

Superheroes—We All Need Them

Why do we love superheroes so much? "They aren't just fictional characters, they are symbols of hope, inspiration, and aspiration. They represent the very best of humanity and embody the qualities that we all strive for: bravery, selflessness, determination, and justice." [Click here](#) to read the full article.

Initially we may be drawn to superheroes for their escapism and fantasy value. We may just need to unwind from the stresses and anxieties of our lives. A comic book, book, or movie provides that needed relaxation. But beneath that costume or exterior lies an inner flame. These superheroes inspire us to dream bigger and strive for extraordinary things. And this usually happens without our awareness. These stories tap into our own sense of heroism and courage.

So the next time you need a picker-upper, immerse yourself in a superhero story and remember, you too have superpowers waiting to be discovered.



Image Credit: Midjourney

April 2024

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| 9 | Food Distribution & Senior CSFP |
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You only have your thoughts
and dreams ahead of you.
You are someone. You mean
something.



BATMAN

THESUPERMOMLIFE.COM

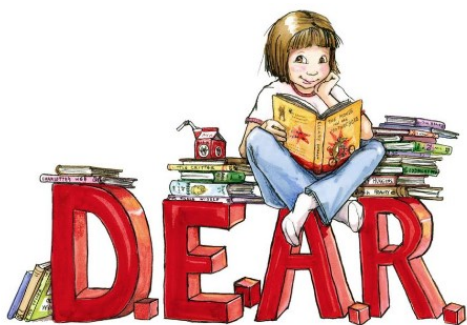
Reusable Food Storage Bags—Dos and Don'ts

Everything seems to be getting more expensive lately—including plastic bags. Reusable food storage bags will not only help reduce landfill waste, but will save you money in the long run. But, you do have to learn how to care for them. Here's the skinny on that from [America's Test Kitchen](#)

1. Make sure it is dishwasher safe. If your bags are, then all you need to do is follow the manufacturers' directions. Prop them open and run them through the normal dishwasher cycle.
2. When in doubt—wash the bags. Add a drop or two of liquid dishwashing soap into the bag, fill it 1/2 way with hot water. Seal the bag and slosh it around, dump the water and rinse. If there is residue, use a bottle brush or other soft scrubber to make sure it is clean. Be sure to clean the seal as well.
3. Do not turn the bag inside out or you may rip the seam and damage the seal.
4. Dry thoroughly to prevent mold and bacterial growth. Wipe inside and out with a dish towel then air dry. A bag drying rack is good to keep the bag propped open to dry it well.

To remove stains (e.g., tomato sauce). Nothing really gets persistent stains out. Best to buy a bag that has a color or pattern that will hide these mild stains. Learn to live with them!

To erase odors (e.g., fish), soak the bag for a few hours or overnight in equal parts of white distilled vinegar and warm water, then wash and dry as normal.



Drop Everything and Read Day
April 12, 2024

Beyond Mindfulness: Living with Intention

Savoring the sweetness of a freshly picked berry, basking in the afternoon sun, listening to children playing – such small events, yet so enjoyable. Mindfulness brings awareness to the moment and can promote everything from peace and calm to joy and bliss, making it an exceptional tool for health and happiness in today's world. But what if you could take mindfulness one step further and create a life that complements those beautiful conscious moments? You can, and it all starts with intention. [Click here](#) to read online.

Reaching beyond what we already know about ourselves can be overwhelming (especially when we have limiting beliefs), but consistent intentional actions that coincide with our values can cultivate the life we've always wanted. How can one learn to live mindfully with intention?

Self-assess

A fundamental part of becoming who we want to be is assessing who we are right now, what's important to us, and how we envision the future.

Helpful questions can be:

- Who am I? What characteristics am I comprised of?
- What core values do I hold and want to express?
- What do I love about myself that I'd like to expand on?
- How do I want to show up in the world?
- Who do I want to show up in the world as?

Reflection can be both eye-opening and healing so dedicate time for this activity.

Connect intentions to choices

Once intentions are defined, daily choices can reflect them. Mindful selections in the following areas should reflect the values you hold and allow for expression of who you are:

- health
- job/career
- relationships/family

- money
- daily responsibilities

For example, if health is a priority to you, how are your choices supporting your:

- diet
- exercise regimen
- sleep routine
- digestive system
- stress management capabilities

Think about what daily choices reflect who you want to be and what is important to you.

Practice with integrity and consistency

Connecting our intentions to choices is not always easy, but with consistency and integrity, mindful actions can become automatic. Developing new habits can take anywhere from a week to a year, with the average around 2 months, so remember:

- small things can make a big difference
- be patient with yourself (aim for progress, not perfection)
- check in with how you feel before, during and after making that new choice
- limit comparison to others
- find support if needed

Furthermore, ensure your actions have healthy reasons – such as that they align with your principles and are positive for yourself and for the greater good – and hold yourself accountable.

Living intentionally envelops the notion that no matter who is (or isn't) watching, your behaviors are consistently in line with your values. To strive for this, discover who it is you want to be, make each action a reflection of your values, end the comparison of yourself and others, and keep it consistent for the life you've always wanted to live.

The choice is yours. May it be an intentional one.

Jones County Coming Together in Unity
PRESENTS

Praise & Worship
@5:30pm Nightly

April 3rd - 5th
@7:00pm Nightly

2024 Spring REVIVAL

Revive Us O Lord Psalm 80
JONES COUNTY CIVIC CENTER
832 NC Hwy 58 South, Trenton, NC 28585
Join us for this great move of God!



Wednesday 4:30-4:45
Pastor Jerry Smith
Triune Holiness Church

Thursday 4:45-5:00
Pastor Tachala Hood
Like Morning Dew Ministries

Friday 4:55-5:10
Presiding Elder Dr. Erlinda Dobson
AME Zion Church

HAM RADIO

...Getting the Message Through
for your Family & Community!



When your Cell Phones Won't Work... Our Radio's Will!



AMATEUR RADIO LICENSE CLASS

The Filling Station in partnership with the New Bern Amateur Radio Club will be holding a Ham Radio Licensing Class for the beginner. No previous radio or electronics knowledge is required. The class is open to all ages and will prepare the students for the Technician Amateur Radio License exam. Currently there is NO Morse Code required for any Amateur Radio License. The course covers the basic regulations, operating practices and electronic theory.

The class is free but the student should purchase the ARRL Ham Radio License Manual 5th Edition Study Guide for Technician Class license. The Study Guide can be purchased from Amazon or the ARRL book store at www.arrl.org.

KICKS OFF:
SATURDAY, APRIL 27TH
7-WEEK COURSE

April 27
May 3, 11, 18, 25
June 1, 8
10 AM - NOON



Please scan this QR Code or go to this link to Pre-Register for the Course:

All classes will be held at the Filling Station,
221 Main Street, Pollocksville, NC.

Jones County Coming Together in Unity Revival Presents

KIDZ BLITZ

A Children's Extravaganza

Thursday, April 4, 2024
2 pm - 5 pm

With Special Guest
Children's Pastor, Angela Marks
National Children's Ministry Leader & With His Hands Outreach Founder

Join us for an unforgettable extravaganza where faith and fun collide!
Here's what you can expect:






Puppet Show & Prizes Fun Games & Action Songs Impactful Message

Location: Jones County Civic Center
832 Hwy 58 S, Trenton, NC 28565
For more information contact: Pastor C. Dunn (910) 340-4509





THE NATIONAL DAY OF PRAYER
THURSDAY, MAY 2, 2024

LIFT UP THE WORD LIGHT UP THE WORLD

2 SAMUEL 22:29-31

NATIONAL
DAY OF
PRAYER



nationaldayofprayer.org

JONES COUNTY NATIONAL DAY OF PRAYER EVENT
THURSDAY, MAY 2ND | 11:30 AM - 12:30 PM
JONES COUNTY CIVIC CENTER

832 NC HWY 58 | TRENTON, NC 28585

Pray with our guest line up:

Ken Yearick | Adrianna Boomer | Will Sutton | Michael Pretty
Mariah Chapman | Louis Miller | Julia Walker | Diane Haddock
And other special guests!

NATIONAL DAY OF PRAYER COMMITTEE: EILEEN DOVE AND MARY ANN LERAY



Nutrition · Education · Connection

Mission: To assist with filling the unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

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Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor

JESUS
is my Superhero
Luke 19:10

Delicious and
nutritious winter food

Root vegetables

Winter squashes, beets, turnips, kohlrabi, radishes, and parsnips are all excellent seasonal produce in cooler months.

Bone broth

Enjoy bone broth as a foundation for soup or stew, or even just sipped as a warm beverage. It boasts high vitamin and mineral content.

Citrus

Grapefruits, oranges, lemons, tangerines, and kumquats offer high levels of vitamin C, fibre, and antioxidants.

 **LIFEPLUS**