The CICO



We've got something super special lined up just for you! Won't you come out for our "Friendly Family Movie Night"? Last month we watched "Cars" and families from Hilltop Preschool were with us. What will we watch on Friday, May 17 at 6:00 pm in the Gathering Room? Can't tell you here but come on out. The price is right and it's all about good times, great movies, and a whole lot of family fun. Not only that, but free popcorn and drinks to boot! Bring a lawn chair or blanket to settle in for the evening.

Since this is a family event, child care is not provided.

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Sunday, May 19th after worship

Agenda Items include:

Hilltop Preschool's End of Year Report

Delegates for Annual and District Conferences,

Changes to our Constitution and By-Laws

Followed by "Lunch 'n Learn" a time to snack and learn
about our new AED

Page 2 The Herald



#pilgrim is what Zherina called it. Our lights went out for about four hours on a Friday night after a thunderstorm passed through. Our TV was on and lights in quite a few of our rooms when suddenly everything went dark. Zherina retrieved a couple of candles and brought them into the room saying "#pilgrim". What? #pilgrim? Yes, let's pretend we're pilgrims living by candlelight, Little House of the Prairie sort of thing. Judith and I had our phones in our laps looking at her with puzzled looks. Let's play board games, or cards, or read books. Wow, yes, let's do it! It was a nice, simple, quiet evening. About midnight, after all of us were asleep, the lights came on with a vengeance, disturbing the spirit of the moment. #pilgrim.

A mom from rural Wyoming watched her kids get drawn into the TV and phone screens and over time the amount of screen time increased. Jill Winger, her husband and their three children live on a 67-acre family homestead. Concerned, she challenged her kids to a three-month screen fast. Surprisingly, they took up the challenge.

Jill loved the "old-fashioned" life style and looked forward to what might happen during that next three months. Over the course of time, they learned what life was like on the prairie before phones and TV. They read books together, played board games and cards, spent more time in the kitchen learning how to cook, and started new projects indoors and outdoors. After the three months were up, the kids were quite willing to continue as they were, adding only an occasional family-time movie night and an hour per day of phone use. Their family grew closer during those three months and continue to be close despite the tough teenage years.

Solomon wrote in Proverbs 22:6 (CEB): Train children in the way they should go; when they grow old, they won't depart from it. On Mother's Day, we honor those mothers who have sacrificed so much to give their children the best childhood they can offer even if it means doing away with the fancy gadgets, phones, and all, helping them to appreciate the simpler things in life.

#pilgrim



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
\$2 at the plane. San Value was So-	f water can be 50 c gym, \$3 at the mo ne water. Only thing the place. the next time you fo ning, maybe you're in	ovies and \$6 on a gray that changed its greel you're worth is	9:30 am Friendship Café (away) 6:00 pm Free Yoga 7:00 pm Virtual Bible Study	National Day of Prayer	7:30 pm James River Ringers concert at River Road Presbyterian Church	8:30 am Virlina's Ministry & Mission Day @ Cloverdale COB Gathering Room in use
9:30 am Adult Sunday School I I:00 am Worship— Online/On Site	9:30 am Friendship Café 1:00 pm Hilltop Board Meeting 3:00 pm Handbell Practice	10:30 am Ladies Circle 5:15 pm Shelter on Hull Street	9:30 am Friendship Café 6:00 pm Yoga 7:00 pm Virtual Bible Study	7:30 pm Concordia University Ringers concert at Trinity Lutheran Church (Parham Road)	10 🛟	11
9:30 am Adult Sunday School II:00 am Worship— Online/On Site with	9:30 am Friendship Café 3:00 pm Handbell Practice	10:30 am Ladies Circle 7:00 pm Leadership Team meeting (virtual)	9:30 am Friendship Café (away) 6:00 pm Yoga 7:00 pm Virtual Bible Study	16	Last School Day for Hilltop Preschool 6:00 pm Family In the Gathering Room Childare is not provided	18
9:30 am Adult Sunday School 11:00 am Worship—Online/On Site 12:05 pm Congregational Business Meeting followed by Lunch and Learn	9:30 am Friendship Café 3:00 pm Handbell practice	10:30 am Ladies Circle 12:30 pm FeedMore Community Kitchen	9:30 am Friendship Café 6:00 pm Yoga 7:00 pm Virtual Bible Study	23	24	25
9:30 am Adult Sunday School II:00 am Worship— Online/On Site with	Church Offices closed. Memorial Day	10:30 am Ladies Circle goes on the road to MORNINGSIDE IN THE WEST END (3000 Skipwith Rd, 23294)	9:30 am Friendship Café (away) 6:00 pm Yoga 7:00 pm Virtual Bible Study	6:30 pm Ladies Nite Out at Plaza Azteca (Short Pump)	Last Day of School for Henrico and Chesterfield County Schools	Did you know Barbara Beers' very first day as Administrative Assistant here at WRCOB was

May 31, 2000?



- I Faith Keithly
 Gail Rhodes
- 5......Susan Bingham Terrie Glass
- 7...... Chris Keithly
 Dave Miller
- 10..... Christopher Holsinger Jori Carter
- I I Kinsey Miller Nancy Heishman
- 12..... Madison Keithly
- 13.....Kathy Miller

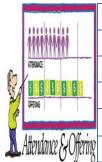
- I4.....Alex Martin
 Siobhan Wampler
 Joel & Dolly Guyer
 Marshall Pugh & Rachel McCann
- 15 Chris & Kaici Keithly (10th)
- 16.....Faye Urban Maya Altic
- 17.....Chris Wampler
- 18.....Dave Whitten
- 19.....Debbie (Forrest) Morris
- 20.....Laurel Holsinger Susan Mbeboh

- 24....Betty Ziegler (96th) Neria Shelton
- 25Asha Solanky Owen Williams
- 27 Chris Damour
- 28 Carolyn Gallagher Ken Heatwole Steve Martin
- 29 Ben & Michelle Gangwer
- 31Andrew Johnson Michele Damour

Have we missed your birthday or anniversary? If we did, please contact the church office to correct our oversite.



May	Greeter	Worship Leader	Fellowship Hosts	Tellers
5	Carol Goss	Susan Robertson	Barbara Beers	Bob & Pat Gangwer
12	Neria Shelton	Ben Mbecha	??	Ann Andrus & Joel Guyer
19	Dolly Guyer	Terrie Glass	Lunch & Learn	Jeff Goss & Alyce Newman
26	Ann Andrus	Barbara Beers	??	Joel & Dolly Guyer



Monthly Statistics	Mar. 3	Mar. 10	Mar. 17	Mar. 24	Mar. 31
Worship (total)	44	37	35	58	60
In-person & visitors	37	31	31	45	55
Live stream	7	6	4	13	5
On-line views by that Friday	15	16	10	20	26
Offering per week	\$1,595.00	\$2,632.00	\$1,735.00	\$940.00	\$17,167.50

In Our Congregation



Top Docs 2024

The best care, chosen by Richmond-area medical professionals

There were 440 top vote recipients, as selected by the 1,444 professionals who took part in the online survey. The top five were listed in each category.



Please congratulate, our very own, Jori Carter, for being among the top five in Gynecologic Oncology in Richmond for the 7th time since 2015!

https://richmondmagazine.com/life-style/health/top-docs-2024/



Do you ever feel like the world is moving at a different pace than you? If this sounds relatable, come take an hour for yourself from in May and June to practice yoga. No experience is necessary. Just bring a mat, your breath, and your body.

Questions? Talk with Sarah Hartman.

West Richmond Church of the Brethren

7612 Wanymala Road, Henrico, Virginia 23229-4239 Phone: 804-288-6439 Fax: 804-282-4408 www.wrcob.org wrcob@wrcob.org

Sunday School9:30 a.m. Sunday Worship11:00 a.m. Church Office (M-F)..............9:30 p.m.

If no one is in the office or the line is busy, voice mail will pick up, so PLEASE leave us a message. Items for the bulletin's weekly newssheet **MUST** be submitted by **noon on Thursday** to the church office. All articles for the **May** edition of *The Herald* are due in the office by Wednesday, May 15, 2024.



Hull Street Ministry — the 1st Tuesday of each month, May 7, you can prepare meals or help serve; see Sandy Faw, Dolly Guyer or Susan Robertson.

The Community Kitchen

— the 3rd Tuesday of each month, May 21, various tasks are completed; see Ann Andrus.

LAMB's Basket — the end of the month, we empty the shopping cart by the front doors, all types of canned goods, personal care items, and non-perishables can be donated daily, as well as money to purchase fresh eggs; see Alyce Newman.

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ADDRESS SERVICE REQUESTED







Continuing the work of Jesus. Peacefully. Simply. Together.

THE WIRTUAL BIBLE STUDY

It's Not Too Late to Join In!

Pastor Dave leads a virtual study on The Beatitudes at 7:00 p.m. on Wednesday evenings through the end of May. It's a Zoom only Bible study but if you would like to be with people, you are welcome to join the folks in the Gathering Room after yoga. All you need is your Bible, your faith, and a means to connect to this scheduled Zoom meeting link.

https://us02web.zoom.us/j/83465205234?pwd=aUJMNldERmo4alVVbGphVzZ0ZC84dz09

Meeting ID: 834 6520 5234 Passcode: 357844