

Guilford College United Methodist Church
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GuilfordCollege United MethodistChurch
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

On Sunday, June 3, the 8:30 am worship will move to 8:45 am for the Summer.

Way Forward Discussions

We are holding two identical sessions this week as we seek to understand our United Methodist denomination's impasse over issues pertaining to sexual orientation, ordination and marriage. We'll aim to help you understand some of the Biblical and theological issues at stake, how these decisions are made at the denominational level, and take some time to listen and talk around tables in open and gracious ways about our own convictions. The first one was on Wednesday, May 30 and the second will be on Sunday, June 3, from 3:00-4:30 pm.

CROW'S NEST

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www.guilfordcollegeumc.org

May 30, 2018

Tom's Note....

Harvard professor John Clarke writes, *"It's impossible to lead a life without stress, but the management of stress is very much an achievable goal. The secret is how to bind stress rather than being bound by it."* Clarke insists this can be done and offers a list that may be worth our paying attention.

1. Planning – One of the best ways to reduce stress comes through mapping one's strategy ahead of time, allowing for interruptions and last-minute changes. Time management has become a science and setting short, medium, and long-range goals helps us keep focus even when detours and obstacles come our way.

2. Habits – Some unconscious routines, though small in nature, become collective stress factors. Make it a point to vary your daily events to allow freshness and change to be a part of the day.

3. Personal Life - We are told the "Body is a temple of one's soul and the home for a person's heart." To reduce stress, we must be careful not to abuse that body, but to get the proper rest, exercise, with a balanced diet. Consider that if even Jesus established boundaries to maximize his effectiveness, it's healthy and proper for us to do so as well. When was the last time you practiced Sabbath and felt balance in your life?

4. Home life – When frustrations build the easiest place to vent our angst is with family. Unfortunately, in misdirecting our frustration we can hurt most the ones we love. Instead of letting that happen, Clarke says we should build strong bounds of love within our families that cement relationships and create strongholds against stressful outside pressures. In big & small ways, are you depositing love & care into your home?

4. Love - It's important to show our deepest emotions to loved ones. Bottling up our thoughts and worries is a "pressure cooker" for stress, and research shows that releasing our cares with those we love is good medicine. Each of us needs to have family and friends with whom we share our dreams, hurts, and thoughts.

5. Listening – Stress builds when any person focuses too much on his/her own problems. In a world that seldom encourages communication, it's essential to listen to what others are saying. By listening to others we realize they have difficulties too, and the need for vital and authentic community is real for each of us.

6. Attitude – The worst possible thing to do is give up hope. The person who is pessimistic about life in general will feel they have no control over the events in their life. It is essential to cultivate an optimistic attitude. When gratitude is our attitude, our focus is on the blessings we have even as we deal with the stress of the day.

7. Relaxation – Stress reduction often starts when a person finds a hobby, a project, a sport, or an outside interest that involves active participation. (Sorry- computers & TV don't count). So what do you do to relax and lower your levels of stress?

8. Spiritual life – Though listed last, Clarke says this is first in importance. One's personal relationship with God is the guideline that many stress-reduction experts leave out, but without God, there can be no lasting peace. Time spent in prayer, worship, and renewal will restore one's soul and relieve bodily stress. God's power and sustaining strength take away harmful stress. Though over 2,500 years ago, King David had the best advice that current researchers are just now discovering. This is what he said:

"Don't get upset because of all that goes wrong. Trust in the Lord and do what's right. Get great joy in relying on God. He will give you the desires of your heart. Commit yourself to the Lord, trust in Him, and He will bring to pass that which will bless your life." (Psalm 37) Pretty good advice worth following.

Caring

Prayer Concerns: Ruthie Deviney; Mike Turner, Mike Wagoner; Paul Siders; Bonnie Waynick; Patty Elkins; Samantha Gullett, Pat Francisco, Florence Hardison, Minerva Heavner, Jim Wilson, Sally Courtney, Keith Gunn; Marie Evans, Lisa Shaw, Marlene Ingram; Marjorie Liles, families facing storms in life, the leaders of our nation and world; flood victims, those affected by violence, and those serving in the military; tornado victims

Sincere Sympathy is expressed to Harry and Marcy Lever and family in the death of Harry's uncle, Bill Summerlin, who passed away on May 5th, to Florence and Susan Hardison and family in the death of Florence's son and Susan's brother, Jeff Hardison; to Patty Elkins, in the death of her mother, Ann Elkin; and to Ina Hayes and family in the death of her granddaughter, Ina Nicole Hayes.. Blessed are they who die in Christ to live again.

Caring

Prayer Concerns - Extended Family

Kristen Porter's Grandmother, Helen Porter Lucille Furr, Barbara Price's sister; Alyssa Rice's mother; Jeff Graham's brother, Steve; Briley Lamon, Melanie Crump's cousin; Christian Carter, Kent Carter's son; Irene Fraver & Trudy Maness, Nancy Munday's mother and sister; Kathy Cosgrove's father, Lynne Beck's aunt, Pat Branch; Tonya Adams' friend, Vicki; Terri Hintz, Jeannie Symonds' sister; Debbie Efid's friend, Katie Ross; Vicki Kidd's friend, Karl; Jeannie Howard's father, Tommy Howard; Luke Roman, friend of Shannon Martin; Sandra Pearman's daughter and son-in-law; Steve Roberts, Barbara McDonald's sister, Nancy Neese; Ybion Mlo's brother, Suan Mlo ;our sister church in Kinanduba, Kenya

In Home and Senior Living Facilities:

Blumenthals – Shirley Stout; **Countryside Manor** – Jim Wilson **Friends Home Guilford** – Pat Kittrell, Rachel Brawley, Sue Gerring, Florence Hardison, Blanche Rogers; **Friends Home West** – Betty Kirkman, Don Beam, Barbara Jones; Walter & Esther Jones - **Pennybyrn** – Roland Sasseville; **Greensboro Retirement Center** - Y'Wing Enuol; **Richland Place** – Mike Dawkins, **Whitestone** – Laura Tew **Abbottswood** – Dot Brogan; **Heritage Green** – Ellen Lancaster, Polly Scott, Gay Fischer; Anne Mullis; **Brookdale** , **High Point** – Beth Carter, Jean Wilson, George Holmes; **Brighton Gardens** - Jean & Harry Tangen; Walter Zur; **Well Spring** – Barbara Ebert, Lib Connell; **In Home** –Edna Derrick, Terri Hastings, Jack Kayler, Chris Perkins, Barbara Leadbetter

OUR GUESTS IN WORSHIP

May 20: Dianna Swift; Glenn Bennett; Paul Kirkman; Jeff, Lauren & Lindsay McRae; Paul Kirkman; Gina Hayes; Marion Box; Diana Clark; Dwight & Becky Thomas; Michael & Cari Ruley; Joyce Mitchell; Charlie Henson; Russell Schiandra; Jackie Dougherty; Bonnye Harris; Michelle, Caroline & Luren Hilton; Andrea Barrett; Toni, Andrew & Carrie Mazzatenta; Sam & Claire Royal; Chris Pritchett; Jackie Hardcastle; Matt & Shelley Langenfeld

June 3: Bonnye Harris, Dr. Peter A. Sams; Jackie Dougherty; Charlie Henson, Joyce Mitchell, Tom Waynick, Charles & Katherine Forbes, Matt, Shelley & Liam Langerfeld; Becky & Dwight Thomas; Jeff & Diane Tedrick; Maggie Rogers;

CONGRATULATIONS to our 2018 Confirmands, who were received into full membership here at GCUMC on May 20!

Anna Manry, Josue Mlo, Nora Shearer, Victoria Townsend.

Blessings to each of you as you continue to grow in your Christian Walk.

Connecting

HEALING SERVICE

Local United Methodists are gathering for a service of prayer and healing on Sunday, June 10 at 7:00 pm. Folks from our church and the eight others in our missional network will gather for corporate and individual prayer that evening at St. Timothy's UMC, 5228 Hilltop Rd. in Jamestown. All are welcome – including those weighed down by anxiety, grief, sin and the other challenges of life.

INVITATION to GCUMC

The Congregation of Milford Hills United Methodist Church requests the Honor of your Presence at a Retirement Luncheon honoring The Reverend Carol Williams Gilbert celebrating 42 years of dedicated service to God and the United Methodist Church.

Sunday, June 10, 2018

Milford Hills UMC Fellowship Hall

1630 Statesville Blvd., Salisbury, NC 28144

RSVP by June 6, 2018, 704-636-0471

ANNOUNCEMENT

Rev. Dr. Nancy Rankin is retiring at Annual Conference this June. She has spent 35 years of service to God and the church, serving as the Northern Piedmont District Superintendent since 2012. Nancy will be honored at a reception on Sunday at Christ UMC. Please consider writing a note of appreciation and mail to the Northern Piedmont District Office, PO Box 4523, Greensboro, NC 27404-4523.



**EARLY ELEMENTARY
DAY CAMP AT CAMP
GUILROCK
July 9-12, 2018**

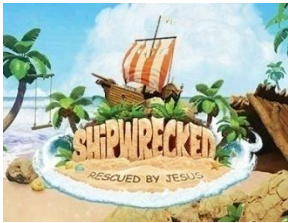
Rising 1st through 4th Graders
Registrations now being

accepted until May 31. Contact Donna Ford for more information on this AWESOME day camp!

Connecting

WNO COORDINATOR OPENING!

As many of you already know, Chrissy Black will be stepping away from the WNO Coordinator position in May. We are thankful for her dedication to this great outreach position and as a church we are well positioned to move forward because of her leadership these past two years. We are planning to move forward in finding a replacement, and if you are interested or know someone interested, they can submit their resume now. Please contact Amy Wall at 336-292-5833 or awall@guilfordcollegeumc.org for further information.



Vacation Bible School Is just around the Corner!

June 24-28

Supper 5:15-5:45, VBS 5:45-8:30 pm

If you haven't registered already, now is the time to do so! This will be a fun-filled week! Registration forms are available online, in the Information Center and the church office.

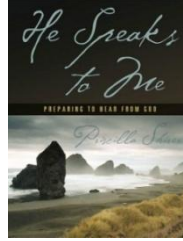
CHURCH SOFTBALL

Our new season of church softball has begun. Please come out and cheer for the GCUMC team. All games are either at Revolution Field (2200 Yanceyville Street) or Rankin Elementary School (1501 Spry St).

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>OPPONENT</u>
Fri, June 1,	6:30 pm	Revolution	Evangel Fellowship
Fri, June 8,	9:30 pm	Rankin	Life Community Church
Mon, June 10,	7:30 pm	Revolution	West Market St. UMC

REMINDER – This is a suggestion/reminder that everyone should lock their car and put items such as cell phones, laptops, purses, etc. out of sight when you come to church. Because of break-ins recently, this is a reminder that it is a good idea to be cautious.

WOMEN'S SUMMER BIBLE STUDY



HE SPEAKS TO ME: PREPARING TO HEAR FROM GOD

This study by Priscilla Shirer includes six weeks of in-depth, interactive daily assignments and seven small-group sessions. Priscilla draws life lessons from the account of God speaking to the boy Samuel found in 1 Samuel 3.

Priscilla relates six characteristics found in Samuel that are applicable to women today as they tune their hearts to hear God's voice. These characteristics are: A Simple Relationship, A Set Apart Holiness, A Still Attentiveness, A Single-Minded Worship, A Sold Out Hunger, and A Servant's Spirit. By listening to God's voice and obeying Him, women will be drawn into a closer relationship to God that brings a deeper desire to serve Him faithfully.

Study Book \$13

Leaders: Sara Hardin, hardinx4@bellsouth.net, and Susan Jenkins

Thursday mornings June 21-August 9 - 9:30-11:30 a.m. – Room A4

YOUTH UPDATE:

June 3 – Graduation Sunday Brunch (9:45 am)

11:00 – High School and College graduates will be recognized in worship service. Matt will deliver the message and our praise team will be joining in worship

June 10 – Move-Up Sunday. New 7th grade students and parents will be welcomed to our Youth family. ALL parents and youth are encouraged to attend as this will be an informational meeting about Summer activities.

June 19 – Carowinds/Wet & Wild

June 22-29 – Youth Works Trip

July 8-14 – ASP

July 27 – Lockout

August 10-12 – SpiritUS

August 12-18 – Consignment Sale

August 26 – Back to School Bash

OUR ATTENDANCE

May 20, 2018

Worship.....397
(8:30 – 11:00.....11:00 - 286)

May 27, 2018

Worship.....11:00 – 268)

Serving



Help Send a Partnership Village Child to Camp



Remember what a great experience you had as a child at summer camp—swimming, hiking, devotions by the campfire? This year we are send 28 PV children to camp!

We are joining with Westminster Presbyterian and Holy Trinity Episcopal churches, The Servant Leadership School and Camp Weaver to send 27 elementary and middle school children to Camp Weaver for a week this summer.

We are also sending one high school student to Anytown Camp, a leadership camp sponsored by the National Conference on Community and Justice.

You can help by donating any of these items::

- Flashlights & batteries
- Towels & washcloths
- Beach towels
- Large duffel/travel bag (to hold clothes for a week)

Put donated items in the collection box in the Serving Closet on the Adult Hallway. Donations & contributions are needed by Sunday, June 10.

If you wish to donate money for needed items, please make the check to GCUMC and write PV Camp on memo line.

If you have questions or would like to help, please contact:

- Judy Newlin (newlinjf@gmail.com, 336-707-1541)
- Matt Smith (msmith@quilfordcollegeumc.org) 336-292-5833

Our Mission Team who travelled to Eastern NC for home repair, arrived home safely and will be letting us know what they accomplished soon.



The Kenya Team is gearing up for their mission trip in late June. They are collecting gently used **eyeglasses and INDIVIDUALLY WRAPPED**

SINGLE TOOTHBRUSHES for distribution by our friends at the Methodist Hospital in Maua. Collection boxes are located in the Information Center. Contact Cathey Miller with any questions at 336-202-9883 or catheyamiller@gmail.com.



Share the Harvest

As you may have seen, our community garden is greening up nicely. Once those crops come in, we will be donating them to Share the Harvest – an all-

volunteer organization in the Triad that connects produce that would otherwise go to waste with people who couldn't otherwise afford it. If you have an over-abundance in your garden, please take your fresh veggies to one of the following Share the Harvest collection sites:

- First Lutheran Church (3600 W. Friendly Ave, Greensboro. Drop off on Sundays between 9:00am & 12:00 noon.
- Oak Ridge Presbyterian (3614 Oak Ridge Rd. in Oak Ridge). Drop off Sundays from 11:30am & 12:30 pm
- NC Cooperative Extension (3309 Burlington Rd., Greensboro Drop off weekdays between 8:00am & 5:00 pm
- Triad Food Pantry (279 Eastchester Dr. in High Point) Drop off Mondays, Wednesdays & Fridays between 10:00am 1:00pm
- Greensboro Children's Museum (220 N. Church St., Greensboro) Drop off weekdays between 9:00am & 4:00pm.
- Interactive Resource Center (400 E. Washington St., Greensboro). Drop off weekdays between 9:00am & 2:30pm and on weekends from 9:00am to 12:00 noon.

CHURCH VEHICLE ORIENTATION

Anyone interested is invited to attend a Church Vehicle Orientation meeting on Sunday, June 10th, at 5:00 pm. It has come to our attention that the newer vehicles and bus have some features that are not easy to figure out while driving. Richard Blackwelder will lead us in a GCUMC Vehicle 101 class so that things like heat, air, radio, DVD player, seat removal, locating tire irons, etc. are easier for all drivers. If you are a part of a ministry that has several regular drivers, please invite ALL drivers you are aware of to join us for this informative session. We will meet by the bus shed at 5:00 pm. Call Amy Wall if you have questions.

OUR GIVING

Budget for 2018.....	\$ 1,014,495.00
Amt. needed weekly.....	19,433.00
Amt. needed to date.....	408,093.00
Amt. received through 5/27/2018.....	414,778.47
Difference.....	6,685.00

Serving

Volunteers for June 3, 2018

8:30 service

Lay Reader: Jim Sandknop
Ushers: Larry Glover, Captain; Bob Beasley, Ron Frazier,
Tyrone McDuffie, David Saunders, Terry
Weatherford, Terry Wert, Derek Young

11:00 service

Lay Reader: Youth
Acolytes: Taylor Meister, Shelby Steen
Children's Worship Shepherds: Mike or Stephanie Stone,
Chris or Jodi Knox, Tim or Elizabeth Kota
Ushers: Richard Blackwelder, Captain; Larry Cline,
Harold Eagle, Charlie Eichhorn, John Hodges,
Josh McDonald, Ralph Munday, Jim Taney,
Jack Vanstory, Cam Waldron, Logan Woodrum,
Counters: Sandra Pearman
Van Driver: Richard Blackwelder, Mike Garcia
Altar Guild: (May 28-Jun. 3): Eleanor Keene, &
Nancy Munday

Volunteers for June 10, 2018

8:30 service

Lay Reader: Mark Townsend
Ushers: Larry Glover, Captain; Bob Beasley, Ron frazier,
Tyrone Mcduffie, David Saunders, Terry
Weatherford, Terry Wert, Derek Young

11:00 service

Lay Reader: Alyssa Rice
Acolytes: Keaton Waldron, Jacob Hepler
Children's Worship Shepherds: David or Juliet Grove,
Nedine Stump
Ushers: Richard Blackwelder, Captain; Larry Cline,
Harold Eagle, Charlie Eichhorn, John Hodges,
Josh McDonald, Ralph Munday, Jim Taney,
Jack Vanstory, Cam Waldron, Logan Woodrum,
Counters: Janet Oqwens, Joy Southerland
Van Driver: J.D. Cohen, Richard Blackwelder
Altar Guild (June 4-10): Jane Owens, Peggy Atkins

MEMORIALS

In Memory of Gene Beaver

*Gloria Burkhalter
Joan D. Craven
Harold and Mary Eagle
Ronald and Molly Hall
Lewis and Pam Wilson
2/90 Journey Class*

In Memory of Jim Courtney

*Tom and Sandy Riffe
John and Helen Stone
Terry and Joe Ann Weatherford*

In Memory of Ann Elkins (Patty Elkins' mother)

*Richard and Nancy Blackwelder
Vicki Kidd*

MEMORIALS

In Memory of Jeffrey Hardison

*Richard and Nancy Blackwelder
Harold and Mary Eagle
Sarah Gorham
Jackie Hendren
Martha Johnson
Mildred Mallard
New Beginnings Class*

In Memory of Janice Lever (Harry Lever's mother)

*Steve and Tina Sumner
Lewis and Pam Wilson*

FIRST THURSDAY PRAYER SERVICE – Come join us at 6:30 pm on Thursday, June 1, in the sanctuary for a service of prayer, singing and Holy Communion.

Calendar for June 3-16, 2018

Sunday, June 3

8:45 am Early Worship
9:45 am Learning Groups
9:45 am Graduation Brunch (FH)
11:00 am Worship
12:00 pm Children's Ministry Team (Rock)
1:30 pm Bunong Worship Service (A3)
3:00-4:30 pm Way Forward Meeting (FH)
6:00 pm Trustees (A10)

Monday, June 4

7:00 pm Narcotics Anonymous (C10)

Wednesday, June 6

7:00 pm Choir Rehearsal

Thursday, June 7

6:30 pm First Thursday Prayer Service (Sanct.)
7:00 pm New Directions Nar-Anon (A1)

Sunday, June 10

8:45 am Early Worship
9:45 am Learning Groups
11:00 am Worship
12:00 pm Youth Move Up Sunday (FH)
1:30 pm Bunong Worship Service (A3)
5:00 pm Church Vehicle Training (Parking Lot)

Monday, June 11

7:00 pm Narcotics Anonymous (FH)

Tuesday, June 12

7:00 pm Stephen Ministers (A2)

Wednesday, June 13

10:00 am Dementia/Alzheimers Support (A2)
6:00 pm Youth Summer Bible Study (Rock)
7:00 pm Choir Rehearsal

Thursday, June 14

7:00 pm New Direction Nar-Anon (Rock)



June Birthdays

June 1	Andy Hodges, Caroline Taney
June 2	Bill Dowdy, Carly Hughes, Jack Kayler, Carla Meissner, Lyn Stimpson
June 3	Amy Fiori, Bob Free, Clayton Inman, Dwight James, Andrea Long, Lea O'Hanlan, Michael Stone, Josh Thompson
June 4	Sandra Black, Nate Cohen, Bonnie Mooring, Cindy Reno, Bob Sandee
June 5	Justin Hukill, Janice Kirkman, Judy Newlin, Molly Vanhoy
June 6	Carla Hewitt, Vicki Kidd, Mike Symonds, Mark Thomas
June 7	Nancy Holmes, Meghan Ingram
June 8	Jenna Gray, Emma Taney
June 9	Trisha Moore
June 10	Camille Brenner, Fran Cline, Steve Fennell, Connor Flippen, Meredith Sinkler
June 11	Tom Kobrin, Hank Thompson, Patsy Wyatt
June 12	Jonathan MacEldowney
June 14	Pam Beck, Barbara Gerber, Haley Gilliam, Minerva Heavner, Wayne Wright
June 15	John Michael Fiori, Allison Harmon, Morgan MacEldowney, Lewis Wilson
June 16	Ashley Elias, Cindy Fish, David Guion, Anna Manry, Robbie Shepherd
June 17	Max Aydelette, Ryan DeMaegd, Mary Lehman, Kyle Satterfield
June 18	Georgia Lee Glover
June 19	Britt Shisler
June 20	Annie Grove, Zackary Lilly, Tim Moore, Lily Roach, Laura Thomas
June 21	Megan Anderson, Richard Blackwelder, Jen Keeney, Jennifer Laramay, Cole Morgan, Dana Sandknop
June 22	Griffin Gonzales, Dennis Jensen, Austin Poplin, Michael Ruley
June 23	Dennis Ford, Haven Sandknop
June 24	Rhonda Bateman, Maya Martin, Carol vonCannon
June 25	Bill Forsythe, Patrick Harris
June 26	Chance Coleman, Judy Royal, Keaton Waldron
June 27	Len Myers, Kate McLaughlin, Russ Simpson
June 28	Wayne Billings, Meredith Hall, Robert Marshall
June 29	Gary Brown, Steve Hall, Karen Patterson
June 30	Richard Atkins, Phil Colvard, Chelsea Hewitt