

A Lenten Reflection

From The Fast to The Feast

With Ash Wednesday we have entered the liturgical season of Lent. Like Advent, it is a season of preparation and reflection. Some of the roots of this season are traced to Judaism and even earlier practices. In earliest church customs, the forty day period before Easter was a very serious and intense time of preparation for those about to become part of "The Way," this new movement of Christ-followers.



One spiritual practice found in all great religious traditions is the fast: voluntarily refraining from taking certain or even all food for a defined period, whether part of a day or much longer. The reasons given vary and range from offering a sign of repentance, cleansing the body, mind and spirit, relinquishing control, achieving a higher meditative state. Modern practices of fasting during Lent have included giving up something like chocolate or sweets, or limiting use of the internet or TV, as a way of becoming aware of the things we crave and allow to fill our lives. As we empty our daily lives of such "fixes," we discover more space for the One who gives us life and renews us with each breath.

There are many different ways to find spiritual meaning this season. If you choose to fast, a good starting point is to ask, "What do I have too much of?" "What needs to be cleared away to make space for the Holy?" "Can I give up a meal, some clothes in my closet, have an electricity fast?" Let go, a little each day. Make space for the Holy to hold your attention and feed your spirit. Make the most of these forty days: a feast awaits at the end — a celebration of new life!



Higher Ground

Our next date to serve lunch is Tuesday, February 23rd. Volunteers and food donations are always welcomed. Please have food at the church by 11:00 am on the 23rd. For more info, contact Ish Whitfield at 434-792-6707, 434-250-4364, or ishmaelwhitfield@msn.com.



Sankey Moore-Painter, receiving a gift from the church for his work as Treasurer.



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. For details, check out our Visitor Page at www.congregationalucc.com.

CUCC is on Facebook!

Check us out at the following site: www.tinyurl.com/CUCCFacebook.

Our Next Newsletter

Deadline: Friday, February 26
Publication: Wednesday, March 3

News and events can be sent to office@congregationalucc.com.

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

Lectionary Readings

February 21, 2010
Deuteronomy 26:1-11
Psalm 91:1-2, 9-16
Romans 10:8b-13
Luke 4:1-13

February 28, 2010
Genesis 15:1-12, 17-18
Psalm 27
Philippians 3:17-4:1
Luke 13:31-35 or Luke 9:28-43



Congregational

UNITED CHURCH OF CHRIST

400 West Radiance Drive
Greensboro, NC 27403
Phone: 336-274-5378/274-0838
Web: www.congregationalucc.com

Rev. Julie Peeples
Senior Pastor
julie@congregationalucc.com

Rev. William C. Smith
Pastor Emeritus

Rev. Paul Davis
Minister for Christian Education
paul@congregationalucc.com

Mr. Jimmy Buchanan
Choir Director
jrb soul@aol.com

Ms. Edna Olayiwola
Director of Children's Music &
Bella a Cappella
olayiwe@gcsnc.com

Mr. Bill Herndon
Organist
rbill@triad.rr.com

Ms. Charlotte Evans
Congregational Nurse
opendoornc@aol.com
Drop-In Hours: 4th Sun. of the month,
10:00-11:00 am
Home Visits: Thursdays

Ms. Evelyn Blane
Nursery Director
evelyn.blane@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 . . .

Congregational News is published by
Congregational United Church of Christ,
Greensboro, North Carolina

From the Pastor

Ten Things I've Learned (or Relearned) This Winter



1. One good snow storm is sufficient per winter.
2. Every now and then, having a small, intimate, informal service of worship is a lovely and moving experience.
3. I miss people who can't make it on Sunday (refer back to #1).
4. What an incredibly giving congregation this is: some 174 hygiene and baby kits and over \$5,000 for Haiti. No surprises here, but thank you all for rising to such a sudden challenge. Watch for more opportunities.
5. People continue to do quiet, amazing, kind, things even when no one is watching.
6. Telling people to take good care of themselves while not taking care of one's own self can result in sinus infections which were probably one of the original ten plagues.
7. Things like snow and ice "events," illnesses, injuries – unplanned occurrences – have the potential to annoy, trouble, refocus, center, disorient, and free us.
8. Each season has its purpose, its beauty, its challenge, its blessing.
9. We should take a cue from nature and urge all local, and perhaps national, politicians to hibernate during the winter.
10. Spring is coming. Thanks be to God.

— Julie Peeples

Keep in Your Prayers ...

In order to protect the privacy of the individuals on our Prayer List, this information is not available in the online version of our newsletter.



Photo Highlights of the Annual Meeting



Education Notes

Reading Group Resumes



Our reading group will meet on Sunday, February 21, about 25 minutes following worship. The book will be *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who would Cure the World*, written by Tracy Kidder. This paperback book is the story of Paul Farmer, who founded a health clinic in Haiti. The church will have several copies available on Sunday in the Fellowship Hall, if you would like to borrow one.

Load up on Coffee Hour food, or bring a lunch and join us!

—Paul Davis



C. P. Gause To Have Book Signing

Our own Dr. C. P. Gause, Assoc. Professor in the Department of Educational Leadership and Cultural Foundations at UNCG, will be signing copies of his latest book, *201+ Strategies for Transforming Today's Schools: A Resource Guide for Educational Leaders, School Administrators, Teachers, Parents, and Students*, at The Summit Station Eatery, 125 Summit Avenue, Greensboro, on Saturday, February 27 from 4:30 to 8:00 pm. RSVP to drcpgause@gmail.com or 336-509-6171. Congratulations, C. P.!



Boards & Council

The next meeting of our boards and council will be Tuesday, February 23rd, beginning at 6:45 pm for a time of prayer. Boards meet at 7:00, council at 8:15.

Update on CUCC Support for Haiti

The response of our members and friends has been overwhelming. To date, monetary contributions in the amount of \$5,117.35 have been collected and sent on in support of relief efforts in Haiti. In addition, generous donations of baby and hygiene items have made it possible

for us to ship 13 Baby Care Kits and 161 Hygiene Kits to those in need via Church World Service!

See below for photos of our dedicated servants at work.



Bless Your Heart!



I hope you have had an opportunity to come by the “Nurses Station” and take advantage of the materials related to heart health. It is never too early to start thinking about taking care of your heart.

Make “heart health” a family affair! Lifestyle changes recommended for you as an adult are even more important for your children. By working together to turn heart health into a family project, you can make the process more fun and more successful for all. You’ll also be setting a valuable example for your children that they can apply through their entire lives. Here are some ideas to get you started:

- Slow down on fast foods.
 - Say “no” to super-size meals.
 - Choose fruit or a side salad over fattening French fries.
 - Drink, water, diet soda (but watch the sodium content in your diet drinks), milk or juice.
- Move around more.
 - Make family exercise a priority.
 - Engage in activities that involve movement!
- Celebrate successes.
 - Have each family member set health goals.
 - Track everyone’s progress.
 - Reward goal achievers.



Eat your way to good health. Watch those food labels! Here are some things to watch for to ensure you are making food choices that are good for your heart.

- Sodium: The average person should consume no more than 2,400 milligrams of sodium each day, or between 600 -800 mg per meal.
- Fats: Fats can be confusing because there are so many different types. And while some can increase your risk of heart disease, some can actually lower it.
 - Saturated fats: avoid these, because they raise LDL (bad cholesterol). They are found in fatty cuts of meat, butter, lard, cream, whole milk and tropical oils (coconut, palm and palm kernel)
 - Monounsaturated fats: when substituted for saturated and trans fats, these fats actually help lower LDL. They are found in olive and canola oil, most nuts, peanut butter, avocados and olives. However, even these types of fats should be consumed in moderation
 - Polyunsaturated fats. When substituted for saturated and trans fats, these also help to lower LDL. You will find them in safflower, sunflower, sesame, corn and soybean oils, soybeans, sesame seeds, walnuts, ground flaxseed and fish
 - Omega-3-fats. These fats are essential and have been shown to lower triglycerides at high doses and prevent irregular heart beats. Omega-3 fats appear to be particularly beneficial to heart attack patients. They are found in soybeans, walnuts, ground flaxseed and fish.
 - Trans fat. Not good! Trans fat can increase bad cholesterol, decrease good cholesterol, ele-

vate triglycerides and cause “stickier” platelets which can lead to clogged arteries. Trans fats are found in such foods as stick margarine, vegetable shortening, fast food French fries and most snack foods and baked goods. Many food manufacturers are beginning to remove trans fats from their products. Look for packages that say “no trans fats.”

- Fiber: Dietary fiber is a complex carbohydrate that your body can neither digest nor absorb. Even though it’s not considered a nutrient, fiber is still very important to good health. Fiber-rich foods can help you manage your weight. They are usually low in calories and fat, they bulk up your stomach and they make you feel fuller after a meal. Good sources of fiber include: oats and oat-based cereals, dried beans and peas, fruits such as apples, pears, prunes and citrus fruits, vegetables, including cabbage, sweet potatoes and carrots.



Mark the Date: February 28

Blood pressure checks for all ages!
Come visit me at the Nurses Station during Coffee Hour!

Stay Healthy!
—Charlotte

Church Women United, Housing Summit & More



Church Women United World Prayer Breakfast

“A Day of Prayer for Haiti”
Saturday, March 6, 2010
10:00 am

St. Mary's Catholic Church
1414 Gorrell Street, Greensboro

Each year on the first Saturday in March, Christian women around the world demonstrate their unity by observing a common day of prayer. This year the Greensboro unit of Church Women United has made Haiti the focus of their program.

The meeting will begin at 10:00 am with registration and a light breakfast in the Parish Hall Building of St. Mary's Church. The speaker for the morning will be the Reverend Judy Davis of the Moriah United Methodist Church.

Take this opportunity to join with women from more than thirty other Greensboro congregations as they gather for this ecumenical service during a world-wide day of prayer. A special good-will offering will be taken for Haiti disaster relief. The program will end by noon.

If you need transportation or have questions, please contact Eileen Stirling, 852-0170.



Quaker Songwriter/Activist Carrie Newcomer to Perform in Area

Carrie Newcomer will be performing on February 24th and 25th, 7:30 pm at the New Garden Friends Meeting House, celebrating the release of her

new album on Rounder Records, *Before and After*. Barbara Kingsolver wrote, “Carrie Newcomer is much more than a musician. She’s a poet, storyteller, snake-charmer, good neighbor, friend and lover, minister of the wide-eyed gospel of hope and grace. For a free music download of her song *Before and After*, go to www.carrienewcomer.com/freemusic and enter the promotional code, “beforeafter.” For more information about Carrie and this show, visit www.carrienewcomer.com.



Greensboro's Annual Housing Summit

Housing Matters for a Sustainable Greensboro:
We're on the path to a healthy, green, affordable, fair future!

Tuesday, February 23
8:30 am – 1:30 pm

Coliseum Special Events Center

Keynote speaker:
Shelly Poticha, Senior Advisor for Sustainable Housing and Communities at HUD

The Housing Summit is a great opportunity to learn about and to provide input on plans to improve housing for all the residents of Greensboro. Anyone who is interested in housing related issues should certainly participate.

Greensboro is well on its way to becoming a national leader and model for sustainable housing options. Safe, fair and sustainable practices will create jobs, reduce pollution, conserve water, decrease health costs, increase stability, and build social capital.

Come join us on the green path to the future and discover how we'll strive to reach our goal — and how you can be part of the big picture!

To register, please call the Greensboro Housing Coalition at

691-9521, ext. 304, or go online to www.eventsbot.com/events/eb371516997. Scholarships are available, thanks to the City of Greensboro and Community Foundation of Greater Greensboro; contact 373-2723 for eligibility. For special needs, exhibit tables, or other questions, call 691-9521.



CUCC Business

Food Collection for GUM:

112/24/09-02/04/10: 145 lbs.



Volunteers

February 21

Lay Reader: Donny Carpenter
Nursery: Jon & Marie Nance
Coffee Hour: Jamie Anderson & Leisa Slensby

February 28

Lay Reader: Jack Register
Nursery: Kirsten Joseph & Michelle Kennedy
Coffee Hour: Anne & Rick Barton

Ushers

Ed Driver, Charles Hertlein,
Frank Kuester, Milton Shaw



Financial Reports

Weekly Income	01/31/10	02/07/10
Pledged Offering	\$5,653.00	\$5,775.00
Unpledged Offering	1,333.00	692.00
Use of Church	950.00	100.00
Haiti Relief	600.00	265.79
Haiti Kits	10.00	---
Miscellaneous	---	353.00
Total	\$8,546.00	\$7,185.79

Budget Income/Expense Summary

	January	YTD
Income	\$40,536.59	\$40,536.59
Expense	29,511.88	29,511.88
Surplus/(Deficit)	\$11,024.71	\$11,024.71



Congregational

UNITED CHURCH OF CHRIST

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

February 17, 2010

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Serving Those In Need

Elves at Easter

Elves and Easter?

Now there are two words you won't usually hear together! This year, however, Santa is calling for his elves to answer the call to once again help families in need – this time for Easter. We will be collecting non-perishable food items to distribute to the families that we helped this past Christmas, as well as any others our contacts provide us. Once again, the number of families that we are able to take will depend on the amount of food collected. As of this writing, requests have been turned in for fourteen families.

The food collection will take place from February 28 through March 21. You can drop off your donations in the box in the Narthex

or in the box outside the Fellowship Hall. Suggested items to purchase are things like canned fruit and vegetables, soups, boxed dinners, macaroni and cheese, pizza mixes, canned tuna and chicken, peanut butter and jelly, cereal, pasta, spaghetti sauce and Pop Tarts, to name just a few.

You may also make monetary donations by writing a check to CUCC and marking "Elves at Easter" on the memo line. All donations need to be turned in no later than March 21.

If you would like more information, feel free to contact me at santasegso@aol.com. Together we can make a difference in the lives of these families.

—Santa

March Birthdays

- 1 Angie Ramsey
- 11 Krista Kolphenson
- 11 Beth Mackenzie
- 15 Robin Dorko
- 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