



Join us [online](#) or in person as we conclude our sermon series, "23 & Me." We hope you will join us.

February Super Saturday Workday Benefits Tarrant Area Food Bank

White's Chapel's next monthly mission workday, or Super Saturday, is scheduled for Feb. 11, from 9 a.m. to noon at the Tarrant Area Food Bank Distribution Center (2600 Cullen St.) in Fort Worth.

This month's mission is a little different than the usual Super Saturdays. Most of service days are held on the White's Chapel campus, but the need in this area is specifically at the center. Additionally, because space is limited, only 30 volunteers will be needed.

Volunteers must be age 12 and older and be able to stand for the duration of the four-hour shift. There will be some lifting involved, so planning to work with a partner will be helpful.

Volunteers will sort through donated food items from Amazon and local groceries to separate useable food from non-useable food. Non-useable food typically has damaged packaging, rendering it unsafe for consumption. Sadly, these items will be thrown away. The useable food items will be further separated by type into large bins.



Volunteers will arrive at TAFB by 9 a.m. and participate in a brief training on how to sort and what to throw away. The quality control room is large, with multiple tables stationed around the room. Food to be sorted will be placed on pallets in the center of the room. Boxes will be taken off the pallets, sorted or tossed, and reboxed for distribution to area food banks. Once the shift is complete, volunteers will be free to go or join other volunteers to eat at Angelo's BBQ a couple of blocks away.

Although White's Chapel participants are not distributing or delivering directly to families, their volunteer work helps to ensure that food pantries in a 13-county area receive safe food for the families they serve.

Those wishing to help should sign up on the church website to insure there are enough volunteers.

The Tarrant Area Food Bank, a nonprofit agency, was founded in 1982 by a group of Fort Worth residents concerned about hunger in their community. TAFB is now the primary source for hunger-relief charities

SATURDAY cont'd on page 3



SENIOR BIBLE STUDY

Our co-pastors tackled the entire Book of Revelation in just one hour! About 30 seniors were reminded that—no matter how bad things may seem—in the end, Jesus reigns!

A Path to Inner Peace

By Cassidy Johnson

Since ancient times, people have used labyrinths for peaceful meditation. Today, we often find labyrinths in places of healing—such as medical facilities, spas and churches. The Prayer Labyrinth at White's Chapel is no different as it offers an opportunity for meditation, peace and prayer.

According to The Labyrinth Society, "Labyrinths are an ancient archetype dating back 4,000 years or more, used symbolically, as a walking meditation, choreographed dance, or site of rituals and ceremony, among other things. Labyrinths are tools for

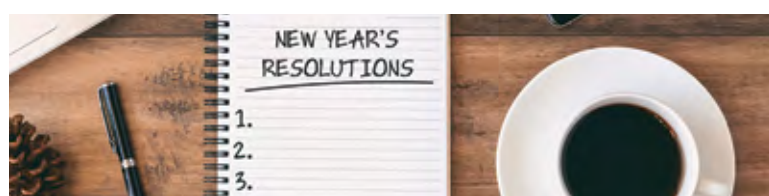
personal, psychological and spiritual transformation, also thought to enhance right-brain activity. Labyrinths evoke metaphor, sacred geometry, spiritual pilgrimage, religious practice, mindfulness, environmental art, and community building."

Labyrinths combine the shape of the circle and the spiral into a meandering but purposeful path, and they have long been used as meditation and prayer tools. They are also seen as an integral part of the pilgrimage path to wholeness and holiness. At its most basic level, the labyrinth is a metaphor for the journey to the center of one's deepest self and back out into the world with a broader

PEACE cont'd on page 3



The labyrinth is a metaphor for the journey to the center of one's deepest self and back out into the world with a broader understanding of who one is.



By Debbie McKellar

I don't do January resolutions. Notice I did not say I don't do New Year's resolutions. I simply don't do them in January. I find that the week between Christmas and New Year's is no time to make major commitments. My mind is still on overdrive from the holidays and hasn't slowed down since November. In the past, when I declare New Year's resolutions on January 1, I find they only

last about two weeks—and that's being generous.

The week prior to New Year's Day is typically filled with putting Christmas away, re-organizing, and trying to get John to chill. Too many little decisions are already being made for me to make serious commitments expected to last an entire year. Besides, how can you make a commitment to go on a diet when the very first day of the diet includes black-eyed peas, coleslaw and cornbread? Yes, I'm one of those. Someone who—every

year—determines that this will be the year I will lose weight, get organized, and start an exercise program. Seriously, it isn't that I don't want to get started on those things; it is just that January 1 is not the time to start. January 1 is like a horse race: the gunshot is fired and the horses charge out of the gate. This is easy. The hard part is consistently running the race. One must plan and understand the concept of momentum and setting

INTENTIONS cont'd on page 2

INSIDE THIS WEEK'S ISSUE

WC Students Update
Baptism 101 Class Info



Your Sorrow Is My Sorrow
Thursdays | See Page 4



A Good Footing...

By Dr. Todd Renner

"The Word of God well understood and religiously obeyed is the shortest route to spiritual perfection. And we must not select a few favorite passages to the exclusion of others. Nothing less than a whole Bible can make a whole Christian."—A.W. Tozer



As we continue to get our footing in this new year, I pray that we're creating (or continuing) a discipline of personal Bible study. Whether we're using a devotional book or we've found a plan online or in a Bible app (the free Bible app at bible.com has thousands of plans), there has never been a time when reading through Scripture has ever been more accessible. It all simply rests upon us: us wanting to grow, us making God's word a priority, us making time to read and think and study and pray.

Our church (and our faith) is built upon the solid conviction that we need to know God's word. Behind every mission project, every worship service, and every other ministry of our church is the desire that we'd grow, the desire that we'd become the disciples God calls us to be. We need to know, we need to be students (that's what "disciples" means) of the Bible—not simply so that we can

be informed of God's word (though, that is critical); we need to know that Bible so that we can be transformed by God's word; we need to know the Bible so that our lives will, more and more, reflect the love and grace and Truth of God that are evident on its every page. More than just "Life's Instruction Manual" (as I heard the Bible referred to in countless sermons growing up), the Bible is a living and sacred text that teaches us, yes—but it, also, challenges us and stretches us and sharpens us. It's a book not just of knowledge; it's a book of wisdom and beauty and Truth (with a ton of humor thrown in for good measure).

We will never get to that treasury of wisdom, though, if we only read the Bible. Strangely, that's just not enough; for we must, also, allow it to read us. We must open ourselves up to let the Holy Spirit lead us and direct us, and a lot of the

time we can't do that alone. The Bible is one of those rare gifts that is best when shared in community. Yes, all of us need to be engaged in our own personal study of Scripture, but to really unlock the wealth of what God's word says (not the easy answers, but the hard questions that confront us), we need to be engaged with other students and other saints and other strugglers ... and our church commits itself to providing every searching soul with a place to connect.

For it is upon this foundation—deeply and practically rooted in the word of God—that we must build our church and families and lives ... and it is only by this that we can make more deeply-committed followers of the way of Jesus Christ!

Shameless Plug: The church bookstore has a great selection of Bibles and devotionals if you're looking to begin this worthwhile and life-changing journey!



Intentions

Cont'd from page 1

a reasonable pace. Commitments must be planned and correct equipment must be purchased. For example, every year, I buy two new desk calendars: one for work and one for home. These are spiral books and must have specific features. They also have to be pretty and functional for my life. It takes time to find just the right ones, as they will be your constant companion for a year. I don't typically find my calendars until mid-January (another good reason not to start my new world on Jan.1).

Each year I open the calendars, relishing the blank pages that represent the hope and possibilities of what is ahead. I tell myself that this year there will be no scribbling, no mark outs, no mistakes, no crooked out-of-line entries. They will remain orderly and be consistently used.

To be fully functional, the first thing to do, in today's world, is to copy down the important websites and contacts that you aren't supposed to keep in your phone or write down anywhere including usernames and passwords. This, of course, takes time. I get out my special pens and highlighters. I carefully choose where I will put each category of information so that I can remember where it is, and with my very best penmanship, I write and transfer all the necessary information for the next year. The calendars are ready. Secondly, I consider the diet plan. I hope to pursue and study as I try to get rid of all cake and candy from Christmas and get my refrigerator in diet order. I straighten the pantry and snack drawers, make lists and shop for all the healthy stuff I'm going to need for the next year. This is not an

easy task either, because it requires new organizing containers yet another reason I can't start Jan. 1. Once the kitchen is ready, I move to the next goal.

I must decide how I will implement exercise. As I sit in my chair, I do a great deal of research. Should I simply walk or incorporate a program? Should I join a gym? Should I find an online television exercise program? Should I learn yoga? Should I do Jazzercise? This is a lot to consider. The good news is that once each important decision and purchase is made for each of the three categorical changes I hope to implement, it is, by now, almost Feb. 1. I can have

Should I learn yoga? Should I do Jazzercise? This is a lot to consider.

goals in place and everything is ready to go. Typically, I pat myself on the back, telling myself that while others have already

abandoned their New Year's resolutions, mine have been carefully calculated. I am ready. I have planned for roadblocks. As a result, I will be successful.

The pages are fresh. We have all the right food. The workout clothes have been purchased. I can begin.

Then, life happens. The crazy thing about all this is that, by February, we have reentered reality and the daily grind is back in place. Life is messy. I find that it takes no time at all for the pages of my calendar to get marked up and marked through because it has been insisted that usernames and passwords be changed, or the phone rang at a time I didn't have any other paper available. Girl Scout cookies go on sale. The popcorn at the movie smells really, really good. And it's raining, so I can't go on my daily walk. As Feb. 1 arrives my real resolutions begin: Do your best. Be kind to yourself. Practice grace. Be flexible. Allow for mistakes.

And breathe.

WEEKEND PREACHING SCHEDULE		THE FOUNDRY	
SUN.	8:20 a.m. Traditional w/ Drs. John McKellar & Todd Renner	SAT.	5:30 p.m. Contemporary w/ Rev. Sam Robbins
SUN.	9:30 a.m. Contemporary w/ Drs. John McKellar & Todd Renner	SUN.	11 a.m. Rebroadcasted 9:30 a.m. Sermon
SUN.	11 a.m. Traditional w/ Drs. John McKellar & Todd Renner	WALTON CHAPEL	
		SUN.	9:30 a.m. Traditional w/ Rev. Lori Cotton

WHITE'S CHAPEL
HERALD
Church office - (817) 481-4147

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TACO SOUP

INGREDIENTS:

- 1 lb. ground beef
- 1 can diced tomatoes
- 1 15 oz can tomato sauce
- 1 can Rotel tomatoes
- 2 cans of beans, drained and rinsed (red kidney or pinto beans)
- 1 packet Ranch dressing mix
- 1 packet Taco seasoning mix.

DIRECTIONS:

Brown ground beef and drain. Add each of the additional ingredients, plus one can of water. Blend and simmer for 30 minutes to an hour.

Great as is, but toppings such as cheese, sour cream can be added!

Makes about 6 servings. Quick and easy...doubles well. Wonderful on cold nights and is great leftover.

WCS Students



how we view relationships and dating. Following this series, we will kick off a series known as "Church Hunters" and we will have a fun camo themed night to kick off the new series. Our final series for the semester will be called "Rhythm" where we will look at some of the rhythms and habits we can develop as we build and grow in our relationship with God. Our "Rhythm" series will kick off with a Twin Night theme night.



Senior Bible Study

Drs. John McKellar and Todd Renner have seen how critical each student's senior year is as they make so many big decisions about their future. They would like to walk these seniors through this critical time in their life with a fun, practical, no-questions-barred Bible study and fellowship time. This semester, seniors will meet with their pastors for discussion after Intersection at 8:30 p.m. in the Center for Spiritual Care. The next two meetings for Senior Bible Study for the semester will be held on Feb. 8 and March 8.

Crave and Intersection

Middle School students are invited to Crave, the weekly worship service for seventh and eighth grade students. Crave is from 5:45 to 7 p.m. each week. High School students are invited to Intersection, the weekly worship service for students in ninth through 12th grade. Intersection is from 7:30 to 8:45 p.m. This semester, Crave and Intersection will be changing venues, moving from The Foundry to upstairs in the Youth Space. We are so excited about what this spring will look like and how it will help students better know and follow Jesus together with their peers.

Our first series for the semester will be a relationship series called "T-Swift Truths" where we look at how Taylor Swift lyrics might speak into our faith and



Summer Trips

Save the Dates (Incoming grades for Fall of 2023)

7th Grade Trip—Seventh Graders—June 5–7

Registration Opens—March 1

Middle School Mission Trip—Seventh & Eighth Graders—June 12–16

Registration Opens—Feb. 15

High School Mission Trip—Ninth–12th Graders —July 9–14

Registration Opens—Feb. 1

Registration for these trips will open on on wcstudents.org.

Keep an eye out for more registration information as we begin to make plans in the following weeks for this coming summer.



Peace

Cont'd from page 1

understanding of who one is.

Located near the Center for Spiritual Care, the WC Prayer Labyrinth is surrounded by large trees, stones, grass, and woodchips. It is a serene place to gather one's thoughts or to pray. For years, people have used its peaceful walkways to enjoy the sunshine or lighten life's burdens with meditation. Through the years, many community members have entered the space with a particular situation on their heart. They walked through the path and paused at the center, metaphorically leaving their burden there. When they emerged from the maze, it is likely they felt a sense of peace or renewal.

In an effort to lead people through the labyrinth's sacred ritual, Rev. Victor

Resendiz will again host a Labyrinth Walk this spring. On Feb. 1, March 1, April 5, and May 3, people will be able to experience the Prayer Labyrinth for themselves. Resendiz will help participants better understand the history of the labyrinth and how it can be used in spiritual practices. People are encouraged to come with an open disposition (open mind/open heart) to allow God's Presence to meet them where they are. During the walk, people can pray about a personal trial, someone on their mind, the church/congregation, the community, their faith, or whatever they feel led to meditate on.

Everyone is invited to experience this opportunity; prior knowledge of this spiritual practice is not required. Registration is available online.



Rev. Victor Resendiz
vresendiz@whiteschapel.org

Register at whiteschapel.org.



Saturday

Cont'd from page 1

and feeding programs in Tarrant and surrounding counties, serving 1,000,000 meals every week.

The organization serves all people seeking food assistance, including low-wage workers and their families, senior citizens living on fixed incomes, victims of family violence and of disasters, the chronically ill, the severely disabled, the homeless, the under-employed and the temporarily and long-term unemployed. More than one third of those served by Tarrant Area Food Bank and its network are children.

"Over 170,000 kids in our communities survive day to day without knowing where or when they will receive their next meal," says Julie Butner, President and CEO of the agency. "We can't raise the next generation of kids to be thinkers and doers unless we help them thrive with good nutrition when they're young."

The TAFB supports numerous programs to help and educate the community as well as the food insecure. One such program, the Learning Garden, teaches community members about effective gardening techniques while they help tend the garden and grow nutritious fruits and vegetables that are distributed to those in need. Each week, volunteers are invited to come to the TAFB Learning Garden to help plant and harvest fruits and vegetables, pull weeds, and learn new gardening skills. TAFB provides garden tours and regular

workshops on gardening techniques at the TAFB Learning Garden. The garden is located next to Ridglea Christian Church and The Glass House at 3251 Sappington Place in Fort Worth.

Volunteers also help out in TAFB's Kindred Spirits Kitchen Garden located on the grounds of the organization's Dorothy and Norman M. Kronick building at 2525 Cullen St. in Fort Worth.

Finally, Cooking Matters, a campaign of Share Our Strength, inspires families with limited food budgets to make healthy, affordable and delicious meals. This innovative program provides a long-term solution to hunger by teaching practical shopping and cooking skills that make the most of existing resources, even when time and money are tight. Taught by volunteer nutrition and culinary experts, these classes allow participants the opportunity to learn about basic nutrition and food budgeting, strategic shopping, and straightforward meal preparation.

The organization values and embraces diversity, fairness, and inclusion as fundamental to the vision of empowering communities where no one has to go hungry. The belief that access to healthy food is a basic human right and not a privilege supports the idea that all people deserve regular, nutritious meals.

Please join White's Chapel volunteers to help feed future generations. For additional information or questions, contact Rev. Lori Cotton.



whiteschapel.org
Rev. Lori Cotton
lcotton@whiteschapel.org



COMMUNITY CONNECTIONS

Blood Drive with Carter BloodCare Sunday, Feb. 12 | 8 a.m. to 2 p.m.

Help save lives by donating blood! Join us for the next blood drive with Carter BloodCare on Sunday, Feb. 12—all while on campus at White's Chapel. Be sure to sign up online so you can walk right in!

Sign up at: https://ww3.greatpartners.org/donor/schedules/drive_schedule/136793

Midweek Meditation Offered Each Wednesday Noon | Grace Chapel

Midweek Meditation is a time set apart for worship, prayer, and a pastoral reflection on Scripture. It offers participants a rejuvenating oasis in the middle of the week and concludes with communion. This meditation is also livestreamed online for those to join in while off campus or at work.

Rev. Victor Resendiz
vresendiz@whiteschapel.org

Love and Logic Early Childhood Parenting Made Fun! Begins Wednesday, Feb. 8 | 6 p.m.

Love and Logic Early Childhood Parenting Made Fun! is a special parenting course, developed by the Love and Logic Institute, designed to help parents find specific answers and actions to some of those difficult moments in child-rearing. This program is designed to give you practical skills that can be used immediately with simple techniques that are effective with all children, with a special focus on birth to six years. Join facilitator Stephanie Williams, Independent Facilitator, for this six-week program and learn how to:

- Avoid un-winnable power struggles and arguments
- Stay calm when your kids do incredibly upsetting things
- Set enforceable limits
- Avoid enabling and begin empowering
- Help your kids learn from mistakes rather than repeating them
- Raise kids who are family members rather than dictators

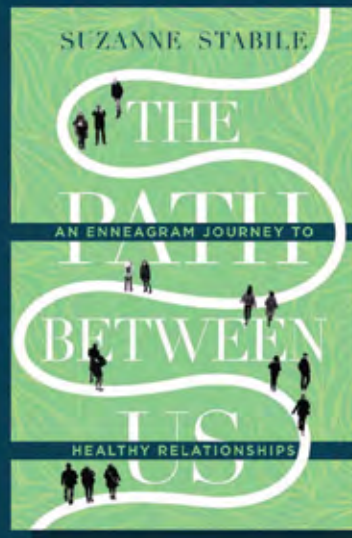
Registration is required and the cost is \$75 per individual or \$100 per couple (this includes all program materials). Register for class and childcare online. Tracy Christensen
tchristensen@whiteschapel.org

The Good Boundaries and Goodbyes Book Tour with Lysa TerKeurst March 6 | 7 p.m. | Sanctuary

Don't miss out on The Good Boundaries and Goodbyes Book Tour with Lysa TerKeurst! In celebration of her new book, "Good Boundaries and Goodbyes," Lysa is heading across the country to meet with communities to talk through how to love others well without losing who you are. With worship led by Kyle and Lauren Smith, this will be a powerful night of teaching and worship. Tickets are available through Transparent Productions. The link is on the church [website](#). Be on the lookout for more information!

Involvement Opportunity—Looking for Drivers for the WC "Small Bus"

Do you drive an RV or large vehicle? We are looking for drivers that will use WC's small bus to transport small groups of folks for various church activities. If interested, contact Pastor Sterling Smith at ssmith@whiteschapel.org.



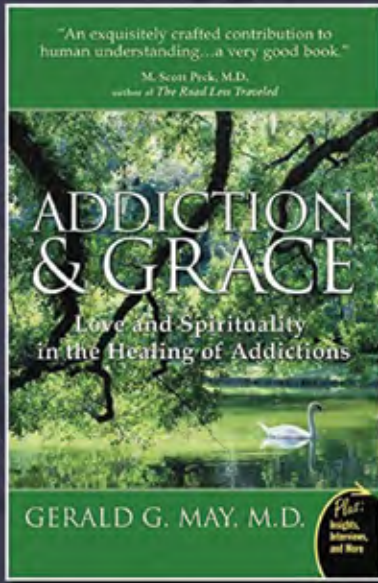
THE PATH BETWEEN US

AN ENNEAGRAM JOURNEY TO HEALTHY RELATIONSHIPS

MONDAYS	MONDAYS	THURSDAYS
1:30-3 p.m. Adult Ed. Room 3103	5:30-7 p.m. Adult Ed. Room 3103	10-11:30 a.m. Adult Ed. Room 3203
STARTING FEB. 6	STARTING FEB. 6	STARTING FEB. 9

to attend one of the available class times register online at whiteschapel.org

Most of us have no idea how others see or process their experiences. And that can make relationships hard, whether with intimate partners, with friends, or in our professional lives. Understanding the motivations and dynamics of these different personality types can be the key that unlocks sometimes mystifying behavior in others and in ourselves. This book from Suzanne Stabile on the nine Enneagram types and how they behave will guide readers into deeper insights about themselves, their types, and others' personalities so that they can have healthier, more life-giving relationships. This five-week study is offered at three different times and is open to all. The book is available for purchase in the WC Circuit Writer's Books & Such bookstore.

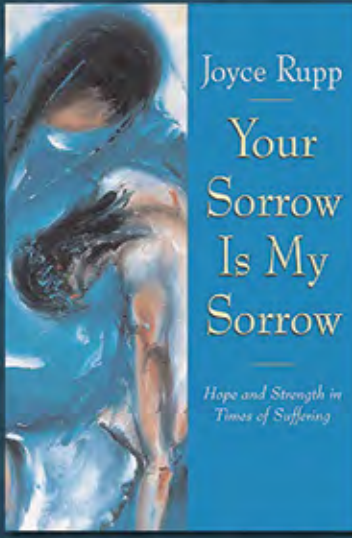


ADDICTION & GRACE

Love and Spirituality in the Healing of Addictions

BY GERALD G. MAY

WEDNESDAYS, FEB. 1 - MAR. 1
6 TO 7 P.M. | ROOM 2233



YOUR SORROW IS MY SORROW

HOPE AND STRENGTH IN TIMES OF SUFFERING

BY JOYCE RUPP

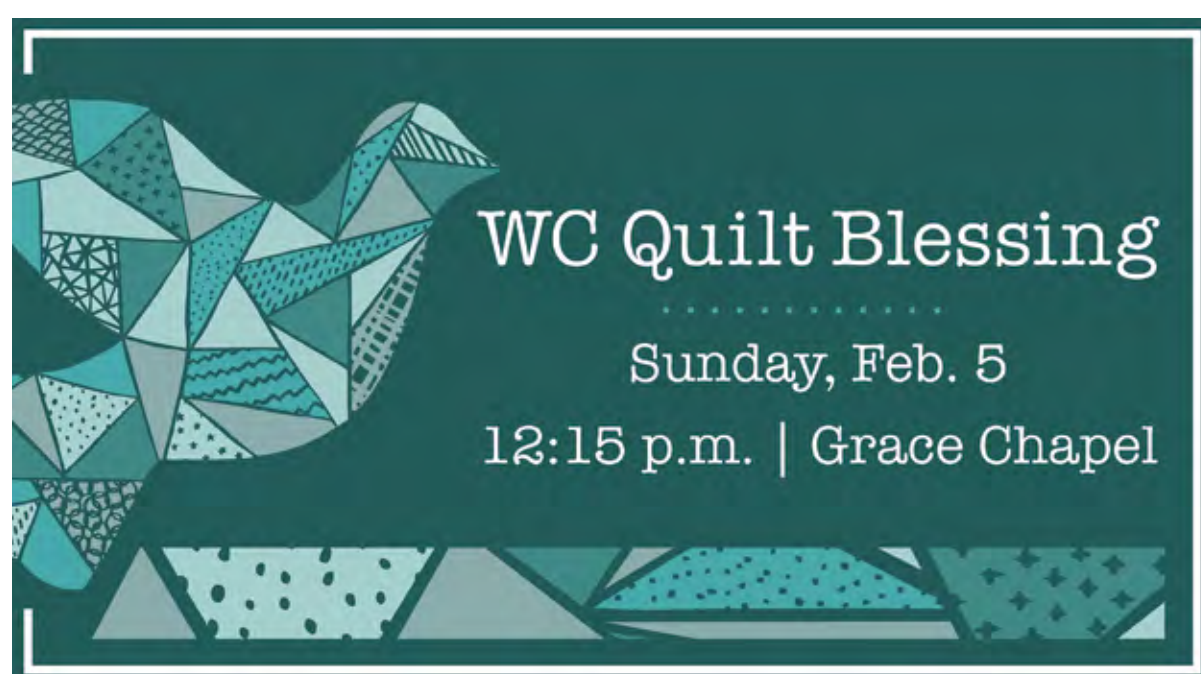
Thursdays, Feb. 2 - March 30
Room 2235 | Evans Hall
Register online at whiteschapel.org.



WED. NIGHT FEB. 1 | 5-6 P.M.

FELLOWSHIP DINNER

ENTRÉE Chicken Enchiladas	SOUP Italian Wedding	DESSERT Cream Pies
SIDES Spanish Rice, Black Beans, Chips, Queso & Guacamole		



WC Quilt Blessing

Sunday, Feb. 5
12:15 p.m. | Grace Chapel

WAYS TO GIVE AT WHITE'S CHAPEL

 TEXT TEXT "WCUMC" TO 73256	 ONLINE GIVE ONLINE AT WHITESCHAPEL.ORG	 CASH CHECKS PAYABLE TO "WHITE'S CHAPEL"	 APP CLICK "GIVE" AT THE BOTTOM RIGHT
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WHITE'S CHAPEL | 185 S. WHITE CHAPEL BLVD. | SOUTHLAKE TX, 76092



Prayer List

Malta Akins, Gwen Allred and Jack Swinehart, Jan Anderson, Thomas Anderson, Libby Assenheimer, Doug Bales, Darla Barnes, Carol Barret, Walt Barret, Barbara Beagles, Marsha Bender, Joyce Billingsley, Bethia Blomquist, Mindy Bogan, Seguire Bolton, Bonnie Bramhall, Kay Brandt, Marlin Brandt, Ernie Brashear, Sam Braun, Jeremy Brown, Patricia Kula Brown, Ron and Carol Bryant, Carol Burns, Joe Burns, Bobbie Cameron, Nikki Campbell, Scotty Carson, Connie Center, Chip Chambers, Jimmie Nell Cook, Grace Copeland, Bob and Erika Cotant, Levi Dietz, Barbie Derby, Andy Dillon, Audry Dusendschon, Wilma Dykman, Mike Edgman, Mary Kay Edwards, Ralph Evans, Eric Falls, Mark Fidler, Crystal and Warren Ford, Jane Grazer, Tim Green, Chris Gruenewald, Tiffany Hall, Judith Hallam, Michelle Han, Carolyn Hays, Maxie Hays, Gary Hennerberg, John Hering, Art Hill, Jarrett Hodnett, Mary Holsenbeck, Bob Horn, Elyse Huettl, Jim Jared, Amy Jarvis, Doug Jenkins, Jon Jezek, Jack Johnson, Kevin Johnson, Ron Johnson, Don Johnston, Russ Jones, Sheri Jones, Mike Kagan, Tom Kelly, Jerene Kilpatrick, Dolores Kopesecc, Gary Lackey, Caleb Graham Larson, Suzy Lundquist, Kosse Maykus, Beverly Molberg, Ed Molberg, Judy Montgomery, Thomas W. Morris, Claudette Morrow, Ginger Murray, Jim Murray, Marc Murray, John Nadeau, Ferry Anne Neal, Bill Olson, Glenda Page, Kristy Penny, Kathy Pierce, Fadia Pyatt, Blake and Chris Reikofski, David Ricciardi, Joyce Gibson Roach, Elizabeth Rowland, Johnny Sanders, Linda Schelling, Carter Schultz, Lou Sherman, Kim Shuck, Jerry Slagle, Rita Smet-Huyghe, Sid Soileau, Gayle Sorenson, Tammy Studdard, Steve Swanston, Jasper Talley, Connie and Steve Taylor, Carolyn Thompson, Jenny Thornell, Barbara Tipton, Diane Tovey, Joe Troop, Barry Wahrmond, Pat Warner, Darles Watson, Darci Weisberg, Pat Welch, Dianne Williams, Dick Williams, Leslie Williams, Barry Wilson, Joyce Wuettig, Patrick Zaki, Dave Zebriski. Recent deaths: The Family of Jane Bowers, The Family of Linda Brownlee, The Family of Rudy Caldwell, The Family of Ted Collins, The Family of Carolla Dillard, The Family of Bridgette Gallagher, The Family of Royce Harber, The Family of Robert Heitkamp, The Family of Shawn Hurst, The Family of Judy James, Basantha Kannan and Family, The Family of Toni Lancaster, The Family of William Lloyd, The Family of Riley Middleton, The Family of Sue Pansegrau, The Family of Janet Sweeny, Laura Wheat and Family, Linda Barron and Family.

You may submit prayer requests at whiteschapelumc.com/prayer-request.html