

March, 2020
Volume 20 Issue 3
Franklin Heights Church
110 Hilltop Drive,
Rocky Mt. VA 24151
483-9507

J.O.Y.CLUB

God Bless Our Troops and God Bless America



“Church on a Hill”
Brighton MA

“THE JOY MISSIONS”

DUE TO THE CORONA
VIRUS, ALL
ACTIVITIES HAVE
BEEN CANCELLED AT
FHC CAMPUSES FOR
THE NEXT TWO
WEEKS.

EXTRA COPIES OF
OUR NEWSLETTERS
ARE LOCATED IN THE
CAFE AREA, IN THE
HALLWAY BEFORE
THE KITCHEN.

We collected a total of \$1,547.00 for Bridging the Gap, Transition Ministry last month. Thanks for your generosity.

UPCOMING EVENTS **WHEN WE ARE BACK** **ON SCHEDULE**

Get CONNECTED. Join a group and become part of us. A list of the Connect Groups are available.

You feel more a part of our worship if you are in one of our Connect Groups.

Wednesday 5:00-6:00 P.M.
Children & Student Choir practice.

6:00 – 7:00 P.M. Orchestra,
6:45 – 8:30 P.M. Adult Choir Practice. If you have been thinking about getting involved in our Worship Choir or Orchestra, now is the perfect time for you to come and check us out. Call Pastor Rob at 483-9507 for more information.

Media Ministry: Audio, Video, Lighting – Anyone with interest or computer savvy, Contact Pastor Rob.

Wednesdays 7:00 P.M.
Prayer Meeting – Room 706

Sunday 3:00 P.M. – 5:00 P.M. Grief Share, 12 week series beginning January 19th. Contact Amy at 483-0111.

Mondays 6:00-8:00 P.M.
Men's Bible Study, Slaying the Giants in your Life.

Monday, March 23rd 10:30 A.M. Backpack Ministry, unload and prepare groceries.

Tuesday, March 24th 9:00 A.M. Pack individual bags.

Thursdays. Bible Prophecy class by Mike Wingfield, call Linda Mullen 483-7997 for information.

Sunday, March 29th
Celebration Sunday

Our next J.O.Y. Club

Luncheon is schedule for Tuesday, April 28, 11:30 – 1:30 P.M.

Brent Watts, Chief Meteorologist, WDBJ-7 Television is looking forward to being with us. His topic “Little Known Facts about Virginia Weather.”

He will hit some of the interesting things that happen during different seasons around Virginia and will even do some trivia.

Let's look forward to our luncheon in April.

Hopefully this virus will only be a memory by then.

SENIOR PRAYER **LIST**

Clay Altice, Nina Bowles, Linda Smithers, Hazel & Jerry Dalton, Mitch & Diane Holt and their family, Karen Haskins, Jewell Hunt, Angie Johnson, Ray Prillaman, Harold Thomasson, Don Whitley, Rebecca Wilson, our Schools, Police and First Responders, Military, Pastors, Church Staff, our Children, Grandchildren and Great Grandchildren, President Donald Trump, Congress and the Supreme Court and America

HAPPY BIRTHDAY

Lee Arrington 30th, Marilyn Ashton 16th, Butch Boyd 15th, Joanne Brown 30th, Cynthia Burris 11th, Lou

Chaffee 18th, Millard Flora
17th, Frank Graninger 1st,
Edward Groth 6th, Marvin
30th & Mary 21st

Hannabass, Lucy Hearn
30th, Lois Kellam 28th,
Bonnie 28th & Butch 26th
Kennedy, Wanda Kirk 23rd,
JoAnne Lowers 17th,
Brenda Lynsky 3rd, Cindy
McAllister 2nd, Sherman
Mullins 25th, John Nichols
14th, Pat Riggs 1st,
Janet Robertson 28th, Carl
Ware 11th, Linda Worrell 3rd.

NOTES FROM PASTOR
DR. STAN'S SERMON
SUNDAY

March 15th:

The foundation of unity is
the Gospel.

The practice of unity is
Generosity.

The danger of unity is
Hypocrisy.

A challenge for us: Be a
Giver, not a Taker.

In these trying times we
need to be praying for
everyone, Care for children
in our community, care for
our senior adults and be
faithful in our giving to our
church.

March 22nd:

God wants to use you to
help others.

God does His greatest
work through ordinary
people.

God can use a crisis for
His Glory.

Challenge: No one does
everything but everyone
does something.

BIBLE TRIVIA

Who was the first person
recorded in the Bible to
have laughed?

Look for the answer.

BUMPER STICKER

Just be thankful I'm not a
twin!!!!



J.O.Y.CLUB
2020 TRIPS
Springtime Jubilee,
Myrtle Beach. SC
THIS TRIP HAS BEEN
CANCELLED!

Wohlfahrt Haus

Friday, August 7th Cost
\$50.00 per person. Payment
due by July 1st.

**“Mission Sending Service &
Tour, Richmond, VA”**

Thursday, September 3rd.
Cost \$25.00 per person,
Payment due by August 15th

Sight and Sound Theatre
“Queen Esther”

Monday-Wednesday, October
19th - 21st Cost \$300.00 per
person, many activities
included.

“A Country Christmas”
Wohlfahrt Haus

Friday, November 13th, Cost
is \$50.00 per person.
Payment due by October 15th.
Contact Brenda McManaway
for information and to sign up
for trips. Call 540-580-3838
or brendamc@shentel.net.
Please sign up early and make
checks payable to Franklin
Heights Church by date listed
under the trips you desire to
take.

Drop off at the church office
or mail to :

Brenda McManaway
5531 Bethlehem Road
Boones Mill, VA 24065



WISDOM FROM
GRANDPA

You miss the days when
everything worked with just
an “ON” and “OFF” switch.

TEN LIFE
RECOMMENDATIONS

Worrying does not take
away tomorrow's troubles, it
takes away today's peace.

DID I READ THAT SIGN

Cold Wave Linked to
Temperatures.



GRANDMA'S WORDS
OF WISDOM

Your Mom will tell you
what she thinks to your face
and pray for you behind
your back!

FOODS WE SHOULD
EAT:

Russet potatoes have
earned a bad rap, but they're
a nutrient-rich super food.

Loaded with more
potassium than a banana, a
whole potato can help
prevent high blood pressure

and reduce your risk for stroke and heart disease.

In addition to potassium, potatoes are packed with antioxidants.

THANK GOD FOR SENIOR MOMENTS!

They encourage the kids to do things for you that you don't want to do anyway.

SOME WINTER TRIVIA

How do snowmen travel around? **By icicle!**

How do snowmen greet each other? **Ice to meet you!**

What do you call a snowman in the summer? **A puddle.**

What's a snowman's favorite Mexican Food? **Brrrrrr-itos!**

Why does it take longer to build a blonde snowman?

You have to hollow out it's head first.

Hope you enjoyed that little piece of nonsense.

THANK YOU

I would like to personally thank each person at the Franklin Heights, Crosspointe and Union Hall Campuses for all the support given to me since I broke my leg on November 23rd. The food, cards, calls, visits and most importantly, prayer, has been very much appreciated. I am very blessed to have such a wonderful community of friends. Lee A. Arrington

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Sarah, Abraham's wife

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We had a very successful Wild Game Dinner in February with approximately 600 in attendance and after making 32 recipes

of my Mac & Cheese, Sam and I didn't care to even look at Mac and Cheese for a while.

But many of you wanted me to share my recipe, which was originally a Pasta Casserole, but at The Wild Game Dinner, when I would ask the attendees if they wanted Pasta Casserole, which they thought I was saying Possum Casserole and they would say no way, so I started using elbow macaroni in place of the Penne Pasta.

Here is my :

MAC & CHEESE CASSEROLE

2 cups elbow macaroni

3/4 stick butter

1 cup whole milk

1/2 cup sour cream

1 (15 ounce) can cream of chicken soup

1 (5 ounce) jar Kraft Old English cheese

1 teaspoon kosher salt

1/2 teaspoon black pepper

1 1/4 cup shredded cheddar cheese, divided

Cook pasta for 11 minutes in two quarts of water, drain, place in baking dish.

Preheat oven to 350 degrees.

Meanwhile, in medium sauce pan, add butter and next 6 ingredients, whisk over medium heat until smooth.

Add to pasta, gently stir in 1 cup of cheddar cheese, sprinkle with 1/4 cup of reserved cheese, cover, bake for 25 minutes removing cover in last 5 minutes.

Note: The Kraft Old English Cheese is pricey, but it is worth it! Serves 8

IS IT TIME?

Age doesn't matter. The best time to think about

retirement is before the boss does!

The older we get, it's funny how everything is over by the time you find your glasses.

WHO NEEDS TOILET PAPER?

To heck with toilet paper!! I bought dryer sheets My bottom smells like lavender

There is no more static electricity

And this old bottom for the first time in 40 years is now wrinkle free!

THIS EXPLAINS THE - ISMS IN A SIMPLE WAY

Socialism: You have two cows. Give one cow to your neighbor.

Communism: You have two cows. Give both cows to the government and they may give you some milk.

Fascism: You have two cows. You give all of the milk to the government and the government sells it.

Nazism: You have two cows, the government shoots you and takes both cows.

Anarchism: You have two cows. Keep both cows, shoot the government agent and steal another cow.

Capitalism: You have two cows. Sell one, buy a bull.



THE TINY CABIN

A social worker from a big City in Massachusetts recently transferred to the Mountains of West Virginia.

She was on her first tour of her new territory when she came upon the tiniest cabin she had ever seen in her life.

Intrigued, she went up and knocked on the door. “Anybody home?” she asked.

“Yep,” came a kid’s voice through the door.

“Is your father there?” asked the social worker.

“Pa? Nope he left afore Ma came in” said the kid.

“Well, is your mother there? Persisted the social worker.

“Ma? Nope, she left just afore I got here,” said the kid.

“But,” protested the social worker, “are you never together as a family?”

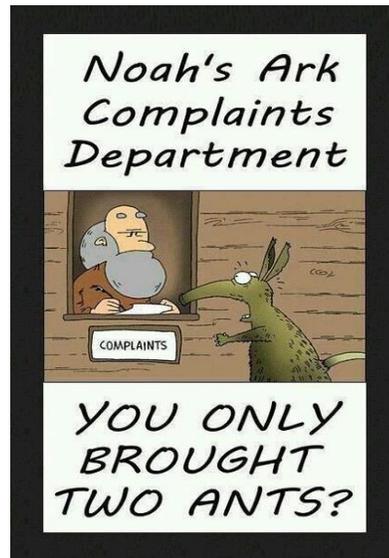
“Sure, but not here,” said the kid through the door.

“This is the outhouse!”

WHAT HAPPENS WHEN YOU SLEEP?

You do it every night. But despite a lifetime of experience, you may not know much about what really goes on while you sleep.

So this may surprise you:



While you drift off, your brain and body stay very busy. In fact, they both go through a cascade of changes.

As you pass through different stages of sleep, your brain waves cycle through slowdowns and spikes.

And at various points: Your body temperature dips, which helps you feel drowsy.

Your heart rate and blood pressure drop during deep sleep, then pick back up again.

Your breathing slows in some stages – and becomes fast and irregular in others.

Your muscles relax, even while their blood supply increases. Some muscles even become temporarily paralyzed to keep you from acting out your dreams.

Your brain shuts out information from your senses, until you reach the dreaming stage, when you imagine sights, sounds and sensations.

The part of your brain that processes emotions becomes more active. Scientists think making sense of those emotions may be the reason we dream, even if we don’t always remember the dreams when we wake.

How ZZZs fight disease:

Sleep may seem like a mystery. But one thing is clear: It’s essential for good health. For instance, quality shuteye helps your body:

Grow and heal. Sleep releases hormones your body needs to build muscle and to repair damaged tissues.

Fight infections. The body creates proteins called cytokines during sleep, which help strengthen the immune system.

Stay alert. Sleep restores energy and improves your ability to focus and react fast during the day.

Learn. Sleep helps maintain the pathways in the brain that let you learn and make new memories.

Regulate your mood. People who don’t get enough sleep may be more prone to anxiety and depression.

The clear takeaway: Tucking in is a great way to be good to your body and mind. That’s why most adults should aim for seven to nine hours a night. Sources: American Academy of Sleep Medicine; National Institute of Health and Human Development; National Institute of Health; National Sleep Foundation

DON'T WASH YOUR HAIR IN THE SHOWER

It’s so good to finally get a health warning that is useful!!!

Involves the shampoo when it runs down your body when you shower with it. Warning to us all!!!

Shampoo warning! I don’t know why I didn’t figure this out sooner! I use shampoo in the shower!

When I wash my hair, the shampoo runs down my whole body and

printed very clearly on the shampoo label is this warning: "FOR EXTRA BODY AND VOLUME."

No wonder I have been gaining weight! Well! I have gotten rid of that shampoo and I am going to start showering with Dawn dish soap instead.

Its label reads, "DISSOLVES FAT THAT'S OTHERWISE DIFFICULT TO REMOVE." Problem solved.

Got ya!