



# Family News

A Servant Community: Actively Faithful, Faithfully Active  
St. John's Baptist Church | 300 Hawthorne Lane | Charlotte, North Carolina

[stjohnsbaptistchurch.org](http://stjohnsbaptistchurch.org) | Vol. 78, No. 17- Week of April 20-26, 2020

## A Servant Community: Actively Faithful, Faithfully Active

St. John's Virtual  
Worship at Home  
on April 26, 2020

Join us for an online  
worship experience at  
10:30am on Facebook,  
YouTube, and the  
website.

Worship resources will  
be distributed for  
guidance.

Stay Connected on  
Social Media & Website



@sjbccharlotte



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[Website Link](#)

## State and Community Missions Offering

Accepting Contributions Until April 30

The annual state and community mission offering was scheduled to conclude on March 31. In light of the Covid-19 crisis and the fact that the Mission Resource Team voted recently to shift the community half of the receipts to a newly created Coronavirus Response Fund we are holding this special offering open until April 30. These funds will enable us to respond to emergencies resulting from the virus, both within the church family and in the immediate community. The state portion of the receipts will benefit Together for Hope, a CBF North Carolina anti poverty program led by LaCount and Anna Anderson. The people they serve are among the most vulnerable, even before the pandemic. **The goal was \$5,000 and receipts to date total \$2,860.**

## Finding Peace in a Sea of Uncertainty

By Jesse Roberts

*Jesse Roberts is a community leader in our congregation. You might have seen him playing the organ or piano on Sunday mornings. Professionally, Jesse is the owner of Charlotte Counseling & Wellness. He specializes in grief, trauma, anxiety, depression, life transitions and LGBT issues. He is a native of Rutherfordton, NC and has earned the following degrees and certifications: M.A., Ed.S. in Clinical Mental Health Counseling from Gardner-Webb University, NCC, LCMHCA.*

In an unprecedented era of physical distancing it is important - now, more than ever - to give attention to our mental health. We are sailing in a tumultuous sea of uncertainty and the "unknown" often leads us to irrational and catastrophic thinking. For many people, anxiety is at an all-time high and it is imperative that we take care of ourselves - physically, mentally, and spiritually. Here are a few tips for coping with anxiety during the COVID-19 pandemic:

- Stay informed (by accessing reliable sources), but limit screen time. Constant exposure to news and social media about the pandemic fuels panic.
- Express your emotions. Keeping your feelings inside only heightens anxiety. Talk about your fears, your sadness, and your moments of happiness.
- Control what you can - wash your hands, physically distance, sanitize - and accept that there are things outside of your control right now.
- Check on your friends - especially those who are most vulnerable during this time (the elderly, the immunocompromised, those who may struggle with addiction).
- Utilize technology to remain in contact with those you love. Physical distance doesn't mean social distance.
- Use this time to do things you wouldn't otherwise have a chance to do - read, catch up on shows you enjoy, call people with whom you have lost touch..
- Meditate on the positive things in your life. Begin a gratitude journal noting things you're grateful for.
- Seek professional help if needed. Therapists and psychiatrists are continuing to see clients via virtual platforms. There is no shame in reaching out. You don't have to do this alone.
- Pray. As people of faith we trust that we are in the hands of a loving, compassionate God who will see us through the days ahead.

Know that you are not alone. We are in this together and we will get through this - finding ourselves more kind, loving, intentional, and grateful - on the other side.

# Mask-Making Continues

You Can Help!

A number of St. John's servants continue answering the widening call for masks. There are currently over a dozen St. John's servants involved in some aspect of this effort. In addition to those who are actually doing the sewing, some are offering pieces of fabric, others are ordering supplies such as elastic and sharing with others, and still others are doing curbside pick up and delivery of various components for making masks.

If you would like to participate in some way with this effort or if you have questions please contact the following:

- Willa McNeill: 704-578-3201; [willa.mcneill@gmail.com](mailto:willa.mcneill@gmail.com)
- Nina Phillips: 704-596-3135; [ninacarl@gmail.com](mailto:ninacarl@gmail.com)

**\*PLEASE REMEMBER THAT NO MASK IS A SUBSTITUTE FOR STAYING AT HOME, WASHING YOUR HANDS AND FOLLOWING ALL THE RECOMMENDED PROCEDURES TO PROTECT YOURSELF, YOUR FAMILY, AND ANYONE ELSE.**

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## Contact the Staff

A List of Cell Phone Numbers and Email Addresses

- Dennis Foust- 704-359-7234; [dfoust@sjcharlotte.org](mailto:dfoust@sjcharlotte.org)
- Lee Gray- 704-451-1309; [lgray@sjcharlotte.org](mailto:lgray@sjcharlotte.org)
- Allison Benfield- 828-448-8412; [abenfield@sjcharlotte.org](mailto:abenfield@sjcharlotte.org)
- Kevin Gray- 803-524-0287; [kgray@sjcharlotte.org](mailto:kgray@sjcharlotte.org)
- Mallory Brown- 704-477-3349; [mbrown@sjcharlotte.org](mailto:mbrown@sjcharlotte.org)
- Jacquelyn McAbee- 434-579-1177; [jmcabee@sjcharlotte.org](mailto:jmcabee@sjcharlotte.org)

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## Al Staggs Event Postponement

Date to Be Determined

The Al Staggs as Dietrich Bonhoeffer event has been postponed again in light of all that is going on with COVID-19. We had originally postponed it for May 30 but, that is not going to happen. So, Dennis is in the process of talking to Al Staggs about rescheduling for Fall 2020 at a time when we can hopefully all be back together in some way. Please stay tuned for the release of that Fall 2020 date.

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## Financial Giving Update

Online Giving Coming Soon!

Thank you for your continued financial faithfulness during this COVID-19 pandemic. In the next few weeks, we will be launching **ONLINE GIVING** at St. John's. This will increase our capabilities and make it easier and more convenient for many of you to contribute! **Stay tuned for an announcement on online giving soon.**

If you have any questions about giving or your pledges, please contact Jacquelyn McAbee at her cell number 434-579-1177 OR [jmcabee@sjcharlotte.org](mailto:jmcabee@sjcharlotte.org).

## Prayer Concerns, Notes, & Sympathy

Emily Batts, Byron Bullard, Mary Chilton (mother of Amy Chilton), Carol Drye, Teri Franklin, Don Furr, Camille Green, Polly Hull, Gene Poole, Elma Thomas, Alison Zieglmeier (daughter of Ken and Donna Scott); Parker Jackson, military

*"Dear St. John's family, Pauline and I are so thankful for the care and concern shown by our St. John's family following the death of my father. While COVID-19 has certainly changed our lives, the love and support shown by the St. John's community has never diminished. My family and I regret our inability to have a funeral or memorial service for my dad at this point, but look forward to our chance to gather in Spartanburg and celebrate his life at some point in the near future. Thanks again for your notes, kind words, and prayers.*

Steve Carter"

*"Thank you for your continuing love and support during my eye surgery and recovery. God Bless You."*  
-Virginia Allen

Sympathy to Tam, Maria, Savannah, and Audrey Heasley in the passing of Tam's father, Donald Lee Heasley, on April 17.

Sympathy to Beth and David Lewis and their daughters Liz, and Mary in the death of Beth's mother, Eleanor Blaylock, on April 8.

Sympathy to the family and friends of Fred Bryant, long-time former member of St. John's, on April 16.

Sympathy to the family and friends of Barbara Bell, long-time member of St. John's, on March 22.

## Financial Ministry Plan Report:

Week of April 15-21: \$59,080

Income through April 21: \$355,318

Annual 2020 Ministry Plan Budget Goal: \$1,175,000

**Thank you for your continued financial faithfulness during this COVID-19 pandemic.**

**You may mail your financial gifts to: St. John's Baptist Church, Attn. Jacquelyn McAbee, 300 Hawthorne Lane, Charlotte, NC 28204.**

## State and Community Missions Offering Update:

2020 Goal: \$5,000

Received to Date: \$2,860

**This offering will close on April 30.**

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Many of you use the *Church Life* app on your phones to access contact information for members. Pretty soon, we will transition to an even better system with more capabilities to communicate called *Realm*. **Stay tuned for much more information to come!**

