



The Fairfield Monthly Messenger

March 2026

The "Global" Nature of the GMC

As of January 1, 2024 Fairfield became a Global Methodist Church (GMC) and changed its name to Fairfield Community Church. We have since celebrated the anniversary of being a Global Methodist Congregation each January. The GMC recently issued a statement on its website (GlobalMethodist.org) regarding its growth that I thought was too good not to share and celebrate, here's the update:

The Global Methodist Church (GMC) has officially surpassed 7,000 churches worldwide, marking a significant milestone in the denomination's ongoing mission to make disciples of Jesus Christ and spread scriptural holiness across the globe.

**THE GLOBAL METHODIST CHURCH
SURPASSES 7,000 CHURCHES
WORLDWIDE**
February 10, 2026

The denomination now includes 48 Annual Conferences, the majority of which are located outside the United States, along with four emerging areas, reflecting an expanding global footprint shaped by local ministry and united by shared faith. While many GMC congregations remain in the U.S., much of the church's growth over the past year has occurred internationally, with meaningful expansion across Africa, Asia, Eurasia, the Philippines, Europe, and Latin America, along with emerging presence in South America and the Caribbean.

Since its launch in 2022, the Global Methodist Church has experienced rapid growth across multiple continents, demonstrating a collective commitment among clergy and laity to vibrant faith, orthodox Wesleyan theology, and bold witness in communities around the world.

"This moment represents far more than a number," said Connectional Operations Officer Mike Schafer. "Each local church represents people growing deeper in Jesus, their communities being transformed by the power of the Holy Spirit, and new people coming to know Christ. We give thanks for every church family who has helped shape this growing global movement."

As the denomination continues to grow, leaders emphasize that this milestone is not an endpoint but a reminder of the work still ahead. "This milestone reflects the faithfulness of God and the willingness of His people to boldly follow the Holy Spirit's leading and God's call," said Bishop Mark J. Webb. "Each congregation is a living witness to the transforming power of Jesus Christ. As we celebrate this moment, we remain steadfast in our calling to make disciples of Jesus Christ and to spread scriptural holiness across the globe. We give thanks for what the Lord has done, and we look forward with hope to all that is yet to be."

Shared by Pastor Rich Tuttle

Fairfield Community Church Sunday Services: 10am - Sunday School 11am - Worship On-Line & In-person

Rev. Rich Tuttle Pastor richtuttle2020@gmail.com	Meredith Antley Youth Coordinator mantley12@gmail.com	Morgan Robbins Children's Coordinator mnhumble@gmail.com	Pam Lamb & Katelyn Stoves Music Coordinators	Marta Price Pianist
Rae Hicks Church Administrator fairfieldgmc@gmail.com	OFFICE HOURS: Mon-Thurs 10am - 1pm Closed on Fridays			
1505 NC Hwy 62 West High Point, NC 27263 336-431-5743 www.fairfieldgmc.org				

What's Happening

- Sunday, March 1 - Sonshine & Praise, Fellowship Hall, 9:30am
- Saturday, March 7 - Set clocks forward 1 hour before bedtime tonight. DST begins 3/8.
- Sunday, March 8 - Prayer Time, Parlor, 9:15am
- Sunday, March 8 - Women's Connection "Be Our Guest' Lunch & Meeting
- Tuesday, March 17 - Women making chicken pies, 9am, Fellowship Hall Kitchen, to place your order, call Annette de Ruyter, 336-688-6443
- Thursday, March 19 - Finance Committee Meeting - 5:30pm
- Thursday, March 19 - Church Council Meeting, 6pm
- Sunday, March 22 - Children's Clothing Swap and lunch, 12pm
- Tuesday, March 24 - *April Newsletter Deadline*
- Wednesday, March 25 - Open Door: Bobo Class
- Saturday, March 28 - Men's BBQ, Women's Bake Sale, Youth Spring Fling, 10am - 2pm. Children's Easter Egg Hunts at 12pm, 12:30pm & 1pm! Bring your basket! We'll have a bouncy house for the kids and fun games to play! Plus a free kid's clothing drive. We will collect clothing all of March and give it out to the community during this event.
- Sunday, March 29 - Palm Sunday
- Friday, April 3 - Good Friday Service, 6:30pm
- Sunday, April 5, EASTER - 6:30am Sunrise Service. 7:15am - Breakfast. 8am - Sunday School. 9am - Worship. 10am - Sonshine & Praise and Easter Egg Hunt. *Please remember to bring fresh flowers for the Flower Cross.*

Women's Connection

The Women's Connection is putting our Faith and Love into Action! Please join us! YOUR participation makes our efforts successful!

1) 'LOVE' dollar collection begins Sunday, Feb. 15 - April 1 (or all year if you choose).

2) 'Be Our Guest' Luncheon, Sunday, March 8, 12-2pm. *All Women are invited* to 'Be Our Guest' for lunch, fellowship & fun! We will have lasagna, salad, bread, dessert & tea/water. RSVP by Monday, March 2 to Betsy Sink, Mary Sharpe or Church Office.

We ask that you *please bring at least one of the following items* to support our new mission project, 'REACHING OUT TO TRINITY MIDDLE SCHOOL: Shampoo, conditioner (large and small), body soap or wash, women's deodorant

We will be collecting these items March 8 - April 8. Thank you!

- The Women's Connection would like to thank everyone who supported our 2026 Soup-er Bowl fundraiser. We raised over \$1200 to be used towards our many mission projects this year which include 2 scholarships for children to Fairfield Preschool, Hannah's Haven, Salvation Army, Randolph County Family Crisis Center, Samaritan's Purse, Helping Hands and numerous more needs in our community. Thank you for helping us to bless others!



FAIRFIELD CHURCH BARBECUE ORDER FORM

Saturday, March 28, 2026

****Orders due March 21****

(dine-in or take out plates available 11am - 2pm)

	PRICE	CIRCLE	ONE	QTY.	TOTAL
Loin	\$50.00	/	Whole		
Ham	\$48.00		Chopped Whole		
Shoulder	\$45.00		Chopped Whole		
BBQ/lb.	\$12.00		Chopped		
Slaw	\$3.00	/			
Sauce	\$2.00	/			

Name _____

phone _____

Sold by _____

picked up by _____

TEAR HERE

BRING THIS SLIP WITH YOU SATURDAY, MARCH 28 TO
FAIRFIELD CHURCH TO PICK UP YOUR ORDER BETWEEN 11am - 2pm.

Name _____ phone _____

Sold by _____

HAPPY BIRTHDAY!

Mar. 1 Chris Adams	Mar. 6 Kevin Wright	Mar. 14 Cathy Fraley	Mar. 25 Anna Wright
Mar. 1 Casie Ingram	Mar. 8 Aaron Sink	Mar. 14 Curtis York	Mar. 26 Jan Wright
Mar. 1 William Botts	Mar. 8 Brannan Leonard	Mar. 17 Rae Hicks	Mar. 26 Zack Crites
Mar. 3 Steve Kearns	Mar. 12 Nancy McDowell	Mar. 20 Leah Wright	Mar. 28 Ricky Gammons
Mar. 4 Brandon Blair	Mar. 13 Kaye Spencer	Mar. 21 Susan Gilbreth	Mar. 31 Joel Hunt
Mar. 5 Elizabeth Cheek	Mar. 13 Kathy Lorenz	Mar. 23 Craig Thomas	

VOLUNTEERS	March 1	March 8	March 15	March 22	March 29
NURSERY 10am	Karen Harris	Karen Harris	Judy Millikan	Judy Millikan	TBA
NURSERY 11am	Susan Gilbreth Emily Bryan	Laura Patteson Sue Brown	Susan Hunt Kaye Spencer	Debbie Hollingworth Laura Wood	Kathy Schaal Regina Gustafson
CHILDREN'S CH	Brenda Brown Kay Curtis	Valerie Harvell Eric Caveness	Morgan Robbins Marcy Shipwash	William & Katie Botts	Sue Ellen Modlin
SOUNDBOARD	Chad Antley	Michael Rhoney	Rob Harrison	Seth Wood	Chad Antley
GREETERS	Eddie & Penny Bryan	Wayne & Karen Harris	Rob & Amber Harrison	Brenda Brown Kay Curtis	Steve & Laura Patteson
ACOLYTE	Josie Wood	Elana Shipwash	Naomi Robbins	Julien Patteson	Tyson Antley
VISITATION TEAM	Mike & Betsy Sink	Steve & Laura Patteson	Trenton & Kristen Patteson	Lee & Kaye Spencer	Rob & Amber Harrison

If you are unable to volunteer on your specified day, please find someone to switch with you.

FAIRFIELD YOUTH

Sunday, March 1 - Dinner & Devotions, 6-7:30pm

Sunday, March 8 - Grub & Games, 6-7:30pm

Sunday, March 15 - Feast & Focus - 6-7:30pm

Sunday, March 22 - Serve & Be Served, 5-7:30pm

Saturday, March 28 - BBQ, Bake Sale & Spring Fling, 10am - 2pm

Friday, April 3 - Good Friday Lock-in & Carry the Cross at 5pm, Worship at 6:30pm

Saturday, April 4 - Parents pick up your youth from Lock-in at 8:30am

- If you would like to provide a meal for the Youth on Sunday evenings, please see Meredith Antley.

Golden ADVENTURERS

We will not have a meeting in March. Please plan to attend the Men's BBQ, Bake Sale and Spring Fling on March 28.

Thursday, April 16 - We will go to Mill Creek in Mount Airy, have lunch at the Amish deli there and shop around the market. The bus will leave the church at 11am.

Thursday, May 14 - We'll head to Mitchell's Grove on the bus at 11am to enjoy a hotdog lunch. RSVP to Annette or Brenda by May 11.

Thursday, June 18 - Lunch and BINGO in the Fellowship Hall. More info to come on this. We will plan for September - December at this meeting.

No meetings in July and August.

FAIRFIELD KIDS

Kids of ALL ages are invited every 1st Sunday to "Sonshine & Praise" with Katelyn and Morgan. Join us at 9:30am in the Fellowship Hall for fun, fellowship, fuel for the soul, and singing from the heart!

Easter Egg Hunts on Saturday, March 28 at 12pm, 12:30pm, & 1pm. We will also have another Egg Hunt on Easter Sunday at 10am. Don't forget your basket!



Thank you for the wonderful support from our church members who volunteered at the blood drive on February 9th! Also, thank you to all the donors who came out to give blood! The next blood drive will be Monday, April 13th from 2-7pm. To make an appointment, please call Pam Lamb at 570-447-1573 or visit www.redcrossblood.org and enter sponsor code: Fairfield.

Spring Forward!

Daylight Saving Time Begins

On Sunday, March 8, 2026

2:00 AM → 3:00 AM

Set Clocks Ahead 1 Hour

Hunter Shipwash's Scout Troop 25 Spaghetti Fundraiser

March 21st 4:30 to 7:00
Archdale Friends Church

114 Trindale Rd. • Archdale, NC

EASTER EGG HUNT

JOIN US TO CELEBRATE

Fairfield Community Church

SATURDAY, MARCH 28

12pm
12:30pm
1pm

YOU CAN ALSO ENJOY OUR
BBQ
BAKE SALE &
SPRING FLING

FAIRFIELD FAMILIES KIDS CLOTHING SWAP

Bring what they have outgrown,
take what they need,
we donate the rest!

MARCH 22 - NOON
Lunch and Fellowship

PLEASE JOIN US FOR A

Baby Shower

- honoring -
SAMANTHA PLOMB

SATURDAY MARCH 28TH

CONCORD FRIENDS MEETING
5000 OLD RANDLEMAN RD
(Turn onto Concord Church Road for parking)

2:00- 4:00pm

RSVP TO LAURA PATTESON BY 03/14
PLEASE TEXT (336)-908-9084

SAMANTHA IS REGISTERED AT BABYLIST.COM

2026 Holy Week Events and Services

Saturday, March 28

12pm, 12:30pm and 1pm - Children's Easter Egg Hunts
11am - 2pm - BBQ, Bake Sale, and Spring Fling

Sunday, March 29, Palm Sunday

10am - Sunday School 11:00am - Worship

Friday, March 27, Good Friday

5pm - Carry the Cross
(Youth Lock-in Begins with this event)
6:30pm - Good Friday Service

Sunday, April 5, 2026, Easter

Please bring fresh flowers to place on the flower cross.

6:30am - Sunrise Service 7:15am-Breakfast
8:00am - Sunday School 9:00am - Worship
10am - Sonshine & Praise and Easter Egg Hunt

FAIRFIELD COMMUNITY CHURCH

BBQ, BAKE SALE, & SPRING FLING

Saturday, March 28, 2026 11:00am - 2:00pm

Join us for delicious food, fun & fellowship!

BBQ Plates
(Dine-In & Take-Out Available)

Bake Sale Goodies

Bounce House and Fun Games for All Ages

Easter Egg Hunts at 12:00pm, 12:30pm, 1:00pm

Fairfield Community Church

Kids Clothing Giveaway

Saturday 11-2pm
March 28
during Spring Fling

- A donation was given to the Chicken Pie Fund in memory of Junior Laws and Pete and Annette de Ruyter.
- Thank you for the calls, texts, cards, meals, but most of all for your prayers. I am slowly regaining my strength and I'm looking forward to being back at Fairfield. In Christ, Lee Spencer
- To my Fairfield Friends, A big thank you for the beautiful rose (my favorite) and the box of chocolates (my favorite)! It was very nice to be thought of on Valentine's Day. Many blessings to all! - Kay Starrett
- To my Fairfield Friends, Thank you so much for your gift of flowers and candy received on Valentine's Day. Your kindness is appreciated. Love to all, Sylvia Paul
- Dear Fairfield Family, Thank you so much for all your prayers, calls, cards and concerns during my stay and recovery at Graybriar. I am finally back home now. I appreciate every one of you! Love, Carol Brown

Acupuncture Relieves Chronic Low Back Pain in Older Adults

<https://newsinhealth.nih.gov/2026/01/acupuncture-relieves-chronic-low-back-pain-older-adults>

More than 1 out of 3 older adults in the U.S. have chronic low back pain. Pain is considered chronic when it lasts more than three months. Some find relief with pain medications or physical therapy. But others need more options. A new study looked at how much acupuncture might help older adults with chronic back pain.



Acupuncture uses thin metal needles to stimulate specific points on the body. Studies have shown it can help with different types of pain.

Researchers enrolled 800 adults ages 65 or older with chronic low back pain. Participants were divided into three groups. Each received treatment for 12 weeks. One group had access to standard medical care alone. This included options for medicine and physical therapy. Another group had access to standard care plus eight to 15 sessions of acupuncture. The last group received standard care options plus enhanced acupuncture—with an additional four to six sessions of acupuncture.

The two groups who received acupuncture had less back pain than those offered standard care alone. The acupuncture groups also reported improved physical function after six months. After 12 months, they had less disability from pain and fewer anxiety symptoms.

Nondrug pain relief options could be especially helpful for older adults who already take several medications. “Acupuncture offers a less invasive option that has a better safety profile than a lot of the common treatments for back pain in older adults,” says Dr. Lynn DeBar of Kaiser Permanente.

Risk Factors & Symptoms

Screen
for Life.

Colorectal Cancer Screening Saves Lives

Risk Factors

Getting screened for colorectal cancer starting at age 45 can save your life. Colorectal cancer is a leading cancer killer in the U.S. But it doesn't have to be. Routine screening for colorectal cancer beginning at age 45 can save lives! Screening finds abnormal growths so they can be removed before they turn into cancer.

You may be at increased risk if:

- ▶ You or a close relative have had colorectal polyps or colorectal cancer.
- ▶ You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- ▶ You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

People at increased risk for colorectal cancer may need earlier or more frequent tests than other people. If you think you may be at increased risk, talk to your health care provider about the routine screening tests that are right for you.

Symptoms of Colorectal Cancer

Someone could have colorectal cancer and not know it. People do not always have symptoms especially at first (or in early stages).

If there are symptoms, they may include:

- ▶ Changes in your bowel habits.
- ▶ Blood in or on your stool (bowel movement).
- ▶ Abdominal pain, aches, or cramps that don't go away.
- ▶ Unexplained weight loss.

Contact your health care provider if you notice any of these symptoms.

What You Need to Know About Women's Heart Health

<https://www.conehealth.com/services/heart-vascular-care/women--heart-disease/>

Whether it's navigating a sudden snowstorm or the daily hustle of life, women often put their own health on the back burner. But understanding your heart health is a lifelong journey that starts much earlier than most realize.

The Hidden Danger of Winter Chores

We've all been there—grabbing a shovel to clear the driveway. While it feels like a standard workout, the combination of cold weather and rigorous activity creates a "perfect storm" for the heart.

"When you're out in the cold, your vessels constrict," explains Dr. Tobb. "[The cold air] squeezes the vessels, causing the blood pressure and heart rate to rise, and reduces the oxygen reaching the heart muscles."

Watch for these red flags while outdoors:

Shortness of breath that feels out of the ordinary.

Chest discomfort, tightness, squeezing, or pressure.

Lightheadedness or dizziness.

If you feel these, stop immediately. Even if you consider yourself healthy, sudden rigorous activity can trigger an issue.

When Should Women Take Care of their Heart Health? (It's Sooner Than You Think)

A common misconception is that heart disease is a "later in life" problem. Dr. Tobb suggests that the most pivotal moment for a woman to take charge is the transition from a pediatrician to an adult doctor—specifically around **age 25**.

Think of a [heart screening](#) as the ultimate 25th birthday gift to yourself. At this age, you should establish your baseline for:

Blood pressure and cholesterol levels.

Diabetes and A1C screenings.

Body Mass Index (BMI) and lifestyle habits like smoking.

Risk Factors Unique to Women

While high blood pressure and smoking are universal risks, women face unique biological markers:

Pregnancy Complications: A history of gestational hypertension, preeclampsia, or gestational diabetes increases your long-term cardiovascular risk.

PCOS: Polycystic Ovarian Syndrome can lead to "metabolic cardio-diseases," including increased belly fat and early-onset diabetes.

Inflammatory Diseases: Conditions like rheumatoid arthritis, which disproportionately affect women, act as significant heart disease markers.

Knowledge is Power: Advanced Screenings

Beyond the standard blood test, Dr. Tobb highlights two game-changers:

Lipoprotein A: A genetic marker that [identifies your risk](#) for stroke and heart disease, regardless of your lifestyle.

Coronary Calcium Scoring: A quick, [low-dose CT scan](#) that looks for calcification in the arteries. If your score is zero, your risk is minimal. If not, it's time for a targeted prevention plan.

Remember: **80% of heart disease is preventable**. By knowing your numbers and your family history, you aren't just saving your own life—you're empowering your family and your community to do the same.



 Wellness Matters



Healthy living for people with disabilities

<https://www.cdc.gov/child-development/about/developmental-disability-basics.html>

Children and adults with disabilities need health care and health programs for the same reasons anyone else does—to stay well, active, and a part of the community. Having a disability does not mean

a person is not healthy or that he or she cannot be healthy. Being healthy means the same thing for all of us—getting and staying well so we can lead full, active lives. That includes having the tools and information to make healthy choices and knowing how to prevent illness. Some health conditions, such as asthma, gastrointestinal symptoms, eczema and skin allergies, and migraine headaches, have been found to be more common among children with developmental disabilities. Thus, it is especially important for children with developmental disabilities to see a health care provider regularly.

Act early if you're concerned about your child's development. Early intervention helps children improve their abilities and learn new skills and is likely to be more effective when it is provided earlier in life rather than later. Act early on developmental concerns to make a real difference for your child and you! If you're concerned about your child's development, don't wait. You know your child best.

Early intervention helps children improve their abilities and learn new skills. Take these steps to help your child today:

1. Tell your child's doctor or nurse if you notice any signs of possible developmental delay and ask for a developmental screening. If you or the doctor still feel worried,
2. Ask for a referral to a specialist, and
3. Call your [state or territory's early intervention program](#) to find out if your child can get services to help.