



Pastor Tammy's Ponderings

Celebrating Our Students: God Is Preparing Them for Great Things



Proverbs 3:5-6: "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him, and He shall ^{lb}direct your paths."

As we enter the month of June, I want to take a moment to celebrate and honor the students of our congregation. As the Senior Pastor, I am deeply proud of each of them.

Our students continue to demonstrate excellence, perseverance, commitment, and faithfulness in ways that should inspire all of us.

Many of our students have worked extremely hard in school while also participating in extracurricular activities, athletic programs, academic clubs, community service, and church ministries. They are learning how to balance their responsibilities, manage their time, and give their very best in every area of life. Some of our high school students have excelled so well academically that they will graduate with college credits already completed. Additionally, our college students are amazing! They've had a taste of late nights study sessions, mid-term and final exams and, thanks be to God, they are still standing and still excelling. This is a tremendous accomplishment, and we give God thanks for their discipline and dedication.

At the same time, let us remember that today's students are facing enormous pressures. The pressure to excel is great, and their stress is real. Many of them spend late nights studying, preparing for tests, completing assignments, and working on projects. They sacrifice free time and personal comfort to help their schools, teams, programs, and communities stand out academically and socially. They carry responsibilities that are not always easy, and yet they continue to press forward.

Additionally, we should also celebrate our students who have worked hard to improve their grades. Every improvement represents effort, courage, and determination. Progress matters. Growth matters. Faithfulness matters. When our students refuse to give up and when they keep striving to do better, **that** is worthy of our admiration and encouragement.

I want to encourage our entire congregation to express appreciation, admiration, and gratitude to our students every chance we get. Speak words of encouragement over them. Let them know we see their hard work. Tell them we are proud of them. Pray for them, support them, and remind them that they are loved by God and by their church family.

To our students, we are proud of you. We thank God for your gifts, your dreams, your resilience, and your accomplishments. Always remember that we are your biggest cheerleaders. Always remember that we are on your side and we pray for you constantly. Finally, always remember that God is preparing you for great things.

As Ephesians 3:20–21 declares, God "is able to do exceedingly abundantly above all that (you) ask or think, according to the power that works in (you!) To Him be glory in the church by Christ Jesus to all generations, forever and ever." Let The Church Say: AMEN!"

Rev. Tamara Ingram, Senior Pastor

Come Join Us for Worship

You are invited to join us in person every first through fourth Sundays for worship services at 8:30 a.m. and 11 a.m., and fifth Sundays at 10 a.m. Services are also available via the social media platforms below:

Digital Options for Worship Services:

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

YOUTUBE <https://www.youtube.com/@SaintMatthewsUMC-GSO>

2	Pastor Torey Unplugged
3	Tribute to Our Fathers
3	Upper Room /Shout Outs
4	Creation Care
5	Men's Health
5	Finding God in Summer Quiet
5	VBS
6	UM Women in Faith
7	Day of Prayer/Lenten Challenge
8	R2 News
8	Back to School Bash
9	Staff Spotlight 9
10	Exercise Interest Survey
10	Boy Scouts
11	Liturgical Arts Ministry
12	Juneteenth Puzzle



ISSUE 52

PASTOR TOREY UNPLUGGED



Father's Day is more than a holiday; it is an invitation to give honor where honor is due. This month, we pause as a congregation to celebrate the fathers, grandfathers, stepfathers, uncles, and father figures who have shown up, stayed present, and poured themselves into the lives of those entrusted to their care.

A Personal Word from Pastor Torey

I want to take this space to honor a man who changed the entire trajectory of my life, my grandfather, who turned 85 years old on May 31. He is, in every sense of the word, a monument.

When my brother and I were just 4 and 5 years old, my grandfather made a decision that would define his legacy: he adopted us. He had already worked hard for decades of his life and had stepped back from work due to a work-related injury, yet rather than settling into rest, he stepped up into one of the most demanding callings there is: fatherhood. He raised us on the values instilled in him growing up on acres of family land, values of hard work, integrity, faith, and community. He made sure we were excelling in school. He put us in sports. He made certain we were young leaders in the church at every stage of our development. Alongside my grandmother, who faithfully walked with him for decades until she went home to glory in 2018, he built a household grounded in love and the fear of God.

What makes my grandfather remarkable is not just what he gave us, but that he chose to give it at all. He did not have to. He could have watched from a distance. Instead, he decided to go above and beyond, raising children who were not biologically his as if they were the crown of his life. And today, he is still present, actively loving my child and my brother's children. The legacy continues. I grew up proudly telling people that my great-grandfather had a road named after him in our hometown, and that my grandfather carries his father's name. That heritage of excellence and service runs deep. My grandfather is that heritage made flesh, walking, breathing, still showing up at 85.

To every father and father figure in our congregation, what you do matters more than you know. The hours you spend, the sacrifices you make, the values you model, they are seeds planted in soil that will outlive you. Do not grow weary in doing good.

To our young people, honor the men in your life who have shown up for you. And if that presence has been absent, know that our Heavenly Father is the Father who never leaves, never forsakes, and calls you His own.

Summer is Here, and So is God

Summer has arrived, and with it comes a beautiful invitation, to slow down, breathe deeply, and be present with the people and purpose God has placed in our lives. Whether your summer is packed with activity or filled with much-needed rest, we want you to know that Saint Matthews UMC is here, active and believing God for great things in this season.

To our young people — this summer is not just a break from school; it is an opportunity to grow, to serve, to discover more of who God has created you to be. You are not too young to make a difference. You are not too young to be used by God. The same God who called David as a shepherd boy, who chose Mary as a teenager to carry the Savior, and who equipped Timothy in his youth, that same God has a purpose for your summer. Do not let these months pass by you. Stay connected to your faith community. Pick up your Bible. Serve someone. Ask the hard questions. Grow.

We are proud of every one of you. We saw you show up for the Unified Workshop at Hood Theological Seminary. We saw your lead at the National Day of Prayer. We see your faithfulness, and we celebrate it. This summer, keep going. Your best chapters are still being written.

A Word to Our Families

Summer break is one of the most valuable gifts you can give your children: time together. Amid the cookouts, road trips, and lazy afternoons, we encourage every family to carve out intentional moments of faith. Pray together. Serve together. Worship together. The foundations we build at home become the foundations our children stand on for life.

Rev. Torey Haynes, Associate Pastor

We Celebrate Our 2026 Graduates

College/University
Elijah Morrison
Carmen Phifer

High School
Franklynne Brewer
Kennedy McLeod

[Click here to view Graduates](#)



A TRIBUTE



Archives and History Ministry Submission

BLESS OUR FATHERS

(Past & Present)

Heavenly Father,
Today we ask You to bless our earthly fathers
for the many times they reflected the love,
strength, generosity, wisdom and mercy that
You exemplify in Your relationship with us,
Your children.

We honor our fathers for putting our needs
above their own convenience and comfort;
for teaching us to show courage and
determination in the face of adversity;
for challenging us to move beyond
self-limiting boundaries;
for modeling the qualities that would turn us
into responsible, principled, caring adults.

Not all our fathers lived up to these ideals.
Give them the grace to acknowledge and learn
from their mistakes.
Give us the grace to extend to them the same

forgiveness that you offer us all.
Help us to resist the urge to stay stuck
in past bitterness,
instead, moving forward with humility and
peace of heart.

We ask your blessing on those men who
served as father figures in our lives when
our biological fathers weren't able to do so.
May the love and selflessness they showed us
be returned to them in all their relationships,
and help them to know that their influence
has changed us for the better.

Give new and future fathers the guidance they
need to raise happy and holy children,
grounded in a love for God and other people,-
and remind these fathers that treating their
wives, with dignity, compassion and respect
is one of the greatest gifts they
can give to their children.

We pray that our fathers who have passed
into the next life
have been welcomed into Your loving embrace,
and that our family will one day be reunited in
your heavenly kingdom....
We ask Your generous blessings today
and every day.
Amen.

Author, Tony Rossi

NEWSLETTER CORRECTIONS: FEBRUARY EDITION - The featured person's name was misprinted as "er Godwin Woodson," and it should be Carter Godwin Woodson. MAY EDITION - (UNDER COMPARISONS...) THE ACRONYM was incorrectly typed as DODGE and it should be DOGE (for Department. of Government Efficiency). Please accept our apologies for errors (Charma Courtney, Miriam Miller, Albertina McGirt, Roslyn McLean and Mia Naylor).



The Upper Room Bible Study ended its spring session on Thursday, April 30. The fall session will begin on Thursday, September 10. Enjoy your much deserved break as you continue to read the Word.
Blessings, Jean Brown

SHOUTOUTS

SHOUT OUT to Karlah Burton for having completed the 10th Anniversary General Board of Global Ministries Spring Earthkeepers Training, held May 1-16.

SHOUT OUT to Veronique and daughter, Amora Williams for their service as community garden volunteers; AND all others who have assisted with garden upkeep this year! Thank you!

CREATION CARE CORNER

Did you Know?

“Let’s Create Some Buzz...Facts About a Bumblebee”

Psalm 33:5: "He loves righteousness and justice; the earth is full of the steadfast love of the Lord." (ESV)



Bombus impatiens or *Common Eastern Bumblebee* is the most abundant species in NC

- Genus *Bombus*
- Species in NC: 15
- Nest in colonies
- Can build their colonies underground in rodent burrows or above ground in bird houses, wall voids, old mouse nests, or under grass clusters.
- Use ***buzz pollination** which is important to many plants.

***Buzz pollination or sonication** occurs when the bee grabs the flower and vibrates its flight muscles to release tightly held pollen.

With more than 500 species in North Carolina alone, members of genus *bombus* are highly attracted to blue, purple, pink, and yellow flowers while otherwise largely blind to red (flowers) in the absence of special ultraviolet markers. Other floral characteristics that attract bumblebees are open, tubular; or clustered flowers such as daisy-like heads, ideal for their large bodies and varying tongue lengths.

To sustain a bumble bee colony, it is critical to plant flowers that offer staggered/overlapping bloom times:

- **Mid-Spring to Summer (promotes colony growth)** - Mint family (*Lamiaceae*) Bee balm (*Monarda*), lavender; Aster family (*Asteraceae*) allows: *Echinacea* /*Coneflower*, Sunflowers, Black-Eyed Susan
- **Late Summer to Fall (allows new queens to mate and feed before**

Winter)-Aster, Goldenrod (*Solidago*)

In consideration of WNCC Green Church Initiative:
Items J-8, J-13, K-16

Why does this matter, you might be asking yourself while you continue to read?

BECAUSE...this year’s community garden features several of the floral species listed previously to support the bumblebee habitat!

If you’re interested or curious, each growing bed in our garden has been carefully marked.

Examples: Purple Coneflower # 6; Sunflowers #7; Black Eyed Susan #8; Goldenrod #10; Bee Balm #12; Daisies #13 (large flower bed on Britton St. side of garden area)

Saturday, June 13th, 9 a.m. to 12 p.m. for, **Celebrating Pollinators Day** in the Demonstration Garden at N.C. Cooperative Extension, Guilford County Center, 3309 Burlington Road Greensboro, for a day full of fun and learning for the whole family! This year’s event will emphasize North Carolina native bees!

Pollinators are important contributors to our gardens, and this event will celebrate and raise awareness about their vital role. You are also invited to learn more about the great native pollinator plant, *Echinacea purpurea* (Purple Coneflower) which, as a reminder, can be found in the SMUMC Community Garden, raised bed #6.

For more information, [Celebrate Pollinators Day! - Guilford County Center | N.C. Cooperative Extension The Bees of North Carolina: An Identification Guide | NC State Extension PDF viewer](#)

Please be kind and love the environment! Karlah Y. Burton, Chairperson, Creation Care Ministry General Board of Global Ministries , Earthkeeper WNCC Creation Care Team Ministry, NC Cooperative Extension Master Gardener Volunteer



CREATION CARE IS SEEKING VOLUNTEERS. SEE KARLAH IF INTERESTED.



The Messenger newsletter is summer hiatus, and the next issue will be published the first week of August. The deadline to submit information for the August issue is Monday, July 20.

Finding God in the Summer Quiet

Summer often brings a shift in our daily rhythms, offering a unique opportunity to slow down. While the season invites vacations and outdoor fun, its true gift is the space it creates for **rest, renewal, and reflection**.

In the busyness of the past year, our spirits can grow weary. True rest is not merely the absence of work, but the presence of God's peace. By intentionally stepping back from our hectic schedules, we allow the Holy Spirit to renew our minds and bodies, restoring the joy of our salvation.

Take time this month to reflect on God's goodness under the summer sun. Use these warmer days to pray, read Scripture in the quiet mornings, and reconnect with loved ones. Let us return to our routines refreshed, carrying a renewed spirit to serve our church and community.

MHN
Men's Health Network
menshealthnetwork.org

Health Facts & What to Know

Men in the U.S. have an average life expectancy up to **six years less** across national average & experience higher mortality rates across **all Top 10 causes of death**. **Greater awareness of risk factors & warning signs**, along with early detection & consistent healthcare engagement, **can help improve long-term outcomes**.

Top 6 Causes of Death & Signs to Look For

- #### 1. Heart Disease

 - Leading cause of death among men
 - Higher mortality rates

Possible warning signs: Chest discomfort, short of breath, fatigue, irregular heartbeat.

 - Risk factors include high blood pressure, high cholesterol, obesity, diabetes, smoking, & inactivity
- #### 2. Cancers

 - Men experience higher cancer mortality
 - Black men face higher prostate mortality

Possible warning signs: Changes in bowel or urinary habits, persistent cough, any unexplained weight loss, blood in urine or stool.

 - Prostate, lung, colorectal, liver, & pancreatic cancers are big factors
- #### 3. Unintentional Injuries

 - Includes motor vehicle accidents, workplace injuries, overdoses, & falls
 - Men account for a higher proportion of fatal injuries
- #### 4. Stroke

 - Men have earlier stroke risk

Warning Signs (FAST):

 - Face drooping ♦ Arm weakness ♦ Speech difficulty ♦
 - Time to call emergency services
- #### 5. Diabetes

 - Increases risk of heart disease, kidney disease, & nerve damage
 - Frequently linked to metabolic risk factors

Possible warning signs: Abnormal thirst, frequent urination, slow-healing wounds.
- #### 6. Chronic Liver Disease & Cirrhosis

 - Associated with alcohol use, hepatitis, & metabolic conditions
 - Men experience higher mortality rates

Possible warning signs: Random swelling, jaundice

MHN
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menshealthnetwork.org



VACATION BIBLE SCHOOL

IN TIMES LIKE THESE

Learning to follow Jesus no matter what! ♥

JULY 7-9

5:30-8:00 PM

SAINT MATTHEWS
800 East Florida Street
Greensboro, NC 27406

REGISTER BY JUNE 23RD

VACATION BIBLE SCHOOL Registration is Now Open! Join Us July 7-9 from 5pm-8pm at Saint Matthews UMC. Whether you're joining us as a participant or serving as a volunteer, registration is required for all. To secure your spot today, click [VBS register](#). Or go to browser and type in <https://forms.gle/soZpCHD5Pgc3QFY27>

United Women in Faith and Health & Welfare Committee Observe Mental Health Awareness Month

On Saturday, May 23, at 9:00 a.m., the United Women in Faith Health and Welfare Committee of Saint Matthews United Methodist Church hosted a meaningful Mental Health Awareness Month program, “Addressing Mental Health and Wellness in the Church Community and Beyond,” in the Coley Hooker, Jr. Fellowship Hall at St. Matthews UMC, 600 E. Florida Street, Greensboro, North Carolina 27406.

The event welcomed church and community members for a morning of education, reflection, fellowship, and encouragement as participants explored the importance of mental, emotional, and spiritual well-being. Recognizing that mental health is an essential component of overall wellness, the program sought to reduce stigma, increase awareness, and provide practical tools for coping with life’s challenges.

Guest speakers Kimberly Grove, LCSW, and Chakyra Oliver, Therapist from AuthoraCare Collective, presented an informative and compassionate session titled “Coping Through Challenging Times: What to Expect and What Can Help.” Drawing from their professional experience, they shared valuable insights into grief, loss, resilience, and self-care while emphasizing the importance of seeking support during difficult seasons of life.

A significant portion of the presentation focused on William Worden’s Four Tasks of Grief, which include:

1. Acknowledging the reality of the loss.
2. Working through the painful feelings associated with grief.
3. Adjusting to an environment in which the deceased are missing.
4. Finding an appropriate ongoing connection with the person who has died while continuing to live and grow.

Participants also learned about the spiritual dimensions of grief and how loss can affect one’s relationship with God, personal beliefs, sense of purpose, and emotional health. The presenters encouraged attendees to recognize that grief is a natural response to loss and that healing is not a destination but a journey that unfolds over time.

One particularly inspiring message shared during the program came from Joseph Campbell, who wrote, “Opportunities to find deeper powers within ourselves come when life seems most challenging.” This reminder resonated with attendees as they reflected on the strength, resilience, and faith that emerge through life’s most difficult experiences.

Throughout the morning, participants were reminded that mental health challenges and grief are not signs of weakness but part of the human experience. Through faith, education, professional support, and compassionate community, individuals can find hope, healing, and renewed purpose.

The event concluded with fellowship, expressions of gratitude to the presenters, and a renewed commitment by the United Women in Faith Health and Welfare Committee to continue addressing issues that impact the health and well-being of individuals, families, and communities.

As Mental Health Awareness Month is observed nationwide, St. Matthews United Methodist Church remains committed to creating safe spaces where people can learn, heal, and support one another. The program reflected the comforting promise found in Matthew 11:28 (NIV):

“Come to me, all you who are weary and burdened, and I will give you rest.”

As part of its ongoing commitment to health education and community wellness, the Women in Faith Health and the Welfare Committee is already planning its next important conversation. Mark your calendars for Saturday, August 22, when representatives from AuthoraCare Collective will return to St. Matthews UMC to present “Caregiving for Those Living with Alzheimer’s and Dementia: Who Supports the Caregiver?” This informative session will focus on the unique challenges faced by caregivers, available resources, strategies for self-care, and the importance of supporting those who faithfully care for loved ones living with Alzheimer’s disease and other forms of dementia. Community members are encouraged to attend and invite family members, friends, and caregivers who may benefit from this timely and meaningful discussion.

Together, through faith, education, and compassionate service, we continue to strengthen our community and promote wellness for the whole person — mind, body, and spirit.

Faith. Action.
Sisterhood.
Transformation.

Submitted by: Dr. Pamela Moye, president, St. Matthews United Women in Faith



NATIONAL DAY OF PRAYER by Jean Brown

“Glorify God Among the Nations Seeking Him in All Generations,” is the 2026 theme for The National Day of Prayer that is based on 1 Chronicles 16:24.

On Thursday, May 7, at 6pm, National Day of Prayer was recognized at St. Matthews United Methodist Church for the third year. This program was coordinated by the Shepherding and The Upper Room Bible Study Ministries for the third consecutive year. The evening began at 5:15 p.m. with individual prayers around the altar and Children’s Prayers that were pre-recorded. Barbara Morehead of Raleigh’s Crossroads UMC served as the musician and the soloist/song leader was Albertina McGirt.

Among the participants were Boy Scout Troop #441 and guest readers Rebecca Smith of the Greensboro Fire Department and Lieutenant Megan Fitzgerald of the Greensboro Police Department. Myra Waddell served as The Acolyte. Readers from St. Matthews included Darren Edgerton, Ernest Allen, Geneva Haynes, Michelle Thompson, William Coley, Ernestine Taylor, and Gwen Poole who wrote and interpreted a poem that was read by Dr. Shirley Hyman Parker. Karen Gilliam shared the introduction, greetings and history of The National Day of Prayer. Altar Prayer led by Pastor Tammy Ingram and Anointing led by Rev. Torey Haynes ended the program. Since 1988, the law was amended designating the National Day of Prayer as the first Thursday in May.

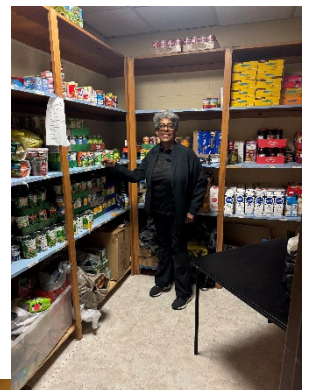
Members of the Committee included Rev. Ingram, Rev. Haynes, Wanda Edgerton- Shepherding and Jean Brown- The Upper Room Bible Study. We thank all who have contributed: The Media Staff, Debi McClendon and Student Intern, and Kim Brown.



St. Matthews United Methodist Church and you delivered! In February the Shepherding Ministry, chaired by Mia Puryear Naylor, initiated a challenge to the congregation to fill the church food pantry. This 40-DAY CHALLENGE COMPLETE! was led by asking each member to donate 40 non-perishable food items to the pantry during Lent. We had an overwhelming response to this charge! Items poured in during designated times and during the drive-thru drop-off on the Friday before Easter. It was because of your faithful giving that shelves were filled with essential food items, families in our community receive support and care, volunteers and members worked together in service, and our church continues living out Christ’s call to serve others.

Every item/dollar donated made a difference. Every act of kindness mattered. Thank you for helping us share God’s love in action!

Submitted by Mia Puryear Naylor on behalf of The Shepherding Ministry



“STRENGTH, LOVE AND QUIET DEDICATION” IN ACTION

By Peggie Horton and Albertina McGirt, R2 Co-Chairs

As Father’s Day approaches, we reflect on the 2026 theme: **“Strength, Love and Quiet Dedication.”** This theme reminds us of the many fathers, grandfathers, mentors, and spiritual leaders who faithfully guide their families with courage, wisdom, and unwavering faith.

During a recent conversation with a curious young friend whom I will call Mr. “P,” we discussed a remarkable man whose story deserves to be remembered and shared. Like many Americans, I did not learn much about African-American history while attending public school during the 1960s and 1970s. Yet the story of Robert Smalls stands as one of the greatest examples of faith, leadership, and determination in American history.

In May 1862, Robert Smalls carried out one of the most daring escapes of the Civil War era. Enslaved at the time, Smalls secretly studied the habits and signals of the Caucasian captain of a Confederate transport ship called *The Planter*. For months he carefully observed the captain’s mannerisms, whistle signals, and routines while patiently waiting for the right opportunity.

One moonlighted night, while Confederate officers remained ashore, Smalls put his courageous plan into motion. Wearing the captain’s coat and straw hat, he guided the ship through Charleston Harbor under the cover of darkness. Along the way, he stopped to pick up his wife Hannah, their children, and several others seeking freedom.

As they approached heavily guarded Fort Sumter, Smalls calmly gave the correct whistle signals and successfully passed through Confederate checkpoints. Once safely beyond the harbor, he lowered the Confederate flag and raised a white bed sheet of surrender as Union ships prepared to fire.

When Union sailors boarded the vessel, Smalls reportedly greeted them by saying, “Good morning, sir. I’ve brought you some of the old United States guns, sir!”

At sunrise, Robert Smalls was no longer an enslaved man pretending to command a ship. He smelled the air of freedom. More importantly, he was a devoted husband and father whose courage helped lead his family into a new life of hope and opportunity.

This Father’s Day, we honor all men who quietly lead with strength, love, sacrifice, and faith. We salute every African-American man and boy who charts his course according to God’s Word and serves as a guiding light for family and community.

May God continue to bless these captains of faith as they navigate life’s storms and lead their loved ones toward peace, hope, and eternal life.

**Happy Father’s Day!
SALUTE and Godspeed!**

REMINDERS

- ✚ Link for R2 Anti-racism prayers: (<https://mailchi.mp/umcdiscipleship/praying-for-change-daily-prayers-for-anti-racism-10308984?e=863f1ade3f>)
- ✚ Inform officials about societal issues affecting our communities today. Stand for Right.
- ✚ Voter registration forms are available in a SMUMC Data Center file.
- ✚ Recording dates for the 160th Celebration is TBD. Senio members, your invite is on the way.



Back to School Bash & Bookbag Drive – August 15, 2026

St. Matthews United Methodist Church is excited to host our annual Back to School Bash & Bookbag Drive on August 15, 2026. This community event helps provide students with the supplies they need for a successful school year.

We are seeking monetary donations to support this important outreach ministry. Donations may be made by cash, check, or through online giving. Please make checks payable to **St. Matthews United Methodist Church** and include **"Backpack/Bookbag Program"** in the memo section. For online giving, please select or note **"Backpack/Bookbag Program"** in the memo field. We will continue this campaign until August 3rd,

We are also in need of volunteers to help make this event a success. If you are interested in volunteering, please contact Ramona Miller at **336-509-0850** or ramonamiller01@gmail.com.

Your generosity and service will help ensure that local students return to school equipped, encouraged, and ready to learn. Thank you for supporting the children and families in our community.

SPPRC Corner Staff Spotlight



Gwen Poole

1. How long have you worked for SMUMC?
Not Sure . . . perhaps 25/30 years
2. Who was the first musical artist you saw

in concert?

None

3. Do you have a favorite gospel song or artist?
"Daystar" by the Brooklyn Tabernacle Choir
4. Favorite book to read over and over as a child?
The Sun, the Moon, and the Stars

Stephan Brooker



1. How long have you worked for SMUMC?
Around 4 to 5 years
2. What instruments do you play?
Drums
3. What age did you start playing?
Around 3 or 4 years old

4. Favorite sport to watch or play?
Between NFL and college basketball
5. Who has the best hamburgers in Greensboro?
Probably Hops Burger Bar, I don't really eat too many burgers

Richard Nixon



1. How long have you worked for SMUMC?
Two months
2. What college or university did you receive your degree from?
Winston Salem State University (B.S.) and North Carolina A&T

(M.Ed.)

3. When you were younger who was your celebrity crush?
Dionne Warwick and Nancy Wilson
4. Your first car was what year, model and color?
1967 Pontiac Tempest and it was green

5. Favorite book besides the Bible to read as an adult?
Novels by David Baldacci or historical fiction of the 1800s
6. What city or town did you grow up in?
Lexington, Virginia
7. What's your favorite flavor of ice cream?
Vanilla
8. What's your favorite meal to prepare?
Baked rice, crispy chicken, broccoli casserole, garlic mashed potatoes
9. If you could spend an entire week at home and not leave your house, how would you spend your week?
Catching up on sleep and writing
10. What made you smile today?
Reminiscing with my youngest granddaughter

6. Who is your favorite musical artist?
I don't really have one
7. Would you ever consider taking a trip to the moon?
No
8. Besides your family, can most people tell you and your twin apart?
Now that we are older, most people can.
9. Favorite thing about being a Dad?
The unconditional love that I get from my children.
10. Who is your favorite comedian?
Katt Williams

5. If you could eat one food for the rest of your life it would be?
Seafood, Flounder and Shrimp
6. What was your favorite dessert as a child?
Lemon Pound Cake
7. Favorite show to watch on TV
Cable News Network (CNN)
8. What is your favorite song to teach?
Our Great is our Faithfulness
9. How long have you and Mrs. Nixon been married?
55 glorious years, July 19
10. Describe your ideal day of relaxing?
My ideal day of relaxing involves, listening to various forms of music: Symphonic, Classical, Jazz, Gospel and Sacred Music

SMUMC Exercise Interest Survey
Results

The SMUMC Health & Welfare Committee sought to explore new opportunities to support the physical and well-being of our congregation. We invited all members to complete a short survey about potential activities such as chair yoga, walking groups, and other gentle exercise options that could help us stay active and healthy together.

Thank you to the 39 individuals that participated in the survey! Your input is important and we wanted to share the survey results with you! Click [here](#) to view the results online or take a look at the results posted on the Bulletin Board in the Fellowship Hall Breezeway. The results overwhelmingly show that our congregation is enthusiastic about engaging in structured activities to promote gentle exercise and we definitely want to capitalize on your momentum to exercise. Be on the lookout for information in the church bulletin about upcoming offerings!

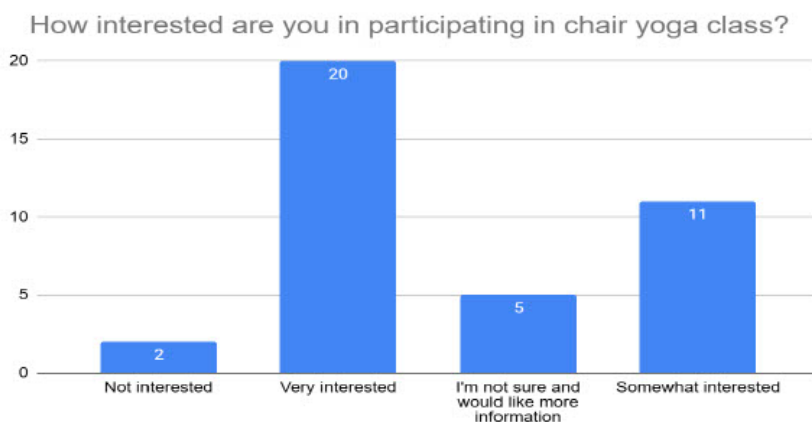
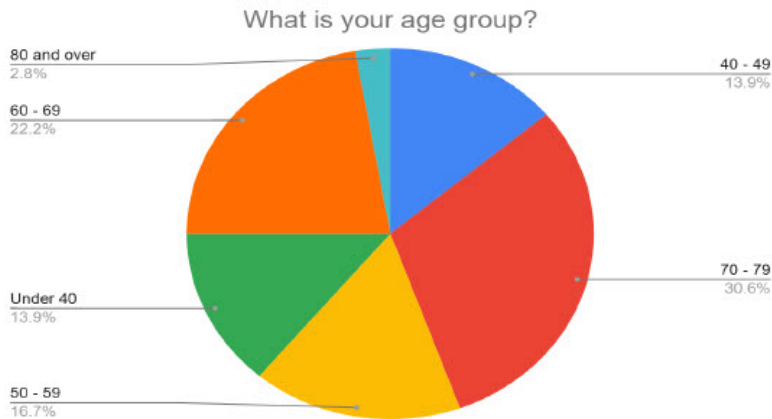
Health & Welfare Committee
Thank you, Jennifer Lewis

SMUMC Exercise Interest Survey Results

Health & Welfare Committee

The SMUMC Health & Welfare Committee sought to explore new opportunities to support the physical and well-being of our congregation. We invited all members to complete a short survey about potential activities such as chair yoga, walking groups, and other gentle exercise options that could help us stay active and healthy together.

Thank you to the 39 individuals that participated in the survey. Your input is important and we wanted to share the survey results with you. Please review the results noted in the charts below. Your feedback will help us design or offer programs that meet the needs of our church family.



Scout Troop 441 has had a productive winter and spring session. First Class scout Elijah Winstead attended the National Youth Leadership Training session in December and January at Camp Cherrokee, in Yanceyville, North Carolina. Six scouts attended merit badge colleges at Davidson Community College and Rockingham Community College in March and have completed 18 merit badges. Life scout Darren Edgerton and First-Class scout Eli Winstead were elected to the Order of the Arrow (OA), a scouting honor society. On May 1-3, Elijah Winstead completed the OA Ordeal at

Camp Cherrokee. Eagle Scout Ryan Edgerton was recognized and honored on April 23 by the Old North State Council with other 2025 Eagle Scouts at the 2026 Character in Action Dinner at Grandover Resort & Spa. Scouts Darren Edgerton, Duvall Nowlin and Cameron Gibson assisted with the National Day of Prayer on May 7 by presenting the colors, leading the Pledge of Allegiance and Darren provided a prayer for the program. The troop also assisted with the Women Working ToGather program at the Yvonne Johnson Center at Barber Park on Sunday, May 17.

On Saturday, May 23, Troop 441 and Girl Scout Troop 10274 assisted with the Memorial Day Ceremony at Maplewood Cemetery by placing American flags at each military grave site. Elijah Winstead, John Williams (Tres) and Cameron Gibson, with Troop 441 provided the Posting of the Wreath for the ceremony, follow by the Pledge of Allegiance. The ceremony was attended by Marikay Abuzuaiter, City of Greensboro Mayor and Jerry McClough, Adjutant, VFW Post 2087 delivered the Memorial Day Address.



Liturgical Arts Performances:



Mother's Day services began with a flurry of pink and white as **DayStar** dancer, Lydia McNeill ushered in the Early Morning worship service with her graceful, yet powerful choreography. Her chosen song, *Because You Loved Me* by Celine Dion, expressed a beautiful tribute to all mothers.



During the second morning service, nine **DayStar** dancers blessed the congregants with a Mother's Day interpretative dance. Aleighya, Amindi, Arryana, Grace, Jessica, Kallyn, Karmyn, Medara, and Savannah moved with confidence to *Faithful Mother* as they shared a message of love and gratitude to all



mothers. Both dances were rendered at the request of the Saint Matthews United Women of Faith.



The **Liturgical Arts Ministry** participants captured the attention of the gatherers during the May 7 National Day of Prayer service. Dr. Shirley Hymon-Parker so eloquently read an original poem written by Gwendolyn Poole during which time, Gwen enhanced the poem with creative gestures using small props and gentle moves. The



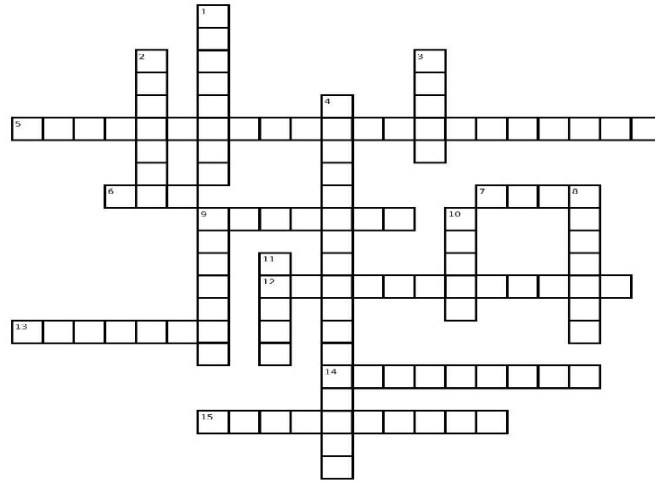
creative approach to the final prayer, for the world of Arts and Media, was an awesome way to bring the evening to a close.

Six beautiful women participated in the Liturgical Arts *Music, Movement, and Meditation* program during April and May. The program was conducted once a week and open to all seniors. The class began with a physical warm-up with gentle moves to soft instrumental music then to more upbeat music. Time was dedicated to prayer and meditation with a focus on biblical personalities whose lives were changed after an encounter with Jesus. It also provided a mid-week opportunity for light fellowship while sharing and learning historical facts from God's word.





Crossword Puzzle: *Celebrate Juneteenth*



Down:

1. Juneteenth falls on this day in June
2. "On Juneteenth" author Gordon-Reed
3. President who signed Juneteenth into law as a federal holiday
4. Southern states that seceded from the Union in 1860–61 and where the Emancipation Proclamation freed enslaved people
8. President who signed the Emancipation Proclamation
9. The study of change over time, the study of the events, people, and issues in the past
10. "Juneteenth" novelist Ellison
11. First state to designate Juneteenth as a holiday

Across:

5. Title of the song also known as the Negro National Anthem
6. Traditional color of drinks and food during Juneteenth
7. "Grandmother of Juneteenth" Lee
9. A special day of celebration
12. Celebrating Juneteenth honors this
13. Union general who read federal orders to inform enslaved African Americans of their freedom in 1865
14. A combination of customs and beliefs within a group of people
15. Holiday also called Emancipation Day and Freedom Day

Deadline for August Newsletter articles is July 20, 2026. Theme is "Transitions and Fresh Starts: Back to School Preparation, Resetting Routines, and Looking Ahead to Fall Projects" Send all articles & photos to Media Ministry at smumcgreensboro@gmail.com.



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