

Seaside Currents

A Publication of Seaside United Methodist Church



Faithfulness in all Circumstances

Last Sunday evening our youth began a series of programs on “Courage” and the Christian faith. In the opening scene of the video segment that accompanies the program, the new teenage boy in high school is shocked to see all the other students shuffling their feet as they walk from room to room. They berate him for walking fast (what we would consider normal). He has such a bad first day in his new school, he decides on the morning of the second day to tie his shoelaces together and shuffle with the other students, in order to fit into the crowd. Only now, when he enters the building, the students are shuffling—and have toilet seats hanging around their necks! “Why are you all wearing toilet seats?” he asks. The answer: “Because it’s Friday!” Again, he is cast as an outsider to be ridiculed because he doesn’t fit in the belief system of the other students.

Urban legend circulated a story a few years ago about a construction project at a bar in the Midwest. The purpose of the construction, obviously, was to increase the business of the bar. In response to the construction, a local conservative congregation began to pray and petition against the expansion of the bar. Work continued on the bar at a steady pace until a week before the grand re-opening of the business. A lightning strike started a fire, which burned the bar to the ground.

Following the lightning strike and fire, church members were bragging about the power of prayer. That is, they were bragging until the bar owner decided to sue the church for the destruction of the bar. His claim was that the church “was ultimately responsible for the demise of his building, either through direct or indirect actions or means.”

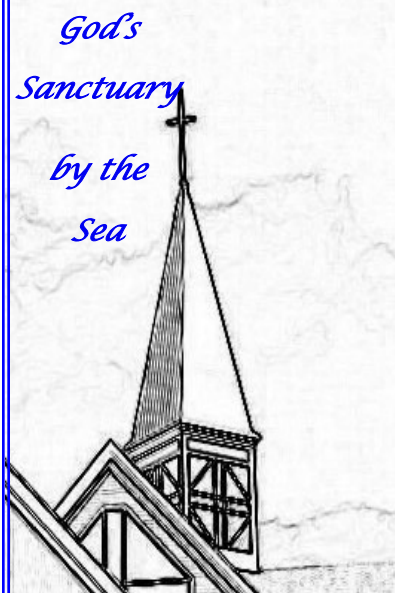
In open court the church steadfastly denied any and all responsibility for any damage to the bar. The story concludes with the comment of the judge, following the reading of all documents by the two sides, who said, “I don’t know how I am going to decide this. But it appears from the paperwork that we have a bar owner who believes in the power of prayer, and an entire church congregation that now does not.”

I don’t think it matters much whether you actually believe in the truth of the bar story. The important point is to show how our Christian faith sometimes collides with our secular concerns. Does our faith sometimes “change” when there is financial gain involved? And if in fact our faith does change to fit in with our soapbox or whim, it isn’t genuine, is it?

The congregation in this story stated in open court that they did not believe in the power of prayer, out of fear of the possible judgment against them. Do you distance yourself from your faith when your beliefs are contrary to the status quo? Are you willing to stand firm in your faith, even if it makes you less popular? How about when it could hurt your wallet? Are you guilty of “going along with the crowd?”

No matter our age, if we are living in faithfulness to God, there will be times when our faith will cause us inconvenience. We will miss opportunities to make money and gain “friendships” if we stand with God. Luke’s gospel records the words of Jesus: *He who is faithful in a very little thing is faithful also in much; and he who is unrighteous in a very little thing is unrighteous also in much...No servant can serve two masters; for either he will hate the one, and love the other, or else he will hold to one, and despise the other. You cannot serve God and riches.* (Luke 16: 10, 13) May God find us faithful in our daily living, regardless of the cost.

Mary Jane



Upcoming Events

Lenten Study
“Sowing Tears,
Reaping Joy”
Brahms’s Requiem
Feb 5—Mar 18
6 pm

UMW Day Apart & Mission
Study
February 11 @ 9:30 AM

Men’s Saturday Morning
Bible Study
February 18th 9 AM

Shrove Tuesday
Pancake Supper
February 21 at 5:30 pm

Ash Wednesday Service
February 22
7 pm

Women’s Day By The Sea
February 25
9 am to 2:30 pm

Special Note

March Newsletter
Deadline
February 10th

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

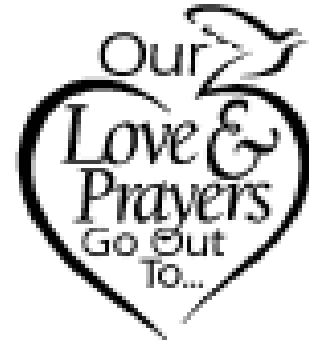
O radiant God, in the midst of tribulation, suffering, crippled hope and shattered dreams, stand by these Your servants until they are well once more.

Members:

Bill Adams
 Reggie Addington
 Hershel Allen & family
 Peter & Bianca Alvarez
 Mary Benes
 Bruce & Linda Bowden
 Ann & Lafayette Bowman
 Martha Boyd
 Frances Broome & her mother
 Frances Rogers
 Barbara & Thack Brown
 Ches Burton & family
 Nick Casciato & fam.
 Kemp & Brenda Causey
 Emily Clark
 Nadine Cybyske
 Richie D'Amato
 Tom Deacon
 Bobby & Anne Eckard
 Karen Gaddy
 Virginia & Bob Gross
 Donnie Haigler
 Paula & Daniel Hernandez
 Jim Hilgenberg & family
 Carol & Jim Horchler
 Crystal & Tabitha Huggett
 Yvonne & Harvey Hundley
 Gil, Kathy Johnson & family
 Carol Jones
 Sarah Justice
 Sandy Kershner
 Bill & Barb Kosanke
 Aedan Klein
 Ron & Myrt Klein
 Jim Linke
 Jan McComb
 Bill & Susan McDonald
 Jay & Diane Middleton
 Dale & Joan Powell
 Prayer Warriors
 Lois & Tom Puls
 Betty Pursey
 Joan & Bruce Routzahn
 Seaside UMC Staff
 Susan Seidel
 Jack South
 Midge Sparks
 Carlene Stanley
 Glen Starnes
 Stephen Ministers
 Thomasson family
 Mildred Trenchard
 UMYF & Leaders
 Frank & Nancy Verost
 John & Clair Winship
 Steve Wray & family
 Jack & Marcia Zachary
 Woman's Day By The Sea
 Sandy, Lynn Wood & family

Friends:

Tony, Sandy Abatiell family
 Val & Mark Andrews
 Evan Barberis
 Paula Beck
 Zach Bernier
 Max Blake & family
 Grace Bolger & Mildred Holmquist
 Janet Bonekemper
 Janalee Burgess
 Richard & Susan Canipe
 Mona Kay Carter
 Linda & Bill Chambers
 James Chestnut
 Carla Clark
 Jim & Darlene Cooper
 Betsey Crovo
 Caleb A. Davis
 Phil Davis
 D'Amico family
 Divorce Care Group
 Scott Dufford & family
 Doris Eaton & family
 Ben Edwards
 Eileen
 Jackie Gano
 Gavin
 Peg Goode
 Mark Griffith
 Megan Griffiths-Powell
 Jeanne Hall
 Toni Hansel family
 Brandon Hayden
 Tonya Helton
 Mark Hester
 Norma Hewitt
 Pat Hooker
 Sarah Horton
 John Huggins
 Terry Ikner
 Billy Jones
 Irwin Jones
 Wilford Kallmeyer
 Brendan Keenan & family
 Nina Kessler
 Patti Lewellen
 David McAdams
 Julie & Neil McCall
 Betty J. McPherson
 Marcia
 Al & Mary Lou Messick
 Carrie Miller
 Jo O'Keefe
 Ted Orman
 Lynda Petty
 Charles Phillips
 Phil & Jackie Phillips
 Faye Pullen
 Brenda Quackenbursh
 Carolyn Reece
 Marilyn & Ed Riordan
 Shirley Roberts
 Greg Rorech
 Bob Rowley
 John Rumble & family
 Tiffany Saltis
 Kathy Scalise
 Dick & Betty Schillinger
 Doug Schlenker Sr
 Patty Scholl
 Alex Schultz
 Sherry & daughters
 Sidney
 Kassandra Snyder
 Milly Space
 Allen Stanley
 Phillip Stavonovic
 Marcia Sweatt
 Angela Toney
 Adam Varda
 Ernest & Patsy Ward, Sr
 Philip Wiles
 Brian Willis
 Betty Wood
 Jayne York
 Shenida Youngblood
 Bill Zanzallari
 All friends & family members un-churched
 All experiencing separation or divorce
 The Un & under employed
 Victims of violence & abuse
 Our Nation & Our World
 Victims of natural disasters.



Serving Our Country:

Marcus Barber
 Adam Barnes
 Jeffrey Beck
 Alex P Blust
 Matthew Bronson
 Chad Bryson
 Sarah Cassabone
 Charles Conry
 Dark Horse 3rd Bat, 5th Marines
 Sgt Dennis Dustin, Jr
 Kyle Everett
 Torrey Gasch
 Ian Gerdes
 Johnny Lawson
 Nick Linehan
 Lisa McGill
 Brandon Meier
 Mark Miller
 Justin Oliver
 Aaron Pait
 John Rogan
 Matthew Scheff
 Garrick Shelton
 Jordan Thaymes

Unless we hear from those requesting prayer, we would like to remove names after one month. Please contact Milly Houger—mbhouger@atmc.net / phone 579-2603, Marlen Mapes—mjmapes@atmc.net /phone 575-6007 or Candie Meier—dandcmeier@atmc.net / phone 575-3531.

**Lectionary Bible
Readings**

February 5

Isaiah 40:21-31
Psalm 147:1-11
1 Corinthians 9:16-23
Mark 1:29-39

February 12

2 Kings 5:1-14
Psalm 30
1 Corinthians 9:24-27
Mark 1:40-45

February 19

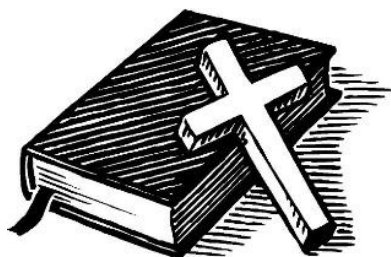
2 Kings 2:1-12
Psalm 50:1-6
2 Corinthians 4:3-6
Mark 9:2-9

February 22 (Ash Wednesday)

Joel 2:1-2, 12-17
Psalm 51:1-17
2 Corinthians 5:20b-6:10
Matthew 6:1-6, 16-21

February 26

Genesis 9:8-17
Psalm 25:1-10
1 Peter 3:18-22
Mark 1:9-15



SUNDAY SCHOOL

Adult & Children

9:30 am

**Worship
Attendance**

	8:00	9:30	11:00
November 6	172	174	149
November 13	13	155	123
November 20	147	201	177
November 27	132	152	161

**Sunday School
Attendance**

November 6	44
November 13	31
November 20	63
November 27	37

Thank You

Diane and I want to extend our sincere and heartfelt thanks to everyone who called, visited and prayed for us during my bout with cancer. Prayers do work and they are felt. Whether as an individual or prayer group, Prayer does work.

I am on the road to recovery and look forward to returning to church soon.

Jay Middleton

Adult Bible Studies

Coming in February

**Lenten Study
Sowing Tears, Reaping Joy
The Bible & Brahms's Requiem
with Kathryn Parker
Feb 5—Mar 18th @ 6 pm**

**Men's Bible Study
"The Prodigal God"
with Ralph Eckley
(Sat) February 18 at 9 am**

**Welcome
New Members**



Debbie Sain-Bissette of
7622 Dunbar Drive SW
Sunset Beach, NC 28468
email:
sportswoman88@gmail.com

joined SUMC by transfer of membership from First Presbyterian Church of Greenville, NC.

Jane Grimm of
507 Briarwood Dr NW
Calabash, NC 28467
P: [910 579 4102](tel:9105794102)

joined SUMC by transfer of membership from Ocean Drive Presbyterian Church in N. Myrtle Beach, SC.

Welcome Tony and Gere Andujar of
953 Bay Point Drive
Sunset Beach, NC. 28468
P: [910-579-1721](tel:9105791721)

to SUMC membership. Gere joined by transfer from Matthews United Methodist Church, Matthews, NC., and Tony by restoration.

Jim and JoCarol Allen of
7821 High Market St Unit 8
Sunset Beach, NC 28468
P: 910-579-5377

joined SUMC by transfer from Ann Street Methodist Church, Beaufort, NC.

Address Change

Joe & Lynn Manza
PMB 207
208 Eagle Valley Mall
E Stroudsburg, PA 18301





Stephen Ministry

Reflecting Christ in the Mall

Carol Pierce, a member of Houston's First Baptist Church, has found many ways to use the listening skills that she learned in

Stephen Minister training outside the formal Stephen Ministry relationships.

She tells of one incident of using these skills when she went shopping in one of the malls in Houston. She found a skirt she wanted but the store didn't have her size. So she walked to the clerk's counter to ask if she would mind calling another of their stores to find the skirt. The clerk was on the phone. Carol waited about five minutes while she finished her conversation. It was apparent that she was troubled.

When she finished, she turned to Carol Pierce and said that she was having a hard time over problems from a car accident that had occurred three years earlier, and she had been making an appointment with an attorney. Carol spent a few minutes listening to her story, and then made her request about finding the skirt. She put in a call to another store; the clerk took the information and then put them on hold for 25 minutes.

While waiting they had a conversation about her situation. She was so impressed with the time Carol spent listening to her without getting frustrated that she said, "I don't go to church, but I might need to think about starting to attend. Do you know the address and phone number of your church?" Carol gave them to her.

After finding the skirt at the other store, Carol called her to let her know that she had succeeded and to thank her for her efforts. She again told Carol that she couldn't believe how much time she had taken listening to her talk about her problem.

A quote from Stephen Ministry archives reads: *Listen. It is the greatest compliment you can give: that I am worth hearing. Afterward Carol said, "She must have needed someone just to listen."*

Happy Hearts

The Happy Hearts will be meeting on Tuesday, February 21st at 12NOON at the church. The program will be a painting demonstration by Gerri Piazza. She will paint a picture, and one fortunate person will get to keep the painting! It will be a great meeting where we will renew our friendships, so bring a sandwich and enjoy the fellowship. You might even win an original Piazza. If you're looking for a lovely way to have lunch with friends, this is it!

Thanks—hope to see you there!
Lomie Lou



"Songs of Seaside"

Let us run with perseverance the race that is set before us Hebrews 12:1

Love is in the air! Can't you just feel it? God's love surrounds us and sustains us as we continue to persevere here at Seaside UMC. I am thankful that this is a place of such love and support. Thanks to all of you who share your love through the Music Ministry program. You're the best!

Returning to SUMC on February 10th is the Carolina Master Chorale with *Songs of Love*. A Gospel Choir from Conway, SC will join them. I think it will be an outstanding program and one you won't want to miss! Tickets can be purchased through their website or by calling their main office at [843-444-5774](tel:843-444-5774). Let's get the word out and have a really good attendance for this outstanding group.

On February 5th, I will begin a 7-week study of The Bible and Brahms's Requiem. Check the bulletins for information on the time or see Candie Meier.

Our choirs have begun preparing for the Lenten season with music for Ash Wednesday on February 22nd at 7:00PM. We hope you will join us as we begin our journey towards the cross and Easter.



Mark your calendars now for April 1st (no April Fool's). That will be day of the Easter Concert, *Without His Cross*. I have challenged the choir to present the Easter story in music and I know that they will rise to the occasion. Our wonderful orchestra will join us again. I hope you will invite your family and friends to come and hear our wonderful choir! Free tickets will be available on February 1st. Thank you for always supporting our Music Ministry with your attendance and your kind words.

May God's love surround you this month!
Kathryn



Perhaps A New Mission

Outreach received a heartwarming letter from an inmate in the North Carolina State Prison who is looking for a "pen-friend." He has no family and is looking to learn more about God and how he can serve Him. If there is anyone interested in this mission please contact the Church Office and they will give you further information.

Women's Day By The Sea

February 25, 2012

Seaside United Methodist Church is honored to host its 4th Annual Women's Day By The Sea on Saturday February 25, 2012. The day will begin at 8:30AM with a continental breakfast; the program starts at 9AM with a break for lunch and concludes in the sanctuary at 2:30PM. The fee for the event is \$25 and is open to all women.

Our guest speaker this year is Virelle Kidder. For over twenty-five years Virelle has been writing and speaking about the love of God. A full-time writer, Virelle once hosted her own daily radio talk show in New York's capital district. Now living in Florida, she is still focused on encouraging women on their spiritual journey. She is the author of six books including her newest releases, *Meet Me at the Well* and *The Best Life Ain't Easy*. Virelle served for many years as a contributing writer for *Today's Christian Woman* and she is widely published in several national magazines including *Decision*, *Pray!*, *Journey*, *HomeLife*, *Tapestry* and others.

Lisa Trover, our soloist, comes to us from Ohio. A Moody Radio personality, Lisa loves to encourage women through conferences, songwriting for Lifeway Workshop and her daily radio program. Lisa is a founding member of the Circle of Friends leadership team and has also contributed to projects produced by national ministries NEED HIM and American Family Radio. Lisa has also just released her new book, A Place to Belong, Out of our Comfort Zone and Into God's Adventure.

Registration begins December 1, 2011 and forms are available on-line at seasideumc.org. Brochures can be obtained at many local churches or by calling Seaside United Methodist church at 910-579-5753.

Let's Help One Another

The Health and Wellness Committee was established to assist the Director of Health and Wellness—Carol Sigafoos. As we meet, we are continually becoming aware of the ways all of us as members of our church family can help one another. Just as in our own families, we need to work together.

The Health and Wellness Committee will try to let each of you know when there are needs in our church family. Please help whenever you can—remember that each of us will need help at some time.

We have members of our church who are currently residing at Arbor Landing who would like to be able to attend our services but need a ride to the services. Could you stop and pick them up? If so, please contact Carol for more information. Thank you.

We have many members who are living alone. Find a buddy and with this person commit to be in touch with one another daily to make sure all is well. You could save a life with this one small gesture. Thank you.

If you have ideas for our committee, please contact Melody McNeil. Thank you

Memorials and Honoraria

In Memory of:

Nancy Thomasson

Given by:

Dan and Mary Snyder
Ronald and Nadine Cybyske
Day and Diane Kreuzburg
Cobina Fogleman
Betty Milliken
Lonnie and Joan Harris
Conrad and Danica Stout
Ron and Pat Melvin
Marvin and Dina Braddy
Don and Colleen McGregor
Michael and Janice Bohlinger
Bev Dague
Robert and Patricia Wetnight
Garl and Carrie Wiles
Carol Matthews
Jacqueline Pickup

In Memory of:

Marjorie Farnham

Given by:

Robert Farnham

In Honor of:

Daryl and Phyllis Forsythe

Given by:

Sharon and Roger Terry

In Honor of:

Ann Pike

Given by:

Anne Cox

In Honor of:

Tommy and Eleanor Tucker

Given by:

James Tucker





*From the Desk of...
The Health & Wellness Director*

February is American Heart Month. It's also the month we celebrate Valentine's Day!

Valentine's Day is a day that traditionally evokes feelings of the heart—flowers, romance, love and marriage. But this Valentine's Day, many of us are thinking about our hearts in a far more serious way. We are learning that a healthful low-fat diet, a regular exercise program, and finding ways to deal with life's stresses boost heart health.

According to the US Dept. of Health and Human Services, heart disease is the leading cause of death in the U.S. Your age, sex, family medical history, lifestyle habits, and the condition of your health can all play a role in your risk for heart and vascular diseases. Cardio-vascular disease is responsible for one-third of all deaths in the United States—more than 800,000 a year. The good news is that many forms of cardiovascular disease can be prevented by maintaining a healthy lifestyle that includes a balanced diet and regular exercise. Please read more on heart health and coronary artery disease in the article that follows.

February Schedule:

- February 6th Grief Support: 2:30—4:30PM
Losing a Child Support Group—
6PM-8PM
- February 18th CPR Class

Alzheimer and Grandparents Support Groups will continue to meet at their usual times.

Yoga will also continue on Monday at 10AM and Wednesday at 8AM (Wednesday's class has started up again) in the Fellowship Hall unless otherwise notified.

Blood Pressure checks are the second Sunday of the month.



CPR/AED Class

The Church will offer a second CPR/AED (defibrillator) class on February 18th. It's about 4 hours if you haven't been certified in the past 2 years. If you only need recertification (have been certified within the past 2 years), that class will begin at 2PM on the same day. We'll meet in the Fellowship Hall. Cost is \$20 and includes CPR/AED card. Books are borrowed to save money but must be returned the day of the class. Please call Carol Sigafos at the church office to



Jean Roney, of Lower Cape Fear Hospice & LifeCare Center would like to begin a Grief Support Group here at Seaside. It is a six-week course beginning Monday, February 6th from 2:30—4:30. She'd also like to know if

there's any interest in beginning a class for Adults who have lost a child. This would also start on February 6th but the time would be from 6PM—8PM. She would like to continue these classes in May/June (Thursdays from 10—12NOON), and also Sept./Oct. (Mondays from 10—12NOON). The Loss and the Holidays workshop will be held on Monday, Nov. 5th from 10—12NOON and again on Monday, Dec. 10th from 10—12NOON.

Please sign up in the Gallery so Jean can get an idea of how many are interested. You don't have to attend SUMC to sign up, anyone is welcome!

If you have taken any of Jean's classes, you know what a gifted, caring and knowledgeable teacher she is and how much you can benefit from attending her class.

Lay Visitation Volunteers Needed!

Lay Visitors are a wonderful, necessary ministry in our church. If you talk to any of our homebound church family members, they will tell you what a blessing it is to receive a phone call or a visit, just to see how they're doing. It's one of the many groups that are vital to this church. While the Pastors and staff make every effort to stay in touch with our homebound church family members, the need for visitation or phone calls is sometimes greater than the staff is able to handle. Many times lay visitors help keep us informed about illnesses or upcoming surgeries that we would otherwise be unaware of.

If you feel this is a direction in which the Lord may be leading you or where your gifts and talents may be used to provide joy and friendship to someone who may be alone and just needs someone to talk to, please consider joining our Lay Visitation Team! We put teams together in groups of two or more so you're not left on your own,...you always have a partner. You can divide the list up or do the visiting together, whatever is most comfortable for you. If you have a busy, active lifestyle, and don't think you have enough time, perhaps you could join as a substitute for someone who is sick or away. We're flexible and we'd love to have you join us. Please call or talk to Carol Sigafos at the church office for more information or to sign up. There's also a sign-up sheet in the Gallery.

SBIC Report

In mid-December we finished serving the people in need at the food pantry. I thought the pre-Thanksgiving distribution was large, but the challenge of 198 families totaling 792 persons was met with a great team effort on the part of the volunteers from St. Brendan. Greg Johnson from Camp took his trailer down to pick up the Turkey boxes at Boulineau's in Cherry Grove as he has done in the past years and he and Debbie Donoghue handled the distribution of 1590 turkey Christmas dinner boxes while the elves inside the pantry handled the onslaught of the 198 families. We had four ladies doing the intake and because we did not book the people today only, we were able to process everyone rapidly.

Due to Sandy & Jack Siddle of Sunset Beach Community Church picking up 898 cans of food at the bank from a food drive, along with the meat and bread they trucked to the pantry, and the additional quantities of food the SBIC withdrew from Omni that was schlepped over by the guys from St. Brendan, and a collection of cans from Ocean Ridge Singer's Christmas concerts, we made it through the 198 individual families needs with extra food—because we will be closed the next two Saturdays.

I love the ecumenical effort of the churches pulling together which is the epitome of the SBIC mission! So many thanks go out to everyone who participated this year in helping to serve those in need here in our county. I am attaching the weekly recaps of the past three years and the monthly recap of the past seven years. Remember, that in the coming year, we anticipate another 10% increase in the food costs, but should also have a decrease of about 3,000 people in the yearly total as those are the numbers from Columbus Co. we have been serving that will no longer be eligible to come in 2012. These individuals have been given a listing of the pantries in Columbus County and I personally discussed the financial reason why we could no longer serve them.

Merry Christmas to everyone and may God continue to bless you all in the coming year.

Mary Pritchard



Country Fair News

With the beginning of a new year, comes the time when we, as a congregation, should be thinking of the 2012 Country Fair. We have already begun making plans for this giant fundraiser and we would like to ask your help in committing to the following responsibilities:

We need an event leader to co-chair the Book Nook with Ann Pike. Ann has so graciously accepted this position, but needs help in finding a person who personally has interests in books that would be willing to help her co-chair this event. All committee members have agreed to stay on and help with sorting, pricing, transporting, etc. but a leadership position is needed. If you are willing to help in this area, please call Mike or Bev Williams at 579-8066.

We need 2 couples or 4 individuals who would be willing to step in and help Jim and Jane Boone with clothing as “event leaders in training” with the understanding that these people would then become the event leaders for the 2013 Country Fair. Jane and Jim have agreed to give us one more year of their talents and will be willing to train the upcoming leaders for the next year. We applaud them for their dedication and continued support for this event, and for their organizational skills which will make the transition to new leadership easy.

Wayne and Mike could always use any help that you may be willing to give in transporting items that need to be picked up and taken to the storage buildings

Breast Cancer Support Group

Shirley Tacchetti, patient advocate in this area for the Reach to Recovery program sponsored by the American Cancer Society, is interested in starting a Breast Cancer Support Network called the *Pink Warriors*.



There are hundreds of people in this area who are living with breast cancer and its treatments daily. A number of those are living in Brunswick County. A support group is a wonderful way to talk to others who are dealing with the same issues you are. This is not only for those who have just been diagnosed, but for those who are in remission and need a support system to share questions, offer suggestions, gather information, or just have someone to talk to...just knowing that there are others who are going through the same thing and are there to listen and offer support, can make all the difference in the world!

Sign up in the Gallery if you would be interested in attending this support group. It is open to anyone in the community! The first meeting will be on Wed., March 7th at 7PM. Please try to attend and encourage others in our community to join us. You can contact Shirley at 575-2703 or email her at: shirley@atmc.net with any questions.

Outreach Committee

Welcome back to all who were traveling over the holidays. There are a few people I would like to thank for their dedication and hard work who will not be returning to Outreach (but will be sorely missed!): Bruce Bowers, Diana Strickland and Ron Melvin. I would also like to welcome a new member Frank Malkin. And thank you Ken for the great job on the videos. I wish to thank everyone in our congregation who took part in the Angel Tree at Christmas and for the shoeboxes—thank you Carol! Also for the baking, cooking and the clean up—you are truly doing God's work! The overflowing generosity of our congregation never ceases to amaze me. Thank you all for the winter coats, taken to St. James The Fisherman for their coat drive—thank you Anne, and for your donations to the Free Store—thanks Sandie! Look around and see the wonders that God does and how he lets us help!

Get ready, it's almost that time for NOT-YOUR-MAMMA'S-BAKE-SALE on February 12th, after each service. Not only will we have the usual cakes, cookies, and cupcakes, but also meals—soup, stew, chili, fried chicken, homemade salads and sides, and even a special treat . . . Pastor Scott's Famous Meatloaf. ALL of the proceeds will go to the Food Pantry. During these hard economical times the need is greatest!

If you are reading this and saying, Seaside United Methodist Church sure does a lot of wonderful things in the community, I wonder if there is something I can do? The answer is YES! The Literacy Council needs tutors. Please consider this worthwhile endeavor. If you're a cook, how about making something for the Not-Your-Mamma's-Bake-Sale? Your famous soup or chili (anything really) would be greatly appreciated. Call Barb Bowden at 575-5161.

Smile, God Loves Us All,
Barb Bowden

Seaside UMYF

February is another busy month for the youth. We will continue in our Courage Study by Francis Chan and preparing to deliver singing valentines on Sunday February 12th. If you haven't ordered your valentine yet you still have time, just visit the youth in the Fellowship Hall between services.

Lent begins this month, which means we will be having our annual Shrove Tuesday Pancake Supper. Please join us!

Shrove Tuesday Annual Pancake Supper

Date: Tuesday, February 21st

Time: 5:30PM

Place: Fellowship Hall

Come enjoy: Pancakes, bacon, sausage, coffee, tea, & juice—prepared and served by the youth & youth leaders. Donations welcome!



2/5/12	5:30–8:00 p.m.	Planet Fun
2/12/12	5:30–7:00 p.m.	Courage Study
2/19/12	5:30–7:00 p.m.	Courage Study
2/21/12	4:30 p.m.	Shrove Tues Supper
2/26/12	5:30–7:00 p.m.	Courage Study

Wilmington District UMW Spiritual Day Apart and Mission Study

Saturday, February 11, 2012

Pine Valley UMC
3788 Shipyard Blvd., Wilmington, NC 28403

Registration 9AM
Program 9:30AM
Lunch provided
Childcare available

One of our first UMW experiences in 2012 will be our annual District UMW Spiritual Day Apart, which will be held at Pine Valley United Methodist Church in Wilmington. Same as last year, we will combine our Spiritual Day Apart with one of our Mission Studies, *The Journey—forgiveness, restorative justice and reconciliation*.

We are excited that on Saturday, February 11, we will have JoAnn Stanford, our NC Conference Spiritual Growth Coordinator for the past four years, to lead us in this study.

As Christians, we are called to a lifelong journey of practicing forgiveness, justice and reconciliation in our relational lives. *So if you are offering your gift at the altar, and there remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift.* Matt 5:23-24

We know this is a journey, a lifelong journey. We know how difficult this journey can be—we are all too aware of our own failures to forgive, to make right our relations and achieve reconciliation. Like Jacob with Esau, we hope to find those miraculous, God-filled moments when we are able to embrace and be embraced by our estranged brothers and sisters. Gen 33:4

Please pray about “continuing” in this journey with your sisters in Christ for this very enlightening Spiritual Day Apart and mark Saturday, February 11th on your calendar. We will gather at 9AM and our study will begin promptly at 9:30. Lunch will be provided and we will receive donations to cover expenses. We will end our day by 2PM. **It is important to bring your Bible. Registration for lunch and childcare is necessary.** You may find a registration form on our District UMW website, <http://www.gbgm-umc.org/wilmdistumw/>. If you need more information, please do not hesitate to contact me at 910-575-5467 or email me at: generaljune@atmc.net

In God's love,
June Donley
Wilmington District UMW
Spiritual Growth
Coordinator



February 22nd

Heart Health—Coronary Artery Disease

The term “heart disease” refers to several types of heart conditions. The most common type in the U.S. is coronary artery disease, which can cause heart attack, angina, heart failure, and arrhythmias.

Heart attacks, also called myocardial infarctions, occur when a section of the heart muscle dies or is damaged because of reduced blood supply. The blood supply may be reduced due to a substance called plaque, which can totally block an artery carrying blood to the heart. It can also happen if a plaque deposit breaks off and clots a coronary artery. Plaque is made up of cholesterol deposits, which can accumulate in your arteries. There are 5 major symptoms of a heart attack.

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulders.
- Shortness of breath.

If you think you or someone you know is having a heart attack, call 9-1-1 immediately.

Coronary artery disease (CAD) occurs when plaque builds up in the arteries that supply blood to the heart (called coronary arteries). When this happens, your arteries narrow over time. This process is called atherosclerosis.

Plaque buildup can cause angina, the most common symptom of CAD. This condition causes chest pain or discomfort because the heart muscle doesn’t get enough blood. Over time, CAD can weaken the heart muscle. This may lead to heart failure, a serious condition where the heart can’t pump blood the way that it should. An irregular heartbeat, or arrhythmia can also develop.

Doctors can determine your risk for CAD by checking your blood pressure, cholesterol, and blood glucose, and by finding out more about your family’s history of heart disease. If you’re at high risk or already have symptoms, your doctor can perform several tests to diagnose CAD including:

<u>Test</u>	<u>What it does</u>
EKG	Measures electrical activity, rates regularity of heartbeat
Echocardiogram	Uses ultrasound to create picture of the heart
Stress test	Measures heart rate while walking on treadmill, to determine how well it’s pumping blood
Chest X-ray	Picture of heart, lungs, and other organs in chest
Cardiac Catheterization	Checks inside your arteries for blockage by threading a thin, flexible tube through the artery in the groin, arm or neck to reach coronary artery.
Coronary Angiogram	Monitors blockage & flow of blood through heart. Uses x-rays to detect dye injected. Injected dye injected by cardiac catheterization



There are steps you can take to lower your risk for having a heart attack or worsening heart disease. You can make lifestyle changes such as eating a healthier diet, maintaining a healthy weight, exercising, limiting alcohol use, and not smoking. Medications may also be necessary. They can treat risk factors such as high cholesterol, high blood pressure, an irregular heartbeat, and low blood flow to the heart, which in some cases a more advanced treatment and/or surgical procedure will be necessary.

Other related conditions....

Aortic aneurysm & dissection—a condition in which the aorta, the major artery carrying blood to the body, stretches and ruptures. This is a medical emergency.

Arrhythmias—irregular, or abnormally fast or slow heartbeats. Some are serious. An example is ventricular fibrillation. This type causes a severely abnormal heart rhythm that must be treated ASAP.

Atrial fibrillation—type of arrhythmia that can cause rapid, irregular beating of the heart’s upper chambers. Blood may pool and clot inside the heart, increasing risk for heart attack and stroke.

Cardiomyopathy—occurs when the heart muscle becomes enlarged or rigid. This can lead to inadequate heart pumping. It has many causes, including prior heart attacks and viral or bacterial infections.

Congenital heart defects—malformations of heart structures present at birth. They range from minor to severe.

Congestive heart failure (CHF)—a serious condition that occurs when the heart can’t pump enough blood or meet the body’s needs. This can be managed with medication.

Peripheral arterial disease (PAD)—hardening of the arteries that supply blood to the arms and legs. Usually results from atherosclerosis or buildup of plaque and narrowing of the arteries. Signs and symptoms include leg pain, numbness, and swelling in the ankles and feet.

Rheumatic heart disease—damage to the heart valves caused by a bacterial (streptococcal) infection called rheumatic fever.

Remember to love your heart this Valentine’s Day and every day for the rest of your life!

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			8 am Yoga 9 am Conv Spanish 9 am Disciple III 1 pm Stephen Lead. 4:30 pm Joyful Noise 5:30 pm Jubilee Bells 6:30 pm Praise Team	4 pm Girl Scouts 5:30 pm Mid-Serv Choir 6:30 pm 8 & 11 Choir		
5	6	7	8	9	10	11
<u>Services:</u> 8 am—Communion 9:30 am—Blended 11 am—Traditional 5 pm Youth Choir 5:30 pm UMYF 6 pm Lenten Study	8:30 am Ctry Fair Steering 10 am Yoga 2:30 pm Living w/ Grief 6 pm Living w/grief (lost a child Tentative) 6:30 pm UMW	10 am Crafts 10 am WISP 1 pm Worship—Staff 1:30 pm Disciple I 5 pm Communications Committee 6:30 Bible Study 6:30 Inv. To the NT	8 am Yoga 9 am Conv Spanish 9 am Disciple III 4:30 pm Joyful Noise 5:30 pm Jubilee Bells 6:30 pm Praise Team	4 pm Girl Scouts 5:30 pm Mid-Serv Choir 6:30 pm 8 & 11 Choir	8 pm Carolina Masters Corale	9 am Prayer Warriors
12	13	14	15	16	17	18
<u>Services:</u> 8 am—Communion 9:30 am—Blended 11 am—Traditional 9 am Blood Press. Screening 5 pm Youth Choir 5:30 pm UMYF 6 pm Lenten Study	10 am Yoga 2:30 pm Living w/ Grief 6 pm Living w/grief Tentative	10 am Crafts 1 pm Worship—Staff 1:30 pm Disciple I 5 pm Communications Committee 6:30 Inv. To the NT	8 am Yoga 9 am Conv Spanish 9 am Disciple III 4:30 pm Joyful Noise 5:30 pm Jubilee Bells 6:30 pm Praise Team	1:30 pm Alzheimer's Support Group 4 pm Girl Scouts 5:30 pm Mid-Serv Choir 6:30 pm 8 & 11 Choir		8:30 am CPR? AED Class 9 am Prodigal God
19	20	21	22	23	24	25
<u>Services:</u> 8 am—Communion 9:30 am—Blended 11 am—Traditional 5 pm Youth Choir 5:30 pm UMYF 6 pm Lenten Study	10 am Yoga 2:30 pm Living w/ Grief 6 pm Living w/grief (lost a child Tentative)	10 am Crafts 10 am WISP 1 pm Worship—Staff 1:30 pm Disciple I 5 pm Communications Committee 5:30 pm Shrove Tues. Pancake Supper 6:30 Bible Study 6:30 Inv. To the NT	8 am Yoga 9 am Conv Spanish 9 am Disciple III 4:30 pm Joyful Noise 7 pm Ash Wednesday Service	4 pm Girl Scouts 5:30 pm Mid-Serv Choir 6:30 pm 8 & 11 Choir	4 pm Set-up for Women's Day	8:30 am Women's Day by the Sea 9 am Prodigal God
26	27	28	29			
<u>Services:</u> 8 am—Communion 9:30 am—Blended 11 am—Traditional 5 pm Youth Choir 5:30 pm UMYF 6 pm Lenten Study	10 am Yoga 2:30 pm Living w/ Grief 6 pm Living w/grief (lost a child Tentative)	10 am Crafts 1 pm Worship—Staff 1:30 pm Disciple I 5 pm Communications Committee 6:30 Inv. To the NT	8 am Yoga 9 am Conv Spanish 9 am Disciple III 4:30 pm Joyful Noise 5:30 pm Jubilee Bells 6:30 pm Praise Team			



February



February 1

Birthdays:
Letha Douglas

February 2

Birthdays:
O'Dell Norman
Jennifer Smith
Anniversaries:
Don & Dawn Thompson

February 3

Birthdays:
Durham Bowman
Susan Dearborn
Pat Linnel

February 4

Birthdays:
Denise Clagett
Anniversaries:
Sky & Carol Bramley
Ches & Julie Burton

February 5

Birthdays:
Andrew Thorndyke
Stephanie Shytle

February 6

Birthdays:
Jeanne Horton

February 7

Birthdays:
Marcia Warring
Dana Pickup
Paul Wenzler
Jonathan Dusenbury
Connie Thompson

February 8

Birthdays:
Daniel Snyder
Janet McComb
Nathan Godfrey
Regan Chappell

February 9

Birthdays:
LuCinda Sealey

February 10

Birthdays:
Nancy Jack
Barbara Bowden
Regan Marlowe
Anniversaries:
Tony & Gere Andujar

February 11

Birthdays:
Marlene Meier

February 12

Birthdays:
Louisa Clatterbuck
Juanita English
Shawn Ferguson
David Meier

February 13

Birthdays:
Danice Stout
Carol Quick

February 14

Birthdays:
James Johnson
Ted Russell
Terry Britt
Christopher Difloure
Anniversaries:
Fred & Carol Bachl

February 15

Birthdays:
Pam Ellis
George Edwards
Kathryn Hare
Sandra Welch
Anniversaries:
Jim & Pam Hardie

February 16

Birthdays:
Sue Bowling
Jessica McCall
Anniversaries:
Decio & Margie Stone

February 17

Birthdays:
Pam Smith
Erdeen Zimmerlee
George Dooley
Kimberly Ann McClerman
Ryan Wagner

February 18

Birthdays:
Harriet Gano
Marie Wilcox
Nancy Poole
Kimberly Wood
Payton Forrest

February 19

Birthdays:
Margaret McNair
Jim Baucom
Betsy Pesce
Matthew Kleino
Lynn Henkel
Anniversaries:
Doug & Katherine Hayes

February 21

Birthdays:
Nancy Seibert
Midge Sparks
Kathleen Hahl

February 22

Birthdays:
Jim Story
Heather Edwards
Adrienne Tyson
Larry Smith

February 23

Birthdays:
Gerry McCall
Amanda King

February 24

Birthdays:
Mary Koehn
Laurie Walker
Joseph Gurreri
John Frink
Cassandra Barwick

February 25

Birthdays:
Diane Middleton
Michael Shytle

February 26

Birthdays:
Jack Zachary
Karen Wright
Tim McVaugh

February 27

Birthdays:
Peter Lee
George Matthews Jr
Madeline Leahy

February 28

Birthdays:
Dallas Bracey
Sharon Terry
Deb Starnes
Terry Frink
Dottie McVaugh

What is the Purpose of United Methodist Women

The UMW is a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ, to develop a creative supportive fellowship and to expand concepts of mission through participation in the global ministries of the church. Our PURPOSE helps us to know who we are, whose we are and for what purpose we have organized. We participate in God's mission in all areas of life. The four mission emphases reflected in the PURPOSE are: Spiritual Growth, Social Action, Education and Interpretation, and Membership Nurture and Outreach. Wouldn't you like to be a part of this Christian UMW's organization?

At Seaside United Methodist Church (SUMC) we presently have four Circles under the auspices of the UMW. They are:

- MARY MAGDELINE (M&M), Education and Interpretation
- SEEKERS, Spiritual Growth
- FRIENDS IN GOD'S SERVICE (FIGS), Social Action
- THANK GOD FOR FRIENDS (TGFF)

Why not come join us in serving God?

What Does UMM offer?

- A Community of Women—following Christ's readings to do acts of love, justice, mercy and faith, and to serve one another on an equal basis through worship, sharing, praying, studying, working and serving.
- Knowing God—through Bible studies, retreats and inspirational events to know God.
- Creative and Supportive Community—through leadership development our leaders apply their leadership attributes such as beliefs, values, ethics, character, knowledge and skills.
- Expanding concepts of mission—From Genesis to Revelation, the scriptures bear witness to a mission which begins with God—Mission is the activity of the Triune God.



Red Bird Mission

Save your Campbell Soup labels and General Mills Box Tops for the Red Bird Mission. The Mission, guided by Jesus Christ, empowers individuals and advocates justice by providing spiritual, educational, health, and community outreach ministries. They reach out to underserved populations living in remote, mountainous areas where three economically distressed Kentucky counties (Bell, Clay, and Leslie) border each other. The Red Bird Mission School, which had to close one year due to financial problems, has reopened for the 2010-11 school year, due to the aggressive fund raising efforts of director, Dr. Taylor Collins. We here at Seaside helped with the fund raising effort by giving 842 Campbell Soup Labels and 73 General Mills Box Tops to the Mission last year, money used for their programs. Thank you and let's try to give even more labels and box tops this coming year

Teddy Bear Ministry

The Teddy Bear Ministry distributed 504 bears and stuffed animals to the community in 2011—332 bears were donated and 172 made by the ladies of SUMC. Bears were given to the following:

Brunswick Hospital
Brunswick County Dept. Social Services—
Foster Care
Hope Harbor
Carousel Center
Calabash Sheriff Station
O.I.B. Fire Dept.
Grissettown Fire Department
Calabash E.M.S.
Methodist Home for Children
Mothers and Their Children
Thanks you to all who donated and made the bears or our ministry.
UMW Outreach

Freddy Tatum
Carol Matthews

**MEN'S
SATURDAY
MORNING
BIBLE STUDY**

BEGINS

**FEBRUARY 18TH
9 AM**

FELLOWSHIP HALL

“The Prodigal God”

Leader
Ralph Eckley