



# The Relay

We welcome all to the community of Jesus: to connect, to learn, to worship, to serve.

We are an ecumenical congregation in a Presbyterian Church (USA) form.

Alamance Presbyterian Church • 4000 Presbyterian Road • Greensboro, North Carolina, 27406 • 336.697.0488 • [www.alamancechurch.org](http://www.alamancechurch.org)

## Some Good News: To Everything, a Season

As March begins, we look toward the season of Lent. Lent begins on Ash Wednesday and lasts for 40 days (not counting Sundays). It culminates in the church's celebration of Easter, next month.

Traditionally, Lent has been a season when many Christians choose a "fast." Over the years, I've chosen to fast from sweets, screen time, social media. There was even one disastrous year I chose to give up meat. That season did nothing to deepen my faith. It did succeed in making me a very cranky bear!

More recently, I have tried to observe Lent not so much as a time to "give up," but rather as a time to "take on" something. That might be making extra time in my life for prayer, or reading a devotional, or acts of kindness and service. I have accomplished this to varying degrees of success.

In the 21st-century digital world, finding time to complete every required task can sometimes be an insurmountable challenge. Even with the best intentions, "taking on more" still leaves your pastor more like a cranky bear than a Christian with deepening faith.

This year, I am trying to frame Lent a little differently. I'm not thinking about Lent as "less" or "more." I'm thinking about it as a choice. I am choosing *this* instead of *that*. For instance, I might choose more sleep over watching the fourth episode of a

show on Netflix. I might choose something healthier (but still filling and delicious!) instead of food that is quick and easy. I might choose reading something of substance instead of a practice game of Wordle or endlessly scrolling on my tablet or phone. If the weather is nice, I might choose a paddle around Lynwood Lake instead of another hour on the couch. Instead of reading yet another redundant news article about the pandemic or the situation in Ukraine, I might choose to pray for those things.

Through this season, Jess and I will share several different spiritual practices you might choose to explore through the season of Lent — and well beyond it. Some might not be your cup of coffee (for me, it's practically never a cup of tea). Others might strike a chord with you.

We want to offer some choices that might help you grow in your faith and discipleship. But, as we do, I want you to see them as just that: choices. Don't try to "take on" things you don't have time to fit in.

Instead, choose to explore new things that might help you grow. Making room for them might require you to let go of other things. Give yourself permission to do that. That in itself can be a spiritual practice.

**Ecclesiastes 3:1** says, "For everything there is a season, and a time for every matter under heaven." Let the season of Lent be a time you take to discern

what season and time it is for *you*. The wisdom in that line (and really in that whole book) is making the most of the time we are given, seeking things that matter rather than spending our time on things without consequence. That is always a choice we have to make. May we choose wisely.

In Christ's Love and Light,

Kyle



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## March Birthdays

- 2 Nancy Michaels
- 3 Treva Caveness
- 8 Jared Gill, Zach Hobbs
- 9 Gerald Coble, Maelyn Goodman,  
Leta Pillion, Betty Sizemore,  
Tony Sizemore
- 10 Amni Carraway
- 12 J.P. Preston, McCartney Ward
- 14 Peggy Fields
- 17 Mike Ford, Kristin Hogan
- 18 Grace Dagenhart
- 19 Tina Garrett
- 21 Amanda Hogan
- 22 Barbara Dark
- 23 Floyd Fogleman
- 24 David McMurtrie
- 27 Brad Benton
- 31 Griffin Brown, Connie Fish



## April Birthdays

- 4 Kallie Crompton
- 6 Amarylis Allred, David White
- 9 Hazel Aydelette
- 10 Michael Holland, Jill Skerlak
- 13 Nathan Gerringer
- 14 Jim Carter
- 15 Becky Oliver
- 16 Dub Bridges
- 19 Bain Allred
- 20 Daniel Church
- 21 Ed Gonzalez, Jennifer McMurtrie,  
Mary Ann Sugg
- 22 Blaine Mills, Cindy Morris
- 24 Chad Fields, Erica Lane
- 25 Mikey Donoho, Pat Greeson
- 27 Chad Drye
- 28 Katrina Shubert
- 30 Angela Burgess, Naomi Church,  
Lois Vinson

## Editorial policy of *The Relay*

The Session adopted a formal policy in 2019, based on an article in the April 2004 issue of *The Newsletter Newsletter*.

Our newsletter:

- Will always seek to reflect the spirit of Christ.
- Will seek to portray the congregation in a positive light, without exaggeration.
- Will not report matters that would expose members to ridicule or embarrassment.
- Will not fuel controversies. However, when controversial issues must be reported, the newsletter will report both sides in an unbiased manner.
- Will not include opinions in *news* articles. Opinions will be reserved for articles clearly identified as *opinion* pieces: the pastor's column, letters to the editor, open letters to the congregation, etc.
- Will not print material deemed inappropriate by the editor or pastoral staff.
- Will always strive for accuracy. When appropriate and useful to readers, errors will be acknowledged and corrected as soon as possible. A respectful hearing will be given to anyone bringing errors to the staff's attention. Extra effort will be used to verify the accuracy of all information, especially about individuals.
- Will not publish copyrighted material without the permission of the copyright holder.
- Reserves the right to edit any submitted material for length, style, and content.

- Will not accept submissions after the stated due date.
- Will not use language that is derogatory toward any person or group on the basis of appearance, gender, race, religion, political affiliation, or national origin.
- Will follow the strictures of the HIPAA (Health Insurance Portability and Accountability Act of 1996), a United States legislation that provides data privacy and security provisions for safeguarding medical information.

## Welcome, to the University of Virginia Navigators

Alamance Presbyterian Church once again welcomes a group of college students from the University of Virginia. The Navigators come back to our community from **March 5-12**, for an "alternative spring break" mission trip.

These college students will use spaces on our lower level; including the Youth Room, Scout Room, Music Room, Community Room, and Brown Fellowship Hall.

They will join us for worship on **Sunday, March 6**; and for Open Door on **Wednesday, March 9**. They will also spend some of their time helping us with projects around the church. If you see these folks, be sure to share your welcome and your appreciation for their volunteer service here!

Oh, and if you're coming to Open Door on **March 9**, bring extra food with you.

## Knit, Pray, Love Ministry

- submitted by Linda Aydelette

Just wanted to update you on KPL!

The latest baby hat delivery to Cone Hospital included 65 hats, most of which were Valentine's Day themed. The nurses LOVED them! (At this point we've donated about 1,900 hats, which is amazing.)

I have also donated a few more prayer shawl: one to Julie Luck at WFMY-TV (Bill Hodgins was my "prayer shawl angel" that time), and to Mark Wheeler, who was in a terrible car accident in Thomasville.

Our shawls are stored in the KPL closet in the Parlor. Stephen Ministers access those shawls, as needed.

You can deliver shawls and hats to the drop-off box on the yellow house porch anytime. Just give me a heads up when you do, and I'll make a point of swinging by there to pick them up.

Start working on St. Pat's hats — and you can throw in some Mardi Gras-themed ones as well. Feel free to make any style hats you'd like, even starting on Easter themes!

And as always, we could use a prayer shawl or two, as well as baby blankets (only receiving blanket size, which is 24" x 24").

Thanks so much to all of you! Take care of yourselves and be safe!

"Whatever your hand finds to do, do it with all your might." - **Ecclesiastes 9:10**

## Knit, Pray, Love History

In September of 2005, two APC church members, Barbara Carter and Catherine Allred, began the Prayer Shawl Ministry. These two close friends were still grieving the loss of another friend, Tookie Starr, who passed away suddenly in late 2004. Another church gave Tookie a prayer

shawl during her final hospitalization. The shawl held a deep, spiritual meaning for her family, after Tookie died.

Since then, both Barbara and Catherine have also passed away, but the ministry they began continues to bless thousands of families. The Prayer Shawl Ministry is now the APC Knit, Pray, Love Ministry (KPL).

Shawls and chemo caps made by KPL crafters have traveled all over this country, and outside the USA. The Cancer Center in Greensboro has regularly received our shawls and caps, as have Hospices of Greensboro and Burlington and — of course — a multitude of individuals and families.

KPL's newest project is creating newborn baby hats for Cone Women's and Children's Hospital.

Not into knitting or crocheting? If you are a quilter or seamstress, we welcome you, too. Shawls and hats don't have to be knitted or crocheted: we LOVE the quilted and sewn items!



Please contact Linda Aydelette if you are interested in contributing to the ministry and joining our team. The beauty of KPL is that meetings are not required, because we all can make and create from our homes in our own time.

When KPL **does** meet in person, it is from **7-7:45 p.m.** in the Parlor, on a **Tuesday**. Meeting dates for 2022 are not yet scheduled.

Everyone is encouraged to let Knit, Pray, Love know about those in need of our shawls and caps, or if you'd just like for us to pray for your loved ones.

You can find KPL on Facebook: <https://www.facebook.com/AlamancePresbyterianKnittingMinistry>

As of February 2022, KPL has donated almost 1,400 prayer shawls, over 1,000 chemo caps and almost 2,000 newborn and baby hats. God has richly blessed us and his blessings are overflowing!





## Missions Update:

Submitted by Jesse, Erin,  
and Samuel Atkinson  
Wycliffe Translators,  
Oaxaca (wah-HAH-kah), Mexico

It's full steam ahead with language learning! **We've officially begun learning Zapotec, the language of San Dionisio**, the indigenous community where we work. Our tongues and brains are certainly getting a workout, but we've felt God helping us each step of the way.

We've been amazed at how God is opening doors for ministry in the community. **Without us even asking, we had somebody offer to teach us her language.** What an answer to your prayers! We currently have two people who are helping us to learn Zapotec, Ray and Sandy; but please pray for even more people to join our team. (Ideally, we'd have three or four Zapotec tutors.)

Still more amazing was to hear from our two language tutors about how God has been preparing the soil in this community for years.

God first gave Ray a vision for his people having the Bible several decades ago. Ray's life changed dramatically when he came to Christ, when he was freed from alcoholism and spiritual slavery. Ray wanted other members of his community to experience the same transformative power of the Gospel. He began to translate the Gospel of Mark into his language, but soon ran into roadblocks.

Sandy began to help Ray and they even attended several training courses hosted by our colleagues, but over and over they ran into questions about how their language worked. They asked translation teams working in nearby languages, but they could never find clear answers. **They could never be sure they were translating correctly because there was nobody who spoke their language to help them.** They

began to pray for God to send somebody to come alongside them.

After years of trying and some major technological challenges, too, Ray and Sandy finally set aside their translation efforts. There were just too many difficulties, and too many other ministry needs in the area. However, they never stopped praying, and they never stopped believing in the importance of their people having access to God's Word.

After our first Zapotec session with Sandy, she told us a little bit about how she felt when she first heard that there was a family exploring the idea of working in her community. She prayed and said, "God, could this be for me? I asked you for something all these years and I wonder if now you're answering." Sandy was so excited but held back, worried that if she shared her excitement, it might skew our decision. She wanted to be sure that this was God's doing, not man's.

God did lead us faithfully to commit to San Dionisio, and Sandra is definitely not withholding her excitement any longer! She and Ray have both told us over and over how excited they are. **They see our arrival as God's answer to their prayers all these years. (Whereas we see them as the answer to our prayers! God is amazing.)**

It's marvelous to behold how God can weave together the lives of people living in a small Zapotec community in the mountains of Oaxaca and the lives of two kids growing up in North Carolina. All the years, he has been steadily preparing and bringing us all together. Only he could weave such distant, different threads together in harmony! God has

been so faithfully at work, and we are trusting him to continue to provide and guide as we dive into language learning and relationship-building in San Dionisio.

### Prayer requests:

- For one or two more Zapotec tutors.
- For our upcoming audience with the town authorities. We need to request permission to work in the community. Please pray for favor!
- For an office space to work in during the day in San Dionisio. We hope this can be a powerful tool for building relationships, literacy, and ministry.
- For stamina and mental clarity as we learn Zapotec. It's very different from any other language we've worked with. (Even Mixtec, the language Erin used to work with in Oaxaca!)

**Wycliffe**  
Bible Translators

### STAY CONNECTED:

**Our Wycliffe page/Giving:** [wycliffe.org/partner/JEAtkinson](http://wycliffe.org/partner/JEAtkinson)

**Facebook Group:** [facebook.com/groups/AtkinsonAdventuresInOaxaca](https://facebook.com/groups/AtkinsonAdventuresInOaxaca)

**Sign up for newsletters:** [jotform.com/form/92304614403144](http://jotform.com/form/92304614403144)

**Jesse's e-mail:** [jesse\\_atkinson@wycliffe.org](mailto:jesse_atkinson@wycliffe.org)

**Erin's e-mail:** [erin\\_atkinson@wycliffe.org](mailto:erin_atkinson@wycliffe.org)

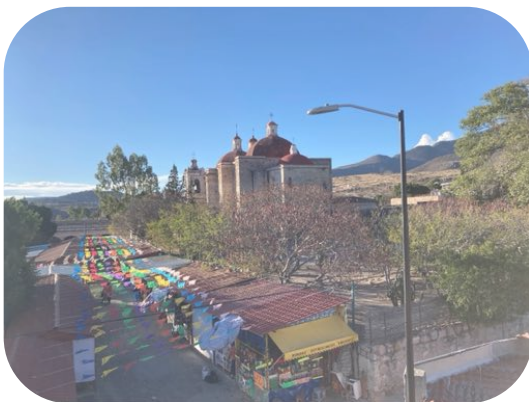




Samuel is 14 months old now! He's a trooper with all the new experiences.



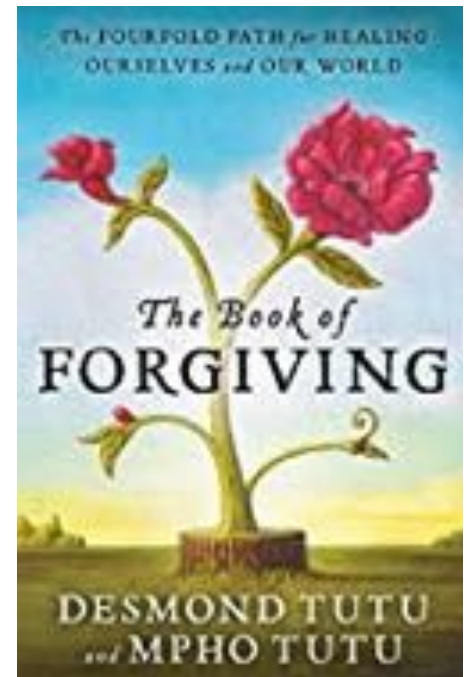
The valley outside San Dionisio. They grow lots of corn and agave.



The beautiful main Roman Catholic church in Mitla, where we live. It's built right on top of Zapotec ruins.

## Pastor Jess's Book Club

Tues., March 22  
@ 7 p.m.



email [jess@alamancechurch.org](mailto:jess@alamancechurch.org)  
for more info or to join up.

## B.A.E.:

### Body Acceptance and Enjoyment

A new fellowship group for middle-school girls meets bi-weekly for supper and a program. The girls and their advisors — Joy Thomas, Ciara Linnens, Katie Hensley, and Jess Rigel — spend time helping one another to navigate the often-choppy waters of growing up.

Games, discussion, and documentaries are part of the process. Delicious meals and snacks are eaten with great gusto, during the rest of each evening's meeting.

The girls come away with practical suggestions to deal with the sorts of negative criticisms that young women experience every day.

The last scheduled meeting of B.A.E. for the 2021-22 school year is **Friday, April 29**. Contact Director of Children's Ministries Joy Thomas if you know a young woman who might benefit from B.A.E.

Plans are underway to schedule B.A.E. as a regular part of programming for the 2022-23 school year, beginning this fall.

## From the APC Food Pantry Team: “Feed my sheep.”

The Alamance Food Pantry strives to provide food for our community's families who are in need. Our goal is to provide nutritious food that will last a family for 6 to 7 days.

Some weeks we receive fresh vegetables, and eggs, from our donors. Fresh food is a real treasure to our guests. Contact the Food Pantry to arrange for donations of fresh produce, please and thank you.

Our Food Pantry is a big blessing to so many. We are *always* in need of help on Saturdays to help separate, pack, and deliver food to give to our clients. If you feel you are being led to help with this, please sign up on the church webpage under Food Pantry ([www.alamancechurch.org](http://www.alamancechurch.org))

Please pick up extras when you grocery shop. Always needed: cereal, dry milk, pop tarts, spaghetti sauce, instant mashed potatoes, mac-and-cheese, and other such shelf-stable items. Food donations may be put in the big box in the Gathering Room, or in the red bin behind Brown Fellowship Hall.

Clean, dry, used plastic grocery bags are always wanted. ***We do NOT need any more egg cartons at the present time.***

The Food Pantry seeks to serve up to 30 families a week. *They seek a volunteer to make reminder calls to clients, on Fridays.* Contact Amy Yow (336-706-3550) to apply.

Thanks,

Amy Yow

## Special Collections

The APC Food Pantry has designated specific food items to be donated each month. Here's a list of the specific items for each month:

- **March:** Peanut butter, jelly
- **April:** Canned fruits
- **May:** Canned vegetables
- **June:** Macaroni-and-cheese
- **July:** Crackers
- **August:** Canned pasta
- **September:** Cereal, oatmeal
- **October:** Canned meats
- **November:** Dry pasta, sauce
- **December:** Soups
- **January:** Canned beans
- **February:** Canned pasta

## Seniors & Friends Luncheon is April 4

Call the church office to put your name on the list for lunch in the Coble House on **Monday, April 4**. Whatever is served is sure to be delicious, and most likely nutritious.

Bi-monthly meals and quarterly excursions are in the works for the coming year. The Fellowship Ministry Team is delighted to oversee fellowship events for this group in the congregation. Anyone who identifies as either a senior or as a friend of seniors is welcome to join.



## Saturday mornings at the APC Food Pantry

Pre-packed food is delivered to recipients in a car line. When clients arrive on a Saturday morning for food pick-up, they stay in their cars. Once their name is verified, volunteers load up the car. This is the most efficient and convenient method for clients to receive food.

The Food Pantry can always use more Saturday morning volunteers to help with distribution (**9-11:30 a.m.**). Visit <http://signup.com/go/h2b6xy> to sign up to help. *Please* sign up rather than just showing up. Kris Levine, Volunteer Coordinator, needs to know ahead of time how many volunteers are expected, to make this a good experience for volunteers as well as clients! Questions? Please call Kris Levine at (336)-558-6759.

## Potter's House

APC has served supper to hungry guests at the Greensboro Urban Ministry Potter's House since 2004; on the **third Saturday of odd-numbered months**. 2022 dates: **March 19, May 21, July 16, September 17, and November 19.**

The work is intense, but not long. Arrive at **6 p.m.** to set up for the meal. Serve food from **7-7:45 p.m.** Clean up and zip out the door by **8:15 p.m.** most usually.

Let Darren Hadley know that you or your group want to help at Potter's House. ([darren.hadley@triad.rr.com](mailto:darren.hadley@triad.rr.com)).



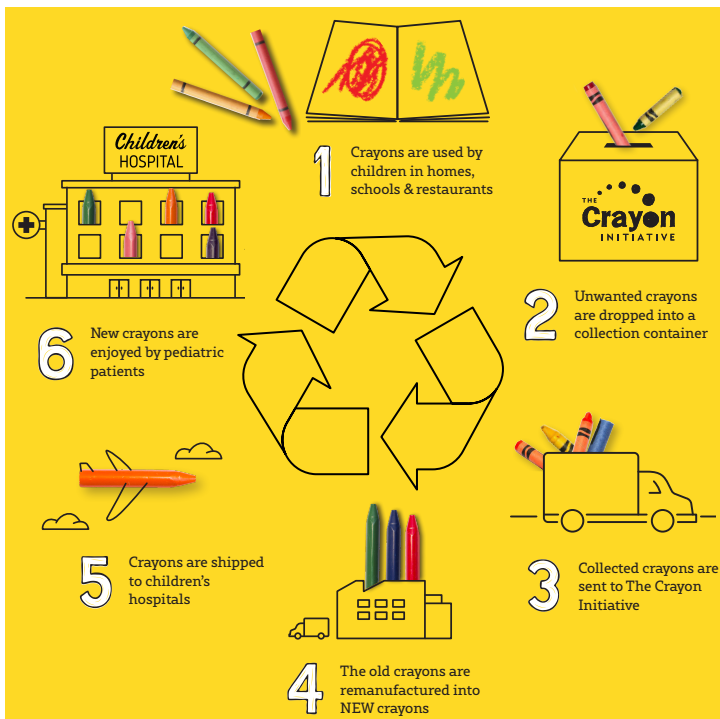
## Our first Middle School retreat is in the books!

The youth had an amazing time in Montreat, NC, Feb. 19-21.

At the retreat, the young teens focused on *leadership*. From learning about famous leaders; to scavenger hunts; to games; and to learning about Peter, Paul, and the disciples, they have a newfound understanding of growing as leaders in the church and in their own lives.



### WHAT HAPPENS TO YOUR UNWANTED CRAYONS?



## Collecting Crayons

Kids R.O.C.K. sponsors a crayon collection, in conjunction with the Crayon Initiative. They seek to keep old, broken coloring sticks out of landfills, by remanufacturing them into fresh new crayons. The new items are donated to hospitals, for the pleasure of pediatric patients.

There's a blue box for your unwanted crayons, in the Gathering Place.

## Embracing Easter Eggs

Director of Children's Ministries, Joy Thomas, eagerly awaits extravagant donations of plastic Easter eggs, to fill with equally-anticipated sacks and wads and tons of individually-wrapped treats. (If you donate already-filled eggs, you will earn an extra star in your crown in heaven.)

A basket to receive egggy endowments is on the white desk in the breezeway (the one built into the staircase).

You can also throw eggs at Joy in her office on the upper floor of the middle building. (Well, you can throw them TO her. We don't actually encourage throwing eggs AT anyone, here at the church.)



@thecrayoninitiative  
The Crayon Initiative  
@thecrayoninitiative  
@ShareYourColors





## MEETS Met

The APC fellowship group for empty nesters is Meet, Eat, Entertain, Travel, Socialize. They betook themselves to Triad Lanes on February 25 for an evening of bowling. All reports are that a good time was had by all.



## An Historical Event

The APC fellowship group for elementary school grades 2-5 is Kids Reaching Out to Christ's Kingdom. Children meet in the Kids R.O.C.K. room (top floor, middle building) on **Sundays, 4:45-5:45 p.m.**

On February 27, several members of Kids R.O.C.K. ventured to the hidden depths of the sanctuary building, a little while before their regular meeting.

They went with Joy Thomas, Director of Children's Ministries, to explore the Edna Smith Jobe Historical Room. Linda Aydelette was both their tour guide and portrait photographer for the evening. Everyone behaved themselves beautifully while there.

## The door is open: come on in!

Open Door weekly fellowship for all ages starts with a family-friendly meal in the Gathering Place, **each**

**Wednesday from 5:45-6:50 p.m.**

How it works: Bring a simple side dish, if you can, to share for supper together at **5:45 p.m.** — main dish is provided.

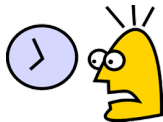
Bring some extra **March 9**: we'll have guests. 40 members of the UVA Navigators will join us for supper.

Retire to the sanctuary at **6:15 p.m.** for a meaningful program (we're studying the meaning of hospitality right now).

When you come to Open Door, make a point of sitting with someone you don't know well — and get to know them better.

All are welcome at the table.

## Newsletter Deadline



Deadline for the **April, 2022** issue of *The Relay* is **Monday, March 21**. Post your articles by "snail mail," by e-mail ([lynn@alamancechurch.org](mailto:lynn@alamancechurch.org)), or phone the office (697-0488 x 121) to deliver your news.

## Daylight Saving Time

Notice: Daylight Saving Time 2022 starts at **2 a.m. on Sunday, March 13**.

Be sure to set your clocks **AHEAD** one hour, to conform with this societal normative timekeeping behavior for March - November.

Standard time in 2022 will resume at **2 a.m. on Sunday, November 6**.

"Spring forward, fall back" is the mnemonic for time changes.

## Lenten practices

**What is Lent?** Lent is a period of spiritual preparation for Easter. It begins on Ash Wednesday, six and a half weeks before Easter; and provides for a 40-day period of fasting (Sundays are excluded) in imitation of Jesus Christ's fasting in the wilderness before he began his public ministry.

The word *Lent* or *Lenten* derives from the Old English word *lencten* 'spring, Lent', of Germanic origin, related to *long* (perhaps with reference to the lengthening of the days in spring).

Check your bulletin packet **each Sunday** for an insert from Bread for the World, a Christian hunger-advocacy group. *Lenten Prayers for an End to Hunger* provides readings, prayers, and actions to help you and your family observe Lent in 2022.

Each week's insert is different, and is based on the **Revised Common Lectionary**, Year C. Scripture readings are from the New Revised Standard Version of the Bible, the same version that APC uses in worship.

## Class Is Offered to the Community

The APC Congregational Care and Outreach ministry and the Alzheimer's Association host a class especially geared toward primary caregivers of elderly relatives, on **Sunday, April 3, 1 p.m.**, via Zoom.

This class, from the Alzheimer's Association, that explains the warning signs of dementia and Alzheimer's disease; on **Sunday, April 3 at 1 p.m.**, via Zoom.

The class is open to anyone in our congregation and in our wider community who is interested.

Topics covered include:

- Behavioral warning signs that something is not quite right with your loved one.
- Differences between dementia and Alzheimer's disease.
- What to do once you have a diagnosis.
- Community resources that are available to you.
- Other related issues.

To express your interest in attending the class, please contact either Becky Brinkley (336.269.6096) or Melinda White (336.362.7943).

More information, with specifics about how to link to the class, will follow in the weeks ahead.

alzheimer's   
association™



## New Officers Elected

At a congregational meeting on February 20, the Class of 2024 was elected, ordained and installed: Kris Burns, Terri Busby, Graham Dail, Willie Goncharow, and Pat Lovell. Nathan Garrett was elected and installed to another one-year Youth Elder term. Retiring from active service: Pam Dixon, Randy Maness, Wendy Mills, Keith Morris, and Gary Trull. Thank you — all of you — for your service.



Kris Burns



Terri Busby



Graham Dail



Willie Goncharow



Pat Lovell



Nathan Garrett

## Our Session

Alamance Presbyterian Church operates under a presbyterian form of government. Officers, called Elders, are elected by the congregation every year. Each class of officers serves for three years.

We follow the Constitution of the Presbyterian Church (USA), which is in two parts: **The Book of Confessions**, and the **Book of Order**. Our congregation — and over 100 others in this region — is part of the Salem Presbytery. Salem Presbytery is part of the Synod of the Mid-Atlantic.

The top level of governance is the General Assembly, a national body that meets every two years.

## What Is a "Session"?

The **Book of Order**: Part 2 of the Constitution of the Presbyterian Church (USA) defines a Session as the group of ruling elders who are called to nurture the common life of the people of God through their gifts of discernment and governance. They should also cultivate an ability to teach the Word when called upon to do so. When appropriately prepared and commissioned by the presbytery, ruling elders may proclaim the Word and administer the Sacraments in a particular congregation.

Ruling elders shall provide for the church's worship and encourage the people's participation. (W-2.0303)

"Ruling Elders" do not *rule* in the sense of a monarch. They are charged with assuring that *rules* are followed, decently and in good order. They are the servants of a congregation, not the overlords of it.

## The Session Briefing

The Session of Alamance Presbyterian Church met February 27 in the Bible Seekers Classroom. We welcomed five new members from the Class of 2024.

The primary business of the meeting was to approve the 2022-23 budget. This year's budget includes substantial changes to both our budgeting process and our bottom line. For the first time in years, Session approved a "balanced budget." In comparison, last year the budget included an anticipated \$35,000 deficit. With a strong year end — and with some unanticipated gifts last year — we were able to close the year with only a \$7,000 deficit.

However, this year's budget anticipates an even greater discrepancy between anticipated income and expenses, and relies heavily on reserve funds to make everything balance. We will present this information in much greater detail in an annual report presented at a Meeting of the Corporation scheduled for **Sunday, March 20 immediately following worship**.

Session also resolved to create task forces to address long-term needs and goals, including the Child Development Center's use of Brown Fellowship Hall, and the continuing vacancy of the former Mothers Morning Out building.

Session agreed to change March's monthly mission offering, to raise support for those providing relief on the ground in Ukraine and in eastern Europe. Session discussed an upcoming relief trip to Kentucky; and calendar possibilities for our long-delayed trip to Puerto Rico. Session rescheduled its day-long retreat to **March 12, 2022**.



## Notice:

This congregation adheres to all federal, NC state, and Guilford County recommendations and mandates for safe behavior during the COVID-19 pandemic.

The Guilford County Board of Commissioners has lifted its mandate that masks be worn at all businesses, establishments, and public places.

Face masks continue to be **strongly recommended** in the APC Child Development Center. Masks are **strongly recommended** at all indoor worship and fellowship events.

## A Traditional Day-Fast

The day-fast, well known in both Jewish and Muslim traditions, means that you eat breakfast before dawn, then eat nothing all day, drink nothing but water, and finally eat supper after dark.

One note of caution: Eating a huge breakfast to “carry you through” is probably not a good idea. You may just be all the hungrier by one or two o’clock. It is a good idea to include a fair amount of protein that morning, such as eggs or cheese.

### General Instructions on Fasting

Do not fast if you have any kind of serious medical condition — especially diabetes — without conferring with your doctor.

It is important and helpful to use a devotional guide during the week. One of the points of fasting is to “make more room for God.” Fasting helps focus the mind on the ultimate goal, which is to gain control of that which we have in the past considered uncontrollable, so that prayer and meditation become more important during the week.

## Thank You Notes

Dear Church Friends,

Thank you so much for the prayers, calls and cards during my recent surgeries. I’m feeling better each day. Prayers were answered. I also would like to thank Dana Smith, one of my nurses, for her kindness.

Hope to see you back in church soon.

Bless you,

*Jackie Fogleman*

Dear members of the Alamance Presbyterian Church,

Thanks, everyone, for all the kind words given to me during the Scout Sunday service. Thank you so much for allowing me the privilege to honor our Lord and Savior through the Scouting program at your wonderful church.

Thanks to all of my “good neighbors” for the love they have shown towards my family.

May God bless all of you in everything you do!

*Duane, Marti, Brooks, and Camille Abbott*

Thank you all for the sweet cards and prayers and phone calls. I hope I can be in church soon.

Thanks,

*Janet B. Hartsell*

## Memorials and Honoraria

**To the Knit, Pray, Love Ministry:** In memory of William & Bessie Causey by Kathy Reitzel. In memory of Dorothy Causey by Kathy Reitzel. In memory of William & Thelma Goncharow by Kathy Reitzel.

**To the Missions Fund:** In memory of Rachel Boone by Harold & Barbara Alexander. In memory of Linda Wyrick by Frankie & Angie Forbis. In memory of Judy Forbis by Frankie & Angie Forbis. In memory of Jean Poe by Frankie & Angie Forbis. In honor of Emma, Logan, Mason, and Madison Forbis by Frankie & Angie Forbis.

**To the Operating Fund:** In memory of Dick Royal by Nancy Dyson.

## Our mission statement

**We welcome all to the community of Jesus:  
to connect, to learn,  
to worship, to serve.**

We adopted our mission statement in 2014. It’s based on **Matthew 28:19-20**. This scripture is often called the Great Commission.

### How we describe ourselves:

**We are an ecumenical congregation in a Presbyterian Church (USA) form.**

What does that mean? It means that you are welcome to worship here no matter what Christian denomination you come from. All are welcome at the table of Jesus the Christ.



## ALAMANCE PRESBYTERIAN CHURCH IS INCLUSIVE, ECLECTIC, AND REFORMED.

We are an ecumenical congregation in a Presbyterian Church (USA) form.

We are a **Matthew 25** church.

We are a Stephen Ministry church.

We are a Hunger Action congregation.

### CHURCH STAFF

**Rev. Dr. Kyle Goodman**, Lead Pastor

**Rev. Jessica Rigel**, Discipleship Pastor

**Andrew Long**, Dir., Youth Ministries

**Katie Long**, Director of Music

**Rebecca Oden**, Pianist

**Joy Thomas**, Dir., Children's Ministries

**Dana Adams**, Financial Coordinator

**Lynn Barnes**, Administrative Assistant

**Mary Ellen Shores**, Director,  
Child Development Center

**Jane Preston**, Asst. Director, CDC

**Missionaries: Jesse & Erin Atkinson**,  
Linguists, Wycliffe Bible Translators

### Alamance Presbyterian Church

4000 Presbyterian Road  
Greensboro, NC 27406  
(336)-697-0488

## Current Officers

The Session is the governing body of our congregation. Officers are called Elders. Each "class" serves a three-year term. Stated meeting is on the **fourth Sunday of each month, at 6 p.m.** in Brown Fellowship Hall (unless otherwise noted).

#### **Class of 2022:**

Barbara Alexander  
Tom Cimino  
Scott Mendenhall  
Steve Starr  
David White

#### **Class of 2024:**

Kris Burns  
Terry Busby  
Graham Dail  
Willie Goncharow  
Pat Lovell

#### **Class of 2023:**

Connie Fish  
Darren Hadley  
Tim Hobbs  
Kathy Medder  
Judy Uniatowski

#### **Youth Elder:**

Nathan Garrett

#### **Clerk of Session:**

Graham Dail

## Live-streaming Worship Services

Look and listen to Sunday morning worship at Alamance live, on-line. This is a nice option all the time, and is a vital resource during the current pandemic.

1. Go to our website, [www.alamancechurch.org](http://www.alamancechurch.org). At the top of the page, choose *Livestream*. That option takes you directly to the latest worship service, and any prior recorded services that are still available for you to view.

2. ***Before you can access the live streaming service***, you must open an account with Livestream, either with your e-mail or your Facebook account. The Livestream site will send you an e-mail that will instruct you how to enter a password of your own choosing.

Sometimes, Livestream does not work as well as we expect it to work. Bear with us! With God's grace we'll all get through this together.



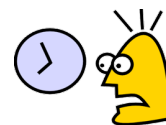
## Connect with Us Electronically

**"Like us" on Facebook** We maintain several pages on the social media site Facebook. "Like" the pages to receive automatic notice on your own Facebook wall.

### ... and check our newly redesigned website!

[www.alamancechurch.org](http://www.alamancechurch.org).

## Newsletter Deadline



Deadline for the **April, 2022** issue of *The Relay* is **Monday, March 21**. Post your articles by "snail mail," by e-mail ([lynn@alamancechurch.org](mailto:lynn@alamancechurch.org)), strap on your running shoes and hobble here in person, or phone the office (697-0488 x 121) to deliver your news.

## A Meeting of the Corporation

of Alamance Presbyterian Church will be held **Sunday, March 20, immediately after worship**, in the sanctuary.

### **Purpose of the meeting:**

To receive the 2022-23 annual budget; and to consider changes to both of the pastors' Calls.

We are a **Matthew 25** Church.

We are a Hunger Action congregation.

We have a Stephen Ministry.

**QR** stands for "Quick Response." QR codes store lots of data. Scan with the camera function on a smart phone to access information instantly.

APC now has a QR code to connect you quickly to our website



**and** one that will take



you directly to the Serve page, for info about how to volunteer.