



DCPC's PW Circles have provided support of over \$1200 annually to the Healthy Women Healthy Families Mission for many years by offering greeting cards for donations to this poverty initiative. HWHF provides maternal and child healthcare including mosquito nets, vaccinations for children, prenatal and essential obstetric services, fistula repair for women, nutrition programs, and trauma healing in developing countries around the world. In the past, PW has sold cards to support this ministry and we now have beautiful new artwork created by our own Betsey Hazelton, just in time to replenish your card supplies and send a note to someone you haven't seen in a while. Betsey is also working on a new design or two which will be available later this fall.

*Cards are 3.5" x 5.5", blank inside, include an envelope, and a description of the fundraising effort on the back.

*We are offering these cards in bundles of 3 for a \$10 donation, or 5 for a \$15 donation, and can take orders immediately.

*To pre-order, email Charlotte Griffith at chargriff62@gmail.com

by Weds., Sept. 16 with your name, number of cards desired, and delivery preference.

*Those who are able can pick up their orders and pay with a check (made out to DCPC PW, with HWHF in the memo line) at our drive-up delivery day on

Sat., Sept. 19th, 11am - 1pm.

Just pull up by the playground at the church, and while there you will receive a warm greeting (distanced and masked) by PW's own Van Lear Logan and Allyson Ray, deliver your check and receive your lovely greeting cards along with a special little surprise!

*Unfortunately, we are currently not able to take credit cards as a payment option.

*For those who cannot pick up their orders that day, we will deliver or mail them, and will make donation arrangements with you.

Congregational Care team offers meal support

Our DCPC Congregational Care ministry team offers a wide variety in offering care to our congregation, including helping with memorial service receptions, offering a healing support group, overseeing our Stephen ministers, providing a care package for our new babies, maintaining a regular visitation program through volunteers, and providing meal support to those ill or recovering from surgery or a health setback. Our meal support effort is headed by Linda Clausen, who can be reached at lindajbc@icloud.com. We already need more cooks and people willing to provide food. If you would like to volunteer, please reach out to Linda. Also, if you think you might know of someone who needs a meal, please reach out to her as well. We have one couple who are homebound and unable to cook their own meals, so any and all help is appreciated!

Stephen Ministry A Path Toward Healing

We are all living in a very different world in 2020. We find ourselves in a thicket of problems: COVID-19, financial struggles, job loss, increased parental responsibility. Our surroundings no longer look familiar. Our emotional and spiritual landmarks are blurred. Throughout it all, we have less access to our friends and limited contact with our loved ones.

There is a path to help you move forward through the confusion and isolation. Sometimes listening is what we truly need to help process our range of emotions. Fully trained Stephen Ministers at DCPC are ready to offer Christ centered caring. We cannot fix your problems, but we can provide tangible evidence of God's love through caring. Strict confidentiality in a one-on-one relationship can give you a place to talk and be heard.

If you are in need of a Stephen minister, please visit DCPC.org and click on the links to Stephen Ministry or call the church office: 704.892.5641.

The Healing Support Group

Experiencing the death of a loved one can be overwhelming. It is a journey of grief, sadness, and heartache to lose our children, spouses, parents, and friends, especially during these extraordinary times. Our Bereavement Support Group began to form right before the start of COVID-19, with hopes of getting together and seeking healing with one another. Now, we want to reach out to all who have experienced this loss in hopes of gathering soon via Zoom and in person when safe. We hope you find comfort in the support and love of God, of family and friends, and of our DCPC family. Please get in touch with any of us and/or our pastors and staff members (www.dpc.org) to listen, talk, or share during this difficult time in life.

Marjorie Burris

(burrisme@bellsouth.net)

Beth Christenbury

(bechristenbury@gmail.com)

Bev Mitchell

(bevandlee62@gmail.com)



Are you looking to make some connections at DCPC?

You are invited to start this fall with a group of “new” and “longtime” friends! Presbyterian Women’s small groups start meeting in September and there is a group (or more than one) for you! While all groups will be meeting virtually for study for the unforeseen future, many will also occasionally schedule small social times in outdoor environs to share fellowship with safety protocols in mind. For more information on your circle options this year, visit the DCPC website, or contact Bonita Beeken, bcbeeken@gmail.com.

Wednesdays at DCPC – VIRTUAL EDITION

Beginning Wednesday, September 16th you will have a chance to connect midweek with others via Zoom or Youtube. We will be providing an opportunity for you to pick up a meal prepared for you and your family and join us for a brief evening devotion that will be provided right from our Congregation House. More information is coming about this ministry and how you can place your order for meals and how you can connect virtually. We hope you will want to be a part of this Virtual Wednesday’s at DCPC!



MENTAL HEALTH MATTERS

September is Suicide Prevention Month. DCPC’s new Mental Health Matters Committee will be sharing information to increase the DCPC faith family’s awareness of suicide prevention among all age groups. Suicide has touched lives locally and nationally. Before the pandemic, death by suicide was on the rise. Americans’ mental health is further suffering due to the social isolation and increased stress caused by Covid-19. However, suicide is preventable. Often there are clear warning signs which may include feeling like a burden, isolation, increased anxiety, and many other signs you can read about at <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>.

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Any of us can help anyone who is in crisis. These are the action steps:

1. Ask
2. Keep them safe
3. Be there
4. Help them connect
5. Follow up

In partnership with Davidson LifeLine, DCPC members are being offered 4 opportunities to take the suicide prevention course **Question, Persuade, Refer (QPR)**. It will be conducted via Zoom and is a free, evidence-based, 90-minute suicide prevention training created by the QPR Institute for Suicide Prevention. QPR training provides 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR or the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Our church staff and many DCPC members have taken the course and found it to be very informative. We hope you’ll take it, too.

- Wednesday, September 9 at 7:00pm
- Thursday, September 17 at 1:30pm
- Wednesday, September 23 at 7:00pm
- Thursday, October 1st at 1:30pm

Go here to sign-up: <https://www.signupgenius.com/go/20f0e4aadae23a13-dcpc2>

If you have lost a loved one to suicide, Jaletta Desmond of Davidson LifeLine offers a support group called “**Hope after Suicide Loss.**” Whether it has been one week or 10 years since the loss, she hopes to offer help. Being with others who relate can be an integral part of healing and an effective way to rediscover hope. There is no expectation for a visitor or new member to speak, and discussion is kept confidential.

<https://www.davidsonlifeline.org/event/hope-after-suicide-loss-hasl-support-group-2nd-thursday-of-the-month/>

Mental Health Matters has placed **Lifesaver Cards** in a bin on the Congregation House porch. The Lifesaver Card lists warning signs and the phone number for the suicide prevention hotline. It’s a good thing to keep in your wallet. Please stop by and pick up one for yours.

Additional resources:

- American Psychiatric Association Suicide Prevention: <https://www.psychiatry.org/patients-families/suicide-prevention>
- Be The One To: <https://www.bethe1to.com>

Mental Health Matters is a new ministry of Congregational Care. We seek to expand mental health awareness and advocacy, reduce stigma surrounding mental illness, and increase inclusivity and support for mental health within and beyond our faith community.

Frank Gantz, Charlotte Griffith, Lisa Hilse, Carol Jaenicke, Penny Lambert, Cambria Nielsen, Lucy Preyer