



Join us online or in person this weekend as we continue our sermon series "The Blessing." We hope to see you soon.

When I Survey The Wondrous Cross

By Debbie McKellar

Every year during the Easter Lenten season, I find myself staring at the cross that hangs on the right side of the sanctuary. It is proper to do so, as this is the season of the year where our focus is and should be on the cross.

This particular cross has been present in the White's Chapel sanctuary for now 31 years. I know this to be true because I well remember when it was built.



John and I moved to Southlake and White's Chapel in June of 1992.

As with any new pastor and family, we were thrilled for the opportunity to meet our new parishioners. Obviously, the

very first Sunday

we were here we met many people, but two of the people we both remember specifically meeting on that day were Dale and Mary Ann Marks.

"Dale had come early that morning," said Dr. John McKellar, "and so he was one of the first I met that day. Then I met Mary Ann, who was the organist. I remember first just how nice and friendly they both were."

Dale was retired and was known to be a 'tinkerer.' He did some carpentry work and minor repairs. At the time, the church was really poor and could barely afford the electric bills.

"We had no money, but we desperately needed a new church sign. The only one in front of the church had paint peeling, was weather worn, and unreadable. Dale had kindly asked me if there was anything he could help out with," said McKellar, "and I was hoping that he could do some handiwork around the church. So I asked him if he had any ideas about the sign. He said yes: He could certainly build a sign if we could get the wood and at least that would be a first step. And

CROSS cont'd on page 3



EASTER OUTREACH

This past Saturday, WC Kids & WC Missions offered an Easter event at GRACE food pantry in Grapevine. Community members enjoyed a telling of the Easter story, games, food, and egg hunts.

Maundy Thursday Sets Mood for Resurrection

By Debbie McKellar

The story is over two thousand years old, but still is difficult to comprehend. Why would Jesus Christ, the son of God, willingly go to the cross to his death?

I never attended a Maundy Thursday service growing up, because in my religious background, it was not an option. The events of Holy Week were not really acknowledged either, because I was raised to put all my attention on the Resurrection.

But since attending my first Maundy Thursday service sometime in the 1980s, I have only missed one. It is one of the most important events to me — personally — in the Lenten season, because I have learned that for me... it is impossible to celebrate the joy and miracle of the Resurrection without understanding the desperate depths of the crucifixion.

"Not my will, but Thine be done..."

Every year on Maundy Thursday, the story comes to life: The Last Supper, the washing of the disciples' feet, the betrayal by Judas, the pain, suffering, and ultimate death of Christ. History's

MAUNDY cont'd on page 2

Lessons from Lent

Editor's note: "Lessons from Lent" is an annual series of reflections on the six-week Lenten Season. A daily devotional guide, "The Blessing" is available at various kiosks at White's Chapel, or at the Administrative Building front desk. Written by White's Chapel Co-Pastors Drs. John McKellar and Todd Renner, the guide is available at no charge.

Wrath: Root of Injury

"Although I know it's unfair, I reveal myself one mask at a time." — Stephen Dunn

It is an awful and damnable lie that we teach our children: that sticks and stones may break our bones but that words can never hurt us. We know that is not true, and we know it's not true

because each of us bear the scars and the wounds of biting words. We've been hurt by whispers spoken in quiet places just as surely as we have borne the pain of public insult and open humiliation.

LESSONS cont'd on page 2

Intentional Relationships

By Holly Edwards

As we are entering springtime, many of us think about sprucing up the yard or doing some spring cleaning or decluttering around the house. Have you ever thought about giving the relationships in your life a fresh start, too? Most people would tell you that the most important thing in life is the people they love and care about: a spouse or partner, children, parents, siblings, friends and family. Yet, we probably spend more time in spring cleaning our homes and yards than focusing on our relationships! If you'd like to spruce up your relationships this spring, be intentional about it! Take some time to think about how your relationships are going and how you might make improvements. While each relationship is unique, here are some suggestions that can help improve most any type of relationship!

- 1. Make the relationship a priority** — It is tough to build a positive relationship with a spouse, child, friend or parent, if you are not spending time with them. Schedule outings, phone calls, date nights or just time to talk or have some fun

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Embodied: A Lenten Prayer Experience

A hand raised in worship, a journal filled with words, or a walk outside on a sunny day — Prayer practices may look different to each person. Its purpose, however, is the same: to enter a space to communicate with God.

During Holy Week, the church will offer different prayer experiences to engage people's minds and bodies as they focus on the significance of the season. Six different independent prayer stations will be available

Monday, March 25 – Thursday, March 28 from 10 a.m. to 7 p.m. and Friday, March 29 from 10 a.m. to noon. Stations will include aspects of movement as well as contemplative ideas at each prayer station. People are invited to bring their journals to record their divine inspirations. While there will be a written guide available at each station, there is no right or wrong way to go through the experiences; participants are encouraged to let the Holy Spirit guide them.

Each station is listed below.

Spell Chapel: Prayer Stones

An outdoor prayer opportunity will be available at Spell Chapel. There, a container will hold smooth stones for participants to use as they pray. Sharpie pens will also be available so people can write their prayers on the stones. Then, the stone can be placed at the altar — a representation of laying a prayer at the

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Come-and-Go Prayer Information
Easter Service Times



Palm Sunday
Sunday, March 24 | See Page 4



Apathetic to Our Faith

By Dr. John McKellar

The more that we lose loved ones and walk through the valley of grief, the more our hearts lean into heaven, the more our minds get “homesick for that country where our faith shall end in sight.” The best way to deal with our pain is to become passionate about following Jesus and focusing on the promises of heaven. We get a beautiful time to do that in the upcoming week we know as “Holy Week.” I hope and pray that we will be spiritually in tune with Jesus this week. The worst thing that could ever happen to us, is that the story of this week becomes ordinary: It becomes familiar, and we travel this journey mildly aware, but focused on other matters in life. The greatest way to rob our joy is to become apathetic to our faith.

The word “apathy” is interesting. It comes from the Greek *apatheia* which means without feeling. So, apathy means without feeling; no passion; without fervent spirit. The simple meaning is well expressed by the saying “Who Cares?” It means we are bystanders to the work of God, without investing ourselves in living our faith. Revelation 3 reminds us that no sin so displeases Jesus as much as apathy. Out of apathy flows ingratitude, inaction, indifference and silence.

We are called to be passionate followers of Christ who give our best to our faith! Notice how the evil one would derail our mission today: “Satan is such

a wily sage. He doesn't come up to folks and invite them into the slime pits of sin; he just lulls them into indifference... Little by little, he encroaches upon our faithfulness ...”

This weekend we will begin Holy Week with Palm Sunday. There is something powerful about worshipping together, waving our palms, and re-living Jesus’ Triumphal Entry in Jerusalem. Every day this week we need to be focused on our times of prayer and devotion. I hope we make a priority of worshipping on Maundy Thursday and setting a time of reflection on Good Friday. Great care and effort have been made to provide meaningful times for us to follow the footsteps of Jesus.

Will we move beyond our distractions and participate? If we will be passionate about our preparation, then our hearts will overflow with joy when we celebrate the resurrection next weekend!

I love how the old hymnwriter put it:

*What thou, my Lord, hast suffered
Was all for sinners' gain
Oh mine was the transgression
But thine the deadly pain
Lo, here I fall, my Savior
'Tis I deserve thy place
Look on me with thy favor
Vouchsafe to me thy grace*

*What language shall I borrow
To thank thee, dearest Friend
For this, thy dying sorrow
Thy pity without end?
Oh, make me thine forever
And should I fainting be
Lord, let me never, never
Outlive my love to thee*



Maundy

Cont'd from page 1

most dramatic story is told on this night predominately through music. I know it always makes me understand what Jesus went through for me. And for many, it is a service that is not to be missed if the beauty of Easter is to be truly experienced.

“I think music transcends words, intellect, and moods,” said Shaunna Fuller, White’s Chapel Co-Director of Music and Worship. “It cuts straight to the soul and tenders our heart to help us enter into the passion of Christ and the experience that is Holy Week. It sets the mood and draws the listener into that moment.”

Maundy Thursday is probably the most reflective and introspective service of the week. Participants feel as though we are present at the last supper when Jesus invokes the new covenant. We feel His agony in the garden and when He suffers on the cross. His death becomes real as He is speared and taken to the tomb.

At White’s Chapel, the script is redone each year - although the story elements are always the same. Music varies depending on where emphasis is placed on the story. The music selections are always eclectic: Some are modern or contemporary, while some are taken from the classics. All of it is somber, evoking the solemn mood that defines the evening of Jesus’ journey to the cross.

Some of the music pieces have become fixtures: “Lord Have Mercy,” sung by our own Terry Plemons is one that necessarily elevates the death of Christ to a personal level. “Requiem Eternum” by John Rutter is another. “These completely capture the darkness of His death, but also leaves us with that light of hope,” said Fuller.

Others are woven into the story in alternating years, such as “The Sound of Silence.” Two movements, “Nox” and “Munera Paris” from “Illuminare” will be new features from a favorite composer, Elaine Hagenberg.

Because this service is on Thursday, it is out of the norm for people to remember to add it into their schedule, especially those who have not experienced it before. And though the service will be streamed, it is the timing of the service that puts the experience into perspective.

“Those who set aside an hour from 7 - 8 p.m. on that Thursday night will experience an Easter that is that much richer because you went into the tomb with Him.”

“Our lives are so busy and we are so stretched and absorbed in our daily tasks,” said Fuller. “This is a time to come away and really remember what Jesus did for us. I can tell you that every person that comes to a Maundy Thursday service always comes back. Every musician that has ever participated in it will tell you that it’s their favorite service of the year.”

I know it is mine.

	2024	2023
FINANCIALS		
MARCH		
March Week 1	\$286,609	\$160,180
Week 2	\$166,565	\$213,715
Week 3	\$209,802	\$201,650
MTD Actual	\$662,976	\$575,545
MTD Goal	\$566,492	\$605,099
	\$ 96,484	\$(29,554)
YTD Actual	\$2,195,503	\$1,307,233
YTD Goal	\$1,964,773	\$1,277,530
	\$ 230,730	\$ 29,703

Palm Sunday Weekend

All services will be held in the Sanctuary and will be live-streamed online at whiteschapel.org

Saturday, March 23

5:30 P.M.
Contemporary Service

Sunday, March 24

8 A.M. - 1 P.M.
Brunch in Evans Hall

8:20 A.M.
Traditional Service

9:30 & 11 A.M.
Triumphal Entry

WHITE'S CHAPEL
HERALD
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SATURDAY, MARCH 23
10 a.m. – Noon

The Eggssessible Hunt (Special needs or limited mobility) | 10:15 a.m.
The Family Egg Hunt (all ages) | 10:30 & 11:30 a.m.
The Tiny Tots Hunt (3 & under) | 11 a.m.

REGISTER ONLINE AT WHITESCHAPEL.ORG

Lessons

Cont'd from page 1

Truth be told, neither sticks nor stones cut as deeply as words. For those bodily wounds heal. With time, they close and mend; but the injury of flippant and careless words cut into our very soul. And for some, not even a lifetime seems sufficient to get over the harm of stinging betrayal.

Vicious lies and rumors and gossip, they all grow from the dank soil of anger. They come from an addled heart set on revenge, from a generation of busybodies that have nothing better to do with their time than to tear another down. But that, too, is a lie; because every single one of us do have something better to do with the time that God has allotted to us on this earth.

We do have a higher calling, a nobler purpose for our lives: to use our words to heal and to encourage and to speak words of truth and beauty and peace.

During that last week, amidst the brewing anger and tension of Jerusalem, Jesus slipped away. Every night He would leave the torch-lit streets of the city, escape the stony walls, find a garden, and pray. He used his words to connect with Something higher, Something better, Something that would give him the strength to face the terror that He knew was coming. Jesus used his words, his last words, to offer comfort in the midst of wrath, hope in the midst of despair, and grace in the midst of violent cruelty. He spoke goodness to evil and love to hate. Jesus spoke to a world that would soon reject him and for a people who would nail him to a cross. He spoke knowing that soon He would be broken; but still, He spoke. And I pray we listen.



Cross

Cont'd from page 1

literally within the next couple of weeks he and I took a drive to get the wood. Another church member, Charlie Sullins, was a builder and he told Dale he would be happy to donate the wood."

"The drive was delightful. It was a beautiful day and Dale and I had just a wonderful visit," McKellar recalled. "I got to know Dale pretty well that day."

Dale had been raised on a farm and farming was in his blood. He and Mary Ann lived in the area of Southlake-Grapevine that now is Gateway Plaza, and he had spent much of his life working for Ford Motor Company.

"We got the wood and Dale delivered it to my living room at the old church parsonage where Debbie and my brother, Bob were waiting. Bob had designed a sign

for the church and with an overhead projector the two of them went to work. Over the next week, they painted a new church sign right there in our living room. When they finished, Dale came over, picked it up and put it up on White's Chapel Road in front of the sanctuary that is now Grace Chapel."

Dale continued to help and volunteer with projects like that. "I had this little idea book from Cokesbury I'd gotten when we pastored in Grandview. I had never gotten around to it, but one of the suggestions was to make a cross for Lent: The cross sat on the floor with the stand, and I basically made a copy of the page out of the book. I asked him if he could make it. For the second time, we both drove over to see Charlie Sullins, who once again donated the wood. Dale went to work and made it, piece by piece. It turned out better than I ever thought it would be looking at the picture in the book. It was just beautiful."

McKellar specifically remembers putting the cross in the sanctuary that first Ash Wednesday, because Mary Ann came with Dale that day. It wasn't just the cross that was being put in the sanctuary

that day. Something else very special was being delivered.

At that time, Ron Behrends was the music director for the church as well as Carroll ISD. "When I got to the church in 1979, Mary Ann was the pianist for the church," Behrends recalled. "She had a few ladies that sat up in the front with her to help with the singing. They asked me if I would help build a choir and twisted my arm. Mary Ann was very helpful during this time and played the piano during these years. When we got the new sanctuary, [1988] we also got an organ and she was instrumental in bringing that into our service. Mary Ann was a very pleasant, encouraging, supportive, and reliable person to work with. Her heart and her spiritual dedication were an inspiration to all of us. She was the rock while being a quiet strength."

But the church organ had real limits. It was a challenge to play, and Mary Ann had dreamed of raising the money to buy a brand new one. She had, in fact, already picked out the one she wanted--an Allen organ. Some of the money had been raised, but in those lean years it had been slow.

"We only had about half the money, but we put it as a new priority and somehow we were able to raise enough money to finish it," said McKellar.

"I remember that Ash Wednesday so well," said McKellar. "It was a cold and rainy day, and this first day that we put up the cross was the same day the new organ was delivered."

That summer of 2023, the church lost a saint with the passing of Dale Marks. Because of his service, the Dale Marks Mission award was given in his memory for many years at the White's Chapel Charge Conference each year.

"Our District Superintendent at the time wanted each church to establish an award that recognized a member who had a heart of service; someone who just had a beautiful spirit, but worked behind the scenes without getting recognition," said McKellar. "I immediately thought of Dale. He was that person. We gave the award every year until we stopped having Charge Conferences."

The Cross has been used every year since 1993; though it looks heavy, it's hollow and is very lightweight, making it easy to move around. It has moved from place to place in both sanctuaries as well as being front and center during the years when Easter worship was in a tent. It has been in its current location for several years.

And each year, as I survey this Wondrous Cross – and thank God for the wonderful sacrifice Jesus made, – I also thank Him for Dale Marks



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Remeberances of The Marks...

"There are so many things that have become a part of our experience at White's Chapel," said Mary Dale (Marks) Plemons, daughter of Dale and Mary Ann Marks. "I do think it's important to remember those who have brought us here. Just as the church is the body of Christ, it is important to remember that people are the church. The Saints who have come before us have made way for those of us here now. Just as we pave the way for future generations."

Plemons, along with husband Terry, have been members of White's Chapel for many years and continue to sing in the Chancel Choir. Terry has often been a featured soloist and is known for his rendition of "Lord Have Mercy" during many of our Maundy Thursday services.

"The cross has hung in the Chapel and been used for every Easter since Dad made it," Plemons said. "It was hung on the wall behind the choir and has now, for the last several years hung in its current spot to the right of the choir. It's on the same side as the organ which is special to me."

"Mom grew up playing the piano and organ with her sister at their home church in Hitchcock, OK. When she and Dad moved to Yukon, OK, she was organist at the First Methodist Church there. She really hated giving that up when they moved to Texas in 1968. It wasn't long before she heard of a little white church on a hill that needed an organist and our family joined White's Chapel in 1972. This was, of course, in the little original church. The church had both

a piano and a small organ. Mom played the organ while different people filled in at the piano as they were available – including me on and off while I was in high school. We loved playing piano organ duets together as I got older."

Periodically White's Chapel would have someone lead the music, but they tended to come and go. "Mom tried to keep a choir going on her own when there wasn't anyone else," said Plemons. "The adult choir probably had 10-15 people on a good Sunday. The youth group would sing periodically and also presented musicals. This was in the 70's. I wasn't around much after 1976, so can't say too much about the details – I think things continued like this as the church started to grow. I'm not sure when Ron Behrends began to help out, but that was a very big deal when that happened. And Deena (Scullion) played with mom while she was in high school and college as well."

Long time member, Jelynn Hall remembers the Marks and the early choir as well: "My family started coming to White's Chapel in September 1985. I joined the choir right away and on a really good Sunday we had about 12 in the choir. There were some Sundays that I was the only soprano...."

Mary Ann and Dale Marks were wonderful, Christian people who we loved and admired. Dale was always helping around the church with a smile on his face. Mary Ann was also involved with whatever was going on and with a smile on her face too! They were loved by everyone."



CENTER FOR SPIRITUAL CARE "OUTDOOR LABYRINTH"

SPELL CHAPEL "PRAYER STONES"

THE FOUNDRY "INDOOR LABYRINTH"

THE GALLERY "MANDALAS"

THE PARLOR "EXAMEN"

GRACE CHAPEL "VISIO DIVINA"

Embodied

Cont'd from page 1

feet of the Lord. These prayer stones will be stacked on top of one another and left as a symbol of surrender.

Indoor Labyrinth

In The Foundry, there will be an indoor prayer labyrinth for people to use. As individuals walk through the meandering path, they will be able to pray for things placed on their heart. Through the physical movement, individuals will be able to unlock concerns within their mind. While there is no specific or correct way to walk a labyrinth, it is encouraged to walk through it slowly to allow the mind to process thoughts and emotions.

Outdoor Labyrinth

An additional prayer labyrinth will be (and is always) available outside near the Center for Spiritual Care. Here, individuals can pick up a stone at the entrance and hold it as they walk through the shaded path. While there is only one path in and out of the labyrinth, there are multiple turns – the same number of turns to the right and to the left. Walking this well-balanced path activates both sides of the brain. This calming practice

can often give people clarity of mind and peace. Once in the center of the labyrinth, participants can put down the stone. Then, if they choose, they can pick up another person's stone (representing a prayer request or burden) and carry it out of the labyrinth.

Gallery: Mandalas

The Gallery will offer a mandala prayer station. The act of coloring a mandala (intricate image) can encourage a greater sense of focus and anchor an individual to an awareness of God's presence. It symbolizes one's entrance into the center of God's loving Spirit and creates a prayer space. It also stimulates the mind as thoughts and ideas are transferred to the page through the addition of color.

Parlor: Examen

The Parlor will provide a space of invitation to engage a prayer practice of self-examination through deep reflection. The practice provides an opportunity to discern in God's wisdom and to become aware of God's loving grace.

Grace Chapel: Visio Divina

Visio Divina (divine seeing) is a way of praying with your eyes, it is a spiritual practice that invites you into an encounter with the divine through visual images such as paintings, photos, and other visual representations. Participants will enter into this moment of prayer as they gaze upon the oil painting titled "Christ Crucified."



Good Friday: Come & Go Prayer | March 29 | Noon to 3 p.m. | Grace Chapel

Good Friday will also offer a special place for prayer in Grace Chapel as people to reflect on the sacrifice that was made for us. This quiet, meditative space will allow people to remember Jesus' teachings and thank God for all he has done for them. The space will be available from noon to 3 p.m. Church and community members are welcome to come and pray at their own pace.



Texas Wildfires

A work team from White's Chapel went to the Texas panhandle earlier this week to help victims of the Texas wildfires. "Our group is working on Fred and Judy's house," wrote Sharon Nelson. "Their lot is 150' wide. Houses and land on each side are untouched."

COMMUNITY CONNECTIONS



Compassionate Listening Training/Class
Saturday, April 6 | 9:30 a.m. – 1:30 p.m.
Registration Required (coffee/pastries and lunch provided)

The purpose of this training is to provide skills and tools to our Chandler's Hope Ministry leadership team. But we are also inviting anyone who is currently walking with someone struggling with addiction/recovery. With instructive life stories, personal reflections, exercises, and self-help tests, "Codependent No More" has helped countless readers change their codependent behaviors and understand that they are powerless to change anyone but themselves. We will take highlighted content from the book and go over it. This training is dynamic and will include conversation and Q&A. Facilitators: Shannon Luce and Victor Resendiz. Register online.

Midweek Meditation:
Journey Toward Jerusalem
Each Wednesday During Lent
12:15 p.m. | Grace Chapel

Please join us for Midweek Meditation as we intentionally focus on those essentials for Jesus' journey – and ours – in these 40 days and beyond. Services will include worship, a message, and communion. A light lunch will be offered in Wesley Cafe following the service.

Thrive Family Event: Grow in God
Saturday, April 6 | 10:30 a.m. - Noon | Free

Leaders are excited to host the first-ever Thrive Family Event: Grow in God. Gather in the Commons, near the indoor playground, for games, a craft, sensory play, popsicles, and more. This event is free, but please register by April 1. The Thrive Buddies can't wait to spend time in community with everyone!

Thrive is an additional needs ministry committed to caring for and journeying with those who have varying social skills, emotional needs, sensory needs, cognitive abilities, and physical abilities. Regardless of age, diagnosis, or story, it is the church's mission to create awareness, provide accessibility, and offer a space of true belonging for all people as they engage in their faith.

For a complete list of opportunities dedicated to those with additional needs, please contact Alyson Bator at abator@whiteschapel.org.

Women's Mission Trip
April 18-21 | San Antonio, TX

Join WC Women for a four-day mission trip to Blueprint Ministries. All women 18 and older are welcome on this trip. No experience is necessary, just a willing heart. We will be repairing homes to make families warmer, safer, and drier. This is a terrific opportunity to serve Christ and meet other women from White's Chapel. The cost is \$250 and online registration is required.
Rev. Joy Roberson
 jroberson@whiteschapel.org



PALM SUNDAY

MARCH 24

BRUNCH	SERVICES
8 A.M. – 1 P.M. Evans Hall	8:20, 9:30 & 11 A.M. Sanctuary

Easter

Sunday, March 31

Sunrise Service
Amphitheater | 6:30 a.m.

Traditional Worship (streamed online)
Sanctuary | 8, 9:15, 10:30 & 11:45 a.m.

Celebration of Resurrection
Columbarium | 12:45 p.m.

(7 a.m. - 1:15 p.m.) Shuttle Service available
Carroll High School | 800 N. White Chapel Blvd.

April Book Discussion:

Monthly Book Review with Dr. Nina

Join Dr. Nina Rios-Doria as she gives a recap on some of the most popular books related to leadership, sports, mindset, mental health, and more.

Monday, April 8
AE Room 3102 | 6-7 p.m.

Register at whiteschapel.org.

Wednesday Night

FELLOWSHIP DINNER

March 27 | 5-6 P.M.

\$5 per Plate

Entrée

Turkey Breast

Dessert

Brownies

Soup

NE Clam Chowder

Sides

Mashed Potatoes
Green Bean Casserole
Yams

Prayer List

Malta Akins, Jack Bair, Marcy Barkemyer, Jerry Barron, Brie Bauer, Bryan Biddle, Roy Black, Terri Broom, The Bryce Family, Ryan Burns, Bobbie Cameron, Connie Center, Freddie Charles, Ken Cole, Inés Collazo, Walker Conroy, John and Willene Corder, Aurelio Costa, Luisa Costa, John Couch, Debbie Dreyfus, Amy Duckworth, Wilma Dykman, Dennis Eaton, Dave Ebbert, Lana Elkins, Linda Evans, Ralph Evans, Mark Fidler, Will Fogle, Jennifer Foley, Bruce Gill, Shelly Gillette, Carolyn Gillum, Kayla Greenlee-Hayes, Kate Greinert, Curtis Griffith, John Carl Griffith, Sharon Griffith, Mason Grimm, Chris Gruenewald, Bob Horn, Barb Idol, Gary Jag, Michelle James, Joe Jeffries, Greg King, Cooper Kohan, Nancy Konecki, Bill Lafavers, Eric Larson, Taylor Lynde, Rich Lyon, Sande Lyon, Sue and Darrell McNutt, Don Moilan, Judy Morgan, Thomas W. Morris, Terri Nelsen, Jennifer Parks, Rick Peterson, Luke Petta, Barbara Pico, Kathy Pierce, Maureen Punko, Jim and Mary Renner, Kristin Robertson, Megan Robison and Brayden Steele, Johnnie Ruth Rogillio, Jeri Russell, Maverick Savage, Paxton Savage, Carol Schramm, Linda Seedig, Craig Sikes, Linda Sikes, Bruce Slocum, Cheryl Stiefel, Orville Summey, Steve Swanston, Cleta Szoke, John Takacs, Myra Taunton, Texas Panhandle, Richard Thalluri, Carolyn Thompson, Donna Thompson, Robert Thompson, Shane Thompson, Bill Thornton, Linda Torres, Lance Venable, Margaret White, Dick Williams, Carroll Willis, Helen Wilson, Leigh Winzeler, Melinda Witt, Lynn Wolford, Ann Zink, Tracy Zmolik, Jan.

Recent deaths: The Family of Kay Brandt, The Family of Steve Cullen, The Family of Jerry Dixon, The Family of Ruby Grissett, The Family of Troy Maxwell, The McCombs Family, The Family of Matthew Nation, The Family of Mario Rodriguez, The Family of Herb Waldrup, The Family of Randy Whisenhunt, The Family of Ruth Williamson, The Family of Gracie.

You may submit prayer requests at whiteschapel.org/prayer-request.html or use the QR code.



Relationships

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- with those you love. At times when life is busy, even a loving touch or hug, a text of encouragement or a good joke can be a way to connect.
- Genuinely listen** – Listen with an intention to understand what the other person's point-of-view is. Try to understand and validate how they are experiencing things (even if you do not agree!). When you are listening, focus only on what the talker is saying. Many times, when communicating we are thinking about what we are going to say next, or how to defend ourselves, and we miss what the other person is trying to communicate to us. Ask questions to clarify and avoid interjecting your own opinion/responses, until it is your turn to talk.
 - Be mindful of your communications** - It is easy for our daily communication, especially with spouses/partners, to become

focused on to-dos, schedules, or complaints. Make an intention to ask about your loved one's day, give compliments and words of appreciation. Be empathetic and encouraging when a loved one is struggling.

- Have compassion and forgiveness** - Remember that those in our lives have struggles and weaknesses and make mistakes just like we do. Try to give grace and have compassion and forgiveness for those you love. Make an effort to compromise and find solutions to conflict.
- Keep a sense of humor and have fun** – Life can get intense for all of us! Even young children feel stress. Find ways to be silly, laugh with each other, share funny stories or a funny joke. Be spontaneous occasionally! Go for a family walk, get some ice cream or turn the T.V and phones off and play a board or yard game.

With some awareness and intention, you can improve your most valued relationships.

WAYS TO GIVE

AT WHITE'S CHAPEL

TEXT
TEXT "WCMC" TO 77977

ONLINE
GIVE ONLINE AT WHITESCHAPEL.ORG

CASH
CHECKS PAYABLE TO "WHITE'S CHAPEL"

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