



DCPC Faith and Families Newsletter April 6, 2018

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Letter from Robert

Stress Relief

Dear Friends,

Our family is enjoying a little bit of time away for Spring Break. I appreciate it when the break for our children falls on the week after Easter. That provides space to relax a bit after what can be a very full Lenten season. It is good to have time built in to our schedules to get away and unplug and rest. It is good to pull away from work, responsibility, and the normal pressures of life and find relief from those things which can build up and become a burden to us.

Annual getaways are important but perhaps daily and weekly getaways are even more important. When life becomes overwhelming and daily pressures stress us out to the point of panic, exhaustion, or hopelessness, we need a break to reset. This is not, I believe, the way that God intends for us to live. So what can we do to help provide space in our lives and in our families for a more moderate and hope-filled approach? How do you and your family manage the day to day pressures of life?

This Sunday evening, in our **Parent's Group**, we welcome special guests **Brad Reddick** and **Rea Wright** who will help us talk about stress and anxiety in our children and in our homes. How can we limit it...how can we manage it...how can we help our children manage it in their own lives. Join us for this important conversation and give some thought to the ways that you currently approach this issue in your own family.

To God be the Glory!

Robert

UPCOMING STUFF

Parent's Group – Sunday Night at 5:30 pm

Join other parents for conversation, support, and encouragement as together we navigate the exciting and sometimes challenging waters of parenting and family life. We meet in the DCPC Parlor from 5:30–6:30 while Youth Group meets. This Sunday we discuss “Managing Stress and Anxiety in our families and homes.” Hope you can make it.

Are you expecting or do you know someone who is??

Our New Baby Committee is a team of DCPC members who help provide support to families when a child is born or adopted. If you would like more information about this team or are in need of their services please contact Katie Scruggs at 704–241–3280.

Faith & Families Fellowship Team

Would you like to help plan some social/fellowship opportunities for DCPC Families? We need your help! Please let Robert Alexander know (ralexander@dcpc.org) and we will gather in the near future to plan something for the spring. Hope to hear from you soon!

Mission Opportunities

Habitat for Humanity – DCPC House! – Join us for a Habitat work day this spring! Our future work days are April 21, May 5, and May 19.

Volunteer work days are from 7:45 am until 1:00 pm. You can sign up to volunteer at <https://volunteerup.com/Login.asp?w=i&o=138>. Once you log in, you will be able to go to the column for 9814 Psalms and select the dates you want to help. You will also be able to see the type of work that is scheduled for each work day. A different type of work is planned for each day so hopefully there will be something that interests you. Volunteering on these construction projects is a very rewarding activity. We hope to see you at the site.

Loaves & Fishes

Would your family like to help with our food collection at DCPC once a month for Loaves & Fishes? If you are looking for a fun and easy way to serve that everyone in the family can participate in, this might be for you. Contact Robert Alexander for more info.



If there are concerns or joys that you would like to have listed here please email me at ralexander@dcpc.org so that we might keep one another in prayer.

Mike Briggs – Mike is the stepfather of Stephanie Shryock. He is recovering from a recent stroke.

Nick Dombalis – Nick is the stepfather of Holli Myers and has just gone through a bone marrow transplant.

Margaret Jones – Margaret is the mother of Kelly Pharr. She has recently been diagnosed with cancer.

Dave Malushizky and Stephanie Rollans– We celebrate the recent marriage of Dave and Stephanie and pray for a lifetime of happiness.

Glenn Mayhorn – Glenn is the father of Missy Martin who is under hospice care.

Jeff Osman – We continue to pray for Jeff and his family as he awaits a possible liver transplant.

Sheila Spack – Sheila is the mother of Steve Chaffin. She is hospitalized with several health concerns.

Mark Tevepaugh – Please pray for Mark as he recovers from surgery and goes through treatment for prostate cancer.

Bart Tritch – Bart is Rachel Lewis' brother. He has been dealing with a number of health concerns.

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