

## Supper Study: March 4

### Bread for the World

With five loaves and two fish offered in faith, Jesus fed thousands. When we turn our faith into action, God uses our voices. Our actions are multiplied. Come to the church supper study and you will see a miracle that works for us right now.

#### **Who is Bread for the World?**

Bread for the World (BFW) is a collective Christian voice of many denominations, urging our nation's decision makers to end hunger at home and abroad. During the next few months, churches across the country will join in Bread for the World's "Offering of Letters." In this way, tens of thousands of people communicate to their elected officials what they want to see in legislation affecting hungry and poor people in this country and abroad. We will have the opportunity to write our own letters on Wednesday, March 4, when Rev.

Elizabeth Coleman, Southeast Regional Organizer for BFW, will join us at Supper Study to show us the BFW video for 2009 and join us as we write the letters with the help of examples.

#### **2009 Offering of Letters**

In this year's Offering of Letters, Bread for the World (BFW) is urging Congress to rework foreign aid so that it does a better job of enabling people in developing countries to lift themselves from poverty and hunger. Key goals this year are to eliminate inefficiency and redundancy of programs and to plan opportunities for communities and countries to participate in the planning of the aid. This will mean that the greatest possible benefit is most effectively reaching those in greatest need.

#### **Stepping up from Poverty**

School books, farming tools, basic medicines, and clean water are essential resources that help the world's poorest people in Africa and elsewhere break the cycle of poverty and build new lives for their families. Poverty can be beaten! Access to health care and education has improved more rapidly as funding from the U.S. and other countries has increased. In the U.S., letters from people of faith to their representatives in Congress have made an enormous difference!

#### **Offering the Letters**

Before we send off the letters we have written to Congress, we will gather them and bring them up as part of the offering on the Sunday following the workshop. In the words of BFW, let's "Have Faith and End Hunger!"



## Congregational

UNITED CHURCH OF CHRIST

#### **Worship Schedule**

General Assembly: 9:30 a.m.  
Sunday School: 9:45 a.m.  
Worship: 11:00 a.m.  
Refreshments: 12:00 p.m.

#### **Our Mission**

As people of Congregational United Church of Christ, we seek to witness to the Gospel of Jesus Christ through the power of the Holy Spirit, accepting God's call to be a true community of love, compassion, and nurture.

#### **Visitors**

Congregational United Church of Christ is a warm, welcoming congregation that is always happy to receive visitors. To help you feel as comfortable and at-home as possible when you visit us, we've put together some information on what the Congregational experience is like — how to get to the church, what to wear (which is pretty much anything you'd like), nursery and Sunday school hours, and more. For details, check out our Visitor Page at our website: [www.congregationalucc.com/about/visitors.php](http://www.congregationalucc.com/about/visitors.php).

#### **Our Next Newsletter**

Deadline: Friday, February 27  
Publication: Wednesday, Mar. 4

News and events can be sent to [office@congregationalucc.com](mailto:office@congregationalucc.com).

Can't wait for news? Check out the Congregational UCC web site at [www.congregationalucc.com](http://www.congregationalucc.com). It is up-to-date, relevant, interesting, lively, and available 24 hours.

#### **Lectionary Readings**

##### **February 22, 2009**

II Kings 2:1-12  
Psalm 50:1-6  
II Corinthians 4:3-6  
Mark 9:2-9

##### **March 1, 2009**

Genesis 9:8-17  
Psalm 25:1-10  
1 Peter 3:18-22  
Mark 1:9-15





# Congregational

UNITED CHURCH OF CHRIST

**400 West Radiance Drive  
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**Rev. Julie Peeples**  
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Pastor Emeritus

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Organist  
rrbill@triad.rr.com

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Drop-In Hours: 4<sup>th</sup> Sun. of the month,  
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Home Visits: Thursdays

**Ms. Regina Hayes**  
Nursery Director  
regi.hay@gmail.com

**Ms. Judy Page**  
Office Manager  
office@congregationalucc.com  
Office Hours: 9:00 am – 3:00 pm  
Monday thru Wednesday & Friday

### Ministries

- Bible Study
- Children & Adult Choir
- Handbell Choir
- Youth Programs
- Women's Fellowship
- Adult Fun Club

### Outreach Programs

- Greensboro Urban Ministry
- Mobile Meals
- Habitat for Humanity
- Potter's House
- Higher Ground
- and many more . . .

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## From the Pastor

# Changing Seasons



The helibores, or Lenten Roses, are blooming in my back yard. One can forgive such liturgical mis-timing, showing up well

before Lent begins. Some years, Lent would have started by now. That and the warm weather must have coaxed them from their slumber. Like the flowers, I have tried to soak up the sun and warmth of last week, knowing we hadn't felt the last of winter's chill.

Lent officially begins next week, on Ash Wednesday, February 25th. Please join us as we participate in the ancient rite of receiving ashes, reflecting, confessing, praying – meaningful ways to begin the 40-day period of preparing our souls for their spiritual Springtime, Easter. We may not yet feel the full warmth of the sun, we may still have blasts of frigid air and maybe? Perhaps? Another bit of snow? But we know that Spring is coming.

So, too, in our everyday lives. The cold, sun-deprived days come, for some bringing unwanted change, whether illness or job loss or other transition. On the worst of days it is a hard stretch to believe Spring will come again, that health will return, a new chapter of life will bring new joys, new challenges, new meaning. But new life is indeed there, if hidden from view. It will break through the hard soil of doubt and fear and make its way toward fuller blossom. It may reach through in unexpected places and will surely follow its own timeframe. But it is there. God has assured us.

I suppose if we had nothing but Spring year-round we'd gradually stop noticing it, stop breathing it in with amazement and gratitude. But because we have made it through

the cold dark days, the first budding leaves, the crocuses, the birds' return, comes as a quiet, welcome miracle. So, too, if we pay no attention to our souls, the life of the Holy One within us, we can still enjoy Easter. Yet how much more deeply do we experience the beauty, the grace, the new life offered if we have paid attention to what is also offered in the waiting time!

So how do we "do" Lent? There are many ways: with time dedicated to prayer and meditation, journaling, worshipping, reading, acts of kindness. Work on your "This I Believe" essay as a tool for personal reflection, to take a look at how you relate to this world and discover the wisdom waiting to be harvested from your own life.

Waiting – whether for the earth's annual turning or for spiritual rebirth – need not be passive. As with much else in life, the more you put into it, the more you get out of it. Each season of our lives carries its own special beauty, its own needed grace. Being a faith community means we wait together, not alone, and we help one another discover what God is offering to us in each season, each turning.

—Julie Peeples



# A Well-Rounded Christian Life, Supper Study & More



This is part of a series on finding balance in our lives as Christians. One thing that I have noticed about our church is that many of us are

introverts. We (yes we, because I have some introversion tendencies, believe it or not!) would rather listen than talk, rather not be part of the crowd but be alone or with a few friends. We feel comfort at our church because we can be introverts and be accepted.

Yet, as Christians, we are called to be in community with other Christians. We cannot go it alone, we have to go on our journey with others. We have to be an active participant of a church. Have to be, because our spiritual lives depend on it. In fact, sometimes to find balance in our lives, we should occasionally do the opposite of what we would rather do. Like to be alone? Then join a group. Like to talk? Then learn to listen with intention. Ours is a shared journey, and when we are a part of a church, we travel together. So I encourage you to become part of a group or two at church. And we have lots of groups. Groups for women, for men, for kids—many of our groups bring together adults and children. Some of our groups focus on serving others while others focus on learning together. Some groups are in their eighth decade, and some groups last a day or the weekend. Or, just come to the Fellowship Hall after worship. Whatever gathering of our church you try, you will find a genuine warmth here you will not find elsewhere, and you will find people who are willing to share their faith journey with you.

Next time, worship.

—Paul Davis

## Supper Study

### March 4: Ending Hunger

See the article on page one for a full description.

### March 18: Healing Touch

the Rev. Peggy Matthews will speak to us about this helpful, healing practice and show us how it is used.

### April 1: Put An End To Bullying

Friends from Equality NC will share with us information about the proposed anti-bullying legislation in the state legislature and why it matters.

### April 15: A Sudanese Story

Wel Jok, one of the Lost Boys of Sudan, will join us to share his moving story. He recently returned to Sudan to be reunited with his mother and family members; Jeri Rowe wrote about his journey in the News and Record.

### General Supper Study Info

- Time - Supper: 6:00 pm  
Program: 6:30-7:30 pm



"Miss O" rehearsing with Bella a Capella.



Jamie Anderson accompanying Bella a Capella.

- Cost - Adults: \$5, Children: \$3
- Reservations are required and are due by noon on Tuesday.
- Make reservations by indicating your interest on the Attendance Pad in worship or by calling or e-mailing the church office.
- There is no charge for Covered Dish meals, but please make a reservation.
- Child care is always provided.



## Book Group

The next meeting of the book group will be Sunday, March 8, when we will discuss *This I Believe: The Personal Philosophies of Remarkable Men and Women*. This book is a collection of essays drawn from the NPR series of the same name, and on which we are giving much attention this winter and spring. The essays are short (see page one of the newsletter), provocative, more like poems than essays in that they convey more than 300 words worth of typical prose. We suggest everyone read the following essays:

- "Be Cool to the Pizza Dude," by Sarah Adams
- "When Ordinary People Achieve Extraordinary Things," Jody Williams
- "A Morning Prayer in a Little Church," by Helen Hayes

As you make your way through the book, think about one or two others that strike you and we'll discuss them as well. Reading all of the essays would be just great too! There are two volumes – Volume One is in paperback, so we'll use that. It is available at the usual places, as well as from NPR.

## Upcoming Events

# Higher Ground, Sacrificial Meal, Church Women United,

Our next date to serve lunch at Higher Ground is Tuesday, February 24th. Food donations (side dishes especially, e.g. salads, vegetables) and volunteers are welcomed. Food donations must be at the church by 11:00 am on the 24th or they may be taken directly to Higher Ground at 210 East Bessemer, Greensboro. For more information, please contact Ish Whitfield (434-792-6707, 434-250-4364, or dancincheffish@msn.com).



### Women's Fellowship Sacrificial Meal

The meal will be held March 2, 2009 at noon in the Fellowship Hall. We are blessed to have Barbara Whitener presenting *China: The Dragon and the Cross — A Meditation*. All women are invited.



Time for reflection.

Time for renewal.

Time to receive the ashes as a sign of our turning in humility, back to the heart of God.

Join us as we begin the Lenten season with this ancient observance, sharing in prayer, song, and the receiving of ashes. Wednesday, February 25, beginning at 6:00 pm with a simple meal, followed by our service at 6:30.



### Church Women United: Saturday, March 7, 2009

For many years, the first weekend in March has been the time when men and women of many faith traditions have joined together in a worldwide ecumenical day of prayer. This year's Church Women United's celebration will be held at the New Goshen United Methodist Church, 3300 Randleman Road, Greensboro. All are invited to a prayer breakfast beginning at 10:00 am. After a period of Bible study, the Rev. Dr. M. Ruth Smith will be our leader as we educate ourselves about current problems around the world and learn how we can be agents of change and reconciliation.

Come! Join with women from other congregations in this ecumenical effort. Add your prayers to those of other women in many countries as we celebrate our unity within diversity and look of ways to work for a more just and peaceful world.

If you need transportation, call Eileen Stirling, 852-0170, or leave a message at the church office.



### Music Education Scholarship Funds Available For Children & Youth

If interested, pick up a Trexler Fund scholarship application at the church office (or call to have one mailed to you). The deadline for submittal is April 1st.

### Missed a Worship Service?

We have CD recordings available for our worship services. If you would like one, please contact the office. If you are not able to come to worship regularly, this is a fine way to keep in touch.



### ArtBeat 2009: May 3

Last year we had our own version of ArtBeat at CUCC, and displayed works from over two dozen members and friends. This year we will again set aside a day to celebrate the arts, on Sunday, May 3. We'll give you the chance to show off your skills and talents, and display your works around the church building. More details to come, but save the date!



### It's Cold & Flu Season!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. To this end, we have several containers of hand-sanitizer located near entrances to the Sanctuary and Fellowship Hall. Please feel free to use these deliberately and often! Or do the "Happy Birthday handwash dance" in the bathrooms.

While everyone is welcome at our church, clean hands are especially welcomed. Or, to paraphrase one's mother, "Germlessness is next to Godliness."

# A Dialogue on Personal Values, Civic Ideals & Core Beliefs

During the next two months, our congregation will participate in our own version of the National Public Radio (NPR) series, *This I Believe*. Like the radio series, we are encouraging all to write their own 350-500 word essay encapsulating their most basic belief, that which guides their life and most influences their actions. Then, on the Sundays of Lent, we will hear from a few members in the congregation willing to share their essays.



Four-week small groups with this focus are meeting on Thursdays at 7:00 pm (through Feb. 26 – led by Julie), and Tuesdays at 1:00 pm (through March 4th – led by Paul). These groups are designed especially for those who are wrestling with their beliefs, who want to clarify their core values, rather than those who have it all figured out!

If you are interested in submitting your essay to NPR for consideration, there are instructions for doing so on their website, [npr.org](http://npr.org)

We want all ages to participate, so parents, please encourage your children and youth! Depending on their ages, you might offer a variety of ways to do this: drawing a picture of what is most important to them, writing or drawing the things that make them happiest, telling you what they think would help make the world a better place. At certain developmental stages, thinking in abstract ways is beyond them; on the other hand, children can amaze

us with their wisdom, thoughtfulness, honesty, and spiritual sensitivity.

So, start writing! Sometimes getting started is the hardest part. Here are a few ways to get the creative juices flowing: Consider a time in your life when your belief was tested or changed. Think about a person who profoundly influenced you. What event became a blessing in disguise? Start writing without censoring; edit later.

God is at work in astounding ways in each of us. By sharing our most basic, core beliefs, we can get to know each other better, and develop even deeper levels of understanding in our congregation and beyond. We are *en-couraging* each other; helping one another seek the ways God is at work in us all.



## Suggestions For Writing Your *This I Believe* Essay

(adapted from NPR)

- Tell a story. Be specific. It can be heart-warming, gut-wrenching, or even funny, but should be real. It should tie into the essence of your daily life philosophy.
- Be brief. 350-500 words is about three minutes when read aloud at a natural pace.
- Name your belief. If you can't name it in a sentence or two, it might not be about belief. Rather than writing a list, focus on a core belief.
- Be positive. Tell what you believe, not what you don't believe. Avoid editorializing and passing judgment. Speak in the first person.

- Be personal. Write in a way that is comfortable for you to speak. Edit and simplify your words until your essay is a true reflection of you.
- Remember that we are focusing not on delineating tenets of faith or creeds or views of society, but rather on what strongly influences our way of being in the world – what makes you tick? Keeps you going? Brings you joy?



## CUCC Business

### CUCC Food Donations to Greensboro Urban Ministry

02/04/08-02/18/08: 30.5 pounds

### Volunteers

#### February 22

Lay Reader: Nancy Prairie  
Toddler Nursery: K. & T. Kohlphenson  
Coffee Hour: A. & R. Barton

#### February Ushers

E. Driver, C. Hertlein, F. Kuester, M. Shaw

#### March 1

Lay Reader: TBA  
Toddler Nursery: Tricia Sutter  
Coffee Hour: B. & H. Ashworth

### March Ushers

B. & M. Mackenzie, S. Hall, K. Schleunes

### Financial Reports

Weekly Income	02/01/09	02/08/09
Pledged Offering	\$6,479.00	\$3,550.00
Unpledged Offering	927.00	532.10
Blanket Fund	45.00	25.00
Use of Church	---	525.00
Memorial Fund	---	50.00
Total	\$7,451.00	\$4,782.81

### Budget Income/Expense Summary

	Feb. 1-15	YTD
Income	\$12,613.10	\$53,234.07
Expense	3,899.15	26,632.82
Surplus/(Deficit)	\$8,713.95	\$26,601.25

## IMPORTANT: Peanut Butter Recall



The number of products containing peanut butter, paste, and similar peanut additives are growing every hour!

Although the current warning does not include the peanut butter purchased in jars, the list is enormous with items found in just about every pantry.

We need to be taking this recall seriously. According to the CDC, at least eight people have died and over 500 people have become ill with *salmonella*, across 43 states. Six cases of *salmonella* have reported in North Carolina since the first of February.



Specific FDA and CDC recommendations for consumers include:

- Do not eat products that have been recalled and throw them away in a manner that prevents others from eating them.
- To determine if commercially-prepared or manufactured peanut butter/paste-containing products are subject to recall, visit FDA's website and check the searchable database of recalled products.

This list is growing almost hourly and is very lengthy! The website is [www.fda.gov/oc/opacom/hottopics/salmonellatyph.html](http://www.fda.gov/oc/opacom/hottopics/salmonellatyph.html). You can also call the toll free number, 1-800-232-4636.

- If you cannot determine if your peanut-butter product has been contaminated, it is recommended that you not consume that product. So many products are being recalled, it is recommended that if the label reads a peanut based "anything", the product not be consumed. If in doubt, do not eat the product!
- Some pet foods and pet treats may include peanut butter. For more information about this outbreak and your pet visit the web site: [http://www.cdc.gov/salmonella/typhimurium/salmonella\\_pets.html](http://www.cdc.gov/salmonella/typhimurium/salmonella_pets.html)
- Persons who think they may have become ill from eating peanut butter are advised to consult their health care provider.

Most persons infected with *Salmonella* develop diarrhea, fever and abdominal cramps 12-17 hours after infection. Infection is usually diagnosed by culture or stool sample. The illness usually last 4-7 days. Although most people recover without treatment, severe infections may occur. Infants, elderly persons and those with impaired immune systems are more likely than others to develop severe illness. When severe infection occurs, *Salmonella* may spread from the intestines to the bloodstream and then to other body sites that can cause death unless the person is treated promptly with antibiotics.

Stay Well!  
—Charlotte

*References: CDC and FDA Web sites; Sandra Blahah – clinical coordinator Moses Cone Congregational Nurse Program*



### Alzheimer's Support Line

Help Available 24/7

1-800-272-3900

If you have memory loss, or are caring for someone who does, the Alzheimer's Association may be able to help with a Telephone Helpline, available 24 hours a day, seven days a week.

The helpline is staffed with masters level clinicians who can support you in dealing with difficult situations both immediate and long-term.

This is a valuable resource and we encourage you to add the number to your important numbers phone list.

We can all use a little support from time to time.

### Keep in Your Prayers ...

Sue Blanton (friend of Charlie & Debra Hertlein), Becky Borum, Lauren Brower, Evelyn Chamberlain, Sunny Covington, Carlene Dix, The Dollyhigh Family, Jessica Ellisor (Teresa Earle's niece), Kaye Gardiner (Midge Rasey's daughter), The Guerra Family, Beth Haunton (Lorie Tyson's friend), Paul Huffines, The Lamberts, Virginia Stricklen, Matthew Wagoner (grandson of Margaret Wagoner), Ruthann Wenger, H. O. Williams

# Community Gardening, Caregiver Support & More



## **Growing In Community: Gardening to Nourish Self and Neighbor**

**The University of North Carolina  
at Greensboro  
Bryan Building, Room 128**

**Saturday, February 28**

**Open and Free to the Public  
Pre-Registration Required  
334-5898 or [jrsopper@uncg.edu](mailto:jrsopper@uncg.edu)**

Topics and objectives:

- Reasons to support community gardening
- Grow local and buy local efforts
- Helping to feed the hungry
- Starting and getting involved
- Practical tips on organic and sustainable techniques
- Networking and building community partnerships

*Sponsored by the Warren Ashby Dialogue Program, College of Arts and Sciences, UNCG, and Grogan College Learning Communities Program, UNCG*



## **Caregiver Support Group**

**Second Tuesday of Each Month**

**12:30 – 2:00 pm**

**First Baptist Church  
1000 West Friendly Avenue  
Room 116**

For more information, please call 274-3559. All caregivers welcome!

## **Great American Clean-Up**

**Saturday, April 4  
9:00 am to Noon**

**Various locations throughout  
Greensboro**

Greensboro Beautiful needs volunteers to roll up their sleeves, grab a bag, and help clean up litter from our streets, parks, streams, and public areas. This is a great opportunity to join your neighbors in cleaning up our community. Pizza and drinks are provided to all volunteers following the cleanup. To register or for more information, contact Gerry Alfano, 574-3547 or [gerry.alfano@greensboro-nc.gov](mailto:gerry.alfano@greensboro-nc.gov).

*Sponsored by Greensboro Beautiful  
and the City of Greensboro*



**DO SOMETHING BEAUTIFUL.**



## **Care Partners:**

*A Program of the Adult Center for  
Enrichment & Shepherd's Center of  
Greensboro*

Do you . . .

- Have the desire to share your gifts?
- Want to give something back but need a flexible schedule?
- Want an opportunity to join with family or friends, or to strike out on your own to serve in a meaningful way?

- Have a few hours each month to be a friend to a family caring for a loved one in their homes?

Our CarePartners say . . .

- “To volunteer . . . I have never felt so appreciated in my whole life as I feel with my CarePartners family.”
- “Teaches my kids to give back.”
- “I learn more about myself – my values, my limitations, my strengths – through volunteering.”

Please contact Anita Brock-Carter at 274-3559 or [acarter@acecare.org](mailto:acarter@acecare.org) if you are interested in finding out more about being a CarePartner to a family in need.



The newsletter is available online. If you like this option and **PROMISE YOU WILL READ IT**, we will stop mailing you the newsletter and you can save us some money and save the world some paper. We will send you an e-mail letting you know when the newsletter is available along with a link to take you to it directly.

*To date, fifty-six households have requested to receive it online.*



**Congregational**

UNITED CHURCH OF CHRIST

Congregational United Church of Christ  
400 West Radiance Drive  
Greensboro, NC 27403

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## Need A Job, or Know of a Job Opportunity?

The *CUCC Connections Board*, located near the Fellowship Hall, can help you find someone else at CUCC who may have what you want, or who needs what you have to offer, including *job information*.

There is space to post items for sale, rent, or trade, such as a home, car, lawnmower, motorcycle, etc., or services, such as home repairs, tutoring, or sitting services for children, pets, home, or adult care, to



name a few. There is also space to post needed items or services. If you know of a *job opportunity*, please post it on the left side of the board, so that your information may help someone who is looking for work. Also, if you are *in need of a job*, put your information on the right side of the board. All you have to do is post your own notice, which may be typed or legibly hand-written, with contact information. The Connections Board is for CUCC members and those who attend services regularly. CUCC assumes no responsibility regarding the items or services. So whatever you have to offer, or whatever your need may be, give the Connections Board a try, and *get connected!* Check it out!

## March Birthdays

- 1 Angie Ramsey
- 10 Susan Burkholder
- 11 Krista Kolphenson
- 11 Beth Mackenzie
- 15 Robin Dorko
- 18 Margaret Elliott
- 20 Rachael Patten
- 22 Evelyn Sell
- 22 Allen Gibbs
- 22 Alice Matthews
- 24 Heather Jenkins Espitia
- 28 Katie Humphrey
- 29 Martha Brewer
- 30 Lisa Driver Conlon
- 30 Judy Page
- 31 Marie McLennan
- 31 Terry Moore-Painter