

## Positively Identifying a Spiritual Path to Overcoming Grief, Loss, or an Emotional Trauma

Those who have had a significant loss in their life, be it that of a loved one, of health or finances, or any emotional trauma, may feel as though they are stuck in emotional limbo. Interim Pastor Terry Sharpe is inviting church members to gather with him on Mondays from 2 to 3:15 p.m. to share, pray, and explore how to heal, to become “unstuck emotionally” and ready to move into the future with Jesus.

These gatherings will be on three Mondays in January, starting January 14 in the Pastor’s Study. This will provide a safe environment where, if desired, no one has to say a word or share anything personally. It will give an opportunity to learn how to identify those insecure feelings of loneliness and be drawn closer to the assurance of God’s ever-present love.

Coffee, water, and light refreshments will be provided and special materials will be shared. Those desiring more information or wishing to be a part of this special time are asked to register after the worship services on December 30 and January 6 and 13.

If you have family or friends you feel might benefit from this safe space, please share this invitation with them, as one does not need to be a member to be a part of this spiritual support and guidance. Those desiring to talk privately with Pastor Sharpe may call or text him at 804-651-2369 or email him at [tdsharpe8@embarqmail.com](mailto:tdsharpe8@embarqmail.com).

The first gathering on January 14 will address these emotionally crippling myths:

**MYTH:** The pain will go away faster if you ignore it.

**FACT:** Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing, it is necessary to face your grief and actively deal with it.

**MYTH:** It’s important to “be strong” in the face of loss.

**FACT:** Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn’t mean you are weak. You don’t need to “protect” your family or friends by putting on a brave front. Showing your true feelings can help them and you.

**MYTH:** If you don’t cry, it means you aren’t sorry about the loss.

**FACT:** Crying is a normal response to sadness, but it’s not the only one. Those who don’t cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

**MYTH:** Grieving should last about a year.

**FACT:** There is no specific time frame for grieving. How long it takes differs from person to person. It may take a year, two, three, or even four years to completely heal emotionally and mentally.

**MYTH:** Moving on with your life means forgetting about your loss.

**FACT:** Moving on means you’ve accepted your loss—but that’s not the same as forgetting. You can move on with your life and keep the memory of someone or something you lost as an important part of you. In fact, as we move through life, these memories can become more and more integral to defining the people we are.

*Among Our Church Family*

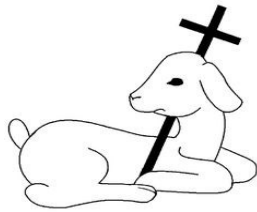
**IN MEMORIAM**

Mildred Thomas  
December 8, 2018

**SYMPATHY**

Collas Lowry in the death of his niece,  
Cheryl D. Boykin, on December 13, 2018.

**LAMB'S Basket**



Hatcher Memorial Baptist Church participates in LAMB'S Basket (Lakeside Area Ministries Board), a food access organization in Henrico, which serves as many as 75 hungry people each of the three days it is open each week.

Hatcher Church is scheduled to volunteer the following dates in January:

- Wednesday, January 2
- Friday, January 18
- Wednesday, January 23
- Tuesday, January 29

Volunteers are always needed for the Lambs' Basket Food Pantry, located nearby on Oakview Avenue. Duties include: packing bags, sorting through donated food for freshness, helping carry bags to clients' cars, cleaning and stocking shelves, driving or assisting with pickups, and weighing in what is received.

The ministry is in need of paper grocery bags with handles, plastic bags, 12-count egg cartons, and canned and boxed foods.

Please put donations in the collection boxes just outside the sanctuary, and they will be picked up and delivered weekly.

If you are interested in volunteering, please contact Susan Haynes at 804-519-0497.

**Upcoming Events**

**Monday-Tuesday, December 31-January 1**  
**Happy New Year!**  
**CDC and Church Offices will be Closed**

**Wednesday, January 2**

5 p.m., Fellowship Hall      Wednesday Supper  
6 p.m., Conference Room      Visioning Session  
7 p.m., Sanctuary      **NO** Chancel Choir Rehearsal

**Thursday, January 3**

New Day Worship Rehearsal  
6:45 p.m., Chapel

**Sunday, January 6**

Noon, Room 270      Church Council Meeting  
1 p.m., Conference Room  
Pastor Search Committee

**Tuesday, January 8      No Women on Mission**

**Wednesday, January 9**

5 p.m., Fellowship Hall      Wednesday Supper  
6 p.m., Conference Room      Visioning Session  
7 p.m., Sanctuary      Chancel Choir Rehearsal

**Tuesday, January 15**

Finance Committee  
6:30 p.m., Conference Room

**Wednesday, January 16**

**Quarterly Business Meeting**  
6 p.m., Room 270

**Thursday, January 17**

**No Love and Fellowship**

**Wednesday, January 23**

5 p.m., Fellowship Hall      Wednesday Supper  
6 p.m., Conference Room      Visioning Session  
7 p.m., Sanctuary      Chancel Choir Rehearsal

**Sunday, January 27**

Deacons Meeting  
Noon, Room 270

**Wednesday, January 30**

5 p.m., Fellowship Hall      Wednesday Supper  
6 p.m., Conference Room      Visioning Session  
7 p.m., Sanctuary      Chancel Choir Rehearsal

## A Letter from Interim Pastor Terry Sharpe

Dear Church Family,

I am concluding my third month serving Hatcher Church as your Interim Pastor. It truly has been a joy for Doris and myself to share a loving ministerial relationship with you as our Church Family. Our prayer is that God will open His door of leadership and the Holy Spirit will provide receptivity to our next pastor-leader for HMBC. Please continue to pray for the Pastor Search Committee as well as for the entire Church Family's spirit of excitement and spirit of servanthood.

On Wednesday evenings in January, we will be revealing the results of the **740 letters mailed to those listed on the HMBC membership roll**. The results of this effort are indeed most positive and give insight to the vitality and spiritual strength for HMBC's wonderful future.

Observing the **Halloween activities of the Child Development Center and the HMBC Trunk or Treat events** proved to be thrilling as to how many lives these events actively touched. Again, being present to participate in the **CDC's Parent-Child Thanksgiving Celebration** was absolutely wonderful. Our sanctuary was "standing room only" for the **CDC's Christmas Program.** **Breakfast with Santa, led by the McShin Foundation and the CDC**, gave families and children an opportunity for fellowship, crafts, and a Christmas event many, perhaps, would not have had if this were not provided.

HMBC sponsored a **Chartered Bus Trip for the Grand Illumination in Williamsburg, Virginia** to begin the Season of Advent. We just concluded Advent with our **Christmas Eve Candlelight Communion Service** with 140 in attendance. The **Love and Fellowship Group** ministers to an average of 30 to 50 participants each month. The **Bible Teachers provide** a vital and diverse approach to the teaching of God's Holy Word each Sunday.

**T. Wes Moore, Warren Mitchell, and our Choir members** ministered to us in Jesus' Name with a beautiful service of Lessons and Carols during the Third Sunday of Advent. Our Church's musical talents were further displayed in our Combined Service on the fourth Sunday of Advent and the Christmas Eve Service when the **New Day Singers, Chris and Tom Patch, and David assisted Jerry Myers, Sharon Vecchione, and T. Wes Moore.**

Thank you for inviting me to be a part of your vital, vibrant, and alive church family with such a bright and wonderful future . . .

My continued love and prayers for you, *Terry*

### Wednesday Visioning Sessions

#### **January 2**

What Is Your Vision and Hope for HMBC?

#### **January 9**

How Did HMBC Get In These Circumstances?

#### **January 16**

**Quarterly Business Meeting**

#### **January 23**

Keys To A Vibrant Church Family

#### **January 30**

God's Will Is Not That Difficult

### Sunday Sermons

The theme for January Sunday Sermons is  
**Where Do We Go From Here?**

#### **January 6**

Ecclesiastes 3:1-14

"Seeing Life in the Rearview Mirror"

#### **January 13**

T. Wes Moore Speaking

#### **January 20**

Romans 13:8-12

"The Reality of Living in the Present"

#### **January 27**

Galatians 1:11-24

"Choosing Life with a Future"

## Hearts in Motion Warm Weather Gear

For its January project, Hearts in Motion will be collecting **new hats, coats, gloves, and socks** for the students at Lakeside Elementary School. There is a collection box in the second floor foyer for those who would like to make donations. The items will be delivered on Friday, January 25.

## Lakeside Clergy: Churches Praying for Churches

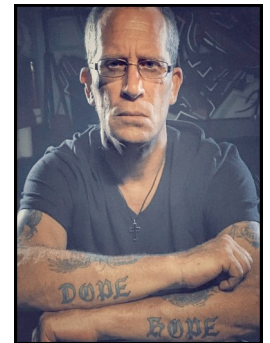
The Lakeside Clergy Group meets monthly for conversation regarding cooperative ministry efforts, among other things. We've recently initiated an effort to pray for the churches in Lakeside each month. In January, we ask that you pray for River of Life Community Church, and its pastor, Rev. Peyton Harris.



## The Women on Mission and Love and Fellowship groups will not meet in January.

## Tim Ryan to Speak at McShin Foundation

Tim Ryan, star of A&E's "Dope Man," author, and national thought leader on the opioid epidemic, will be the guest speaker at The McShin Foundation at 6 p.m. Friday, January 25.



Despite a successful career, heroin stole half of Tim's life and eventually took his own son. But he has dedicated every waking minute since walking out of prison to dealing hope for addicts, their families, and the communities they touch.

Tim's mission is to help one addict at a time transform his/her life from dope to hope. And today, he is one of the nation's leading experts on the pandemic, delivering riveting, highly-practical speeches and workshops to equip and motivate many who have been affected.

For more information, contact Alden Gregory at [aldeng@mcshin.org](mailto:aldeng@mcshin.org) or call 804-249-1845.

A poster for the Ninth Annual Bluegrass Concert and Benefit. The text reads: "Ninth Annual Bluegrass Concert and Benefit LIVE IN RICHMOND VIRGINIA FEBRUARY 16, 2019 Presented by The McShin Foundation and Virginia Folk Music Association Hatcher Memorial Baptist Church 2300 Dumbarton Road, Richmond, VA 23228". Below the text are several photos of bluegrass musicians performing. At the bottom, it lists the schedule: "1pm Hometime, 2pm Bracey Junction, 3pm Copper Ridge, 4pm Appalachian Express, 5pm County Seat, 6pm Back Forty Drive, 7pm Blue Steel." There is also a white box with red text: "Do you suffer from drug or alcohol addiction? Are you ready to do something about your problem?" and the McShin Foundation logo with the text "THE MCSHIN FOUNDATION Virginia's leading authentic peer to peer Recovery Community Organization. Dedicated to helping individuals and their families Recover." At the very bottom, contact information for Virginia Folk Bluegrass Music Assoc. and The McShin Foundation is provided.

**Ninth Annual Bluegrass  
Concert and Benefit**  
LIVE IN RICHMOND VIRGINIA  
FEBRUARY 16, 2019  
Presented by The McShin Foundation and Virginia Folk Music Association  
Hatcher Memorial Baptist Church 2300 Dumbarton Road, Richmond, VA 23228

1pm Hometime, 2pm Bracey Junction, 3pm Copper Ridge, 4pm Appalachian Express, 5pm County Seat, 6pm Back Forty Drive, 7pm Blue Steel.

**Do you suffer from drug or alcohol addiction?  
Are you ready to do something about your problem?**

**THE MCSHIN FOUNDATION**  
Virginia's leading authentic peer to peer Recovery Community Organization.  
Dedicated to helping individuals and their families Recover.

Virginia Folk Bluegrass Music Assoc.  
Bubba Overcash - 804.370.3619  
[Y1mm1947@gmail.com](mailto:Y1mm1947@gmail.com)

The McShin Foundation  
Alden Gregory, 804.249.1845  
[aldeng@mcshin.org](mailto:aldeng@mcshin.org)



**MC SHIN RECOVERY/SUPPORT MEETINGS**

All meetings in the West Wing

Sun	12 – 5 Office Open	6:00 NA		
Mon	12:00 Noon AA	5:30 Wom- en’s NA	6:30 Yoga for Recovery	7:00 NA 7:00 Nar Anon
Tues	12:00 Noon AA	7:00 AA	7:00 YPNA	7:00 Grief Support
Wed	12:00 Noon AA	6:00 Comm- unity Meeting	7:00 Families Anon 7:00 NA	7:00 Family Education
Thurs	12:00 Noon AA	6:00 NA	6:00 Rainbows Recovery	
Fri	12:00 Noon AA	7:00 NA	8:15 YPNA	
Sat	8:30 a.m. CoDA	9:45 OEA	11:00 Debt A	8:00 NA

*Hatcher Memorial Baptist Church*

2300 Dumbarton Road  
Henrico, Virginia 23228  
804.266.9696

Web Site: [www.hatcherchurch.org](http://www.hatcherchurch.org)  
Email: [office@hatcherchurch.org](mailto:office@hatcherchurch.org)

*Rev. Terry Sharpe*, Interim Pastor  
*Mr. T. Wesley Moore*, Interim Music Director,  
Traditional Service

*Mrs. Chris Patch*, Interim Worship Leader,  
New Day Service

*Mr. J. Warren Mitchell*, Church Organist

*Mrs. Jo Mitchell*, Director,  
Child Development Center

*Ms. Susan Compton*,  
Office Administrative Assistant

*Mrs. Jennifer Ramos*, Financial Secretary

*Mrs. Kay Craig*,  
Love & Fellowship Coordinator

**HATCHER CHURCH LEADERSHIP  
FOR 2018—2019**

**Deacons**

Chair — David Dunston

Co-Vice Chairs — Mitch Wilhelm, Lena Taylor

Susan Dawson	Cookie Martin
Mary Dunston	Bill Mosely
Virginia Garrett	Lena Taylor
Eddie Harris	Debbie Welch
Susan Haynes	Jerry Welch
Karen Stamey (Yoke)	

**Church Officers**

Moderator:	Rick Bancroft
Treasurer:	Jackie Matthews
Clerk:	Sharon Vecchione

**Program Leaders:**

Outreach / Mission Director:	Cecilia Fleet
Sunday School Director:	Alice Phillips
Love & Fellowship:	Kay Craig
Youth Director:	

**Church Committee Chairpersons  
and Team Leaders:**

Audio/Visual/Lighting:	Charlie Fleet
Building and Grounds:	Jim Blanchard
Child Development Center:	Sharon Vecchione
Counting:	Mary Atwell
Endowment:	Bob Llewellyn
Finance:	Belinda Blanchard
Flower & Decorating:	Betty Bancroft
Hostess:	Kay Craig
Kitchen:	
Personnel:	Susan Haynes
Transportation:	Ray Clary
Ushers:	Janice Conroy, Bubba Garnett, Eddie Harris, and Paul Vecchione