



DECEMBER 2022-JANUARY 2023

MOUNT CARMEL NEWSLETTER

Barrett

Karen

Shannon

Will

Merry Christmas
from Mount Carmel Staff

Kimberly

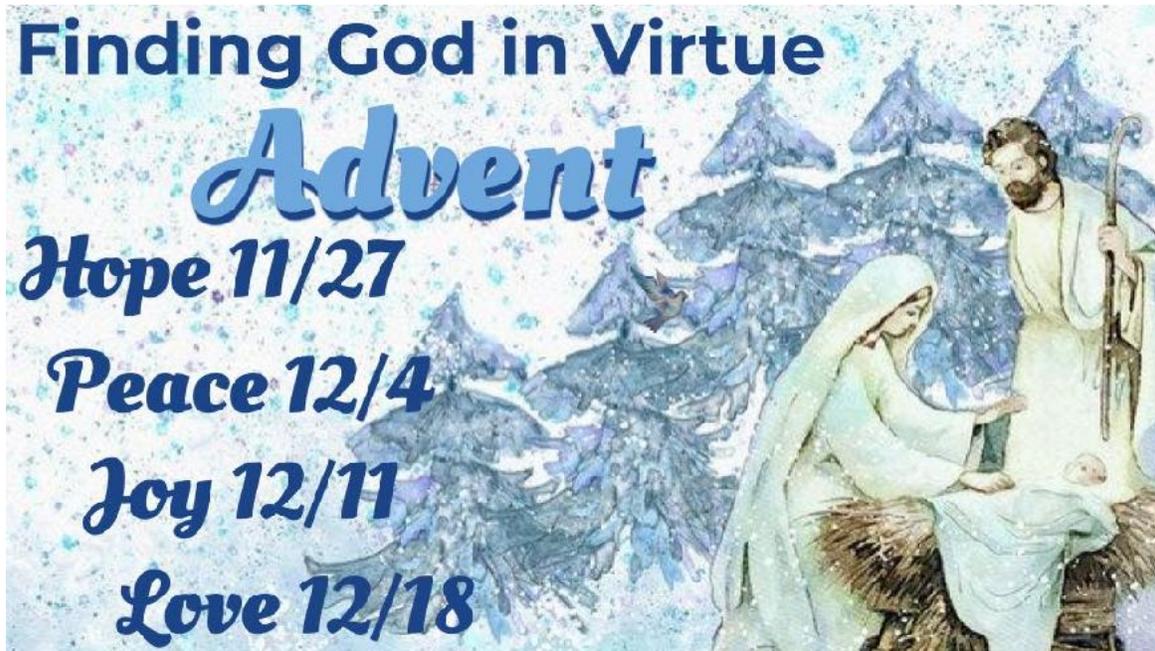
Sharley

Dawn

Virginia

...and a Happy New Year!

Sermon Series



Calendar

Dec 3 10am
Youth Leaf Raking

Dec 3 9am-12pm
Ladies Prayer Breakfast

Dec 11
Contemporary & Traditional
Cantatas

Dec 16-18 5pm-10pm
Nativity Tent Trail

Dec 17 3pm-5pm
Reindeer Games

Dec 17 3:30pm-5pm
Jingle Ball Bash

Dec 21
No Wednesday Night
Supper

Dec 24 11am-2pm
Shepherd's Table

Dec 24 5:30pm & 7pm
Christmas Eve Services

Dec 25 10am
Christmas Day Service

Dec 28
No Wednesday Night
Supper

Save the Date!

Dec 31 - Jan 1 Youth New Years Eve Lock In

Coming Up



Ladies Prayer Breakfast
Saturday, December 3
9:00am-12:00pm
Fireplace Room

Sunday, December 11th

Special Music Service 9am
Cantata 11am



Mental Health Oasis
Meets Select Wednesdays @ 7pm
at Mount Carmel



Remaining 2022 Meetings: 12/14

Nativity Tent Trail

December 16-18
5:00pm-10:00pm

All are welcome to walk through this self-guided trail of lighted tents that tell the nativity story. Bring a mobile phone to hear music at every stop.



Grab a tag off the angel tree in the Fellowship Hall, shop for items on the tag, and return them to the Fellowship Hall by 12/18

please keep tags with purchased items when you return them

No Wednesday Night Supper

December 21 & 28

Shepherd's Table
12/24
11am-2pm

a Christmas Eve meal for our community

more details to come!

Christmas Eve Services

Saturday 24th
5:30pm & 7:00pm





Get Involved

INTER-FAITH COUNCIL FOR SOCIAL SERVICES (IFC)

IFC recently launched a Community Navigation Program. It's a program where people in need get connected with resources in our community, including help applying for jobs, obtaining housing, applying for an ID, and more. This program also provides access to showers. Donations of toiletries are needed. You can drop them off at IFC Commons (110 W Main Street, Carrboro) M-F 9am-4pm or shop online and have them shipped to this address.

IFC is in urgent need of kitchen volunteers. Email mwooten@ifcmailbox.org to volunteer.

Please consider purchasing a holiday meal for a local family in need.

KEEPING PEOPLE HOUSED
by stretching household budgets:

- 11,790** BAGS OF GROCERIES taken home by members of IFC
- \$175,299** IN EMERGENCY FUNDS provided for utility bills, rent, & other essential support
- 48,754** HOT MEALS enjoyed by people who were hungry

PROVIDING SAFE SHELTER
when someone loses their home:

- 14** LOCAL LANDLORDS partnered with us to offer lower than-market rate rent for permanent supportive housing members
- 57** PEOPLE who left our shelters moved into permanent housing
- 29,877** NIGHTS spent in our shelters by adults and children

NAVIGATING THE COMMUNITY TOGETHER
for resources that build resilience:

- 58** HOUSEHOLDS ACCESSED OUR COMMUNITY NAVIGATION PROGRAM in an average month

BUILDING COMMUNITY POWER
through voting, leadership development, and safety:

- 203** PEOPLE REACHED through training workshops focused on BIPOC experience
- 60** IFC COMMUNITY MEMBERS ENGAGED through "Why Voting Matters" conversations
- 6** SAFETY VANGUARD CYPHERS held to discuss how we keep us safe

However you celebrate, holidays are for sharing.

Support IFC's Holiday Meals Program with your donation today at ifcweb.org.

We would like to serve 200 families in November and again in December. Meals cost \$30 each. Please support a local household today.

BUSY NEEDLES

As Christmas approaches, the group members have been focusing on making both fun gifts for young children and warm items for all ages - as well as fiddle muffs for those challenged by Alzheimer's or dementia. Their work truly exemplifies the giving of Comfort & Joy. In November, the group gave several bags of items to Baptist Childrens Homes and six bags of items to St Labre Indian School, as well as three bags of items to The Laurels nursing home, and the Cambridge Hills Assisted Living facility, both in Pittsboro.

Consider Joining us in January as we begin a new year together. We meet most Thursdays in the craft room of the Sanctuary building, from 10:30-12:30. In December, we will be meeting on December 8th & December 15th. **Newcomers are welcome with open arms!** As you clean out your closets and cupboards to make room for your new Christmas presents, remember us if you discover any yarn you need to give away. We ALWAYS need more yarn. Partial skeins work, too...we can make stripes! Textured yarn, worsted acrylic, bulky, fancy, lightweight...we use it all! If you have any questions about the group or our meeting schedule, feel free to contact Dorothy Rand at 919 542-3002.

We sincerely wish you each and all a Blessed Christmas and a New Year that brings many happy moments and pleasant memories.

The Busy Needles of Mt. Carmel Baptist Church



NANCY WILLIAMS HUNDLEY CIRCLE

The Nancy Williams Hundley Circle meets the 2nd Monday of every month in the Fireplace Room. Contact: Grace Harris.

COMMUNITY GARDEN AT MT CARMEL

Shorter workdays and a few sub-freezing nights – it must be November! Even with the fabric row covers, some of our leafy greens lost a bit of their “green” with the cold. Kale, beets, carrots, etc. are tough though, and we are blanketing them with leaves to help the plants recover.

Speaking of leaves, a big THANK YOU for the bags of leaves that church members and community friends are donating. Some kitchen compost from the neighbors, too! Keep that good organic material coming. If possible, try to keep these out of your donations: Holly leaves (ouch!), grass clippings (seeds – BOO), invasive English ivy, and other weeds. Emptied bags may be available; just ask us.

In October and November, we were still harvesting tomatoes, kale, spinach, peppers, radishes, and beets. According to Marie Nesnow at TABLE, their clients received more than 81 pounds of produce from the Mt. Carmel Garden. That makes our total of all donations from January through October a little over 1500 pounds. Since this newsletter issue is for December and January, we won't have a full-year donations total to report to you until the first newsletter comes out at the beginning of February 2023.

Our need for more volunteers continues to be great! Compared to the summer months, the work sessions are shorter, but no less essential. If you are able to be “on call” to help spread leaves or help spread out row covers, PLEASE let us know! We have young strawberry plants, spinach, kale, chard, beets, carrots, blueberry bushes, and onions growing, and they would love a little TLC from you. It's a great time to join in, if you've been thinking of volunteering! Questions? Contact Anne Stewart, 919-632-8762, anne.stewart@earthlink.net, or on Realm.

Thank you, MCBC, for another year of supporting this mission to feed the hungry!



MENTAL HEALTH OASIS

The Mental Health Oasis Ministry is on the move! Our ministry is now established through the wonderful support of our church leaders and members. Specifically, **our mission is to sustain supportive spaces, provide resources, and promote awareness of mental health conditions and wellness through God's loving lead.**

Did you know that mental health conditions are frequently experienced by all age groups? According to the National Alliance on Mental Illness (NAMI), **1 in 5 U.S. adults** experience mental illness each year. **1,469,000 adults in North Carolina** have a mental health condition. That's more than **3x the population of Raleigh**. High school students with depression are more than **2x more likely to drop out than their peers** and **53.2% of North Carolinians age 12-17** who have depression did not receive any care in the last year. More than half of Americans report that COVID-19 has had a negative impact on their mental health with **44.7% of adults in NC** reporting symptoms of anxiety or depression. What an incredible opportunity to share God's love in encouraging treatment and to help those who may feel alone in these challenges.

In providing support, our mental health ministry is focusing on **5 key aspects: training/education, expert speakers to share information on mental health conditions, support groups, website to share resources, and collaboration with other community faith centers.** Our first educational offering will be on Mental Health First Aid (MHFA), a highly effective, evidence-based training that teaches people how to respond to mental health conditions, just like CPR does for those having a heart attack. Through Mental Health First Aid, we learn to recognize the signs of mental health issues and what to say/do that can truly help another. MHFA can help ourselves, family, friends, and neighbors in caring for our mental health that is equally important as our physical health. MHFA removes "fear and hesitation out of starting conversations about mental health or substance use by improving understanding and providing an action plan." Please look out for trainings that will start in 2023!

Thank you, Kimberly Steiner, for creating our awesome logo and to all for sharing your very helpful thoughts on how we can best support mental health, in getting others "into the boat" so that no one is suffering alone, and in promoting wellness. Mental health recovery happens every day through treatment and awareness! It is truly exciting to see how God is moving us forward in caring for the mental wellness of our church family and community.



Please contact Anne Kelly if you are interested in joining our ministry, have questions, and/or need assistance.

FREEDOM HOUSE

As we celebrate the birth of our savior, Jesus Christ, what a beautiful time to reflect with open hearts the year anniversary of sharing, loving, and getting to know our neighbors from Afghanistan.

This past year MCBC Freedom House has provided a loving space and soft landing which has allowed our neighbors to breathe again, gather their footings, open their hearts again, and move forward with their love and hope for one another, family, neighbors, and community.

The father has secured work, obtained a driver's license, bought an automobile, buys groceries and can drive his family members to doctors appointments. He supports and encourages his family helping his wife in the maintenance of the household responsibilities and encourages his children to be good students and citizens.

The mother has been busy cooking (and it is delicious), cleaning, washing clothes and rugs, sewing and encouraging her children to be good and kind and to do well in school.

Friendships and relationships have been cultivated between church members, neighbors, and others in the community. Busy Needles have reached out and helped mom with her sewing machine, materials, and sewing needs, and the MCBC Garden ministry delivers fresh vegetables and visits with the family.

The children are doing well and thriving in school. They are speaking English well and helping with translations for their parents.

The family has been on several adventures this past year. They have enjoyed days of play at Jordan Lake, biking on the American Tobacco Trail, visits to Morehead Planetarium, and shopping trips with neighbors and friends in the community. The children were excited to participate in a few church youth events. They recently attended a community "Boo Fest" and MCBC's very own Trunk or Treat.

Recently I stopped by to visit and mom and dad asked me to read and translate two letters they had received from two of their children's teachers. Not every word was understood but dad did understand:

"your son is a leader in class" "your son works hard" "your son does his best"
"your son helps others with their work" "your son is a good friend to other students"

How did I know? Because after I read each I looked up and saw the tears in his eyes and the peace in his face.

What a testimony to the love and light of Jesus Christ that we have loved our neighbors as ourselves this past year as his teachings call us to do. Merry Christmas from MCBC Freedom House.

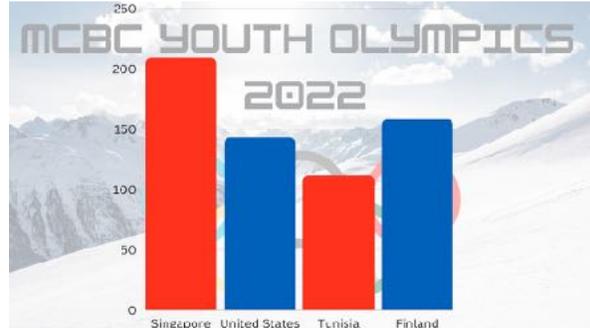
Proverbs 16:9 In their hearts humans plan their course, but the Lord establishes their steps.

Notes from Will

It is crazy to think that Advent and Christmas are now upon us! I hope that you and your families are getting the chance to slow down and experience the hope, peace, joy, and love of the season! Here's a look at some exciting things that the youth have coming up in December and January!



Our Youth Olympics will wrap up at the end of December. I'm excited to see which team will come out on top!



Here is our current Olympic score update!



On December 4th, our Youth Praise Team will help lead worship in the 9am.



On December 18th, the Davison family will be hosting our youth!



On December 17th, our youth families will gather at the church for a fun game of kickball for our Reindeer Games.



As always, the best way to stay connected with what's happening in the life of the youth is to visit our webpage: mcbc1803.org/youth.



Notes from Sharley

What an exciting holiday season this has come to be in the Children's Ministry . . . and there is more yet to come! Just take a look at a few of the things we've been up to:



This is Kate Clark holding her volleyball trophy after a tough game. The children have more sporting events on the horizon, and they love it when cheerleaders from our church come to support them during a game. Email Sharley@mcbc1803.org if you'd like to be notified of these events!



Did anyone visit the front foyer at the BBQ and Brunswick Stew? Our children and their families came out to host the event in shifts. We had stuffies, puppets, parents, and little hands passing out fliers and welcoming in our guests. Our favorite part of the evening was seeing big smiles and hearing contented murmurs as people waddled out of the door. Mina, pictured with Chef Pig, had never tried BBQ before and I do believe she is already looking forward to next year.



Our Burgers and Bingo Fundraiser was a big hit! The families came out in their 50's attire, put on their diner hats, and jived their way through a fun night of service. Thank you all for the many ways you show support and love to us.



As a sign-off, until our next newsletter, I'd like to share some of our children's reminders. During our feast with games and activities, all our children stopped what they were doing, compelled to look outside. They asked me to hurry over and take a picture because it was such a beautiful sunset.

Folks, God is crafting that same beauty within and through all of us. Let's be like the children, remembering to pause and take note of it; deeming it more important than the swarm of commotion around us. God is so, so good! And lastly, as you can see above, our children love you. You!



From taking the lead with Shannon during an amazing handbell performance to digging into a Thanksgiving Feast at Sunday Evening Activities, the children have had their hands (and bellies) full this month. And what's to come? A Christmas Celebration, a Nativity Tent Trail, our Christmas Mission, and a Christmas Eve Service that the children will help to lead. You know just where to get more information on upcoming events, it's MCBC1803.org.

Notes from Virginia



We are growing! It is so much fun getting to know our newest children, and we are expecting two more (so far) in the new year. Take a moment to stop and thank God for these beautiful blessings!



It's beginning to look a lot like Christmas! Our children and their families are very excited to partake in all of the Christmas festivities at church. How wonderful for our children to grow up in such a loving church family.



Grandfriends was such a special time for our adults and preschool children. Thank you to our grand friends: Mary Gay Collier, Bob and Elaine Jeffcoat, Robert Middour, Louis and Gail Mizelle, John and Jan Russell, Mary Jo Tilley. You made lunchtime so much fun for the children. Also, a big thank you to Linda DiFranco for planning all of our activities. We look forward to getting together again this Spring.

Do you ever find yourself wondering if children can be ministers? Wonder no more! In this picture is a little girl who lost her dad nearly five years ago, when she was 2. When she heard that this little boy had lost his dad she said to me, "I know what he's going through. I can help him." Here she is helping him in Sunday school, being his friend as he navigates the world without his dad. Join me in thanking God for our children and how they use their spiritual gifts.

Notes from Shannon

I know I've probably said this in most of my newsletter articles over the past year, but hasn't the time flown by! We have had such a great year with so many opportunities to grow together and worship together and to seek and find God in so many places and ways. What a blessing to go through this life with a church family that supports and prays for and loves one another in many, many ways!

The month of December brings so many opportunities for us to celebrate Jesus' birth together, and I hope you'll plan to be a part of the celebration in both services on December 11th as we tell the story with singing! At 11:00 on that Sunday, our Sanctuary Choir will present *The Seven Noels: Songs to Light the World*, by Pepper Choplin. The Morgan Handbell Choir will also ring that morning, so we are looking forward to some beautiful music all around!

Children and Preschoolers along with their families are invited to a Jingle Bell Bash on Saturday, December 17th, from 3:30 to 5:00. We'll have Christmas games, snacks, crafts, and karaoke, so make plans now to be a part of the fun!

Finally, as we continue to prepare our hearts and our lives for the coming of Jesus into the world, take a few moments to read and meditate on these words from a hymn called *Christ Is the World's Light*, written by Fred Pratt Green, a respected and well-known modern hymn writer from England:

*Christ is the world's light, Christ and none other;
Born in our darkness, He became our brother.
If we have seen Him, we have seen the Father:
Glory to God on high!*

Words by Fred Pratt Green ©1969 Hope Publishing Company CCLI2006738

Let's all rejoice in the Light as we enter the season and the new year with our heads held high!

Preschool of the Warm Heart



In November, our preschoolers had the opportunity to talk about thankfulness. This is a hard concept for young children to grasp, so we talk about what and who make us happy, feel safe, and loved. The staff also model thankfulness by saying "thank you," when we receive a hug, or someone shares a toy.

We enjoyed hosting our families for our Thanksgiving Feasts at the end of the month. It was a beautiful day to spread out blankets and enjoy fellowship time together. Many of the children really enjoyed a slice of pumpkin pie!

During the month of December, preschool will begin to look a lot like Santa's workshop as the children make gifts for their families and ornaments for their trees. I still hang ornaments on my tree that my 15 and 16-year-old made in preschool. They are such treasures!

We will also host our families for a special Christmas Chapel on December 12th. The Dolphin class (3s and 4s) will retell the Christmas story and sing a few songs they have learned during chapel. PWH will be taking a winter break from December 16th – December 30th. Teachers will return on January 2nd for a teacher workday. When we return, we will be looking to begin enrollment for the 2023-2024 school year. If you are interested in enrolling your child, please reach out to mccppwh@gmail.com. Church members have priority enrollment!

I am looking forward to the hope that the season of Advent brings. I am reminded of the many gifts that God bestows on us each day; the gifts of His love and care sustain us. The PWH staff seeks to share these gifts with our preschool families. Thank you from the bottom of our "warm hearts" for the gifts that you continue to share with us!

**Children's Sunday Evening
Activities Holiday Schedule**

No activities Dec. 18 - Jan. 8

Jingle Bell Bash
Saturday 12/17
3:30-5pm
Fellowship Hall

*Families with preschoolers & children are invited
to a fun Christmas bash!*

Baby IT'S
COLD
OUTSIDE
*YOU'RE INVITED TO
Kaylie & Eric's Baby
Shower*

*January 14, 2023 • 2:00 PM
Mount Carmel Baptist Church*

A Special Thanks

A special thanks to the Honeycutt family for donating the church's Christmas tree this year.

Open Doors Update



In November, the Capital Campaign Team reported that our account balance is \$236,853 and the amount pledged to date is \$1,257,970. There are currently 78 pledges.

Visit www.mcabc1803.org/open-doors for the most up to date info.

End of Year Contributions

Remember your end of year contributions need to be postmarked by December 31, 2022, turned in during the Sunday service on December 25, or dropped-off at the church office December 29, before 2pm. You can contribute online in Realm before midnight on December 31.

Current Prayer List

New Concerns: Norma McKay; Kimberly Steiner's grandmother, Eleanore Carr; Karen Chapman's nephew, Lane Stanhope; The Morter family; Tommie Blackwood; Kimberly Steine; Chapman family friends the Hackley family

Continuing Concerns: Janet Andre; The Barton family; Ben Berry; Geary Blackwood; Kenon and Nancy Blackwood; Jim Bowen; Jane Cutchin; the Goodwin family; David Hall; Tom Honeycutt; Jen Jamerson; Elaine Jeffcoat; Katie Jenkins; the Johnson family; Lance Kaye; Ron Knight; Taffy Moore; Shirley Morter; the Oakley family; Donald B. Porter; Valerie Potter; Lila Preslar; Ruth Sparrow; Randy Stewart; the Thompson family; Dominick Tomaro; the Vickers family; Ron Woody

Extended MCBC Family: Dawn Berry's friend; Geary Blackwood's uncle, Deryl Merritt; Steven Blanchard's father, Steve Blanchard; Timothy Carnes's sister, Emily Fields; Diane Cash's sister, Karen Rowe; Roger Chapin's nephew, Joshua; Manna Traas-Chapin's daughter, Marte van der Wees; Tara Clowes's sister, Tracey Vajay; Jackie Collins and Rose Dixon's friend, Jean Saffelle; Ron and Joy Craig's nephew, Luke Proctor; Jane Cutchin's neighbor's sister, Jennifer Snyder; Alexis Duncan; John Eberhard's father, Greg Eberhard; Sharon Elmore's brother, Johnny Robinson; Jerry and Elizabeth Fisher's friend, Tom Baucom; Bill and Brenda Goodrich's daughter, Leigh; Kathy Graham's son, James January; Kathy Graham's granddaughter, Verity Graham; Shannon Hall's friend, Ann Holt; Dot King Harris's son, Rick King; the Holdway family; Anne Kelly's family member; Pavel Khrapak; Tracy Lane's fiance, Joey; Pam Leight's daughter, Kristin Leight; Dee Loveland's niece, Tina Crews; Dee Loveland's sister, Rita Herman; Robert Middour's son, Rob; Taffy Moore's daughter, LA Renn; Carol Newnam's son-in-law, Ben Dunlap; Brian Paren's mother; Royster family friend, Bob Koch; Jennifer Royster's mother, Tonja Wesson; Sarah Scarry's mother's husband, Don Tice; Sarah Scarry's father, David Chajkowski; Susan Smialowicz; Peggy Yates's daughter, Gina Floyd

Care Facilities: David Atwater (Durham Nursing and Rehabilitation Center, 411 S. LaSalle Street, Room 49A, Durham, NC 27705-3799 - appointments required - 919-383-5521); Tommie Blackwood (Signature Healthcare Chapel Hill); Paul Brimfield (Brookdale Senior Living, 2230 Farmington Drive, Room D6, Chapel Hill, NC 27517); Donald B. Porter (Genesis Healthcare, Siler City)

Significant Events in our Congregation to Remember

since the last published newsletter

New Members: Mollie Keller

Deaths: Shirley Morter; Randy Hackley

New Member Highlight



Mollie Keller joined MCBC on 11/20. She says, "I am a true native Chapel Hillian. Went away to App State and met my husband. Was away for forty years and when he passed I have returned. Have joined the choir and love helping Wednesday nights. I am so happy to be a part of this church family. Everyone has been so open, warm, and friendly."

Welcome, Mollie!

Birthdays and Anniversaries in Our Congregation

Birthdays (December)

01 Stephen Gwaltney
 01 David Hall
 01 Drew Preslar
 01 Owen Steiner
 02 Mina Baldwin
 02 Thomas Crook
 03 Jim Bowen
 05 Megan Daiker
 06 David Daiker
 06 Pattie Eberhard
 07 Carol Staples
 09 Joree Merritt
 09 Finn O'Daniel
 09 Tolson O'Daniel
 10 Justin Daiker
 10 Doug Farrell
 10 Wynne Thomas
 11 Faye Blackwood
 11 Bryant Gaines
 11 Brittany Royster
 12 Connie Bishop
 13 Donna Sayers
 15 AJ Germain

Birthdays (December)

17 Lewis Ballard
 17 Dan Dalton
 17 Hunter Klingel
 17 Hans Tammeling
 18 Nathaniel Lane
 20 Hope Davison
 20 Caroline Hall
 20 Karen Russell
 21 JoAnn Dalton
 21 Josie Eberhard
 21 Bob Rand
 22 Tommie Blackwood
 22 Brooklyn Craig
 26 Kennedy Clowes
 26 Cyndi Taylor
 27 Jamie Daiker
 28 Jonathan Hall
 29 Adele Fogleman
 31 Greyson Bochicco

Anniversaries (December)

02 John and Julia Lynch
 08 Clarence and Valerie Potter
 10 Ben and Deb Berry
 29 Michael and Teresa Perdue
 29 Dick and Sue Richardson

Birthdays (January)

01 John Germain
 01 Bill Goodrich
 01 Terry Prescott
 01 Michael Sparrow
 01 Nancy Vickers
 02 Wren Gaines
 05 Susan Mellott
 08 Andrew Cutchin
 08 John Eberhard
 10 Betty Tomaro
 13 Deborah Davis-Noell
 13 Brooke Eberhard
 14 Jody Spaugh
 14 Betty Stroupe
 15 Jerry Fisher
 15 Chuck Livengood
 15 Hannah Stone
 18 Geary Blackwood
 18 Charlotte Haas
 18 Braxton Sparrow
 18 Jim Sparrow
 19 Tish Rogers

Anniversaries (January)

12 Ray and Pam Porter
 16 Ken and Ann Samuelson
 23 Bob and Elaine Jeffcoat

Birthdays (January)

20 Ken Taylor
 21 Leah Sparrow
 22 Will Atwater
 24 David Staples
 25 Christopher Oakley
 26 Kevin Klingel
 26 Ryleigh Russell
 28 Patsy Williams
 30 Nick Porter
 31 Mya Baldwin

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