

**STATESVILLE AVENUE  
PRESBYTERIAN  
CHURCH USA  
3435 NEVIN ROAD, CHARLOTTE,  
N. C. 28269**

**October 1, 2025**

**\*Church Family, just a reminder that our SAPC's Nourish Up Pantry is requesting monetary donations.**

**Mailing Address is: SAPC Nourish Up Pantry, P. O. Box 16206, Charlotte, N. C. 28297. A Nourish Up Box is in the Narthex for you to place your items. All donations are greatly appreciated. The School Tools Group**

**\*Tuesday the Atrium Health Mobile Health Unit is on site at SAPC, 3435 Nevin Road, Charlotte, N. C. 8:30 a.m. – 3:30 p.m. No appointment needed.**

**\*Presbyterian Men's Day Worship Service & Celebration, Sunday, October 12, 2025, at 11:00a.m.**



**October**

<b>GRACE ATLOMSPM</b>	<b>21</b>
<b>BARBARA CARR</b>	<b>23</b>
<b>WILBURN SANDERS</b>	<b>30</b>



**Please call, pray for and with; send cards to those SAPC members and friends who are sick, shut-in, hospitalized and recovering at home in our thoughts and prayers. Let your Elder or Deacon know of any changes for our weekly mailing in case you miss the Calling Post.**

**-Elouise Ethridge - Twin Towers,  
5343 Hamilton #2329, Cincinnati, OH  
45224**

**-Linnette Stinson – 5800Fairview Rd.,  
#215, Charlotte, N. C. 28209**

**-Loretta Gillespie**

**-Norva Morrison**

**-George Dunlap, Jr.**

**-Jean Worsley**

**[QR Code](#)**



**-The QR Code can be scanned from the bulletin and through the church website to pay for any financial obligations that you have committed to.**

**Don't forget your annual per capita of \$30.00 for the year 2025.**

**FYI**

***SAPC Nourish Up Pantry  
P.O. Box 16206  
Charlotte, NC 28297***

***Bring your Donations or Check to the  
Pantry during the operational hours:  
TU & W 10-12, 4-6 & TH 10-12.  
Thanks in Advance***

### **AARP's Learning Resilience: It's Never Too Late to Start**

Resilience isn't merely survival; it's about adapting and even flourishing when life throws its hardest punches. Science shows we can build this capacity at any age. Even in their 70's and 80's, people can strengthen their mental fortitude through deliberate action, researchers say. One study found that participating in community activities – and other structured programs that promote engagement, like volunteering – can foster a sense of purpose and responsibility while also reducing worry and increasing mental stability.

**“While we can't completely rewrite our basic nature – an introvert won't suddenly become the life of the party-meaningful change is absolutely possible,” explains gerontologist Peter Martin. “It's like building a muscle you didn't know you had.”**

Longevity researcher Nir Barzilai points to the power of “stress toughening” not

through major life crises but through chosen challenges that stretch our capabilities. “Think of an older person deciding to learn water-color painting despite his trembling hands. And what teaches him about patience and stick-to-itiveness. Now when bigger problems come along, he remembers: I can adapt.”

Such experiences build up what Barzilai calls “resilience reserves,” resources we can draw upon when facing life's inevitable storms.

This growth ripples outward. When grandchildren watch their grandmother master a smartphone or hear stories of how she navigated career or life setbacks decades ago, they absorb living lessons in perseverance.

By practicing resilience and modeling it, we're creating a legacy of adaptability and courage that enriches both ourselves and future generations. – D.H.