



MOUNT CARMEL NEWSLETTER

From Barrett

About "Good and Evil"

"¹⁵ The Lord God took the man and put him in the Garden of Eden to work it and take care of it.¹⁶ And the Lord God commanded the man, "You are free to eat from any tree in the garden; ¹⁷ but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."

- GENESIS 2:15-16

Since so many of you have asked for the little proverb about Good and Evil...here ya go...

Once, there was a farmer who lived in a small village. The farmer was meek in nature and lived comfortably despite possessing very little. One day, while the farmer was working in his garden, a beautiful wild horse trotted onto his property.

When the villagers heard this, some said, "You have been blessed with a horse of great value. Do not waste this great good! Sell the horse, and you will be a wealthy man."

The farmer replied, "Good or bad? It is not for me to decide. Let's just say that I have a horse."

The next morning, when the farmer awoke, the horse was gone.

When the villagers heard this, some said, "You have been cursed because you did not listen to us. Now, a bad thing has happened, and your horse has run away or been stolen."

The farmer replied, "Good or bad? It is not for me to decide. Let's just say that the horse has gone."

The next day, late in the evening, as the farmer finished his chores, he heard a low rumble from the distant tree line. Suddenly, the horse emerged, and with it, a dozen beautiful wild horses.

When the villagers heard about this, some said, "We knew it. This horse was a blessing and has brought you even more blessings. This is truly a good thing that has happened to you!"

The farmer replied, "Good or bad? It is not for me to decide. Let's just say that the horse came back."

In the days ahead, the farmer's son worked hard to tame the wild horses. Before he could complete his work, he was thrown from one of the horses and broke his leg.

When the villagers heard this, some said, "We knew it. This horse was a curse from the very start. Now, a bad thing has happened, and your son's leg is broken."

The farmer replied, "Good or bad? It is not for me to decide. Let's just say my son's leg is broken."

A few weeks later, the country in which this village existed was invaded by a neighboring country. Thus, the little village was required to send every able-bodied young man to defend the country. As a result of his fall, the farmer's son was the only young man unable to go.

When the villagers heard this news, they wept, and some said, "We knew it. Your horse was truly a blessing, and your son's safety is guaranteed. Now we are certain that this was a good thing that happened to you!"

The farmer replied, "Have you not learned? Good or bad? It is not for us to decide. Is it not enough to simply say that "God alone is good."

"Why do you call me good?" Jesus answered. "No one is good—except God alone."

-MARK 10:18



Calendar

May 5 5pm Youth Color War	May 19 10am Homecoming	May 29 5pm Children's Fundraiser Low Country Boil
May 11 9am-2pm Red Cross Blood Drive	May 19 3:30pm Deaf Bible Study	
May 14 Time TBD XYZ to Botanical Garden	May 22 6:30pm Church Conference	

Coming Up

for the
Freedom House



- Occasional transportation to appointments throughout the summer months

Contact Gretchen for details at 919-929-5446
Positions require background check; inquire with kimberly@mcbl1803.org

**RED CROSS
BLOOD DRIVE**

at Mount Carmel
Saturday May 11th
9:00am-2:00pm

XYZ TO BOTANICAL GARDENS
 TUES. MAY 14, TIME TBD
 \$5 PER PERSON
 SIGN UP WITH THE CHURCH OFFICE

Sunday May 19
Homecoming
 at Mt Carmel

Deaf Bible Study



Begins Sunday May 19 @ 3:30pm
 Fireplace Room

CHURCH CONFERENCE

WEDNESDAY,
 MAY 22ND
 6:30PM

It's a Low Country Boil!
 May 27th, 5pm
 Fellowship Hall
 Music,
 Dinner,
 & Silent Auction
 Proceeds
 benefit our
 Children's
 Ministry.

OH SNAP!

Interested in a trip to Lancaster's
 Sight & Sound Theater to see the
 production 'Daniel'?

Contact Shirley at
Amo48stt@yahoo.com

Get Involved

INTER-FAITH COUNCIL FOR SOCIAL SERVICES (IFC)

Current Needs:

- Cereal, canned fruit, tea/hot chocolate, baked beans, pork and beans, and chili
- Umbrellas, rain ponchos, and thermals
- Washcloths
- Paper and plastic bags
- Toiletries

May 2024 Newsletter

Mental Health Oasis

Isaiah 40:31 Those who hope in the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not faint. (NIV)

MHO in Our Community



Check out our new Instagram site where you will find creative posts on our weekly meeting topics, as well as upcoming events and inspiration content. Search Instagram for:

mcbcmh (mcbc mental health)

NEW RESOURCES for TEENS/YOUNG ADULTS and Veterans in our website: <https://mentalhealthoasis.com/>

Mental Health Training

We had 12 participants in our Adult MHFA training on April 20th from 9A to 5P. It was a great group consisting of both members of MCBC and community members as well. Everyone left with tools to handle a mental health crisis as well as mental health challenges.

We offer 2 types of training: MHFA (Mental Health First Aid) and QPR (Question, Persuade, Respond) Suicide Training. Feel helpless to effect positive change in someone's life? Become a change agent through Innovative, Practical and Proven Suicide Prevention Training or become a trained MHFA'er. Contact annekellychapelhill@gmail.com



Congratulations to Christina Harris who completed her 3 day MHFA training and is our newest MHFA Trainer! Currently she is trained for adults but will also become trained for youth. Way to go Christina!

Mental Health Oasis Nights

January 10th marked the beginning of a "new thing" in our community called Oasis Nights, beginning @5p, fellowship, 5:30p community dinner, 6:20 program, followed at 7p activities and small group meetings including MHO (Ruth Room) and Grief Oasis (Fireplace Room).

MHO will have the program in the Fellowship Hall on the 2nd Wednesday of every month! Power point presentations can be viewed when available on our website, mentalhealthoasis.com or accessed via the church website: mcbc1803.org

Caritas Curriculum has included: Multidimensional Self-Care, Sleep Hygiene, 3 Good Things/Journaling, Keys to Resilience, Mental Health 101, Lay Your Burden Down, Promoting Emotional Wellness, Faith as a protective factor, and Open

Mental Health Oasis Small Group

We have been meeting for 4 months now and we are still growing as a group and individually. Our focus is on wellness, a holistic approach encompassing Mental, Physical and Spiritual Health. Our curriculum is named "Caritas" which is the greek word for charity. ("And now abideth Faith, Hope, Charity these three, but the greatest of these is Charity" I Corinthians 13:13).

Our purpose is twofold. The first being to shine a light on mental health concerns in the context of wellness, to educate and equip our congregation and community in regards to mental health wellness, challenges and disorders; to recognize ways to meet these challenges and to significantly improve our daily lives, personally and in community with others. Secondly, we offer an opportunity for a safe and caring environment to share your concerns and receive unconditional love, caring and hope.

We are meeting in the Ruth Sparrow classroom from 7-8pm. We welcome each of you. Remember, you are never alone. We want to share your burdens as well as your successes and offer resources and a listening ear and a caring heart.

Look for the candle in the window and know we are praying for you whether you are present or not.

Upcoming topics will include more Emotional Wellness discussions, Guided Meditation, Mindful Breathing, Gratitude Journaling, Breath Prayers, Contemplative Practices and more!

We also have a new brochure. (see photo below)

Volunteer opportunities include Greeters, to meet and direct folks to the MHO Meeting Room on Wednesday evenings,



Do you have questions or need support for mental health and illness resources? You are welcome to join us at the weekly Mental Health Oasis Support Meetings Every Wednesday from 7 pm -8 pm Mt. Carmel Baptist Church 2016 Mt. Carmel Church Road, Chapel Hill

For information, call (919) 933-8565 or visit our website



SCAN FOR
MHO WEBSITE



YOU ARE NOT ALONE

24/7 Hotline: 988

If in crisis, please call or text the National Suicide & Crisis Lifeline. If calling 911, ask for a Crisis Intervention Team (CIT) Officer.

Calling 988 will connect you directly with a trained counselor who is able to assist you in any crisis.

Remember that uplifting music and looking at images of beautiful and magnificent things improve your resilience and can elevate your mood for many days, weeks and even months! So indulge yourself!

Music: I Speak the Name of Jesus
Steve McWhirter YouTube



IN JESUS NAME (GOD of Possible) Katy Nichole

I speak the name of Jesus over you.
In your hurting, in your sorrow I will ask my God to move.
I speak The Name 'cause it's all that I can do.
In desperation, I'll seek heaven and pray this for you:

I pray for your healing
That circumstances would change
I pray that the fear inside would flee In Jesus' Name
I pray that a breakthrough would happen today
I pray miracles over your life in Jesus' Name.

I speak the Name of all authority, Declaring blessings,
every promise He is Faithful to keep.
I speak the Name no grave could ever hold.
He is greater, He is stronger, He's the God of possible!

Come believe it! Come receive it!
Oh the power of His Spirit is now forever yours!
Come believe it! Come receive it!
In the mighty Name of Jesus
All things are possible!

I pray for revival, for restoration of faith, I pray that the dead would come alive
In Jesus' Name,
In Jesus' Name.

Amen

BUSY NEEDLES

Come, gather with us on Thursday mornings beginning at 10:30, in the craft room of the sanctuary building. We're about fellowship, friendship and getting things done - in a casual, relaxing group environment. You can bring your own craft projects, or your old UFO's (unfinished objects), or even your mending! You can learn to knit, crochet or embroider! You can get help with items you are "stuck" on! Or, you can work on one of our many mission projects. We have needles, yarn and patterns.

We are thrilled and amazed and thankful to find that since 2017, we have been able to donate over 3,200 handmade items to various organizations, locally, statewide, nationally, and internationally. We are always open to new ideas and to info on organizations or individuals who might benefit from one of our mission items.

Also, we are ALWAYS open to yarn donations, if you or someone else is cleaning out a yarn stash! If you would like more info on this fun, friendly group, on our missions, or on our meeting schedule, please feel free to contact Dorothy Rand at 919 542-3002. See you there!

WOMEN ON MISSION

This group usually meets in the Fireplace Room of the Fellowship Hall on the first Monday of each month, at 10:30. We would love to have you join us! On April 8th, we enjoyed an interesting, informative presentation about two mission projects in North Carolina.

On May 6th, we will be gathering at the home of Dot King Harris, for our annual Spring Covered dish luncheon, where we will discuss implementation of our May project - Spring visitations to the homebound folks of the church.

On June 3rd, we plan to have a presentation in the Fireplace Room, from the Second Bloom organization, about their services for victims of family violence. Our project for June is to donate gently used women & men's SUMMER clothing, shoes, accessories and jewelry to the Second Bloom Thrift Shop. If you wish to donate anything as you are switching out your seasonal clothes, feel free to leave it in a labeled bag in the craft room of the Sanctuary building, before June 3rd.

For more info about this dynamic, hands-on group of mission-oriented women, feel free to contact Manna Traas-Chapin, at mannatraas@hotmail.com or 516 497-5989.

COMMUNITY GARDEN AT MOUNT CARMEL

The MCBC Garden has changed a lot since our last report! The winter cleanup is done, and it's getting GREEN out there. Since we decided last fall not to do much winter gardening, there were no donations in March. It's been great to see seedlings growing again, and produce heading out to TABLE and to our neighbors. Before April was quite over, we had donated at least 57 pounds of spinach, beets, radishes, chard, and strawberries. We expect to be harvesting lots of spring peas and strawberries in May. Other young plants we are carefully tending include 2 kinds of onions, carrots, 3 kinds of potatoes, kale, spinach, chard, and 3 kinds of berries. All of this tilling, fertilizing, seeding, and watering has taken place in the last few months, and you can now see the plants get larger every week. We've also had to get our irrigation system spruced up early this year, because April did not bring much of its usual showers!

COMMUNITY GARDEN AT MOUNT CARMEL (cont.)

At the end of April, we started preparing for the hot-season vegetables. The rows for our 2 kinds of cucumbers are ready for seed, with lots of compost as well as stakes and fencing for them to climb. In May you will see a sure sign of the coming summer – arched wire tomato trellises will appear in Quad 4, where we've already measured and tilled for them! We will be planting multiple kinds of tomatoes, peppers and eggplants, plus more herbs and flowers, whenever the soil gets nice and warm.

Sounds like we've been busy, right? Whew! Yes! But, we aren't the only ones. In April, a female killdeer made herself at home beneath our sugar snap pea fencing, and commenced to laying 4 eggs. We have managed to work around her nest, and hope to be able to give you a chick report in May. If you walk through the garden and get too close for her comfort, she'll let you know, loudly!

If all of our vegetables do well, we will be doing plenty of harvesting in the next few months, as well as the ongoing tasks of composting, weeding, watering, and delivering. Even if your time is limited, we would love to introduce you to the garden, and get you involved. During May, we expect to have workdays each Saturday except Mother's Day weekend, as well as most Tuesdays and Thursdays. Depends on the weather! Send me your email address to receive up-to-date info: Anne Stewart, 919-632-8762, anne.stewart@earthlink.net, or on Realm.





Notes from Will

Our deep dive into the worship curriculum, Winning and Losing, has proven to be a wonderful time of study and discussion for our youth. It has been incredible to hear teenagers relate to the pressure of the expectations of perfection and easy and to embrace that God is good is enough . We have some exciting things coming up this month, here's a look:



Our Color War will take place on May 5th and is a super fun fellowship activity! This is a great time to invite a friend!



On May 19, we will celebrate homecoming with the whole church family all afternoon on the lawn!



Details and signup, at www.mcbc1803.org/youth

Details and sign ups for our summer trip to Caswell are now on the website! Space is limited, sign up quick!

NOTES FROM SHARLEY AND CHRISTINA . . .



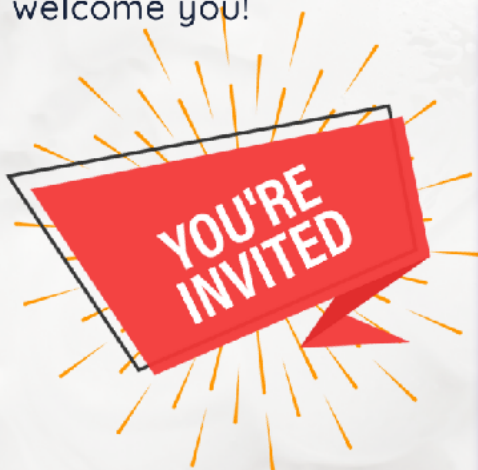
THE CHILDREN'S MINISTRY has been mighty busy this season! We've kicked-off We 3 & Tea, a sweet program where three generations gather in the garden to 'fan into flame the gift of God' together. We've traveled to Missions on the Mountain Camp, where children discovered how they can be disciplinarians in their own communities. We've even helped to lead worship, making a joyful noise with Mr. Doug during the 11am service. It has been a fun month full of laughter, connection, and growth.

GOD IS SO GOOD!

If you are feeling led to join us in ministering to our young children and families, please contact us. We welcome you!

Christina Harris
Preschool Coordinator
Christina@mcbc1803.org

Sharley Davison
Associate Pastor, Children
Sharley@mcbc1803.org



OH SNAP!

It's a Low Country Boil!

May 27th, 5pm
Fellowship Hall

Music,
Dinner,
& Silent Auction

PRESCHOOL OF THE



WARM HEART



newsletter

MAY 2024

SCHOOL NEWS

On April 18th, PWH held its annual trike-a-thon. All children were invited to bring their tricycles, scooters, and push cars to school.

They rode the PWH track which included a balloon arch, car wash, and pit stop!

This event is a fun way to raise money for our scholarship fund. If you would like to donate to our scholarship fund, please let me know.

ART SHOW AND PICNIC



The PWH school year is coming to a close. Our last day of school is Wednesday, May 22.

We will commemorate our amazing year with an art show on May 9th at 5:30 pm on the playground. All are welcome.

PWH PEEK



Year End Financial Report

By: Budget & Finance Committee

What a year this has been for MCBC! On behalf of the Budget & Finance Committee, we would like to share some of the financial highlights.

	Budget	Actual	Difference
<i>Tithes & Offerings</i>	\$699,920	\$721,273	+ \$21,353
<i>Expenses</i>	\$699,920	\$707,936	+ \$8,016
<i>Net Income</i>			+ 13,337

The primary reasons for exceeding budget on expense was \$36k replacement and repair of heating and air conditioning units in the Fellowship Hall in December. We also had major expenses related to tree and debris removal after the microburst storm in July 2023. These expenses can be mitigated going forward with the Capital Reserve Fund that will be established with the planned Capital Reserve Study.

God has truly provided through each and every one of you. **Thank You!** Your generous and faithful giving is reflected in the following table.

FY 2023/2024	Total Revenue
Tithes & Offerings	\$721,273
Open Door Campaign Giving	\$228,440
TOTAL GIVING	\$949,713

We are excited to see God work in the lives of our MCBC Family and look forward to what the new year brings with the integration of our preschool (Preschool of the Warm Heart), implementation of the first phase of our Master Plan with construction of the Pavilion, and much more. It is a privilege to serve you as your Budget & Finance Committee (John Eberhard – Chair, David Arnold, Roger Chapin, Anne Kelly, Dwight McAlister, Ralph Taylor). Please feel free to email Roger with any questions at rkchapin@aol.com.

Open Doors Updates



As of April 30, the amount of contributions received to date is \$662,366 The amount pledged to date is \$1,272,310. There are currently 84 pledges.

Visit www.mcbbc1803.org/open-doors for the most up to date info.



Significant Events in our Congregation to Remember

since the last published newsletter

Deaths: Lisa Blackwood's mother, Janice S. Osborne

Current Prayer List

Concerns: Janet Andre; David Atwater; Faye Blackwood; Kenon and Nancy Blackwood; Steve and Carolyn Blackwood; Brimfield Family; Mike Chapman; Barney Collins; Shirley Davis; Jerry Fisher; Dot King Harris; Lois Hoenig; Shirley Holt; Tom Honeycutt; Jen Jamerson; Elaine Jeffcoat; Katie Jenkins; Ron Knight; Lawrence family; Dee Loveland; JoAnne Merritt; Robert Middour; Taffy Moore; Valerie Potter; Bob Royster; John and Jan Russell; Kimberly Steiner; Ron Woody; Peggy Yates; family of Deryl Merritt; family of Jenny Merritt; family of Beth Merritt

Extended MCBC Family: Melody Bailey's son, Lamont; Dawn Berry's friend; Lisa Blackwood's father, Dr. Murphy Osborne; Joyce Brimfield's daughter-in-law Mandy's sister, Robbie Perry; Joyce Brimfield's daughter-in-law Anna's father, Tom Long; Joyce Brimfield's friend, Barbara West; Nicole Capps's friends, Jason and Miriam; Elizabeth Carnes's sister-in-law, Beca Mitchell; Elizabeth Carnes's brother, John Mitchell; Elizabeth Carnes's, sister and brother-in-law, Mary Anne and Butch Brown; Timothy Carnes's brother Nathan and sister-in-law Kelly; Roger Chapin's nephew, Joshua; Manna Traas-Chapin's daughter, Marte van der Wees; Karen Chapman's cousin, Al Cutmore; Mike Chapman's father, Bob Chapman; Tara Clowes's sister, Tracey Vajay; Alexis Duncan; DJ Emerson's cousin, Jim Schad; Bill and Brenda Goodrich's daughter, Leigh; Dot King Harris's son, Rick King; Julie Hayes's brother, David Hayes; Jen Jamerson's mother, Deborah; Barry Joyce's mother, Ella Sue, and her husband, Bobby Goard; Robert Middour's son, Rob; Brenda Middour's son, David; Taffy Moore's daughter, LA Renn; Carol Newnam's son-in-law, Ben Dunlap; Tonya Oakley's friend, Tracey Williams; Clarence Potter's father, Bill Potter; Royster family friend, Bob Koch; Brittany Royster's father, Robert Hunter; Steven Royster's co-worker, Dana Yancey; Steven Royster's friend, Eddie Lineberry; Steven and Brittany Royster's family friend's daughter, Miley Byrd; Sarah Scarry's mother's husband, Don Tice; Sarah Scarry's father, David Chajkowski; Sarah Scarry's mother, Lydia Tice; 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 (Brookdale Senior Living 2230 Farmington Drive, Room D10, Chapel Hill, NC 27517); Donald B. Porter (Genesis Healthcare, 900 W Dolphin Street, Siler City, NC 27344, 919-884-8319)

Birthdays and Anniversaries in Our Congregation

Birthdays (May)

01 Maddie Potter
 02 Timothy Carnes
 02 Kacey Mullaney
 02 Brittany Stone
 03 Josh Clowes
 03 Ashley Bartee
 03 Reese Gaines
 03 G. Reginald Tucker
 06 Ken Samuelson
 08 Lisa Blackwood
 08 Cathy Joyce
 08 Larry Russell
 09 Joy Craig
 09 Katie Jenkins
 11 Robert Middour
 12 Teri Atkins
 13 Matt Stillwagon
 14 Emily Arnold
 14 Carolyn Blackwood
 14 Jennifer Daiker
 14 Cheryl Neville
 14 Barbara Paren
 16 Nicole Capps
 16 Logan Taylor

Birthdays (May)

17 Dwight McAlister
 17 Linda McAlister
 17 Anne Murdoch
 17 Callan Perchinsky
 18 Kevin Mullaney
 18 Kimberly Steiner
 18 Christopher Stone
 19 Taffy Moore
 19 Sam Stone
 21 Dianne Lawrence
 22 Harrison Blanchard
 22 Chris Derickson
 24 Bill Whichard
 25 Allie Eberhard
 25 Jessica Cheek
 25 Ashley Goodwin
 25 Elaine Jeffcoat
 26 Isabella Kumar
 27 Diane Miller
 28 Naomi Blue
 29 Charlotte Davison
 29 Benny Hallman

Birthdays (June)

01 Shannon Talbert
 02 Randy Bishop
 02 Cole Shambley
 04 Deb Greene
 05 Shannon Hall
 05 Grady Perchinsky
 05 Rylan Perchinsky
 06 Carson Goodwin
 06 Christina Harris
 06 Pam Porter
 06 Jennifer Royster
 08 Steve Blackwood
 08 Brian Bochicco
 09 Phyllis Bender
 10 Tracey Lane
 10 Anne Stewart
 13 Donna Barton
 13 Kaylie Lane
 15 June Sparrow

Birthdays (June)

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

Anniversaries (May)

01 Terry and Debbie Prescott
 04 Parrish and Caroline McLeod
 05 Hans Tammeling and Michele Wilson
 09 Ralph and Virginia Taylor
 11 Brent and Susan Mellott
 19 Ron and Joy Craig
 19 Ronnie and Sandra Woody
 25 Ray and Carol Taylor
 30 David and Shannon Hall

Anniversaries (June)

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

Mount Carmel Baptist Church
2016 Mt. Carmel Road
Chapel Hill, NC 27517
919-933-8565
www.mcbc1803.org
kimberly@mcbc1803.org

MAY 2024