

# The *Informer*



HELLO  
*August*

*Saint James* Presbyterian Church, U.S.A.

A “Matthew 25” Congregation

820 Ross Avenue, Greensboro, NC 27406 · 336-273-6658 · [www.stjamespresby.org](http://www.stjamespresby.org)

*“Touching Lives Through Jesus Christ!”*

Reverend Sèkinah Hamlin, Temporary Executive Supply Pastor

Reverend Richard Hughes, Preaching Supply Pastor

Reverend Frank Dew, Pastoral Leadership for Administering Sacraments and Session Moderator

**August 2021 Edition**

## **Welcome To Saint James Presbyterian Church!**

The members of the Saint James Presbyterian Church are pleased to have you worship with us during the month of August. We ask that you kindly fill out our electronic visitor's card located here: <https://forms.gle/L33q5q23H92pnnrV9>. You can also contact us during worship through our Zoom chat, our FB Messenger or send an email after worship to: [office@stjamespresby.org](mailto:office@stjamespresby.org). We would like to have a record of your visit and a way to keep you updated on what is happening here at Saint James. Your information will remain confidential.



## **Are you interested in joining Saint James?**

We welcome you to join Saint James Presbyterian Church and are committed to helping you grow as a disciple of Jesus Christ. You may become a member of the Saint James Presbyterian Church in one of the following ways: (1) You can fill out our electronic visitors card located here: <https://forms.gle/L33q5q23H92pnnrV9> and we will reach out to you. (2) You can contact us during worship through our Zoom chat, our FB Messenger or send an email after worship to: [office@stjamespresby.org](mailto:office@stjamespresby.org). We look forward to helping you make this decision!

## **Connect With Us!**

Like us on Facebook: [www.facebook.com/stjamespresby](https://www.facebook.com/stjamespresby)

Follow us on Twitter: [@stjames\\_gsonc](https://twitter.com/stjames_gsonc)

Follow us on Instagram: [@saintjamespresbync](https://www.instagram.com/saintjamespresbync)

Visit our Website: [www.stjamespresby.org](http://www.stjamespresby.org)

## **Our Purpose Statement:**

“The purpose of Saint James Presbyterian Church is to touch lives through Jesus Christ by providing joyful worship, life changing teaching, warm community, and dynamic, meaningful ministries that serve to bring a new generation of believers to Christ and to nurture those who are already growing in faith.”

# WE ARE A MATTHEW 25 CONGREGATION!



## **Matthew 25 in the PC(USA):**

A bold vision and invitation

### **We are a Matthew 25 church!**

Our congregation has accepted the PC(USA)'s invitation to follow Jesus' teachings in Matthew 25:31–46 by becoming active disciples and making a difference in our community and the world.

As part of our Matthew 25 commitment, we pledge to embrace one or more of these three areas of focus:

- Building congregational vitality by deepening and energizing our faith and growing as joyful leaders and disciples actively engaged with our community as we share the gospel of Jesus Christ in word and deed
- Dismantling structural racism by fearlessly applying our faith to advocate and break down the systems, practices and thinking that underlie discrimination, bias, prejudice and oppression of people of color
- Eradicating systemic poverty by acting on our beliefs and working to change laws, policies, plans and structures in our society that perpetuate economic exploitation of people who are poor

To learn more and for ideas on how to get involved and do your vital part as a member of a Matthew 25 church, please visit [pcusa.org/matthew25](https://pcusa.org/matthew25).



Presbyterian Church (U.S.A.)  
**Presbyterian Mission**

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# **WORSHIP**

*Saint James worship services & shared community worship opportunities.*

## **Virtual Order of Worship:**

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## **August Participants:**

### **Worship Leaders:**

Reverend Sèkinah Hamlin

Reverend Richard Hughes

Reverend Frank Dew

### **Worship Elders:**

Elder Karen Watts-Yehudah

Elder Charles Knox

Elder Jasmine Evans

### **Music Directors:**

Elder Jasmine Evans, New Generation  
Praise Team & Inspirational Ensemble

Ms. Valerie D. Johnson, Chancel Choir &  
Combined Choir

### **Musicians:**

Dr. Ronald Campbell, Organist &  
Keyboardist

Mr. Nick Hayes, Percussionist



# August Lectionary

Let's continue reading together! As we journey into the month of August, let us prepare our hearts and minds for worship by reading the scheduled lectionary texts each week.

The texts are listed below. Before you read each text, practice a few minutes of centering prayer to clear your mind. Pray for clarity and focus. While reading, physically or mentally take notes so that you can summarize what the scripture is saying. Finally, go back and pick out any themes or recurring ideas that may be relevant to your personal life, Saint James or the church at large. Close your reading time with a Prayer of Thanksgiving for God's word and revelation.

1<sup>st</sup> Sunday

- 2 Samuel 11:26-12:13

2<sup>nd</sup> Sunday

- 2 Samuel 18:5-9

3<sup>rd</sup> Sunday

- 1 Kings 2:10-12

4<sup>th</sup> Sunday

- 1 Kings 8:1, 6, 10 - 11

5<sup>th</sup> Sunday

- Song of Solomon 2:8-13

## **WORSHIP** *Saint James worship services & shared community worship opportunities.*

In the interest and concern for your safety during the COVID-19 epidemic, online and conference call services will be conducted until further notice. All physical group gatherings have been transferred to another medium or postponed. We are asking all members and friends to join us via conference call, Zoom, or Facebook Live on Sundays at 10 a.m.

To join us online at Zoom for our Sunday Service:

Click the link here -----> <https://zoom.us/j/742365808>

To join us on our conference call,  
dial in to: 929-205-6099

Enter Meeting ID: 742 365 808#

(This Meeting ID is just for our Sunday Service and virtual sanctuary hangout)

You can also join us on our Facebook page:

Click the link here -----> [www.facebook.com/stjamespresby](http://www.facebook.com/stjamespresby) or visit [www.facebook.com](http://www.facebook.com)

Go to the search bar and type in "St. James Presbyterian Church"

Click on the picture of our logo!

Visit our website to sign up for email updates.

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

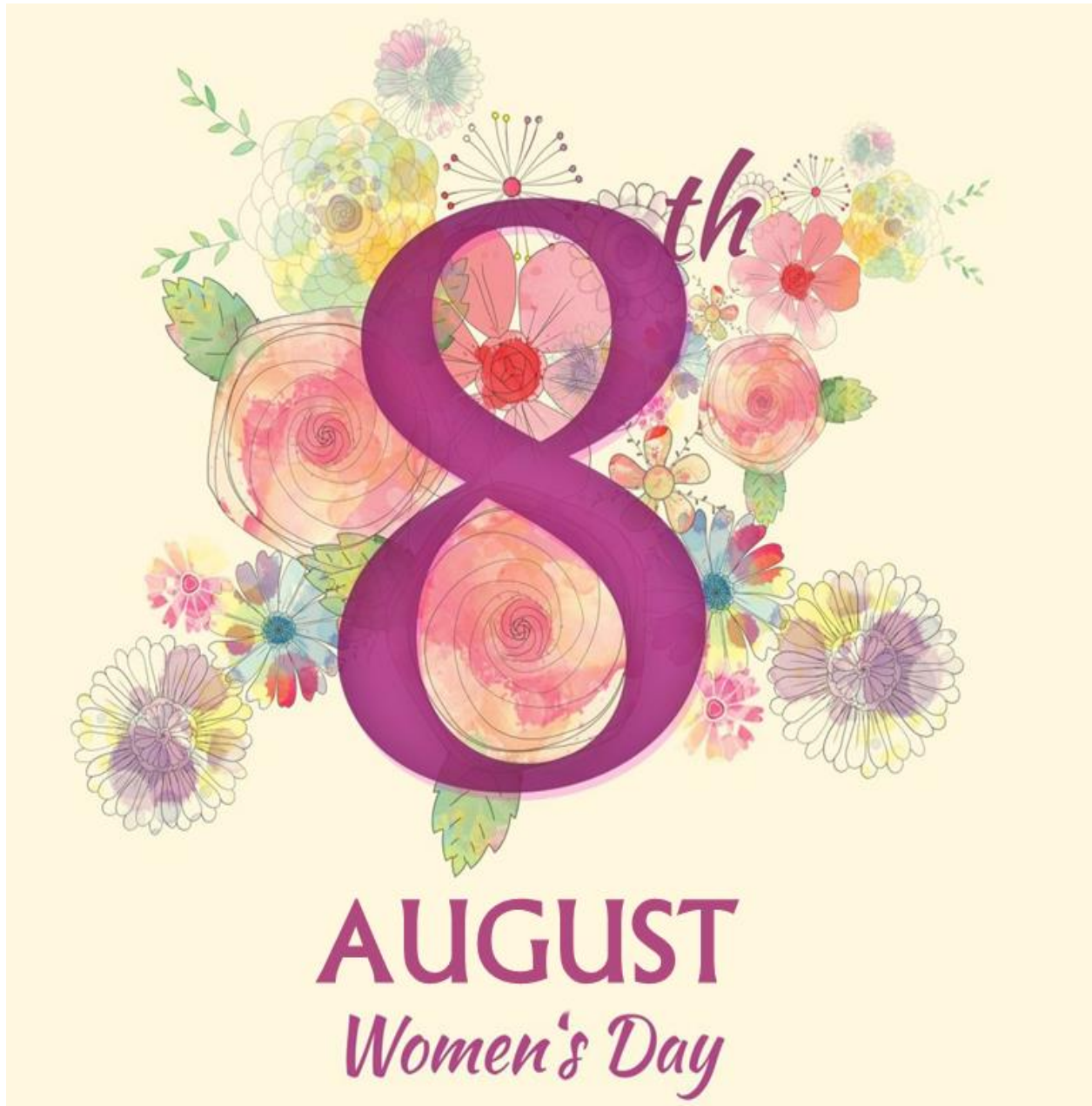
**Did you miss any services?** Our Zoom services are now on YouTube! You can find all of our Sunday and Special Services on our YouTube page. All of our Bible Studies are continually added as well! Please click the link to enjoy any one of our services that you may have missed. Click the link below to watch:

[https://www.youtube.com/channel/UCoVErWxOPigu-48o\\_ig2V2A](https://www.youtube.com/channel/UCoVErWxOPigu-48o_ig2V2A)



**WORSHIP** *Saint James worship services & shared community worship opportunities.*

## **UPCOMING SERVICES**



**Please join us for our upcoming  
Women's Day Service  
on August 8th at 10 A.M.  
Help us honor our women!**



## Happy Birthday to our members born in August!!



Alexis Avent  
Rev. Miltrine J. Barden  
Victoria Hodges-Witherspoon  
Brian C. Knox  
Paula Latham  
Marie W. Martin  
DeQuise “Shae” Maxwell  
Deborah Pelli  
Kimberly R. Pemberton  
Brittany Purcell  
C.O. Williamson, Jr.  
Jerry Young



Please remember to send us your birthdays to include each month!

Send your info to [office@stjamespresby.org](mailto:office@stjamespresby.org)

## **DISCIPLESHIP** *Sunday School, Bible Studies & Leadership Trainings*

Join the members of the **Monday Morning Bible Study** class for an AT-HOME-STUDY of the book of PROVERBS. This study will allow us to glean the wisdom God wants us to know and use. Study this book of the Bible to find a truth to learn, a promise to claim, a command to obey and a prayer to echo. JOIN US!!

**The John Erwin Sunday School Class** continues to honor the stay at home, physical distancing order. We have continued to study The Present Word Bible Series. Currently, we are in the Summer 2021 section titled "Confident Hope". If you do not have a copy and would like to join us, Super Seniors are invited. Call the church office for more information. Each day is a blessing. Aging brings gifts. We want to recognize and acknowledge the special gifts that each member brings.

### **Presbyterian Women Bible Study Circles**

Grace Brown Circle has ended lessons for the 2020-2021 season. Stay tuned for more information in September when we resume. ~Donna Spinks & Kathy Moore, Co-Mods.

The Roxie McNair Circle is honoring the Stay-At-Home and the physical distancing. More details to come later. ~Elder Pauline McNair, Moderator

The Sara Barber Circle has ended its lessons for the 2020-2021 season. We will resume again in September. Please stay tuned for more information on an upcoming summer outing. Visitors who would like to visit or join should contact Linda Adams at 336-509-0420. ~Linda Adams, Moderator

The Essie B. Meares Circle has ended our lessons until September. More information will be shared at a later date. This has been an unusual year for everyone. Please stay safe. Thank you. ~Demetra Barnwell, Moderator

The Marie Florance Presbytettes held birthday lawn parties for Margaret Carr and Ina Siler who celebrated their birthdays on July 10. They were shocked, confused and surprised and we don't know why! It was a good time for all of us!



## **DISCIPLESHIP** *Sunday School, Bible Studies & Leadership Trainings (continued)*

### **The Older Adult Ministry**

Members of this ministry were able to celebrate Older Adult Sunday on May 02, 2021. Thanks to the Worship Committee. This ministry will continue to address the issues and concerns of the aging population in a positive and pro-active manner. This is just a reminder:

1.) If you have not gotten yourself a Real ID, please place this on your to-do list, voting is essential.

2.) In order to stay healthy, it is important to keep your vaccines current - tetanus and shingles.

All super seniors are invited to join us.

~Elders Marie Martin & Pauline McNair, Co-Moderators

### **Presbyterian Women in the Congregation (PWC)**

#### **PWC Monthly Gathering**

There will be no gathering this month. Have a wonderful August!

#### **PWC CT (Presbyterian Women in the Congregation Coordinating Team) Meeting**

There will be no gathering this month. Have a great August!

### **Presbyterian Men**

The Presbyterian Men thank you for your support during our Fundraising Event on July 24, 2021.

There will be no meetings for the month of August. We will resume our meetings in September and more details will follow!

~Elder Charles Knox, President | 336.549.4599 | [cknox3011@gmail.com](mailto:cknox3011@gmail.com)



## **ADMINISTRATION** *Church Business & Officer Information*

### **Monthly Informer Article Deadline**

Please feel free to mail or e-mail: [office@stjamespresby.org](mailto:office@stjamespresby.org). Articles can be sent prior to the deadline with the subject: "September Informer." The Final Deadline for articles is Tuesday, August 31, 2021 by 12:00 noon.

### **The Informer is going green and social!**

The Informer can now be emailed to you directly. In addition, the monthly Informer is always available on our website. Please sign up for our email subscription on the church website. If you're already signed up, The Informer will be coming to you each month.

### **Car Wash Gift Cards For Sale!**

Does your car need a little TLC? Purchase a \$20.00 Autobell Car Wash Gift Card today! These cards are a great way to invest in Saint James and to keep your ride sparkling in the spring sun. The Autobell Car Wash Gift Card is also an excellent card filler or gift to someone who loves a clean car. Contact the Church Office, Vanessa Haygood or Timisha Corpening to purchase your card today!

### **Update on Printing through the Office**

Finally! Implementation of copy codes and limits has been updated. There will be cost for printing in the church office. Every ministry will receive a printing allotment for the year. Prints over the allotted amount will be billed to each ministry. Contact the office with any questions or code requests.

Yearly Allotment per Ministry: Black & White Copies: 300, Color Copies: 175

Printing Charges: Black & White: \$0.01 per letter-sized impression

Color: \$0.08 per letter-sized impression

Tabloid: Each 11x17 impression counts as two letter-size impressions.

### **Contact Information Updating**

Have you moved? Changed your phone number? Did you know that you can send update your contact information anytime? Our contact information form is always available online. To fill out the form online, please click: <https://forms.gle/bncJhjh5d4gwHafUA> You can also visit our website and click on the link to be taken to the Contact Information Update form. If you would like a physical form, please call the church office and one will be mailed to you. Your information will remain confidential.





# **ADMINISTRATION** *Church Business & Officer Information (continued)*

**Congregational Care Ministry!** Congregational Care is an integral part of the ministry of Saint James Presbyterian Church. In an effort to respond to the call to care for one another, our new supply pastor along with the Session, Stephen Ministry, Deacons and Office Staff have developed the Congregational Care ministry.

Congregational Care functions as a pastoral care arm of ministry. The purpose of the Congregational Care ministry is to care for our congregation by providing presence through visits and prayer during times of medical procedures, health crisis, transitions, and illness. Our supply pastor is the primary provider for end of life care, bereavement and funerals. Our Congregational Care team provides presence for ongoing care concerns. The foundation for this ministry is in scripture. Just as Moses was admonished to appoint elders to assist with the care of God's flock (Exodus 18); and just as the early church provided people to care for widows as the apostles gave themselves to prayer and the teaching of the word (Acts 2), our church stands in a biblical tradition to commission people of faith to provide for the care of God's people.

So how does it work? To help ensure that everyone has an Elder, including those on the Forget Me Not List, our congregation is divided into groups based on the first letter of your last name. Each group has been assigned a Congregational Care team member as seen below. If there is a need for prayer, notice of a medical procedure or surgery, notice of a current or past hardship, members can call the church office at 336-273-6658 or email [office@stjamespresby.org](mailto:office@stjamespresby.org). The office will notify your Congregational Care Provider immediately.

If there is an end of life situation, the supply pastor is the primary provider. All information is private unless permission is given to share with the entire church during prayer and/or through the Forget Me Not list. The Congregational Care Team has been thoroughly trained, and is eager to serve, so do not hesitate to share your need.

## **Congregational Care List 2021**

<b><u>Elders</u></b>	<b><u>Members of the Congregation</u></b>
Jasmine Evans	A
Bob Powell	B
Carrie Ledbetter	C
Ursula Robinson	D, E
Sandra Wallington	F, G
Karen Watts-Yehudah	H, I
Andrea Russell	J, K, L
Mildred Powell	M
Charles Knox	N, O, P
Chuck Wallington	Q, R, S
Linda McSwain-Randall	T, U, V
Donna Spinks	W, X, Y, Z

## **ADMINISTRATION** *Church Business & Officer Information (continued)*

### Pastor Nominating Committee

The Session has called a congregational meeting for Sunday, August 1, 2021 at 2:00 PM for the purpose of hearing and acting on a report from the Pastor Nominating Committee. This meeting will convene at Westminster Presbyterian Church located at 3906 W. Friendly Ave., Greensboro, NC 27410. We will follow CDC guidelines for indoor meetings. Seating is limited to 160 people. Please click on the link below to register for the meeting. You can also call the church office to register at 336-273-6658.

[Congregational Meeting Registration Form](#)

Our members are listed below.

The members of your PNC are:

Linda Adams

Freddie Click

Jasmine Evans

Marie Martin

Gretchen Robinson

Karen Watts-Yehudah

Cynthia Latham - Co-Chair

Ina Siler - Co-Chair



## **EVANGELISM** *Neighborhood blasts, New Members & Inquirers Class*

### **New Members and Inquirers Class!**

During this time of COVID-19, to keep you and our members' safe, our New Members Class is not being held. If you missed the last New Members and Inquirers Class or are interested in learning more about Saint James, contact the church office at 336-273-6558. Our dedicated Elders will reach out to you. We are looking forward to sharing more about who we are and what we believe!

# **SOCIAL JUSTICE ADVOCACY MINISTRY**

## Saint James Presbyterian Church Local Black Church Project with UNC-Greensboro

### Phase One Update

Our local Black Church project with UNC-Greensboro has started. We are working with Jackson Library's Stacey Krim, assistant professor/curator of manuscripts and David Gwynn, associate professor and digitization coordinator. We hosted these UNC-Greensboro staff members on July 6, 14, 21, 2021, respectfully. Historian Brian Robinson has visited our church on two occasions to assist in documenting our church history.

As of July 21, 2021, over 3,500 pages/slides of the story of Saint James have been documented. Pictures, yearbooks/directories, special programs/events, photo albums of Sunday School, Presbyterian Women, founding members, pastors, youth, 150th Anniversary memorabilia, Bibles, church awards/recognitions, history of stained glass windows, cassette tapes and VHS tapes of sermons of Reverend Doctor J. Herbert Nelson & Reverend Doctor Diane Givens Moffett are examples of items digitized at this point. Two additional visits are scheduled for July 29th and July 30, 2021.

### Local Black Church Project with UNC-Greensboro/Phase Two Update

During Phase Two of our church history project, we will add the following items to our digitized history collection:

1. Pictures of recent Presbyterian Men & Women events.
2. Pictures of the Vance Chavis Library named after church member Vance Chavis, the first fire station in the African American community where church member Crawford Jones was stationed, pictures of Falkener and Simkins Elementary Schools named after church members Waldo Falkener and Dr. George Simkins.
3. Pictures of the buildings and homes constructed by church member and architect W.E. "Blue" Jenkins.
4. Pictures of 150th anniversary quilt makers and pictures and other documents of the work of the Social Justice Advocacy Ministry.
5. Picture of members of Social Justice Advocacy Ministry.
6. Interviews conducted of church historians, Elder Marie Martin and Elder Pauline McNair.

Local Black Church Project members from Saint James are Adnee Bradford, Althea Bradford, Barbara Chavis, Andrea Russell, Lolita Watkins, and Jerry Young. Church administrator JaTonda Thompson is supporting the work of this committee.

## **FAITH POINT FELLOWSHIP** *Young Adult and College Ministry*

**Faith Point Fellowship** will suspend weekly bible studies and worship services until September. Check out Facebook and Instagram for information on virtual hangouts during the summer months.

*Text FPF to 55469 and receive words of inspiration and regular updates during the summer.*



### **LEADERSHIP TEAM**



**JASMINE EVANS,  
MC**



**SHEMIAH CURRY,  
MC**



**JAYLA WHITE,  
INTERN**



**RYCAL BLOUNT,  
INTERN**

### **Want to stay connected to Faith Point Fellowship?**

Text FPF to 55469 to receive words of inspiration and regular updates or visit our website at [faithpointfellowship.org](http://faithpointfellowship.org). We are also on social media @FaithPointFellowship



## **FORGET ME NOT LIST - COLLEGE STUDENTS**

Emmale Burris	Guilford Technical Community College
Terence Burris	NC A&T State University
Christian Butler	NC A&T State University
Victoria Butler	Howard University
Paul Carlton	NC A&T State University
Marcus Funderburk	Forsyth Technical Community College
Micah Funderburk	UNC-Pembroke
Kayla Gaskin	Emory University
Karlton Gaskin	Columbia University
Jalen Graves	UNC-Greensboro
Mia Graves	North Carolina Central School of Law
Ashley Halley	Appalachian State University
Brittani Hewitt	Hampton University
Franklin McCain, III	NC A&T State University
April Newkirk	Central Piedmont Community College
Messiah Reid	Guilford Technical Community College
Idalia Robinson	Guilford Technical Community College
Nodiyah Satterwhite	NC A&T State University
Isaiah Siler	Guilford Technical Community College
Jacquelyn Sullivan	Guilford College
Mikala Thomason	Nazareth College
Matthew Watlington	NC A&T State University
Shelleik Wilson	Winston-Salem State University

### **Want to stay connected to Faith Point Fellowship?**

Text FPF to 55469 to receive words of inspiration and regular updates or visit our website at [faithpointfellowship.org](http://faithpointfellowship.org). We are also on social media @FaithPointFellowship

## **FORGET ME NOT LIST** *Remember to pray for those who cannot attend worship*

Shaquille & Sheryl Davis	3938 Eastland Avenue 27401
Clarence and Pearl Durham	3313 Janet Lane, 27405
Hyla Cundiff	2214 New Castle Rd. 27406
Emily Goodman (sister of Trustee Fred Peterman)	2605 Corinth Dr., 27406
John Guthrie	4504 Southall Dr., 27406
Lynette Hawkins	1212 Swan Creek Rd. Fort Washington, MD 20744
Brenda Jackson (daughter of Maxine Covington)	1209 Humboldt Avenue North Minneapolis, MN 55411
Willie "Peggy" Meachem	1302 Ross Ave. 27406
Annis Sensabaugh	Blumenthal Jewish Nursing Center, 3724 Wireless Dr., Rm. 213, 27455
Erica Ward (niece of Elder Nancy Rives)	81 Dogwood Trail Dr. Stockbridge, GA 30281



## **FELLOWSHIP** *Expressions of gratitude, celebrations and church functions!*

### **Thank you...**

Saint James Family,

Thank you individually and collectively for every expression of kindness shown us during this time of transition for Mrs. Helen Bernice Cole Jones and our transition into life without her. Please continue to keep us in your prayers. Sincerely, ~The Helen C. Jones Family

Dear Prayer Warriors, Will you pray for greater awareness of Mental Health and how it impacts our communities and families? Blessings, ~Mrs. Willie “Peggy” Meachem

Thank you to my St. James family for all of your cards, notes and phone calls over the past months. It means so much to me that you remember me. I wish I could write a thank you note to each of you. I hope you know how much I love you and think about you. God bless every single one of you! ~Mrs. Hyla Cundiff



## **OUTREACH MINISTRY** *We are busy serving the community- Join Us!*

Message and a Meal continues to provide a hot and nutritious meal every Sunday at 3 P.M. Meals are now served in to-go containers. Although we are not able to fellowship together over a meal with the community amid the COVID-19 pandemic, we are grateful for the opportunity to be able to serve takeout meals to those in need.

Thank you to those who participated in our Congregational Survey regarding the Message & A Meal program. We appreciate your input.

### **Message and A Meal June 2021**

<b>Date</b>	<b>Guests</b>	<b>Volunteers</b>
7/4/2021	113	5
7/11/2021	110	3
7/18/2021	105	2
7/25/2021	118	3





## **OUTREACH MINISTRY** *We are busy serving the community- Join Us!*

**The Hayes-Taylor YMCA is the Ministry of the Month!** The Hayes-Taylor YMCA has been a pillar in the black community for many years. We look forward to supporting the mission and vision of this local organization.

### **Tiny House Community Development: We Are... One In The Spirit**

Are you still looking to fulfill a niche? Perhaps, you feel led to help 'the least of these' but don't know where to begin. Well...look no more! There is 'plenty of good room' for you with Tiny House, a ministry that builds safe, affordable housing for the homeless in our community. How can I help, you might ask? The opportunities below are just some of the ways you or your ministry, collectively, can help.—

#### *Tiny House Volunteer Opportunities:*

**Breakfast 4 Our Friends:** Breakfast is served every Saturday morning between 7:45 A.M. – 8:45 A.M. at Center City Park in downtown Greensboro. Volunteer your time and/or breakfast items for approximately 80-100 people

**Sponsor a Resident's Utilities:** Utilities for a Tiny House averages to \$85.00/month. You can sponsor utilities on either a monthly or yearly basis.

**Donate Appliances:** For one of the six houses currently being built in the Greensboro Tiny House community appliances average to \$1,300.00.

**Make a Tax Deductible Donation To:** Tiny House Greensboro, P. O. Box 20691, Greensboro, NC 27420.

\*For additional information on this ministry, please contact Elder Oscar Reid.

**Homeless Committee:** The Homeless Committee wishes to acknowledge with warm appreciation the congregation for the donation of 51 boxes of Quaker Oats for the Greensboro Urban Ministry.

**Stephen Ministry,** a Christ-centered ministry that provides care in alleviating pain and stress of life, remains attentive to the needs of others. Our personal contact via the phone allows us to connect. As we venture day by day through this pandemic, we extend the promises of God and the affirmation of His omni-presence. Our goal is to represent the love, concern and care of Jesus in a confidential way. If we can be of assistance as we journey together, please call a Stephen Leader: Adnee Bradford (336) 202-6989, Yvonne Patterson (336) 375-0122, Cynthia Latham (336) 324-7252



# **OUTREACH MINISTRY** *We are busy serving the community- Join Us!*

## **Helping Older Adults Stay Steady**

Staying Steady is a series on fall prevention. The information is from the S.T.E.A.D.I. program of the Centers for Disease Control. S.T.E.A.D.I. stands for Stopping Elderly Accidents, Deaths & Injuries. This article covers exercises to improve balance and strength.

Some things in life are a vicious cycle. Remember when you were learning the multiplication tables? They were hard and many of us didn't like them. So we didn't study and practice them. And we got further behind and the tables seemed harder and harder. We knew what we needed to do, but just couldn't make ourselves do it, and the problem got worse. I think many people are in the same situation when it comes to exercise. We know we should exercise in order to have a stronger heart, and more endurance. But we just don't like it, so we don't exercise. And our health doesn't get any better. And we get weaker and weaker. And that weakness increases the risk of falling.

Nobody wants to fall, to get injured, or even die from a fall. There are exercises out there that can keep you from falling. Wouldn't that be a good thing? Exercises that strengthen your legs and improve your balance are best for fall prevention. PACE wants to make sure the exercises you do are safe for you, so make sure you talk with your doctor, nurse practitioner or physical therapist about which exercises to start. Amy Stewart, DPT and Rehabilitation Supervisor for PACE, suggests starting with seated exercises first, until your balance can be checked. Then you can start a set of exercises best for you. Diane Hall, Recreational Therapist, leads a safe and beneficial chair exercise session. Check it out: <https://www.youtube.com/watch?v=on4IyQqrhSM>

Get out of that vicious cycle. Get moving and exercising to prevent falls in the future! Next month Staying Steady will cover how to make your home safer. Until then, you can visit the STEADI website for more information: <https://www.cdc.gov/steady/about.html>

Stay Steady!  
PACE of the Triad  
The Falls Committee



## **OUTREACH MINISTRY** *We are busy serving the community- Join Us!*

**For Older Adults who need assistance in the home**, PACE of the Triad is still enrolling new participants. PACE provides medical care and support services to older adults. Services may include, but are not limited to, a health aide for those who qualify, medical transportation, medicines, supplies, therapy, respite, and an optional day program. If you or a loved one can benefit from PACE services, contact PACE at 336-550-4046 for a free assessment or more information. A doctor's referral is not needed. PACE of the Triad is located at 1471 E. Cone Blvd. Greensboro in the Roses Shopping Center. Schedule a tour or free consultation today. Call 336-550-4046 or visit the website [www.pacetriad.org/help](http://www.pacetriad.org/help).

**ROCKINGHAM AND GUILFORD COUNTY FAMILY CAREGIVERS**



**Let Us Help YOU *Thrive!***



Are you caring for an older loved one with chronic illness?  
 Do you feel overwhelmed, especially during the COVID pandemic?  
 Do you want to receive the latest information on best caregiving practices –  
 along with relaxing and rejuvenating activities to help you?

Our program –THRIVE! – is a **free** opportunity made possible through CARES Act grant funding for family caregivers to do just that . . . thrive!

**FREE** highly recommended caregiving books, yoga mats, brain healthy groceries and art kits as well as 4G-enabled tablets on loan! Virtual activities will accompany the **FREE** items!

Register Now for books, art kits, and tablets! Yoga mats coming in May!  
 Brain Healthy groceries coming this summer!

*Register Now:* [www.Well-SpringSolutions.org/Thrive](http://www.Well-SpringSolutions.org/Thrive)  
 or call: (336) 274-3559

## **STEWARDSHIP** *Monthly collection and stewardship opportunities.*

Have you gotten behind in your personal giving plan and need help catching up? The Stewardship Committee is here to help. Simply call the church office (336) 273-6658 and a member of our team will contact you.

*Per Capita Apportionment \$25.00 or as you are blessed*

***The Pentecost Offering April 5<sup>th</sup> through May 23<sup>rd</sup>***

*Finally – Let's not forget to contribute to our Emergency Relief Fund!*

*Note: Missed a "Special Giving" opportunity? No problem!*

*It's never too late to give!*

If you are **giving on line** or using **Cash App**, please indicate the nature of your **special giving** where it states **"add special instructions"** or **"add a note"**

The Stewardship Committee thanks you for your financial commitment to our church.

***\*\*July & August totals will be in the September Informer\*\****

## **Spread the Word: Emergency Rental Assistance**



Thanks to the American Rescue Plan, billions of dollars in federal rental assistance is reaching renters behind on housing costs, as well as landlords who have struggled during the pandemic. These programs are run locally, and right now emergency rental assistance is available across the country.

The federal government is continuing an all-out push and issuing a call to action to Members of Congress, state and local officials, companies, advocates, nonprofits, the faith community, and more to conduct an all-out push to make sure tenants and landlords take advantage of federal rental assistance to help cover rent, utilities, and other housing costs and keep people in their homes.

Please spread the word about emergency rental assistance. Help is available for renters who are having trouble paying rent, utilities or other housing costs as well as for landlords who have tenants in this situation. State and local programs are distributing billions of dollars in rental assistance.

The Consumer Financial Protection Bureau (CFPB) recently developed a new “Rental Assistance Finder” tool for renters and landlords to find information on rental assistance in their area. The tool is now live at: <https://www.consumerfinance.gov/renthelp>

The CFPB’s site also includes resources to help renters and landlords understand other resources to help navigate various financial hardships related to the pandemic.

For additional information about the Emergency Rental Assistance program, [visit the unified federal housing assistance portal hosted by the CFPB.](#)



# Black Faith Community Vaccine Toolkit

Over the past year, COVID-19 has torn through our communities, forcing us into isolation and disrupting one of the foundations of Black American culture: coming together to worship in the house of the Lord. However, there is hope on the horizon! With the advent of COVID-19 vaccines, a future where we can get back to gathering is within our sights.

The [Get Vaccinated! Black Faith Community Toolkit](#) includes information about the benefits of the COVID-19 vaccine, along with frequently asked questions and sample social media posts to help empower you as clergy to speak confidently to your congregations and communities about the vaccine. Let's get back to gathering!



## GET VACCINATED BLACK FAITH COMMUNITY TOOLKIT

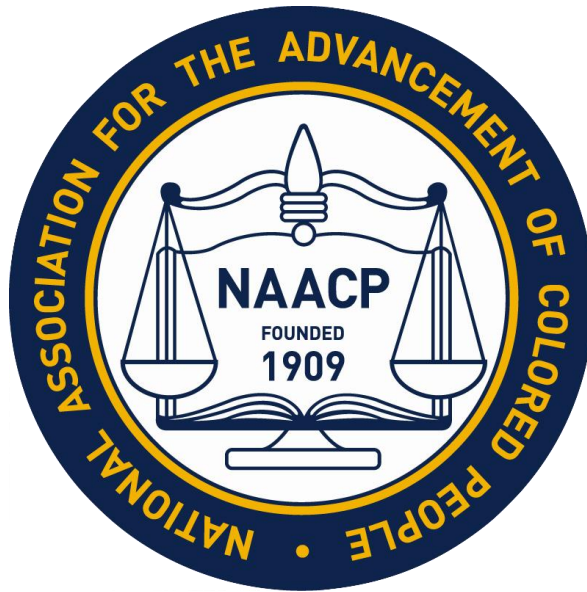


NATIONAL  
AFRICAN AMERICAN CLERGY  
NETWORK

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[wwwSkinnerLeaders.org/getvaccinated](http://wwwSkinnerLeaders.org/getvaccinated)

# NC COVID-19 VACCINATION UPDATES



Schedule your appointment now!

Eligible members of the public can make appointments online for a vaccine at the federally supported COVID-19 Community Vaccination Center in Greensboro at Four Seasons Town Centre:

- Appointments can be made online by visiting [GSOmassvax.org](https://GSOmassvax.org)
- North Carolina is setting aside half of all vaccination appointments from March 10th through March 14th (7,500 appointments) at the Four Seasons Town Centre site to help ensure individuals from Historically Marginalized Populations are able to access vaccine appointments.

Additional appointments are available through our call center for those who are not able to access the web-based registration tool. Appointments may be scheduled by phone (888-675-4567) through the COVID-19 Help Center. (Monday to Friday from 7am to 7pm, Saturday to Sunday from 8am to 4pm).

You can also schedule your vaccination with Walgreens.

Please click the link below to schedule.

[Walgreen's Vaccination Scheduling](#)

**For anyone who is having difficulty getting their vaccination scheduled, please contact SJAM Co-Chair Lolita Watkins at 336-540-9627 or Elder Charles Knox at 336-549-4599 so that your name can be submitted on our church list to Senator Gladys Robinson.**





*Saint James Presbyterian Church*  
*"Touching Lives through Jesus Christ"*  
820 Ross Avenue, Greensboro, North Carolina 27406  
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