

## Easter Sunday: April 4

# Nothing Says Jesus Is Risen Like a Good Ham Biscuit

Our famous Ham Breakfast will be served from 9:00 to 10:15 am, but we will open up at 8:30 for choir members. Donations are welcomed.

The Easter Egg Hunt with the Montagnard Church and our church will begin at 12:30 pm. Children should meet downstairs near the Nursery. We will have two egg hunting areas, one for children younger than kindergarten and one for kindergarten to 4th grade.



### Change for Change

The Board of Christian Service would like to announce a new project called *Change for Change*. We will be collecting monies to be donated to various charities and organizations. The benefitting organization will change every couple of months, so if you know of an organization you would like us to consider, you are invited to speak to any member of the Board of Christian Service. Our first collection will go to StreetWatch (*see the following article for info on StreetWatch*).

So clean out that console in your car — where you have been dumping all that change from the drive-thru! Check under those couch

cushions, in the washing machine, the bottom of your purse, and on the ground — and make a change! You will find donation jars in the Narthex and in the Fellowship Hall.



### StreetWatch

We recently had a program by Michele Forrest of *StreetWatch*, a street outreach ministry. Those of us who were able to attend were impressed by the enthusiastic caring for these unfortunate homeless folks. It is unimaginable that so many are living in tents, or less, in the very woods throughout our city. These energetic volunteers have built collaborative relationships with many agencies.

Several people have asked how they can help this good effort.

Here are just a few of the much needed items: pop-top cans of soup, beanie weenies, chili, canned fish, etc.; peanut butter, crackers, cereal bars, bottled water; toilet paper, laundry or dishwashing soaps, new socks, shampoo, deodorant, toothpaste and brushes; razors; shaving cream. See a full list of needs at [www.streetwatchgreensboro.com](http://www.streetwatchgreensboro.com). Donations can be dropped off 24/7 at Greensboro Police Watch Operations, 2602 S. Eugene Street. If you wish, Wal-Mart gift cards for purchase of necessities can be mailed to StreetWatch, 1577D New Garden Road, Box 111, Greensboro 27410.

If you have questions, contact Etta Mullikin at 540-1013.



**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](http://www.congregationalucc.com).

### CUCC is on Facebook!

Check us out at the following site:  
[www.tinyurl.com/CUCCFacebook](http://www.tinyurl.com/CUCCFacebook).

### Our Next Newsletter

Deadline: Friday, April 9  
Publication: Wednesday, April 14

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

#### April 4, 2010

Acts 10:34-43 or Isaiah 65:17-25  
Psalm 118:1-2, 14-24  
1 Cor. 15:19-26 or Acts 10:34-43  
John 20:1-18 or Luke 24:1-12

#### April 11, 2010

Acts 5:27-32  
Psalm 118:14-29  
Revelation 1:4-8  
John 20:19-31



# Congregational

UNITED CHURCH OF CHRIST

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**Ms. Charlotte Evans**  
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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 . . .

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## From the Pastor

# From Holy Week to Easter



Last week, as we prepared the bulletins for Holy Week and Easter (and the draft for this newsletter), the power went out in the entire

church building. No flicker of lights for a warning, just sudden darkness. The grey morning made it even darker. The children in the program downstairs squealed as the teachers scrambled for flashlights. The power was restored a while later and all was well. What was the line from the old Joni Mitchell song, "you don't know what you got till it's gone"?

We take much for granted, don't we? Electricity. Telephones. Food. Running water. Waking up in the morning. Holy Week interrupts our auto-pilot mode with a stark wake-up call: real life can invade our best-laid plans at any time. Suffering, injustice, betrayal, even death can — did — happen to the best of us. Sometimes without warning we find ourselves in the dark, flailing about for a light switch.

The message of Easter is this: God's version of Real Life is not defined by the boundaries of suffering, injustice, betrayal, and death; the light switch is never entirely in our hands. Death does not have the last word. And when the Power that is Love and Light invades, our best-laid plans pale in comparison.

The invitation of Easter is this: to give our hearts to hope and not to fear, to life and not to the powers of death and destruction, to love and not to cynicism and indifference. The night may seem long and dark, but the dawn is something to behold.

I hope you'll join us for these observance of Holy Week and Easter.

— Julie Peeples



## Nursery Director

We have good news concerning our Nursery Director, Evelyn Blane: her thesis was accepted and she will be graduated in May with her Masters Degree in Psychology! But we have bad news: Evelyn will be moving, following her graduation. Her boyfriend will become her fiancé, and he has secured a tenure track teaching position at Ball State University. So Evelyn will become an adopted Hoosier, and will be leaving us. We wish Evelyn would not leave, but we wish her well.

We are in the midst of finding a new Nursery Director, and should be able to announce this soon.



## 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.*

**Education Notes**

# Work Trip, Book Group, Meals Ministry, Supper Study



Plans are under-way for our summer work trip, again to New Orleans. The cost per participant will be \$150. If you are interested

in coming, at least 15 years old (or can pass) please contact Paul.

We will have a Silent Auction in May, with a concluding Luncheon on Sunday, May 23. The auction items will be on display the preceding two Sundays. If you have an item (or items) you would like to contribute to this most worthy cause, be in touch with Cathy Wheeler or Terri Vaughn.

—Paul Davis



## Book Group News

The April selection for our book group will be *A New Kind of Christianity: Ten Questions That Are Transforming the Faith*, by Brian D. McLaren. It is available now in stores and on-line. The church will have a couple copies available for loan as well.

McLaren is a leader in contemporary church circles, and thinks deeply and profoundly about what it means to be a church and be fully engaged with modernity.

We hope you will join us for our discussion on Sunday, April 25, in the Parlor, twenty minutes after the Benediction.



## Calling All Cooks!

No advanced culinary skills or tools required — just the willingness to occasionally provide a simple, nourishing meal to someone who

could use a little help. The Board of Deacons has launched a Ministering Meals team to provide meals to people in our church family who have a new baby, are recovering from illness or injury, or could just use a little extra TLC. A tasty meal, served by a church friend, can be a wonderful way to care for each other in times of need.

Don't cook? We are also looking for drivers who will be able to deliver meals when needed.

Please call Becky Fleischer at 886-5790 to join our team.



## Spring Supper Study!!!

We have GREAT programs lined up for the Spring — so come join us on these Wednesday evenings:

**April 14:**  
**Touring Theatre Ensemble Performance**

**April 28:**  
**Piedmont Land Conservancy**  
Saving nature's special places in the Piedmont.

**May 5:**  
**District Court Judge Polly Sizemore**  
The juvenile justice system and helping teenagers caught in the cycle of drugs, alcohol, and crime.

Supper begins at 6:00 pm, programs begin at 6:30.

## Quarterly Giving Statements

Giving Statements for the first quarter are now available in the Fellowship Hall. In order to save postage, it will be helpful if members and friends will pick up statements from the church (statements will be mailed only if requested). Thank you for your support of our church's programs and missions.



## CUCC Business

### Volunteers

#### April 4

Lay Reader: Connie Usry  
Nursery: A. & R. Alexander  
Coffee Hour: Margaret Caviness and Bonnie & Frank Kuester

#### April 11

Lay Reader: Amy Usry  
Nursery: B. Fleischer & L. Slensby  
Coffee Hour: Lib Basham

### Ushers

Joann Myrick, Sticky Burch, Clyde Humphrey, Mike Dorko



### Financial Reports

Weekly Income	03/14/10	03/21/10
Pledged Offering	\$4,226.00	\$3,376.00
Unpledged Offering	472.00	322.00
Elves at Easter	50.00	175.00
Use of Church	200.00	120.00
OGHS	1,569.00	865.00
Easter Flowers	---	285.00
Higher Ground	---	20.00
Sales Tax Refund	---	447.97
<b>Total</b>	<b>\$6,517.00</b>	<b>\$5,610.97</b>

### Budget Income/Expense Summary

	3/1-28/10	YTD
Income	\$18,458.38	\$81,509.89
Expense	32,091.52	87,774.26
Surplus/(Deficit)	(\$13,633.14)	(\$6,264.37)

# The Stress Is Killing Me!



We can hardly breathe without hearing or experiencing something that creates stress! Times are tough and are taking a

toll on even the strongest coping mechanisms. To better weather the storm, it can be helpful to review stress and its impact on us.

What is stress? Stress is your body's response to change. It's a very individual thing. A situation that one person finds stressful may not bother someone else. The key is to manage stress properly. Unhealthy responses to stress can lead to serious health problems.

Stress can make you feel angry, afraid, excited or helpless. It can make it hard to sleep or give you aches in your head, neck, jaw and back. Stress can lead to habits like smoking, drinking, overeating or drug abuse. When the body can no longer handle the stress, it can do harm such as heart attacks or illness. You may not even feel the stress, even though your body suffers from it.

## How can I cope with stress?

- Outside events (like problems with your boss, preparing to move or worrying about a child's wedding) can be upsetting. But remember that it's not the outside force, but how you react to it inside that is important. You can't control all the outside events in your life, but you can change how you handle them emotionally and psychologically.
- Take 15-20 minutes a day to sit quietly, breathe deeply and think of peaceful things.

- Try to learn to accept things you can't change. Praying the Serenity Prayer can be very helpful!

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### The Serenity Prayer

God, grant me the serenity  
To accept the things I  
cannot change;  
The courage to change the  
things that I can;  
And the wisdom to know the  
difference!  
Amen and Amen.

---

- Talk about what is bothering you and engage the wisdom of others in problem solving.
- Engage in physical activity regularly. Do what you enjoy – walk, swim, ride a bike or jog. Letting go of the tension in your body will help you feel better.

## How can I live a more relaxed life?

- Think ahead about what may upset you. Some things you can avoid. For example, spend less time with people who bother you or avoid driving in rush-hour traffic.
- Think about problems and try to solve them.



- Change how you respond to difficult situations.
- Learn to say no! Don't promise too much.
- Give yourself enough time to get things done.

Stay Healthy AND Relaxed!

—Charlotte

Source: American Heart Association,  
*Lean and Live. How Can I Manage  
Stress fact sheet, 2007.*



## AARP's Powerful Tools For Caregiving

The Adult Center for Enrichment, in partnership with Pennbyrn at Maryfield, is offering a six week educational series designed to provide you with the tools needed to care for yourself while caring for a loved one.

**Wednesdays**  
**April 14, 21, 28, May 5, 12, 19**  
**1:00 - 3:00 pm**

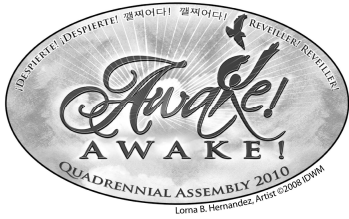
**Pennbyrn at Maryfield**  
**109 Penny Road, High Point**

This class offers tools to:

- Help you to reduce stress
- Communicate effectively with family, doctors and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

Space is limited – please reserve by April 12th. The series is free of charge with donations accepted. Please let us know if you need care for your loved one during this time. Contact Deborah at the Adult Center for Enrichment, 274-3559 or [dcarnish@accare.org](mailto:dcarnish@accare.org)

# Quadrennial Assembly, Lunch By the Ladle & More



## Disciples of Christ Women's Quadrennial Assembly to Meet Here

The United Church of Christ and the Disciples of Christ are partners in Global Ministries and work closely in other areas as well. The Disciples Women will be holding their national gathering, the Quadrennial Assembly, in Greensboro June 23-27 at the Koury Convention Center. For information about the event and to register for any of the programs, go to [www.quadrennial.org](http://www.quadrennial.org).

In addition, there will be a pre-event gathering of 15-20 international women, and Rev. Peebles has been working with Rev. Lee Hull Moses from First Christian to plan their visit. Volunteers are needed to help June 21-23 during their visit. If you would like to help in any of the following ways, please let Julie know:

- Help with a Monday evening cookout at First Christian
- Host several women for a supper in your home Tuesday evening
- provide some breakfast food one morning

This will be a wonderful opportunity to welcome women from all over the world, and to work in partnership with our friends from First Christian and other Disciples churches in Greensboro!



## Awaken Your Soul

**A Showing of  
Photographic Works by  
Kathy Dollyhigh and Jan Pegram  
Sunday, April 11 • 2:00-6:00 pm  
110 East Bessemer Avenue  
Greensboro**

A portion of proceeds will be donated to Red Dog Farm Animal Rescue Network. RSVP to (336) 370-0750 or [kdollyhigh@triad.twcbc.com](mailto:kdollyhigh@triad.twcbc.com).



## Lunch by the Ladle

A soup tasting event presented by the Family Life Council with soup from some of the best restaurants in Greensboro. A fun outing for the whole family!

**Sunday, April 11  
11:00 am – 2:00 pm**

**The Empire Room  
Downtown Greensboro**

Tickets are \$10 for adults and \$5 for children under 18. A Family Package (2 adults/2 children) is available for \$20 if order is received by April 5, \$25 after April 5.

See participating restaurants, get more information, and order tickets online at [www.flcgs.com](http://www.flcgs.com). Call 336-333-6890, ext. 221 for more information!

*Proceeds support the programs of the Family Life Council.*



## Community LGBT Eucharist

**Piedmont Triad Integrity**

**Saturday, April 17, 6:00 pm**

**St. Andrew's Episcopal Church  
2105 West Market Street  
Greensboro, NC**

Childcare provided. Followed by dessert and coffee in the Parish Hall. For more information, contact [info@piedmonttriadintegrity.com](mailto:info@piedmonttriadintegrity.com).



## "Kids Helping Kids" Concert

**Saturday, April 24, 4:30 pm**

**Starmount Presbyterian  
3105 W. Market St, Greensboro**

Featuring the Greensboro Youth Chorus, the Greensboro Symphony Youth Strings and the Ben L. Smith High School Gospel Choir. Sponsored by Guilford Interfaith Hospitality Network (GIHN).

Join these award-winning youth ensembles for a late afternoon of music benefiting Guilford County's only homeless shelter for children and their parents. There is no charge for admission, but a love offering will be received for GIHN.

GIHN is a faith-based community that eliminates family homelessness. Their mission: By uniting the faith community and those who support their mission, GIHN assists homeless children and their families by providing shelter, compassionate care, and counseling with the goal of sustained independence.

For more information, call 574-0333 or visit [www.GIHN.org](http://www.GIHN.org).



**Congregational**  
UNITED CHURCH OF CHRIST

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

March 31, 2010

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## Among Our Members



### A Wedding Invitation

Irwin Smallwood and Judy Glasgow will be married in the church Sanctuary at 3:00 pm on Sunday, April 18th, and all are welcome to help them celebrate their new life together. No gifts, please, but a donation of canned goods for Greensboro Urban Ministry would be wonderful (a box for the food will be in the narthex).

### Thank You!

Santa would like to send a special thank you to all those who donated food, money and their time to the Elves at Easter food drive. We were able to help 14 families with a total of 63 people. Each family received eight bags of groceries. Reports back from the delivery people were that the families were extremely grateful.



## April Birthdays

- 2 Ann Steldt
- 4 Keith Taylor
- 4 Gayle Currie
- 5 Melinda Matthews
- 6 Beth Ashworth
- 6 Rhonda Davis
- 8 Camille Prairie
- 10 Jeremy Rains
- 12 Anne Kent
- 12 Bob Kingston
- 14 Yueh-Miao Anderson
- 16 Eleanor Lambert
- 16 Susan Lane
- 16 Elyse Topkins
- 18 Becky Taylor
- 20 Isabelle Powell
- 20 Billy Humphrey
- 20 Ralph Wenger
- 21 Aaron Rice
- 21 Karl Schleunes
- 23 Ruby Duncan
- 23 Mary Jo Pruett
- 24 Barbara Whitener
- 24 David Senkus
- 24 Tim Rains
- 29 Kenneth Sell