

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.

The Relay

Alamance Presbyterian Church • 4000 Presbyterian Road • Greensboro, North Carolina, 27406 • 336.697.0488 • www.alamancechurch.org

Some *Good* News!

The year 2020 seemed to bring nothing but a constant onslaught of bad news. This year appears to hold more of the same. So, (with a nod to John Krasinski) I will feature *Some Good News* in my 2021 articles.

Last month, I told you about Knit, Pray, Love’s cradle cap ministry with Cone Health. This month, I want to tell you about our fruitful ministry partnership with UKirk Greensboro over the last 12 months. UKirk GSO is the local Presbyterian ministry to five local campuses — including my own alma mater, UNCG.

On February 23, 2020, a few weeks before the pandemic halted in-person services, we hosted students from UKirk. As an alum, and as their current board president, I have been thrilled to build a relationship between our church and that group of students.

And they love coming to Alamance. Not only did they lead worship on February 23, they came back to our Mardi Gras celebration a few weeks later. (Again, that happened before the pandemic hit.)

Just like here, the pandemic upended everything for UKirk GSO. Residential students learned to attend class and to gather with their friends virtually. Campus ministry funding depends on church and presbytery support — those things were uncertain for all of us last year.

One of the best ways for UKirk to build connections with churches is to visit on Sunday mornings, just like they did with us. That is an incredible challenge when churches themselves aren’t meeting in person.

Early on, campus minister Rev. Katie Barrett Todd spent a lot of time doing virtual pulpit supply for churches. Like many colleagues, she preached from a makeshift studio in her home. She had the idea to put together a virtual service, led by her students, that could be shared with churches. Instead of receiving the pulpit supply honorarium herself, churches could donate directly to UKirk GSO.

Not wanting to “reinvent the wheel,” she used the service at Alamance in February as a worship template. Last autumn, Rev. Katie advertised it to her colleagues — and UKirk GSO raised over \$1,000 from churches who used the service.

After that success, the group planned to do another service for the Sunday after Christmas. Partner churches around Greensboro, like ours, jumped at the opportunity to use it. Here at APC, it was almost like a Christmas present to our program staff, not to have to come in and lead things in the sanctuary the Sunday after Christmas. (Jess and I have lots of vacation in our terms of call, but that is not as true for our part-time staff.)

The opportunity caught fire on social media. Churches outside Greensboro — and outside Salem Presbytery — showed interest, too. Every few days in December, Katie Todd texted me that *more* churches had opted to use the service.

By the Sunday after Christmas, UKirk GSO had commitments from 49 churches. UKirk GSO raised over \$5,000 from that service alone, just in pulpit supply honorariums.

When we worshipped using their service on December 27, we joined churches from 20 states; as far away as Oregon, Texas, Nebraska, Wisconsin, New York, and Florida.

UKirk GSO has planned a service for the Sunday after Easter. The Presbyterian News Service did a story on the success of these virtual services. At the time of this writing, it is featured as a headline on pcusa.org. You can also find the story at <https://www.presbyterianmission.org/story/looking-for-pulpit-supply-for-a-sunday-after-easter/> or on the church Facebook page. Pictures from Alamance were included with the article. You can see several familiar faces in our choir loft!

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What a difference a year can make! Who would have thought on February 23, 2020 that the world would be like this? For those willing to be creative and take chances, for those willing to see the possibilities that often accompany the challenge, amazing good can happen. I am proud of UKirk Greensboro and our friend Katie, and grateful for the part our church got to play in that story.

Until next time, friends, stay well, be good, and make some good news worth sharing!

Pastor Kyle

Lenten Learning: for Adolescents and Parents

Since the start of the pandemic, a 30% increase in diagnosed anxiety and depression among teenagers has led Alamance Presbyterian Church and First Presbyterian Church of Greensboro to offer a Lenten learning series, *It's Okay Not To Be Okay*. There will be three Zoom sessions at **7p.m.** on **Feb. 21**, (parents only), **February 28**, and **March 7**.

These events feature psychologist Michie Dew and professionals from the Kellin Foundation. They'll discuss how the pandemic affects anxiety and depression among teens, warning signs parents and caregivers of adolescents need to know, and strategies for fostering resilience. If you have questions, email Pastor Jess (jess@alamancechurch.org). We hope you'll join us!



February Birthdays

- 3 Burt Caveness, Joe Miller
- 6 Logan Forbis, Branson Linnens, Charlie Oliver
- 8 Geneva Boswell, Ken Carraway, Graham Dail
- 9 Pat Lovell
- 11 Dick Royal, Tyler Trull
- 12 Teddi Irwin, Nick Purvis, Brenda Stevens, Roger Wood
- 13 Clarence Oliver
- 16 Danny Thomas
- 17 Matthew Smith
- 19 Fay Haralson
- 20 Phil Wadsworth
- 22 Linda Thomas
- 24 Nora Church, Dena Fail
- 26 Delaney Burns,
Colton Strandberg
- 27 Marina Starr
- 28 Andrew Burgess, Lou Walker

Brunswick Stew a Success!

The Culinary Arts Team cooked and sold 376 quarts of Brunswick stew on Saturday, January 23. Profits from the sale will support the programs of the church, and keep the buildings and grounds in good nick. Thank you so much for your purchase of stew!

The stew cooks included: Jay Busby, Mike Ford, Jon Garrett, Nathan Garrett, Ryan Garrett, Randy Maness, Keith Morris, Steve Starr, and Chief Cook and Bottleswasher Darren Hadley.

The stew eaters included too many to mention here.



A New Baby

Samuel's proud parents are Jesse & Erin Atkinson, Wycliffe Bible Translators. They write:

"What a blessing to share with you in not only the ministry of Bible transition, but also joyous milestones like the birth of our son! We remain so very thankful for you and your partnership with our Wycliffe ministry. We can't wait to begin work among the Bible-less of Mexico.

As a new year begins, we're continuing to pray for you. May the Lord bless, guide, and grow you in the year to come. We pray he uses our partnership with you in mighty and fruitful ways to establish his Kingdom!"

Samuel Lee Atkinson,
born December 14, 2020.
Weight: 8 lb. 12 oz. Length: 19 inches.

Missions Update:

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

JANUARY SPECIAL OFFERING: THANK YOU!

Once again, we give thanks to God for you, APC! Thank you so much for your generosity toward the January Special Offering. (This is the primary way in which APC partners financially with our Wycliffe ministry each year.) **We're very thankful for you and your partnership, not only through your giving, but also your prayers and encouragement as we prepare to LAUNCH to Mexico in a couple of months!**

Throughout last month, we shared about some of the facets of our work in Bible translation that you may not have known about: **literacy, linguistics, and discipleship.**

Can you imagine not being able to read street signs as you drive, or even the directions on your prescription pill bottle? How would you run a business if you couldn't read and write? Literacy is absolutely vital to Bible translation, not only so that the community can read God's Word, but also so that they can improve their quality of life.

What would you do if your language used changes in pitch, rather than different letters or sounds, to talk in the past tense — how would you begin to translate God's Word into your language? Linguistics enables the local community and us to better understand their language so that, together and with the guidance of the Holy Spirit, we can accurately, naturally, and clearly translate Scripture.

And if you had never grown up in the church or heard about God before (because you live in an unreached community), how would

you become equipped to help translate God's Word into your own language? God builds discipleship into the translation process all along the way. Through daily interactions as we work through passages, spiritual conversations, and trining courses, God teaches all of us more about who he is and equips us to handle his Word rightly.

Did you miss one of the videos from the Special Offering? Catch them here!

Video #1: Literacy <https://youtu.be/QKKtQVX1rzM>

Video #2: Linguistics <https://youtu.be/md0m2RgTs9Q>

Video #3: Discipleship <https://www.youtube.com/watch?v=r1lJH9dQ37E>

WHAT WE'RE UP TO:

We're counting down the weeks until we get to LAUNCH to Mexico in March, Lord willing!

Here's what's coming up:

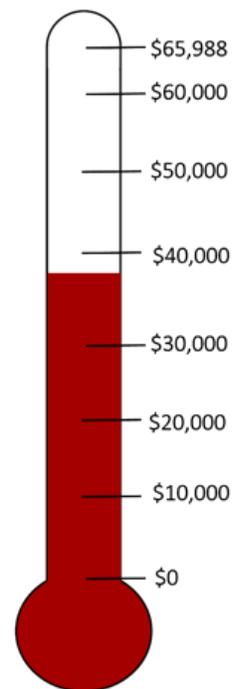
- Attend our final stateside **training** (virtually) on **cross-cultural ministry and teamwork.**
- Continue trusting **God to provide for our launch costs**, which cover things like our visas, a vehicle (ours is on its last legs), training, and getting set up in Mexico.
- **Figure out logistics for getting our car back to Mexico.** We're hoping to find a few individuals who can help us with driving it to the border!
- Once Samuel's passport arrives, we can **apply for visas** at the Mexican consulate!

Wycliffe[®]
Bible Translators

Oaxaca (wah-HAH-kah), Mexico



START-UP COSTS



STAY CONNECTED:

Our Wycliffe page/Giving: wycliffe.org/partner/JEAtkinson

Facebook Group: facebook.com/groups/AtkinsonAdventuresInOaxaca

Sign up for newsletters: jotform.com/form/92304614403144

Jesse's e-mail: jesse_atkinson@wycliffe.org

Erin's e-mail: erin_atkinson@wycliffe.org

Update from the APC
 COVID Task Force
 submitted by Tina Garrett

Greetings, Alamance Presbyterian Church Family! What a difficult year it has been during the COVID-19 pandemic and unprecedented times. My prayer is that everyone is staying safe and well. I miss seeing everyone in person.

Thankfully, I am beginning to see light at the end of the tunnel with the emergence of the COVID-19 vaccine. We are truly blessed with incredible experts and technology to develop a vaccine for this new virus within a year!

Our best chance at stopping COVID-19, and rejoining in-person worship as a community of faith safely, is to get everyone vaccinated. I am including information about the vaccines; and contact information to get signed up for the vaccine, if you choose that option. (See below.)

Through your selfless adaptability and support, I believe we may have spared unnecessary mortality and morbidity in our community by limiting in-person gatherings as recommended by state and health officials. Although extremely difficult, it was the responsible and loving thing to do.

My prayer is that we will be able to safely rejoin in-person

worship services in our sanctuary again, as soon as more church members are able to receive the vaccine.

Please prayerfully consider getting the vaccine once it becomes available, if you are able.

Important COVID-19 vaccine information websites

COVID-19 Vaccine Information | Guilford County, NC
<https://www.guilfordcountync.gov/>

NC DHHS COVID-19: Vaccines
<https://covid19.ncdhhs.gov/vaccine>

Demand is high and supply is low, so vaccination appointments often fill up quickly. Officials recommend to check back often.

Here's where to find vaccination clinics in Guilford County:

- Guilford County Division of Public Health
www.healthyguilford.com
 336-641-7944, Option 2.
- Cone Health
conehealth.com/vaccine
 336-890-1188
- State COVID-19 vaccination finder
covid19.ncdhhs.gov/findyourspot
 877-490-6642

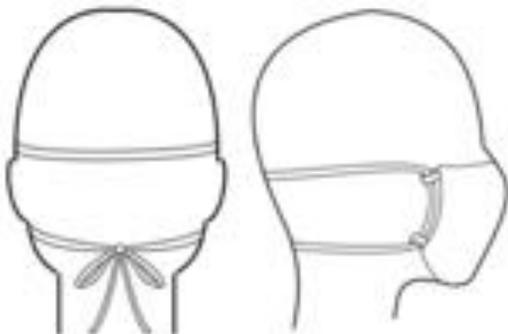
Stephen Ministry
 at APC

The Stephen Ministry is a "distinctly Christian caregiving ministry." Stephen Ministry congregations equip and empower lay caregivers to provide high-quality, confidential, Christ-centered care to people who are hurting — usually one person at a time — meeting with that person once a week for about an hour.

Members of the APC Stephen Ministry are actively engaged with the Congregational Care and Outreach team to develop a reference tool for our congregation, that will connect users with local community resources for help in times of emergency or distress.

Our current Stephen Ministers at Alamance Presbyterian Church were commissioned in August, 2020: Becky Brinkley, Nancy Durham, Kathy Medder, Sam Nelson, Lee Shores, Judy Uniatowski, Kitty Wells, and Melinda White.

Contact APC Stephen Ministry Leaders with your questions (Becky Brinkley, 336.269.6096, ranb2005@gmail.com; Lee Shores, 336.202.8410, rlshores88@gmail.com.)



Wear a face mask in public.
Wash your hands often.
Wait a safe distance apart.



**STEPHEN
 MINISTRY**

Knit, Pray, Love Ministry Baby Items

- submitted by Linda Aydelette

About a dozen knitters of the Alamance Presbyterian Church Knit, Pray, Love ministry made the holiday season more festive for newborns at Cone Health! The ministry made hundreds of pumpkin hats for Halloween, turkey hats for Thanksgiving, Santa hats for Christmas — and recently delivered New Year's hats for the first babies of 2021.

A chance encounter between a Cone Health nurse and a member of the church led to these generous donations. Forced to seek shelter from a sudden storm last fall, two people headed into a downtown Greensboro business. One was a nurse from Cone Health. The other was a member of Alamance Presbyterian Church.

The nurse told the church member of the need for holiday baby caps for newborns at the Women's & Children's Center at Moses Cone Hospital. The church member relayed the need to other members of the knitting ministry. They were soon knitting, crocheting, and otherwise fashioning hundreds of hats!

Go ahead and start celebrating February with heart

themed hats, and anything that says "February" to you. (Groundhogs? Abraham Lincoln?) March hastens on after that ... St. Patrick's Day is the obvious choice to celebrate March.

And don't forget to make a prayer shawl or two every now and then, too. Our stock at church is pretty good but we can always use more.

One of these days, we WILL meet again in the Parlor! Just not yet! Maybe by late spring, we can plan on that. Isn't that something wonderful we can all anticipate?



Keep those needles (and hooks) a-clickin'

APC KPL has an ongoing project: We invite everyone (knitter, crocheter, seamstress, quilter) to create baby hats, receiving blankets, and burp cloths for Women's and Children's Hospital at Cone Health. We are so excited to help out the maternity and newborn departments — which average 25 babies born every single day.

This project is NOT limited to KPL. We know there is a myriad of talented folks in our congregation who can create beautiful things for these new little people arriving in the world! Is that someone YOU?

Suggested patterns (not mandatory) are posted on Facebook. More info is in a video on the church website (www.alamancechurch.org).

In the meantime if you have questions, you may contact Linda Aydelette for any information at linda.aydelette@gmail.com.

THANK YOU all for your donations. Keep turning them in at the box on the porch of the little yellow house. Linda checks it weekly!!

Girl Scouts at APC

submitted by Brenda Davidson,
Scout Leader

2020-2021 Girl Scout year is still a challenge, with COVID-19 social distancing, wearing masks, virtual learning, and staying at home. Troops have had to face these challenges, as well in trying to be creative to keep girls engaged. Girl Scouts offers many virtual programs for girls to participate in, to earn badges and have fun and just connect with one another.

Troop 41121 has three girls: Morgan Haynes, Tashia Mason, and Kayla Miller. Troop Leaders are Tonya Mason, Shannon Haynes and Brenda Davidson

Morgan and Kayla earned their Gold Award in 2019; Tashia earned the Medal of Honor in 2020.

This troop enjoyed a trip to Universal Studios in January of 2020 just prior to the shutdown in March. During the 2020 summer, the troop went zip lining and hiking at Hanging Rock State Park. They learned about women's suffrage, and the U.S. Census.

To help in the community, the girls put together goodie bags and gave them to the Fire Department and the Guilford County Sheriff's Department. They made cards for those in assisted living, to help them stay connected with others. Food donations have been made to the APC Food Pantry — and the troop will work at the Food Pantry on **Feb. 6** for the first time in a great while (due to COVID-19).

Troop meetings have been held at Leader's homes monthly, outside; until the cold forced them inside. Because the group is small, it is easier to stay within NC state guidelines, and those of the Girl Scouts of America.

Troop 40779 is a multilevel troop. Currently membership is 10 girls, aged Kindergarten-4th grade.

Troop Leaders are Courtney Richards and Brenda Davidson.

After the NC state-mandated *Safer at Home* order in March 2020, the troop met by ZOOM every week; with a few in-person meetings at Hagan Stone Park, outside.

Girls learned about robots, made their own prototypes, and learned about coding by using Girl Scout micro-bots. The Wildlife Rehab Center taught them about baby wild animals: what to do and what not to do. Girls made rice socks that can be heated in a microwave, then used to keep babies warm. In Fall of 2020 they learned about Johnny Appleseed, took part in an archery event, roasted hotdogs and marshmallows over a fire, painted and carved pumpkins, and virtually made and baked an apple pie. Girls have collected and donated food to the APC Food Pantry, and made cards for Clapp's Nursing Home. Other Zoom meetings included studying moon phases, the night sky, and stars; learning about women's suffrage; doing artwork; making crafts; and writing stories.

Due to the size of the group, most of our meetings have been by ZOOM so we can stay within the guidelines of NC and of the Girl Scouts.

Both troops have earned a Virtual patch; and are currently working on their World Thinking Day patch for **February 22**, making Valentine cards for assisted-living residents, and working at the APC Food Pantry. Both troops are selling Girl Scout cookies, maintaining social distance, wearing masks, and using hand sanitizer.

March 12 marks 109 years of Girl Scouting, since their founding in 1912 by Juliette Gordon Low. As we celebrate our founding we hope the pandemic situation will be under control and things can get back to

some normalcy. We are all looking forward to being able to meet in our meeting space again at APC.

For more information on Girl Scouting, especially for APC-sponsored troops, contact:

Brenda Davidson (Lifetime Member of Girl Scouts)
Girl Scouts Carolinas Peaks to Piedmont
Cell phone: 336-314-3488
bbdavidson123@gmail.com or
brenda.b.davidson.i2pe@statefarm.com

Boy Scouts at APC

Troop 368
and Pack 368

"The Cubs Scouts are actually doing take home adventure kits for January and February, due to the COVID-19 protocols, etc.

The Pack will start back meeting in person on **March 2**. Hopefully by then the weather will be a little warmer and days longer ... and more folks will be vaccinated, too!" - Dee Gerringer, Leader, Cub Scout Pack 368

Boy Scout Troop 368 invites you to partake of its annual Boy Scout Sunday Chili Sale on **February 7** (see next page for details). They offer their award-winning red chili — and new for this year, they'll cook a big batch of Colorado Chicken Chili Verde for your delectation. The red chili has lots of ingredients in it, which, for proprietary reasons, we are forbidden to disclose. The Colorado Chili Verde has only chicken as its meat, no pork at all.

Quarts are \$8 each, available for pick-up **from 11 a.m. - 1:30 p.m.** behind Brown Fellowship Hall, on **Sunday, February 7**.

Pre-orders encouraged, at www.alamancechurch.org on the Home page.

SCOUT SUNDAY CHILI SALE

February 7, 2021

Sponsored by Troop 368
Alamance Presbyterian Church

\$8.00 per Quart

Pick up 11:00am-1:00pm
at Brown Fellowship Hall

Preorders encouraged
Sign up at alamancechurch.org

*Our scouts will be leading us in worship!
Join us via live-stream on the church website.*

ALAMANCE
PRESBYTERIAN CHURCH

be a part of the APC Cookbook



SUBMIT YOUR FAVORITE
RECIPES TO BE PUT IN THE
ALAMANCE PRESBYTERIAN
COOKBOOK.
SUBMIT YOUR RECIPES TO
ANDREW LONG VIA EMAIL
OR PLACE IN BOX OUTSIDE
JEANINE'S OFFICE AT APC
BY **SUNDAY FEB 28TH**

recipes@alamancechurch.org

ALAMANCE
PRESBYTERIAN
CHURCH

FAITH AND FINANCE

Join APC for an exciting opportunity to better understand and grow your financial well being! For 6-weeks on Wednesday evenings from 6:30-8pm on Zoom beginning February 17th, we'll be learning more about how to better live into our Christian values through managing our finances with Nicole Rule, founder of The Greatest Worth. Email jess@alamancechurch.org to sign up or for more information. Cost of participation is \$60 for all 6 weeks and can be paid online with the note "Faith and Finance" or to the church office.

NICOLE RULE
FOUNDER,
THE
GREATEST
WORTH

TOPICS
TO BE
COVERED
OVER 6
WEEKS



Faith and Finance

The Rev. Jess Rigel, Discipleship Pastor, invites you to join Faith and Finance!

For six weeks, on **Wednesday evenings from 6:30-8 p.m., beginning February 17**, you'll learn how to better live into Christian values through managing personal finances, in the Faith and Finance course. Class is led by Nicole Rule, founder of *The Greatest Worth*. Meetings will be held by Zoom.

Cost of the course is \$60; and can be paid on-line www.alamancechurch.org (please note "Faith and Finance" in the memo line), or by check or cash to the church office.

Contact Rev. Jess Rigel (jess@alamancechurch.org) to sign up, or for more information about Faith and Finance. Go to <https://www.greatestworth.com> to learn more about *The Greatest Worth*.



An Introduction to the Teacher

I'm Nicole Rule!

I'm a recovering budget-avoider turned money coach. I'm obsessed with beautiful things, soaking in hot tubs, taking long road trips with my family, and mashed potatoes (with lots of gravy). Oh, and I've figured out the secret to making budgeting fun.

You want to know what really lights me up? Making people see that they are capable of managing their money in a way that brings them joy. And watching them reach their bucket list items. The ones that, right now, feel completely out of reach. I LOVE seeing people do the hard work of creating a budget and then actually start to enjoy themselves. Finally waking up, losing the anxiety and taking risks to actually, truly live.

My goal is for this to be the last "how to budget" website you ever visit. If you invest four months of your life following my process, you will find freedom, friend. It's time for you to make a life you love.

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

- submitted by Amy Yow, Co-Team Leader

The Food Pantry still serves 30 families a week. We ask that you remember our pantry when you shop: Please pick up a little extra, for our hungry guests. We always need cereal, pop tarts, mac-and-cheese, spaghetti sauce, instant mashed potatoes, and such. With children learning from home, many families now need food that their children were receiving at school.

A blue container at the door to Brown Fellowship Hall behind the church is the best place to leave your donations. Members of the Food Pantry Team schlep them into the building — the APC Child Development Center uses Brown Fellowship Hall as classroom space, so entry to that space is not permitted on weekdays.

If you have any Food Pantry questions (or if you need your items to be picked up) please contact Amy Yow at (336)-706-3550.

If you would like to volunteer, we ask that you sign up on the APC website, www.alamancechurch.org. We follow all COVID-19 guidelines; masks are required.



Potter’s House

Since July of 2004, APC has served supper to hungry guests at the Greensboro Urban Ministry’s Potter’s House on the **third Saturday of each odd-numbered month**. 2021 dates: **March 20, May 15, July 17, September 18, November 20** .

This essential local hunger-relief ministry is allowed to operate during pandemic restrictions. G.U.M. has implemented physical distancing measures in its dining room. Servers wear masks and gloves. Guests are instructed to wash their hands before being seated (and are monitored as they do so).

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.** We clean up and are out the door by **8:15 p.m.** most usually.

Your donation of home-made desserts are welcomed. (Cakes, bars, and cookies are the easiest to serve, and for guests to eat. Pies are tricky to serve, very messy to eat.)

Let Darren Hadley know that you or your group want to help serve a meal — or two, or three — at Potter’s House.

Special Collections

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

- **February:** Canned pasta
- **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

APC will continue to operate the Food Pantry unless required to stop by federal, state, or county government. Our pantry works under precautions recommended during COVID-19 restrictions, including pre-packing food and delivering it to clients in a car line.

Once each month, we pick up food from Second Harvest Food Bank in Winston-Salem. Every **Wednesday**, volunteers pack grocery bags and put them in carts for the week’s guests.

Working with Second Harvest Food Bank, we developed pandemic protocols for safe distribution of food. Clients do not fill out paperwork in their cars. Instead, a Food Pantry volunteer verifies needed information over the phone, earlier in the week.

When clients arrive to pick up food on a Saturday morning, they stay in their cars and provide their name to a masked volunteer, from a safe, six-foot distance. Once verified, masked volunteers load up the car with the food. There is no physical contact with the clients.

All volunteers wear masks and use hand sanitizer, before loading the shopping carts that are pushed out to clients’ cars.

The team still gathers in a circle to pray before it begins distribution; but they do not hold hands, and they stay six feet apart.

The Food Pantry can always use more **Saturday morning** volunteers to help with distribution (**9-11:30 a.m.**). If you would like to help, visit <http://signup.com/go/h2b6xy> to sign up for a date.

Sign up as often as you want, but do, **please**, sign up rather than just showing up. Kris Levine, Volunteer Coordinator, needs to know how many volunteers are coming ahead of time. We want this to be a good experience for volunteers as well as clients! Questions? please call Kris Levine at (336)-558-6759.

Memorials and Honoraria

To the Operating Fund: In memory of Harvey Starr by David & Dewanda Dyson. In memory of Virginia Kirkman by the North Carolina Hereford Association.

To the Children's Ministry: In memory of Kenneth McAdams by Joe & Dodie Miller. In memory of Noah Wooten by Joe & Dodie Miller.

Thank-you Notes

To our friends at Alamance Church: The family of Harvey Starr would like to thank you for your prayers and support during the recent passing of Harvey. Your kindness with the many memorials and cards is greatly appreciated.

Alamance meant so much to him and was a big part of his life. Everyone at Alamance held a special place in his heart for many years.

We will all miss him but know he is in heaven rejoicing with the many friends who have gone before him. Please continue to keep all of us in your prayers; our prayers are with everyone.

God bless and stay safe,

The Harvey Starr Family

When I saw the picture of a Christmas mailbox with my name, because "there will be too many to fit into the 'H' slot this year," I lost it. The outpouring of love that washed over me from the Holy Spirit was so overwhelming. Such was the love and support that all those cards helped deliver. I am truly blessed and humbled beyond measure.

I want to thank everyone at APC for all the cards, love, and prayers. They brought light into a very dark season of my life. I could never do this on my own and "all y'all's" some and support remind me that I don't have to.

Zach Hobbs

Lent: A Time of Prayer and Fasting

Lent (Latin: Quadragesima, 'Fortieth') is a solemn religious observance in the Christian liturgical calendar. Lent begins on Ash Wednesday and ends approximately six weeks later, before Easter Sunday. The purpose of Lent is the preparation of the believer for Easter. In Lent, many Christians commit to fasting, as well as giving up certain luxuries, in order to replicate the account of the sacrifice of Jesus Christ's journey into the desert for 40 days. Many Christians also add a Lenten spiritual discipline, such as reading a daily devotional or praying through a Lenten calendar, to draw themselves near to God.

General Instructions on Fasting

1. Do not fast if you have any kind of serious medical condition — especially diabetes — without conferring with your doctor.
2. A very good brand of broth to try is Knorr's. It comes in a little box of dry cubes, mixes well with hot water in a cup, is comparatively low in sodium, and tastes very rich. The vegetable broth is surprisingly good. Available at many grocery stores.
3. 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.

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.

During Lent, the days are still short enough so that it isn't so difficult (as compared with June or July!) 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.

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

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

CHURCH STAFF

- Rev. Dr. Kyle Goodman**, Lead Pastor
Rev. Jessica Rigel, Associate Pastor
 for Discipleship
Andrew Long, Dir., Youth Ministries
Katie Long, Director of Music
Rebecca Oden, Accompanist
Joy Thomas, Dir., Children’s Ministries
Jeanine Rossi, Financial Manager
Dana Adams, Financial Mgr.-in-training
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
www.alamancechurch.org

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 the upper conference room — unless otherwise noted (via Zoom during COVID-19).

- | | |
|--------------------------|--------------------------|
| Class of 2020/21: | Class of 2021/22: |
| Clint Aydelette | Pam Dixon |
| Elizabeth Hadley | Randy Maness |
| Lee Shores | Wendy Mills |
| Sara Strandberg | Keith Morris |
| Kirby Ward | Gary Trull |
| Class of 2022/23: | Youth Elder: |
| Barbara Alexander | Dara Reece |
| Tom Cimino | |
| Scott Mendenhall | |
| Steve Starr | |
| David White | |

**Closed Until
Further Notice**

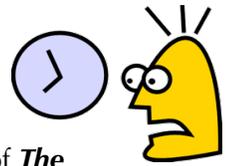
For the duration of strictures against public gatherings during the COVID-19 pandemic, the Session of Alamance Presbyterian Church mandates that the sanctuary and church buildings are CLOSED. Phase 3 of NC’s Safer at Home order is scheduled to end February 28.

Church offices are open. Call first to make an appointment — staff members may still elect to work from home.

It has become too cold to assemble outdoors on the lawn, so worship will be broadcast by Livestream only, until either the weather warms up or pandemic restrictions are eased. Face coverings are required, personal physical distancing will be maintained.

You may still attend Sunday worship services through electronic devices, via Livestream or YouTube postings on the church website or Facebook page; until we are again allowed to meet in the sanctuary.

**Newsletter
Deadline**



Deadline for the **March, 2021** issue of *The Relay*, our church newsletter, is **Monday, Feb. 22**. Post your articles by “snail mail,” by e-mail (lynn@alamancechurch.org), phone the office (697-0488 x 121) — or strap on your skates and roll to the church to deliver it in person.



**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 website!
www.alamancechurch.org

Live-streaming Worship Services

Look and listen to Sunday morning worship at Alamance live, on-line.

1. Go to our website, www.alamancechurch.org. Scroll down the homepage for the *Live Sunday Worship & Info* box. Choose that option, to go to the *Worship* page. (Or, get to *Worship* from the *Connect* drop down list.)
 2. On the *Worship* page, the box for *Worship Live Streaming* is on the **top right** of your screen. It sends you to the Livestream page for Alamance Presbyterian Church (www.livestream.com).
 3. **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.
 4. On www.alamancechurch.org, the *Worship Live Streaming* page has all the recorded services still available — and options for not-yet-happened services so you can log in on *those* Sundays at **10 a.m.**, in real time.
- 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.