



Pastor Tammy's Ponderings



In honor of Women's History Month: A Letter of Love to the Amazing Women in my Life.

"God is within her, she will not fall; God will help her at break of day." Psalm 46:5

The late, great, essayist, poet, and civil rights activist, Maya Angelou, is most famously known for her poem, "Still I Rise." Below is one of the poem's most arresting stanzas:

*Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.*

Both a poem and an anthem, this phenomenal body of work speaks to the strength, tenacity and determination of the amazing women in my little corner of the world. God has blessed me to learn from so many of you and grow because of you. Consequently, I write this letter as a thank you for the greatness you all have displayed in vital works of ministry.

Some of you are my "Phoebes". Phoebe was a deacon who is highlighted in Romans 16. She was a leader in ministry and a benefactor. She provided help, support, and charitable gifts to those in need. She was a believer who was called to give, support and help others, as a representative of God and not herself. So, I thank the women that stand in the cold and heat, watching the door for sisters and brothers in need of food on Tuesdays and Wednesdays. I thank the women who sacrifice and serve on the Administrative Council. Some of you have served for years with grace and patience.

Some of you are my "Hannahs." She is mentioned in 1 Samuel 1 and 2. She prayed fervently to God for a

God, out of gratitude! So, I thank my prayer warriors, working on prayer programs and praying for the sick and infirmed in and out of our dear church. I thank my (WOF) Women of Faith, who work diligently to support needy women and children all around the world.

Some of you are my "Unnamed Women" highlighted in Luke 8:1-3. They provided financial and moral support for Jesus' ministry. They gave from their substance, because they loved, worshipped and believed in the Lord, Jesus Christ. So, I thank my stewardship leaders and givers. You set such an amazing example as you give and give and give---with no hidden agendas or desire for attention. You give because you love God and your church.

Some of you are my "Miriams". She is highlighted Exodus 15. She took a tambourine in her hands and while all the women followed her, she led the celebration of freedom at the Red Sea. Miriam sang, "Sing to the Lord, for He is highly exalted." So, I thank my praise and worship sisters. Some of you are exuberant and some of you are more reserved. But believe me, I feel your heart when you tap a foot, shed a tear or clap your hands to praise our good God.

Some of you are my bold and bodacious "Shiphrah's and Puah's." They were courageous Hebrew midwives who defied Pharaoh's order to kill newborn Hebrew boys, fearing God over man. By letting the boys live, they played a critical role in preserving the Israelite population. For their bravery, God rewarded them. So, I thank my bold soldiers who speak out against injustice everywhere. You work tirelessly to ensure your church continues to be a pillar in the community---in spite of naysayers who say the work is in vain.

And I thank you all, who in some way shape or form are like "Mary, the mother of Jesus." She, of course, was chosen to bear the Son of God, demonstrating immense courage and faith.

So, my sisters, you show me and the world the importance of humility. For it's when we forget about self in our desire to live for Christ, and we stop being consumed with what others think of us or what others declare has value...well, that's when we all really shine in God's eyes. And, in the midst of seemingly mundane or meaningless days, the influence of your words, attitudes, and actions make a difference. You make a difference in the world, and you've made a difference in my life. We don't have to look to Hollywood or Broadway to find incredible women. Your greatness stands before us each and every day!



WOMEN'S HISTORY MONTH

Pastor Haynes	2
Women We Celebrate	3
MARY ANN SCHWEITZER	4
WOMEN'S MONTH SALUTE	5
SPPRC CORNER	6
SHOUT OUT	6
BENNETT COLLEGE 100 th	6
FOOD PANTRY	6
WOMEN HISTORY PUZZLE	7
BISHOP'S CLIMATE SUMMIT	7
KIDNEY CARE	9
PALM SUNDAY	10

Message from our Associate Pastor Rev. Torey Haynes



The Echo of a Praying Woman

I think about my grandmother, Sandra McLean, all the time. She was the most impactful person in my life. She was born in the 1940s in North Carolina, during a time when the state was transitioning from a rural agrarian society into an industrial and military powerhouse. She worked for Duke Energy for most of her life and took great pride in running her household. She was a woman deeply committed to her community and her church.



Photo: SANDRA FORNEY

My grandparents adopted my brother and me when we were around four and five years old. That was the moment I credit with pivoting the trajectory of my life and exemplifying God's prevenient grace.

As I grew older, my grandmother and I would often talk on the phone. She would regularly ask me, "Baby, have you been praying?" In my late teenage years, I would say yes just to get her to stop asking, though I did not have a consistent prayer life at the time. I now understand why she asked that question so persistently.

Prayer centers our spiritual lives and refocuses us on God, a God who can sustain humanity despite the pressures and anxieties of life. The pressures of status, progress, money, relationships, and staying relevant can easily consume us. Prayer recenters our lives on service and love rather than solely on those worldly concerns. It lifts God's Word into view so that we can see the world and live each day through the lens of love. That rhythm of prayer has shaped my life and ultimately led me to answer God's call.

This is just one of the lasting impacts of my grandmother that continues to echo in my life. So often, it is the women in our families, social circles, workplaces, and churches who profoundly shape who we become.

This Women's History Month, perhaps the greatest way we can honor the women who shaped us is to continue the practices they taught us. Pray. Serve. Love deeply. Ask someone else, "Have you been praying?" and carry the legacy forward, as a means of encouragement.

MARK YOUR CALENDAR

Daylight Savings starts in a few days

Sunday March 8th



Spring Forward



Don't forget to set clock ahead one hour at 2 a.m. Sunday

Acts 2:42

Faith, Fellowship, & Friends Sunday

Every 5th Sunday

Fellowship immediately after service in Coley Hooker Fellowship Hall

St. Matthews United Methodist Church

600 E Florida St
Greensboro, NC 27406

SERVICE BEGINS AT 10 AM

Pastor:

Rev. Tamara Ingram



Bridging generational and spiritual gaps through prayer, faith and ministry

March 29, 2026

Come and Join Us for Worship

Every Sunday with worship services at 8:30am & 11am 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](tel:1-929-205-6099), **ID** [82293573333#](https://www.facebook.com/stmatthewsgreensboro), **passcode** 583845

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

Women We Celebrate

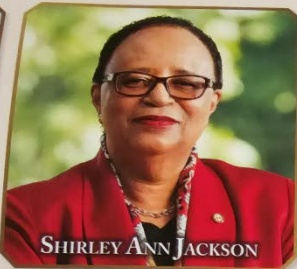
AFRICAN AMERICAN WOMEN EMBODY A REMARKABLE BLEND OF BEAUTY, RESILIENCE, AND STRENGTH THAT HAS SHAPED HISTORY AND CONTINUES TO INSPIRE GENERATIONS.



THEY CONTINUE TO LEAD WITH GRACE, POWER, AND DETERMINATION—SERVING AS TRAILBLAZERS, CHANGEMAKERS, AND THE HEARTBEAT OF PROGRESS. THEIR LEGACY IS ONE OF BRILLIANCE AND BOUNDLESS COURAGE, AND THE WORLD SHINES BRIGHTER BECAUSE OF THEM.



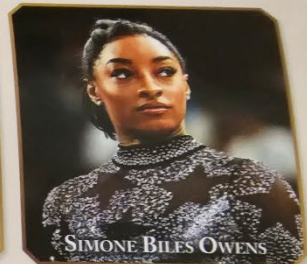
MARY MCLEOD BETHUNE



SHIRLEY ANN JACKSON



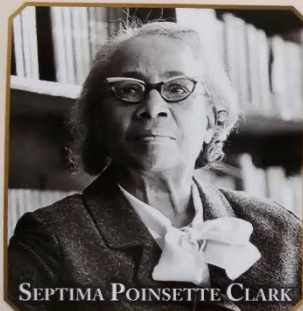
JANE WRIGHT



SIMONE BILES OWENS



KAMALA HARRIS



SEPTIMA POINSETTE CLARK



CYNTHIA COOPER



DOROTHY HEIGHT



MICHELLE OBAMA



GRACE JONES



SHEILA JACKSON LEE

It Is History. . .



(AUNT) MARY ANNIE SCHWEITZER

Women's History Month would not be complete without sharing the story of Aunt Schweitzer. The originality of the controversial picture secured from a State of Maryland History Museum exists but not the fact that Annie Schweitzer was an equal member of the Robert Strawbridge covenant group of the First Methodist Society in the New World. Carroll County, MD converts, many of German ancestry, met at the John Evans house in 1760 and membership was based on spiritual discipline rather than race. John Wesley followers were issued a physical ticket and could be expelled for missing more than two meetings. Annie's inclusion as a full, ticket-holding member indicates she was held to the same spiritual and accountability standards as white members. What a balancing act between "the slave" and "the society" but inclusive worship prevailed for a time. According to Helen, museum curator, "Annie is the only African slave whose story is mentioned at the Strawbridge Shrine", and exclaimed, "when Annie walked through the door at the Evans house her slavery meant nothing because the Bible says, 'Jesus makes us free indeed.'"

Robert Strawbridge and wife Eliza emigrated across the Atlantic Ocean, settled in the Maryland colony, and established a farm in what was then the back country. Around 1763, Strawbridge established a school to teach his neighbors, including an enslaved African woman named Annie Schweitzer (her first name, Mary was seldom used). He also road circuit. In 1760, the title "Aunt" applied to an enslaved woman carried a complex, dual meaning depending on who was using it. At the Strawberry Shrine **The "Aunt" Honorific** was a term of endearment and respect used by the congregation, likely reflecting her status as a "Mother in the Church" or a senior figure of wisdom within the community (UMC-GCHA Resource). Otherwise, it meant

- **Denial of Status:** which ensured enslaved women were not addressed with the same honorifics "Miss" or "Mrs.," reserved for Caucasian women.
- **Diminishment:** "Aunt" was a form of racial etiquette intended to imply inferiority and minimize the importance of older Black women.
- **The "Mammy" Stereotype:** "Aunt" describes a devoted, nurturing, and harmless servant, which served to make slavery appear less harsh.
- **Control over Naming:** Caucasian people avoided using the actual names of enslaved people, reducing them to a generic, familial title and more. (A.I. Definition of Aunt in 1760)

A familiar cliché that "*Our churches are the most segregated institution in the U.S.*" is also two-fold. Enslaves and Caucasians like the Strawbridge Shrine worshiped together for more than 175 years until Richard Allen's AME movement followed by the 1939 Methodist Episcopal Central Jurisdiction. Civil Rights advocacy by notable ME/UMC ministers like Joseph Lowery, James Lawson, lay person, James Farmer with Martin L. King, Jr. transformed America. Those relationships inspired Caucasian Methodists to merge with black churches who voluntarily surrendered their church deeds in 1969 minus holy language about Christian unity or brotherly love; voila, another merger motivation! Regardless horrific circumstances, WE SOUGHT GOD, FOUND HIM AND WORSHIPED!

Submitted by: E. A. McGirt, A&H Ministry



R² Women's Month Salute



National media outlets depict African American women as unknowing, overly sensual in behavior and attire, pernicious/twerking baby mamas, angry, abused, have little value and not a child of God. The R² Committee features a lady who is the opposite of these misguided narratives that saturate our medias **most times**. Black genius has always existed so meet or reacquaint yourself with a lady who exemplifies a life where family + faith + excellence has blessed our world, Tiera Guinn Fletcher, age 31. **SHE'S ONE OF THE MOST BRILLIANT ENGINEERING MINDS IN THE WORLD** who often prays, *“Lord, I am giving myself to you, releasing myself to you, submitting myself to you.”*

FAMILY. In our time, a little girl diagnosed with eczema grew up outside Atlanta, (her parents--a construction worker and an accountant, with a sister and brother). The Guinn **family** looked forward to grocery shopping on Saturdays. Thrifty mom explained that *“God expects us to be good stewards and spend our money wisely.”* Equipped with coupons and a list, this **family of 5** would walk the aisles for bargains. Her job was to calculate how much they saved for goods because Mrs. Guinn had observed Tiera's fondness for puzzles and Legos. At age 6, Tierra started the practice of figuring out in her head the sale price of each item, minus the coupon, plus the tax, and kept a running total. When they got to the register, Tiera would give the exact total and parents would say, *“That's great, Tiera. Try it again at the next store.”*

FAITH. The Guinn family attended church on Sundays where **Christlike** seeds were planted! Tiera learned Bible verses, taught Sunday school with her mother and helped with plays and a dance ministry. Spiritually Tiera believed God put mentors along her path to guide and strengthen her. Presently, her family attends Word of Faith Family Cathedral and her DAILY PRACTICE -is to begin every morning with [prayer](#).

School life was challenging at times: yet parents supported her busy lifestyle and interests. Tiera's peers called her **NERD, CHEETAH PRINT and UGLY LEGS**. Those words hurt and she doubted herself; (*“Could I really do or become all the things I want?”*). Whenever doubtful Mrs. Guinn would have Tiera recite Philippians 4:13: *“I can do all things through Christ who strengthens me.”* Mr. Guinn reiterated, *“Never give up, never give in, never give out.”* Boy rejection: mom would say, *“Someday, you'll find the one who will love every piece of you. and these boys are saving you time by showing you they are not the one!”*

EXCELLENCE?!? The list is **so long** I invite you to this link: https://en.wikipedia.org/wiki/Tiera_Guinn_Fletcher
Ms. Guinn graduated MIT with a **5.0 GPA**; married Myron Fletcher, a Duke aerospace engineer--they have 2 sons and expecting again; and leads NASA's Space Launch System, working with a group of rocket scientists—including her own husband—toward the next great frontier in space: sending humans to Mars. **WE THANK GOD FOR YOU!**

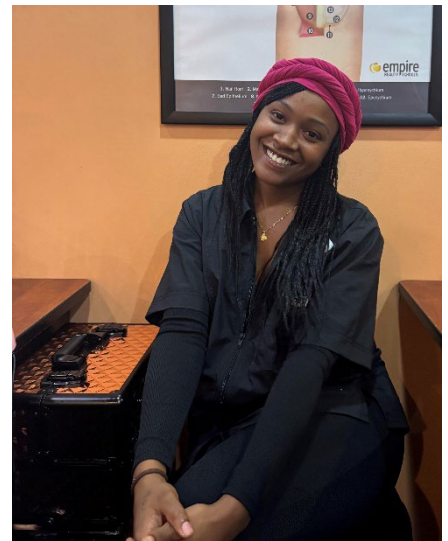
Submitted by: E.A. McGirt and Peggie Horton

MARCH 17TH



**SPPRC CORNER – STAFF SPOTLIGHT
CANDUN BUTLER**

1. I've worked at SMUMC for 7 years now, since 2018
2. No I don't play any other instruments as well as I play the piano
3. I find shouting style music more difficult for me to play
4. I don't like Brussels sprouts
5. Pepsi products are better
6. My favorite cereal is Frosted Flakes
7. I played hide and go seek all the time as a kid
8. I still love the Cupid shuffle
9. I would love to sleep a good 8 hours
10. I would love to have lunch with Michelle Obama



Shout out!



The Shepherding Ministry was busy packing Love Bags for our sick and shut-in and then meeting to discuss future activities for the year.



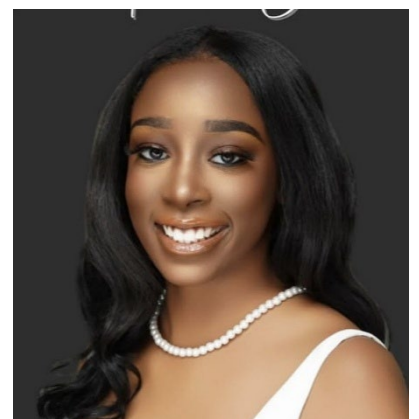
Congratulations to Betsy Brown for her award of excellence in the ZETA PHI BETA, INC – BETA NU ZETA CHAPTER.

College Life Update

Greetings Church Family, I hope everyone is doing well! College has been such a growing experience for me. Between classes, internships, and being involved in athletics, my schedule stays pretty full—but I'm grateful for every opportunity. I've been learning so much, not just academically, but about discipline, leadership, and trusting God in new environments. There are definitely busy and challenging days, but I continue to see how God is stretching and strengthening me through this season.

Thank you for all your prayers and support from back home—it truly means more than you know. I carry the foundation you all helped build in me everywhere I go. I'm excited to see what this next chapter continues to bring!

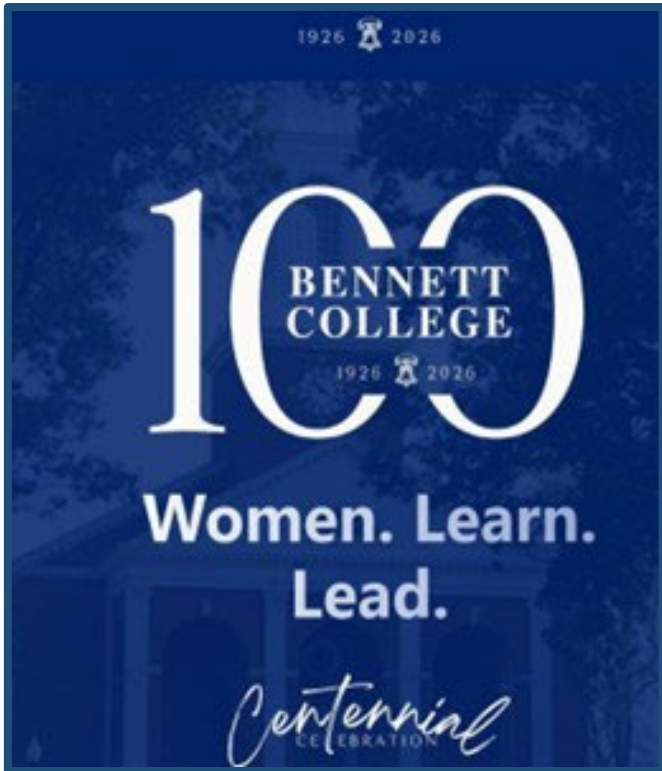
Sincerely, Zahra K. Jarrell
Syracuse University



BENNETT COLLEGE 100TH ANNIVERSARY

In 1873, Bennett College had its beginning in the basement of the Warnersville Methodist Episcopal Church (now known as St. Matthews United Methodist Church). Seventy young men and women started elementary and secondary level studies. In 1874 the Freedmen's Aid Society took over the school, which remained under its auspices for 50 years.

Within five years of 1873, a group of formerly enslaved people purchased the present site for the school. College level courses and permanent facilities were added. In 1926, The Women's Home Missionary Society joined with the Board of Education of the church to make Bennett College in Greensboro, N.C., formerly co-educational, a college for women.



We celebrate this milestone with our Bennett College family today as we welcome the Freshwomen and Faculty to our 11am Worship Service.

The Messenger Newsletter needs a proofreader for the newsletter. A keen eye for details and language mastery is helpful. If interested, please contact Wanda Edgerton by way of email ponice1@yahoo.com or phone 336-207-5441

40 DAYS, 40 ITEMS LENTEN CHALLENGE: FILL THE FOOD PANTRY!!!

Join our Challenge to stock the Food Pantry shelves.

During the 40 days of Lent, all congregants are asked to collect a non-perishable food item daily.

You may bring your items to the Church as follows:

In Narthex during Food Pantry hours (receptacle labelled)

Tuesdays/Wednesdays @10am – Noon from February 22 – April 1

In Narthex before Worship Services (receptacle labelled)

Sundays from February 22 – March 29

“The Big Drive-Thru Drop Off Day” in the Fellowship Hall Parking lot

Friday, April 3 from 3pm – 6pm (Curbside service only)

Monetary donations are accepted.

Select special on your envelopes or other online, then type in “Food Pantry”

We're praying for 100% participation to fight local hunger.

“Let's turn our Lenten sacrifice into a feast for those in need!”

~Shepherding Ministry

OUR SHELVES
ARE ALMOST
BARE!



PLEASE HELP US FILL
THESE SHELVES.

Name: _____ Date: _____



Women's History



S	Q	K	D	L	C	X	A	D	W	E	L
E	M	C	U	R	I	E	S	A	C	Q	T
W	K	A	H	L	O	X	S	R	Y	J	J
A	M	B	R	A	V	E	E	E	X	M	U
X	K	E	X	T	A	I	T	K	P	D	W
D	R	E	A	M	W	D	K	H	I	Y	F
P	M	O	Q	Y	B	K	A	J	F	N	T
V	A	J	O	P	O	E	T	O	Q	Y	D
X	O	R	Z	B	L	L	O	A	K	S	M
E	B	C	K	D	D	L	P	N	F	B	X
A	O	O	A	S	H	E	I	F	F	M	Y
S	M	V	S	L	B	R	H	D	C	F	G

ADA
ASSET
BOLD
BRAVE
CURIE

DARE
DREAM
JOAN
KAHLO
KELLER

KIND
PARKS
POET
SMART
VOCAL



Submitted by Zahra Jarrell

© Puzzle Cheer

bishop's climate summit:

for such a time as this...



april 18, 2026 9a-4p

maple springs umc, winston-salem

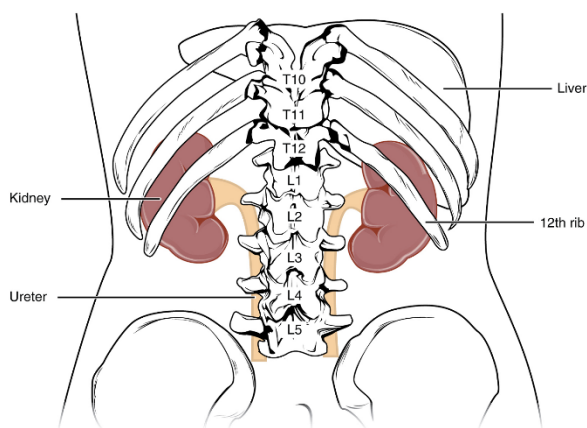


registration now open

(special discounts for groups of 5 or more)

Let's Talk about Kidney Care!

Jennifer Lewis, Coordinator - Health & Welfare Committee



March is National Kidney Month, and the SMUMC Health & Welfare Committee wants to support you in your efforts to promote kidney health! National Kidney Month, celebrated every March, is a public health initiative aimed at increasing awareness about the importance of kidney health and the prevention, early detection, and management of chronic kidney disease (CKD). Did you know that your kidneys work to filter your blood and pull-out waste, acid and extra fluid. We

see that waste and fluid as urine expelled from our bodies, but your kidneys do a lot more than that. Your kidneys also make hormones that help control your blood pressure, make red blood cells, and keep your bones strong and healthy.

Maintaining kidney health is important to your overall health and both are impacted by lifestyle choices, which are those decisions we make in our daily lives that can improve or hurt our overall health. Lifestyle choices are things that you can modify - things like your dietary habits, physical activity, substance use, sleep, and stress management. To support your kidney health, it is important to manage any underlying medical conditions you may be experiencing such as high blood pressure or diabetes because these conditions place you at higher risk for CKD. Getting consistent medical care, taking medications as prescribed, and exercising can improve your kidney health. Maintaining a low-salt diet, staying hydrated, getting adequate rest, avoiding smoking, and limiting your use of non-steroidal anti-inflammatory drugs (NSAIDs) which are common pain relievers like naproxen, aspirin, and ibuprofen can help preserve kidney function as well. It is important, however, to talk with your medical provider before taking new medications or stopping medications.

Your kidneys help you live your best life, yet in the United States, nearly 40 million people are estimated to have CKD, yet up to 90% may be unaware of their condition, making early recognition and treatment critical. Kidney disease means your kidneys are damaged and can't filter blood the way they should. If you believe you are at higher risk for developing CKD, consider these early warning signs and symptoms:

- Fatigue and weakness
- Swelling in the legs, ankles, or feet
- Persistent itching
- Foamy or bubbly-looking urine
- Frequent urination, particularly at night
- Persistent headaches

While there are treatment options for kidney disease or kidney failure, remember, "an ounce of prevention is worth a pound of cure" so it is better and easier to prevent a problem than to fix it after it occurs. Let's work together to preserve our kidneys so they can keep working for us! For more information on maintaining kidney health, check out the following websites:

[Kidney Disease - NIDDK](#)

[American Society of Nephrology | Celebrate - National Kidney Month](#)

How the Crowds Changed their Feelings Toward Jesus in One Week



The crowds welcomed Jesus when He entered Jerusalem less than a week before His death - and Yet they turned against Him only a few days later. The Bible says they shouted to Pilate (the Roman governor), "Take him away! Take him away! Crucify him!" (John 19:15). People frequently play "follow the leader" when that leader offers them something they want. When they do not get what they want, they follow the example of rats that abandon a sinking vessel and simply "jump ship." The people of Jerusalem expected Jesus to declare himself their king, and to lead a revolt against the Romans who were occupying the Jewish nation. In other words, they hoped Jesus would become a political leader. Many anticipated a warrior-king who would conquer the Romans. Instead, Jesus taught about spiritual salvation and submission, leading to the peoples' disappointment. He did not fulfill their expectations of a political or military Messiah who would overthrow Roman rule. After riding in as a hailed King on Palm Sunday, Jesus's focus on a spiritual kingdom, combined with agitation from religious leaders and his arrest, led the crowd to feel disillusioned, manipulated, or fearful.

But Jesus did not come to set up a new political system. He came instead to change our hearts and save us from our sins by His death and resurrection. He declared during that last week, "My kingdom is not of this world. If it were, my servants would fight. ... My kingdom is from another place." This deeply disappointed those who hoped He would throw out the hated Roman occupiers. Some of the people may have regarded Jesus as a failure and may have feared that aligning with a "failed" rebel would bring Roman retaliation against them.

Because of His beliefs, religious leaders such as the Pharisees and chief priests, felt threatened by His authority and his cleansing of the Temple actively incited the crowd to demand his crucifixion. Even though the Pharisees and Chief Priests were supposedly "spiritual" leaders, they were heavily involved in the local politics. Jesus had no political agenda, but He became a political prisoner because the religious leaders feared he would threaten their power and influence with the government.

We must also take into consideration that word had spread about Jesus raising Lazarus from the dead. While many in the crowd were part of the Passover pilgrimage, their initial praise was not based on deep faith but on excitement about miracles.

The story of Palm Sunday is an example of how quickly our loyalties can change when things do not go our way. It also demonstrates our lack of understanding of things beyond our physical and immediate comprehension. People in the crowds could not comprehend a kingdom that was not of this world. They could not understand conquering or overthrowing the Roman without warfare.

We frequently disregard what appears to be not what we want. In so doing, we lose what would be true blessing. We must look for the deeper meaning in what we are being told. We must look beyond what glitters, because it isn't always gold.

Billy Graham Evangelistic Association

Respectfully Submitted, Crystal S. McCombs

Deadline for April Newsletter articles is March 20, 2026. Theme is "Showers of Kindness" Please send us acts of kindness that you did or saw during the Lenten Season to be published in April Newsletter. All articles & photos send to Media Ministry at smumcgreensboro@gmail.com.



600 E. Florida Street
Greensboro, NC 27406
Phone: 336-272-4505
Pastor: Tamara Ingram
E-mail Pastor: pastortammyz@aol.com
NEWSLETTER COMMITTEE
Ajalynd Baker ajalynd.dunn@gmail.com
Zahra Jarrell zkjarrell@gmail.com
Crystal McComb berneitas@gmail.com
Voncile Ferguson 1voncile@gmail.com
Tia Powell thp962@aol.com
Michelle Thompson michellethompson@hotmail.com
Mia Naylor miarn10@gmail.com
Wanda Edgerton ponice1@yahoo.com
Lisa Pyrtle smumctreasurers@gmail.com
Dianne Bellamy Small tdbslive@gmail.com



Scan to Give to
St Matthews

