

**STATESVILLE AVENUE
PRESBYTERIAN CHURCH
USA**

**3435 NEVIN ROAD,
CHARLOTTE, N. C. 28269**

March 1, 2024

Pastor Gary S. Blackmon delivered messages for the month of **February**. **Ash Wednesday Service** on 2-14-24 at 5:00 p.m. took advantage of Daylight Savings Time.

*Reginald Gilkesson-Mental Health was the Guest Speaker for the Men's Breakfast January 27th.



* **The Pi Phi Chapter of Omega Psi Phi Fraternity, Inc.** presented their **2024 TALENT HUNT MUSIC SCHOLARSHIP COMPETITION** **FEBRUARY 17, 2024** at 1:00 P.M. here at SAPC. "Mecklenburg County has some truly "talented young men and women."

***Dwight Hairston-Currence**, led a discussion about his "lifestyle" over the years and what led him to write a book entitled "Homelessness" at the **Men's Breakfast February 24th**.

***Statesville Avenue Annual Congregational Meeting** was held **February 25, 2024**, immediately following service. The purpose of that meeting was to hear reports from the Clerk of Session, Budget, Stewardship and Nominating Committees (voting on slate of officers).

James Rogers, Director of Music, played piano and organ for the month.

We would like to thank all who assisted in making our monthly activities a blessing.



MARCH

<i>Harriett Davis</i>	04
<i>Jean Worsley</i>	05
<i>Charlie Butler Fisher</i>	07
<i>Lauren Wallace</i>	13
<i>George Dunlap, Jr.</i>	17
<i>Neveah Dunlap</i>	17
<i>Candace Butler Wabibi</i>	18
<i>Belinda Dunn</i>	18
<i>Bertram Dunn</i>	21



**-Elouise Ethridge - Twin Towers,
5343 Hamilton #2329, Cincinnati, OH
45224**

**-Linnette Stinson - 10227 Park
Willow Dr., Charlotte, NC 28210**

-Alicia Roberts Gamble

-Loretta Gillespie

- Norva Morrison

-George Dunlap, Jr.
-Adrienne Orr
-Keith Faulkner



***Ted Wall, Jackie Wall's husband has been given "God's Blessing. Ted is now doing the normal things that one does, which is a wonderful sign of a healthy recovery after being hospitalized for months**

****Christopher Williams, son of LaRonda Alford, brother of Camron was hospitalized a few weeks ago due to an accident. Chris continues to improve. In fact, Chris, his mother LaRonda and brother Camron attended service March 3rd. Continue praying for the Wall, Williams, and Alford families.***

Daily Bible Reading Guide 2024

MARCH God's Guiding Word: Prayer

World Day of Prayer
1 Habakkuk 1:1–17
2 Habakkuk 2:1–20
Third Sunday in Lent
3 Habakkuk 3:1–19
4 Nehemiah 8:1–18
5 Nehemiah 9:1–25
6 Nehemiah 9:26–38

7 Nehemiah 10:28–39
8 Esther 2:1–23
9 Esther 3:1–15

Fourth Sunday in Lent

10 Esther 4:1–17
11 Esther 5:1–14
12 Esther 6:1–13
13 Esther 6:14–7:10
14 Esther 8:1–17
15 Esther 9:1–19
16 Esther 9:20–32

Fifth Sunday in Lent

17 Psalm 22 Great Lent (Orthodox)

18 Psalm 23
19 Psalm 25
20 Psalm 26
21 Psalm 27
22 Psalm 28
23 Psalm 31

Palm/Passion Sunday

24 Mark 11:1–25
25 Mark 12:1–27
26 Mark 12:28–44
27 Mark 14:1–31

Maundy Thursday

28 Mark 14:32–72

Good Friday

29 Mark 15:1–41
30 Mark 15:42–47

Easter Sunday

31 Mark 16:1–20

Gardening Update

We already have 7 raised beds ready to be filled with soil, and we will be provided with 10 more raised beds by the Mecklenburg County Health Department. These 10+ will be built out of treated wood and will be located in front of the garden we started last year. We will also be provided with 3+ fig trees and 20+ blueberry trees. Our install date is

March 25, 2024. The projected date of completion will be the beginning of April, well ahead of the planting season. Our contact person with JCSU Hydroponics is Instructor Castro. He has agreed to provide us with plants for the project.

We currently have the following team members: Barbara Carr, Laverne Sanders, Julia Butler, Cameron Alford, LaRonda Alford, Gary Blackmon, Rebecca Robinson, Regine Smith, Madisha Lesesne, Vertie Grier, Traci Grier, Lovette Grier, Fred Sanders, Wilburn Sanders, Jr., Stephanie Walker-Williams, Lance Wallace, Warren Wallace, Shaw Boyd, Derek Cornelius, and Gregg Alford. Christopher Williams, Coordinator

Isaiah Tells Us About Jesus

Isaiah was a prophet who wrote the Old Testament book of Isaiah. He received messages and visions from God concerning God's people. He warned the Israelites that they would be punished if they turned away from God, but he also reminded them of God's love and the promise of a Messiah.

1. (Isaiah 52:13)
2. (Isaiah 53:7)
3. (Isaiah 61:1)

What am I?

I look like a tiny trombone.
What am I?

DATES TO REMEMBER

-Daylight Savings Time, March 10th. "Spring forward, Fall back."

-Presbyterian Women Meeting, March 10th to discuss The 2024 Churchwide Gathering. Annual World Day of prayer, March 16th at 9:00 a.m. and World Day of Prayer Service at 11:00 a.m.

-Officers Workshop, March 23, 2024, from 10:00 a.m. – 12:00 p.m.

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**-Second Primary if needed: May 14<sup>th</sup>.**

**-2024 General Election, November 5<sup>th</sup>.**

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**SAPC In Person Sunday School
9:30 a.m.**

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## Nourish Up

**Tu & Wed**

10:00 a.m. - 12:00 p.m.

4:00 p.m. - 6:00 p.m.

**Th**

10:00 a.m. – 12:00 p.m.

Loaves & Fishes Phone Number  
704-596-4584

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Church Office Hours

Tuesday & Wednesday
9:00 a.m. – 2:00 p.m.
Church Telephone Number
704-596-4550

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**Tiki's Dance School**

**Rehearsal – Thursdays at 6:00 p.m.**

**100%**

Help us achieve 100% PAID Per Capita for 2024. Use your Pew Envelope to make your Annual \$30.00 Assessment.

-Treasurer Offerings online: Let's not forget our tithes and offerings. Here's another way to give:

[www.statesvilleavenuepresbyterianchurchusa.org](http://www.statesvilleavenuepresbyterianchurchusa.org)

**Walking, Meditating, Riding Trail in our future? "Never Giving Up!!!!!"**



**WELCOME**

*To all visitors who've chosen to worship with us on Sunday Mornings, we continue looking forward to a blessed Sunday with you.*

**Nourish Up** formerly Loaves & Fishes/Friendship Trays

*Our organization is now called Nourish Up. We are one organization with two main programs: our Grocery Program and our Meals on Wheels program.*

*"Should anyone ask you why we changed our name, The short answer is that we wanted to honor the merger of our two organizations with a name that best captured our mission to nourish our neighbors with food and compassion.*

*One fun thing, a couple of people have asked the meaning of the new logo. The left side represents the letter N, the right side is the letter U with a loaf of bread in the middle as a nod to our history. It also represents the sharing and receiving of a loaf of bread/food."*

Continue supporting our Nourish Up Pantry by giving as many foods and/or food related items as you can. Your generosity is much appreciated. *Thank you for your donations.*

***WEAR YOUR MASK WHEN REQUESTED TO DO SO IN ADDITION TO ALLERGY SEASON!!!***

**Church Copier**

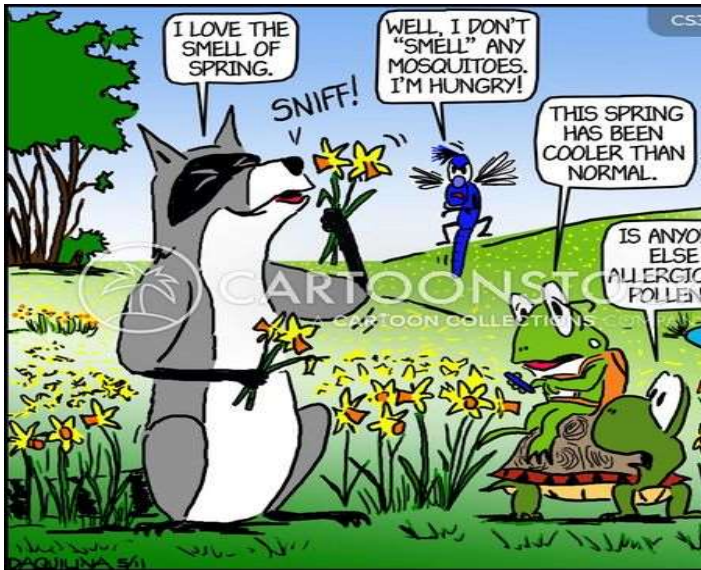
Our Church received a new Office Printer as a result of the "lease expiring." The new printer is an



upgrade with the latest technology at a lower lease cost.

## What am I Answer?

### 1. Paperclip



## AARP - **RODENT RESISTANCE** -

Keep pesky critters from coming indoors in winter

**Noise? No** – Don't bother with ultrasonic devices, "those are gimmicks," says William Dahl, a trapping consultant at Peninsula Rodent Control in Redwood City, California. "Animals tolerate the sound once they realize there's not an actual threat."

**Find their 'door'** – Seal off all holes in your foundation and

where utility lines enter the house. "Mice are pure cartilage, so they can get through an opening the size of a dime," notes Robert Allen of EnviroPest in Rochester, New York.

**Do some preventive gardening** – Rodents like to move about under cover, so remove Vegetation along your foundation. "If you maintain a clean perimeter, they're more likely to go to your neighbor's house," Allen says. – Brian Barth

### Why exercise?

Regular exercise has been shown to improve your health significantly.

Its primary **benefits** include helping you achieve and maintain a healthy body weight and muscle mass and reducing your risk for chronic diseases.

Additionally, research has shown that exercise can lift your mood, boost your mental health, help you **sleep better**, and even enhance your sex life.

And that's not all. It can also help you maintain good energy levels.

In short, exercise is powerful and can help improve your life.

### AARP's Healthy You - 'Wich Switch -

Turn your favorite hero's and hoagies into health powerhouses. Dietitian Rachel Paul shows how by Kelsey Ogletree

**TURKEY AND SWISS** – We think of this as a "healthy" sandwich, but it's still high in sodium and calories, and the standard tomato, iceberg

lettuce and white bread offer little fiber. **667 calories, 33g fat, 2, 299mg sodium, 4g fiber**

**BETTER TURKEY AND SWISS** – Use 5 ounces deli-style turkey and 1 slice Swiss. Add raw baby spinach and slices of avocado; serve on whole-grain bread. **597 calories, 24g fat, 1,642mg sodium, 12g fiber.**

**ROAST BEEF** – The kaiser roll classic is really high in sodium and loaded with fat, but it's also easy to adjust; much of the bad stuff comes from toppings such as mayo and sour cream, which can be cut out with a little a little creative swapping. **538 calories, 24g fat, 3,158 sodium, 3g fiber**

**BETTER ROAST BEEF** – Cut down to 4 ounces roast beef and swap out the mayo and sour cream. Instead, add 1 slice Monterey Jack cheese to keep the creamy texture, then top with 2 teaspoons prepared horseradish and 1 teaspoon hot sauce, for extra flavor. Include greens and sliced red onion, and you've got a high-powered lunch. **427 calories, 15g fat, 1, 990 mg sodium, 3g fiber.**

**“PRAY FOR  
THIS  
WORLD”**



### WORD LIST

APRIL  
BASEBALL  
BIRDS  
BLOSSOMS  
BUMBLEBEE  
BUTTERFLIES  
CHICK  
CLEANING  
CLOVER  
CROCUS  
DAFFODIL  
DAYLIGHT  
EQUINOX  
FLOWERS  
FORSYTHIA  
GARDEN  
JACKET  
LADYBUG  
MARCH  
MAY  
PICNIC  
PUDDLES  
RAINBOW  
ROBIN  
SEEDS  
SHOWERS  
SPRING  
UMBRELLA

# SPRING

## WORD SEARCH

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