



CHAPEL CHIMES

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Paul's Ponderings...

Paul's Ponderings The Chapel Chimes May 2021

Over the past year our Board of Directors has continued to make decisions based on their love for all of us. When the Covid-19 public health crisis struck, their foremost thought was the health and safety of those who call this Chapel their home and I commend them for their Christ-like decisions and applaud them for their ability to lead us all through this pandemic. For the members of our Board it was a unique challenge and with God's blessings and the Holy Spirit working through each of them, our church now stands on the declining side of this crisis having suffered only a handful of cases, one hospitalization and regrettably, one death...may Joe Ambrosio rest in peace.

As I have spoken to many of you over this past year it has become clear that one of the hurtful side effects of this pandemic has been the increased anxiety we have all suffered. This anxiety, coupled with actual isolation and deep loneliness has brought about feel-

ings of hopelessness and even outright depression.

Some of the actions that our Board took to combat this rising tide of anxiety was to pause in-sanctuary worship and at the same time, increase our efforts at outreach to the community and allow me the freedom to devise new and creative ways of worship and pastoral care. How, you ask, did this decrease all our anxiety? Well, by increasing our outreach to those in our community who were desperate for our help we were able to take our minds off our own troubles and fears as we concentrated on the essential and immediate needs of others. Making sure that we had opportunities for fellowship and worship and access to pastoral care created as much of a feeling of normalcy as was physically and digitally possible.

Yet, I believe that the Board's greatest contribution to our mental health during this pandemic was their decision to pause in-sanctuary worship... a decision they based on prayer and all the science and public health advice they could digest.

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If they had not made this timely decision each of us would have had the increased anxiety of waking up each Sunday morning with all these conflicting thoughts going through our heads...“I want to go to church...I know it’s the right thing to do...but I just don’t feel comfortable...no, more than that, I am frightened...what will others say about my absence...what will God think about my unfaithfulness...I really need to see my church family...I just can’t go this Sunday...maybe next Sunday.” And, each Sunday we would have had to go through this anxiety heightening decision making process, over and over again, and each time hopelessness and the pain we felt, whatever our decision, would have increased.

I pray that each of you will pick up the phone or write an email to one of our 2020 or 2021 Board members and express your thanks for their love and leadership.

But, we are approaching a new day. With increased access to Covid-19 vaccines many of us are “anxious” for a return to normalcy, or at least to whatever this new normal will become. And, I believe there are going to be unanticipated and undesirable reactions during this transition. After so much isolation noises will be louder, colors brighter, touch more tactile. A simple trip to the mall will seem like Black Friday and returning to larger group gatherings is going to lead to social fatigue, overload, and cogni-

and cognitive exhaustion.

What are some tips to ease our transition back to a more normal life?

Identify the positives during the pandemic:

Many of you have told me about extreme stresses during the pandemic, but when asked about moments of gratitude amid lockdown, you have offered stories of learning to appreciate dinners with your entire family, enjoying walks with your spouse, focusing on exercise, diet, and health, and visiting local parks for the first time. I’ve also heard about the positive affects of staying in your pajamas all day and binge watching your favorite T.V. series. Some have focused on God’s blessings and have become more empathetic to the needs of others, more compassionate, more forgiving.

Focus on those you love:

Each of our reactions to the pandemic are distinctive and individualized. Talking to family, friends, co-workers, and members of our Chapel about this past year strengthens our love for each other and provides an opportunity to become supportive of others...which then increases our spiritual and mental well-being.

Rejuvenate:

In the same way that we feel tired after sitting for hours in a car or on a plane, sheltering in place was not restful. Instead, it

made us restless. As we begin to spend more time outside our homes again, make a point to engage in activities that will restore your energy and vitality. Have some fun. Celebrate for no reason at all or simply because God is so good.

Recognize that you have been transformed:

The coping mechanisms that we used to survive Covid-19 have changed each of us. Now we need to drop those coping skills we do not wish to continue...like over exercising or continuing to develop that Covid sweet tooth.

Remember that haste makes waste:

According to those who study these things, it takes 60 to 90 days for new habits to form and become comfortable...even automatic. So, give yourself two or three months to gradually return to old habits or to develop new routines for the new you. Take time to think about how you will craft a new Spirit-filled normal that will honor Jesus, glorify God, and witness to those around you.

Peace,
Pastor Paul



Chapel Prayers

*Rejoice always, pray without ceasing, giving thanks in all circumstances, for this is the will of God in Christ Jesus for you.
(1 Thessalonians 5:16-18)*

Prayers of Concern:

For every family that has been touched by Covid-19
For families that are torn apart by political differences
For Asian/Americans living in fear of violence for every family that has been touched by Covid-19

For the children escaping terror and coming to our southern border and for the people who care for them in a difficult situation

For our leaders who are trying to provide a strategy to solve our immigration problem and humanely care for so many as we wait on a resolution to this crisis

For our blindness to racial inequalities leading to continuing civil unrest

For the safety of all our citizens including protestors, police officers, and our National Guard

Chapel Prayers

Special Prayers:

Pat Kibbie, Lori and Jim Milliman's friends
Gardenia Flores, Daisy Kirit's sister
Juster Machovi, a Kenyan student sponsored by Bob Donaldson
Bruce Lowe and Christina Buble
Jeanne Stephan, friend of Lore and Ralph Olsen
Rob D'Amatto, Rob and Elvia Guadalupe's son-in-law
Sally Bagdan
Marjorie Gump, friend of the McCaskills and Sweeneys
Laura Lentz, Mary Tuft's niece
Sarah Hewitt and Heather Tuft, Mary Tuft's family serving in the military
Tom Sullivan, Peggy Olson's friend
Candy McLeod, Shirley Percival's family
Rider, friend of Shirley Percival's
Rich De Luca, Bob Donaldson's friend
Cathy Phillips, friend of the Sweeneys and McCaskills
Karen Fredrickson, Bob and Pat Donaldson's daughter-in-law
Bill Hinson, Jane and Charles' son
Ernie and Lucy Dunn Martin
Phyllis Mahin
Jessica McInnis, Jean Lawrence's niece
Nick Williams, friend of Tim and R.J. Peppe
Nancy Bingle, Pat Dantzer's friend
Reverend Bill and Marty Bruner, Peggy Olson's cousin
Lynn and Keith Mathews, Peggy Olson's family
Eddie and Annette McInnis, Jean Lawrence's brother and sister-in-law
Alyssa Sladen, Peggy Olson's granddaughter
Patty and Jackie Madden
Susan and Darrell Marks
Vickie, Shirley Percival's neighbor
Jennifer Grgurevic, Elvia and Rob Guadalupe's daughter
Cathy and Calvin Phillips, friends of Wanda McCaskill
Michael McCaskill, Harlan's cousin
Lulla Shuey, Pat Dantzer's daughter's mother-in-law
Debbie Guenther, John Caggiano's sister's best friend
Mike Natali, Bob Dantzer's son's partner
Mary Faas, Carole Faas' daughter-in-law
George Depuy, Carole Faas' granddaughter's fiancée
Sue and her husband, and all of David Grubbs' co-workers

Chapel Prayers Continued:

Deborah Rush
Thomas Martin, the father of Peggy Olson's grandson's girlfriend
Sandra and Robert Rickards, Jean Lawrence's brother and sister-in-law
Kate Halus, Peggy Reuter's sister
Nicole Olson and her family, Peggy's daughter-in-law
June Ann, Shirley Percival's daughter
Bruce Lowe
Henry Boore
Michael

At Home:

Jane and Charles Hinson
Mary Tuft
Nancee Letter
Rob Guadalupe
Pat Price
Bob Dantzer
Jim Beck
Dorene Tichenor
Sue Van Horne
Connie Ambrosio
Wil and Nancy Ayres
Jeff Lowe and Sinbad
Ralph Olsen
Mary Tuft
Marilyn McCaskill
Pat Donaldson
Mary Kay Allen
Henry Kelly
Bud Holzerland

Upcoming Medical Procedures:

Phil Thingstad

Chapel Prayers Continued:

Prayers of Thanksgiving:

For the Covid-19 vaccine...
as of this date 78 members of the Chapel have received their full vaccination

For our children and grandchildren who are now beginning to be vaccinated

For our Care Deacons who touch us with their love each week

For the generosity and faithfulness
of all our brothers and sisters here at the Chapel

For everyone working in God's name to feed the hungry children of our county...
those who donate to our ongoing food drives for Backpack Pals and Matthew 25:40

For our Nominating Team as it continues its work to discern God's will for the future leadership of our Chapel

For our Mission Team and all the volunteers who produced such a successful Rummage Sale

*Hear my cry, O God;
listen to my prayer.
From the end of the earth I call to you,
when my heart is faint.*

*Lead me to the rock
that is higher than I;
for you are my refuge,
a strong tower against the enemy.*

*Let me abide in your tent forever,
find refuge under the shelter of your wings.*

*Selah
Psalm 61:1-4*

Worship Team (submitted by Peggy Olson)

The Team met on April 13th and had an interesting ZOOM meeting with 11 of 14 members present. In an hour we accomplished a great deal. The majority of our time was spent discussing the work that Drew Augustyniak and Pastor Paul did developing a "RETURN TO IN-SANCTUARY WORSHIP PLAN" with information from the survey done by the membership and information gathered from various sources. With some elimination, modification and addition, the proposed plan was approved unanimously by the Team and sent to the BOARD for answers to some issues and their final approval. As soon as those questions are resolved on a Board level and we have received final approval, the plan will be sent to the membership so all will know exactly how we are going to "Return to the Sanctuary for Worship"! Watch for it as a Constant Contact message from Leslie.

We voted to continue to worship using ZOOM until the Board establishes a date on which we can return to in-sanctuary worship. At, last check, we had 78 members with both vaccines and when we are comfortable, we will return to the sanctuary. I am sure a date will be confirmed by the Board soon.

The other exciting part of our discussions concerned Drew's work on the establishment of a "Framework of Parallel Worship Services" With the new equipment purchased by donations in memory of Gerry Moss, we will be able to stream a service to the Fellowship Hall and have a ZOOM service broadcast at the same time as we are live in the sanctuary. We are waiting for the final 40% of the equipment to be delivered and are hoping installation can begin in the next week or so.

However, to accomplish our plan, we need volunteers! We need Ushers and Audio Visual volunteers who will be trained for a variety of positions. Please consider volunteering for ushering or as an audio visual volunteer, call Leslie and she will give your name to Kathy Goodman, Dan Stoltz or Drew. Pastor Paul will be training Ushers and Dan and Drew the A.V. volunteers. Please Call!!!

Once we can return to the Sanctuary for in-service worship, we will follow the present CDC recommendations and require mandatory masks and seating six [6] feet apart, with reservations required. As we move closer to that date and there are any changes in those requirements from the CDC, we will adapt our requirements to those changes.

The Team looks forward to being able to sit in the Sanctuary, to listen to Paul and Tamara, to admire flowers both inside and outside, to actually join friends and neighbors in person, and to do all this safely!



Mission Team (Submitted by Tracey Olsen)

April Report for May Newsletter 2021

Friend to Friend:

Items were delivered to Friend to Friend.

Rummage Sale – April 17, 2021:

We made \$3,563.09 which included the 50/50 Raffle that brought in \$122.00

Expenses for all advertising and signage \$367.52

Transfer to our checking account \$3,195.57

Pilot Advertisement: \$73.00 We advertised in the Sunday edition and Wednesday edition prior to the sale and it runs daily in the electronic paper online.

Grand Total \$3,195.57

T shirts profit \$322.68

FYI Past Sales

Fall 2020 Income \$1,362.26

Spring 2019 (2 years ago) \$4,192.61

The income from the t-shirt sales almost paid for the advertising.

April's Mission Team meeting was held on Friday, April 23, 2021 at 10AM in the Fellowship Hall.



Music News (Submitted by Tamara Lee)

Over the last year, choirs across the world have had to make difficult choices, and our own choir is no different. Choir members I have spoken with mention grief over not being able to “make a joyful noise” together these many months. And it is no wonder. Every now and then, choir members will forward to me articles they have come across that boast of the health benefits of singing together in a group. One article, from healthline.com, November 10, 2020, lists benefits that I imagine will have choir members nodding in agreement.

First, singing out loud relieves stress. Studies have shown lower levels of cortisol after singing in a place where singers wanted to be, such as church, as compared to levels measured before singing. In this most stressful year, it would have been good to be able to sing along in church, both in the choir loft and in the pews.

Second, singing stimulates immune response. Again, studies have measured the presence of antibodies both before and after singing along, and levels were measured higher after group singing. We secrete these antibodies, immunoglobulin A, to fight off infections. Listening to music, even group singing, measurably reduces our stress, but does not stimulate our immune system. And yet this is a time we most need to strengthen our immune systems.

Third, singing in a group triggers endorphins, and gives us a positive feeling of social connection. As we abandon shaking hands and hugging, singing can still give us a way to connect socially, and most people I have talked with long for and crave a sense of being connected to our fellow humans.

As we learn more about the mental and physical effects of the COVID19 virus, it is good to remember and be grateful that God gave us the gift of music, especially singing together, primarily to worship Him, but with the added benefits of improving and strengthening our mental and physical health. And as we acknowledge our grief in losing the gift, we hope only temporarily, let’s hum along to radio, records, each other, and keep those vocal cords warmed up and in shape!

Blest be...
Tamara Lee



Nominating Team (Submitted by Dot Macdonald)

The nominating team has been busy trying to identify Chapel members who would be ideal candidates for leadership positions in the church. You are each invited to propose a name (or two) to our team of someone you feel might be interested in learning more about the service opportunities that are available. E-mail your thoughts to dotjmac1957@gmail.com. Please keep our team in your prayers.

Chapel Board Members

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Sue Barry - 910-466-9100 - suelongdrive@yahoo.com

Dot Macdonald - 910-673-3866 or 910-470-0939 -
dotjmac1957@gmail.com

Blue Baker - 910-783-6486 - blue.baker3@icloud.com



Seven Lakes Cemetery (submitted by Mike Barry)

Current updates and Pricing Structure for Chapel and Seven Lakes Cemetery Columbaria and Seven Lakes Cemetery

Current Updates

The Cemetery Columbarium top and front ledge has been pressure washed and all mortar voids have been filled. The front ledge has been sealed with clear sealer and the top has received two coats of waterproofing sealer. The work comes with a 15-year warranty.

The two Columbaria in the Chapel front courtyard have had both top surfaces pressure washed, all mortar voids filled, and both have received two coats of waterproofing sealer. The work comes with a 15-year warranty.

Pricing Information

For members of the Chapel in the Pines only:

Single columbarium niches at the Chapel \$900.00

Double columbarium niches at the Chapel (new addition) \$2,000.00

*Special pricing for Chapel members who have already purchased single niches at the Chapel Columbarium or double niches at the Seven Lakes Cemetery who would like to convert to double niches in the new addition at the Chapel Columbarium has been established.

For members of the Chapel in the Pines and all others:

Double columbarium niches at the Seven Lakes Cemetery \$1,800.00

Cemetery plots \$1,200.00

*All columbaria pricing includes engraving and interment.

*All pricing for cemetery plots covers the cost of the plot alone.

For the answers to all of your questions about the purchase of cemetery plots or columbaria niches, please contact Mike Barry, Chapel Cemetery Director at sevenlakescemetery@7lakeschapel.com or (910) 466-9100 or Leslie Kern, Chapel Administrator at (910) 400-5188 or ctip10@7lakeschapel.com.



President's Report (Dick Van Horne)

- Many thanks to all who continue to support the Chapel with your Time, Talent and Treasure.

Finance Team Report (Submitted by Dick Van Horne)

Through March 2021, Chapel Income and Expenses continue to meet our Budget goals. Bank accounts and CD balances remain above \$270,000 and Schwab Account stands at \$66,430.



BackPack Pals and Matthew 25:40 Programs

BackPack Pals and Matthew 25:40 Programs

We Need Your Help—Please Donate as Often As You Can!

BackPack Pals Items Needed

Juice Boxes, any flavor

Pop Tarts, any flavor

Peanut Butter/Cheese Crackers

Matthew 25:40 Items Needed

Capri sun Juices, any flavor

Pop Tarts, any flavor

Chef Boyardee Micro Cups, in yellow and red

Small water bottles

Protein Bars, all flavors



May Birthdays

5-1: Lowell Boomgarden

5-1: Glenn Hussein

5-8: Connie Ambrosio

5-10: Dick Van Horne

5-10: Marilyn McCaskill

5-10: Ray Tourt

5-13: Betsy Mikula

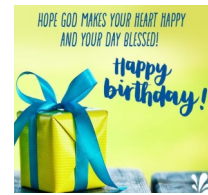
5-14: Connie Marshall

5-17: Bob Dantzer

5-21: Barbara True:

5-23: Jane Lowe

5-28: Ann & Ava Bryan



May Anniversaries

5-1-82 Dick & Sue Van Horne (39 Years)

5-27-78 Reverend Paul & Julie James (43 Years)



Schedule of Upcoming Events for May, 2021 (updated by Leslie Kern)

May 2: 5th Sunday of Easter

10:15 Board Meeting

May 4: 6:00PM Worship Team Zoom Meeting

May 9: 6th Sunday of Easter

Mother's Day

May 13: Ascension of the LORD

May 16: 7th Sunday of Easter

May 23: Pentecost

May 30: Trinity Sunday

May 31: Memorial Day

