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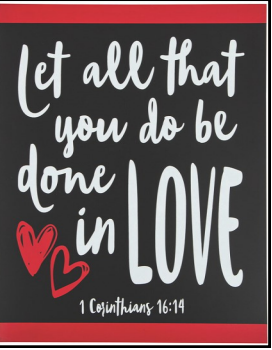
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Pastor

The Rev. Tim Shoaf
Minister of Music & Programs

Traci Canter, Office Administrator



Volume 4, Number 8
February, 2021

THE VISITOR

Six Self-Care Steps for a Pandemic -- Always Important, Now Essential

When Jesus encourages us to love our neighbor as ourselves there is an encouragement here to practice self-care. If we never fill the well, we have nothing nourishing to offer others. In this concern, I share the following encouragement. In addition to Dr. Tello’s insights, I remind you that your PCC pastors and Elders are also here. Call on us at anytime. - GT



by Monique Tello, MD, MPH
Harvard Medical Publications Contributor

Airline attendants say it well: if the plane hits turbulence and the oxygen masks come down, place a mask on yourself first before turning to help others. This is absolutely critical. If we don’t, we may not be able to help anyone.

Well, we’ve all hit the same turbulence, folks, and we all need to take good care of ourselves, our bodies, and our minds.

Healthcare providers on the front lines of the coronavirus pandemic absolutely have to be functioning well in order to do their jobs well. At such a stressful time, with so much change and uncertainty, combined with the pressures of patient care during this pandemic, it almost seems like too much. How are people like doctors holding it together? Could we all learn from their tips on coping?

This week, I reached out to my colleagues in the Massachusetts General Hospital Healthy Lifestyle Program to find out. We’re all primary care physicians within the Division of General Internal Medicine who have been urgently redeployed to new and different jobs, such as staffing our makeshift COVID-19 surge clinics, learning new technology to provide much-needed telehealth, and creating serious illness plans with our most at-risk patients.

During a period when stress and fear are running high, these six strategies from my colleagues can help.

1. Acknowledge the turbulence

Ben Crocker, MD, is the medical director of a large primary care practice and a healthy lifestyle advocate. “Social distancing and the loss of work and/or routine are tremendous pressures, both physically and psychologically,” he says. “At the same time, our society tends to specifically reward heroic efforts that show that we can continue to perform at the same level, all while keeping a brave face. Many people are struggling to work full-time remotely while simultaneously caring full-time for their family at home. Those who continue to work on the front lines may feel the need to overload their schedules, or commit to too much.”

His advice on this is relevant to everyone, not just front-line providers. Check in, he urges. Mourn your losses. And check out, too.

“Check in with yourself,” says Dr. Crocker. With so much news and instructions flying around about what to do and how to do it, take time to listen to what your body and mind need.

During such frantic times we may tend to ignore acknowledging the loss of “the way things were.” We forget to mourn, or grieve, or simply express our sadness about not being able to socialize, see a close friend, attend a favorite exercise class, interact with neighbors and family, or worship collectively. Grant yourself the time and space to acknowledge your loss. This can help you stay grounded with the current state of life.

“And allow yourself to physically, mentally, emotionally check out on a regular basis,” he adds. “Intentionally create ‘shutdown’ time in your schedule. This can be healthy time alone, for meditation and quietude.”

(Continued)

Six Self-care Steps for a Pandemic - Always Important, Now Essential

2. Fuel your body with healthy food

Helen Delichatsios, MD, has a degree in nutrition and runs healthy cooking classes for her patients. “In times such as these, nutrition and healthy eating can easily fall to the wayside,” she says. “However, if anything, it is more important than ever to appropriately fuel our bodies and to do so in a mindful way. We have increased physical and mental stress, and healthy eating is vital in supporting our immune system to stave off illness and recuperate faster if we fall ill.”

Anne Thorndike, MD, usually works in the cardio metabolic center, helping people at high risk for heart disease change the way they eat and live. “We’re all eating at home more,” she notes. “This is a great time to explore new recipes you’ve been meaning to try. Be creative with what you have stocked in the house. Plan your grocery list so you have the basics on hand for healthy meals. Frozen vegetables and fruits are a great option when you can’t buy fresh produce on a regular basis.”

Amy Wheeler, MD, is also certified in obesity medicine and runs healthy lifestyle sessions for patients. At home, she’s been adapting healthy recipes she usually makes with fresh ingredients by using simple substitutes. Try her easy, adaptable recipe for Quarantine Chili for a family of five:

“Last night, I diced an onion and potato, then added one chicken breast cut in chunks, 1/2 small can diced green chilies, 1/4 cup salsa, 3 to 4 teaspoons paprika, 1 teaspoon cumin, a sprinkle of cheese, some leftover rice, 1 can yellow corn, and 1 can tomatoes. Once the chicken is cooked, try a dollop of Greek yogurt on top instead of sour cream.”

Use fresh ingredients if you have them, or canned or frozen if you don’t. Goes nicely with tortillas, but it’s also great right out of a bowl.

3. Move your body

“We are all spending less time commuting, driving our kids around, and doing errands,” says Dr. Thorndike. “Use the extra time to take a walk or do some exercise at home. Even housework can be a way to be physically active!”

Dr. Wheeler finds it helps to set SMART goals: Specific, Measurable, Achievable, Relevant, Timed. These are by definition small steps that are easy to achieve, and thus fuel motivation. “I have been making little SMART goals for myself,” she says. “Daily goals like ‘I will take a 20-minute walk outside at 10 am today, while wearing my mask and performing social distancing.’ Or ‘I will find three flowers with different colors on my walk.’ Helps me get out of my PJs, off the laptop, and appreciating nature — very relaxing!”

4. Prioritize sleep

Our bodies need sufficient sleep in order to function. Me, I’ve been working hard to keep a schedule, setting my alarm for my usual early morning time, and going to bed just after my kids. This helps to ensure I get a solid eight hours of sleep, so that I’ll be at my best when I’m called into clinic.

It can help to see the light — and dark (literally). “Spend time outside in nature,” Dr. Crocker suggests. “Exposure to the visible diurnal rhythms of the day/night is an added benefit.”

5. Find ways to connect socially

Dr. Delichatsios loves to cook at home and has been having virtual dinner parties.

“Why don’t you invite some people over for dinner?” she suggests “In our family, we call them FaceTime Dinners, Zoom Dinners, or Skype Dinners. These platforms have allowed us to ‘go out to dinner’ and connect with many friends and families, when before we were often too busy to meet up in person.”

Dr. Crocker has a great suggestion that can be a win-win for working parents and their relatives. “With school out, if you have kids and any extended family, invite the relative (grandparent, aunt, uncle) to teach an online lesson once a week on the same topic or a rotating topic. Allow that special bonding time between your child and their relative to unburden your time.”

He also found a way to continue choir singing from home. “Try a different way of connecting with friends and colleagues — a chat room, or Zoom meeting over a meal. I joined a 20-voice choir that I’ve never physically sung with and sang in a recorded five-part arrangement — all from my home!”

(continued)



Notes from Tim

What A Friend We Have in Jesus

This beloved poem, written to comfort one person, has brought consolation and help to millions of people all over the world. The author, Joseph Scriven, discovered early in life how much he needed the friendship of Christ. Born in Dublin, Ireland, he was graduated from that city’s Trinity College and looked forward to a happy life with the Irish lass of his choice. But then tragedy struck. On the eve of his wedding, his fiancé accidentally drowned.

Lonely and unable to continue his training as a military cadet because of poor health, he left the Emerald Isle and came to Port Hope, Ontario, Canada when he was twenty-five years old. He became the local “Good Samaritan:-- helping the poor and underprivileged. He often shared his food with the needy and even gave them his clothes. He would work only for those too poor to pay him for his services.

All these good deeds, however, might have been forgotten by Christendom had not Joseph Scriven written twenty-four lines to comfort his mother during a time of serious illness in 1855. It had been ten years since he had kissed her goodbye and he was now unable to go back to be with her. So he produced this poem and sent it with the prayers that it would remind her of her never-failing Friend, Jesus Christ.

Scriven’s copy of these immortal lines lay dormant until a neighbor found them and asked “Who wrote these beautiful words?” He modestly replied, “The Lord and I did it between us.”

Sometime later these words appeared in a periodical and were eventually seen by a German-American lawyer and composer, Charles Converse, whose simple but plaintive tune composed in 1868 gave the wings of melody to Scriven’s three verses. Thus an Irish-Canadian and

German-American were used by God to bless untold millions through this favorite sacred song.

What a friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
Oh, what peace we often forfeit,
Oh what needless pain we bear,
All because we do not carry
Everything to God in prayer!

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged--
Take it to the Lord in prayer.
Can we find a friend so faithful,
Who will all our sorrows share?
Jesus knows our every weakness;
Take it to the Lord in prayer.

Are we weak and heavy-laden,
Cumbered with a load of care?
Precious Savior, still our refuge--
Take it to the Lord in prayer.
Do thy friends despise, forsake thee?
Take it to the Lord in prayer!
In His arms He’ll take and shield thee,
Thou wilt find a solace there.

May the beautiful words of this inspired hymn Speak to us this day and remind us of the great Love, consolation, and peace only found through our trust and hope in God. - *Tim*

WEEK OF COMPASSION



During the month of February, Pfafftown Christian Church will be celebrating the Week of Compassion. This special offering is the time when congregations truly come together to lift up and celebrate the very

important work of helping others during disasters. Should you wish to participate in this special offering, please utilize the enclosed envelope and return to us. Our mailing address is 3323 Transou Road, PO BOX 130, Pfafftown, NC 27040. Thank you for your giving heart to help others.

**Pfafftown Christian Church
Profit & Loss Budget vs. Actual
July through November 2020**

	<u>Jul - Nov 20</u>	<u>Budget</u>	<u>\$ Over Budget</u>
Income			
Rhein Annuity			
Contributions Income	59,634.07	74,245.00	-14,610.93
Loose Offering	160.00	600.00	-440.00
Sales Tax Refund	0.00	420.00	-420.00
Building Rental	100.00	205.00	-105.00
Investment Earnings	1,499.18	3,005.00	-1,505.82
R G Flynt Endowment	753.97	1,280.00	-526.03
Yard Sale	2,460.00	2,170.00	290.00
Memorial Income	3,000.00	0.00	3,000.00
Total Income	<u>67,607.22</u>	<u>81,925.00</u>	<u>-14,317.78</u>
Expense			
Administrative Expense	56,421.93	61,385.00	-4,963.07
Christian Education	193.10	580.00	-386.90
Building and Capital Improv	0.00	830.00	-830.00
Evangelism	0.00	45.00	-45.00
Membership	223.75	170.00	53.75
Fellowship	0.00	420.00	-420.00
Childcare	0.00	80.00	-80.00
Property	12,275.91	16,020.00	-3,744.09
Worship	247.21	1,375.00	-1,127.79
Total Expense	<u>69,361.90</u>	<u>80,905.00</u>	<u>-11,543.10</u>
Income over Expenses	<u>-1,754.68</u>	<u>1,020.00</u>	<u>-2,774.68</u>

6. Find ways to ease stress

Everything you've read to this point can help you manage stress and anxiety. Eating healthy, being active, and getting enough sleep all help us to mitigate the effects of stress and anxiety on our bodies. One more technique is positive thinking.

Remembering and acknowledging the good in our lives is a powerfully positive action. "Practicing gratitude for what we still have — our health, our families, our homes, food, whatever it may be — rather than rehearsing the daily 'loss' of life and routine as we know it, is an important health practice," notes Dr. Crocker.

In our household, we take turns saying grace before we eat dinner. One part of grace is to state something we're grateful for, and usually it ends up being a bunch of things, sometimes silly ones like our cats cuddling with us, or the sun shining. But it always makes us smile!



During this season, if you should have a need (such as someone to pick up medications or food and drop them at your door) or would simply like to talk during this time, do not hesitate to contact one of the persons listed below.

Gerald Thomas: 336 504-8206

Tim Shoaf: 336-6925214

Traci Canter: 336-407-1277

Elders: See your Yearbook



New Communion Mobile Food Pantry

In January, PCC delivered 121 cans of soup to the New Communion Food Pantry. Thank you to Bob and Beth Faircloth for sponsoring our effort.

February's Sponsor:

Susan Smith

Crisis Control Food Box

In December and January, our church has collected 60 boxes of saltines crackers, bags of flour and grains, and cans of food. As we continue in the new year, please continue to bring your contributions by the church. For the safety of our neighbors, we have cancelled in-person worship, but what abides is the work of the church in our world. Your contributions make a difference for others.

During the month of February, we will be collecting instant potatoes. Thank you to *everyone* that gives each and every month to this wonderful ministry that PCC strongly supports.

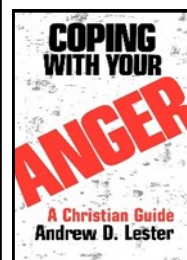


CWF NEWS

Final total for Meals on Wheels collection was \$650. Many thanks to everyone who gave to this very important local outreach.

We will have our Dinner Party whenever we are able to safely meet as a group.

February CWF Meeting is cancelled. We will resume our monthly meetings when we can safely meet at the picnic shelter. Please remember to support the monthly Crisis Control collection during the coming months!



Off the Shelf

Coping with Your Anger: A Christian Guide

The Westminster Press

By Andrew D. Lester

Christians are asked a common question:

"Is it wrong to get angry?" Andrew

Lester endeavors to engage anger in a manner proven helpful and not hurtful. Acknowledging the dark side of anger, he also points to ways anger can be a needed catalyst for life. His key word is "creativity," for he believes that when anger is appropriate, creativity and healthiness emerge. Dr. Lester also points the reader to ways to not only face and handle anger, but how to find appro-

ASH WEDNESDAY

February 17, 2021

... for you are dust, and to dust you will return.
Genesis 3:19

ASH WEDNESDAY WORSHIP

As we care for each other in this season, our Ash Wednesday Worship will be virtual. Tim will post special music for the occasion. Our pastor will post a sermon. Both may be found on Ash Wednesday using the "Sunday Music and Sermons" menu on the PCC Website, going to the Pfafftown Christian Church YouTube page or the PCC Facebook page.

As Way Leads On To Way

(These thoughts were written on Inauguration Day, 2021)

A few years ago, I was sitting in a Sunday School class where a person said, “In church business meetings, sometimes you get your way. On another day, sometimes other persons get their way. That’s the way it is. No reason to quit.” I smiled at the wisdom there.

It’s been a day. Some are happy. Some are sad. In two and four more years, there will be other elections. If your party didn’t win, it will somewhere down the road. Just the way it works.

All of this is no reason to declare the world is coming to an end. America is not coming to an end. The world is not ending.

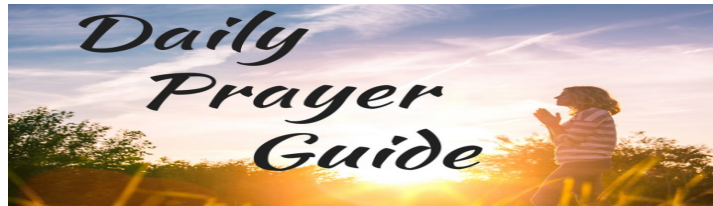
I was raised by a grandfather who lost his first baby in an unthinkable buggy accident. Lost his first wife to pneumonia. He and his second wife lived through the First World War and the Great Depression. My parents came along and lived through the Great Depression and World War II. Korean War and Vietnam. The Civil Rights movement. 9/11 and the President inciting an insurrection.

Have no fear. Biden/Harris is not the end of the story. Not for me. Not for you. Every day is another page in the story.

People tend to paint God in the colors of their political party. Been happening since the Old Testament. Even before, but we find it there at least that far back. We tend to adopt God unto our camp. Lincoln was wise enough to hope he might be found in God’s camp. I’ve always loved him for that.

Please don’t allow your party’s loss to turn you against your neighbor. The older I get, I find myself on the side of Republicans and Democrats who watch out for the poor, the homeless, the hungry, the sick, and those who are imprisoned by a system where a lot of money is made by imprisoning folks for inconsequential crimes. You don’t have to agree. I’m a pastor to my core so I also care about folks who disagree. That ability is the meaning in my life.

Paul confesses the heart of the Good News: “God has reconciled the world unto himself through Christ.” The world is not coming to an end. So perhaps we can lean on one another to learn to cope in these and all of our days. Lean. Together. -GT



Bereavement: The family of Kent Shropshire (Paul Shropshire’s family),
Family of Paul Watts (Traci’s friend)

Hospitalized: Rev. Steve Roberson (Traci’s Friend)

Baptist Hospital: Merle McAllister (Debbie Fletcher’s friend)

Recuperating: Sue Flynt, Skip Stanley, Graham McAllister (Debbie Fletcher’s friend) Harry Nifong, Pat Millsaps, Betty Tilley, Alan Fletcher, Jan Everton, Sue Terry

Homebound

Brighton Gardens: Edna Williamson

Rose Tara: Vallie Cline

Willowbrook Rehabilitation: Bud Barker
Church Family: Frank & Pat Barber, Craig Bracken, John Grice, Jodi Saunders, Garland Terry, Julie Tilley, Tommy Timmons, Richard Yarbrough, Betty Clodfelter

Others:

Jason Alexander: Jack & Mary Groff’s friend
Haley Burns: Skip & Jo Stanley’s friend
Tommy Disher: Traci Canter’s Uncle
Jennifer Durham: Irma & Fred Muetzel’s granddaughter

Geraldine Edwards: Ann Fletcher’s Aunt
June Fulton: Jill Robertson’s friend
Elaine Grice: John Grice’s sister
Betty Haddock: Sharon Binkley’s mother
Cayden Kingsbury: Rodney Stilwell’s grandson
Chuck Kolstad: Evelyn Nifong’s son-in-law
Sue Miles: Jo Stanley’s friend
Plemmons’ Family: Alan & Debbie Fletcher’s friend

Pam Reynolds: Traci Canter’s friend
Kent Shropshire: (Paul Shropshire’s cousin)
Darlene Stewart: Ann Fletcher’s sister
Heather Stokes: Jill Robertson’s niece
Joy Stokes: Jill Robertson’s sister
Judy West: Ann Fletcher’s cousin
Brandon Whitley: Family member of the Fletcher’s (upcoming surgery)

Loved Ones in the Military:

Joshua Hughes, Norfolk, VA.; Chase Lee, Guam; USS Key West; Major Hope Poster, NG, Texas; Cpt. John G. Van Hoy IV, Fort Campbell, KY



Dear Pfafftown Christian Church, 12/23/20

On behalf of the Forsyth County Board of Elections, we thank you for your service and dedication during these challenging times. We appreciated you helping us serve our community with elections by making it possible for voters to continue to go to their home precinct and cast their ballots.

You are a true community hero. Stay well and Safe
With Warmest Regards,
The Forsyth County Board of Elections

Dear Pfafftown Christian Church,
As we come to the end of a challenging year for all of us, we would like to thank you for making the difference in our community. Because of you, neighbors in Forsyth and Stokes Counties are getting much-needed assistance with food, prescription medications, and financial assistance with rent, mortgage, and utility payments to solve their crisis. Thank you for making a real difference in our community! Together, we are making our community a better place for all people.

Gratefully,
Crisis Control Ministry

Dear Brothers & Sisters in Christ,
Thank you for donating in our annual Penny Campaign! In so many ways this year has been unique. It is alarming how many crises we’ve had to weather in one year. And Yet. There was not one day that we had to turn anyone away hungry. You helped make that happen by stepping up for the Penny Campaign. Thank you for enabling us to fulfill our mission by providing food, shelter and hope through Christian love every day.

Sincerely,
Samaritan Ministries



Each year on **February 17th, National Random Acts of Kindness Day** grows in popularity. It is celebrated by individuals, groups and organizations nationwide to encourage acts of kindness. The movement of Random Acts of Kindness inspires people every day. Many people everywhere are enjoying doing these acts of kindness. Not only do the acts of kindness bring joy to the receiver, but they spread positive reactions to the giver, too!

“Kindness is a language which the deaf can hear and the blind can see.” (Mark Twain)

IDEAS ON HOW TO OBSERVE

#RandomActsOfKindnessDay

Make a note to do nice things throughout the day. Are you looking for ideas? We’ve collected a few that will get you started.

- Pay for the coffee or meal of the person in front of you in line.
- Leave a kind note for someone for no reason.
- Share words of encouragement.
- Drop off a load of groceries at the local food pantry or shelter
- Mail a “thinking of you” card to someone

Whoever pursues righteousness and kindness will find life, righteousness and honor.

Proverbs 21:21

FEBRUARY’S MEMORY VERSE:

