

ANNOUNCEMENTS

**If you have heard the call of God and are interested in learning more about being a follower of Jesus, considering baptism, or desire to become a member of this church family, talk to Pastor Scott.*

**If you are a Guest or a First-time Worship Visitor, make sure you find your way to our Welcome Table in the narthex. It has special information just for you.*

Expressions of Thanksgiving....

We have recently experienced God's love through others in so many ways...cards, calls, meals, visits and prayers. I am slowly regaining my strength and hope to be back at church soon. Many thanks for your concerns. Blessings to you, our church family. John and Marilyn Garber

Collection for Shelburne Middle School Students, now until May 18! List of single serve, non-perishable items is available in the Narthex. Have any questions; Contact Hannah Simmons.

Seniors' Bake Sale and Men's Chicken BBQ is April 27! Come get some treats from our Seniors; and the Men's Fellowship will be cooking chicken, and you can buy "just 1 more" for someone's dinner at the Valley Mission. Please fill out an order form for your BBQ and return to the church office.

Stitch and Chat is tomorrow at 1:00 p.m. Come join us!

"Proclaim Christ; Reclaim Passion" is the theme for this year's Annual Conference to be held July 3-7 in Greensboro, North Carolina. Delegates to the conference will review the 'Compelling Vision' process to "...identify common threads and themes that might point to a shared and compelling vision" for the denomination. For more information, visit www.brethren.org/ac/2019/.



Come to remember and celebrate the Last Supper this Thursday, April 18, at 6:00 PM. We will do the things that Jesus instructs us to do. Come to the table for Feetwashing, Love Feast, and Holy Communion.

Childcare will be provided; please make sure to sign-up if you will need childcare. Volunteers to provide childcare are also asked to please contact Debbie Clark.

Special Easter Sunrise Service this year as we host the Community of Churches at 7:00 AM, inside this year. The service is planned by a group of historically black churches and will include Holy Communion. Bring your flowers for the Living Cross that will be set up in the Sanctuary. Breakfast for all will follow at about 8:30 AM. We are asked to bring additional breakfast foods this year to supplement the Men's Fellowship Pancake Breakfast. Let's break down some barriers and open up the tomb! Our Sunday School time will then continue at 10:00 AM, followed by Easter Worship at 11:00 AM.



Easter Egg Hunt is today following worship! There will be games and Activities, and Lunch.. All ages welcome; older folks will hide the eggs; younger folks will hunt.

District Ministries Auction May 17-18, Volunteers Needed! Information is in the April Lamplighter. Sign-up forms and further information is on a table in the foyer. Al Cline or Bob Armbruster will be glad to provide any assistance.

April is National Child Abuse Prevention Month



COOKBOOKS! are available for \$10, with net proceeds going toward the Capital Expenditure Fund. See a member of the Rebecca Circle.



Happy Home Flavorings The Mary Martha Circle is selling assorted Happy Home Flavorings, an excellent product for \$3. See Debbie Landes.

The 2019 Spring Congregational Business Meeting and lunch is Sunday, April 28 following worship. The Youth will be providing lunch. Packets are available for pick-up in the Narthex today.

Contact Information

Pastor Scott's email is: sduffey11@gmail.com

Cell Phone: 540-414-1539

Office Manager Annie Collins' email: secretaryscob11@verizon.net

Office hours: 8:00-1:30, Office Phone: 886-8655.

Christian Ed. Director Linda Abshire's email is: ldkabshire@verizon.net

Her office hours are Mon., Tue., Wed., 9 to 1 p.m. Home phone: 248-3214.

Youth/Young Adult Director Amy Farthing's email is

hokiebirdamy@verizon.net. Cell phone: 804-814-5515.

Church Website: www.stauntonbrethren.org

Like us on Facebook: Staunton Church of The Brethren

Free Bible for anyone who needs one – Ask an Usher

CDs of each Sunday Worship on the table in the narthex

CD players to borrow to listen to Worship CDs

Church Newsletters for the month on the guest table

Check the Bulletin Boards for more information

AUTISM SPEAKS

**APRIL IS
WORLD
AUTISM
MONTH**

Help increase understanding and acceptance

TAKE THE PLEDGE
AutismSpeaks.org/WAM

#LightItUpBlue

**Total collected last week for
Blue Ridge Area Food
Bank: 84 pounds!!**

**“Is God in your Will?”
Remember your church in
your estate planning.**

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**May Ushers:**

Bob Weiss, Larry Adams,  
Scott Shomo, Sally Shomo,  
Dick Bartenslager

**May Counters:**

Sally Shomo, Ann Swink

# MANAGING STRESS

**Stress is a fact of life**, but it's how you manage it that counts. You'll find it more beneficial to respond positively to stress than to react in a kneejerk way. You need to be in control of your thoughts, emotions and actions. You can't take care of others unless you first take care of yourself. When you are stressed it's important to practice self-care.

- **Use your breaks at work to breathe and relax.** Get out and take a short walk, change the scenery. If you have a door to your office, close it and do a quick meditation exercise.
- **Take at least three to five minutes every hour to become aware of your breathing.** Let your mind settle and relax. Use this time to focus just on the present, rather than recent or expected stressors.
- **At the end of the day congratulate yourself for your accomplishments.** Acknowledge the work you've done and be proud.
- **Take time out to focus on the positive and relax.** Smile, whistle a tune, spend time with your pet, walk, hike, dance, sing. Keep a gratitude journal and write in it every day.
- **A simple smile can turn a bad day upside down.** Take time to give someone a compliment. And, do something for yourself – eat some chocolate, practice kindness, laugh out loud, watch a sunset, focus on your senses.
- **Avoid drugs and alcohol.** You may look at this as a temporary fix to feel better, but in the long run drugs and alcohol can create more problems and add to your stress—instead of taking it away.
- **Find support.** Don't be afraid to ask for support. Seek help and support from positive people in your life, a family member or friend for example. Having someone with a sympathetic, listening ear and sharing your stress really can lighten the burden.
- **Connect socially.** After a stressful event, it is easy to isolate yourself. Make sure you are spending time with loved ones. Consider planning fun activities with your partner, children or friends.
- **Take care of yourself.**
  - Eat a healthy, well-balanced diet.
  - Exercise regularly.
  - Get plenty of sleep – six to eight hours a night.
  - Give yourself a break if you feel stressed out for example, treat yourself to a therapeutic massage.
  - Maintain a normal routine and a sense of humor.
  - Be optimistic. Engage in positive thinking.
- **Stay active.** You can take your mind off your problems with activities like helping a neighbor, volunteering in the community and taking the dog on a long walk. These can be positive ways to cope with stressful feelings.
- **Find ways to relax.** Become proficient in meditation or mindfulness or take a yoga class.



# Men's Fellowship

## Chicken Barbecue!!!



**Saturday, April 27, 2019**

**Buy 1, buy 1 more for  
the Valley Mission**

**Price per Half: \$4.50**

**Please place your order early!**

**You may pay when you pick up your order.**

**Pickup time 10:00 a.m.**

**Please return your order form to the Church Office.**

**Name: \_\_\_\_\_**

**Phone: \_\_\_\_\_**

**Number of Halves YOU WANT: \_\_\_\_\_.**

**Total Halves: \_\_\_\_\_.**

**Thank you for your order!**