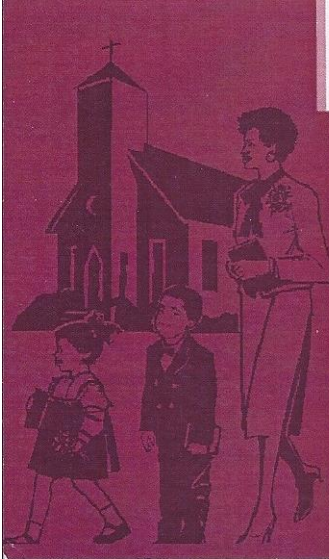


# GOD CARES... AND SO DO WE!



ALL ARE WELCOME, ESPECIALLY  
SINGLE PARENTS & CAREGIVERS

SUNDAY MORNING WORSHIP  
11AM – 12 NOON  
AND  
WEDNESDAYS - **FREE DINNER** - 6 PM  
BIBLE STUDY & PRAYER  
7 – 8 PM

PORTSMOUTH UNITED CHURCH OF CHRIST  
5900 PORTSMOUTH BLVD. | PORTSMOUTH, VA 23701  
O. (757) 488-6075 | C. (757) 749-0206  
[www.portsmouthuucc.org](http://www.portsmouthuucc.org)

This is a children-friendly church—you'll like it!



## FAITH *in* ACTION

### DEAR FRIEND,

There are times when you simply want to scream... and when you can, you do. The task often seems overbearing and an uphill climb. Just when you think that you have found a moment to rest, there is something else to do. You give and give of yourself, for the needs of others that you love and ask... "What about me???" Many times you want to quit, walkout, disappear and hand it all over to someone else. Conveniently, it seems that everyone has something more pressing to do. Their activities, pre-planned events, tight schedules, and family obligations leave them no room to help you. All that you want is a breather, a change of pace, and a little relief. You are willing to pickup where

you left off... but for now, you feel burned out. Just when you think changing shifts with someone, just for a little while, could take the edge off... others are expecting MORE of you. Yes, you have been spread as thin as butter on hot toast... and stretched like a rubber band. You think that just maybe every now and then someone would say "thank you," give you a pat on the shoulder, or even surprise you with a cheap flashlight to help you navigate your way through the dark tunnel. Well my dear, we at PUCU want to make a difference, help to lighten your burden, and pamper you a bit. We care and want you to know that our doors are open to you. On Wednesdays, at 6 PM, we have prepared a FREE DINNER for single parents and caregivers... like you. Come be our special guest and get away from it for a little while. You will be in good company, the food is great, and the atmosphere is serene.

*See You Soon!*

PASTOR FLEMING

PORTSMOUTH UNITED CHURCH OF CHRIST (PUCU)