

God's
Sanctuary
by the
Sea

Special Note

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Seaside Currents

Ubuntu



In the first session of Disciple IV, the presenter, Peter Story, a retired South African Methodist bishop and professor emeritus at Duke Divinity School, used an unusual word. "Ubuntu." It is from the South African Bantu language and is defined variously as the interconnectedness of the human community, and as generosity of spirit.

The thing is, I had heard of Ubuntu before but in a very different context. I first encountered this word a couple of years ago in the computer world. Ubuntu is a computer operating system (think of it as an alternative to Microsoft Windows). What distinguishes Ubuntu from Windows is not found in usability or capability or speed. The distinctive part is that it's not just usable, capable, and fast, but it is also FREE. Download it and install it...that's it (okay, it's not really that simple, but bear with me here...)

Ubuntu and other "Open Source" software is free because it is developed largely by volunteer programmers and engineers who collaborate around the world through formal and informal networks to create, tweak, and improve the product. The company behind Ubuntu, Canonical, Inc., is based in South Africa and coordinates the work of these volunteer teams, and packages the finished product distributions. Canonical makes money through support services rather than software sales.

In learning about Ubuntu software and the community that created it, I remember being bowled over by how all these volunteers collaborate so well with little more incentive than making a great product (i.e. they're not paid money to do what they do). All those who contribute to the Ubuntu project agree to The Ubuntu Code of Conduct—which is based on the South African concept of Ubuntu. Leaders and managers also sign on, but have additional layers of accountability in the Leadership Code of Conduct. The rationale is that leaders in any organization need to be held to a higher standard.

This code of conduct is where I first learned the definition of the South African word Ubuntu and how that concept might look in practice. The Code is summarized along six themes: 1) **Be considerate**; 2) **Be respectful**; 3) **Be collaborative**; 4) **When we disagree, we consult others**; 5) **When we are unsure, we ask for help**; 6) **Step down considerably**. Note: A more complete summary may be found on page 2 of this newsletter and the entire code as well as the leadership code may be viewed online at www.ubuntu.com/community/conduct. *

In reading the code I was struck by two things. First, here is a bunch of computer programmers who have learned how to behave like the church ought to behave, but rarely does. Second, is how easily this code could be translated for use in the church and what a difference it could make if it were. What I didn't know, is how deeply ingrained the concept of Ubuntu is in the South African church already. When paired with the Christian notion of grace, forgiveness, and mutual accountability, the concept of Ubuntu provided the theological and philosophical power that the church wielded to transform South Africa and to overcome the extremes of apartheid's institutional racism. What could it do for us as we work toward our common goal of making disciples of Jesus Christ?

Pastor Scott



*See page 2 for Ubuntu Code of Conduct

Each member when joining the church is asked "Will you support SUMC with your prayers, presence, gifts and service?" We celebrate our ministries and events in this issue of the Seaside Currents.

Many of our members and friends remain on the prayer list for a longer time as they cope with health and personal issues. These names are printed monthly in our newsletter. The list of new names printed in the Sunday bulletin will be updated each week. Please provide the office with an update of both prayer lists. Please remember each in your daily prayers

O radiant God, in the midst of tribulation, suffering, crippled hope and shattered dreams, stand by these Your servants until they are well once more.

Members:

Bob Aspy
 Marguerite Ballenger
 Bill & Ginnie Barb
 Bruce & Linda Bowden
 France Broom & mother—
 Frances Rogers
 Julie Burton
 Sandy & Nick Casiato
 Kemp Causey
 Nadine Cybyske
 Karen Gaddy
 Barbara Gravely
 Virginia Gross
 Naomi Harder & family
 Paula Hernandez
 Jeanne Horton
 Crystal & Tabitha Huggett
 Harvey & Yvonne Hundley
 Gil & Kathy Johnson

Margaret Jones
 Sarah Justice
 Aedan Klein
 Charles & Marilyn Lefler
 Edith & Jim Linke
 Ralph & Kim McClernan
 Dottie McVaugh
 Pat Nutter
 Betty Oakes
 Shirley Owen
 Dale & Joan Powell
 Prayer Warriors
 Lois Puls
 Betty & Clifford Pursey
 Seaside UMC Staff
 Dot Sellers
 Wayne & Lynn Shoemaker
 Midge Sparks
 Carlene Stanley
 Stephen Ministers

Glen Starnes
 Bill Wilson
 Garl Wiles
 John & Clair Winship
 Gwen Wiseman
 Women's Day By the Sea
 Jack Zachary



Friends:

Aedan Brown
 Tony, Sandy Abatiell & family
 Aunt Sue
 Baby Ellie & parents
 Evan Barberis
 Jennifer Beckham
 James Blankenship
 Daniel Butler
 Sue Cassabone
 H.C. Causey
 Linda & Bill Chambers
 William Clark
 Jim & Darlene Cooper
 Caleb Davis
 Joan Dufford
 Scott Dufford
 Bobby Eckhard
 Bishop Marion Edwards
 J.R. Edwards family
 Frank Fitzpatrick
 Fred Fowler family
 Aimee Frink
 Jackie Gano
 Violet Gant
 Gary
 Ethel Gaunt

Debra Goetz-Poynter
 Kimberly Granada
 Jeanne Hall
 Fanny Hardee
 Ken Hartman
 Pat Hooker
 Wendell Hughes
 Heather Hundley
 Terry Ikner
 Irwin Jones
 Ashley King
 Matthew King
 Patrick Inman
 Emie Isberg
 Irwin Jones
 Kelly
 Wende Leonard
 Magdalena
 Rod Mann
 Penny McCombie
 Betty J McPherson
 Joe O'Keefe
 Pappas family
 Parnes
 Michael Pazillo
 Linda Petty
 Rose Phelps

Tyler Pfeiffer
 Charles Phillips
 Joe Polanski
 Paula Pontreloi
 Lee Powell
 Jack Rice
 Mike Riccio
 Marilyn Riordan
 Dan Rowland
 Sheryl
 Phillip Stavonovic
 Dottie Stout
 Jim Tarpey
 Susie Tripp
 Ken & Dixie Tweenty
 Ernest & Patsy Ward, Sr.
 Jane Williford
 Brian Willis
 Un-churched friends & family
 All those separated/divorced
 All unemployed
 All victims of violence
 Our Nation

Serving Our Country:

Marcus Barber
 Jeffrey Beck
 Matthew Bronson
 Sarah Cassabone
 Charles Conry
 Greg Cox
 Sgt Dennis Dustin, Jr
 Ian Gerdes
 Capt Greg Jenkins
 Simone Kamil
 Bruce McPherson, Jr.
 Mark Miller
 Justin Oliver
 Aaron Pait
 John Reider
 John Rogan
 David Rothenberger
 Matthew Scheff
 Garrick Shelton
 Adam Steelman
 Jordan Thaymes
 Christopher Verost



As you can see, our monthly prayer list is continually growing. Please help us out by keeping us updated. Unless we hear from those requesting prayer, we would like to remove names after one month. Please contact Milly Houger - mbhouger[at]mc.net / phone 579-2603 or Marlen Mapes mjmapes[at]mc.net /phone 575-6007.

Worship Attendance

	8:00	9:30	11:00
Aug 1	123	172	140
Aug 8	115	167	151
Aug 15	130	184	140
Aug 22	136	173	150
Aug 29	118	189	112

Sunday School Attendance

Aug 1	45
Aug 8	42
Aug 15	49
Aug 22	42
Aug 29	33

Newsletter Deadline

October 10

FORMAT

Word .doc ONLY

Send articles to:

**Jack DeGroot
bjand3@atmc.net**

Please include your name and telephone number, in case there are questions.

Check out the web site:
www.seasideunitedmethodistchurch.org

Pearl Bracelet



Anne Doern is currently offering Japanese pearl bracelets with the symbol for breast cancer in the middle. They are fresh water pearls from Tokyo, Japan. (She has been dealing with this Pearl Shop since 1995 and has first hand knowledge of the quality of these pearls). The bracelets were made expressly for "Styling For a Cure in Brunswick County" to be held at Seaside UMC in October. For a donation of \$20. you can have your bracelet now, you don't have to wait until October.

Fifty percent of all donations will go to raise money for women in Brunswick County to have free Mammograms and Pap smears and to allow for follow up care, if needed. The other fifty percent goes toward the cost of the bracelets. This will be a wonderful benefit to so many women.

Contact Anne Doern at 575-3375 to order your bracelet.

Lectionary Bible Readings

October 3
Lamentations 1:1-6
Psalm 137
2 Timothy 1:1-14
Luke 17:15-10

October 10
Jeremiah 29:1, 4-7
Psalm 66:1-12
2 Timothy 2:8-15
Luke 17:11-19

October 17
Jeremiah 31:27-34
Psalm 119:97-104 or
Psalm 19
2 Timothy 3:14-4:5
Luke 18:1-8

October 24
Joel 2:23-32
Psalm 65
2 Timothy 4:608; 16-18
Luke 18:9-14

October 31
Habakkuk 1:1-4; 2:1-4
Psalm 19:137-144
2 Thessalonians 1:1-4; 110-12
Luke 19:1-10

Memorial & Honoraria

In Honor of Daryl Forsythe's Birthday

Given by:
Roger & Sharon Terry

In Memory of Camille Yorkey

Given by:
Ace & Frances Hudson
Decio & Margie Stone

In Memory of Robert Harder

Given by:
Bob & Kay Arace
Barbara Patterson
Conrad & Danice Stout



*What will you do
With this day that's so new?
The choice is yours—
God leaves that to you!*

*This is the day the Lord has made. We
will rejoice and be glad in it.
Psalm 118:24*

On this and everyday keep your
priorities straight-keep first things first.

Welcome New Members

Beverly Britt unites with Seaside UMC by profession of faith.

Ken & Sue Carlisle unite with Seaside UMC by transfer of membership from Trinity UMC, Southport, NC

Amanda & Justin Wright unite with Seaside UMC by profession of faith.

Linda McPherson unites with Seaside UMC by transfer of membership from Patapsco Methodist Church, Dundalk, MD

Larry & Ruthie Cramer unite with Seaside UMC by transfer of membership from Canadensis Moravian Church, Canadensis, PA.

Lois Springstead unites with Seaside UMC by transfer of membership from Pompton Reformed Church, Pompton Lakes, NJ

Andrew & Elizabeth Thorndyke Unite with Seaside UMC by transfer of membership from First UMC, Laurinburg, NC.

Address Changes & Additions

Beverly Britt
8932 Oyster Ct. SW
Sunset Beach, NC 28468
Tele: 575-4147
E-mail: bwbritt@atmc.net

Ken & Sue Carlisle
3145 Ash-Little River Rd.
Ash, NC 28420
Tele: 287-3190

Linda McPherson
401 Stokes Court
Sunset Beach, NC 28468
Tele: 575-3704
E-mail: mcpherson48@msn.com

Larry & Ruthie Cramer
1630 Gate 2 SW
Ocean Isle Beach, NC 28469
Tele: 575-3088
E-mail: rmclee@atmc.net

Lois Springstead
348 Ridgewood Dr
Calabash, NC 28467
Tele: 579-0656
E-mail: loiss@atmc.net

Andrew & Elizabeth Thorndyke
853 N. Sandpiper Club Dr
Sunset Beach, NC 28468
Tele: 575-4925
E-mail: thorndyke@atmc.net



Baptisms

Brennan Wesley Wright, son of Amanda & Justin Wright and grandson of Ken & Sue Carlisle, was baptized on August 22.



“Songs of Seaside”

I was glad when they said to me, "Let us go to the house of the Lord!" Psalm 122



Many thanks to all who participated in the "Red, White & Blue" Country Fair Kick-Off Concert! It was wonderful and so much fun! I was overwhelmed with the response. Thank you for supporting our music ministry. We were honored with your presence.

So . . . what's next you ask? Well . . . all of our choirs and ensembles will begin meeting in October and of course we will be preparing for our Christmas Concert on Sunday, December 12th. More information will be available in the November newsletter but be sure to mark the date on your calendars now!

If you are interested in joining a choir, here are the beginning dates:

Sanctuary Choir: Sept. 23 (9:30 choir meets at 5:30; 8:00 & 11:00 choir meets at 6:30)

Adult Handbells: October 6th at 6:00PM (We are in need of handbell players and substitutes)

Instrumental Ensemble: October 12th at 6:00PM

Classical Ensemble: October 12th at 7PM

Joyful Noise Children's Choir: October 6th at 4:30PM

If you are interested in any of these groups, please contact me or just come to the first rehearsal, we will be glad to have you!

Thanks again to all of the members of our music ministry team—you are the best! I am honored to be able to serve with you.

With a voice of singing,
Kathryn

Bikers—Let's Ride!

October 16, 2010
8:00 AM at Seaside UMC parking lot
Depart 8:30 AM.
Destination: Brookgreen Gardens
Hours: 9:30 AM to 4:30 PM

Admission
Adults 13 to 64 = \$12.
Seniors 65 + = \$10.

This will be a full day trip. Since there are so many opportunities to take pictures, be sure to bring your cameras.

If you have any questions, call Leo Macon at 910-352-2824.

Health and Welfare

Sheila King, Director

910-579-5753 or e-mail nurse_medic_king@hotmail.com

UPCOMING EVENTS

YOGA Classes Mondays at 10 am. Mark Meyer, specializes in teaching individuals over 50 years of age. Cost \$5. per class. Class is therapeutic, relaxing and fun.



October 6, 2010 from 1:30 to 4 PM
Women's Breast Health Initiative
FDJ (French Dressing) Fashion Show
by Island Breeze
at Odell Williamson Auditorium
Admission: \$35.
Tea, Coffee & Luscious Desserts served
Sponsorship levels:
MIRACLE \$1,000
CROSS YOUR HEART \$500.00
18 HOUR SUPPORT \$250.00

Please see Sheila for tickets or stop by Island Breeze

Diana Jones RN with the Brunswick County Health Dept. wishes to thank Seaside UMC for their continued support helping to fight Breast and Cervical Cancer. Last year this fundraiser enable 260 women to be tested, resulting in 3 positive diagnosis that would probably not been found until it was too late.

October 13—LifeLine Screening: Call to make an appointment 1-888-683-4068 or www.lifelinescreening.com

October 26—Flu Shots:

11 am to 7 pm
Sign up with Sheila

Diabetic Support Group meet: 1:30 PM 10/12, 11/9 & 12/14
Alzheimer's Support Group meet: 1:30 PM 10/14, 11/11, 12/16

November 8th from 3 to 5 pm

"Loss for the Holidays"

Presented by Lower Cape Fear Hospice at Seaside UMC Rm 210.

Pre-registration is required (no walk-ins accepted)

Contact Jean Roney 910-754-5356

November 9th from 10 am to 3 pm

Senior Resource Day @ 1st Baptist Church Center
1939 Independence Blvd, Wilmington, NC

Sponsored by Area on Aging: Will have break out presentations, various health screening and a resource fair. For questions or to register call Jason 910-796-7943.

Shoes for Students

Thank you to everyone who participated and donated shoes for students. We collected 43 pairs of new shoes.

Clean Clothing Needed

I am collecting clean clothing for women, men and children. These will be available in the event of a home fire or domestic situation.

Continued Projects for 2010-11

- We are still collecting hats, scarfs, mittens, gloves and coats for various shelters in need.
- Seaside UMC is an official collection site for CELL PHONE FOR SOLDIERS.
- Health and Welfare is also collecting backpacks for students in various schools who cannot afford a backpack or when theirs wear out.

Happy Hearts

The Happy Hearts group will meet on Tuesday, October 19th at the church at 12 Noon. Please bring a "bag" lunch. Drinks will be provided. Any questions, call Lomie Lou at 575-6911. Come and continue to have laughter and fun together!



Seaside UMC Singles

Seaside UMC Singles will meet for dinner on Monday, October 11th at the Twin Lakes Seafood Restaurant at 102 Sunset Blvd, Sunset Beach. We will meet there at 6PM. Please come a few minutes early to greet everyone. A sign up sheet for this outing is in the gallery.



Bible Studies



You have responded with enthusiasm to our new fall Bible Studies. The Disciple I class has 21 participants and the Disciple IV group has 16. There are three short-term studies which are filled. While the three Sunday class studies at 9:30 and 11:00 are well attended, you are always invited to drop into these Sunday classes and become a part of the group.

The WISP ladies are completing their current book and will begin the discussion of a new book. Why don't you join them with the first chapter? Talk to Nancy Camino and she will brief you on the details.

The 2011 study on Daniel has been filled and is closed to keep the group small for interaction. Registrants are looking forward to Music Director, Kathy Parker's Advent and Lenten studies. Keep reading and studying. God will bless your efforts.

Colleen McGregor
Adult Bible Studies Coordinator

The Ubuntu Code of Conduct

Be considerate. Our work will be used by other people, and we in turn will depend on the work of others. Any decision we take will affect users and colleagues, and we should take those consequences into account when making decisions.

Be respectful. The Ubuntu community and its members treat one another with respect. Everyone can make a valuable contribution to Ubuntu. We may not always agree, but disagreement is no excuse for poor behavior and poor manners. We expect members of the Ubuntu community to be respectful when dealing with other contributors as well as with people outside the Ubuntu project and with users of Ubuntu.

Be collaborative. Collaboration is central to Ubuntu. We encourage individuals and teams to work together whether inside or outside the Ubuntu Project. Our work should be done transparently and we should involve as many interested parties as early as possible.

When we disagree, we consult others. Disagreements, both social and technical, happen all the time and the Ubuntu community is no exception. It is important that we resolve disagreements and differing views constructively and with the help of the community and community processes.

When we are unsure, we ask for help. Nobody knows everything, and nobody is expected to be perfect in the Ubuntu community. Asking questions avoids many problems down the road, and so questions are encouraged. Those who are asked questions should be responsive and helpful. However, when asking a question, care must be taken to do so in an appropriate forum.

Step down considerately. Members of every project come and go and Ubuntu is no different. When somebody leaves or disengages from the project, in whole or in part, we ask that they do so in a way that minimizes disruption to the project. This means they should tell people they are leaving and take the proper steps to ensure that others can pick up where they left off.



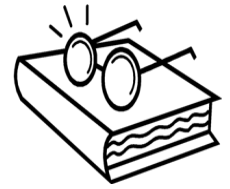
SAVE THE DATE

SUNDAY, OCTOBER 17

CONSECRATION SUNDAY

UMW Reading Program

Fellow Readers,



The lazy days of summer are rapidly coming to an end. The reading program for 2009-2010 came to a close the end of July and now it's time to start reading for next year's program.

A book that I recently read and highly recommend is *The Undertaker's Wife* by Celia M. Hastings. What James Herriott did for the country vet, Celia Hastings does for the small-town undertaker. Celia will tell you about growing up on a family farm, working to complete her advance theological education, becoming an organist in a small-town funeral home, and marrying John, a second generation funeral director. Written with wit and warmth, Celia shares stories of her fascinating life journey.

This farm girl from the country finds herself in the "fish bowl" of a small-town undertaking business and she uses her life experiences to examine the meaning of life, death, God, and life after death. The book includes many appendices that answer questions about how to plan a funeral, death certificate information, obituary information, and many other resources.

Look for this book and many others on the UMW Reading shelves in our wonderful church library!

Happy Reading,
Marie Wilcox



New Member Welcoming Lunch

There will be a new member welcoming lunch on October 10th at 12:15 in the Fellowship Hall. Feel free to bring your sponsors, any guests, and your children. There will be a sign up sheet in the gallery. It's a great opportunity for you to meet fellow church members and for us to get to know you! Please let me know if you have any questions. Thank you!

Carol Sloper
579-1989/703-304-1326

Travel to the Holy Land

Seaside trip in 2012

If you would like to go or want more information about this trip, please contact Scott or Mary Jane.

United Methodist Women

CALENDAR OF EVENTS

Unit Meeting—Monday, October 18

Day of Caring—November 3

Circle Groups

At Seaside United Methodist Church (SUMC) we presently have four circles under the auspices of the United Methodist Women (UMW). The circles generally meet during the months of February, April, September, and November. The UMW also meets four times a year as a unit. Our purpose is to know God and to develop a creative, supportive fellowship and to expand mission through participation in global ministries of the church. We participate in a Prayer Shawl and Teddy Bear Ministry and expand spiritual growth and fellowship by offering a Tea, Retreat, and a Day of Caring open to all women of the church, in addition to the missions and activities listed below:

M&Ms (Mary Magdalene's)

Education and Interpretation

Circle Leaders: Sherry Blalock 579-6211 and Ginny Coats 575-0845

Meetings are held on the second Friday at 10AM in the months listed above. The M&M focuses on studying, interpreting, and participating in mission outreach both in our local communities and worldwide. The M&M's symbol this year is the Red Apple, signifying their passion for education and knowledge. Their special projects include ditty bags, paper products, and phone cards for Hope Harbor, quilts for babies and bears for children in need

SEEKERS—Spiritual Growth

Circle Leaders: June Donley 575-5467 and Isabelle Waldron 579-8118

Meetings are held at the church on the second Tuesday at 1PM in the months listed above. As we mature in faith, our goal both individually and as a community, is to enhance our understanding of mission and to expand faith into action. We have programs and studies that increase our spiritual growth and that lead to a fellowship of women who affirm, support, and strengthen one another.

Friends in God's Service (FIGS) Social Action

Circle Leaders: Bernice Lewis 910-200-2737 and Maxine Nance 754-1200

Meetings are held on the third Monday at 7PM in the months listed above. Our goal, which is a vital part of our mission, is to reflect and participate in social concerns of our day. We choose at least one priority social action issue each year whether it be economic, environmental, or a political condition that affects women and children throughout the world.

Thank God for Friends (TGFF)

Circle Leaders: Daphne Bridwell 575-6901 and Bonnie Sorice 575-4075

This circle does not meet on a regular basis but strives to affirm, enjoy, and value the other circles by participating in projects initiated by them. Their aim is to share the vision of the other circles so that as friends they can create unity and commitment to the UMW and by assisting and interacting with them they can empower SUMC to accomplish God's work and witness to Him so that all whose needs they meet know His loving care.

October Unit Meeting

On Monday, October 18, at 6PM, the UMW will have a Unit meeting with a dinner and a speaker. The speaker, from Brunswick Hospital, will discuss the new hospital facilities and the programs that will be available. It should be a very informative meeting and a great way to meet the women at Seaside. The evening will start off with a dinner of soup, salad, and sandwiches, followed by the speaker from Brunswick Hospital and a short business meeting. I hope all of you can join us. There will be a sign up sheet in the gallery.

Methodist Home for Children

We collected \$570 in gift cards for the children's back to school needs. We also had school supplies, back packs and clothes for them. Thank you for your generous donations to this project. Many children went back to school with a smile on their faces thanks to Seaside.

Freddy Tatum
Carol Matthews

Day of Caring

Dear Men & Women of Seaside,

The United Methodist Men and Women are excited to announce that we are planning a day of caring for November 3, followed by dinner and devotions in the fellowship hall. Our purpose is to help our church members or regular attendees who might want or need some assistance in performing chores around their homes. We now have a sign-up sheet in the gallery and we have identified work areas as follows:

Outdoor work—pruning, weeding, raking

Minor repairs—dripping faucets, smoke detectors, nails fixed on decks, loose lights or switches

Painting—touch up, indoors or out

Window washing—indoors and out

Cleaning—fall type

Cooking—make ahead meals

We hope that you will be as excited about this as we are and that lots of you will join us in this very worthwhile endeavor. If you only have an hour to donate that's great, if you can work all day that's wonderful. So look for the green sheet in the gallery and fill it out!

Questions? Contact your UMM and UMW representatives.

Harold Blalock
President United
Methodist Men

Jane Boone
President United
Methodist Women



Tim Gilman and Gene Parsons

Tim Gilman and “Gene” Parsons are new members who will soon be getting married. They are another couple put together by a matchmaking friend. Tim and Gene met at Pat and Mike’s in Little River. Gene’s friend Jan, who was always trying to fix her up, noticed Tim eyeing Gene from an adjacent table and invited him over. And as they say, the rest is history.

Tim is originally from Baltimore, Maryland, and Gene is originally from North Wilkesboro, North Carolina. Gene found SUMC three years ago when she moved here from Little River. She was trying to find a church that “felt good.” She tried several but apparently we won the prize (and ended up getting two for one!). She grew up in church, always singing in the choir, and teaching Sunday school. She is a retired schoolteacher.

While dating, Tim told her he was looking to get back into church. He had been raised Catholic, but decided to go with her to services at Seaside. Tim was the Postmaster for the Pasadena, Millersville, and Crofton post offices in Maryland before retiring.

Tim and Gene will live at Landing II in Calabash when they get married on October 24th. Gene says they feel very much at home at Seaside. She says, “Everyone has made us feel so welcome—we just love SUMC!”

BTW: While agreeing that we’re all related somehow, as far as Pastor Scott can tell he and Gene are not closely related despite having the same last name. He says as long as he’s been preaching, “He’s never had a Parsons in his church.” Soon Gene will also have a hyphenated last name, as she will go by Parsons-Gilman.

Profiled by Jack DeGroot



Country Fair

A big Thank You to all the committees and the volunteers who helped with this year’s fair, as well as to all the individuals who donated items. We would also like to thank Kathryn Parker and Brenda Causey for the meaningful kick-off concert. The entire event was extremely amazing.

Remember the pig- pickin’ dinner on Oct. 9th & 10th at the Williams’ home. There are a couple of spaces left for Sunday night. If interested, call Mike, Bev, or Darcie.

A complete financial report of this year’s proceeds will be in the November newsletter.



Breast Cancer: What you need to know:

What is breast cancer? Cells in the body normally divide at a steady and even pace. New cells are formed to replace the old and injured cells but sometimes cells divide and multiply rapidly and they form a lump, also called a tumor. Tumors can be benign or malignant. Benign tumors are not cancerous. They are made up of normal looking cells and they do not invade surrounding tissue or spread to other parts of the body. Malignant tumors are made up of abnormal looking cells that have invaded surrounding tissue. They can also break off from the main tumor and spread to other parts of the body by traveling through blood and lymph vessels. The spread is called metastasis. What causes breast cancer? Known risk factors:

1. Previous breast cancer—women who have a history of breast cancer have an increased chance of developing another breast cancer. The risk is 0.5% to 0.7% per year after the diagnoses of the first breast cancer. This means that 10% -15% will develop new cancer in the remaining breast tissue within 20 years.
2. Family History: Women who have a mother, sister, or daughter with breast cancer have a risk 2-4 times greater than the average woman for developing breast cancer.
3. Reproductive History: Women who have never been pregnant or have never given birth to a child and women who have their first child after the age of 30 have a 2-4 times the average risk of breast cancer.
4. Benign Breast Disease: Most benign breast disease such as cyst and benign tumors are fibroadenomas and do not increase your risk of breast cancer. But women with moderate or severe hyperplasia, a condition in which abnormal cells increase 1.5 to 4 times the average, risk breast cancer.

Breast Cancer is detected by:

1. Breast exam
2. Mammogram
3. Breast ultrasound
4. Biopsy—of which there are two types: excisional biopsy and needle localization biopsy

Treatment:

1. Modified Radical Mastectomy or Standard Modified Radical Mastectomy, the entire breast and lymph nodes from the armpit (the axillary lymph nodes) are removed.
2. Total Mastectomy: the entire breast is removed but the axillary lymph nodes are not removed.
3. Segmental Mastectomy (referred to as a partial), the surgeon removes the tumor and a small amount of the surrounding breast tissue.
4. Axillary Lymph Node Dissection: Some of the axillary lymph nodes from the armpit are removed.
5. Radiation therapy—high doses of radiation are used to kill and destroy the cancer cells by limiting their ability to multiply.
6. Chemotherapy—drugs are used to damage and kill cancer cells.
7. Hormonal Therapy—anti-estrogen drugs are used to block the hormones that promote tumor growth.

Source: Judkins, Alice and Singletary, Eva. *Breast Cancer: Myths and Facts* Huntington, NY: 1997

Sheila King BS, LPN, EMT-P
Director of Health and Welfare

Seaside United Methodist Church Health Committee

Who are we?

The health committee is a group of congregational volunteers who, along with the Pastor and Director of Health and Welfare, work toward promoting the health of the church members. The committee provides leadership in setting up health programs for the church and strives to set a positive example of healthier living. Their responsibility is not to carry out the entire health ministry program themselves, but rather to make the ministry possible.

What is the mission of the Health committee?

At Seaside United Methodist Church, we attempt to carry out the mission of Jesus to reach out to all people in whatever state of health, and to lead individuals to a greater understanding of how the body, mind, and spirit are interrelated as we strive to “keep our bodies as temples of God.”

How does the Health Committee accomplish this task?

1. Work to access the health needs and talents of its members.
2. Be enthusiastic and energetic about their ministry.
3. Plan and implement health programs, take responsibility for publicity, funding, setup, etc.
4. Attend regular health ministry meetings and support the projects and programs that they sponsor.
5. Consultation: the ministry welcomes consultation and input from all organizations in the church about -the health of the entire person (body, mind, and spirit) considering issues of prevention and wellness.
6. Be competent and committed to the health ministry of Seaside United Methodist church.

What are some of the individual Ministries of the Health Ministries?

Education: health ministry develops educational programs promoting wellness for all age levels in the church.

Consultation: the ministry welcomes consultation and input from all organizations in the church and will seek to work with these groups to meet their own health needs.

Personal Health Counseling: upon request from the pastoral staff, the health ministry’s team will provide counseling on health matters within its competence.

Health Resources: develop a library of health information and health care suited to the needs of the congregation.

Advocacy: the ministry advocates and assists to provide adequate health care for under-insured or indigent members of the congregation.

Christian Lifestyle: the ministry defines models and promotes Christian lifestyle in the church membership.

Care-giving: the ministry recruits, trains, and organizes volunteer care-givers and lay visitors for those situations in the congregation when it is needed.

Home Health Visitations: the ministry provides home health visitations to encourage compliance with medical regimens for the chronically ill. They will not, however, take place of Home Health agencies or Hospice. **

The Ten Commandments of the Ministry

Thou shalt accept a higher power as the source of healing.

Thou shalt recognize the whole person: mind, body and spirit.

Thou shalt strive for a balanced life and recognize one’s limits and boundaries.

Thou shalt be compassionate and sensitive to others.

Thou shall listen without judgment.

Thou shalt be a supportive presence for people who are facing life’s challenges.

Thou shalt offer hospitality, healing, and hope within a nurturing community.

Thou shalt welcome and support people who experience mental illness.

Thou shalt combat stigma and dispel myths about mental illness.

Thou shalt acknowledge joys and concerns of self and others.

** Guidelines for the Health Committee are continued on next page

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10 am Confront. Controversies 4:30 PM Girl Scouts	2
3 <div style="border: 1px solid black; border-radius: 50%; padding: 5px; display: inline-block;">World Communion Sunday</div> 5 pm UMY	4 9 am ESL Tutoring 10 am Yoga 11 am SBL Group 12 pm Al Anon 1:30 pm Disciple I 5 pm Comm. Committee <u>6:30 pm</u> UMM Boy Scouts	5 7:30 am Tae Kwon Do 8:30 am T'ai Chi 9 am & 5 pm GED 10 am WISP <u>6:30</u> Stephen Ministry Seeing Gray Divorce Care	6 <u>9 am</u> Grandparent Supp. Disciple IV 10 am Christian Art. 4:30 pm Joyful Ringers 5pm Joyful Noise <u>6 pm</u> Jubilee Handbells Nominating Comm. 7 pm Praise Team	7 7:30 am Tae Kwon Do 8:30 am T'ai Chi 9 am & 5 pm GED 11am Kinderdance 5:30 pm Mid-Serv Choir <u>6:30 pm</u> 8 & 11 Choirs AA	8 10 am Confront. Controversies 4:30 pm Girl Scouts	9 9 am Prayer Warriors
10 B/P Check 12:15 pm New Member Luncheon 3 pm Mary Kay Fundraiser 5 pm UMY	11 9 am ESL Tutoring 10 am Yoga 11 am SBL Group 12 pm Al Anon 1:30 pm Disciple I 6:30 pm Boy Scouts	12 7:30 am Tae Kwon Do 8:30 am T'ai Chi 9 am & 5 pm GED 10:30 am Women's Day by the sea Mtg 1 pm Seekers Cir. 1:30 Diabetes 6 pm Instram. Ens. 6:30 pm Will of God 7 pm Classical Ens.	13 8 am Lifeline Screen. <u>9 am</u> Grandparent Support Disciple IV 10 am Christian Art. 4:30 pm Joyful Ringers 5 pm Joyful Noise 6 pm Jubilee Handbells <u>6:30 pm</u> Divorce Care Stephen Ministry Training 7 pm Praise Team	14 7:30 am Tae Kwon Do 8:30 am T'ai Chi 9 am & 5 pm GED 11am Kinderdance 1:30 pm Alzheimers Support 5:30 pm Mid-Serv Choir <u>6:30 pm</u> 8 & 11 Choirs AA	15 9:30 am Health & Welfare Comm. 10 am Confront. Controversies 4:30 pm Girl Scouts	16
17 5 pm UMY	18 9 am ESL Tutoring 10 am Yoga 11 am SBL Group 12 pm Al Anon 1 pm Shell Seekers 1:30 pm Disciple I 5 pm UMW Unit Mtg 6:30 pm Boy Scouts 7 pm Finance	19 7:30 am Tae Kwon Do 8:30 am T'ai Chi 9 am & 5 pm GED 10 am WISP <u>6:30</u> Seeing Gray Divorce Care	20 <u>9 am</u> Grandparent Supp. Disciple IV 10 am Christian Art. 4pm Exec. Comm. 4:30pm Joyful Ringers 5pm Joyful Noise <u>6 pm</u> Jubilee Handbells Nominating Comm. 6:30 pm Stephen Minister Training 7 pm Praise Team	21 7:30 am Tae Kwon Do 8:30 am T'ai Chi 9 am & 5 pm GED 11am Kinderdance 5:30 pm Mid-Serv Choir <u>6:30 pm</u> 8 & 11 Choirs AA	22 10 am Confront. Controversies 4:30 PM Girl Scouts 7 pm Carolina Master Chorale	23
24 2 pm UMW Dist. Meeting 5 pm UMY	25 9 am ESL Tutoring 10 am Yoga 11 am SBL Group 12 pm Al Anon 1:30 pm Disciple I 6:30 pm Boy Scouts 7 pm Council	26 7:30 am Tae Kwon Do 8:30 am T'ai Chi 9 am & 5 pm GED 6 pm Instrum Ens. 6:30 pm Divorce Care 7 pm Classical Ens	27 <u>9 am</u> Grandparent Supp. Disciple IV 10 am Christian Art. 4:30pm Joyful Ringers 5pm Joyful Noise 6 pm Jubilee Handbells 6:30pm Stephen Minis- try Training 7 pm Praise Team	28 7:30 am Tae Kwon Do 8:30 am T'ai Chi 9 am & 5 pm GED 11am Kinderdance 5:30 pm Mid-Serv Choir <u>6:30 pm</u> 8 & 11 Choirs AA	29 10 am Confront. Controversies 4:30 PM Girl Scouts	30
31 9:30 am 5th Sunday Men's Choir 5 pm UMY						

Birthdays and Anniversaries

October 1

Birthdays:

Dinah Gore
Lorraine Usher
Barb Mahoney
Ron Watts
Kristin Marley
Reid Miller

October 2

Birthdays:

Nancy Tew
Jeff O'Dwyer

October 3

Birthdays:

William Harrison
Bill Magee
Bob Bell
Dawn Miller

Anniversaries:

Horace & Deola Taylor

October 4

Birthdays:

Frances Hudson
Dorothy Compton

October 5

Birthdays:

Bob Hewson

Anniversaries:

Bruce & Pat Bowers, Sr.
Jack & Ella Mae Brooks

October 6

Birthdays:

Peter Robertiello
Chuck Denney
Debbie Cole
Rachel Yorkey
Daniel Rigby

October 7

Anniversaries:

Paul & Carol Sigafos

October 8

Birthdays:

Loretta Carpenter
MaryAnn VonHausen
Harriett Hamby
Mary Jo Hobbs
Fred Stone
Elizabeth Munns

Anniversaries:

Jim & Debbi Wallace

October 9

Birthdays:

Robert Clagett
Joe & Juanita Adams

Anniversaries:

Michael & Courtney Milliken

October 10

Anniversaries:

Bill & Ginny Coats

October 11

Birthdays:

Frank Verost
Jackie Pickup
Mary Ellen Good

October 12

Birthdays:

Martha Boyd
Tina Simmons

October 13

Birthdays:

Kristi Varner
Teak Hemphill
Jennifer Burroff
Carmen Payne

October 14

Birthdays:

Richard Good
Scott Walters

October 15

Birthdays:

Mary Braddy
Doris Ruehle
Betty Henderson

October 16

Birthdays:

Anne Eckard
Joanne Jenkins

Anniversaries:

Bill & Ellie Allen

October 17

Birthdays:

Gene McCune
Connie Stout
Gaylee Strickland
Beth Thorndyke

Anniversaries:

Tom & Doreen Watson

October 18

Birthdays:

Marguerite Ballenger
Janet Lee
Michael Dolbow

October 20

Birthdays:

Bill Scheff
Pat Burke
Tammy Humphreys
Jason Hernandez

October 21

Birthdays:

Bobbie White
Nancy Poe
Tommy Tucker

Anniversaries:

Louis & Betsy Pesce

October 22

Birthdays:

Courtney Marshall
Ginger Cannon
Ed & Susan Seidel

Anniversaries:

John & Midge Sparks
Mark & Janet Benton

October 23

Birthdays:

Eddie Loffin

Anniversaries:

Paul & Shirley Walsh

October 24

Birthdays:

Penny Sue Spohn
Bea Walters

Anniversaries:

Pedro & Blanca Alvarez
Walter & Mary Benes

October 25

Birthdays:

John Apsega
Bob & Nadine Patrick

October 26

Anniversaries:

Ralph & Kimberly McClernan

October 27

Birthdays:

Mary Cundiff
Ed Seidel
Carolyn Carden

Anniversaries:

Von & Jeanie Dyke
Howard & Mary Jo Hobbs

October 28

Birthdays:

Bruce Bowers, Sr.
Harold Wilson
Joyce Hilgenberg

October 29

Birthdays:

Margie Gannon
Althea Marshall
Stephanie Cate
Barbara Bray

October 31

Birthdays:

Irene Harrison

Guidelines for the Health Committee

1. Organization:

- A. Functions as a subcommittee to the Director of Health and Welfare and as a standing committee of the Church Council.
- B. Has a chairperson, vice-chair and secretary and other positions as necessary for the success of the committee.
- C. Meets regularly to support the Director of Health and Welfare in her direction of the health ministry's programs and events.

2. Membership:

- A. Church members interested in the holistic health matters for the congregation and community.
- B. Church members interested in children's and youth ministries, women's ministries, singles ministries, caring for the elderly, and outreach ministries.
- C. The Pastor, Director of Health and Welfare, and the chair will work together to make this committee succeed.

3. Responsibilities:

- A. Plan and Assist with the installation of the health ministry's program and its introduction to the congregation.
- B. Provide support to the Director of Health and Welfare for all health programs offered.
- C. Assist the Director of Health and Welfare with events and programs when asked.
- D. Attend conferences for the Health Committee to better serve the church and the community.
- E. Director of Health and Welfare with the health ministry's committee will evaluate and make necessary changes, additions, and modifications to strengthen and enhance the program.
- F. The Health and Welfare Committee does not in any way direct, make changes, or make recommendations to the Director's job description. The Health committee is a voice for the Director of Health and Welfare.
- G. Report regularly to the Church Council regarding the Health and Welfare ministries program.

Outreach Committee

Each year the Outreach Committee receives twenty percent of the proceeds from the Country Fair to distribute on behalf of the congregation of SUMC to missions and the local community.

This year we once again supported five Advance Specials of the Rainbow Covenant and supplemented the Special Sunday collections throughout the year. So far this year we have given funds to the following local organizations: Hope Harbor, which serves victims of domestic violence; Providence Home, which serves teens in crisis; Brunswick County Literacy Council, which helps provide the tools needed for those in the community that lack reading skills; WARM (Wilmington Area Rebuilding Ministry), so that they can repair homes for those in need; Habitat For Humanity, to assist a family in getting a home, and Brunswick Family Assistance, so that they can continue to provide food, clothing, shelter and many other services to the large number in need in this county. The money we give to BEMC and their Warm Hearts, Warm Homes campaign is matched by them and then given to BFA to help people with their electric bills.

Funds are also used for Communities in Schools as needed, and shoes were also purchased for school children this year. Gerry Strickland prepared information and displays as part of Emergency Preparedness.

In November when we meet again there will be more allocations to organizations that are in need during the Christmas season. The committee had a budget of \$7,100 for 2010—many are benefiting from the generosity and hard work of the congregation of SUMC. Outreach thanks you, as we feel so blessed to have your support.

Martha Matlock
Outreach Chairperson



Annually, the Outreach Committee distributes funds to charities in the greater Brunswick area. Allocations were recently made to the following organizations: Hope Harbor, \$200; Habitat for Humanity, \$200; W.A.R.M, \$200; Providence Home, \$500; Brunswick Family Assistance (BFA), \$500; Brunswick Electric (Warm Homes, Warm Hearts), \$200; Shoes for School Children, \$100; Crop Walk, \$250; Literacy Council Spelling Bee, \$200; BFA 5 mile fun run, \$100, and Operation Christmas Child, \$100.



Upcoming Events

October 31—5th Sunday



9:30 AM Service

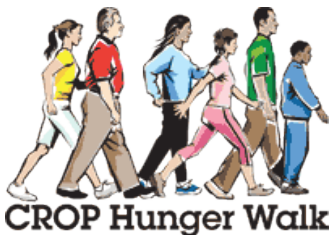
October and November

Shoebboxes for Children



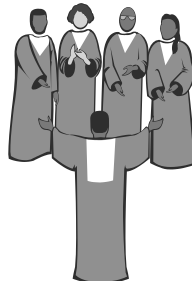
November 7th CROP WALK

Sunday, November 7th is the Annual Area Crop Walk. Join Judy Gerdes, Diana Strickland, and Ann Pike from the Outreach Committee as they represent Seaside in the fight against hunger. Walk or make a pledge. More info to follow in the October Sunday bulletins.



Carolina Master Chorale

On Friday, Oct. 22nd at 8:00 pm, the Carolina Master Chorale is presenting "Ain't It A Pretty Night..At The Opera" At Seaside UMC. It promises to be an excellent program. Tickets, if purchased prior to the 22nd are \$15. If purchased at the door, \$20. Contact Anne Giordano (579-8601), Maureen Foley (579-8648) or Seashore Drugs in Calabash for tickets.



Request for Participants

If you have attended the Walk to Emmaus, Tres Dias, or Crusillo, would you please contact Bernice Lewis at 910 200-2737, csidern@atmc.net, or by leaving a message in the UMW mail slot in the workroom. Seaside will be hosting the November gathering and she would really like to have as many present as possible. That date is November 13th 6-8PM.



Guest Preacher for World Communion Sunday

The first Sunday in October (October 3rd this year) is celebrated in the church around the world as World Communion Sunday. It is a day for us to express our solidarity with our brothers and sisters as we unite in the central act of Christian Worship. This year, we will embody our kinship with brothers and sisters around the world also through our preacher. George Ghanem is a native of Bethlehem, a part of Israel's West Bank and celebrated as the birthplace of Jesus. He is a student at George Washington University on a Fulbright Scholarship. George also represents the Christian Solidarity Cooperative (www.holylandcsc.com).

The mission of CSC is to help Christian families survive and stay in their homeland. To do this, they travel, visit churches, tell the story of Christians in the Holy Land, and sell handmade olive wood crafts to help support the Christian Communities of the Holy Land.

Please join us in worship on October 3rd as we welcome George Ghanem and join hands with Christians from across the world for World Communion Sunday.

Rev. Scott Wilson-Parsons