



Pastor Tammy's Ponderings



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**Come and Join Us For
Worship**
Every Sunday with



Kindness Starts With Me

“But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him.” Luke 10:33

Sisters and brothers, I couldn't wait to share this “feel good” story because I know it will touch your heart the way it touched my heart. 2 weeks ago, Rev. Ingram and I went to Wal-Mart. When our shopping trip was over, he was a true gentleman (smile) and offered to bring the car up to the door. Well, as I waited,

I was deep in thought. I'm not sure what type of expression I had on my face but based on what happened to me at that store's door, I must have looked troubled and distressed. I was in my own little world, oblivious to my surroundings, when suddenly, a woman, pushing a shopping cart came up. I quickly surveyed the cart's contents, and it was obvious to me that she had everything she owned in that shopping cart. She rolled up next to me and got pretty close. If I can be transparent, I assumed she was going to ask for money. But what happened next practically brought me to tears. She looked up at me and asked very softly, “Are you OK?” And, before I could gather myself to answer, she took a bottle of water out of her cart and said, “Have some.” WOW! Here I was, thinking she was going to ask me for something. She ended up blessing me!

I wanted to share my story with you to highlight the importance of kindness and the impact it can make in someone's life. Pure, simple, unassuming kindness can change one's perspective. It can shift the atmosphere. It can brighten a day. It can change

minds and put negative stereotypes to rest. In a world flooded with headlines about challenges, troubles, struggles and concerns, it's so important to highlight the positive ripples and effects of hope, especially those sparked by everyday kindness.

The scripture I've focused on this month comes from the longer narrative that describes the parable of the Good Samaritan. If you're not familiar with the story, Jesus uses it to teach an expert in the law the sentiments of love and life. He tells of a man attacked by robbers and left to die. The folks of authority (the church folks) walk over him, walk past him and overlook him. They don't want to “get their hands dirty. They don't want to get involved. Basically, they just don't want to be bothered. But the story goes on to state that a Samaritan, an outsider, got involved and sacrificed money and time to help. Can't you just see him...peering down at the man...asking, “Are you ok?”

Sisters and brothers, this is what we are all called to do. Granted, it will take some work for many of us. It will also take some of us completely out of our comfort zones. It can be a little daunting to reach out. It can cause some angst and anxiety. I mean, what if the person we're trying to help rejects what we try to offer? What if they reject us?

I am here to tell you to attempt to do it... anyway. Ephesians 4:32 says. “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Galatians 6:10 says, “So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.” Therefore, starting today, plant some seeds of encouragement, hope and compassion. Say “hello” anyway. Offer a smile...anyway. Show concern...anyway. Silently pray and intercede...anyway. Pay it forward...anyway. Offer a listening ear...anyway...and the list can go on and on. Showing kindness won't always change a hostile situation into a friendly one, but it does show the work of the Holy Spirit in your heart. As we all show kindness to others, thanks be to God, we become more like Christ. Additionally, as we all practice and plant the seeds of kindness, compassion, hope and love, God will ultimately bring about the spiritual growth and increase. (1 Cor. 3:6). Just think, our act(s) of kindness could cause someone to want to visit church or even join our CHURCH and grow in holiness!!! What a glorious testimony you and I could have if we only take the first step and let kindness reign!

Saints, I took that bottle of water. It may sound strange, because I certainly could have gone back into Wal-Mart and bought her a whole case. But I felt that I needed to make a connection and let her know that she had something of value and something worth offering. Continued Next Page

We had a brief conversation, and I said a prayer over her life. And it was in those moments that I really realized that sowing seeds of kindness is more than an action. It must be a lifestyle. So, try it out today. Give someone One smile. One nod. One ride. Yes, you are only One person. But if enough of us do One KIND thing, we can ALL make kindness the norm.



MESSAGE FROM REV. TOREY HAYNES

Acts of Kindness: A Fruit Worth Bearing

Kindness is one of the fruits of the Spirit that binds all believers together. Kindness is intentional and benevolent, often in the best interests of both the giver of support and the recipient. In Galatians 5:22-23, the Apostle Paul reminds us that kindness is not merely a personality trait or a random act of goodness; it is evidence of the Holy Spirit at work within us. When we choose kindness, we are not acting on our own strength; we are yielding to the Spirit who dwells inside of us. Kindness can take many forms, such as a phone call to someone lonely, a meal shared with a neighbor in need, an encouraging word spoken at just the right moment, or a quiet act of generosity that no one else may ever see. These moments, small as they may seem, are powerful demonstrations of God's love moving through ordinary people in extraordinary ways.

As members of the body of Christ here at Saint Matthews, we are each called to be carriers of kindness in every season of life. The world around us is watching, and often it is not our theology that draws people closer to God; it is our kindness. This month, let this be the question we carry with us: *Who in my life needs to experience the kindness of God through me?* May we be so full of the Spirit that kindness becomes not something we do, but simply who we are.



Acts of Kindness



One of the best-known acts of kindness is recorded in a famous parable told by Jesus in Luke 10:25-37. It tells the story of a despised Samaritan who stops to help a robbed, beaten Jewish man after religious leaders pass him by. The lesson here is not just one of kind deeds, but of acceptance as well. At some time in history, Jews and Samaritans did not associate with each other due to religious and racial differences. The animosity between the two groups dates back centuries and involved differences of opinion over correct places of worship as well as varying interpretations of the Torah. Many Jews considered Samaritans to be heretics because of differences in their beliefs. Because of their mixed marriages with the Assyrians, Samaritans were considered unclean, and Jews would avoid even traveling through Samaria.

The question we ask is why would you help someone who despises you and regards you as unclean? A priest and a Levite (religious leaders) pass by the man on the other side of the road, ignoring his plight. Why would one's countrymen see one of their own in peril and pass him by?

**KINDNESS
CHANGES
EVERYTHING**

It really comes down to a person's individual beliefs and conscience. Kindness is easily given when it is convenient. The priest and the Levite had more pressing items to address, so it was not convenient to stop. Besides, since the man was described as half-dead, they might have felt that he would die anyway. The Samaritan, however, looked past the long-standing feud between the two groups and saw a man in need of help. He treated the wounds and placed the man on his animal.

That means the Samaritan gave up his seat on his own animal and had to walk.

People today are doing more acts of kindness than in the past. Financial and social upheavals have made people aware of the difficulties of others.



Volunteer groups look for ways to serve freely where needed.

Customers help when someone has difficulty paying at a cash register.

People are asked to "pay it forward" when someone helps them. The benefactor does not ask for it back but says "help someone when you can."



Kindness is easily given to those for whom we hold affection. Being kind to someone we really dislike is a challenge. But we must remember that we can be transformed in an instant and become the injured man on the side of the road. Our best friends may be too busy or too "clean" to stop and help us but along comes someone we truly despise. And they stop and help us despite our differences.

Kindness can be helpful to us as well. Choosing to pray for someone who has hurt you can help release bitterness and prevent anger from controlling your life. Responding to hostility with grace can stop an "endless cycle of hate and revenge".

"But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you Matthew 5:44

Respectfully submitted

Crystal S. McCombs

Shout out!



**Congratulations to
Charles & Wanda
Edgerton on 59 Years of
Marriage!
From the Family**





It Is History. . “I THIRST”

Spiritual and physical water is essential for man to exist. Many Saint Matthews’ worshipers can recall how black clergy mesmerized their flock with the “Dry Bones Sermon:” dramatizing how each bone connected, flesh reattached to bone, then an army of dry bones moved after God breathed on them. Some parishioners were overcome by the Holy Spirit that caused them to answer the preacher with Amens, claps, foot taps, cries, shouts, singing, handkerchief waving, etc. What an inspiring and transformative “Word”. I wondered why hearers were moved to such euphoria. Reflecting on decades of life experiences, referred sometimes as “Dry Patches” or “Ups and Downs”, I grew in understanding. Life experiences can leave people feeling parched and cracked like the Sahara Desert in need of Jesus’ living waters. Black choirs sing, “Where can I go but to the Lord” to find refuge in the Trinity when feeling out of sorts.

Have you noticed that after winter the earth is more brownish in color until April Showers? The spring "green" we see is the biblical sign that the **Living Water** has finally hit the soil of our daily grind. In scripture, green isn't just a color; it's a status report. It means the roots have found the source. When the "Breath of God" (the *Ruach*) moves over dry patches several things happen in that "green" stage of restoration:

- **A Shift from Survival to Flourishing** - In the dry season, you are in survival mode—just trying to keep the "bones" together. But when the water comes, (**Psalm 23**) and “restores one’s soul,” **restoration**. It doesn't mean our problems disappears; rather, we have an internal supply that keeps us vibrant even when the "weather" of life is harsh, Jesus.
- **Evidence of "New Shoots"** - In (Isaiah 43:19), God says, "See, I am doing a new thing! Now it

springs up; do you not perceive it?" In your life, this looks like **new ideas, restored energy, or a sudden sense of peace** in situations that drain you. That "GREEN" is the evidence that the Holy Spirit is "irrigating" your mind and heart.

- **Restoration of the "Pasture"**. (Psalm 23) reminds us that “*He makes us lie down in green pastures.*” The "GREEN" represents **Sabbath** and **Provision**. A dry field is a place of work and anxiety; a green pasture is a place of rest and feeding. When God restores our "land," He isn't just giving us a nice view; He is providing the spiritual nutrients needed to stop "fretting" and start trusting.
- **"Tender Blade" of Hope In** (Job 14:7-9), there is a beautiful image of a tree cutting. Even when its roots grow old in the earth and the stump dies in the soil, “*at the scent of water it will bud and put forth shoots like a plant.*” This is the "Dry Bones" moment for our daily ups and downs. Even if a part of our life feels like a "stump," the mere *scent* of God’s presence (the water) triggers the green.

When the "green" of new life begins to appear, it is a sign that your soul is once again synchronized with the **Living Water**. To maintain its intentional root-care we must recognize, acknowledge and confess sin because we are "incapable of living without sinning by thought, word and deed. The Good News: the "**Green**" Life of a Sinner Saved by Grace is people are imperfect but pliable. Living this way means your "land" is constantly being irrigated knowing that

- **The Dryness:** Comes from trying to be "good enough" on your own, and
- **The Green:** Comes from the humble admission: "*Lord, I can't do this, but You can. Wash me again.*"

This is the "Dry Bones" sermon, we "die" to our pride throughout the day, and God’s breath brings us back to life every time we turn back to Him. Thirst for His water today. *Shalom!*

Submitted by McGirt, Archives & History Ministry

ARCHIVES & HISTORY ANNOUNCEMENT



The A and H Ministry would like to display newspapers published by a Saint Matthews Methodist Church member James Franklin Johnson. The paper was a major **VOICE** in our church and its significance will be highlighted for **SMUMC's 160th Church Anniversary**. *The Future Outlook* was a newspaper for African Americans in Greensboro, North Carolina from 1941-1972. The paper covered local people and events in Greensboro, the surrounding area of Guilford County, and subjects of national and international interest. The paper covered the area's schools and colleges including Bennett College and North Carolina A&T. Its address

was listed as 1301 Market Street. Donate dated clippings, entire papers, or submit photocopies of these for this project. Contributors should make sure that their name and contact information are attached and tell why you kept newspapers—(optional). A marked box will be provided for these items due **July 31, 2026**.

As promised: below are modifications to Social Principles (SP) found in our revised 2024 Book of Discipline. The R-2 committee newsletter articles changed due to these revisions. Language changes aim to enhance clarity about experiences relative to people of color so past articles may have challenged some beyond your comfort zones. It is hoped that one would broaden their perspectives re the United Methodist Church (UMC), and society histories, equity, justice, racism and racist church structures. Please familiarize yourself with SP modifications that impacts most ministries below. More SPs are coming as taken from the ResourceUMC website. *The Book of Discipline* is published in hardcover, kindle and the UMC has it online for community use as well.

https://www.cokesbury.com/The-Book-of-Discipline-of-The-United-Methodist-Church?srsfid=AfmBOooQjX3ANT5euuODWgu34SCi001cQGnIKvDKLyrxd2ltvi_rtOWq

1. **Explicit Acknowledgment of Racism** The inclusion of terms like "white supremacy," "white privilege," and "colonialism" represents a significant departure from previous language that may have been more vague or indirect. By explicitly naming these issues, the church confronts its own history and complicity in systemic injustices, marking a pivotal moment in its moral and ethical evolution.
2. **Commitment to Active Anti-Racism** Declaring that the United Methodist Church must live as an actively anti-racist institution challenges the church to move beyond passive acknowledgment of racism. This language signifies a commitment to proactive measures, calling for tangible actions that dismantle racist structures within the church and society, thereby fostering a culture of accountability.
3. **Response to Historical Context** These changes arise in the context of broader societal movements advocating for racial justice, including the civil rights movement and more recent protests against systemic racism. By aligning itself with these movements, the United Methodist Church positions itself as a relevant and responsive body that seeks to address systemic racism rooted in historical injustices of the Church.
4. **Emphasis on Unity and Healing** The language promotes a vision of The UMC as a community that actively works to root out discrimination and oppression. This approach emphasizes the need

for unity and healing within the church, encouraging members to engage in dialogue and reconciliation, thus fostering a more inclusive and equitable environment.

5. **Moral Leadership** By incorporating this language into its Constitution, The UMC positions itself as a leader in the fight against racism within religious and social contexts. This sets a precedent for other denominations and organizations, encouraging a broader commitment to justice and equity in faith communities.

6. **Legacy of Reform and Justice** These proposed changes connect to the long history of reform within the United Methodist Church, reflecting a legacy of addressing social issues. By explicitly confronting racism, the church reaffirms its mission to promote justice and equity, continuing the work of past leaders and movements within the denomination.

Conclusion The commitment reflected in the changes in Article V represents a significant step forward for the United Methodist Church in its pursuit of racial justice. The proposed changes hold significant historical importance as they explicitly acknowledge systemic racism and commit The United Methodist Church to actively combat it. These changes challenge the Church to claim its prophetic witness as a redemptive and transformative force in both its community and the wider society, dedicated to the principles of equity, dignity, and respect for all individuals. **Become a R2 Squared Ally:** a UMC R2 ally is a person or church actively working with the UMC's [General Commission on Religion and Race](#) (GCORR) and related movements to dismantle racism and promote racial justice, moving beyond mere awareness to *act* as an anti-racist by challenging systems, educating themselves, supporting diverse communities, and championing equity and inclusion within the church and society, rooted in the belief that every person is a child of God. *Originally published by [Religion and Race](#). Republished with permission by [ResourceUMC](#).*

R-2 ANNOUNCEMENTS

- * Year 2026 marks the 160th year anniversary of our church!
- * Remember to read online anti-racism prayers, good healing.
- * The R2 Committee will have a special Black History event during worship on Harry (Black Harry) Hoosier. Other details are forthcoming.
- * April 19th is Native American Sunday: a Native speaker and spiritual dancer are to worship with us during the month of April (date TBD). Please invite your friends.

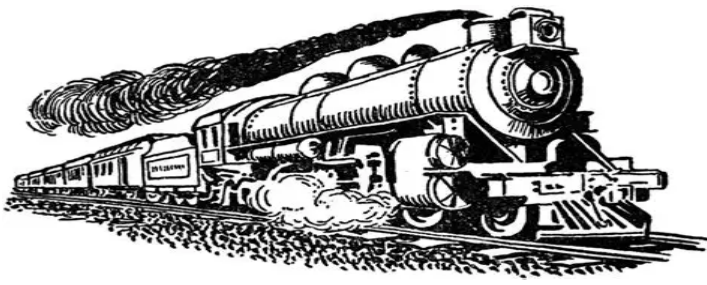
Submitted by: Albertina McGirt and Peggie Horton, R-2 Co-chair

SPPRC CORNER – STAFF SPOTLIGHT

Rosanne Roberts, Musician for Fellowship Choir

1. How long have you worked for SMUMC? 10 Years
2. What's the location of your favorite vacation? Miami, Florida
3. Who is your favorite Gospel Artist? Thomas Whitfield
4. What was the name of the last book you read cover to cover? *Becoming*
5. Are you a member of a church, if so which church? Wells Memorial Church of God in Christ
6. Do you have children, if so, how many? A Son and A Daughter
7. Favorite childhood movie? *The Addams Family*
8. What was your most challenging subject in school? Trigonometry
9. Favorite dessert? Haagen Daz Coffee Ice Cream
10. What makes you smile? Being with my family





Like a tornado, *The Glory Train* has picked up speed and is moving quickly down the track. We only hope and pray that what is left in the wake of our productions is an awakening of the spirit – that each person who is touched by this magnificent production has a new or renewed respect for the Christian walk.

During the last two months, we have presented this dramatic story to three senior facilities, one church, and more than a hundred audience members. Looking ahead, we have plans to share *The Glory Train* with a church in Winston Salem and the Hayworth Cancer Center in High Point.

To God be the glory as the *FirstFruits* Drama Ministry continues to share the good news of the Gospel through drama, music, songs, and laughter. Praise God for His guiding hand as we continue *The Glory Train* journey.

Submitted by Gwen Poole, Liturgical Arts Coordinator



Celebrate
April 22



Saturday
April 18, 2026
11:00 AM - 1:00 PM

Theme: My Cup Runneth Over
Psalm 23:5



Dr. Irish Spencer,
Speaker

YOU ARE INVITED
TO

St Matthews
United Women In Faith

Annual
SPRING

Tea

St Matthew United Methodist
Church

Coley Hooker, Jr. Fellowship Hall
600 East Florida Street
Greensboro, NC 27406



Najm Muhammad,
Guest Saxophonist



ACTS OF KINDNESS

I enjoy working with and teaching the youngsters of the church and I admire their genuine kindness in helping and sharing with one another as we develop and rehearse our works (drama, dancing, handbells, etc.). I noticed acts of kindness while the young men worked on their Black History monologue presentation titled "***Because Of . . .***" I also observed kindness shown by the boys' siblings as they assisted them with memorization.



It warmed my heart when I witnessed the two cousins working together on their brief piano piece and recognizing "***The Negro National Anthem.***" It was remarkable to sit back and watch the girls coach each other, without judgement, but with kindness during the rehearsals.



Submitted by Gwen Poole, Liturgical Arts Coordinator

SCAT Driver did not charge us for riding the van.
Dorene Coley brought us some apples.
The Fellowship Choir brought canned goods for the Forty Day Challenge.
Our son, Garland, cooked enough food for several meals.
Lisa brought a case of water and cooked butter beans before leaving on her trip.
Charles' aide shared lunch with me one day.
The Transportation Driver reduced the price of our trip to the VA in Kernersville.
At Walmart a stranger helped with putting my groceries in the cart.
Our Grandson had dinner delivered to the house for our anniversary.
I sent a few dollars to a friend's son who is incarcerated.
So grateful to all for their acts of kindness.

Submitted by Wanda Edgerton

Acts of Kindness: the quality of being friendly, generous and considerate.
We all have the spirit of kindness: Letting someone go ahead of you in line.
Bringing someone an unexpected gift of fruits or produce when you are blessed with more than enough.
Calling to check in on friends, family and church members.
Greeting church visitors with a kind word and a smile.
Seeing a need and filling it without being asked to do so.
Giving someone a ride to a doctor's appointment and staying for moral support.
Having a listening ear, sometimes we may be their only interaction.

Voncile Ferguson



Put a Spring in Your Step: The Benefits of Physical Activity

Jennifer Lewis, Health & Welfare Committee Coordinator

Spring is a time of rebirth and regeneration and as the weather warms, the flowers bloom, and the days get longer, we have an opportunity to engage in our individual and collective season of renewal. One way we can take advantage of the spring season is to get outside and engage in movement to exercise our minds and bodies. Many of us are adverse to the thought of exercise, however, I encourage us to shift our thinking towards being more active by engaging in meaningful movement.

There are many benefits of engaging in meaningful movement for people of all ages. Did you know that physical activity is just as important for your mental and emotional health as it is for your physical health? Take a look at the list below from the [Centers for Disease Control](https://www.cdc.gov/physicalactivity/basics/) to see just a few of the benefits of physical activity.

Benefits of Physical Activity

Manages your weight	For children ages 6 - 13, improves cognition (performance on academic achievement tests, executive function, processing speed, memory)
Strengthens your bones and muscles	For adults, reduces risk of dementia (including Alzheimer’s disease)
Reduces your health risks	For older adults, improves cognition (executive function, attention, memory, crystallized intelligence,* processing speed) Keeps your thinking, learning, and judgment skills sharp as you age
Improves your ability to perform daily activities and prevent falls	Reduces your risk of depression and anxiety
Promotes more restful sleep	Improves your overall quality of life

To support your efforts towards improved physical and mental wellbeing, the SMUMC Health & Welfare Committee is asking that you increase your physical activity - consider getting outside and walking around the block, assist the Creation Care Ministry with the Community Garden, consider joining an exercise class, or volunteer to pick up trash in your local community. Each of these activities provides an opportunity to increase your meaningful movement and enables you to reap the benefits of putting a Spring in Your Step! Join the Health & Welfare Committee by completing the survey below (or you may complete a hard-copy survey as well) about your health goals. Doing so will help inform us of how we can better support you in your journey to improved health and wellness. If you have questions, please feel free to reach out to a member of the Health & Welfare Committee!

Click [here](#) to complete the Health & Welfare Survey!



Meet Our Student Volunteer - Creation Care Ministry

by Karlah Burton, Chairperson

Mischka Jean-Baptiste, Junior
North Carolina A & T State University
1601 East Market Street
Greensboro, NC 27411

Department: Sociology and Social Work

Major: Social Work

Volunteer Category: Social Welfare Policy and Service



Mischka has been volunteering in the community garden since February 23, 2026.

She is such a nice person and a hard, diligent worker! Mischka's hometown is Orlando, Florida where she attends First Baptist Church. She plans to pursue a career related to her major, working within the penal system. Ms. Jean-Baptiste also wants to become a military officer!

So far this year we have mulched, weeded, and otherwise prepared raised beds for growing. In 2026, the goal is to plant 100% flowers and create a small-scale pollinator garden to support pollinating and other beneficial insects! At General Conference 2024, UMC several creation care related resolutions were passed including one related to *church land use*. In coordination with the Western NC Conference Green Church Initiative the objective is to continue to explore related options. Learn more about pollinator gardens at, [Creating a Pollinator Garden - Carteret County Center](#).

The Creation Care Ministry is looking for volunteers. We hope to see you in the garden!

Hallelujah! Thank you, Jesus!

"Please lead us to be faithful stewards of your earthly kingdom for all this belongs to you."

-- excerpt, *Creation Care Refection Prayer, Florida Annual Conference, UMC 2019*



IgniteUs 2026



"Holy Spirit, grow in Me (Let's Grow), I've got love, joy, patience, kindness, goodness, faithfulness, gentleness, and self-control. Holy Spirit, make me whole."

Those were just some of the lyrics that set the tone for the weekend and centered the attention of the Youth at the 2026 IgniteUs Weekend of our Conference. They learned about the fruit of the Spirit through Scripture, activity stations, and during morning group time. The hope was that they would learn, remember, and exemplify the fruit of the Spirit in their daily lives.

Our Youth Co-Coordinators, Lay Leader, and I are so filled with incredible pride for our youth who built camaraderie with other youth, led during worship services and stations, and talked about their faith in profound ways. I think we would all benefit from inviting our youth into fruitful conversations, because it is often amazing perspectives that help shape our lives and simplify our outlooks. Young people are vital parts of our community, and when we make generous investments into their development, everyone benefits, and our world is a better place.

This kind of growth doesn't happen without the support of our families. I would like to thank each parent who trusts Saint Matthews to teach, lead, and facilitate the spiritual and social development of your young person. It is families and individuals who make our community so special and form the foundation of our beloved community. Lastly, I would like to share some of the pictures from our Retreat that showcase the fun, lessons, and special moments we shared with over 20 different churches and conference leadership.



Deadline for May Newsletter articles is April 20, 2026. Theme is "I'll Always Love My Mama. . .". All articles & photos send to Media Ministry at smumcgreensboro@gmail.com.



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