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# MOUNT CARMEL NEWSLETTER

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## Cultivating the Spirit

I don't know if any of the preschool teachers witnessed it happen, but if they did, I imagine it was an awful site. One minute a 5-year-old boy is chasing friends across the church playground, the next minute he's gone. Vanished. Although somewhat fragmented, I still vividly recall the scene. The sound of metal and concrete scrapping together, the earth giving way, and then, approximately eight feet later... cold, wet, and dark. That's what falling into a manhole feels like. I know because that's what happened to me. I can't say I remember specific feelings and thoughts, but I do know the general details of the story because it's been told to me and I have retold it countless times. Legend has it, I never cried for help, or shed a tear, nor was I in a state of shock. Despite those reports I'm sure I was scared. Now before you go thinking, "here comes the miracle," let me say, I do not recollect hearing any whispers from God. I did not find super strength within myself to climb out. I have no memory of being surrounded by a warm, hopeful presence. I was rescued by the church's pastor. James T. Richardson found a ladder and climbed down into the hole. When he found me, I had gathered myself into a tiny ball, my face was pressed into my knees, and my hands were cupped over my ears.

I was just waiting; alone, still, and silent.

So, my church story began with childhood trauma and to this day I don't have the best relationship with playgrounds. However, the experience also gave me some courage about the future. The unthinkable could come to pass. I could literally be swallowed by the world around me, completely overwhelmed, in over my head, too small and too weak to pull myself out...and live to tell the tale.

That's the tension I've been working through for the last forty years. I have proclaimed the importance of moving from dark to light, from solitude to community, from silence to joyful noise. I've been half right because none of those transitions ensure hope, peace, and joy. At least not when it comes to anxiety. Sometimes the proclaimed "playgrounds" of the world are the very places that swallow you whole. Sometimes it's all the bright lights, the crowds, and the noise that overwhelm and isolate us. At least it feels that way more and more.

Today our world is more connected, busier, and louder than ever before. Our brains and bodies never stop. We know what's happening all over the world the minute it happens. We get lost in Wikipedia rabbit holes filled with more information than we can process. Children are being documented and judged by their friend's phones. Kids are in school 8+ hours a day. Adults are working 8+ hours a day. On top of that, school and work now come home with us via phones and computers. On top of that we are supposed to be volunteering in the community, supporting charities and civic organizations. On top of that we have sports and recreation, band recitals, and club meetings to attend. On top of that we need to maintain healthy exercise routines, go for runs, ride Peloton bikes and join gyms. On top of that we should have some form of a social life, which includes keeping up with the 733 closest friends we made on Facebook. Most importantly we have to stay up to date on the latest news, because we are supposed to have well informed opinions and strong convictions about situations we feel powerless to change.

I live in that world. My wife lives in that world. My children live in that world. My neighbors and my church live in that world. It's a world where everyone is running as fast as they can and shouting as loud as they can. Our hearts are pounding and our minds are racing while searching for meaning and purpose in a blur of noise and activity. We are literally being swallowed up by the world around us, completely overwhelmed, in over our heads, too small and too weak to pull ourselves out. Five-year-old Barrett whispers to forty-five-year-old Barrett, "There's another way..."

*O Beauty ever ancient, ever new, you were within and I was outside myself.”*

As a child I was forced by an uncomfortable situation to find shelter from too much. The place I went was *WITHIN*. Unfortunately, I have been outside of myself for so long that I’m not certain I know the way back. Especially amidst the business and noise of today’s world. It’s isolating and deafening. I appreciate the words of Jesus, who said, “you are worried and distracted by many things, but few things are needed...or indeed only one.”

It’s a good word. I have too much. I want too much. I’m surrounded by too much. I’m buried in the too much all around me and I want to climb out, but everywhere I turn there’s just more. The only place I’ve been hesitant to look...is *WITHIN*.

For centuries going *WITHIN* was almost exclusively the way people spent time with the creator and centered themselves. For our predecessors’ contemplative practices like, centering, simplicity, solitude, and silence were a common part of life. They mediated to open the eyes and ears of their hearts and minds. For them quiet time alone was viewed as essential and restorative. For them simplicity was freedom. If we were to practice that perspective, how might we be changed or healed?

At nearly 45 years my mind often goes back to that 5-year-old version of me sitting at the bottom of the manhole. I’m sure there are clinical terms for what I experienced, but I think what happened had just as much to do with my spirit as it did my brain and I want to cultivate that. I want to find my way back to that safe space *WITHIN*. A space where the creator already lives and waits for me. A place where there’s more that remains unexplored than all the world around me. R.S. Thomas said, “Too fidgety the mind’s compass.” That’s why I’ve chosen to cultivate the spirit as well.

By Barrett Freeman

This article appeared in the blog *Clergy Reflections on Mental Health*, April 28, 2025

## Sermon Series



## Calendar

**Jun 1**

Graduation Sunday

**Jun 2 7pm**

College & Young Adult Gathering

**Jun 7 8am-2:30pm**

Dental Bus

**Jun 8 7pm**

Deacon Leadership Council Meeting

**Jun 9 7pm**

Deacons Meetings

**Jun 10 2pm**

XYZ to Temple Theater

**Jun 11 6:30pm**

Redeemed Harmony Music  
Special

**Jun 25 6:30pm**

Church Conference

**Jun 28**

Youth to Durham Bulls

## Coming Up

### Graduation Sunday June 1

Graduates from the larger church family will be recognized in the church bulletin - Please let Will Haas know the names and schools of graduates no later than 5/26.

A special luncheon honoring the MCBC Youth high school graduates will follow the 11am service in the Fireplace Room.

### Dental Bus

Saturday, June 7  
8am-2:30pm

at Mount Carmel Baptist Church

2016 Mt Carmel Church Rd, Chapel Hill

FREE DENTAL CLINIC

Visit [www.mcbbc1803.org/signup](http://www.mcbbc1803.org/signup) to reserve your spot as a patient



**XYZ to Temple Theater**  
to see *How to Eat Like a Child*  
**Saturday June 21 @ 2:00pm**

**Cost \$15**

Reserve your spot by  
making payment with  
the church office

Options:

\*Carpool from church 11:15am

\*Meet at lunch 12:00pm

(Mrs. Lacy's Magnolia House)

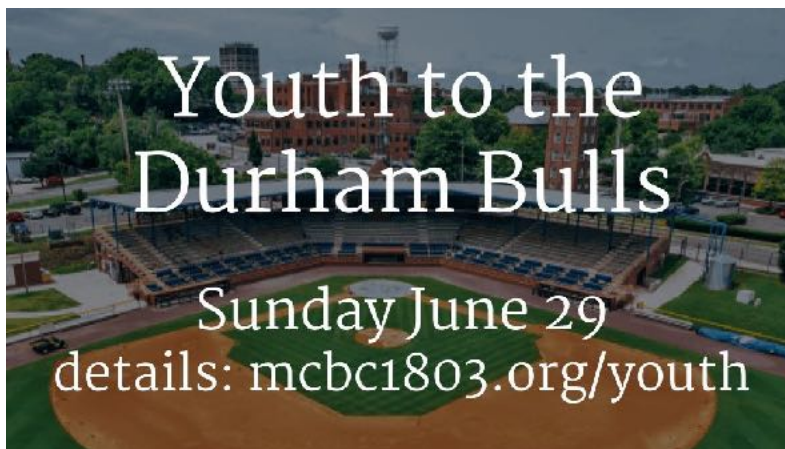
\*Meet at box office 1:45pm

### CHURCH CONFERENCE

WEDNESDAY,  
JUNE 25TH  
6:30PM







## Get Involved



Our May meeting centered around Taffy Moore, who celebrated her 100th birthday on May 19. We had a surprise party for her, with potluck luncheon, in the Fireplace Room. Leona Whichard and Sharon Elmore created a picture album for Taffy, with memories and best wishes from past and present WOM members. Our May mission project focused on the Prison Ministry, and we collected many reading glasses, cards and stamps. Thank you ladies!

Our next meeting will be on Monday, June 2nd. We will gather in the Fireplace Room of the Fellowship Hall, 10:30-Noon. The June program will include a speaker from Chatham Reads, who will educate us on the organization's purpose and needs. The mission project for this meeting will be to bring items for SECU house. Feel free to contact Manna Traas-Chapin if you need info about what items SECU needs.

WOM will celebrate 25 years of mission work in 2026 !! If you want to know more about us please contact Manna Traas-Chapin. Email [mannatraas@hotmail.com](mailto:mannatraas@hotmail.com) or call 516-497-5989. NEWCOMERS ARE WELCOME!



Happy 100th, Taffy!

## NANCY WILLIAMS HUNDLEY CIRCLE

Reminder that the Nancy Williams Hundley Circle does not meet June, July and August. They will resume in September.



## THE RUTH CLASS - Psalms Study

JUNE 2025

Our class will be studying the Psalms during the month of June. How many authors contributed Psalms to this book of the Bible? Hint - many more than one! What are the flexible categories into which the individual Psalms fall? Hint - usually there are 7 categories!

Lets dive into these things and much more together, as we explore the text, context, and key doctrines of these beautiful prayers and songs of praise. "This timeless songbook touches every aspect of our lives, offering wisdom, comfort, encouragement and healing...Psalms hits on topics that still resonate with people today...Psalms addresses almost every human need imaginable." (Lifeway).

We invite you to share in this study with us - Newcomers are WELCOME in this ladies' class! We begin at 10 am, but we know that the early service sometimes runs late, so if you see our door closed (for noise reduction), just pop on in! For more information about the Ruth Class, or our meeting location, feel free to contact Elizabeth Fisher by talk or text, at 919 812-6700, or by email at jefish1@bellsouth.net

## INTER-FAITH COUNCIL FOR SOCIAL SERVICES (IFC)



IFC's kitchen and food pantry receive food from USDA, which has experienced massive cuts to funding. These cuts target the Commodity Credit Corporation (CCC) — the entity that has boosted The Emergency Food Assistance Program (TEFAP) shipments for many years. Recently, North Carolina food banks received notice that the federal government has immediately cancelled dozens of CCC truckloads — and has significantly reduced the overall amount of food IFC can expect from TEFAP. Additionally, cuts to HUD are expected to impact IFC's permanent supportive housing programs. IFC is currently out of affordable housing vouchers.

Due to the property tax reevaluation, Orange County is expected to implement changes to their various budgets, likely resulting in cuts to programs that many IFC members benefit from such as SNAP (food stamps).

Rising food prices and less food on the shelves also mean grocers are less like to share their surplus' with IFC.

It is vital that our community step up and keep donations flowing during this difficult time. Visit [www.ifcweb.org](http://www.ifcweb.org) for more information.

## BUDY NEEDLES

Busy Needles activities have continued and will continue through the summer. 2 full grocery bags of loveys were given to Second Bloom of Chatham County. This organization's mission is to "identify and raise awareness of the needs of those in Chatham County affected by any form of intimate partner and/or sexual violence, and to work in collaboration with the community to meet those needs". The loveys are for the children of their clients who might be in need of comfort. Busy Needles also collects carrying totes and calendars to donate to the adult clients. Lovey's are still being created to give to the Orange County Sheriff's office to give to little folks in difficult situations. Please keep our activities in your thoughts and prayers, and join us when you can!

Respectfully submitted,  
Karen Hubbard,  
BN/MCBC member/fan



## COMMUNITY GARDEN AT MOUNT CARMEL

JUNE 2025

A big thank you to all the volunteers, including Will Haas and the youth group, who helped us garden in April! We've also welcomed new adult volunteers Dale Buckner and Peter Brooks.

May is one of the most fun months in the Community Garden! It is gratifying to watch our food donations change from a few small bags to a car trunk full of fresh produce! All of the church is part of this mission, since your offerings help support the garden. You are helping to feed the more than 1100 children being served by TABLE each week; can you believe they still have a waiting list? Our 2025 donation total will pass 350 pounds by the end of May, and that's not yet the most productive month of the year!

May was also very busy, since it's one of the "overlap" months: We were almost finished harvesting the cool-weather crops, including peas, radishes, chard, strawberries, fall-planted onions and shallots, and carrots. Some of those, such as beets, kale, herbs, arugula, and potatoes, will continue on into June. Meanwhile, the raspberries, blackberries, and spring-planted onions began to ripen. At the same time, we were able to get all of the summer crops planted -- multiple varieties of cucumbers, tomatoes, peppers, and okra, not to mention summer herbs, and annual and perennial flowers!

Come and visit any time. We do have at least one Rascally Rabbit that likes to be INSIDE the fence. This cottontail is NOT an approved guest! Feel free to give chase! We've already repaired 2 or 3 dozen holes that critters have chewed in the plastic fencing this year, to gain access to the MCBC buffet. Please fasten the gates as you leave!

Workdays are Tuesday, Thursday, and Saturday mornings. Summer start time is usually 8:00. We try to begin early to beat the heat, and to have the produce harvested, packaged and ready for pickup by the delivery person by 11:15 on the weekdays. To get regular updates on the gardening schedule, contact me to be on the email list: Anne Stewart, at 919-632-8762, [anne.stewart@earthlink.net](mailto:anne.stewart@earthlink.net), or on Realm.







June 2025 Newsletter

# MH Oasis

***Faith comes by hearing, & hearing by the Word of God.*** *Romans 10:17*

Remember my affliction and my wanderings, the wormwood and the gall! My soul continually remembers it and is bowed down within me. But this I call to mind, and therefore I have *hope*. The steadfast love of the LORD never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness. "The LORD is my portion," says my soul, "therefore I will hope in Him." Lamentations 3:10-24



## THE INVISIBLE WAR - Winning the Battle Within Pastor Rick Warren

**June 4: Day 8: Never Fight Your Battles Undressed** Ephesians 6:10-20

Why is everything in life so hard? Why does doing the right thing often feel like a battle? Follow along for insights from God's Word about the unseen spiritual forces working against us; the invisible war between good and evil. This series will help you win the battle within. To follow along on YouTube, [Search: https://hub.pastorrick.com/the-invisible-war-series](https://hub.pastorrick.com/the-invisible-war-series)

## **Unable to join in person? Join us via Zoom!**

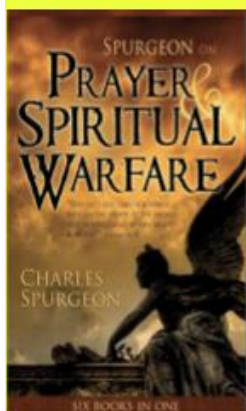
Topic: Mental Health Book Club Time: Wednesday 07:00 PM Eastern Time (US and Canada)

Link: <http://us06web.zoom.us/j/83845003351?pwd=oZ6NFMey8vfmUb6lpSMwtsecPfw75.1>

Meeting ID: 838 4500 3351 Passcode: 364526

## **New Book Study on Prayer by Charles Spurgeon!!!**

Do you want to develop a confident, dynamic prayer life? Join us on Wednesday evenings in the Ruth Room from 7-8pm as we learn and apply these powerful practices and principles of prayer!



***Prayer is the christian's lifeline to God***, and with it, lives are changed for eternity. Charles Spurgeon knew the secrets of prayer—divine principles and promises that God established for our **every need**. He reveals these principles and shares how God has answered the prayers of men and women since early biblical times. **Because God keeps His promises**, every Christian can have a prayer life that produces lasting results, both personally and in the Kingdom of God. **Do you want to experience power-packed prayer?** Develop the essential characteristics required in this 6 week study of Spurgeon's classic books on prayer.

**June 11: The Power in Prayer**

**June 18: Praying Successfully**

**June 25: The Golden Key of Prayer**

**Save the Date: June 18th-6:30-7pm**

**"MHO-What are they doing in the Ruth Room?"**

Now Jesus was praying in a certain place, and when He finished, one of His disciples said to Him, "Lord, teach us to pray, as John taught his disciples." He answered, "Father, hallowed be Your Name. Your kingdom come. Give us each day our daily bread, and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation." Luke 11:1-4



## What's going on with Mental Health Training?

On May 21, Dr Arlinda Ellison spoke to us about these 2 trainings and the need to become trained to support those in need in our families, congregation and communities. Suicide is the 4th leading cause of death for all 5-45 year olds!!! If you want to intercede for others or if you need insight for yourself, become a trained MHFA'er or QPR interceder to help prevent death by suicide.

(You can view her presentation on our [mentalhealthoasis.com](https://mentalhealthoasis.com) website)

### **Mental Health First Aid (MHFA)**

Just like CPR was designed to train the public to provide immediate help and possible preservation of life until a medical health care professional could arrive on scene,

**MHFA (8 hour training)** was designed to equip the public to recognize and intervene in a mental health challenge or crisis, following the algorithm:

**ALGEE** (**A**ssess/**A**pproach) (**L**isten non-judgmentally) (**G**ive reassurance/information) (**E**ncourage appropriate professional help) (**E**ncourage **Self Care** & other support strategies) to assist until the professional help needed arrives;

### **QPR (Question, Persuade, Refer).**

**QPR**, (2 hour training) (**Q**uestion, **P**ersuade, **R**efers) trains one how to intervene when faced with someone who is suicidal.

The trainings provide community and hope among us, giving us tools to employ and confidence to apply them in various circumstances. You can also use these skills to assist on Oasis Nights!

Please call the office @ (919)933-8565 to add your name to a list or contact Susan Evans ([spe.mcbe@gmail.com](mailto:spe.mcbe@gmail.com)) or text 9194283120 (preferred)

(We must have at least 10 registered participants to conduct a class. There is **NO FEE** to participate.)

### **24/7 988 Hotline**

If in crisis, please **CALL** or **TEXT** the **National Suicide & Crisis Lifeline:**

**Calling 988** will connect you directly to a trained counselor.

If calling **911**, ask for **a CIT Officer** (**Crisis Intervention Team**)

#BeThe1To

**ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.**

For more resources and information:

Visit our website:

[mentalhealthoasis.com](https://mentalhealthoasis.com)

to access Mount Carmel Baptist Church MHO website

**Mental Health Spoken Here**

### **NEW: NC Peer Warmline**

The NC Department of Health and Human Services launched a new Statewide Peer Warmline in February 2024. "The new Peer Warmline will work in tandem with the NC 988 Suicide and Crisis Lifeline by giving callers the option to speak with a Peer Support Specialist. Peer Support Specialists (or "peers") are people living in recovery with mental illness and/or substance use disorder who provide support to others who can benefit from their lived experience."

<https://www.ncdhhs.gov/news/press-releases/2024/02/19/nc-launches-additional-phone-support-people-experiencing-mental-illness-or-substance-use-disorder>

Peer Warmline: (855)PEERS-NC

Most Gracious and loving Father, I lift up all who are struggling, asking for Your enduring strength & grace to sustain them in their journeys. Grant them patience & faith & Your peace that passes understanding as they navigate this difficult path. Please use this experience to draw them closer to you & deepen their trust in Your perfect plan. In Jesus' Name, Amen



## Notes from Will

Hey Church Family!

Here's a look at what's going on with the MCBC Youth Ministry!



We had SO much fun during the Color War and the Youth Praise Band was excited to get to share a song outside at Homecoming!



Here's what's coming up!

**MCBC**  
**GRADUATION**  
**SUNDAY**  
**SUNDAY, 6/1**

**Youth**  
**MISSION TRIP**  
**WHERE: WESTERN, NC**  
**WHAT: HURRICANE RELIEF**  
**WHEN: JULY 6-11, 2025**  
**SIGN-UPS COMING SOON**

**Youth to**  
**DURHAM**  
**BULLS**  
**SUNDAY 6/29**





## Notes from Sharley

The Children's Ministry had so much fun in May! Our children's choir sang at Homecoming and showed off their drumming skills alongside Eric Laws and Sandi Brady. We capped our summer evening activities with more ice cream than probably necessary, games, and missions. The children put together paper (and fingerprint) smiles for our dental bus participants. We are also growing peppers to donate to CORA later in the summer. Pray for us!

As a reminder, Preschool Group Worship (ages 3-K) is paused for summer break. We will have an empty room in the Nursery hallway available for any parents who need to use it for a few moments. The sermon will also be audible in that space as your child calms down and prepares to return to service.

If you would like to help in the Nursery and Preschool Hallway, please reach out to [Kaylie@mcbc1803.org](mailto:Kaylie@mcbc1803.org). We always need some professional baby-snugglers and children's book-readers.





# Open Doors Updates

JUNE 2025



As of May 27, the amount of contributions received to date is \$1,018,823. The amount pledged to date is \$1,272,310. There are currently 84 pledges.

Visit [www.mcbbc1803.org/open-doors](http://www.mcbbc1803.org/open-doors) for the most up to date info.

## Be Still and Move

Unsure about where to start on "spiritual fitness" as it relates to Silence and Solitude? Baffled by Contemplation and Meditation? Seeking companionship in exploring Simplicity and Submission? Join other MCBC folks on Sunday afternoons from 4-5 pm as we explore some ancient practices in spiritual discipline to build our "muscle groups" of Presence, Balance, and Adaptability. We're taking baby steps together, and learning from each other in a relaxed small group format, led by congregation members.

Most weeks we will meet in the Fellowship Hall; on 6/01 we will shift to the sanctuary in deference to Ben Barber's memorial gathering. We will meet at the NC Botanical Garden in Chapel Hill on 6/22, 7/20, and 8/24.

All ages are welcome! please contact Joy Craig ([jccraig0509@email.campbell.edu](mailto:jccraig0509@email.campbell.edu)) to get weekly reminders and updates.

Check out the Be Still and Move playlist on both Spotify and Apple!



Apple



Spotify



## Notes from the Congregation

I would like to thank everyone who participated in project 5000. It was a huge success and donations filled my car to overflowing! What a beautiful act of kindness this was from our family to many families through IFC Market.

Many cards, stamps and reading glasses were collected by WOM for the inmates at Orange County Correctional Facility (OCCF). These men want to express their gratitude for the Bibles, books, literature and other donations that have been generously given to them. Even more importantly they appreciate your continued prayers for their families and opportunities for work release programs. -Susan Evans

## Significant Events in our Congregation to Remember

*since the last published newsletter*

**New Members:** Bob & Julie Cochran; Divine Kumah & Erika Kido and their children Isabella and Olivia; Eunjin & Kendall Suh

**Deaths:** Ben Barber; Valerie Potter's uncle, Don Cashwell

## Current Prayer List

**Continuing Concerns:** Janet Andre; David Atwater; Barber family; Ben and Deb Berry; Carolyn Blackwood; Charles Blackwood; Faye Blackwood; Johnny and Linda Oakley's son, Don Oakley; Kenon and Nancy Blackwood; Jim and Pat Clark; Collins family; Patti Eberhard; Dot King Harris; Lois Hoenig; Tom Honeycutt; Jen Jamerson; Jeffcoat family; Antonio Jones; Lance Kaye; Ron Knight; Dee Loveland; Dwight McAlister; JoAnne Merritt; Joree Merritt; Robert and Brenda Middour; Taffy Moore; Leon Murdoch; Valerie Potter; Dick Richardson; Rodrigues family; Bob Royster; John and Jan Russell; June Sparrow; David Staples; Mary Jo Tilley; Ruth Vickers; Bill Whichard; Williams family; Ron Woody; Peggy Yates

**Extended MCBC Family:** Dawn Berry's friend; Geary Blackwood's cousin, Bess Tapp; Lisa Blackwood's father, Dr. Murphy Osborne; Timothy & Eizabeth Carnes-Mitchell families; Roger Chapin's nephew, Joshua; Karen Chapman's grandson, Tucker Perkins; Karen Chapman's cousin's wife, Linda Cutmore; Karen Chapman's father-in-law, Bob Chapman; Ellen Cheek's sister, Jane Sparrow Byrd; Kelly Clark's father, Richard Price; Tara Clowes's sister, Tracey Vajay; Jeannet Constante's nephew, Carlitos; Jane Cutchin's mother, Eunice Dietrich; Jane Cutchin's daughter-in-law, Anna Cutchin; Catherine Diggs's brothers-in-law, Fred Diggs and Jimmy Diggs; Alexis Duncan; Sharon Elmore's sister, Donna Jenkins; DJ Emerson's cousin, Jim Schad; Dot King Harris's son, Rick King; Julie Hayes's brother, David Hayes; Jen Jamerson's mother, Deborah; Jen Paterson's friend, Leigh Woolforst; Barry Joyce's mother, Ella Sue, and her husband, Bobby Goard; Robert Middour's son, Rob; Carol Newnam's son-in-law, Ben Dunlap; Valerie Potter's friend, Amy Suitt; Royster family friend, Bob Koch; Steven Royster's co-worker, Dana Yancey; Steven Royster's friend, Eddie Lineberry; Jack Smailes's brother Bob Smailes; Peggy Yates's daughter, Gina Floyd

**Care Facilities:** David Atwater (Durham Nursing and Rehabilitation Center, 411 S. LaSalle Street, Room 49A, Durham, NC 27705, appointments required, 919-383-5521); Doris Jennings (Carolina Reserve, 4523 Hope Valley Rd, Room 103B, Durham, NC 27707); Christine Kepley (Roxboro Assisted Living, Room 300, 5660 Durham Rd., Roxboro, NC 27574); Donald B. Porter (Genesis Healthcare, 900 W Dolphin Street, Siler City, NC 27344, 919-884-8319); Sue Reinhardt (Signature Health, Room 223B, 1602 Franklin Street, Chapel Hill, NC 27517)



## Birthdays and Anniversaries in Our Congregation

### Birthdays (June)

01 Shannon Talbert  
 02 Randy Bishop  
 02 Cole Shambley  
 03 Natalie Blake  
 04 Deb Greene  
 05 Shannon Hall  
 05 Grady Perchinsky  
 05 Rylan Perchinsky  
 06 Carson Goodwin  
 06 Joshua Peter  
 06 Pam Porter  
 06 Jennifer Royster  
 08 Steve Blackwood  
 08 Brian Bochicco  
 08 Kendall Hamm  
 08 Christina Harris  
 09 Phyllis Bender  
 10 Tracey Lane  
 10 Anne Stewart  
 12 Andy Prouty  
 13 Donna Barton  
 13 Kaylie Lane

### Birthdays (June)

15 June Sparrow  
 18 Lee Merritt  
 19 Doug Thompson  
 19 Sharon Thompson  
 20 Greg Neville  
 20 Steven Royster  
 21 Deedee Burns  
 21 Ellen Cheek  
 21 Kevin Kelly  
 21 Jena Vaughn  
 21 Bobby West  
 22 Brooks Barlow  
 24 Daniel Jenkins  
 24 Alex Lynch  
 24 Conner Lynch  
 24 Pierce Lynch  
 25 Miracle Lindsay  
 25 Clarence Potter  
 25 Phil Ramos  
 26 Elliott Painter  
 26 Isaac Royster  
 28 Abner Peter  
 28 Lexi Scruggs

### Birthdays (July)

01 James Allen  
 01 Paul Johnson  
 01 Kevin Mullaney Jr  
 02 Austin Burnett  
 02 Grace Harris  
 04 Greg Spaugh  
 05 Jane Cutchin  
 06 Franklin Johnson  
 07 Ron Craig  
 07 Kelly Foster  
 07 Bonnie Smailes  
 08 Kathryn Livengood  
 08 Kathryn Royster  
 08 Jonathan Sparrow  
 09 Roger Chapin  
 10 Carol Campbell  
 10 Julianne O'Daniel  
 10 Eliza Sparrow  
 10 Pam Stone  
 12 Grayson Riggle  
 13 Dot King Harris  
 13 Will Potter  
 13 Brandi Williams  
 14 Nash Weeks  
 16 Carol Fogleman  
 16 Virginia Taylor

### Birthdays (July)

17 Eloise Scarry  
 18 Kathy Byrd  
 18 Kate Clark  
 19 Linda DiFranco  
 20 Catherine Diggs  
 21 Rebecca Haas  
 22 Kathleen Crook  
 22 Vance Johnson  
 22 Richard Lawrence  
 22 Cindy Spaugh  
 22 Ruth Vickers  
 23 Taylor Atwater  
 23 Payton Eberhard  
 23 Pat Horton  
 23 Caroline McLeod  
 23 Brenda Middour  
 25 Nick Bank  
 26 Tom Winters  
 27 Joan Bingham  
 27 Susan Evans  
 28 Elizabeth Broyhill Morris  
 28 Allyson Wieland  
 31 Kristie Livengood  
 31 Ava Neville  
 31 Jessica Paulsgrove  
 31 Valerie Potter  
 31 Samuel Scarry

### Anniversaries (June)

01 Greg and Jody Spaugh  
 04 Bill and Leona Whichard  
 11 Jonathan and Crystal Sparrow  
 14 Steve and Carolyn Blackwood  
 18 Randy and Anne Stewart  
 21 Ben and Ellen Cheek  
 22 Dan and Kelly Foster  
 24 David and Emily Arnold  
 26 Terry and Patt Sturdivant  
 27 Brian and Heather Bochicco  
 28 Greg and Cheryl Neville  
 29 Timothy and Elizabeth Carnes  
 29 Roger Chapin and Manna Traas-Chapin

### Anniversaries (July)

01 Jim and Pat Clark  
 01 Jerry and Elizabeth Fisher  
 13 Michael and Kimberly Sparrow  
 14 Bob and Kathryn Royster  
 15 Larry and Karen Russell  
 15 David and Jennifer Royster  
 17 Benny and Sunnee Hallman  
 20 Mason and Jane Cutchin  
 20 Stephen and Melissa Gwaltney  
 24 Daniel and Rachel Potter  
 24 Brian and Sarah Scarry  
 25 Bob and Dorothy Rand  
 26 Steven and Brittany Royster  
 28 Walter and Donna Barton

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