

The Cross and Flame

www.pinegroveumc.org

The Cross and Flame is published monthly to inform members and friends of events and ministry at PGUMC.

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THOUGHTS FROM THE REV...

I have been searching my computer files to locate this article I read several years ago. I wanted to share it with you because it touched me so deeply. It is an article by Dr. James Howell that speaks to all of us... and I think especially a word we need to hear at Easter.

“The reason I am still in the ministry is because of the night I decided to leave the ministry. It was my day off. The phone rang, and it was the chaplain at a nearby hospital. Usually we would exchange pleasantries, but all she said was, “Come to the hospital—now.” I trusted the urgency in her voice and arrived in about ten minutes.

I found her with a young couple from our church I knew and loved. I sensed shrieks and sobs lingering in the room, which was eerily silent; the wife and then the husband fell onto my shoulders. I could hardly bear their weight as they gasped for words. Their child Caroline, whom I had baptized a couple of weeks earlier, had just been diagnosed with a malignant tumor intertwined with her spinal cord at the base of the brain. I couldn’t parse the news. Then a man in a white coat said, “We must go to Duke Medical Center—now.”

“Of course I will come too,” I assured them. The drive took forever, or maybe it was a few seconds; time had lost all meaning. Engulfed by Duke’s massive medical center, we were shuffled from one waiting room to another. No one spoke, and I felt particularly conspicuous for not speaking. *Say something!* I kept telling myself. Read a Bible verse, offer a prayer—something. But all I could do was cry, and then I would go numb, alternating helplessly between the two.

Another minister who knew the family materialized. His demeanor startled me: smiling, confident, speaking many words, assuring the parents with an utterly confident grin that “God will save your child if you just pray.” I’m ordained, he’s ordained—but I felt no kinship with him. I oscillated between wanting to strangle him and wanting to be more like him. Why have I never been able to be pious? When did I become the grim pastor who expects the worst? Sure, his style of pastoring seemed trite, absurd—and yet, what good was I doing?

About that time, the pediatric oncologist came in—calm, intelligent, well-trained, impressive. I remember him as being very tall. He had a plan. As he unfolded his strategy, I remembered those smart grown-ups who had advised me to go to medical school. And I wished I had, because as a minister I had nothing—literally—to offer to these people I loved so much. Had I gone to medical school, I could do something.

I kept listening to him, hanging on every word, envy rising, regret surging. Not only should I have gone to medical school; I should not have gone into the ministry. I felt so impotent. I realized that I spent most of my days praying for people having gall bladders removed laparoscopically, or knees replaced metallicity, and how ridiculously valuable my parishioners regarded me because of it. But here was a family in dire need, and I had nothing, absolutely nothing, to give. Reduced to tears, sitting in the corner, I knew some clever chap would console me by saying, “It’s the ministry of presence: you’re the embodiment of God’s church!” But Caroline’s parents desperately craved one thing only: the life of their daughter.

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So I decided to resign and do something else—anything else—for the rest of my life. The details were fuzzy, but I knew I couldn't live out the charade of praying for head colds and pacemaker installations when I was totally impotent in the face of real pain.

More tests were run. Surgery would be required early in the morning. The initial rush of family and friends began to drift away to other waiting areas. Some returned home. Caroline, having been poked and prodded, had been crying incessantly all afternoon and evening. Why was I still there? I am unsure why I was still hanging around; I suspect that Caroline was giving voice to my grief over a poorly spent life.

Then her parents asked me for a favor. "We are exhausted. Caroline won't stop crying. Could you hold her for a little while so we can step out and take a little break?" And so I took this child in my arms and rocked her. She cried, and I cried, and then having expended all her energy, she drifted off to sleep. I kept rocking her until her parents came back, a little bit rested, relieved to see her more peaceful. We placed her gently in the crib, and then I left them, took the elevator downstairs, and stepped through the door into the night.

As I felt the chill against my face, I knew I would not quit the ministry. It was as if my whole life had been a preparation for this dark evening. All the wrestling with what career to pursue, counsel from professors, the books, papers, degrees, hurdles of ordination: I had been in training for this day, so that on this day I could drive to Durham and give two parents a little bit of rest—and to rock a very sick child to sleep, just to hold this little one who seemed to have as little hope as I did.

It was around midnight that I had to answer a question: Why did I go into the ministry? To do something grand and impressive? Or because I thought I might love somebody, some family, some child, in God's name? Holding Caroline, I wondered: isn't this what Mary did with Jesus when he was sick during the night? Didn't she embrace him when he was taken down from the cross? Isn't this what God Almighty had been doing with me all these years? And on one night, I was able to help. I held a child. I fulfilled my vocation, the small impotence of it all turning out to be the beauty."

[FAITH MATTERS](#)

Staying power

Our true vocation

Oct 30, 2007 by [James Howell](#)

How does this relate to Easter? Well, I know God has held me during many dark and lonely nights. Because of Jesus we are all being prepared to hold someone and bring solace to some weary soul. Easter gives us the power to stay. Amen.

Grace and Peace
Steve

TALENT SHOW VIDEOS

Andy Buchanan has promised to make videos of the Talent Show. He is missing the choir's act and he ran out of tape before Elvis left the building. He also would like to compare the different angles of the show.

If you have a video or know of anyone who has a video and would be willing to share please contact Andy Buchanan at telephone 336-760-1321.

We would like this information as soon as possible as the sale of the video's would help with the Stop Hunger Now fund raisers.

An Irish Blessing

May you have
Walls to keep out the wind
A roof to keep out the rain
Warm drinks by the fire
Laughter to cheer you
Those you love near you
And all that your heart may desire
Including the love of God within.

Winston-Salem District



Prayer Breakfast

Saturday, April 30, 2011
8:00 a.m.

Mt. Tabor UMC
3543 Robinhood Road

Speaker: Rev. David Cash

Recognition of Laity Service Award Recipients

Make reservations through your Lay Leader

APRIL 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
EACH SUNDAY 9:45am Church School 11:00am Worship	EACH MONDAY 7:00 pm Boy Scouts 7:00 pm Cub Scouts				1	2 6:30 pm Talent Show
3 3:00 pm They call me Aunt Orelena	4	5 6:30 pm UMYF 7:00 pm Children's Council	6 9:30 am Extension Club 6:30 pm Handbells 7:30 pm Chancel Choir	7 7:00 pm Trustee Meeting	8	9
10 12:30 pm Hunger Awareness Meal 5:00 pm Bible Study The Book of John	11	12 6:30 pm Girl Scouts 6:30 pm UMYF	13 10:00 am Sue Rollins Circle 6:30 pm Bereavement Committee 6:30 pm Handbells	14 7:00 pm Gertrude Alspaugh Circle	15	16
17 5:00 pm Bible Study The Book of John	18	19 10:00 am Sunrise Fellowship in the parlor 6:30 pm UMYF	20 6:30 pm Handbells 7:30 pm Chancel Choir	21	22 7:00 pm Worship Service	23 2:00 pm Easter Egg Hunt
24	25	26 6:30 pm Girl Scouts 6:30 pm UMYF 6:30 pm Dash Baseball game—Prime Timers	27 6:30 pm Handbells 7:30 pm Chancel Choir	28	29	30

APRIL BIRTHDAYS

April 5 Randy Greenwood
 Jim McGinnis
 April 6 Brandi Hunter
 Billy Joyner
 April 8 Mark Joyner
 April 9 Gladys V. Hockaday
 Tim White
 April 10 Mike Fulk
 Melissa Kite
 Betsy Mitchell
 Chad Young
 April 12 Donna DePietropaolo
 Beckie Shutt
 April 13 Margaret McLeod
 April 14 Ray Byrd
 Denise Henry
 April 16 Willie Perkins
 April 18 Kris Abshire
 Meredith Guyer
 April 19 Jamie Cox
 April 20 Frankie Cox
 April 23 Charles Bell
 Jerry Davis
 Vicki Fair
 Abby Lynn Moran
 April 24 Joe Boles
 April 25 James Brannock
 Luke Genevie
 Mike Moran
 Richard Shutt
 April 26 Mildred Holder
 April 28 Murvin Moser
 Brian Tolbert
 Steve Tucker
 April 29 Peggy Griffith
 April 30 Karen Newsome

APRIL ANNIVERSARIES

April 7 Jon and Melissa Kite
 April 17 James and Jane Groce
 April 20 Bobby and Peggy Sizemore
 April 29 Lee and Willie Perkins

OUR VOLUNTEERS

PROVIDE BREAD FOR VISITORS

April 3 Julie Stoakley
 April 10 Mary Council
 April 17 Melanie Niblock
 April 24 Lisa Hale

USHER SCHEDULE

April 3 Tom Mahannah, Head Usher
 Scott Pugh
 Eddie Scott
 John Fonda
 Calvin Tanner
 April 10 Roy Spach, Head Usher
 Chris Council
 Dee Fair
 Brent Shutt
 Steve Tucker
 April 17 Tom Mahannah, Head Usher
 Scott Pugh
 Eddie Scott
 John Fonda
 Calvin Tanner
 April 24 Roy Spach, Head Usher
 Chris Council
 Dee Fair
 Brent Shutt
 Steve Tucker

CHILDREN'S CHURCH

April 3 Susette Westmoreland
 April 10 Lori Genevie
 April 17 Susette Westmoreland
 April 24 Sally Scott

SANCTUARY ASSIGNMENT

April Richard and Shirley Shutt

GREETERS

April Discovery Class

SECURITY CHECKERS

April Wesley Patchwork Class

CRISIS CONTROL ITEM

April Applesauce



The United Methodist Men will hold a Breakfast Meeting on April 10 at 8:00 a.m. in the fellowship hall. The menu will be tenderloin, scrambled eggs, grits, biscuits, juice and coffee. Donations will be accepted to help with the United Methodist Men's Programs.

We invite all men to attend. If you are a new member or if you are visiting and/or looking for a church home please feel free to join us. We would love to meet you and get to know you.

UMM Day of Service and Church Work Day, Saturday, May 14, 8:00 am until..... The UMM is seeking projects to be performed such as yard work, light tree trimming, painting, etc. for those who are in need of such services. Also, we will combine our work day with the Trustees and perform ground-keeping tasks around the church. Lunch will be provided for all workers.

UMM Golf Tournament will be held on Saturday, June 4 at Winston Lake Golf Course with a shotgun start at 9:00 am. The format will be 4-man Captains Choice so get your teams together. There will be cash prizes, trophies, as well as lunch and just plain fun. Entry forms are available in the narthex or see any member of the Pine Grove United Methodist Men.

LOAN UPDATES AS OF FEBRUARY 28, 2011

Capital Improvements

The outstanding balance is \$81,025, which includes a balloon payment of \$66,914, due 2-22-2014.

Land

The outstanding balance is \$34,471, which includes a balloon payment of \$26,915, due 2-22-2014

Combined Total

The outstanding balance is \$115,496, which includes a balloon payment of \$93,829, due 2-22-2014

If you would like to contribute funds to help pay down either of these two loans, please make your check payable to PGUMC and indicate **in the memo section of your check** whether your contribution is to go to the "Capital Improvement Fund" or "Land Fund".



Youth Schedule April - June 2011

APRIL

- 5th - Bowling
- 12th - Stuff Easter Eggs
- 19th - Kernal Kustard Meet at Kernal Kustard
- 26th - Steve Martin

MAY

- 3rd - Stuff homeless bags
- 7th - Stop Hunger Now (Saturday)
- 10th - Make cards to send to shut ins/ soldiers
- 17th - Steve Martin
- 24th - Cook Out
- 31st - NO YOUTH MEMORIAL DAY





- April 13 10:00 a.m. The Sue Rollins Circle will meet at the Meeting House located at 260 Sara Lane. Peggy Griffith is the hostess and she will also give devotions. Margaret McLeod will present the program "Women's History Month, UMW style.
- April 14 7:00 p.m. The Gertrude Alspaugh Circle will meet in the parlor. Polly Caudle is the hostess and Peggy Williams will present the devotions. Peggy Sizemore will present the program, "Women's History Month, UMW style.

A GREAT BIG THANK YOU goes to all the ladies who came out to roll pie dough and help make chicken pies. We had a really good turn-out and can't say thank you enough to those who came to help. A great big thank you also to Jim Neace and Sean Houle for their help in all areas from lifting the heavy pots, moping the floor, moving tables and all the many other ways they helped. We could not have done it without each one of you. Thanks to everyone!

LOOKING FORWARD

- April 21 6:30 p.m. UMW Executive Committee
- May 7 8:30 a.m. District Prayer breakfast – Mt. Tabor UMC
- June 17-18 Spiritual Growth Retreat at Lake Junaluska
July 14-17 School of Christian Mission – Pfeiffer University

If you are going or if you are unable to go on the Spiritual Growth Retreat this year, you can still have a part by fixing UMCOR birthing kits to take to Lake Junaluska when the group goes in June. There is a list of items needed on the bulletin board near the church office.

DID YOU KNOW *Ubuntu* is the essence of being human. It speaks of the fact that my humanity is caught up and is inextricably bound up in yours. I am human because I belong. It speaks about wholeness, hospitable, warm and generous, and willing to share.

IT IS COMING ON OCTOBER 1, 2011

PURPOSE OF THE UNITED METHODIST WOMEN

The organized unit of UNITED METHODIST WOMEN shall be a community of women whose PURPOSE is to know God and to experience freedom as whole persons through Jesus Christ; and to expand concepts of mission through participation in the global ministries of the church.



Greetings from your Weekday School!

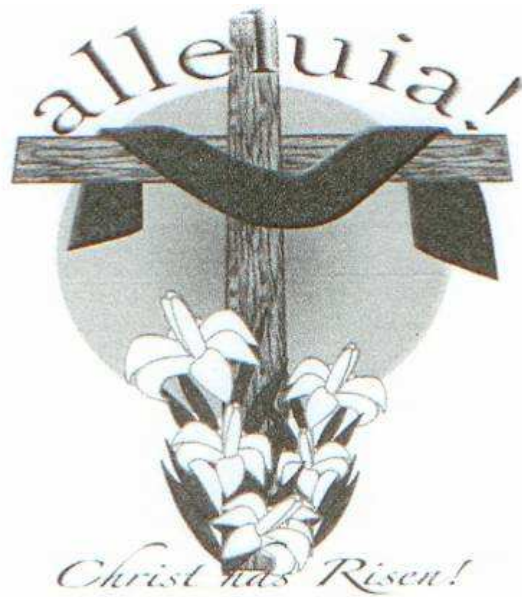
What a glorious Spring it is! We've had lots of fun this month discussing the changes we see in our weather at this time of year that help to bring "new life" to our world. There have been lots of weather changes to talk about, too, since we've seen everything from freezing days to 80⁺ temperatures during the month! The Spring season brings lots of fun opportunities our way, but first...a recap of March.

During the first half of the month, our students and staff participated in the Crisis Control Food Pantry's "WeeCare" Cereal Drive. As usual, our families have been very generous with their donations to help needy families. What a wonderful group of caring folks we have at PGWS! The "Creature Teacher" visited us on the 4th accompanied by her friend, "Flower" the Skunk. The boys and girls weren't too sure about Flower until they learned that her "stinker" had been taken out; then, they really loved her. We can't wait to see which animal friend the "Creature Teacher" will bring along next month! We had some "sleepy" mornings during our 3rd week of March as we all adjusted to Daylight Saving Time but, after a few days, we were all back to our normal rambunctious selves!☺ PGWS celebrated St. Patrick's Day on the 17th with "the wearing of the green" and continued the celebration with our annual "Welcome, Spring!" Party. It was "tons of fun" for all of us as we danced the morning away! Festooned in flower hats, necklaces, and corsages that the boys and girls had created in class, they had a great time celebrating the arrival of Spring. (We also enjoyed a special snack of Easter Cakes and punch!) A BIG "Thank You!" to "Miss" Lori, who played a great Leprechaun as she doled out special candy treats from her "pot of gold"! Our 4s & Rs traveled to the Children's Theatre on the 18th for a production of the popular children's story, Click, Clack, Moo. From all reports, the play was hilarious and they all had a great time. The boys and girls enjoyed another visit in "Katie's Chapel" on the 23rd. Many thanks to "Miss" Janice for sharing her wonderful stories with us. After all this fun and excitement (and a little "spring fever" of our own!), our staff is really ready for our Spring Break that will take place March 28th-April 1st.

We'll "hit the floor running" when we return to school as we begin one of the busiest months of our school year. We'll enjoy another visit to "Katie's Chapel" on the 13th. Then on the 14th, Christi Eley will bring her wonderful "Here Comes Peter Cottontail" program to the children. The boys and girls will enjoy some cute "springtime" stories and will have a chance to cuddle with Christi's sweet little bunnies. Our Spring Children's Clothing/Toy Sale will be held on Friday and Saturday, April 15th & 16th. The phones have been "ringing off the hook" with calls from folks who are interested in participating in the Sale. Registration will begin on April 4th. If you would like to participate in the Sale, just give us a call and we'll be glad to get a registration packet to you. This is a great way to recoup some of the money you have spent on your children's (or grandchildren's ☺) "gently-used" clothing/toys and help out your Weekday School at the same time. (Participants receive 60% of their total sales with 40% going to the school. Of course, we provide all the supplies and advertising.) Even if you don't have items to sell, be sure to visit us on the 15th & 16th for some great bargains on clothing & toys for all the children in your life. In conjunction with the Clothing/Toy Sale, PGWS will sponsor a Bake Sale to raise funds for the Stop Hunger Now event that Pine Grove UMC will sponsor in May. If any of you wonderful PGUMC cooks would like to contribute baked goods for the cause, they would be most appreciated! Please have all baked goods donations to the school by 8:30am on Friday morning (4/15). Even if you can't make a donation to the Sale, please consider stopping by to purchase some of our items. What a delicious way to help your church and Stop Hunger Now! Our annual Easter Egg Hunt will be held on the 20th. The children will have a great time searching for those elusive eggs accompanied by the Easter Bunny himself (or, in our case, herself!☺) School will be closed for the Easter holidays April 22nd-25th. We'll return to school on the 26th looking forward to our annual "Crazy Hat Day" that will be held on the 27th. This is one of my favorite events each year as I am continually amazed at the fantastic hats the children and their parents create. It will be a morning of great fun topped off with a very special snack. As you can see, we have a fun and exciting month coming up. Be sure to keep our important ministry in your prayers!

Until next time...

Chris



April News

Spring has officially arrived! Flower beds are blooming everywhere. The Pine Grove flower bed has sprung its first tulip!!!! Thanks Bobby for all that weeding to make way for the beautiful flowers. This is such a beautiful time of the year. As I prepare this newsletter, the children have returned from a Spring Break vacation. Even with our "winter surprises" our break was not cut short this year. The month of March delivered some beautiful days with temperatures in the 70s, this allowed the kids to get outside and use up some of that stored energy from the day. We look forward to the month of April with days full of warmth and sunshine. The children will enjoy an Easter Egg Hunt on Thursday, April 21st. Each child will make bags to collect their eggs in. This will be a fun filled afternoon with special snacks and games. Our "Five with the Father" will focus on Gods Love for us all." Greater Love has no one than this that he lay down his life for his friends". John 15:13

It is that time of year when we realize how quickly the school year is flying by. As they say.... "Time Flies when you're having Fun"! It is also time we start thinking about the 2011-2012 school year. We are already securing spots for the upcoming school year. If you know anyone interested in Before and After school care please do not hesitate tell them about this wonderful ministry. That is all the news from the Before and After School.

On behalf of the Before and After School We wish you and your family Happy Easter and Happy Spring.

Linda

SMALL GROUP ACTIVITIES

The following relates to recent activities of PGUMC small group ministry. If you are interested in joining one of these groups, notify the church office, 765-2569, or a group's facilitator.

SMALL GROUPS 1 & 2— Scott and Robin Pugh, Brent and Noelle Shutt, Kris and Gina Abshire, Dan and Lori Genevie are the facilitators. This group is working to connect young adults to God, church, community and each other. They have planned interesting and fun activities.

SMALL GROUP 3—Mike and Jo Ann Caligiuri, Jim and Carrow Mabry are the facilitators. This group furnishes toys for children having MRI studies.

SMALL GROUP 4—Karen Asbury, Jay and Polly Caudle, Mike and Michele Roberts, Stan and Sue Morgan are the facilitators.. This group purchases food from Angel Network to give to someone in the congregation.

SMALL GROUP 5—Rhonda Duhon, Mary Manning, John and Marilyn Mercer are the facilitators. This group has served the Prodigal House to attend a worship service and later, to provide a meal for residents.

SMALL 6A AND 6B named the Sunrise Fellowship and they meet in during the day. Betty Bell, Jim and Kathy Neace, Don and Kate Ashe, Margaret McLeod, Linda Kite are the facilitators. This group provided snacks for Children's church, supplied small items needed by families of Hospice patients, are sending birthday cards to members of the church. Next meeting will be on April 19th in the parlor. Remember your items for the baskets.

SMALL GROUP 7—Dee Anne Fortescue, Howard and Denise Henry, Terri Newell are the facilitators. This group joined with Group 8 to take a meal for Open Arms.

SMALL GROUP 8—John Fonda, Jean Darden, Eddie and Sally Scott are the facilitators. This group donated supplies needed by people served by Open Arms, served a meal to Open Arms.

SMALL GROUP 9 named Crusading Samaritans. Chris and Mary Council, Homer and Kim Craig, Peggy Williams are the facilitators. This Small Group is sponsoring meals for Handbell Choir, Chancel Choir, church members, and community. The meals are served every 3rd Wednesday. They are supporting sick group members with food and visits, filled stockings for Salvation Army at Christmas. Small Group 9 and Small Group 12 also share projects.

SMALL GROUP 10—Mike and Cindy Zimmerman, Dee and Vickie Fair, Rickie and Beckie Shutt are the facilitators. This group provided a hotdog meal for Pumpkin Patch people who worked so hard to unload and place pumpkins.

SMALL GROUP 12—Calvin and Vivian Tanner, E. L. and Martha Thomas are facilitators. This Small Group has joined with Small Group 9 on several of the projects like helping with the Open Hearts Meal every third Wednesday. They also filled stockings for the Salvation Army. This Small Group visits and provides meals for families who are sick and/or have members in the hospital.

All groups provided meals for the live nativity performers. All are supporting group members as needed. Each month a group will collect pew pads and contact first time visitors.

SMALL GROUPS 7 AND 8 continued their support of the Open Arms Community by serving dinner to their Wednesday night Bible Study Group. The study is led by the minister of Marvin United Methodist Church and is for adults, but many children and babies were with their families.

They were served a delicious hot meal. The Italian sausage, sauce and pasta dish was prepared by Nancy Murphy. She prepared generously, so those who attended were able to take home leftovers. Other group members contributed and served salad, bread, dessert and drinks.

This house which serves about a five mile area is on Sprague Street and has a United Methodist Church sponsorship. Among their programs are Girl Scouts, after school tutoring, a traveling choir and general support of families in the area with food, clothing and child care. They have need of a wide range of contributions.

Vickie Sigmon, a United Methodist Missionary for Church and Community, leads the mission which serves the community which has twice the poverty rate of the United States. Vickie and her husband live in the community.



**APRIL 23, 2011
2:00 P.M.**

HELP NEEDED - We need your help in providing candy and plastic eggs for the Easter Egg Hunt. We need individually wrapped candy **WITHOUT PEANUTS OR PEANUT BUTTER**. Please put the candy and the eggs in the Easter Basket in the narthex.



“GO THE DISTANCE”

VACATION BIBLE SCHOOL

Children, ages 3 through 12 are welcome.

VACATION BIBLE SCHOOL SPIRIT LUNCHEON

Please join the Children’s Council on May 1st for a Baked Potato and Salad Bar luncheon following the worship service. This is a Vacation Bible School Fund raiser to help us have the best ever Vacation Bible School. There will be entertainment. We will have a very special “surprise Guest Appearance” that you will not want to miss. Please help us “Go The Distance” this year by supporting this fund raiser for Vacation Bible School.

**WINSTON-SALEM DISTRICT PRAYER BREAKFAST
SATURDAY, APRIL 30, 2011
8:00 A.M.
Mt. Tabor UMC
3543 Robinhood Road**

**Speaker: Rev. David Cash
Recognition of Laity Service Award Recipients**

To make reservations please contact E. L. Thomas or call the church office.

OPEN HEARTS COMMUNITY MEAL

The Open Hearts Community Meal sponsored by Small Group 9 will be on May 18th at 5:00 p.m. The menu will be hot dogs, chips and dessert. Weather permitting we will serve at the picnic shelter.

PLEASE NOTE: No meal will be served in April.

SAVANNAH, GEORGIA

I HAVE FIVE SEATS AVAILABLE FOR A TRIP TO Savannah, Georgia on April 31—May 1 leaving from Pine grove United Methodist Church at 7:30 a.m.

The cost will be \$299.00 per person with two in a room and that includes travel, lodging, dinner at the Pirates House and dinner at Paula Deans, The Lady and Sons, a ghost walk, river front shopping, and visit to the Juliette Lowe Girl Scout Birthplace. If interested, please contact Polly Caudle at 766-6836 or pcaudle@bellsouth.net. We will be traveling on a Holiday Tour Coach.

APRIL 2011 MENU

Order now for Easter Holiday Boxes
Please see our website for limited online-only specials.

B2 - Bit O' Blessing Box

Quantities are limited. Orders filled on a first come, first serve basis.

- 2 lb. Breaded Chicken Chunks
- 24 oz. Salisbury Steak & Gravy
- 1 lb. Smoked Sausage
- 20 oz. Steak Fajita Strips
- 1 lb. Multi Dry Bean Soup Mix
- 18 oz. Quick Oatmeal
- 8 oz. Brownie Mix

\$21.00*

B4 - Fast & Flavorful Cuisine

Convenience meals great for seniors and people on the go!

- Sweet and Sour Chicken
- Chicken Teriyaki
- Fettuccini Alfredo
- Roasted Chicken
- Fish Fillet
- Country Steaks with Gravy and Onions
- Chicken with Noodles
- Chicken Cacciatore
- Pork Patty
- Country Herb Chicken Patty

\$28.00*

specific meal details can be found at www.angelfoodministries.com

B6 - Just 4 Me

After School Box

An assortment of child-friendly snacks. Great for after school or any time.

- 2 lb. Breaded Chicken Fingers
- 1.5 lb. Breaded Chicken Wings
- 1.5 lb. Corn Dogs (3 x 8 oz. bags)
- 14 oz. Stuffed Breadsticks/Pizza Bites
- 4 ea. 2.8 oz. Peanut Butter and Jelly Jamwich
- 1 ea. 3 oz. Grilled Cheese Sandwich
- 2 ea. 4 oz. Pockal Sandwiches
- 2 ea. 3.7 oz. Beef Charbroil Sandwich w Cheese (1 twin Pack)
- 2 ea. 2.2 oz. PBJ on Graham Wafers
- 1 ea. 3.4 oz. Watermelon Italian Ice
- 1 ea. 3.2 oz. Raspberry Fruit Juice Sherbet

\$24.00*

B8 - Just 4 Me

After School Fruit and Veggie Box

- 3 ea. Red Apples
- 3 ea. Green Apples
- 3 ea. Peas
- 3 ea. Navel Oranges
- 1 ea. Stalk, Steamed Celery
- 1 lb. Mini Peeled Carrots
- 1 ea. 6-pk. Raisins
- 8 oz. Trail Mix
- 1 ea. 6-pk. Applesauce

\$16.00*

B1 - Bread of Life Signature Box

Balanced nutrition and variety with enough food to help feed a family of four for about a week.

- 2 lb. Beef Steak Burgers
- 2 lb. (avg.) All Natural Boneless/Skinless Chicken Breast (Tray Pack)
- 2 lb. Fully Cooked Meatloaf with Red Sauce
- 2 lb. Sloppy Joe Mix (seasoned beef & sauce)
- 1.5 lb. Breaded Large Chicken Breast Chunks
- 1.5 lb. Smoked Sausage
- 1 lb. 100% Ground Turkey
- 1 lb. 3-way Veggie Blend
- 1 lb. Fresh/Frozen Butter Peas
- 2 lb. Large Sliced Carrots
- 2 lb. Waffle Fries
- 1 lb. Spinach
- 28 oz. Baked Beans
- 12 oz. Egg Noodles
- 8 oz. Corn Muffin Mix
- 32 oz. Shelf-Stable 2% Milk
- 1 doz. Eggs
- Dessert

\$31.00*

GLUTEN FREE!

B5 - Allergen Free Food Box

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Filler Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

\$25.00*

*Prices are not available for other allergen boxes.

B7 - Just 4 Me

No Child Goes Without

"Blessing America's Children, one Box at a Time"

- 10 ct. Instant Oatmeal (2 x 5 ct. Boxes)
- 7.5 oz. Beans & Wieners
- 7.5 oz. Cheezy Mac 'n Cheese
- 7.5 oz. Mini Beef Revviti
- 7.5 oz. Spaghetti and Mini Meatballs
- 7.5 oz. Noodle Rings & Chicken
- 7.5 oz. Cheezy Mac 'n Franks
- 7 ea. Cereal Bowls (.75 oz. ea.)
- 1 ea. Peanut Butter (12 oz.)
- 1 ea. Grape Jelly (20 oz.)
- 2 ea. Chunk Lite Tuna in Water (.5 oz.)
- 6 pk. Apple Sauce
- 5 ea. Granola Bars (.25 oz. ea.)
- 32 oz. Shelf-Stable 2% Milk

\$24.00*

NEW! B9 - Pastor Jarvis'

PREMIUM BOX

- 2 lbs. Angus Filet of Sirloin (4 x 8 oz.)
- 5 lbs. Pork Bar-B-Q
- 17 oz. Crab Cakes (5 ct.)
- 20 oz. Twice Baked Potatoes (2 x 2 ct. Pkgs.)
- 1 lb. Broccoli Florets
- 1 lb. Cauliflower Florets
- 4 ea. Corn-on-the-Cob
- 1 lb. Brussels Sprouts
- 1 lb. Sugar Snap Peas

\$51.00*

*All prices are plus sales tax where applicable

Please enclose this order form with your order

Name: _____
Address _____
Phone Number _____
Email address _____

Order Deadline:

B1-Bread of Life Signature Box - **X\$31.00**
B2-Bit O' Blessing Box - **x\$21.00**
B3-Bountiful Blessing Box - **x\$41.00**
B4-Fast & Flavorful Cuisine - **x\$28.00**
B5-Allergen Free Box - **x\$25.00**
B6-J4Me After School - **x\$24.00**
B7-J4Me No Child goes W/O - **x\$24.00**
B8-J4Me Fruit & Veg - **x\$16.00**

Sunday April 10, 21

Distribution Day:

Saturday, April 23,

Pick up time:

9:30 AM

In Pine Grove UMC Fellowship Hall

S1 -April Special #1 - **x\$25.00**
S2-April Special # 2 - **x\$25.00**
S3-April Special # 3 - **x\$23.00**
S5-April Special Easter # 5 - **x\$36.00**

Mail or bring form with payment to:
Pine Grove United Methodist Church
1130 Jonestown Road
Winston-Salem, NC 27103

Make check payable to PGUMC

- 2 lb. Beef Steak Burgers
- 2 lb. (avg.) All Natural Boneless/Skinless Chicken Breast (Tray Pack)
- 2 lb. Fully Cooked Meatloaf with Red Sauce
- 2 lb. Sloppy Joe Mix (seasoned beef & sauce)
- 2.5 lbs IQF Unbreaded Chicken Wings
- 1.5 lb. Whiting Fillets (6 x 4 oz.)
- 1.5 lb. Breaded Large Chicken Breast Chunks
- 1.5 lb. Smoked Sausage
- 1 lb. Fully Cooked Meatballs
- 1 lb. 100% Ground Turkey
- 1 lb. 3-way Veggie Blend
- 1 lb. Fresh/Frozen Butter Peas
- 1 lb. Mini Broccoli Florets
- 1 lb. Large Sliced Carrots
- 2 lb. Waffle Fries
- 1 lb. Spinach
- 28 oz. Baked Beans
- 12 oz. Egg Noodles
- 8 oz. Jambalaya Rice Mix
- 8 oz. Corn Muffin Mix
- 32 oz. Shelf-Stable 2% Milk
- 8 oz. Buttermilk Pancake Mix
- 1-do. Eggs
- Dessert

\$41.00*

S1 - APRIL SPECIAL #1

6 lb. Combo Special
2 lbs. Choice Ranch Steaks (4 x 8 oz.)
2 lbs. Bone-In Pork Chops (6 x 4 oz.)
2 lbs. Boneless/Skinless Chicken Breasts (8 x 4 oz.)

\$25.00*

S2 - APRIL SPECIAL #2

4 lb. Steak Special
4 lbs. Choice Sirloin Strip Steaks (8 x 8 oz.)

\$25.00*

S3 - APRIL SPECIAL #3

Premium Fresh Fruit and Veggie Box
1 ea. Golden Rippe Pineapple
4 ea. California Lemons
4 ea. Cantaloupe
4 ea. Navel Oranges
1 lb. Red Seedless Grapes
1 ea. Mango
3 lbs. Red Potatoes
1 lb. Celis Carrots
1 ea. Head, Cabbage
20 oz. Green Beans
5.5 oz. Bag, Green Onions
1 ea. Steamed, Stalk Celery
1 ea. AFM Fruit and Veggie Recipe Sheet

\$23.00*

S5 - APRIL SPECIAL #5

Easter Holiday Box
7.5 lb. (avg.) All Natural Perdue Roasting Hen
3 lb. Boneless Nettle Pork Roast
72 oz. (8 ct.) Premium Twice Baked Potatoes (Idaho Russet Potatoes with Applewood Smoked Bacon, Cheddar Cheese, Sour Cream, Butter & Chives)
2 lb. Green Beans
12 ct. Mini Corn Cobettes
12 oz. Cornbread Stuffing Mix (2 x 6 oz. pkg.)
1.7 oz. Brown Gravy Mix (2 x .87 oz. = 2 c. gravy)
12 ct. Whole Wheat Dinner Rolls
2 lb. 5 oz. Mrs. Smith's Apple Raisin Spice Pie
Recipe and Cooking instructions

\$36.00*

Orders Due/Distribution Day: Contact Your Local Host Site
*Please contact your local host site for information or visit our website to locate a host site near you.
www.angelfoodministries.com



FROM THE WITNESS COMMITTEE**Stop Hunger Now—Saturday, May 7**

Everyone had such a good time packaging meals last year that we decided to do it again. We will begin at 9:00 a.m. on Saturday, May 7 and, depending on how many meals we are able to package, should be done in a couple of hours.

We must raise a minimum of \$5,000 in order to buy the supplies necessary. In the weeks and months ahead, we will be having several fund raising events that promise to be fun. Already in the planning stages are:

April 10—Lunch after church that highlights the issues of hunger \$5.00 Each

Please put this date on your calendar and be watching for more ways to help support this fun and worthwhile event. We urge everyone to go to StopHungerNow.org on the web to see how and where the organization ministers to the hungry.

PROJECT AGAPE PICKUP—APRIL 18TH

As you clean out your closets to swap winter and summer clothes, please consider donating your good used clothes, and other items, to Project AGAPE in Armenia. Your boxed items may be taken to Clemmons UMC, or put in the History Room here by **April 15th** for delivery.

Current Project AGAPE Priority items:

Canned meats, vegetables, fruits (must have at least one year left on the expiration date).

Children's clothing: good clean and in good condition (adult clothing also needed).

NEW shoes ONLY for all ages and sizes. (Cannot ship used shoes.)

Sewing supplies: Thread, needles, all sorts of cloth.

Assorted hygiene products, i.e., shampoo, conditioner, soap, toothbrushes, combs, etc.

ITEMS FOR SALE ALL PROCEEDS GO TO STOP HUNGER NOW

We have 7 shirts for sale. The money will go for Stop Hunger Now.

The sizes are:	4	XL	\$10.00
	2	2X	\$12.00
	1	3X	\$12.00

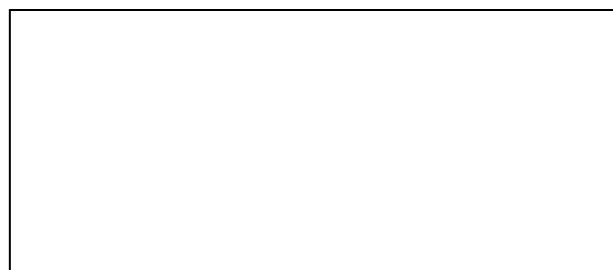
DVD'S OF THE TALENT SHOW \$5.00 each Place your order with Andy Buchanan or call the church office.

April, 2011

**Pine Grove
United Methodist Church
1130 Jonestown Road
Winston-Salem, NC 27103
Phone 336-765-2569
Fax 336-765-0727
Email: pgumc113@bellsouth.net
Web Site: www.pinegroveumc.org**

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Permit 185

**The Cross and Flame
April, 2011**



**TAI CHI BASICS FOR BALANCE
FOR OLDER ADULTS AGE 50 AND ABOVE
NEW SESSION BEGINS APRIL 7TH
THURSDAY AFTERNOONS
FROM 1:30 PM TO 2:30 PM
Cost is \$20.00 for the four week session**

Research studies indicate regular practice of Tai Chi improves balance.

Good balance helps prevent falls, which can lead to major health problems for seniors.

**In this class, we will focus on both physical balance practices and practices to quiet the mind and
create emotional balance.**