esteem and motivation.

If you know of an athlete or have an athlete approaching transitioning out of their sport, I will be presenting a workshop to help athletes begin to understand who they are, what they value, their transferrable skills, and what's next for them.

We will meet twice for one hour on May 22 & 29 from 6 to 7 p.m. Contact [nrios@whiteschapel.org](mailto:nrios@whiteschapel.org).

Citation:  
Montero A, Baranoff J, Adams R and Drummond M (2024) Athletic retirement: factors contributing to sleep and mental health problems. *Front. Psychol.* 15:1350925. doi: 10.3389/fpsyg.2024.1350925  
Wylleman, P., Alfermann, D., & Lavallee, D. (2004). *Career transitions in sport. Psychology of Sport and Exercise*, 5, 3-5.

# Workshop

Cont'd from page 1

Transitioning out of sport can be psychologically distressing. Learning to adapt to unexpected changes can be overwhelming. Athletes are faced with much loss. The loss of a daily routine, the loss of time that they invested in practice and games. The loss of structured meal plans and meetings. The loss of athletic relationships with teammates and coaches, and more. When this stops, athletes will need to figure out how they create their own structure, support, and physical practice that works for them. In addition, they need to figure out who they are after sport. It's a lot to unpack, process, and understand.

In this study, the results showed that those who struggle with sleep disturbances, which also influence depression, had a higher BMI. These participants also placed a low priority on sport when they were competing and were at greater risk for sleep disordered breathing. One possible explanation is that their low priority of sport during competition may have reflected a lower priority on physical activity and healthy eating, which has endured following retirement.

In this study and others, high and exclusive athletic identity predicts psychological distress following retirement from sport. The priority that an athlete placed on sport while competing may be linked to an athletic identity.

Here are five coping strategies that research studies have found to help an athlete after sport:

**1. Social support-** Having a group of people who can support them and help



## Fun Run

Cont'd from page 1

prayer before participants 'take off' for the Fun Run. The course will be outlined clearly, and it will include many exciting interactive stations (such as upbeat music, obstacles, inflatables, bubble areas, etc.). Walkers, runners, families, kids, and teenagers are all welcome to participate. Near the start/finish line, there will also be a petting zoo. The presence of the animals will remind people that the proceeds from the race go to Heifer International.

Heifer International has helped bring sustainable agriculture and commerce to areas of poverty for over 70 years. The organization raises money internationally to buy one animal at a time for individuals in impoverished communities. WC Kids have supported Heifer International many times throughout the years, including previous Fun Run events. This will be the fourth year for the annual family 5K.

The Bike Safety event – a new offering – will begin just after the race at another location in the church parking lot. Preschool and elementary school kids will be able to bring their bikes, trikes, or

scooters (no motorized vehicles, please) for bike safety, obstacle courses and rides. Helmets will be required.

Everything will come to a close as Professional BMX athletes from Dialed Action Sports showcase their skills in a **bike show at 11 a.m.** It will be perfect for all ages! The stunt show will include spectacular tricks, and people are encouraged to bring blankets or lawn chairs to watch comfortably. A snow cone truck will also be available for people to enjoy during the show.

"We're super excited to be bringing a new event to campus that we've never had before," Bennett said.

All events will take place at various spots in the church parking lot and activities will end by noon. Registration is \$10 per person and 100 percent of the registration fee will be donated to Heifer International. **Register by April 30 for a free t-shirt.** Leaders advise wearing close-toed shoes and bringing water bottles. Participants will also need to enter/exit the parking lot through the back entrance (near Calloway's Nursery) for safety.

If you would like to volunteer for these events, contact Hannah Robbins at [hrobbins@whiteschapel.org](mailto:hrobbins@whiteschapel.org).



## Communion

Cont'd from page 1

"From the principal all the way down to the youngest student, you could sense how grateful they were for the work being done," said Jared Smith, WC Missions Associate Director and one of the trip's sponsors. "It was obvious they understood the impact it would make on their day to day lives. We were constantly met with smiling faces and joy, because our students had made the decision to spend their week off from school serving this community."

Belmopan Methodist High School, founded in 2013 by the Belmopan Methodist Church, is part of the MCCA conference (Methodist Church in the Caribbean and the Americas), founded in May of 1991. The school and church are in Belmopan, Belize.

Prior to our students' trip in March, White's Chapel had interacted with this school through Sandy Raasch, a missionary based out of Belize who also helped organized the White's Chapel Women's Mission trip in 2023. The school is celebrating its 10th anniversary this year. It opened in 2014 and was built 100 percent by volunteer mission teams and US donated funds. It is a public high school, but it's not free.

The current need for the school is to update and expand their computer lab, add two - three more science lab stations, and to eventually cover their outdoor volleyball court. This school is one of the most successful high schools in Belize, which means there is a great need to continue to expand resources to match the growing number of students enrolling in the school.

As of March, 470 were students enrolled at the Belmopan MHS, with 17 classes being offered. This establishes an average of about 30 students in each class. The school currently has a waitlist of applicants trying to enroll.

"While meeting with the principal, the topic of government funding came up," explained Smith. "In Belize, the government only funds the teachers' salaries, leaving the remaining 30 percent of the budget for the school and church to provide, in addition to all the costs of maintenance. The students have to pay for their uniforms, books, school supplies and very nominal fees (which goes toward paying cleaners and janitors. Although it is a Methodist school, they do not turn away students based on their religion or denomination. But this does mean that they are not considered a public school, so they receive less funding."

Currently the school has 18 working computers, 12 of which are over nine years old. In addition to the technology being outdated, at least 12 students per class don't have access to a computer during the lesson. With the growing role of technology in education and daily life, it is imperative for the school to meet those needs with the proper resources. Additionally, the science lab is limited to seven stations, and the school is hoping to add two to three more to meet growing class sizes.

With how the school was built and the layout of the campus, all school assemblies take place outside in their courtyard area. This means they can't have full school assemblies from June-November due to the rainy season. To correct this, officials hope to convert the current volleyball court to a covered amphitheater.

White's Chapel students came home with a huge desire to help the school and their new friends.

"It was a truly enriching experience to watch our high schoolers interact with high schoolers from a different country and seeing the mutual understanding of the importance of the work being done and the love being shared," said Smith.

One hundred percent of the communion offering collected Sunday will be donated to the school for the purchase of computers.



# COMMUNITY CONNECTIONS

### Labyrinth Walk

**Wednesday, May 1 | 9 a.m.**

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and spiral into a meandering but purposeful path. Join Rev. Victor Resendiz as he leads participants through the prayer walk. The labyrinth is located next to the Center for Spiritual Care. Whether you are familiar with this unique spiritual practice or not, you are invited to experience this sacred space. All are welcome; register online.

### WC Men's 2024 Mission Trip

**October 16, 17-20 | San Antonio**

WC Men are working with Blueprint Ministries in San Antonio, Texas again this fall to share the love of Jesus Christ. All men, 18 and older, are welcome on this trip. Leaders also welcome male high school seniors who want to serve alongside their father! No experience is necessary, just a willing heart. This is a terrific opportunity to serve Christ and meet other men from the church. The three-day cost is \$285, and the two-day cost is \$245. Registration is required. For more details, please visit mensmissiontrip.com.

Rev. Jon Reeves | jreeves@whiteschapel.org

### Carter BloodCare Blood Drive

**Sunday, May 19 | 8 a.m. to 2 p.m.**

Carter BloodCare will host another blood drive at White's Chapel. Come to the bus in front of the Center for Spiritual Care between 8 a.m. and 2 p.m. Register on the Carter BloodCare website.

carterbloodcare.org

### Fishing With Dad (Rescheduled!)

**Saturday, May 4 | 10 a.m. to Noon WC Pond**

Join WC Men for Fishing With Dad! Bring the kids (and grandkids) out to the church pond on Saturday, May 4, from 10 a.m. to noon for some fishing fun. If you don't have any gear, we will have extra fishing poles and bait to use. And, some of our Game Warden friends will join us to educate us along the way. Register for this free event online.

Rev. Jon Reeves | jreeves@whiteschapel.org

### Baptism 101 class

**Sunday, May 5 | 9:30 to 10:15 a.m**

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.

### Filling the Gap

**Tuesday, May 7 | 10:30 to 11:15 a.m.**

The Filling the Gap food ministry provides weekend food to at-risk students at the church's Adopt-a-Schools. Every Friday during the school year, Filling the Gap provides backpacks filled with food for approximately 230 children who qualify for the program. The food is bought locally, packed by volunteers, and then delivered to the designated schools. Volunteers are needed to pack and distribute the backpacks each week.

Rev. Lori Cotton | lcotton@whiteschapel.org



### WOMENS MISSION TRIP

*Fourteen ladies from WC recently traveled to San Antonio, Texas to help repair homes, encourage residents and share the love of God.*

**ADULT MISSION TRIP**  
*Arkansas*  
**LITTLE ROCK**

Aug. 29 - Sept. 2 | \$350 Per Person  
Ferncliff Camp in Little Rock, AR

Register at whiteschapel.org

For more information, contact:  
Karen or Larry Smith at smith4family@verizon.net

**STEPHEN MINISTRY**  
*Informational Meeting*

Sunday, May 5 | 1 - 3 p.m. | Room 2129

If you would like more information, contact Care and Support at (817) 481-4147 or email StephenMinistry@whiteschapel.org

COME JOIN US TO SERVE THE HOMELESS IN FORT WORTH

**AGAPE MEAL**

Third Thursday of Each Month | 4:15 - 7:45 P.M.

For more information, contact David Kinnamore at davidkinnamore@msn.com or Madeleine Green at mzeisler10@yahoo.com

register at whiteschapel.org

May Book Discussion:

**Book Review with Dr. Nina**  
"The Sleep Book" by Guy Meadows

Join Dr. Nina Rios-Doria as she gives a recap on some of the most popular books related to leadership, sports, mindset, mental health, and more.

Monday, May 13  
AE Room 3102 | 6-7 p.m.

Register at whiteschapel.org.

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## Prayer List

Roger Ackley, Jack Bair, Jack Baker, Bret Baratz, Carol Barret, Marilyn Barrett, Jerry Barron, Michelle Birmingham, Roy Black, Phillip Bogan, Sue Bossow, Cara Bradshaw, Cheryl Brashear, Bobbie Cameron, Connie Center, Ken Cole, Jane Coppage, Aurelio Costa, Luisa Costa, Ana Laura Delgado, Debbie Dreyfus, Mary Duncan, Ava Duplantis, Wilma Dykman, Dennis Eaton, Courtney Echerd, America Ellis, Linda Evans, Ralph Evans, Mark Fidler, John Etten Flowers, Will Fogle, Dorothy Fontana, Frank Forcelli, Jim Ford, Marcia Forney, Evangeline Gant, Gary Lou Geddes, Carolyn Gillum, Kayla Greenlee-Hayes, Kate Greinert, Candice Hansen, Ellen Hartenbower, Maxie Hays, John Herring, Tawni Hill, Joyce Hood, Elaine Hoover, Larry Hoover, Dennis Howry, Barb Idol, Lou Iszak, Michelle James, Bill Kayser, Greg King, Cooper Kohan, Brenda Lackey, Catherine LaCroix, Bill Lafavers, Diane Lucas, Lori Eagleston Luedtke, Taylor Lynde, Carol and James Martin, Elaine McClung, Kerri McLeod, Leara Miles, Richard Moreau, Rita Moreau, Thomas W. Morris, Alice Myers, Marilyn Oliva, The Paige Family, Gerti Phillips, Barbara Pico, Kathy Pierce, Myrna Puls, Ivan Ramirez, Jim and Mary Renner, Kristin Robertson, Sharon Rodgers, Jimmy Rollo, Jeri Russell, Michele Schmidt, Craig Sikes, Paul Sikes, Bruce Sloum, Kerry Smith, Brannon Soileau, Lisa Stegall, Cheryl Stiefel, Orville Summey, Steve Swanston, John Takacs, Jim Takemoto, Greg Tallant, Myra Taunton, Dorothy "Dot" Taylor, Carolyn Thompson, Donna Thompson, Robert Thompson, Bill Thornton, Quinn, Haley and Joe VanBremen, Debbie Warren, Michael Wenger, Dick Williams, JC and Alana Williams, Carroll Willis, Leigh Winzeler, Lynn Wolford, Toni Worlitz, Ann Zink, Cara, Jovita. Recent Deaths: The Family of Sam Akins, The Family of Johnny Roy Black, The Family of Mary Blalock, The Family of Arthur Clayton, The Cobb Family, The Family of Libby Dixon, The Family of Ken Easton, The Family of Denise Ellis, The Family of Bill Levensgood, The Family of Judy McCarthy, The Family of Elizabeth Middleton, The Family of Brent Peacock, The Family of Carroll Piel, The Family of Joanne Pohlman, The Family of Lance Venable.



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