HERALD

The Ruthless
Elimination
of Hurry
whiteschapel.org

Join us <u>online</u> or in person as we continue our sermon series, "The Ruthless Elimination of Hurry." We hope you will join us.

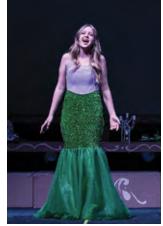
VOLUME 14, NUMBER 1

FRIDAY, MAY 19, 2023

571870













LIGHTS, CAMERA, ACTION!

WC Theater I & II students made audience members 'part of their world' as they performed "Madagascar, JR." and "The Little Mermaid, JR." in The Foundry. Colorful sets and displays, costumes, and high-energy musical numbers were just some of the highlights from these two shows.

Grief and Mental Health

By Rev. Lori Cotton

rief is collective in our human experience. Yet, the ways through which humans interact with feelings associated with grief are intricately varied. Cultural norms and pressures also play into our responses to grief. Recovery from grief is portrayed like a finish line in the distance that we are expected to cross at some point in time. Healing from grief and loss

Everyone is different when it comes to how the effect of long-term grief is felt and expressed.

is not a race; there is not a finish line to cross. It does not have a timeline or identifiable boundaries. Grief comes and goes like the wind and is never far away. Everyone is different when it comes to how the effect of long-term grief is felt and expressed. Physical, emotional, relational, behavioral, and spiritual effects of long-term grief are challenging to identify and navigate. This is why I chose the book "The Long Grief Journey: How Long-Term Unresolved Grief Can Affect Your

Mental health and What to Do about It" for my personal exploration of longterm grief and loss in my life.

My grief story involves

GRIEF cont'd on page 2

Volunteer Central

n just under two weeks, it'll be June – can you believe it? The warm days of summer will soon be upon us, and fun summer programs will be underway. With just a few more weeks of planning and preparation, WC Kids and WC Students are still looking for volunteers to help them with their upcoming summer events.

According to an article highlighted by Stanford Center on Longevity, "Research has shown that while over 90% of us want to volunteer, only 1 out of 4 Americans actually do." Their research looked at three common barriers that prevent people from volunteering. We took these and provided a new perspective to these volunteer opportunities...

- I don't have enough time and volunteer schedules are too inflexible.
 - Summer provides a nice break for many and these opportunities are short-term commitments with long-term impacts.
- I don't have enough information and most volunteer roles aren't interesting.
 - What could be more interesting than helping young people connect with each other, grow in their walk with God, and have lots of summer fun?
- 3. No one asked me to.
 We are, right now! Consider it. Pray about it.

VBS/VBX

Vacation Bible School (VBS) is more than just a fun summer program; it's a chance for kids to learn about God, participate in missions, learn Scripture, and meet new friends—all while having a blast at church! This year's VBS, "Food Truck Party," will take place Monday, June 12 through Thursday, June 15, from 9 a.m. to noon each day. The food truck theme is based on Matthew 6:11, "Give us this day our daily bread."

Each day, students—or "chefs"—will rotate through stations run by leaders and volunteers. The stations will include

VOLUNTEER cont'd on page 3

"Cruisin' with the Classics: A Senior VBS"

Tuesday, June 20 & Wednesday, June 21 8:30 a.m. to Noon

55+ VBS

Classic Summer Program Returns

By Cassidy Johnson

fter last year's success, Classic Adult Fellowship Director Laurie Williams is planning for the return of Senior VBS, a Vacation Bible School event specially designed for those 55 and older. This year, the two-day program will have a cruise ship theme and is appropriately named "Cruisin' with the Classics: A Senior VBS." It will be offered Tuesday, June 20 and Wednesday, June 21 from

8:30 a.m. to noon each day.

The program will include a total of eight 20-minute rotations, with plenty of time in between to get to the next class. Participants will enjoy unique crafts, music, social time, games, Bible stories, journaling, and nostalgic VBS snacks and Kool-Aid. While elements of the program may bring back memories of childhood VBS experiences, each activity will be specially tailored to senior adults. Even the logo was created to catch the eye of those in older generations by giving nod

to a well-known 70/80s tv show, "The Love Boat."

As one of the only offerings of its kind for senior citizens in the area currently, this Senior VBS is sure to reach people both in and out of the local church community. Williams is excited to bring it back for returning participants and hopes to reach new people as well. A visiting leader from a church in Mansfield will also observe the senior program with the intention of offering something similar

CLASSIC cont'd on page 2

INSIDE THIS WEEK'S ISSUE

WC Students & Classic Adults Ministry Update
Mental Health & Athletes Event

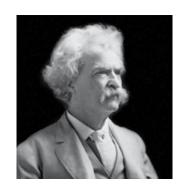


Fun Run May 20 | See Page 4



A Bit of Wisdom for Our Seniors

By Dr. John McKellar



his weekend, we are honoring our seniors who will be graduating from high school. They will be receiving gifts and much wisdom as they move on to the next chapter of their lives. I want to leave them with some of the classic wisdom of Mark Twain, who continues to speak to all of us...

"Whenever you find yourself on the side of the majority, it is time to pause and reflect."

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

"The secret of getting ahead is getting started."

"All you need in this life is ignorance and confidence, and then success is sure."

"Give every day the chance to become the most beautiful of your life."

"The world owes you nothing. It was here first."

"The two most important days in your life are the day you are born and the day you find out why."

"It is better to deserve honors and not have them than to have them and not deserve them."

"Action speaks louder than words but not nearly as often."



There is much to ponder and reflect upon in Mr. Twain's wisdom. We send our graduates forth with our prayers and fondest wishes for their future lives! May they know that they are deeply loved and that we are always here for them!







Editor Debbie McKellar Managing Editor Cassidy Johnson **Graphics and Design** Susanna Cunningham **Graphics Consultants** Alec Hanson & Sarah Hamilton

White's Chapel Herald USPS 25541 is published weekly except for the second week of March and the week of Thanksgiving, and then changes to alternate weeks beginning the Friday after Memorial Day, changing back to weekly in mid-August, and skips the week between Christmas and New Year, by White's Chapel Methodist Church, 185 S. White Chapel Blvd, Southlake TX 76092-7308. Periodicals Postage is paid at Grapevine, TX and additional mailing offices. Subscription rate: \$10 for one year.

POSTMASTER: Send address changes to White's Chapel, 185 S. White Chapel Blvd, Southlake, TX

76092-7308

"The Long Grief Journey" Book Study Wednesdays Beginning June 14 | 6 to 7:30 p.m.

Join Rev. Lori Cotton in the Center for Spiritual Care for this six-week study beginning June 14. You may purchase a copy of this book at WC's Circuit Writers Books & Such bookstore. Due to the length of the book, participants are asked to read the first five chapters prior to starting the class. The group discussion will be centered on key topics from the readings. Please register on the church website.

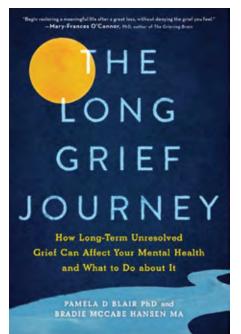
Grief

Cont'd from page 1

my grandfather who passed away in February of 2016. He was the man who stood in for my father who was never there. He was the man who taught me responsibility and made me feel safe and loved. He was the man who brought me to Christ. I miss him. I've had to learn to make life-

changing adjustments to his absence. I'll catch myself assessing situations in alignment with his approval or disapproval. Would he be proud of me? Have I made "the right" decisions?

This grief will affect me for the remainder of my life. It's not good. It's



not bad. It just is. Grief is a thread through the fabric of my life that has added texture and color because of the love I share with those I've lost, especially my grandfather. The resources found in Blair and Hansen's book have been instrumental in finding peace and making peace with unresolved issues surrounding the death of my loved one. My prayer is that this book and its resources will

help you in your long-term journey with arief, too.

"The Long Grief Journey: How Long-Term Unresolved Grief Can Affect Your Mental Health and What to Do about It" by Pamela D. Blair and Bradie MacCabe Hansen

Classic

Cont'd from page 1

at her church. Another church leader is communicating with Williams to bring these ideas to the Houston area as well.

never really seen before, but God first put it on my heart in 2020," shared Williams. "After we were able to fully come together after COVID, I started working on it and it came to life last year. I am hoping this event might remind people what it was like when they were 'young Christians'—or for those who never experienced VBS as kids, for them to get to experience the magic! Kids have fun at VBS; they enjoy being involved and they are

excited to come back to church. I want these people to feel the same thing! We can do this summer program on an adult level and have an excuse to feel young

again—and just have some fun together!" Last year, the group focused on the story of Jonah and the whale and learned that—no matter your age—God can still use you for His Kingdom. Some of the highlights included beginning the day out by the pond, Bible stories with Rev. Sam Robbins, making flower arrangements with Tracy Christensen, playing games with leaders from WC Students, journaling with Rev. Victor Resendiz, making crafts with Rev. Judy Hunt and Marna Parker, fun photo ops, and listening to Duncan Duvall talk about how to use ride share services safely.

While she prayed for at least 80 to be impacted by this offering, Williams witnessed more than 100 people show up for the program's inaugural year.

"There were lots of smiles and people talked about what it was like to go to VBS as a child," she said. "Then there were people, too, who never went as a kid. Now, they're members of Classic Adult Fellowship and members of White's Chapel, just from being introduced to this event. It's so exciting to see God use this program to reach those looking for friends and a place to belong!"

This year, Williams wants to keep many of the upcoming activities under wraps to surprise those who attend the program, but she assures people that they won't be disappointed.

"We will have special cruise-themed crafts this year," she said excitedly. "Tracy, Judy and Victor will be returning to lead classes, and we will also have Craig Rowley here to talk with everyone too. So, there will be something for everyone to enjoy! We will also kick the program

off at Grace Chapel with special speaker and church member Ginger Revnolds as she talks about how God has used her and her family for His Kingdom. She will also shed some light on the history of the Jesus Fountain outside the sanctuary—it is sure to be a powerful time!"

Each day will start with check in. Then, people will gather in Grace Chapel for a prayer, led by a pastor, and a time of sing along, led by Sunnie Flood. Williams will also say a few words

and then everyone will split into their assigned groups to begin their rotation. The assigned groups help participants meet new people and build new relationships. Volunteers will lead and guide people through the program.

After Senior VBS ends on Wednesday afternoon, food trucks will be available on campus for people to enjoy at their own cost. Participants and their families, as well as other community members, are encouraged to grab something to eat and share their experiences. This year, the well-known **Cousins Maine Lobster** *Truck* will be on property along with another surprise offering. Cousins Maine Lobster is famous for being featured on "Shark Tank" and having 30 food truck locations and nine restaurants in the U.S. It's sure to draw a crowd!

The cost to attend Cruisin' with the Classics: A Senior VBS is \$20. It includes all craft supplies and a bag of goodies. It does not include food truck items after Senior VBS concludes. Registration is available online through the church website. If participants sign up by May 24, they will receive a free t-shirt. After that, t-shirts may not be guaranteed.

For more information about the upcoming Senior VBS, please whiteschapel.org. To volunteer to lead a group, help at a station, or set up/clean up, please sign up online.



(WCStudents)

High School Mission Trip

All students of the graduating classes of 2023-2027 are welcome to register for this year's High School Mission Trip. The trip is July 9–14 in Memphis, Tennessee. This week-long trip will provide students with the opportunity to serve the people of Memphis while growing in their faith alongside their peers. This trip is known to fill up very, very quickly, so please sign up now. Over 130 people have registered since the first week of registration being open! Because space is limited, ALL students will initially be placed on a WAIT LIST on a first come first served basis and 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.

Middle School Mission Trip

Those in the graduating classes of 2028–2029 are invited to join us on this year's Middle School Mission Trip to Little

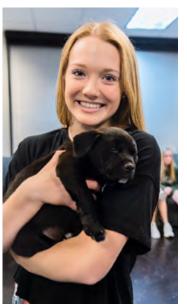
Rock, Arkansas. The trip will be June 12–16. These middle school students will get to learn about their faith as they serve the community together. Spots for this trip are filling up quickly, so take the time to sign up now. All students will initially be placed on a WAIT LIST and when an adult signs 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. Registration forms for this trip can be found at wcstudents.com.

Senior Trip

Save the date for our upcoming
Senior Trip for the class of 2024 on
July 26–27. Students will have the
opportunity to spend some quality time
with Senior Pastors Drs. John McKellar
and Todd Renner as well as some of
the WC Students staff. This trip exists to
assist incoming seniors in their transition
from high school to college and to
provide support as they make decisions
about the next chapter of their lives.









As the senior class spends quality time with the senior pastors and asks honest questions about their faith, we hope they truly begin to see their church home as a community of encouragement. The details regarding this trip will come in the following weeks.

Class of 2023

It seems like just yesterday WC Students was preparing for the 7th grade mystery trip for the class of 2023. It is surreal that it is now time to prepare for Senior Sunday for this special class. It is our hope that every senior who has been a part of White's Chapel can be honored that day. To our graduating seniors, we are so proud of you and all you have accomplished during your years here at WC Students. We have loved getting to watch you grow as individuals and in your relationship with the Lord. It has been an honor to walk alongside you as you grow into adults. Know that you will always have a place here with us. We are so excited for you to begin this new journey in life!



CAF Classic Adult Fellowship

Fun with Classic Adult Fellowship

Classic Adult Fellowship, or CAF, is a great group for those 55 or better who love the Lord, new adventures, and fun. With lots of opportunities to fellowship with others in the same stages of life, this is the place to be!

Every month, the group hosts a movie, luncheon, and sometimes a special outing. The monthly movie for May was one of the group's favorites. "Jesus Revolution" is the story of Greg Laurie and the hippie culture that fell in love with Jesus in the early 1970s. The nostalgia was great, but the inspiration to spread Jesus' love through our current day circles ran deep with those in attendance. If you have not seen the movie, it is now streaming on several platforms and Laurie Williams bought a couple of DVDs that people can check out.



Our recent luncheon in April was one for the record books as CAF hosted a live donkey in Evans Hall! Not just any donkey, but a therapy (kissing) donkey from Loving Long Ears Therapy and Sanctuary Center from right here in Southlake. White's Chapel member and owner of the sanctuary, Jules Peterson educated us on donkeys as well as her deep love for the animals. We learned they can sense when humans are sad and will actually get near to comfort those in need! The sanctuary rescues donkeys from slaughter, neglect, or rehoming and in return, the donkeys are trained to assist those with illness, PTSD, grief, and more. For more information or to schedule a visit, go to the Loving Long Ears website: https://lovinglongears.org.

What is on the calendar?

May 26 | 11 a.m. (10:30 a.m. checkin) in Evans Hall—Picnic and Play Luncheon

Would you like to learn more about springtime games that are popular right now? Come to this luncheon and get a lesson on Pickleball and Cornhole! Funny names, but lots of fun! We'll have instructors and play areas set up to learn as well as fun, table side games and icebreakers for all to join the fun! Joey will be making fried chicken for us, too!

Reservations recommended to plan for enough seats and food. Contact Laurie.

June 1 | 1:30 p.m.—CAF Monthly Movie | Rawlins Hall | Movie TBD

Mailing List

Spring/Summer Newsletters are complete and have lots going on! To be added to the mailing list, please contact Director Laurie Williams and plan to be a part of the fun!

Director Laurie Williams williams@whiteschapel.org

Volunteer

Cont'd from page 1

worship, snacks, games,
Bible time, missions, and
crafts. Leaders expect 900
or more kids to attend this
year's VBS, so more than 250
total volunteers are needed
to help. At least 50–60 adult
volunteers are still needed.
Parents can sign up to
volunteer on the same VBS

registration link as their kids. Teens and adults who don't have children attending have a separate link to sign up. Both are included at wckids.org. For more information, contact Denise Bennett at dbennett@whiteschapel.org.

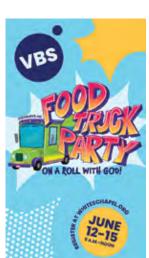
"We are all called to be disciples of Christ, and it's just FUN!" said WC Kids Co-Director Denise Bennett. "There is no better way to spread the Word to churched and unchurched kids than VBS. Your heart will be filled with love for all these kids who think you are the absolute best for volunteering. And, in the process, you are showing the kids how to love Jesus through your example of serving the church."

A guide training/workday will be held on Tuesday, June 6 from 9 a.m. to noon. All other volunteer areas (except snacks) will meet on Wednesday, June 7 from 9 a.m. to noon. Childcare is available by request and volunteers will need to have a current criminal background check on file or fill out a new one for this VBS.

"There is nothing better than watching the kids learn about Jesus, make new friends and go home happy each day," Bennett said. "The joy in their faces as they get to have fun AND learn about Jesus is worth every hour spent preparing for the week. It truly is my favorite week of the year!"

Summer Trips WC Students

There are two mission trips coming up for WC Students! Middle school students will serve the community of Little Rock, Arkansas during the Middle School



Mission Trip, held June 12–16. Then, high school students will go on the High School Mission Trip, July 9–14, in Memphis, Tennessee. These exciting trips will provide students with an opportunity to serve a community in need while growing in their faith alongside their peers. While the Middle School Mission Trip has enough leaders for everyone to attend, at least seven adult leaders are still needed for High School Mission Trip. Once

these volunteers sign up, all the high schoolers who are currently on the wait list will be able to attend.

"We still are in need of Adult Leaders for the remaining High School Mission Trip wait-list students," said the leaders of WC Students. "Not only will you be making a way for five more students to attend who are on the wait list, you will also be filling the important role of helping students connect with God through loving service to their neighbor. Their lives will be changed, but the truth is you will be changed too. In our time in student ministry, we have been witness to countless adults being blown away by their student mission trip experience, and it might have the same impact on you!"

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). WC Students 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 volunteer.

"We hope you will consider joining us," said the leaders of WC Students. "We are happy to answer any questions or concerns you may have... If you have ever wanted a shot at being a hero for a week, this is definitely it!!"

For more information about WC Students or the upcoming mission trips, please contact Darla Barnes at dbarnes@whiteschapel.org. Registration for adult leaders is available at wcstudents.com.

COMMUNITY CONNECTIONS





Blood Drive—This Sunday! May 21 | 8 a.m. to 2 p.m.

Consider donating blood as we partner once again with Carter BloodCare! Sign up online for a time slot to give blood right on campus. The mobile bus will be parked near the Center for Spiritual Care. Walk-ins are also welcome. If you have any questions, please contact Dianne Will at dwill@whiteschapel.org.
ww3.greatpartners.org/donor/

schedules/drive_schedule/136794

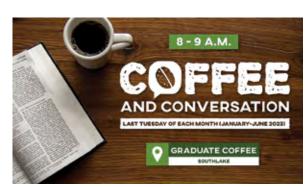
Next Question Podcast Released Periodically on the WC Website

We all have questions—about our faith, about Christian history, and—perhaps—even about the best place to get a burger. Next Question, a podcast hosted by Rev. Sam Robbins, covers it all. Listen in to lively discussions with the Co-Pastors and other guests as they discuss interesting topics and answer a few of life's questions. Have a pressing question for our host? Send questions to questions@whiteschapel.org. Your question may be featured in the next episode!

Listen at: whiteschapel.org/podcastnext-question

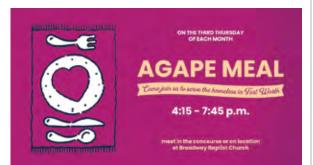
WC Quilters Monthly Quilt Together Thursday, June 8 | Noon to 4 p.m. Adult Education Building, Room 3204

Join WC Quilters on the second Thursday of each month for a time of quilting and fellowship. Beginners and experienced quilters are welcome! Contact Catherine Sheffield at (972) 355-1031 for more information.



Coffee & Conversation Tuesday, May 30 | 8 to 9 a.m. Graduate Coffee in Southlake

Join Rev. Sterling Smith for a refreshing cup of coffee and stimulating conversation. Stop by for a minute or an hour to be with friends, both old and new. Want to know more about White's Chapel, its programs, or ministries? Love sharing faith stories? Relish in exploring the Bible? Then Coffee and Conversation is for YOU!







Prayer List

John Ahern, Jess Bailey, Jack Bair, Floss Barham, Glen Barndollar, Carol Barret, Walt Barret, Irene Beauchamp, Dick Belter, Joyce Billingsley, John and Dianne Bishop, Bethia Blomquist, Sean Bogan, Cheryl and Ernie Brashear, Ron and Carol Bryant, Bobbie Cameron, Nikki Campbell, Marty Casada, Connie Center, Anika Chand, Pam Conley, Sandra Courson, Jim Cox, Leigh Crain, Bristol and Kayla Davis, Levi Dietz, Bobbi Dunbar, Audrey Dusendschon, Wilma Dykman, America Ellis, Brian Fenley, Mark Fidler, Frank Forcelli, Sam Fryer, Scott Gardner, Steve Garrison, Jean Gray, Jane Grazer, Anna Griffith, John Guthrie, Judith Hallam, Joe and Jan Hennig, Art Hill, Scott Hoffman, Dennis Howry, Bill Jacobs, Monica Kaminski, Katie Kavanagh, Tom Kelly, Rick and Martha Kinsella, Kevin Kolbye, Linda Kurtz, Gary Lackey, Connie Lamb, Sam Lapp, Janet Levy, Christina Lim, Carol Lloyd, Robin Long, Shelley Luther, Taylor Lynde Timms, Jared McAda, Vonna McMeans, Jenny McNew, Wayne Meckley, Buddy Mincey, Dick Morgan, Thomas W. Morris, John Nadeau, Ali Nava, Billie Nichols, Mary Mardovin Pekowski, Barbara Pico, Kathy Pierce, Sandra Pratt, Charles Price, Jim and Mary Renner, Kim Rhodes, Allison Rice, Johnnie Ruth Rogillio, Carter Schultz, Paul and Laura Sewall, Kevin Sharp, Larry Shirley Jr., Craig Sikes, Bertha "Dicy" Smith, Sid Soileau, Diane Speelhoffer, Bob Sward, Jim Takemoto, Jasper Talley, Kaelib J.T. Thomas, Carolyn Thompson, Jenny Thornell, Bill Thornton, Buster Thrasher, Mary Thurston, Charlene Wahrmund, Martin Walker, Lucy Weaver, Dick Williams, Joni and Boyd Williams, Ken Williams, Freddie Wright, Joanie Yeats, Dave Zebriski, Charlie Zinger. Recent deaths: The Family of James Borgese, The Family of Pam Brown, The Kenny Brown Family, The Family of Michael D. Bussell, The Family of Dainah Chandler, The Family of Jim Curts, The Family of Homer Feuchter, The Family of Dennis Green, The Family of Jerene Kilpatrick, The Family of Kosse Maykus, The Family of Claudette Morrow, The Family of Sidney Mae Olson, The Family of Ted Powell, The Family of Eulene Rowell, The Family of Diane Shafer, The Family of Betty Marie Sipes, The Family of Mary Spain.

You may submit prayer requests at whiteschapel.org/prayer-request.html



FEED OUR KIDS



JUNE 5-9, 12-16, JULY 24-28

11:15 A.M. - 12:45 P.M.



TO SIGN UP/FOR MORE INFO EMAIL: CARRIE.SCHOOF@GMAIL.COM

White's Chapel is again supporting "Feed Our Kids," a GRACE summer weekday program that provides lunches for approximately 85 to 100 kids per day. In Grapevine, the group usually feeds about 35,000 kids. This year, White's Chapel is looking for volunteers to fill the first two weeks of June as well as the last week in July. Volunteers will hand out meals (and sometimes small items such as books, bubbles, sidewalk chalk, or toys) at the GRACE Ticknor Terrace location from 11:15 a.m. to 12:45 p.m. each weekday for the two weeks in June. In July, volunteers will be at the GRACE Shady Oaks Outreach Center location. Teams of volunteers will sign up for a day. Each team is responsible for buying food, and then making and serving the meals.





