

Star Press

THE OFFICIAL NEWSLETTER OF STARMOUNT PRESBYTERIAN CHURCH



October 2026



We need your input! The Session has been in a process of discernment since the early part of this year of how best our congregation can invest in our facilities and our outreach efforts in order to best live into the vision we believe God has given us. During this period, we have pondered if the time was right to make a significant investment in these efforts to ensure the future faithfulness and success of our church.

Over the summer, we partnered with an organization called Horizons Stewardship and asked them to help us conduct a feasibility study. This study is meant to share some of the ideas and projects that could be included in a capital campaign. However, the most important part of this study is to hear from you. Therefore, we are asking for your feedback in the form of a congregational survey so that you can weigh in on this important decision for our church.

Below you will see two QR codes. One is to access a document called the "Vision Case for Support." This document outlines the projects that we are considering for this campaign and their estimated cost. Once you have reviewed this document, we are asking that you use the second link in order to access the congregational survey. These surveys are completely confidential and the responses go directly to Horizons Stewardship.

This survey opened on Sunday afternoon Sept. 27th. You should have already received an email with the appropriate links. The survey will remain open until Sunday evening, Oct. 11th. If you know of someone who needs to complete the survey on paper, please contact the church office and we will help them make arrangements.

Horizons Stewardship will process the information gathered and present it to the Session so they can prayerfully consider how God may be calling us to move forward. Thank you in advance for your participation in this effort!

In Christ,
Charlie Lee



Scan above or click here to see
the Vision Case for Support



Scan above or click here to complete
the Congregational Survey

Inspiring Faith in God

On the last Sunday in October, we will join many Presbyterian congregations across the country in celebrating Reformation Sunday by holding a service called Kirkin' O the Tartan. This service is one that recalls our history and the roots of the Presbyterian tradition in Scotland.

After hundreds of years of conflict between the two countries, England had once again emerged victorious in this particular round of conflict against their Scottish foes. After the English had defeated the Scots in battle, they then attempted to defeat them in spirit.



They went about the work of passing rules and laws that were designed to eliminate any cultural distinctives of the Scottish people. It was an effort to erase their identity, to root out any uprising before it began. One such law was the Proscription Act of 1746, which banned the wearing of tartans. These multicolored plaid designs were distinctive to each clan. They were proud symbols of their family and their heritage and therefore the English wanted them eliminated.

Our service reminds us that brave Scots would carry with them small swatches of their families tartan and would defiantly wear them pinned within the layers of their clothing. This act of resistance was especially important for them in the context of worship, as they would grasp tightly to those tartans, asking God's blessing for those things that were important to them, their faith and their family.

Mary's Circle had resumed meeting again on the 2nd Tuesday of the month through May at 6pm in rotating houses.

Martha's Circle meets the 2nd Monday of the month at 1pm in the church parlor.

Contact Leslie Webb to join a circle.

Thursday Bible Study

We are discussing our shared beliefs about a Creed, or a Confession of Faith or a Statement of Faith. As people of faith, we have used historical creeds to state our convictions. In this discussion, the group will be using the following topics, God, Bible, Jesus, Soul, Prayer, Eternal Life, and Universal Connectivity, to enlighten our conversation. All beliefs and ideas are welcomed. We will meet at 7:30am in the church parlor.

Sharing Hope Through Service



On Sunday, September 13th members from the congregation, and a few visitors, walked the arboretum (and climbed some trees) as part of the Steps of Hope event held by Greensboro Urban Ministry this year. It was a gorgeous afternoon and a fun excuse for a little fellowship time! Along with the walking, the

congregation contributed over \$900 towards the event fundraising. Greensboro Urban Ministry gets to keep all donations towards this event for their local work. If you missed this chance to serve, see the next page for Urban Ministry's next event - the food drive!

Liter Clean Up September 19th

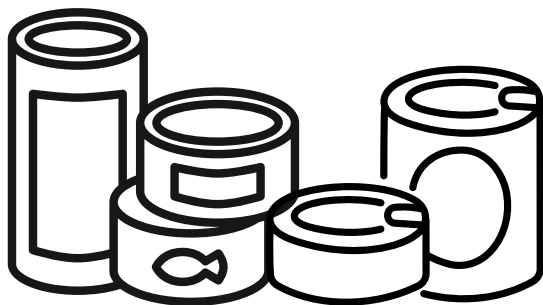


Thank you all that participated in making our community a cleaner place!

Sharing Hope Through Service



As we are well aware, food insecurity is quickly becoming a national problem. In Guilford County alone, nearly 90,000 people are suffering from food insecurity. That's why this food drive is SO IMPORTANT. We are answering God's call to love and care for our neighbors, especially those in need. On a daily basis, GUM serves up to 125 food-insecure folks. During the three days it is open, GUM's food pantry serves **more than 900 families**, an estimated 3-days' food supply per family. It will be 14 days before a family can return for help.



As food-insecurity has become an increasing problem, it is necessary for those of us who are more fortunate to step up and show our love for neighbor. With so much need, the food pantry is in continual need for replenishing their shelves. This is where we step in - by volunteering to collect non-perishable foods.

As busy as most of us are, what is two hours to reach out and help feed our sisters and brothers in need? Please consider volunteering a two-hour block of time with one other Starmount friend by collecting non-perishable food items at **Walmart Guilford College, Saturday, October 24**. You may sign up by contacting Evelyn Garrison at egarrison814@gmail.com, by Signup Genius - [click here](#) or the image above, OR by calling the church office. As always, your dedication to Starmount's missions ethics is greatly appreciated.

Sharing Hope Through Service



Join the community gardeners on Saturday, October 17 at 9:00 for our fall work day. If you have thought about leasing a plot to grow vegetables for your family, come to the garden to help "put the garden to bed" for the season. You'll meet the gardeners and get a taste of what we do. We will be harvesting, clearing beds, and planting cover crops or spreading mulch in preparation for the winter. It will invigorate you for the rest of your day!



Habitat for Humanity® of Greater Greensboro **Build Day!**

Our Mission Ministry is looking forward to our volunteer date on **Saturday, November 14th from 8-11:30am**. The age requirement to participate is 18 years old and up! We will be notified a few days before the volunteer date where the location will be, and what our assignment will be. Registration is required by Habitat for each volunteer using [this link](#). Please contact Mary Cuadras at murquad@gmail.com or call her at 336-456-2448 if you have any questions.

Sharing Hope Through Service

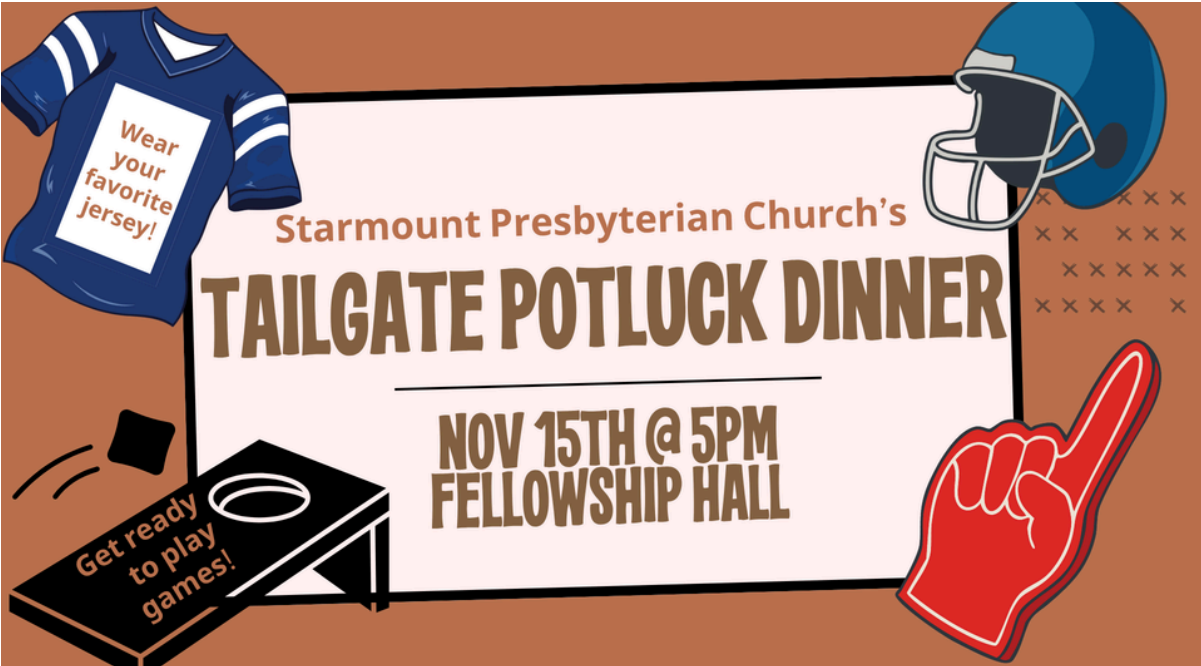


IRC
LUNCH PREP

Thursday, October 15th at 10:30am,
meet in the church kitchen to
prep lunches!

INTERACTIVE
RESOURCE CENTER

Building Loving Connections



Wear
your
favorite
jersey!

Starmount Presbyterian Church's
TAILGATE POTLUCK DINNER

NOV 15TH @ 5PM
FELLOWSHIP HALL

Get ready
to play
games!

You're Invited!

Join us for Starmount Presbyterian Church's Tailgate Potluck Dinner on Sunday, November 15th, at 5:00 PM in the Fellowship Hall. Wear your favorite team's football jersey and enjoy tailgate games such as cornhole, ladder toss, and root beer pong. We'll provide fried chicken; please bring a favorite tailgate dish to share with friends.

Building Loving Connections

Are You Overcommitted?

It is shockingly easy to slide into a state of overcommitment, and it is incredibly difficult to back away from obligations that we have agreed to accept. We find it easier to say “yes” when a friend or colleague asks us to just do one more thing for them than it is to disappoint them by saying “no” to their expectations. How can we change our automatic reaction to want to please other people by agreeing to their requests?

The next time we are asked to “volunteer” for a task, **take a moment to think** about our answer before simply agreeing to the request. Consider how the time and effort we would need to successfully complete the job will fit into our already crowded schedule. If this commitment will add too much stress to our lives, consider tactfully replying “no” instead. We may feel guilty that we are disappointing the person who asked us, but we shouldn’t feel responsible for someone else’s obligation. In fact, we will probably see a benefit in our future as others realize that we will not automatically take on their work.

The textbook definition of overcommitted is *that we have accepted more tasks, promises, or responsibilities than we have the time, energy, or resources to complete*. Many times, we overestimate our resources. Our life slips out of balance, and we scramble to keep up with our current commitments and still try to successfully complete the new task. Our stress level rises, we lose sleep, the quality of our normal life declines as we try to juggle too many responsibilities. How do we get our lives back in balance?

We need to examine our daily routine with unbiased eyes and **identify our priorities** to recover our healthy balance. What is really important to us? Start with our own physical and mental health. What do we need to keep or change so that we stay healthy enough to have the energy and focus to function successfully?

From an article in Psychology Today by Peter Bongiorno, ND, LAc, comes a list of suggestions on how to protect ourselves and heal from overcommitment.

- 1) Sleep a little more.
- 2) Remember “no” is a sentence.
- 3) Meditate – even one minute a day.
- 4) Eat a healthy diet.
- 5) Take vitamins.
- 6) Find places for support.
- 7) Prioritize.

My favorite points to adopt are the two one-word sentences: No and Prioritize. And I would add one more: Exercise, preferably outside.

For more information about yoga classes at Starmount, contact Jennifer Dowler at jennifer@drachrom.com or call or text my cell at 336-312-9589 to learn more.



Kids & Family Ministry

Children's Church Volunteers Needed!

If you're willing to volunteer to nurture our children's faith during Children's Church, following the Children's Conversation in the 10 am service, please let us know! There is an activity provided each week, all you need is a willing spirit and to be approved through our Child Protection Policy.

Please see the Sign Up Genius or Contact cindy@starmountpres.org with question or interest!



**WELCOME
BABY**

Laura's maternity leave begins this month! She will be away until January 2027. If there are things you usually coordinate with her, please contact the church office so that the staff can assist you. Her email will not be monitored, and we do not want to contact her by phone. The staff will have a process for getting you what you need!

[Click here to sign up to volunteer for Children's Church!](#)



Homework Helpers is back!

Our Homework Helpers program will return for the 2026-2027 school year on **October 15th**. We have 9 students from different schools within GCS that have been looking forward to this kick-off all summer! We are in need of homework helpers, dinner & snack providers, and drivers. We will be meeting on Thursdays from 4-5:30. If you're interested in serving, contact Margaret Huffman (margaretkuffman@gmail.com) and sign up using [this link!](#)

**COMING
SOON**

Advent Family Kickoff!

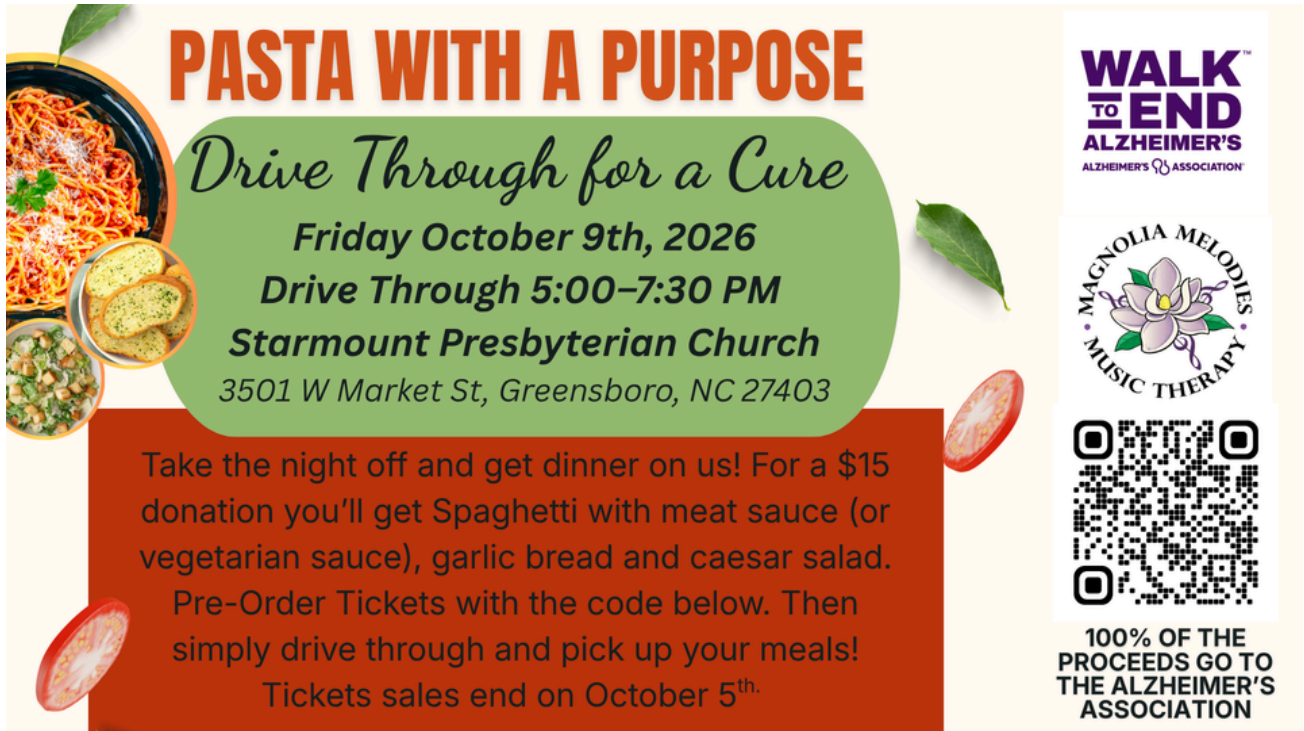


Families with children and teens are invited to a fellowship event after the 10am service on November 22nd. Visitors are encouraged to join us!

Lunch will be provided!

We will have crafts and materials for pick-up to help you observe advent at home as a family!

Announcements

A promotional graphic for a 'Pasta with a Purpose' drive-through event. The top half features a green rounded rectangle with the event title and details. The bottom half is a red rectangle with a description of the meal and ticket information. On the right, there are logos for 'WALK TO END ALZHEIMER'S' and 'MAGNOLIA MELODIES MUSIC THERAPY', along with a QR code and a statement about the proceeds.

PASTA WITH A PURPOSE

Drive Through for a Cure

Friday October 9th, 2026
Drive Through 5:00–7:30 PM
Starmount Presbyterian Church
3501 W Market St, Greensboro, NC 27403

Take the night off and get dinner on us! For a \$15 donation you'll get Spaghetti with meat sauce (or vegetarian sauce), garlic bread and caesar salad. Pre-Order Tickets with the code below. Then simply drive through and pick up your meals! Tickets sales end on October 5th.

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

MAGNOLIA MELODIES
MUSIC THERAPY

100% OF THE PROCEEDS GO TO THE ALZHEIMER'S ASSOCIATION

[Click here to order before Oct. 5th!](#)



WELCOME

Emily Mails-Saine joined our staff last month as the Operations and Communications Manager!

Emily has been working in the nonprofit and church world for 14 years. She has worked in campus ministry at UNCG, Second Harvest Food Bank of NW NC, and Senior Resources of Guilford. Emily enjoys crocheting and singing. She started singing in the church at 4 years old and still sings for

worship every Sunday night. Emily is married to Andrew Mails-Saine who is the United Methodist and ELCA Lutheran campus minister and started the food pantry at UNCG, the Spartan Open Pantry. Newton and Ruthie are the names of her two doodles and they always bring energy and excitement to their family.



October BIRTHDAYS

10/1 Karen Quagliano
Mary Schneider

10/2 Jim Fisher

10/8 Peggy Smith
Connie Tate

10/9 Mary Biggerstaff
Rebecca Gray

10/10 Russ Walker

10/11 Ben Parks
Jonathan Dewald

10/12 Taunee Colmery

10/15 Akua Adjei
Claudel Lassiter

10/16 Daniel Dorner

10/17 Susan Porter

10/18 Ann Donnell
Andrew Huffman

10/19 Britta Adjei

10/20 Joy Kronenfeld

10/21 Laura Hunt
Josh Nelson
Maxine Smith

10/22 Dianne Delaney
Stephanie Dorner

10/23 Howard Pace

10/24 Babbette Flora

10/28 Jinny Buchanan

10/29 Robert Bain
Jack Sills

10/31 Adut Ayuel
Drew Chandler

Preschool WE BACKED TO SCHOOL

The preschool stairwell is now painted!
Thank you for the gifts that made this possible.

Before



After



Church Staff

Pastor and Head of Staff

Reverend Dr. Charlie Lee

Ext. 116 charlie@starmountpres.org

Pastoral Associate

Laura Roberson Hadas

Ext. 115 laura@starmountpres.org

Director of Music

Sarah Downey

Ext. 120 sarah@starmountpres.org

Pianist/Organist

Michael Parker

mparker.piano@gmail.com

Contemporary Worship Leader

Rhett McAllister

rhett@starmountpres.org

Preschool Director & Director of Children's Ministry

Cindy Lee

Ext. 124 cindy@starmountpres.org

Church Business Administrator

James Liverpool

Ext. 111 james@starmountpres.org

Administrative Assistant

Annette Black

Ext. 117 annette@starmountpres.org

Operations and Communications Manager

Emily Mails-Saine

Ext. 110 emily@starmountpres.org

Volunteer Church Librarian & Historian

Mary Jane Conger

mjcreading@hotmail.com

Custodian

Y' Mem

Monthly Session and Ministry Minutes

If you are interested in viewing the monthly Session minutes or monthly ministry minutes you can call the church office to request a copy.

3501 West Market Street

Gso. NC 27403

336-299-8131

2026 Ministry Chairs & Leadership

Children & Youth -

Debbie Stubbs & **Leslie Webb**, co-chairs

Congregational Engagement & Growth -

Evelyn Nadler & **Evelyn Garrison**

Connections -

Art Fitchett, Chair

Finance -

Kris Kattmann, Chair

Inspire Faith -

Frank Burton, Chair

Mission -

Mary Cuadras & Greg Rechtin, co-chairs

Personnel -

Kaye Brassfield, Chair

Property -

Gary Anderson Chair - **Haywood Ingram**

Names in bold are current Session members

FOLLOW US

