



St. Matthews United  
Methodist Church  
600 E. Florida St  
Greensboro, NC 27406

# The Messenger



MARCH 2024  
ISSUE 27

## From The Pastor's Pen



### “THE WITNESS OF WOMEN”

Sisters and Brothers, as we celebrate women this month, let us never forget the contributions they have made and continue to make in all aspects of our lives. Women have carried us, birthed us, nurtured us, taught us, corrected us, loved us, praised us, and even mourned us. Women have served in the roles of daughter, sister, aunt, mother, wife, grandmother, and friend. Women have been our help meet, help mate, backbone, leader, guide, confidant, prayer partner, and listening ear. Let us celebrate their witness of being there through the ups and the downs, through thick and thin, through tears and fears, and through it all. Women or a woman has been with us from beginning to end.

Even in the church, women continue to make lasting impacts just as they did in the life of Christ. They stayed by the cross as He suffered an agonizing death. They watched when Joseph of Arimathea buried Him in a borrowed tomb. They planned to mourn Him on Easter Sunday morning, but they found an empty grave and they left with a message of praise, joy, and adoration for our Resurrected Lord. Let us join in their witness today and every day. Let us share with one and all,

**“HE IS RISEN, HE IS RISEN INDEED!”**

REV. RODVEGAS M. INGRAM, SR.



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### Come and Join Us For Worship

Every Sunday with worship services at 8:30am & 11am (In person & all social media platforms) with 5th Sundays @10am

(In person & all social media platforms) See Social Media Links Below:

**ZOOM** Video: <https://us02web.zoom.us/j/82293573333>, passcode 583845

Audio: Dial 1-929-205-6099, ID 82293573333#, passcode 583845

**FACEBOOK** <https://www.facebook.com/stmatthewsgreensboro>

**YOUTUBE** <https://www.youtube.com/channel/UC7Q7QTHei60HaiaJWc6ZCpQ>

**INSTAGRAM** <https://www.instagram.com/st.matthewsunitied/> or @st.matthewsunitied



**March 31**

**Easter Sunday**

**Easter 2024**

## Women in History Who Have Changed the World

By Crystal S. McCombs

When we think of women who have made positive contributions to society worldwide, the list is endless. This article highlights only a few of these outstanding people. Some of the people listed here are unfamiliar to many of us, but their achievements are nevertheless noteworthy.



### Maya Angelou

From her powerful poetry to her moving autobiography *I Know Why the Caged Bird Sings*, Angelou forever changed the literary world and opened doors for Black authors everywhere. Her love of books started as a child, when she struggled with selective mutism for five years. Decades later, in 2014, she died at age 86



### Lucille Ball

While she was an undeniable light onscreen in *I Love Lucy*, Ball was an extremely powerful figure off camera as well. She was the first woman to own a major studio, called Desilu Productions. She died at age 77 in 1989.



### Queen Elizabeth II

Queen Elizabeth II served as head of the royal family for 70 years, making her the longest-reigning monarch in British history. She celebrated her Platinum Jubilee in June 2022, just three months before she passed away at 96 years old.



### Amelia Earhart

As the first female pilot to fly across the Atlantic Ocean, Earhart forever changed the world of aviation. Her mysterious disappearance while flying over the Pacific Ocean in 1937 has sparked a range of theories, from a potentially fatal crash to her spending her final days on a remote island.



### Michelle Kwan

Kwan dominated the ice throughout the '90s, quickly becoming the most decorated figure skater in American history. She represented both the United States and Asian Americans on the world stage, winning 43 championships and two Olympic medals



### Malala Yousafzai

Yousafzai began fighting for girls' rights to education in Pakistan at just 11 years old. After surviving an assassination attempt a few years later, she has courageously continued to be a worldwide voice for young women. In 2014, she became the world's youngest Nobel Peace Prize recipient.



### Ruth Bader Ginsburg

Ginsburg made history as the first Jewish woman to be appointed to the Supreme Court. Her entire career was highlighted with pivotal moments in American history. Consistently standing up for gender equality and civil rights, she helped pass historic rulings on topics ranging from the Affordable Care Act to the legalization of same-sex marriage before her 2020 death at age 87.

To Be Continued



## Veda Jeanette Spellman Stroud

April 14, 1916 – November 7, 2021



As the daughter of a Methodist minister and a public school teacher, Veda Jeanette Spellman Stroud ("Aunt Veda") literally grew up "in church and in school." She was born on April 14, 1916, - the fourth child and third daughter of Rev. William T. Spellman and Julia Stevenson Spellman. Her earthly journey was completed on November 7, 2021.

Since Methodist ministers followed the itinerant tradition of John Wesley, Rev. Spellman was assigned to various pastorates throughout the state of Maryland. The family moved often,

but remained steadfast in their strong beliefs in education, artistic development, community and civic involvement, and religious growth. When women were granted the right to vote in 1920, Julia Spellman promptly registered, thus setting an example for her daughters.

As a result of her upbringing, Veda was involved in various activities within the church, starting as a teenage accompanist for church choirs. In the family tradition, upon graduation from Lockerman High School in Denton, Maryland she attended Hampton Institute, now Hampton University, and later transferred to The Agricultural & Technical College of North Carolina, now North Carolina A&T State University, in Greensboro. Thanks to the assistance of a fellow A&T student, Virgil Stroud, Veda survived a hectic registration, and the two became lifelong friends. They were married in 1942, just eleven months after the United States entered World War II following the Japanese attack on Pearl Harbor. Virgil had been drafted and was awaiting assignment at the time of their marriage, but he urged her to start working toward her Masters degree while he was away at war. Consequently, she holds a Masters Degree in Business Education from Columbia University. Her involvement as a A&T student included membership in the college choir and accompanist for physical education dance activities. An entrepreneur at heart, Veda put her business and cosmetology skills to work as an unofficial "hairstylist" for fellow female students in need of hair services. In April of 1938, she was initiated into the Alpha Phi Chapter of Alpha Kappa Alpha Sorority, Inc., and eventually became one of only a few Diamond (75 years+) Sorors worldwide. During those years, she held various positions within the sorority and served faithfully in each. Her first employment after graduation from A&T was as secretary to Dr. Warmoth T. Gibbs, Sr., who was Dean of the College. Following this appointment, Veda taught in the Department of Business for 42 years, retiring as a tenured professor in 1981.

Her membership at St. Matthews United Methodist Church, then located at the corner of Ashe and Lee Streets, began during the first pastorate of the late Rev. J. E. Brower. During the pastorate of Dr. James Ferree she was elected to the position of Secretary to the Administrative Board, a position which she held during the next four administrations. Dr. Walter McKelvey appointed her to a staff charged with the development of the St. Matthews church newsletter to be published monthly for the membership. The Newsletter Committee gradually evolved into the Committee on Communication. She also served on the PPR Committee as well as on scholarship committees. She was honored to have been elected Woman of the Year by the United Methodist Women, also to have been the first recipient of the Annual Pastor's Award for dedicated service to St. Matthews United Methodist Church. True to her family traditions, she was also a member of the Chancel Choir, and a piano accompanist for various ensembles and gatherings.

## Creola Katherine Johnson

August 26, 1918 – February 24, 2020



Creola Katherine Johnson was an American mathematician whose calculations of orbital mechanics as a NASA employee were critical to the success of the first and subsequent U.S. crewed spaceflights. During her 33-year career at NASA and its predecessor, she earned a reputation for mastering complex manual calculations and helped pioneer the use of computers to perform the tasks. The space agency noted her "historical role as one of the first African-American women to work as a NASA scientist".

Johnson's work included calculating trajectories, launch windows, and emergency return paths for Project Mercury spaceflights, including those for astronauts Alan Shepard, the first American in space, and John Glenn, the first American in orbit, and rendezvous paths for the Apollo Lunar Module and command module on flights to the Moon. Her calculations were also essential to the beginning of the Space Shuttle program, and she worked on plans for a mission to Mars. She was known as a "human computer" for her tremendous mathematical capability and ability to work with space trajectories with such little technology and recognition at the time.

In 2015, President Barack Obama awarded Johnson the Presidential Medal of Freedom. In 2016, she was presented with the Silver Snoopy Award by NASA astronaut Leland D. Melvin and a NASA Group Achievement Award. She was portrayed by Taraji P. Henson as a lead character in the 2016 film *Hidden Figures*. In 2019, Johnson was awarded the Congressional Gold Medal by the United States Congress. In 2021, she was inducted posthumously into the National Women's Hall of Fame. The film *Hidden Figures*, released in December 2016, was based on the non-fiction book of the same title by Margot Lee Shetterly, which was published earlier that year. It follows Johnson and other female African-American mathematicians (Mary Jackson and Dorothy Vaughan) who worked at NASA. Taraji P. Henson plays Johnson in the film. Appearing alongside Henson at the 89th Academy Awards, Johnson received a standing ovation from the audience. In an earlier interview, Johnson offered the following comment about the movie: "It was well done. The three leading ladies did an excellent job portraying us." In a 2016 episode of the NBC series *Timeless*, titled "Space Race", the mathematician is portrayed by Nadine Ellis.



# Sojourner Truth



Sojourner Truth, born Isabella Baumfree, was a female black lay minister for the Methodist church. She was freed from slavery after escaping in 1826; in 1827 she became a Christian and participated in the founding of the Methodist church of Kingston, New York. The year 1843 was a turning point for her. On June 1, Pentecost Sunday, she changed her name to Sojourner Truth. She chose the name because she heard the Spirit of God calling her to preach the truth. She left to make her way traveling and preaching about the abolition of slavery. She delivered many speeches and sermons, the most famous of which was her 1851 address, "Ain't I a woman?" This speech was delivered at the Ohio Women's Rights Convention in Akron, Ohio and addressed having equal human rights for all women. She delivered an address in Boston on the 8th anniversary of the Emancipation Proclamation in which she admitted that although once hating white people for what they had done to her, and hating her masters, once she found her final master, Jesus, she was filled with love towards all people.

Resource: Content obtained from [https://en.wikipedia.org/wiki/Sojourner\\_Truth](https://en.wikipedia.org/wiki/Sojourner_Truth)



## BLACK HISTORY TRIVIA QUESTIONS

1. Name the carpenter that invented the life-saving surgery and surgical instruments for Blue Baby Syndrome.
2. How many Saint Matthews' members can you name that were part of the first U.S. Negro Navy band? \_\_\_\_\_, List them.
3. Name the four-time gold medal Olympic winner in 1936 that was snubbed by the US president.
4. Of the 300+ inventions invented by George Carver; how many patents are credited to him and why?
5. In 1957 this Monroe, NC woman invented a personal product for females, who is she?
6. Regardless to receiving a Master's Degree in chemistry from Harvard, this student was denied admission to the university's Ph.D. program, but founded cortisone from soybean; name this person.

Answers to February Black History Questions are 1. Crystal Phifer, 2. Charlotte Hawkins Brown, 3. Wilton Norman Chamberlain-nicknamed Wilt the Stilt, The Big Dipper, Goliath, and unflattering monikers by racially hostile groups, 4. Joshua (Josh) Gibson, 962 Homeruns, in a 17 yr career, 84 homers in 170 games-1936, 5. Roxboro, NC July 2, 1920- "The Lynching of Red Roach"., 6. Dr. Simon Powell Sebastian, Lunsford Richardson is credited for the formula, patent & gained the wealth.

Answers to the Black History Questions will run in the April Newsletter. Send your answers to Wanda Edgerton at [ponice1@yahoo.com](mailto:ponice1@yahoo.com)

### St. Matthews Forty Day Lenten Challenge

Wednesday, February 14, is the first day of Lent. We have a challenge for you! Each day of Lent, set aside or purchase one canned good food item for our Food Pantry replenishment. At the end of the 40 days bring your 40 items to the Church to stock our Food Pantry. These items will enrich families in our community who seek assistance from our food pantry. All food items and monetary donations should be brought to the Church on Easter Sunday to be presented to the Food Pantry. Please check the bulletin for needed food pantry items.



### WEEKLY ACTIVITIES

Adult Bible Class: Wednesdays, @11am, Room 20  
Children's Choir rehearsal @6:30pm, Choir Room, Wednesdays:  
Fellowship Choir rehearsal: Tuesdays, @6:30pm, Sanctuary  
Men's Chorus rehearsal: Mondays @5pm, Sanctuary  
Progressive Adult Choir rehearsal: Wednesdays @7:00pm, Sanctuary  
Sanctuary Choir rehearsal: Wednesdays @5pm, Choir Room  
Youth Choir rehearsal @7:30, Choir Room, Wednesdays:  
Sunday School: Children (Room 20), Youth (Lounge) - 1st, 2nd, 3rd  
Sundays  
Adults (Chapel) – Every Sunday @10am  
Upper Room Bible Class: Thursdays @ 1:30pm  
[https://us02web.zoom.us/j/83015849077?](https://us02web.zoom.us/j/83015849077?pwd=S2RucWc1ejZDazlTa3NqMWJ5QU4rdz09)  
[pwd=S2RucWc1ejZDazlTa3NqMWJ5QU4rdz09](https://us02web.zoom.us/j/83015849077?pwd=S2RucWc1ejZDazlTa3NqMWJ5QU4rdz09)  
Dial In +19292056099,83015849077#; Passcode: 950687

#### Weekly Devotion – Lunchtime Lenten Inspirations

When: Every Wednesday through March 27, 2024  
Time: 12 Noon via Phone Tree  
(You must be signed up for Phone Tree calls to participate – expect a call on Wednesday @noon from 336-272-4505) Sponsored by St. Matthews Shepherding Ministry

## February Arts in Focus

### My Arts Story: Andrena Coleman

My involvement in the arts ties together different threads of my life, not unlike the quilts I make.

During my time at Bennett College, I learned how a collection and exhibition are put together. This experience sparked a lasting passion for the arts, laying the foundation for what would become a significant part of my life. About fifteen years ago, I stumbled upon quilting as a means of self-expression and creative exploration. What began as a personal endeavor evolved into a collection of purposeful pieces, ranging from bedcoverings to wall hangings and even reupholstered furniture.



My quilts have found homes in esteemed spaces such as the African American Atelier and the Delta Arts Center. One of the highlights of my artistic journey was the international exhibit, "Conscience of the Human Spirit: The Life of Nelson Mandela," where my work stood among those of a hundred quilters. Another memorable moment was a collaboration with writer James Mayes in the joint exhibition "Sojourn," where his words harmonized with my quilts, creating a captivating blend of storytelling.

As the owner and designer of Drena's Dream Quintessential Quilts, my studio at Revolution Mill is not just a place to create but a space where art enthusiasts can explore the narratives woven into each piece. My commitment to the arts community extends beyond my studio; I'm actively involved with the African American Atelier and, more recently, accepted the role of a board member at The Arts Council of Greater Greensboro.



With a background in public health, I bring a unique perspective to the council, bridging the worlds of health and creativity. And within the tapestry of my life, there's a loving family – my daughter Jocelyn, son-in-law Matthew Brown, and four grandchildren – who inspire and remind me daily of the transformative power of art. Through my quilts and service to The Arts Council of Greater Greensboro, I aim to contribute to the vibrant artistic tapestry of Greensboro, enriching the community with stories of resilience, creativity, and connection.



## GLOBAL BOARD OF HIGHER EDUCATION MINISTRY 2023

\$1,000.00

### ETHNIC SCHOLARSHIPS WERE AWARDED TO SAINT MATTHEWS STUDENTS:

FLEMEEJA BREWER, UNC-Chapel Hill

SEAN EDGERTON, NC A&T State University

JAYNA MORRISON, UNC-Charlotte

Please Congratulate our Outstanding Scholars  
High School Seniors, Undergraduate and Graduate Students

Must apply by March 13, 2024 (link below)

<https://www.gbhem.org/scholarships/scholarships/apply/#:~:text=The%20general%20application%20for%20all,for%20fall%20term%20awards%20only>

*"The path to success is not straight. There is a Curve called failure, a Loop called confusion, Speedbumps called friends, Red Lights called enemies, Caution Lights called Family. But if you have a spare called Determination, an engine called Perseverance, insurance called Faith, and a Driver called God, you will make it to a place called SUCCESS."*  
Dr. Benjamin E. Mays



**St. Matthews UMC**  
600 E. Florida St  
Greensboro, NC 27406



### Black Farmers Fresh Produce Giveaway

**When:** 1<sup>st</sup> Saturday of Each Month  
(beginning March 2, 2024)

**Time:** 10:00am - Noon  
(or until produce is given away, whichever comes first)

**Where:** St. Matthews United Methodist Church  
Coley Hooker Jr. Fellowship Hall Parking Lot  
(corner of MLK Jr. Dr. and 600 E. Florida St.)

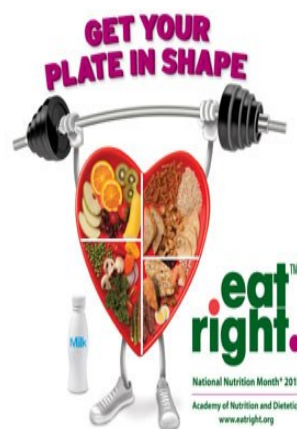
*This is a drive-thru event.*

## NATIONAL NUTRITION MONTH

Did you know that March is National Nutrition Month?

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

Don't forget to check [MedlinePlus.gov](https://medlineplus.gov) for all of your questions about food, nutrition, and healthy eating for the whole family. A service of the U.S. National Library of Medicine National Institutes of Health.



## Cervical Cancer Awareness Month 2024

March is Cervical Cancer Awareness Month, an ideal chance for WHO and partners to raise awareness of cervical cancer and vaccination against human papillomavirus (HPV), the main cause of cervical cancer. Together, we can strive to end cervical cancer within a few generations. This year, Cervical Cancer Awareness Month aims to highlight the importance of increasing access to HPV vaccines, regular screening, and state-of-the-art treatment for cervical cancer in its early stages. Our shared objective is to dramatically reduce the occurrence of cervical cancer by 2030 and to eliminate the disease as a public health problem by 2120.

When diagnosed early and managed effectively, cervical cancer is one of the most successfully treatable forms of cancer. But caught too late, the outcomes are not nearly as good.

The good news is that cervical cancer can be easily prevented through vaccination against HPV and regular screening. To all girls and women, the messages of Cervical Cancer Awareness Month are clear:

**Get informed.** Find out the facts about HPV and cervical cancer, including what signs to look out for. Help educate other women in your life too.

**Get screened.** Cervical cancer screening typically starts at 30 years of age and is repeated regularly.

**Get vaccinated.** The HPV vaccine is given in 1 or 2 doses that should begin when a girl is aged 9–14 years.

### Know more about cervical cancer



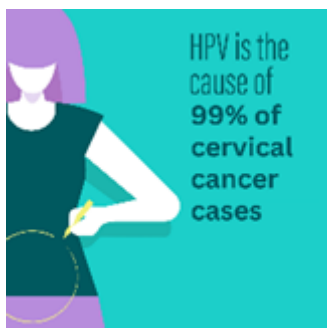
Cervical cancer can be prevented by vaccines and screening

Cervical cancer develops in a woman's cervix, the lower part of the uterus or womb, which opens into the vagina. Virtually all cervical cancer cases (99%) are caused by the human papillomavirus (HPV), an extremely common virus that is spread through skin-to-skin contact.

Most HPV infections are cleared by the immune system and cause no symptoms. But in some cases, infection can persist and lead to cervical cancer developing. Typically, it takes 15–20 years for an infected cervix to develop cancer, but sometimes the process can be faster and take 5–10 years.

Cervical cancer can be easily prevented through vaccination against HPV and regular screening.

Cervical cancer is the sixth most common cancer in women in the WHO Eastern



HPV is the cause of 99% of cervical cancer cases

Mediterranean Region. In 2020, an estimated 89 800 women were diagnosed with cervical cancer in the Region and more than 47 500 women died from the disease.



Early stages of cervical cancer often have no symptoms

When diagnosed early and managed effectively, cervical cancer is one of the most successfully treatable forms of cancer. But caught too late, the outcomes are not nearly as good. Cancers diagnosed at a late stage can be controlled with appropriate treatment and palliative care.

Through prevention, screening and treatment, we can end cervical cancer as a public health problem within a few generations.

### Know the symptoms of cervical cancer

See a doctor straight away if you experience: irregular bleeding between periods, after the menopause or after sexual intercourse; increased or foul-smelling vaginal discharge; persistent pain in the back, legs or pelvis; weight loss, fatigue and loss of appetite; vaginal discomfort; swelling of legs. Cervical cancer in its early stages may present no symptoms. This is why regular cervical cancer screening is important, even if vaccinated against HPV.

### Prevention and treatment of cervical cancer



HPV vaccines are now given in only one dose for girls from 9 to 14 years

All girls aged 9–14 years should be vaccinated against HPV. This protects against HPV infection, which can lead to the development of cervical cancer and other HPV-related cancers. HPV vaccines are safe and are given to young girls in a single dose.

Timely screening is essential. If cervical cancer is detected early, it is highly treatable. It is important to have regular screening from the age of 30 years to check for HPV, which can cause cervical cancer. Women who test negative for HPV should get screened again every 5 to 10 years. Women living with HIV should be screened for HPV every 3 years from the 25 years of age. The global strategy promotes a minimum of 2 lifetime screenings, with a high-performance HPV test by 35 years of age and another by 45 years of age.



Have you scheduled your cervical cancer screening?



## News from the Samaritan Garden



Growing season is underway for 2024! On Saturday, February 10<sup>th</sup> the Creation Care Ministry welcomed eleven volunteers to assist with cleaning up the community garden. Students from the University of North Carolina at Greensboro, North Carolina A & T State University; along with members of the Greensboro Chapter of Citizens' Climate Lobby came out to support the garden project! Workers filled raised beds with soil, laid mulch, spread pine needles, weeded, and composted. We also hoisted a bird feeder having been donated by Mr. Coley Hooker! Fantastic!

On behalf of the CCM we are working to clear the composting area. Debris from the 2023 season is still outstanding though we hope to be able to produce usable compost from that remaining which will be used to enrich garden soil for growing.

On Saturday, February 17, 2024, Creation Care Ministry members Inell Artis and I prepared three raised beds and planted Yukon Gold Potatoes. We have also seeded cabbage, broccoli, and cauliflower starter plants.

One goal is to improve Samaritan Garden/community garden operations from year-to-year inclusive of the use of crop rotation strategies and based on the *Garden Planting Calendar of Annual Vegetables, Fruits, and Herbs for North Carolina/NC State University Cooperative Extension*. A different (first time) variety of onions will number among other cool season growing options. It is anticipated that fewer tomatoes (warm season) will be planted this year (676-678 donated, 2023). Instead, we plan to offer peppers, brussels sprout, green beans, okra, corn, lima beans, cucumbers, and two or more types of squash; together with a scattering of other options (swiss chard, carrots).

Another goal per the 2024 Samaritan Garden is to include native flowering plants as part of our flower selection. **Example:** Baptisia Blue False Indigo (*Baptisia australis*) Flower and Red Cardinal (*Lobelia Cardinalis*) Flowers, indigenous to the US/Eastern US/North Carolina. Native plant habitats help preserve biodiversity as part of a collective effort to nurture and sustain the living landscape for birds and other animals.

We would love to hear your suggestions! Please contact member(s) of the Creation Care Ministry if you are interested in volunteering in the garden or otherwise working with the ministry!



*Creator of heaven and earth, we praise you for your immense generosity to place all your creation under our stewardship. Teach us to be more grateful and to fulfill our commitment to care for all you have entrusted to us, we pray. Amen.*  
[www.upperroom/devotionals/en-2024-02-13](http://www.upperroom/devotionals/en-2024-02-13)

Spring Blessings!

Karlah Burton, North Carolina Earthkeeper





# Mission Statement for the Loving Hands Crochet and Knitting Ministry

The Mission of Loving Hands Crochet and Knitting Ministry is to provide handcrafted items to those in our congregation and community who are in need of comfort and prayer. Our fellowship together will be a blessing to each other as we share our gifts of creating. Our hope is that we will bless others by keeping our hands busy, our arms open and our hearts full of God's Love.

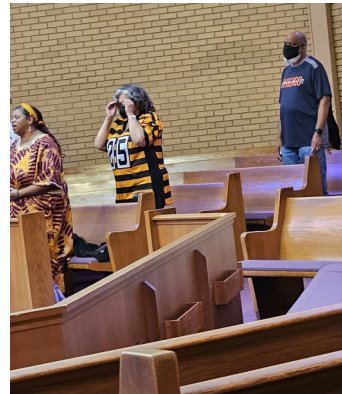


- For the month of February the Loving Hands Ministry provided “Pocket Hearts” and a treat bag to the children, youth and visitors to show them Our Love and to let them know that Jesus Christ loves them too.





- Thank You **Betsy Brown** for purchasing the Communion Table located in the front Narthex of the church and for keeping the bowl stocked with mint candy for our enjoyment.
- **Looking Good** during the Month of February by wearing our favorite Jersey, African Attire, and Sunday's Best!



- **ROSLYN SMITH McLEAN**, 1961 Bennett College graduate, was featured on WXII early morning news on Thursday, February 1, 2024 in celebration of Black History Month and the famed Greensboro Woolworth Store Sit-ins. The interview took place at the International Civil Rights Museum downtown in the room where the actual sit-ins took place.
- **HANDBELL CHOIR:** A ST. MATTHEWS HANDBELL CHOIR HAS BEEN FORMED UNDER THE DIRECTION OF MS. EDNA JOHNSON, SANCTUARY CHOIR DIRECTOR. POSTLUDE MUSIC WAS PROVIDED AFTER THE 11:00 A.M. WORSHIP SERVICE ON SUNDAYS, DECEMBER 10, 2023 AND FEBRUARY 11, 2024 AS FOLLOWS: JOY TO THE WORLD AND BATTLE HYMN OF THE REPUBLIC RESPECTIVELY. COME AND JOIN THE CHOIR!! REHEARSALS ARE HELD ON THURSDAY EVENINGS AT 6:00 P.M. IN THE FELLOWSHIP HALL. Roslyn Smith-McLean



**Change your clocks  
forward on March  
10.**

**First day of Spring is  
March 19.**



## SAT Study Tips

1. Take Advantage of Resources and Others' Knowledge
2. Utilize Free Test Prep Resources
3. Review Greek and Latin Roots
4. Read, Read, Read
5. Work on Reading Speed
6. Print Out Those Practice Tests
7. Use a Bubble Sheet
8. Answer the Easier and/or Quicker Questions First
9. Don't Guess the Same Letter
10. Check the Answer Choices Very Carefully
11. Check the Questions Carefully, Too
12. Don't Save the Grid-In Questions for Last
13. Look at the Shortest Answer First
14. Identify the Evidence First
15. Skim the Question at the Beginning
16. Rely on Your Strongest Math Skills
17. Shortcuts to Success
18. Brush Up on Your Grammar
19. Watch Out for 'Rhetoric' Questions
20. Start Early

## FAMILY BOWLING FUN WITH THE CHILDREN & YOUTH MINISTRIES ON FEB. 25, 2024.



Thanks to everyone who came out to play!



JOIN US AT OUR NEXT EVENT!

THE EASTER EXTRAVAGANZA SATURDAY MARCH 23

2:00 PM - 4:00 PM

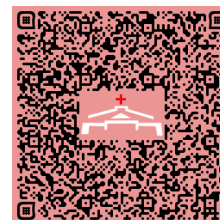
Coley Hooker Fellowship Hall

**Deadline for April Newsletter articles is March 21! Theme for April is "A Fresh Start". Send other pics & short articles to Wanda Edgerton at ponice1@yahoo.com.**

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PLEASE  
PLACE  
STAMP  
HERE

SCAN TO GIVE TO  
St MATTHEWS

*Bridging Generational and Spiritual Gaps Through Prayer, Faith and Ministry*

