

**STATESVILLE AVENUE
PRESBYTERIAN CHURCH
USA**

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

April 1, 2024

Pastor Gary S. Blackmon delivered messages for the month of **March**.

Pastor Vanetta Baker delivered the **March 10th** message entitled, **"I Can Do This."**

***Gary McFadden, Mecklenburg County Sherriff** delivered an informative message to all in attendance at the Presbyterian Men's Breakfast on March 30, 2024.

***SAPC Presbyterian Women** presented their **Annual World Day of Prayer Service on March 16th at 11:00a.m.**

***Charlotte Hampton, lead Officers Workshop March 23, 2024** from 10:00 a.m.- 12:00 p.m.

***The Garden Project began.** On March 25, 2024, construction of the first vegetable beds began.

***3rd, 4th, 5th Sundays in Lent** were observed along with **Palm** and **Easter Sundays**. Pastor Blackmon delivered informative and spirit filled messages for all to share.

***Beginning in April, Session Meetings** revert back to Meetings from 11:00 a.m. – 1:00 p.m. in the Fellowship Hall.

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

***Thank you to all in making our month of March Events a blessing.**



Julia Butler

2

Lance Wallace

16



-Jean Worsley

-Eugene Payseur

**-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

Daily Bible Reading Guide 2024

APRIL God's Guiding Word: Hope

- 1 John 20:1-18
- 2 John 20:19-31
- 3 John 21:1-14
- 4 John 21:15-25
- 5 Jude 1-25
- 6 Ephesians 1:1-23
- 7 Ephesians 2:1-22
- 8 Ephesians 3:1-21
- 9 Ephesians 4:1-16
- 10 Ephesians 4:17-32
- 11 Ephesians 5:1-20
- 12 Ephesians 5:21-6:4
- 13 Ephesians 6:10-24
- 14 Isaiah 25:1-9
- 15 Isaiah 26:1-19
- 16 Isaiah 33:17-24
- 17 Isaiah 35:1-10
- 18 Isaiah 40:1-17
- 19 Isaiah 40:18-31
- 20 Isaiah 42:1-17
- 21 Isaiah 43:1-13
- 22 Isaiah 44:21-28
- 23 Isaiah 45:1-13
- 24 Isaiah 48:1-22
- 25 Isaiah 51:1-23
- 26 Isaiah 52:1-12
- 27 Isaiah 54:1-17
- 28 Isaiah 56:1-8
- 29 Psalm 16
- 30 Psalm 34

Fill In The Blank

1. What color robe was put on Jesus to mock Him? (Mock Him? (Mark 15:17)
Answer: _____
2. The stories about Jesus are written so that people will _____ that He is the Son of God (John 20:31)

3. Who owned the tomb that was used for Jesus's body (Matthew 27:57-60)

Answer: _____

What am I?

I have a long tail that I let fly.
Every time I go through a gap, I leave a bit of my tail in the trap.
What am I?

DATES TO REMEMBER

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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

(  
Loaves & Fishes)

**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.

704-596-4584

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Church Office Hours

Tuesday & Wednesday

9:00 a.m. – 2:00 p.m.

704-596-4550

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Tiki's Dance School Closed 3-21-24  
here at SAPC.

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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

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.

AARP – Crisis – You're coughing like mad, hot to the touch, and you think YOU HAVE COVID

- **Get tested.** You can take an at home test, but these tests can have a high false-negative rate, says Linda Yancey, M.D., an infectious disease specialist at Memorial Hermann Health System

in Houston. Your doctor can order a PCR test, which gives a more accurate result; some drugstores offer drive-through testing.

- **Notify a friend or family member that you're sick, and have them check on you daily. You'll need to stay at home for 5 days or until your symptoms get better, so ask someone to drop off supplies or have a store deliver whatever you need.**
- **Call your doctor and ask about prescription COVID treatments they can call in to your local pharmacy.**
- **Deploy home remedies.** Ibuprofen or acetaminophen, as well as cough drops and over-the-counter cough syrups, can help. Check with your physician about interactions with prescription meds you're taking.
- **Try a saltwater gargle to calm a sore throat," or just eat a large pickle," says Yancey. "The salt will draw fluid out of the tissue and reduce inflammation." If you experience confusion or difficulty breathing or have trouble staying awake, call 911.**

AARP – "Your Risk of Alzheimer's Is Lower Than You Think"

The Percent of Americans age 65-plus with dementia, including Alzheimer's, fell 30 percent from 2000 to 2016, a 2022 Rand Corp. study found.

Since about 75 percent of people with Alzheimer's also have problems with the blood vessels; in their brain-leaks, narrowing and damage to tiny arteries

can kill off brain cells and cause dementia-Hofman suspects “all the things we’ve done in the last 50 years to prevent heart disease and stroke may be related to lower risk for dementia and Alzheimer’s.” In addition to not smoking, those include:

Keeping blood pressure and blood sugar levels healthy. High blood pressure and diabetes increase risk for thinking and memory problems that may precede dementia or Alzheimer’s by 41 percent or more. They can harm brain cells by damaging blood vessels in the brain, boosting inflammation and encouraging the growth of Alzheimer’s plaques and tangles.

Getting regular exercise. Staying active can reduce risk for all types of dementia by 28 percent and for Alzheimer’s disease by 45 percent. Exercise increases blood flow to the brain, reduces inflammation, helps control blood sugar and blood pressure, and helps brain cells become more resilient.

Eating more fruits and vegetables. A produce packed diet with limited amounts of red meat, saturated fat and added sugar lowered risk for Alzheimer’s disease and dementia by up to 48 percent in a 2020 study of 921 older adults. Berries and spinach may help protect brain cells from damage caused by inflammation and destructive oxygen molecules called free radicals.

Taking care of your ears and eyes. Hearing and/or vision loss increased risk for cognitive problems by 20 to 50 percent in a 2022 University of Toronto study of 5.4 million older Americans. Recent studies suggest hearing aids and taking care of vision problems such as cataracts could be protective.

Fraud Watch – AARP

Someone I care for is involved in an elaborate romance scam but won’t believe his phony paramour is a crook. How can I convince him?

The blunt truth is you might not be able to break the spell. It’s similar to trying to help someone with an addiction. Here are some things that we recommend: Enlist help from a trusted source (police, attorney, doctor, other friends, or family). Consider writing a letter instead of speaking in person. This might help keep emotions in check. Share videos and news articles about romance scams. It might help your friend to see he is not alone in dealing with a predatory fake lover. Ask him to consider family or individual counseling. Also, if you have what you consider legitimate evidence of a fraud, report it to the police.

I’m getting calls supposedly from Medicare. They ask for personal information so they can replace the card. I just want to know if this is a scam.

Yes, it is 100 percent a scam. Medicare will never call you uninvited and ask you to give personal or private info. Medicare fraud is big business, and you want to protect your number as you would any other personal or financial info. If you suspect a criminal has your Medicare number, call 1-800-MEDICARE, and watch your Medicare summary notices to ensure no one has charged items to your number without your permission.

AARP AND ELECTRIC CARS

Interested in learning more about electric vehicles and whether one might be a good fit for you? AARP has a pair of free online virtual workshops that can answer most questions. Take them in any order. The first is called "Power Up Your Knowledge on Electric Vehicles" and introduces participants to the basics of buying, driving and owning an EV. It last 45 minutes. The second program, titled "Take Charge of Your Electric Vehicle," is an hour long, covering topics such as plotting your charging stops and taking a road trip. To find out more including how to register go to aarp.org/EV.

AARP -Great Ways to Save: Outdoor Home Improvement by Beth Braverma

Consider a gutter cleaning contract. If you need your gutters cleaned at least yearly, ask if your contractor offers a repeat business deal. It may require more cash upfront, but most contractors will give you a much better price for guaranteed business, says Anthon Kulikowski, owner of Five Star Paintint in South Ben, Indiana.

Make your own cleaner. Clearing off dirt that has built up on your exterior windows can improve the light inside your home. Instead of buying a cleaner at the store, combine 3 gallons of water, 1 pint of rubbing alcohol and a capful of dish detergent. Mix well.

Facelift your furniture. A few coats of spray paint, new pillows and an upgraded umbrella can bring life to outdoor tables and chairs. Add

weather-resistant covers (even a simple tarp will do.

***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 as

k 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 REQUEST-
ED 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. Needle

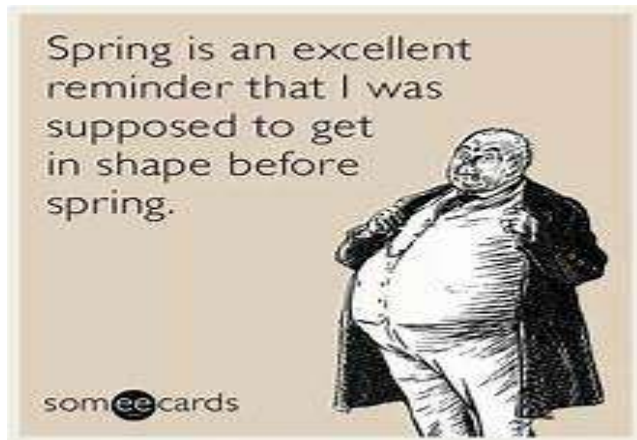
Fill In The Blank Answers

1. Purple
2. Believe
3. Joseph

Witty & Wise: By Bill Hangle, Jr., and David Colton

Foolish History – April Fool’s Day dates back over 400 years; it’s even older than Thanksgiving (true! No like!). Which means there have been lots of changes for good mischief.

1985 False Pitch: A pitcher who can hurl a baseball at 168 mph? That’s what writer George Plimpton claimed about supposed New York Mets prospect Sidd Finch in *Sports Illustrated*. Fans feel for the gag, which some called the greatest April fools’ prank in sports history.



Washington DC Monuments

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

JEFFERSON
MLK JR
KOREAN WAR
WASHINGTON
MARINE CORPS
WHITE HOUSE
LINCOLN
ROOSEVELT
SUPREME COURT
WOMENS
WORLDWAR TWO
US CAPITOL
PENTAGON
VETERANS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1373/>

“PRAY FOR THIS WORLD”