HERALD



Please join us <u>online</u> or in person this weekend as we conclude our sermon series "Too Much of a Good Thing." We hope to see you soon!

VOLUME 16, NUMBER 18

FRIDAY, OCTOBER 24, 2025

571870

Thanksgiving Mission Offers Volunteer Opportunities

By Leilani Barrera

he harvest season is one that many celebrate as a time to acknowledge the year's blessings. As we approach Thanksgiving, it's an opportunity to look back and give thanks for the goodness of a generous God.

While many of us are planning
Thanksgiving dinners, countless others
struggle to afford even tonight's meal.
For too many, daily necessities are out of
reach, and life's abundance is replaced
by hunger and deprivation.

To provide support for those who need help this season, White's Chapel will be hosting their annual Thanksgiving Mission this November. The food drive will launch on Sunday, Nov. 2, and will

This is a great opportunity for families and friends of all ages to participate and give back to the local community!

continue through Friday, Nov. 14. To meet the needs of families and various organizations within the local community who are enduring food insecurity in North Texas, White's Chapel is calling once again on multiple resources to assist in the effort.

The Thanksgiving Mission is multifaceted and almost entirely volunteer operated. There are three different ways to participate in this year's mission: Volunteers may donate to the food drive by bringing items on this year's list, assist with sorting the food items within the two-week donation period, and/or participate in the Super Saturday event.

During the food drive there will be a total of seven sorting sessions.

These hour-long sessions will allow volunteers to participate in sorting and

THANKSGIVING cont'd on page 2









PAWS FOR PRAYER

Pets of every shape and size gathered October 12 for the annual Blessing of the Animals at White's Chapel's Pond absolute proof that all God's creatures, great and small, are fur-ever loved!



<u>Yesterday to Today</u>

Car Show Rolls in for a Good Cause

By Debbie McKellar

ngines revved and spirits soared as the second annual "Yesterday to Today Car Show" rolled into the White's Chapel parking lot on Saturday, Oct. 11. From 9 a.m. to noon. Gleaming fenders, polished chrome, and the unmistakable rumble of horsepower filled the east parking lot. The free event drew car lovers of every age—while

raising awareness and funds for the Tarrant Area Food Bank, a key partner of White's Chapel's Mobile Market Ministry.

The car show, now in its second year, began with a simple idea: pair the enthusiasm of local car owners with a chance to support mission work. "White's Chapel has so many members who love their cars," said Jay McMeans, one of the

CAR cont'd on page 2



Thinking of Ourselves Less

By Dr. John McKellar

C.S. Lewis once said, "Humility is not thinking less of yourself, but thinking of yourself less." That line always makes me smile. Lewis had a way of saying deep things simply. True humility doesn't

Humility doesn't make us smaller; it makes room for grace, for others, and for God to work.

mean we have to walk around with our head down, pretending we're worthless. It means lifting our eyes long enough to notice someone besides ourselves.

Scripture has a lot to say about that kind of humility. Philippians 2:3–4 says, "Do nothing from selfish ambition or conceit, but in humility regard others

MUSINGS cont'd on page 3

A New Trend: **Going No-Contact Parents**

By Holly Edwards
Mental Health Counselor, LPC

here has been a lot of talk in the media and social media about what appears to be an increasing trend of adult children cutting all contact with a parent(s). This is often referred to as 'going no-contact'. Often the parent describes feeling shocked, confused, and heartbroken by the severing of the relationship. The

parent often feels there is little clarity on the reason and no given timeline, or even the possibility of reconnection. In my work as a counselor, I have seen clients dealing with this issue. I believe it is worth talking about...trend or not. This situation is highly painful for both the adult child and the parent. My goal in this article is to bring awareness to this topic, offer some perspective of both the parent and the adult child, and hopefully encourage someone to

take on the effort, self-reflection, grace and forgiveness to give an estranged relationship a chance to improve.

We can all think about incidences of family/sibling/parental estrangement in our families or extended families. It seems new or trendy because social media has given labels (toxic relationships, boundaries, etc.) for the issues and a platform to talk more about it.

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organizers. "There are car shows all over the Metroplex every weekend—so why not create one here that also makes a difference?"

Participants showcased everything from antique and classic cars to modern hot rods, motorcycles, and trucks. "We wanted everyone to feel welcome," said McMeans. "Whether you were showing off your ride or just coming to admire them, there was something for everyone."

That welcome included even the youngest visitors. Bounce houses kept kids entertained, and the ever-popular Kid's Choice Award gave them a real say in the judging. "We handed out ballot slips to every child we saw," McMeans laughed. "They took their job very seriously!"

Spectators wandered row after row of lovingly restored vehicles, chatting with proud owners who were happy to share stories behind each polished hood ornament.

Around 10 a.m., official judging began across multiple categories—from antiques to exotics—and by noon, the winners were announced to hearty applause. Winners included:

Best of Show: Jimmy Fletcher, 1967 Chevrolet Chevy II Nova; **Best Antique** Car (1942 or earlier): William

Myers, 1930 Ford A; Best Vintage Car (1946–1959): George Boulton, 1947 Lincoln Sedan; Best Modern Classic Car (1960–1999): Patrick Fagerquist, 1970 Chevrolet Chevelle; and Best Contemporary Car (2000-Present): Christopher Milton, 2024 Chevrolet Corvette Z06.

Additional awards were presented to Best Truck (Any Year): Jim Murray, 1963 Ford Unibody Pickup; Best Exotic or Luxury Car: Eric Pyhtila, 2016 McLaren

650S; Best Custom or Modified Car: Buddy Brown, 1923 Ford T-Bucket; and Best Motorcycle: Mark Montgomery, 1965 Honda Super Hawk CB77.

The People's Choice Award went to Jerry Kegley for his 1957 Chevrolet Bel Air, while the **Kid's Choice Award** was to Jason Parker, 1986 Chevy Corvette.

And—although somewhat random but in the spirit of the day—the **Best Dog** Award was bestowed upon Missy the

Plans are already revving up for next year. Early ideas include adding a craft fair inside Evans Hall—"a little something for everyone,"—with proceeds again supporting the Tarrant Area Food





Bank. Volunteers are welcome to join the planning team by emailing info@ wccarshow.com.

Thanks to the dedication of countless volunteers and WC staff—including Alec Hansen, Kyle Johnson, Rachel Moraw, Joy Roberson, Craig Rowley, and Jared Smith,—the event continues to grow. Judging by the shining chrome and smiling faces, this is one car show with plenty of mileage left to go.

info@wccarshow.com



Thanksgiving

Cont'd from page 1

organizing the donated food on shelves. To coordinate effectively and to keep a record of volunteers, registration is required to serve at one of these sessions. For a comprehensive list of all the available sessions, a sign-up link will be launched on the church website at the end of October. This is a great opportunity for families and friends of all ages to participate and give back to the local community!

The list of food items will be distributed and made available on the church website and at the Involvement Desk on Sunday, Nov. 2. For your convenience, tote bags will also be available with the list on that date. Drop-off donations will be accepted inside the east welcome doors (back parking lot) through Friday, Nov. 14. Volunteers will be needed on that day to organize the items.

On Nov. 15, Super Saturday will include packing and delivering the Thanksgiving food boxes to designated recipients and Title I schools, which include Bellaire, O.H. Stowe, Grace Hardeman, T. A. Sims and VanZandt Guinn Elementary Schools. This year's goal is to pack and deliver 400 food boxes. From 9 to 11 a.m. volunteers will pack and decorate boxes before they are delivered. There will be approximately 40 assembly tables set up in Evans Hall for this task. Delivery volunteers will load packed boxes and take them to assigned sites at 10:30 a.m. Volunteer drivers and packers are needed! To register for either position, see the church website for sign-up options.

Each box will be filled with items from the food drive and designed to feed a family of four. To ensure the boxes are consistently and properly packed, and that delivery is smooth, we kindly request that donors purchase only the suggested item sizes on the provided list.

At White's Chapel, we firmly believe that community and collaboration are powerful tools that can strengthen unity and foster a sense of fellowship. This year, as part of their Annual Day of Service, our neighboring First Financial Bank graciously served at White's Chapel to participate in this charitable endeavor and spread good-natured generosity.

First Financial employees played a vital role in organizing a service project, providing a platform for individuals to lend a helping hand. Their assistance significantly expedited the preparations for the upcoming Thanksgiving Mission. During this service project, employees and their families cut ribbon and prepared Food Drive bags. We are incredibly grateful for their assistance and for donating their time to this mission.

Practicing gratitude is not only designed to incite reflection and thankfulness, but also to provoke and spur us onto "love and good deeds," as the author of Hebrews wrote. As we give thanks for all that God has done. we seek to further encourage everyone to live sacrificially and give for the sake of others. What better time than this Thanksgiving season?

All volunteer opportunities and times will be listed on the sign-up link and available on the church website at the end of October. For more information, please contact Dedra Moffat.

Dedra Moffat | dmoffat@whiteschapel.org

October 2025 2024 \$261,272 \$257,340 Week 1 Week 2 \$166,077 \$161,035 **FINANCIALS** \$300,463 \$216,520 Week 3 MTD Actual \$727,812 \$634,895 MTD Goal \$747,893 \$789,456 \$(20,081) \$(154,561) YTD Actual \$9,160,226 \$8,711,772 YTD Goal \$8,866,695 \$8,519,995 \$ 293,531 \$ 191,777

WEEKEND PREACHING SCHEDULE THE FOUNDRY SANCTUARY

8:20 a.m. | Traditional Drs. John McKellar & Todd Renner

9:30 a.m. | Contemporary Drs. John McKellar & Todd Renner

Sun. 11 a.m. | Foundation Drs. John McKellar & Todd Renner 5:30 p.m. | Contemporary Rev. Sam Robbins

11 a.m. | Foundry Service Rev. Sam Robbins

WALTON CHAPEL

9:30 a.m. | Traditional Rev. Lori Cotton

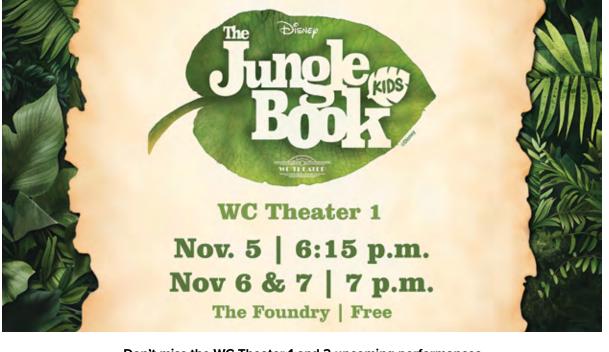
Church office—(817) 481-4147

Editor Debbie McKellar Managing Editor Sean Bogan **Graphics and Design** Susanna Cunningham **Graphics Consultants** Alec Hanson & Sarah Hamilton

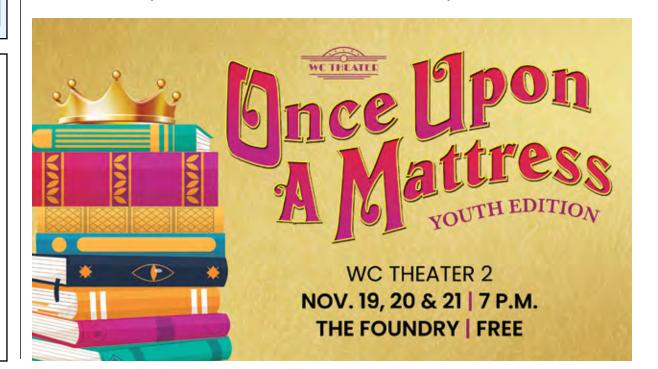
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POSTMASTER: Send address changes to White's Chapel, 185 S. White Chapel Blvd, Southlake, TX

76092-7308



Don't miss the WC Theater 1 and 2 upcoming performances. WC Theater 1 has performances on November 5, 6, and 7 of Disney's The Jungle Book KIDS. WC Theater 2 has performances November 19, 20 and 21 of Once Upon A Mattress: Youth Edition.



(WCStudents)

Crave & Intersection

Middle school students are invited to Crave, the weekly worship service for 7th and 8th grade students. Crave will be from 5:45–7 p.m. each Wednesday. High school students are invited to Intersection, the weekly worship service for students in 9th through 12th grades. Intersection will run from 7:30–8:45 p.m. on Wednesdays. Both groups will meet on the second floor of the student education building. We are so excited about what this fall semester will look like and how it will help students better know and follow Jesus together with their peers!

Sunday School Unplugged

WC Students is now offering a Sunday school class during the 9:30 a.m. worship service on Sunday mornings for our Middle School students. The format for this Sunday school class will differ from our classes offered during the 11 a.m. service. This will be a smaller class with a focus on a deeper study of the Bible.

Cell Groups

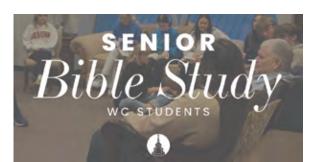
Cell Groups are WC Students' take on small groups—created just for 9–12th graders. We meet on Sunday afternoons or evenings during the semester in awesome host homes that open their doors for a time to hang out, dive into God's Word, and grow together. This isn't just about reading the Bible—it's about real friendships, honest conversations, sharing your story, praying for each other, and figuring out life through a Biblical lens.

If you are interested in joining a Cell Group, contact Michelle Joseph at mjoseph@whiteschapel.org for more information.



Middle School Fall Retreat

Fall Retreat will be from November 14–16. This year, during the Middle School Fall Retreat, campers will have the opportunity to enjoy many of the wonderful things that Sky Ranch offers. Students can play games, fly down the zip line, go fishing, play gaga ball, and so much more! There will also be time for worship and small group discussions with their cabins. WC Students will be leading the programming. It is sure to be an unforgettable weekend! The cost for this trip is \$275. Registration can be found on wcstudents.com.



Senior Bible Study

Drs. John McKellar and Todd Renner understand the significance of the senior year, as students confront major decisions about their future. To help guide them, they're leading a weekly, fun, practical, no-questions-barred Bible study and fellowship time. The study, which began in September, is ongoing and is open to all seniors. The group will meet each week from 6–7 p.m. in the Pastor's Study. The senior pastors will walk students through the core beliefs of our faith and show how they apply to this exciting and ever-changing season of life.



International Mission Trip

For Spring Break 2026, junior and senior students are invited to be part of an international mission trip to Belize! This trip is more than just travel—it's an opportunity to experience a new culture, serve others, and encounter God in a fresh and meaningful way. The mission trip is open to students in the Class of 2026 and 2027 and will take place during Spring Break (exact dates to be announced). Registration is now open at wcstudents.com, and a deposit of \$250 is due at the time of registration to secure your spot. Don't miss your chance to be part of something unforgettable!



Musings

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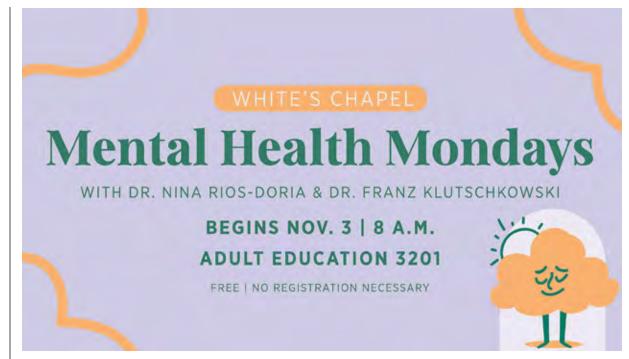
as better than yourselves. Let each of you look not to your own interests, but to the interests of others."

Jesus didn't think less of Himself— He knew exactly who He was. But He thought of Himself less. He took the towel and washed His disciples' feet. He fed the hungry. He noticed the forgotten. He stooped to lift others up.

In a world that rewards self-promotion and loud voices, humility is quietly countercultural. It's choosing to listen when we could talk, to serve when we could sit, to apologize when we could defend. Micah 6:8 says it plainly: "What does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?" Walking humbly means remembering that we're not the center of the universe—God is—and that every person we meet carries the image of God, too.

Humility doesn't make us smaller; it makes room—for grace, for others, and for God to work. Pride crowds the heart, but humility opens it. When we think of ourselves less, we suddenly see a world full of people to love and serve, and a God big enough to handle the rest.

So maybe today's challenge is simple: think of ourselves less—and see what God might do with the space that's left over.



Parent

Cont'd from page 1

Here are some statistics about parental estrangement from a long-term national study by Ohio State University:

- 25% of adult children had experienced estrangement from fathers, and 6% from their mothers.
- Estrangement often begins in early adulthood. The average age was 26 for those estranged from mothers, and 23 for estrangement from fathers.
- LGBTQ individuals were 86% more likely to be estranged from their fathers compared to heterosexual individuals, yet there was no increase in estrangement from mothers for this demographic.

I confess that I am not very objective about this topic. It is hard for me to understand how severing the parent-child relationship, and sometimes also severing the grandparent-grandchild relationship, could be the best and only solution. That said, I do understand in egregious situations where a parent has been, or continues to be, physically, emotionally or psychologically abusive, that no contact may be the only way. While the definition of the term abusive may be disputed, in this article I am not referring to those egregious situations.

Here are some of the most cited reasons adult children report as the cause for the decision to go no-contact.

- Childhood abuse or neglect.
 Mothers tended to be noted for emotional abuse, where fathers more for physical abuse and neglect.
- Ongoing negative behaviors of the parent (disrespect, anger, gaslighting, continual criticism).
- Polarization of the parent and adult child's values or choices (religion, politics, lifestyle).
- Difficult family dynamics such as divorce, disapproval of the child's mate, new stepparent, etc.
- Mental health challenges of either the adult child, parent or both.
- Boundary/autonomy violations (parent described as overbearing, controlling, not respecting privacy, not accepting the boundaries and choices of the adult child, etc.).

In my experience as a counselor, most often the reason there is a break in the relationship is because there is a lack of skill on both sides on how to repair the relationship. These lacking skills may include:

- healthy and respectful conflict
- positive communication
- emotional regulation
- understanding and validating another person's perspective

The adult child and parent have not been successful in establishing a healthy adult-to-adult parent/child relationship. I believe this is complicated by generational differences. Parents of adult children often did not experience or learn many of the things their adult children now expect from them. The younger generation has grown up exposed to much more awareness and education regarding relationships and positive communication. Going nocontact may seem like the only way to get relief from the pain they are feeling within the relationship. The adult child may feel too intimidated, angry, or

hopeless to continue trying, or may not see enough good in the relationship to keep trying. It is interesting to me that most adult children think they have tried to tell their parent what was bothering them before, but most of the parents tell me they were blind sighted by the sudden no-contact and really do not understand what they have done that could be so bad.

It has been my observation that going no-contact for an extended period will not improve any of the problems and often will have long-term consequences that can affect all family members. I have never heard an adult child, who has chosen no-contact, say they don't love the parent from whom they are estranged.

I recently heard it said that 'Love is a feeling of wanting to be close to someone.' If you look at parental estrangement from this explanation of love, it may give a template to follow. Ask yourself, what is blocking my adult child from wanting to be close to me right now? What can I do to remove the blockers? If there is love, there is hope.

So, what is the answer to make the relationship better? Here are some suggestions:

For the parent:

- Seek help from a counselor, ideally together with your adult child, or on your own, to understand your blind spots and to learn healthy conflict management/resolution, positive communication skills, and emotional regulation skills.
- Seek first to understand and validate your adult child's perspective and feelings, even if you don't agree, without defending yourself or giving reasons for your behavior or words.
- 3. Be accountable and apologize for your hurtful actions and words.
- 4. Realize that your adult child is his/ her own person with the autonomy for their own lives and beliefs, even if different from yours.
- 5. Find compromise and solutions versus 'my way or your way.'
- 6. Resist an angry, bitter response. It will only cement the chasm in the relationship. Once new skills are learned, and the relationship is on more solid ground, you will have opportunity to share your hurt feelings as well.

For the adult child:

- Seek help from a counselor ideally together with your parent(s), or on your own, to learn healthy conflict management, positive communication skills, and emotional regulation skills.
- 2. Keep an open mind and heart to the reality that your parent is only human with their own history of sufferings and experiences. Give credit to the things your parent has done for you.
- 3. Commit to 6 months or a year to give the relationship a chance to improve. 'You can't learn to sail without leaving the dock.'

I believe the family unit, and a healthy parent-adult child relationship is important for well-being and support in our lives. Improving these strained relationships can promote personal growth, improve stress levels, and stop unhealthy cycles that have potentially been going on for generations.

Holly Edwards, LPC hedwards@whiteschapel.org

COMMUNITY CONNECTIONS



Women's Event with Guest Speaker Michelle Nietert Tuesday, Nov. 4 | 6:30 to 8:30 p.m. Evans Hall

Join WC Women for dinner and speaker Michelle Nietert, LPC-S on Tuesday, Nov. 4 at 6:30 p.m. in Evans Hall. Michelle will be speaking on "Managing Your Emotions with Your Mindset." We all struggle with different emotions at different seasons in our lives. It's normal to have the emotions, but what will we do with them? Cost is \$15 per person. Register, pay online, and add childcare if needed at whiteschapel.org. Rev. Joy Roberson

jroberson@whiteschapel.org

Double Bass Quintet | Folk Fusion Saturday, Nov. 16 | 6 p.m. Grace Chapel

Join APEX Arts League for an evening that redefines the role of the double bass. Often heard as the foundation of orchestras, jazz groups, and rock bands, the double bass typically plays a supporting role. But in this unique program, the instrument steps into the

spotlight—sometimes anchoring the ensemble with its warm resonance, and other times emerging as an equal voice in intricate musical conversations.

Each piece on the program is infused with folk-inspired harmonies and rhythms, drawing from Czech and American traditions. You'll hear:

- Dvořák's String Quintet Op. 77—A rare 19th-century gem that places the double bass at the heart of the ensemble, similar in spirit to Schubert's Trout Quintet.
- Schulhoff's Concertino—Four spirited movements built on Czech folk dance forms and mixed meters, including echoes of the lively Furiant.
- Edgar Meyer's Concert Duo—
 A virtuosic dialogue between
 bass and violin, deeply rooted in
 American fiddle and folk traditions.

Performed by members of the **Dallas** and Fort Worth Symphony Orchestras, this concert is a celebration of the double bass—an instrument too often overlooked, but full of expressive depth and unexpected versatility.

Carter BloodCare Blood Drive Sunday, Nov. 2 | 8 a.m. to 2 p.m.

Consider donating blood on campus as we host the mobile Carter BloodCare bus near the Center for Spiritual
Care. Sign up by scanning the
QR code or show up day of to



donate.



Prayer List

Charlie Anderson, Mindy Aunkst, Andrew Balson, Chuck Banta, Chris Bechill, Carolyn Betty, Judy Blalock, Stacy Bockholt, Mike Bradley, Cade Bradshaw, Cheryl Brashear, Stephen Brischke, Lauren Callahan, Bobbie Cameron, Jill Carter, Jackie Black Chaffins, Lola Cobb, Carolyn Cockerell, Leslie Craig, Amy DeGray, Tom and Nancy Delaney, Steve Dowd, John and Amy Duckworth, Bill Ellermeyer, Ralph Evans, Laurie Evans, Dorothy Fontana, Gerrye Frantz, Brandi Yellock Frugé, Emmy Gaarder, David Gaona, Marcelle Ghattas, Shelly Gillette, Betsy Godbold, Tiffany Hall, Maxie Hays, Raymond Hebert, Karen Hodges, Bob Horn, Mary Howry, Bob Hughey, Michelle James, Logan Jeffiers, Jerry Kight, LaJuana Knott, Cooper Kohan, Phil Kubiak, Debi Lamarr, Connie Lamb, Julie Langston, Michael Lee, Grace London, Luke Lunday, Jeff and Liz Marshall, Sharon Martin, Chance McCarthy, Sue McNutt, Baby A Moses, Jenny Murphy, Lucia Orosco, Bill Preston, Jon Reeves, Ethan Robinson, Scott Sabre, Kim Schlitter, Nancy Shull, Kathy Skinner, Keri Galyean Snider, Nancy Steffel, Jamieson Stewart, Orville Summey, Steve Swanston, R.J. Thomas II, Rebecca Shivers Utley, Linda Wallace, Rick Warner, Kelly Weaver, Carley West, Ken Williams, Carroll Willis, Linda Winant, Vicki Winn, Leigh Winzeler, Jana Woodruff, Kasey Young, Gladys Zrake. Recent Deaths: Misty Anderson and Family, The Family of Roger Claybaugh, The Family of Amanda Deitz, The Family of Bill Dreger, The Family of America Ellis, The Family of Connie Hessing, The Family of Zak Marr, The Family of Louise McKenzie, The

Submit names via QR code or www.whiteschapel.org/prayers.html.

(Names will remain on this prayer list for two weeks unless otherwise notified via QR code or www.whiteschapel.org/prayers.html.)

Family of Wayne Meckley, The Family of Mel Schlueter, The Family of

Colleen Stewart, The Family of Tony Tommasi.



ALL SAINTS SERVICE NOV. 5 | 6 P.M. SANCTUARY

You are warmly invited to our All Saints Service on Wednesday, Nov. 5 at 6 p.m. in the Sanctuary as we honor the lives of those in our church family who have entered eternal rest this past year. Together we will give thanks for their witness, toll bells and light candles in their memory; and draw strength from the hope we share in Christ's promise of resurrection. Join us for this moving service of music, prayer, and reflection as we remember with love, grieve with hope, and celebrate the great cloud of witnesses who surround us. All are welcome to come and share in this sacred time.

