

Guilford College United Methodist Church  
1205 Fleming Road  
Greensboro, NC 27410  
(336) 292-5833

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Greensboro, NC

Return Service Requested



Guilford College United Methodist Church strives to be a vibrant Christian community that **transforms** lives, **strengthens** believers, and **equips** disciples to **live beyond ourselves** in the light of Jesus Christ.

**Guilford College UMC**  
**Living Beyond Ourselves**



## Holy Week Schedule

- |                                     |   |
|-------------------------------------|---|
| March 29<br>8:30 &<br>11:00 am      | <b>Palm Sunday</b><br>Chancel Choir & Chamber Orchestra will present their cantata, <i>Who Is Jesus?</i> at both worship services.  |
| March 29<br>3:00-5:00 pm            | <b>Easter Egg Hunt and other Easter fun for kids ages 0-12.</b> Kids will have fun and learn about Jesus' love and resurrection.  |
| April 1<br>6:30 pm                  | <b>Service of Footwashing in the Sanctuary.</b> Follow Jesus' example of loving others through the act of foot washing. You may participate or watch the practice during this special Holy Week worship experience. |
| April 2<br>6:30 pm                  | <b>Maundy Thursday Service in the Sanctuary.</b> This service includes Holy Communion and the Stripping of the Altar.   |
| April 3<br>12:00<br>& 6:00 pm       | <b>Good Friday Worship Service with Stations of the Cross</b> -commemorating the death of Jesus. Gather at the Bell Tower.  |
| April 5<br>7:00, 9:00<br>& 11:00 am | <b>Resurrection Sunday Worship with the NC Brass Quintet at 9:00 and 11:00.</b> Celebrate the resurrection of Jesus and new life in Christ.   |

# CROW'S NEST

Vol. XXVI, No. 6

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

March 18, 2026

## **Pastor's Pen:**

Dear Church Family,

Spring and Lent are combined this year and invite us to pursue times of reflection and gratitude, as we seek inward renewal and prepare to celebrate the resurrection of Jesus Christ. Winter offered cold temperatures and the green grass on our lawns turned brown. The trees have been bare of leaves and now we begin to see the blossoms. Near the portico at the church, the hyacinths popped up and their blossoms add purple and pink colors to the pine straw. The following verse from Isaiah 61:11 describes how God has created life and renewal. A result of experiencing this beauty should be praise and worship:

*For as the earth brings forth its shoots and as a garden causes what is sown in it to spring up,  
so the Lord God will cause righteousness and praise to spring up before all the nations.*

On Sunday, throughout the day, I looked for signs of spiritual life at our church. During the worship services, when the choir sang "What Wondrous Love is This," I sensed God reaching deep into my soul and reminding me of the promise that through Christ, He is doing a new thing. I can be assured of complete forgiveness and constant love because of Christ's sacrifice. I will share the lyrics here:

*What wondrous love is this, O my soul, O my soul!  
What wondrous love is this, that caused the Lord of bliss  
to bear the dreadful curse for my soul, for my soul.*

*When I was sinking down, sinking down, sinking down,  
when I was sinking down, O my soul!  
When I was sinking down beneath God's righteous frown,  
Christ laid aside His crown for my soul, for my soul.*

*To God and to the Lamb I will sing, I will sing;  
to God and to the Lamb, I will sing.  
To God and to the Lamb who is the great "I AM,"  
while millions join the theme, I will sing, I will sing.*

In the afternoon, I was with the nine youth who are in Confirmation Class. As we began the lesson about the Local Church, I saw curiosity and interest in these youth as Donna Garcia gave them a tour of the church and explained the history of how GCUMC came to be. Among the stops on the tour, we entered rooms such as "the Rock," the Archive room, and the James Tew SS classroom. I saw blossoming believers in Christ as we learned together. When the class was over, I then saw these young people transition into fellowshiping and integrating into the regular Sunday evening Youth group activities.

In the evening, I attended the Bilingual Faith Community called Brazos Abiertos, where we shared our lives with one another, prayed and exchanged our impressions about the Parable of the Prodigal Son, and heard a testimony of an invited guest. With five nations represented in the group, I see how God's message has reached many people, inviting them to receive new life in the Risen Savior.

Also on Sunday evening, there was a class for New Members where we heard some individuals who have made a commitment to walk with God and live according to the way of the Holy Spirit, share about the joy and love they have received because of the body of Christ at GCUMC. This reminded me that in addition to the glorious worship services we experience, The Journey Groups and Disciple School, the Wednesday Welcome Table and Children/Adult ministries are all an integral part of connecting us together as Christ's family.

The prophet Isaiah said, "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." I wonder where you are seeing new life spring up. I hope that when the choir sings about God's wondrous love and other sung messages; you will allow God's hope and promise of renewal to penetrate your soul as we approach the celebration of Christ's resurrection together. Plan to be with us all during Lent and Holy Week.

Journeying through Lent with you,  
Pastor Susan

# Caring

**Prayer Concerns:** Allen Cheek, Ellen Lancaster, Brooke Follo, Barbara McLeod, Debbie Jenkins, Mike Ballard, Greg Matthews, Cathy Pierce, Katherine and Charles Forbes, Kathy Graham, Marjorie Liles, Betty Kirkman, Harold Eagle, Gina Murphy, Helen Phillips, Bill Blyshak, David Wasserboehr, Tom Jenkins, Lisa Hodges, Jim & Nancy Baity

## Sunday Morning Transportation

If you are unable to transport yourself to worship on Sunday mornings, please call the church office by Thursday each week, and we will be glad to arrange a ride for you to worship.

## Sunday Morning Drivers:

Mar. 22: Richard Blackwelder, Debbie Lambeth

Mar. 29: Jim Taney, Mike Duncan

**Prayer Concerns – Extended Family:** Landon Cottrell (Barbara Price's grandson); Steve Troxler; Lee Hicks; Bo Sinkler; Darla Freeman; Sarah Lemon, Fay Holliday; Carla Morgan; Heather Taylor; Kathie Williams; Tammy Smith; Peggy Conaway; Jim Cashman; Alannah Romano, Jim Eldrett (Daryl Watkins' brother); Shilah George; Judy Journey; Debbie Sexton; Sammy Williams; Joanne Burgener; Y'Suan & H'Lai Mlo & family; Tammy Strickland, Kenneth Briggs; Azalea Marbury; Debra Rutt; Shannon Wilson



The Western Guilford Missional Network invites you to the Lenten Services. Each Wednesday during Lent the service will be in one of the Missional Network churches at noon with a light lunch to follow. Please plan to attend.

March 25 – Guilford College, Rev. Kim Troy-Richardson

April 1 – Greensboro Korean, Rev. Josh Britton

## **Members In Home and Senior Living Facilities:**

**TerraBella** – Paul Long; **Carolina Estates** – Barbara McLeod, Lynn Wall; Sharon Kienholz; **Brookdale Lawndale** – Ann Brantley; **Brookdale NW** - Patsy Wyatt; **Carolina Pines** – Janie Shell; **Clapps Nursing & Rehab, Pleasant Garden** – Sarah Gorham; **Friends Home Guilford** – Bill & Sarah Brubaker, Karen Lowder, Claudette Kayler, Diana Clark, Ellie Dawkins; Linda Metcalf, Barbara Engle, Ray & Judy Harris, Ellen Lancaster, Marilyn & Scott Radley, Emogene Stewart, Rak Kreager; **Friends Home West** – Barbara Jones, Pat Routh, Terry & Joe Ann Weatherford, Bill & Jan Dowdy; **Greenhaven** – Becky Patterson; **Spring Arbor** – Doris Linker; **Abbottswood** – Dot Brogan, Gay Brown; Betty Gordon, Barbara Price; **Heritage Green** - Carrie Gowen, **Well Spring** – Barbara Ebert; **Westchester Manor** – Susie Love, Tina Bell Midgett; **In Home** – Sue Causey, Terri Hastings, Helen Phillips, Betty Siders, Marion Sharpe

## **CHILDREN'S WORSHIP** – Age appropriate Children's

Worship is provided during the 11:00 am worship for children in Grades K-6. Children are dismissed to Children's Worship after the children's message in the Sanctuary and remain there until the end of worship. Parents may pick up children from the Parlor just outside the Sanctuary. Child care for younger children is available in room C8, first floor children's building.

## **SCHOLARSHIPS NEEDED FOR CHILDREN -**

Please consider donating to the church's Education Scholarship fund. Our scholarship fund allows children the opportunity to attend events and camps which they otherwise would not experience without this financial support. Donations may be deposited in the offering plate on Sunday mornings, directed to the church office, or online by selecting Education Scholarships. Please mark your donations "Education Scholarship Fund" for proper distribution. Thank you for this valuable support

# Connecting

## EASTER MISSION OFFERING



This year, the GCUMC Easter Mission Offering will benefit the Client Choice Food Pantry at Greensboro Urban Ministry. **WE WANT TO HELP THE PANTRY PURCHASE A NEW COOLER SPACE!** GCUMC helped purchase the first cooler for the Client Choice Food Pantry in 2018.

**Great News:** Over the last 9 months, GUM has been receiving 20,000-40,000 lbs. per month of fresh vegetables, fruit, meats and dairy products from the Harris Teeter Distribution Center!

**The Challenge:** The Food Pantry needs more cooler space to store these generous donations. The cost of the new cooler will be at least \$30,000.

In 2025, 32,280 households shopped with dignity and received 1.5 million pounds of food. This is the largest and most available food pantry in the area (with lots of fresh food) where clients can **choose** their groceries. Let's help the Food Pantry get their cooler!

### Consider how you would like to give this year.

Donate options include:

- Text GiveGCUMC to 73256. Click on the link provided.
- Visit our website: [www.guilfordcollegeumc.org](http://www.guilfordcollegeumc.org). Choose Easter Mission Offering option.
- Write a check. Note EMO or Easter Mission Offering in the memo line.
- Give cash in an envelope. Mark EMO or Easter Mission Offering.

**Sunday, March 22, 9:45 to 10:30 AM:** Join Brian Hahne, CEO of Greensboro Urban Ministry, in the Fellowship Hall for updates on Greensboro Urban Ministry and an interactive Q&A session. Brian will also join us during the Sunday morning worship services.



**EASTER EGG HUNT FUN & GAMES – Sunday, March 29 at 3:00 p.m**

We need **LOTS OF CANDY** for the Easter Egg Hunt! We expect the back field to be full of children and their families to once again enjoy this afternoon of fun! Please place your donated bags of **INDIVIDUALLY WRAPPED CANDIES** in the box in the Information Center area. **NO PLASTIC EGGS** please. **Donations will be received until March 22 (candy will be packed after this date).** Volunteers are also needed to help with the afternoon's activities. Please contact Donna Ford, [dford@guilfordcollegeumc.org](mailto:dford@guilfordcollegeumc.org) if you are available.

## GCUMC FINANCIAL REPORT February 28, 2026

### 2025 YEAR PROJECTED vs. 2025 YEAR ACTUAL:

#### YEAR PROJECTED:

Total 2026 budget:	\$1,246,671.49
Amount needed to date for 2026 budget:	207,778.42
Amount received as of 2/28/26 for budget:	<u>172,590.45</u>
Difference:	<b>(\$ 35,187.97)</b>

\*(amount between projected budget needs to-date and actual received)

#### YEAR ACTUAL:

Amount received for budget as of 2/28/26:	\$ 172,590.45
Expenses as of 2/28/26:	<u>195,693.87</u>
Difference:	<b>(\$ 23,103.42)</b>

Through February, our church expenses have exceeded pledges and collections by about \$23K. In addition, some unexpected snow removal expenses were incurred, due to the significant winter storms. We would welcome anyone to contact us that would like to increase or begin a pledge for the remainder of the year.

## Wednesday Welcome Table

**March 25, 5:45-6:45 pm**  
**\$7.00 per meal**

Chicken Marsala with Pasta & Mixed Vegetables,  
Rolls, Dessert

(Chicken available on Salad Bar)

Kids' Meal: Pizza

**No Meal on April 1 – Holy Week**

# Connecting

**SUMMER INTERN POSITION** – Randy Wall, the Dir. Of Youth Ministry and Laurin Allred, Dir. Of Young Adults & Connectional Ministries, are hiring a paid intern for summer 2026. This is an opportunity for someone with an interest in ministry, mentoring, education or simply a heart for GCUMC to serve alongside the youth and young adult ministries. The goals for this position are:

- For ministry staff to mentor young adults discerning God's unique call on their life
- Opportunity for a young adult to mentor younger youth
- Assisting with ministry with young people. You won't be just making copies!
- Support both programs with a variety of needs

If you are interested in the position, email Laurin [lallred@guilfordcollegeumc.org](mailto:lallred@guilfordcollegeumc.org) AND Randy at [rwall@guilfordcollegeumc.org](mailto:rwall@guilfordcollegeumc.org) to express your interest. To apply, send a letter of interest and a resume to both Laurin and Randy by March 22.

**SEEKERS CLASS** - If one of your New Year's Resolutions, is to spend more time in the Bible, then perhaps you would like to try the Seekers class. The class meets on Sunday morning at 9:45. We are digging and reflecting on the book of James. We would love to have you join us. Contact Sara Hardin at [hardinx4@bellsouth.net](mailto:hardinx4@bellsouth.net) if you have questions. We meet in Room B5.

**SnYP** (Students & Young Professionals) meets weekly on Wednesdays. Small group starts at 6:45 in the Hilltop Room (A9). Not sure if SnYP is for you? SnYP is for college students, young adults navigating the working and grown-up world and others who want to journey together in a supportive, inquisitive, and fun environment. We are currently studying the book of James using the Lectio Divina method. Hungry? Join us for dinner at the Wednesday Welcome Table at 5:45.

**PASTOR JEREMY'S DISCIPLE SCHOOL** All are welcome to join us in the sanctuary beginning at 6:45 pm for an hour in which we focus on how we can become better followers of Jesus together. Disciple School meets roughly every other Wednesday, with future sessions planned for 3/25, 4/08, 4/22 & 5/06.

## **Praise and Worship Line Dancing at GCUMC**

Psalm 149:3 – Let them praise His name with dancing  
2 Samuel 6:14 – David danced before the Lord with all his might

Ecclesiastes 3:4 – A time to mourn and a time to dance

If line dancing is something that you've been wanting to try, now is the time! It's a great way to get exercise, push away the blues, and meet some new friends. It's good for all ages and you don't need a partner. We will start off with a 15-20 minute devotion and then learn some fun and easy line dances that will be done to Christian music like Mercy Me and Zach Williams. We'll meet in C1 on the first floor of the Children's Building on March 22, April 19, May 3 and May 17 from 3:30-5:00. Contact Sara Hardin at [hardinx4@bellsouth.net](mailto:hardinx4@bellsouth.net) with any questions or for more information. Hope to see you on the dance floor!



**Reminder:** If you would like to order an Easter Lily, the deadline for ordering is **March 29**. **Order forms can be found in the Narthex or Information Center.**

**MESSY BUN BOOK CLUB:** The Messy Bun Book Club will meet Thursday, April 16 at 7:00 pm to eat, connect, and discuss *Inspired*. By Rachel Held Evans. Meet at Melt Kitchen, 1941 New Garden Rd. MBBC is for women and mothers in the thick of life, working, or raising children who want to connect with others over good books and good food. [RSVP here](#) for more details, or email Laurin at [lallred@guilfordcollegeumc.org](mailto:lallred@guilfordcollegeumc.org).

# Connecting

**SUNDAY KIDS ZONE** for Grades K-6 is provided in Room C14, Second Floor Children's Building from 9:45-10:45 am. Children explore a devotional message and connect through games and activities.



**FAITH FRIENDS (GRADES K-3) AND FAITH FILES (GRADES 4-6)** – Both groups meet regularly on Wednesdays, from 6:45-7:45 pm. Both kids' groups provide an environment for children to pray for each other, encourage each other, learn about

God and each other, and have great fun together! Faith Files (Grades 4-6) is enjoying "Bible Explorers" where we learn about the Bible through games, music, activities, and digging into their own Bibles given to them by the church. If you have any questions, please contact Donna Ford, [dford@guilfordcollegeumc.org](mailto:dford@guilfordcollegeumc.org).

## Possible Columbarium Information

Recently GCUMC has been approached about the possibility of creating a columbarium here on site at the church. A columbarium is often an outdoor structure, wall, or room designed to respectfully store urns containing human remains. It consists of small recessed compartments called niches, typically sealed with a commemorative plaque. Each columbarium space represents a vision of love, loyalty, and a legacy that provides future generations with a glimpse into the life story of the departed: a permanent memorial that stands the test of time.

A survey will be generated in the near future to gauge interest in and possible support for a potential GCUMC columbarium project – please plan to help us by responding. In the meantime, if you would like to learn more, please contact Gay Brown.



## CAMP GUILROCK DAY CAMP

- Current Grades K-5 children during 2025-2026 school year (Rising Grades 1-6 children during the summer 2026) – A five day experience (July 13-17)! Monday thru Thursday will be at Camp GuilRock. Friday, July 17, is a fabulous fun Friday held at Kaleideum in Winston Salem. Children will gather at 8:10 a.m. to travel to camp or the Friday location. We will return to the church each afternoon by 3:45 p.m. Extended afternoon care is available, and advance notice is required. Please let Donna know if you anticipate needing extended care on the registration and consent form. Scan the QR code to access online registration and required health form

**Registration deadline is May 31.**



**Ladies Luncheon (to meet new people and enjoy lunch.)**

**Friday, March 27,  
11:30 am**

**at Sarah's Kabob Shop, 5340 W. Market St.**

RSVP to Sandy Riffe at [sandyriffe@hotmail.com](mailto:sandyriffe@hotmail.com) or call at 336-664-1087 or text to 336-255-7078 by **March 20. Please leave your name when you call/text.**

After eating, each person stands and tells one thing about themselves. Meet neighbors on both sides of you and get to know them.

Make plans to join us and enjoy the fellowship, food and making new friends.



## KID'S MUSIC CLUB

– The Kid's Music Club for grades 1 - 6 meets on Wednesdays at 6:10 pm

in the choir room. Our focus during the Spring will be on Hand Chimes. Children will be transported to Faith Files or Faith Friends after Music Club if the parents wish. Come join us!



## AFTER SCHOOL MINISTRY –

Registration is now open for the 2025-2026 school year. *Super Kids After School* serves children attending Claxton Elementary, Guilford Elementary, Jefferson Elementary, Pearce Elementary and Greensboro Academy. Volunteers are needed to assist the teachers and engage with the children from 2:00-6:00 p.m. on Tuesday and Wednesday afternoons. Excellent kiddos who are fun to be with! Please contact Donna Ford, [dford@guilfordcollegeumc.org](mailto:dford@guilfordcollegeumc.org), or Shelby Hallquist, [afterschool@guilfordcollegeumc.org](mailto:afterschool@guilfordcollegeumc.org).

# Connecting

## YOUTH UPDATE

### IgniteUS Spring Retreat

Four of our youth, Kendra Tucker, Raegan Gilman, Maddie Shearer, and Andrew Sacrinty will be leading the Spring Retreat, IgniteUS on March 20-22. This retreat will have over 250 youth from 14 churches in our Conference. Please be praying for the youth leaders and our youth group as we participate in this event.

### Spring Fling Luncheon April 19

The Youth of GCUMC cordially invite **those 65 and older** to our Spring Fling Luncheon on Sunday, April 19 following our 11:00 am worship service. We'll have a picnic-themed meal followed by a variety of activities. This event is to promote interaction between our church Youth and those 65 and older (spouses younger than 65 are welcome, too).

**Please RSVP by Monday, April 13.** You can register by email, [rwall@guilfordcollegeumc.org](mailto:rwall@guilfordcollegeumc.org) OR RSVP through the church office, 336-292-5833.

# Serving



## **MARCH MADNESS FOOD DRIVE HAS STARTED!! NOW through MARCH 22!**

Bring non-perishable food items to put in your team's box to help with the food shortage at Greensboro Urban Ministry. Specific needs are cereal, peanut butter, protein bars, and canned meat. The boxes will be in the fellowship hall lobby through March 22 for you to drop off food items at any time. Let's pack these boxes until they overflow!



## WEEKDAY PRESCHOOL – Registrations are

being received for the 2025- 2026 & 2026-2027 school years. For enrollment information go to [www.gcumckids.org](http://www.gcumckids.org) or contact Shelby Hallquist

[preschool@guilfordcollegeumc.org](mailto:preschool@guilfordcollegeumc.org)



## **GCUMC Mission Team to Spruce Pine – April 23<sup>rd</sup> – 26th, 2026**

We are forming a work team of about 20 people who will travel to the Spruce Pine area in the mountains of Western NC to continue to help with the rebuilding effort following Hurricane Helene. We will be leaving on Thursday evening after work and returning on Sunday afternoon. If you would like more information, or are interested in joining the team, please contact Team Leader Jim Sandknop at [jim.sandknop@leoterradevelopment.com](mailto:jim.sandknop@leoterradevelopment.com) or 336-362-1716.

## MARK YOUR CALENDARS:

**Vacation Bible School** – June 22-24 Evenings (age 3 through current Grade 6)

## **PRISCILLA SHIRER LIVE SIMULCAST WOMEN'S DAY APART**

– Save the date of Saturday, August 22, for a full-day women's spiritual renewal day at GCUMC. We will soak in uplifting worship and Bible teaching as we encourage and fellowship together. It will be good for your soul.

## HONORARIUM

In Honor of Carol Ingram  
By Paul and Pam Ingram



## Rise Against Hunger

extends a huge thank you to GCUMC for your invaluable support during your recent meal packing experience.

Your dedication and hard work helped us package over **17,200** meals, which is truly incredible!

It's inspiring to see the impact we can make when we come together as a community. These meals will undoubtedly go on to make a significant difference in the communities we serve, providing nourishment and hope to those in need. Your efforts have directly contributed to this meaningful cause, and we couldn't be more grateful.

# Serving

## Needs for Keyna Trip

- Reading Glasses (No Prescription glasses)
- Individually wrapped toothbrushes
- 8-pack Crayons
- Wooden Pencils (not mechanical)

Please bring your items and place in the designated receptacles in the Information Center.

## THANKS FROM THE FAMILIES IN TRANSITION

**TEAM!!!** - Our church continues to help set up apartments for Families in Transition, including those moving out of homelessness and refugees starting over. This ministry has been busier than expected, and we are so grateful for the opportunity to help these families begin again.

We currently need:

- Comforters/bedspreads and blankets (twin, full, queen - washed would be wonderful!)
- Lamps (lots of them!) and light bulbs
- Shower curtains, liners, hooks
- Bath mats
- Drinking glasses
- Flatware/silverware – especially forks!
- Pots and pans
- Mixing bowls

The joy these families express because you have cared enough to help them in their new beginnings is truly rewarding to witness. Your generosity makes a meaningful difference in turning an apartment into a welcoming home.

Thank you for your continued support and kindness.



Our next blood drive will be held on Thursday, April 16<sup>th</sup>. Go online to [www.redcrossblood.org](http://www.redcrossblood.org) to schedule your appointment to donate. Should you have any questions, call/text

David Saunders at 336-337-3126.

## Invitation to Adults:

**Youth Snack Supper.** We need people to help us with Sunday night youth dinners. You can cater or cook the meal. We also ask that you stay and eat with us. This is an excellent opportunity for adults and youth to connect over food. Please contact Randy Wall or Lindsay Fusaiotti to sign up. We need volunteers most Sundays in April and May.  
[rwall@guilfordcollegeumc.org](mailto:rwall@guilfordcollegeumc.org)  
[lindsayfusaiotti@gmail.com](mailto:lindsayfusaiotti@gmail.com)

## Trip Chaperones

We need adult men and women to journey with the youth on our mission trip to Asheville June 22-28. If you can come for the whole week or just a couple days. We need people to help with transportation, projects, chaperoning, and meals. Please contact Randy Wall ([rwall@guilfordcollegeumc.org](mailto:rwall@guilfordcollegeumc.org)) if you are interested in helping.

## The Benefits of Donating Blood

Donating blood can seem intimidating, but it's an easy process that can help save someone's life. There's no end to the benefits of donating blood for those who need it. According to the American Red Cross, one donation can save as many as three lives, and someone in the United States needs blood every two seconds.

It turns out that donating blood doesn't just benefit recipients. There are health benefits for donors, too, on top of the benefits that come from helping others. Read on to learn the health benefits of donating blood and the reasons behind them.

Donating blood has benefits for your emotional and physical health. According to a report by the Mental Health Foundation, helping others can:

- benefit your physical health
- help reduce stress
- improve your emotional well-being
- get rid of negative feelings
- provide a sense of belonging and reduce isolation
- Research has found further evidence of the health benefits that come specifically from donating blood.

Free health checkup

In order to give blood, you're required to undergo a health screening. A trained staff member performs this checkup. They'll check your:

- pulse
- blood pressure
- body temperature
- hemoglobin levels

This free mini-physical can offer excellent insight into your health. It can effectively detect problems that could indicate an underlying medical condition or risk factors for certain diseases.

Written by Adrienne Santos-Longhurst

## MEMORIALS

In Memory of Larry Frazier

(Ron Frazier's brother)

*Tyrone and Carolyn McDuffie*

In Memory of Joan Hartman

(Carol Randecker's sister-in-law)

*Debbie Hancock*

In Memory of Nickey Hart

(Lewis Wilson's sister)

*Debbie Hancock*

*Steve and Tina Sumner*

In Memory of Harold Proctor

*Debbie Hancock*

*Tyrone and Carolyn McDuffie*

In Memory of Mary Katherine Wells

(Carolyn Campbell's sister & Kathy Raper's aunt)

*Debbie Hancock*



## *April Birthdays*

- April 1 Jordan Minor, Janice Wood  
April 2 Sammy Bowen, Anthony Crump  
April 3 Susan Dorr, Joseph Owooh, Carla Sutton  
April 7 Kennedy Butala, Eleanor Keene, Carol Simpson  
April 8 Lyndall Cantrell, Demetri Carr, Kent Carter, Kristine Soper  
April 10 Y-Nguh Buonkrong  
April 11 Jim Baity, Cathy Beaver, Larry Strader  
April 12 MacKenzie Rider, Dana Tanner  
April 14 Sue Causey, Cooper Johnston, Allen Sharpe  
April 15 Harold Eagle, Sawyer Matas, Avery Rate, Andrew Sacrinty, Nora Shearer, Andrea Strauss  
April 16 Jeffrey Cheek, Meg Duncan, Val Follo, Caroline Garcia, Erin Kohn  
April 18 Kristen Porter, David Saunders  
April 19 Ronica Bowen, Y'Josue M'lo, Haley Symonds  
April 20 Rick Amos, Diane Chase, Livi Gray, Raffaele Owooh  
April 21 Bob Hanna  
April 22 Sterling Sharpe, Hattie Stump  
April 23 Tal Jobe, Daryl Watkins  
April 24 David Long, Casey Wells  
April 25 Danielle Foster, Grant Holmes, Jeannie Symonds  
April 26 Ava Hepler  
April 27 Mary Eagle, Plamedi Rashidi, Ben Williams  
April 28 Megan Chamberlain, Hayden Martin, Julia Metcalf, Richard McDowell, Don Tise  
April 29 Judy Harris, Brian Lasley, Y'Bion M'lo  
April 30 Jeff Dixon

## Creation Care Corner

### Celebrate Earth Day with a Trash Trap Cleanout!

GCUMC's Day of Service: the Creation Care Team is partnering with the Haw River Assembly for a meaningful hands-on opportunity to care for our local environment. Join us on **Saturday, April 25, 2026, from 10:00 AM to Noon** as we work together to clean out purpose-built litter traps along the Haw River and help prevent trash from reaching our larger waterways. These litter traps are designed to capture debris flowing through local creeks and streams before it makes its way into waterways. By removing the trash collected in these traps, we help protect wildlife, improve water quality, and keep our community's waterways healthier.



Volunteers will travel together from the church to the river site. Once there, we will:

- Remove trash from specially designed litter traps
- Sort the collected debris
- Weigh and record the trash collected

This important data helps track pollution trends and supports ongoing environmental protection efforts. Join us for this great opportunity to celebrate Earth Day by putting faith into action and caring for creation together. Whether you're passionate about environmental stewardship or simply enjoy serving alongside others, your help makes a real difference. If you're interested in participating, please sign up soon as space is limited. We look forward to serving together and making a positive impact on our local waterways! If you have any questions or to register, please contact Barbara McDonald at [barbs\\_baskets@yahoo.com](mailto:barbs_baskets@yahoo.com) or 336-686-4060.



### Celebrate Earth Day by Assisting to Repurpose Donated Items!

Reconsidered Goods is a non-profit that seeks to repurpose used donated goods into materials that can help artists, artisans, teachers, crafters, and students create something new. It diverts reusable materials from landfills and makes them available in an arts-based thrift store and makerspace. Their mission is to promote environmental awareness and creative expression. Volunteers are needed to sort greeting cards, miscellaneous paper products, and arts/sewing supplies and this may be done while seated. Arrive at noon on Saturday April 25 if you would like to go through training as a continuing volunteer or come by 12:30 and plan to stay until 2 pm or so if you would like to be a one-time volunteer. Location is 4118 Spring Garden St (behind the W. Market St. Food Lion)-**Limited to 10 adult participants** Contact Lisa Kobrin 336-558-9506 for questions or to register.



**Join GCUMC Creation Care Team and the City of GSO to clean up Lake Brandt at a Kayaking Cleanup Event!** Make a splash for a good cause! Join us for the **Lake Brandt Kayak Cleanup** on **Wednesday, May 6, from 6–8 PM** at the Lake Brandt Marina ([5945 Lake Brandt Road, Greensboro, NC 27455](https://www.greensboro.org/5945-Lake-Brandt-Road-Greensboro-NC-27455)). This free event is open to participants **ages 10+** (with adult supervision) and is a great opportunity to help protect one of our local drinking water reservoirs and celebrate Drinking Water Week.

We'll be paddling out to collect litter in hard-to-reach areas — kayaking experience is **required**. Don't have a kayak? No problem! A limited number of boats are available for use, but we encourage you to bring your own if you can. All cleanup supplies, including **buckets, trash bags, gloves, vests, and grabbers**, will be provided. Just bring your paddle power and passion for clean water!

**Space is limited, so sign up early and help us keep Lake Brandt beautiful and healthy!** If you have any questions or want to register, please contact Barbara McDonald at [barbs\\_baskets@yahoo.com](mailto:barbs_baskets@yahoo.com) or 336-686-4060.

# RAINFOREST FALLS

Exploring the Nature of God

**VACATION BIBLE SCHOOL**  
**JUNE 22-24 ~ AGE 3-GRADE 6**

**SUPPER 5:30-6:15 PM**  
**ACTIVITIES 6:15-8:05 PM**  
**NO CHARGE**

**FAMILY FRIENDLY EVENT**  
**FAMILIES PARTICIPATE**  
**TOGETHER!**

**SCAN QR CODE**  
**TO REGISTER**



YOU ARE INVITED

# EASTER

## *Egg Hunt*

Grab your baskets for some Easter party fun! Bring a friend for an Egg-cellent Hunt & Inflatables!

SUNDAY

MARCH 29 AT 3:00 PM

Church Back Field



**GUILFORD COLLEGE UNITED METHODIST CHURCH**  
**1205 Fleming Road - Greensboro, NC**