

that it was okay. We spent our time together when she was alive. There is nothing I wouldn't do for her, or she for me. We both proved that. We had a special relationship unlike any other. See God put Meredith in my life to help me get through a difficult time, and God put me in her life to help her during her difficult time. Her faith was so strong, and she knew God was going to take care of her one way or another. When she passed away, her husband said she had a smile on her face. I know that was the moment she arrived in heaven. My reason to support and work hard in the Wayne County Relay for Life is not for me, it is for her. I don't want another person to suffer as she did. She is my hero, and as long as God gives me strength, I will do what is in my power to stop this disease. If I had to get cancer in order to meet Meredith and share our lives together, it was worth it all. I was so blessed that I had Meredith, she touched not only my life, but all that knew her. She was an inspiration to everyone. I still miss her so much, but I know I will be with her again one day in heaven.

God Is Good, All the Time

Six children are receiving weekend backpacks of food. We are feeding children such as little Tommy who's father was killed and his mother is left to care for him and his two siblings. His mom is struggling to find work and has no transportation; so FLOK is helping to ease a little bit of pressure from his mom by filling Tommy's belly. There's also Joshua who lives in a home where there is no phone service, on some occasions goes without electricity, and only has a frozen chicken in his freezer for his family to eat. Joshua does go hungry on weekends—or I should say, he did....

Garris Chapel, we have made a difference in the lives of so many people. We have fed the children, helped take some of the burden from the parents, have spread the word of the need, and prayed for this ministry. We now have several other churches wanting to learn more about backpacks programs and are asking about FLOK.

Thank you for your continued support!
-actual names not used-

★ FLOK ★

FOR the LOVE OF KIDS

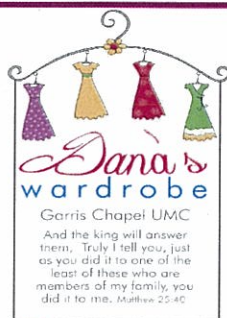
**Meals provided
as of March 27:
108**

Vacation Bible School

Children of Garris Chapel and the community are invited to participate in this program of ministry that includes Bible study, arts & crafts, and a mission project.. This year's program, **"Rome, Paul and the Underground Church"**, will be held June 22 - 26, 2009. On June 25th Garris Chapel will host the Manassas St. Thomas Joyful Noise Singers (JNS) Youth Choir. On that day the JNS Youth Choir will join us in our VBS mission project "Stop Hunger Now", break bread together, and end the evening performing their musical program titled **"Go Light Your World"**. For further information on VBS or to volunteer to serve during VBS please contact Mr. Steve at garrischapelyouth@suddenlinkmail.com

Upcoming April Events

April 1, 6:30pm Family Night
April 3, Chicken Salad Sale
April 5, 7:30am Men's Group Meeting
April 5, 4:30pm MYF meeting
April 5, 5:00pm KICS & TWEENERS
April 9, 7:00pm Maundy Thursday
April 10, GOOD FRIDAY
April 11, 10:00am Easter Egg Hunt
April 12, EASTER SUNDAY
April 13, 7:00pm Ladies' Group Mtg.
April 16, 6:00pm SALT Meeting
April 17, 7:00pm Movie Night
April 17-19, MYF Kaleidoscope trip
April 18, 10:00am Children's Movie
April 19, 4:30pm MYF Meeting
April 19, 5:00pm KICS & TWEENERS
April 24, KICS/Tweeners skating event
April 26, MYF Youth Rally Day
Day of Blood Drive To Be Announced



**Dresses given
since 2008:**

53

When families go through tough financial times, it doesn't only affect young children but also teenagers. Garris Chapel is also touching these children through Dana's Wardrobe. Here is a thank you written by one of the many girls who has received a prom dress so far this year :

"Thank you so much for the opportunity to go to my senior prom. Without you to donate a dress I would not have gone. My Grandmother has always told me that God loves each and everyone of us even the little ones. You have proved her right!"

Volunteers are still needed to help make dreams come true

By Susan Spengler: *On September 30, 2008, my dad had surgery for a life threatening condition in which the aorta had joined with the lower stomach due to an abdominal aortic aneurysm repair several years earlier. During this surgery, the aneurysm was removed and a vein from his leg was grafted into its place. He received a little over 10 units of blood during the surgery. Less than 8 hours later he was rushed to emergency surgery due to a bleed out at the site of the graft. During this emergency surgery he received an additional 40 units of blood. Your body holds 14-18 units. One of the amazing things (there are several) is that at the blood drive in September at Garris Chapel 50 units of blood were donated. The exact amount that dad needed. I know that the blood donated at GC was not the blood he received. However, each of those people who did donate represent an amazing group of people who willingly gave their blood so that my dad could live. Thank you so much!*

stay tuned for info. on April's blood drive