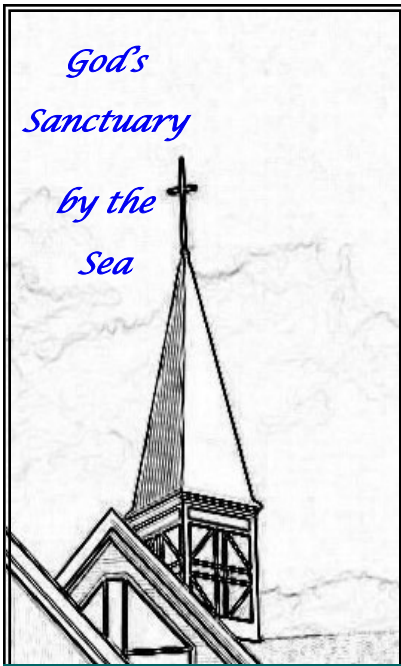


Seaside Currents

A Publication of Seaside United Methodist Church

Love your Neighbor, Love Yourself



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**Special Note
February Newsletter
Deadline
January 10**

Do you love yourself? Jesus said, “Love the Lord your God with all your heart and mind and soul.” This is from Deuteronomy, the She’ma, the great commandment. Then Jesus added a second commandment: “Love your neighbor as yourself.” This suggests to us that we cannot love our neighbors, if we do not love ourselves. If we are not good to ourselves, we will not know how to be good to one another. Do you believe that you are worthy of being loved? How do you feel when other people give you compliments? Embarrassment? Do you wonder if they want something from you? Do you say thank you when someone compliments you? To say thank you says that you respect yourself, that you are happy with yourself.

Are you living each day to its fullest? Learn to make plans for each day, and use each day to do something that is important to you or to those you love. Do something each day that makes you laugh. Watch a funny movie. Play a game with your children or grandchildren or friends. Find ways to be silly. My friend Vi gave me a toy, a flying pig. When things get really tough, I turn on the pig, and let the pig fly!

Living a balanced life means experiencing laughter along with being serious. We can be responsible and still have fun, be childlike, and enjoy simple pleasures. Be grateful for where you are right now, today. Your life may not be perfect. You may not have achieved the goals you thought you would have by now. But just be grateful for today, for this day, for every day. Tell yourself that today you will be treated with dignity and respect. You deserve it. Today is a gift. Be glad today for all that you have accomplished.

Decide that today you will loosen up. If you have found yourself frantic in the past, when things don’t go your way, or the way you think they should have gone, think about that now. There may be areas in your life where you can relax a little. Let go of the idea that things need to be perfect. Let go of those things that serve no other purpose than to give you complete control. Ask yourself, “Does this really matter?” Begin to practice letting go of the things that really do not matter.

Practice spontaneity. Practice flexibility. Learn balance. Today, let yourself be open to the beauty of your life. Take a moment to enjoy the beauty of the day in the sunshine or the rain, in the food you eat, in the clothes you wear, in the breeze. Open yourself to the magnificence of your faith, and know that you are loved by God and by others.

You are a child of God. And remember the words of author Holly Near, who said, “Life is an immense mural that requires each of us to pick up the brush and paint a bold stroke.” For today, love yourself – for then you can be free to love others.

Hope to see you at Seaside this Sunday!

Mary Jane

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:

Bruce & Linda Bowden
Ann & Lafayette Bowman
Marvin & Dina Braddy
Frances Broome
Kemp & Brenda Causey
Emily Clark
Richie Damato
Art Dancy
Anne & Bobby Eckard
Cindy Fickes
Carol & Jim Filkins
Nick & Hazel Forlidas
Pat French
GriefShare
Donnie & Don Haigler
Susanne Harris
Jim Hilgenberg
David Hooks & family
Chrystal & Tabitha Huggett
Nancy Jack
Gil & Kathy Johnson & family
Carol & Irv Jones
Sarah Justice
Aedan Klein & family
Joan Llewellyn & family
Prayer Warriors
Lois & Tom Puls
Betty Pursey
Joan & Bruce Routzahn
Doris Ruehle
Kathy Scalise
Marilyn Schenk
Seaside UMC Staff
Dot Sellers
Carol & Paul Sigafoos & family
Dan & Mary Snyder
Jackie South
Midge Sparks
Carlene Stanley
Glen Starnes
Stephen Ministers
Sunday School Volunteers
Mildred Trenchard
Al & Camile Troisi
UMYF & Leaders
Nancy Verost & family
Gloria Waryas
Garl & Carrie Wiles & family
Gwen Wiseman
Women's Day By The Sea
Don & Joan Woolnough
Jack & Marcia Zachary

Friends:

Tony Abatiell & family
Mark Andrews & family
Evan Barberis
Larry & Carol Bates
Janice Baynard
Paula Beck
Christine Bennett
Zach Bernier
Bob Billups
Wayne Blount
Bob Boileau
Janet Bonekemper
Mrs. Bullock & family
Richard & Susan Canipe
Lowell Carr
Mona Kay & Bill Carter
Linda & Bill Chambers
Lizette Connor
Jim & Darlene Cooper
Caleb A Davis
Sidney Davies Family
Sara Dettweiler
Divorce Care Group
Joan & John Dufford
Scott Dustin
Ed & Tina
Eileen
Rachel Elliott
John & Dana Enzor
Marge Ewing
Patrick Fairchild
Jimmy Fontaine
Jackie & Bill Gano
Gavin
Mateo Geneoese-Zerbi
Chris Gibson
Molly Goodman & family
Judy Goodman
Jeanne Hall & family
Norma Hewitt
Laurie Hodges
Pattie Hooker
John Huggins
Wilford Kallmeyer
Winnie Kelly
Katie Kendall
Nina Kessler
Janice & Erick Kingston
Patti Lewellen

Friends Continued:

Marsella
Brian Marsh
Lindsay McGowan
Mae McNally
Charlie Messineo
Mary Ann Michalski
Richard & Joyce Michaud
Gayle Milligan & family
Lynn Moore
Joe O'Keefe
Deidre Oates
Our Nation & Our World
Lynda Petty
Phillips family
Charles Phillips
Greg Phillips
Karen Raspa
Bob Rowley
Dick & Betty Schillinger
Doug Schlenker Sr
Rinalda Scott
Drew & Shirley Smith
Seamus Smithwick
Molly Space
Phillip Stavonovic
Danielle Steelman
Danny Tanner
Victims of Violence or Abuse
Elsie Walsh
Charles Walters
Ernest & Patsy Ward, Sr
Warsaw UMC
Karen Weiss
Barbara Wensus
Myrtle Wilcox
Garl Wiles, Jr
Lynn Wukotich

**Serving
Our Country:**

Marcus Barber
Jeffrey Beck
Alex Blust
Matthew Bronson
Chad Bryson
Justin Bryson
Oliver Clayton
Charles Conry
Jeremy Courtney
Dennis Dustin, Jr
Kyle Everett
Torrey Gasch
Josh Hall
Johnny Lawson
Nick Linehan
William (Willy) Mabry
Lisa McGill
Brandon Meier
Matthew Scheff
Garrick Shelton
John Vernaue
Michael Warmack

All Members & Friends in Assisted Living Facilities, Nursing Homes or in Home Care
All friends & family members un-churched
All those experiencing Separation or Divorce
All those un or under employed
All victims of Violence & Abuse

Unless we hear from those requesting prayer, we will remove names after one month.

Please contact:
Susan Seidel—
sjs720@aol.com
phone 579-0684
Marlen Mapes—
mjmapes@atmc.net
phone 575-6007
Candie Meier—
dandcmeier@atmc.net
phone 575-3531



*Lord, peace is knowing that
Your comfort is only a
prayer away*



Lectionary Bible Readings

January 6
Isaiah 60:1-6
Psalm 72:1-7, 10-14
Ephesians 3:1-12
Matthew 2:1-12

January 13
Isaiah 43:1-7
Psalm 29
Acts 8:14-17
Luke 3:15-17, 21-22

January 20
Isaiah 62:1-5
Psalm 36:5-10
1 Corinthians 12:1-11
John 2:1-11

January 27
Nehemiah 8:1-3, 5-6, 8-10
Psalm 19
1 Corinthians 12:12-31a
Luke 4:14-21

Sunday School Classes

9:30 am
Children & Adult Classes

11 am
Adult Class

Memorials & Honorarium

In Memory of:
Al Temple

Given by:
Louise B Smith

In Memory of:
Leslie Powell

Given by:
Robert & Patsy Calhoun
Patricia McClure
George & Barbara Montague
Louise Ingram
Hayden & Pat O'Neil
Gene and Gaye Anderson
Bill & Betty Coggins
Frances Allen
C.D. & Carolyn Blythe
Peggy Hughes



NEW MEMBERS

Lin (Lindell) & Linda Bradley
joined by transfer from
Antioch Baptist Church, Fairfax Station, VA.

The Bradley's reside at:
726 Ocean Ridge Pkwy
OIB, NC 28468 Tele 575-3551

Sally Frawley joined by transfer from Sidney
UMC, Sidney, NY

Sally resides at:
1 Canyon Creek Ct,
Calabash, NC 28467 Tele 579-7040

Brenda White joined by transfer from
Crestwood UMC, Crestwood, KY

Brenda resides at:
7134 Town Ctr Rd, Apt 203
Calabash, NC 28467 Tele 502-381-9041

Mark & Pat Christy joined by transfer from
Mt. Sylvan UMC, Durham, NC

The Christy's reside at:
27 Leland St
OIB, NC 28468 Tele 579-6748

Bernice Wilkinson joined by transfer from St.
John's UMC, Ivyland, PA

Bernice resides at:
923 Byndfall Dr SW
Sunset Beach, NC 28468 Tele 575-3366

Dona Mae Ondick joined by transfer from
Mechanicsville UMC, Mechanicsville, VA

Dona resides at:
952 Wyndfall Dr.
Sunset Beach, NC 28467 Tele 575-1119

Junius & Meridith Stewart joined by transfer
from Whiteville Methodist & St James
Episcopal Church in Warrenton, VA.

The Stewart's reside at:
1707 Bay Tree Ct
OIB, NC 28469 Tele 579-9195

Thank You, Thank You

The family of Robert Hall acknowledges
with deep appreciation your kind expression
of sympathy.

Jeanne Hall

Dear Church Family:
Special thanks to all of you who
showed me so much love during my recent
surgery and recuperation! Your prayers,
cards, meals, phone calls, and words all
have helped in my healing! I am so thankful
for my new hip and for you!

Love,
Eleanor Tucker

Worship

	8:00	9:30	11:00
11/4	162	194	139
11/11	141	155	124
11/18	144	157	136
11/25	121	139	126

Attendance
In Sunday School

11/4	50
11/11	48
11/18	45
11/25	40

On The Road To Wellness

**Weight Control
and
Eating Clean**



Resumes
January 8th
2nd and 4th Tuesdays
8:30 to 9:30 AM
In the Parlor

SAVE THE DATE

January 9th
2 PM in Fellowship Hall

Guest Speaker from
Grand Strand Cardiac Unit

"How to Maintain A
Healthy Heart



Upcoming Events

January 2013—UMW Prayer Breakfast TBA

Disciple I Class

Begins

Monday, January 7, 2013

1:30 to 4 pm

Lead by Pastor Scott

Sign up sheet is in the Gallery

Adult Bible Study

"That I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death."

Philippians 3:10

Some Bible scholars say that the apostle Paul had a love of books and studied them till the end of his life. He wrote in his final letter, "Bring the cloak that I left with Carpus at Troas when you come—and the books, especially the parchments. 2 Tim. 4:13

I'm sure that Paul's pursuit of knowledge was more than intellectual curiosity or entertainment. It was the pursuit of Christ that drove Paul. His goal: "That I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death" (Phil 3:10). I pray that this same pursuit will drive us today. —Bill Crowder

Winter Bible Studies

Disciple I Begins Jan. 7th 1:30 to 4PM (34 weeks)

Acts—Tuesday, February 5th 6:30-8PM (1st/3rd Tue)

Leader: Len Bernauer

The story after the resurrection of Jesus continues in the book of Acts. This is the beginning of the "church" as the Holy Spirit was poured out on the believers, both Jew & Gentile. Study chapter by chapter. Sign up sheet is in the Gallery.

Manifest Presence of God—Wednesday, February 6th 6:30-8PM (8 week course) Based on "Dialogue With God" Learn to hear God's voice in scripture, prayer and journaling. God does talk to us. Learn how! Sign-up sheet is in the Gallery

Heavenly Father, give me a passionate desire to know You and Your Son. Please stir my heart for this, the greatest of all pursuits, so that I might grow ever closer to You. Amen.

To know Christ is the greatest of all knowledge



"Songs of Seaside"

*"Be strong and of good courage, and act." I
Chronicles 28:20*

In this new year, 2013, may we continue to be strong and courageous and **ACT!**

Perhaps you've been thinking about joining a musical group? Now is the time to **ACT!**

All of our musical groups will begin the new year with rehearsals starting the second week in January. Choir will begin on Thursday, January 10th at 6:30PM. Come and join our choir family; get to know more people; use your talents to serve God; minister to this congregation and our community!

Please note the following rehearsal schedules for January:

January 3: 6:30PM - Choir Officers will meet (no choir practice)

January 9: 9:30AM - Soaring Angels

11:30AM - Seaside Belles

1:30PM - Harmony

4:30PM - Joyful Noise Children's

Choir

5:30PM - Jubilee Hand Bells

6:30PM - Praise Team

January 10: 6:00PM - Sanctuary Choir

January 15: 6:00PM - Instrumental Ensemble

7:00PM - Classical Ensemble

HAPPY NEW YEAR!

Remember: if God is nudging you . . .

ACT!

With a voice of singing,
Kathryn

United Methodist Women

Correspondence received to the membership: Many thanks for your donation of 30 teddy bears. The children love them and they make a scary hospital visit so much nicer. Thanks you for sharing your time and talent so generously.

Brunswick Novant Volunteers





Seaside UMYF

Happy New Year! We are excited about all the opportunities for learning and service in 2013.

We will begin the year with a study on the book of Daniel to go along with what they will be learning while they work with Kathy Parker on a very special program to be performed later in the Spring.

February is our annual "Shrove Tuesday Pancake Supper." Mark your calendar for Tuesday, February 12th at 5:30PM and begin the Lenten season sharing a meal and supporting our youth.

We want to invite all youth to be a part of UMYF and share in this wonderful experience of fellowship and learning. Please contact Nancy Camino at 540-0003, Kitty White 579-3873, or Pastor Scott or Mary Jane 579-5753 if you have any questions.

If you're looking for a ministry opportunity we would appreciate you volunteering to provide a snack supper for the youth. There is a sign-up sheet in the gallery. If you have any questions, please contact Nancy Camino at 540-0003. Or if you would like to be a youth leader please contact Pastor Scott or Mary Jane. We could use your help and you will be richly blessed!



GriefShare has completed its first 14 week cycle at Seaside. We are in the process of scheduling our second cycle early in the New Year. Please contact Jim McNeill or Milly Houger with any questions. Dates will be published in the Sunday bulletin, on the church website and the GriefShare website.

Women's Day By The Sea

February 23, 2013

9:30 am until 2:30 pm

"Bringing women together in praise, fellowship and inspiration as they pursue their relationship with God."

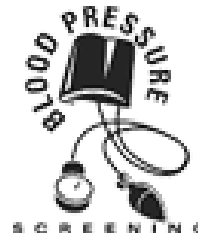
This years guest speaker is Donna Banks and the musical guest are "The West Virginians".

Donna accepted the call to ministry after a 16 year career in research and then sales, marketing and management. Upon graduation from Duke Divinity School she served as Associate Pastor of Christ UMC in Chapel Hill. Then as senior pastor at Evergreen UMC in Chapel Hill, NC and Director of Student Life at Duke Divinity School.

On a personal note, Donna has been married to husband Oliver for 30 years. They have two daughters.

Our musical guests are "The West Virginians" a choral ensemble from Alderson-Broadus College in Phillippi, WV. This talented group consists of 16 singers, dancers and instrumentalists who are enrolled as full time students. The group formed in 1977 to be ambassadors for the college and since that time they have been named as "Official Ambassadors of the State of West Virginia".

Registration forms may be downloaded from the church web site or picked up in the Gallery. The fee is \$25. which includes lunch.



January 13th

Nurses Office between Services



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

Happy New Year! All our new programs will be starting up again this month. After all that good food we've been indulging in for the past couple months, get back on track by joining our On the Road to Wellness Group and be sure to sign up for the Healthy Heart Program which is being presented on Wednesday, January 9, 2013 at 2PM in the Fellowship Hall. You may sign up in the Gallery or email Nancy McKeever at: nymckeeper@gmail.com.

The exercise program, Straighten Up, is continuing on Mondays at 3:30 in the Fellowship Hall. It's a great way to help with balance, mobility, and range-of-motion.

Our GriefShare group will also be starting a new session and we hope more of our church family and our community who are grieving the loss of a loved one, will join us and see if the program is right for you and if it can help you to go from mourning to joy once more.

Also, be looking for announcements for our Caregiver Conference that will be held in February. Anyone caring for a loved one will benefit from attending this program. It will be presented by our Caregivers Support Group.

January Schedule:

January 7, 14, 21, 28 Straighten Up Exercise Class –
Nicole DePauw—3:30PM in Fellowship Hall

January 8, 22 Support Group for On The Road to
Wellness—8:30AM in Parlor
(2nd & 4th Tues.)

January 9 Healthy Hearts Program (On the Road
to Wellness) 2:00—4:00PM in
Fellowship Hall

January 9 H & W Committee Meeting—10AM in
Parlor

January 10, 17, 24, 31 Living with Grief with Jean
Roney of LCFH

January 17 Caregivers Support Group with Linda
Hester at 1:30PM

Meeting at the usual times:

Alzheimer's & Grandparents Support
Yoga Monday 10AM
Blood Pressure Checks 2nd Sunday

Thyroid Awareness Month

Thyroid disease is more common than diabetes or heart disease. Thyroid disease is a fact of life for as many as 30 million Americans—and more than half of those remain undiagnosed. Women are five times more likely than men to suffer from hypothyroidism (when the gland is not producing enough thyroid hormone). The thyroid gland is located in the lower front of the neck, above the collarbones, and below the voice box (larynx). A thyroid nodule is a lump in or on the thyroid gland. Thyroid nodules are common, but are usually not diagnosed. They are detected in about six percent of women and one to two percent of men. They are ten times as common in older individuals than in younger ones. Sometimes several nodules will develop in the same person. Any time a lump is discovered in thyroid tissue, the possibility of malignancy (cancer) must be considered. Fortunately, the vast majority of thyroid nodules are benign (not cancerous).

Hyperthyroidism develops when the body is exposed to excessive amounts of thyroid hormone. This disorder occurs in almost one percent of all Americans and affects women five to ten times more often than men. In its mildest form, hyperthyroidism may not cause recognizable symptoms. More often, however, the symptoms are discomfiting, disabling, or even life threatening. When hyperthyroidism develops, a goiter (enlargement of the thyroid) is usually present and may be associated with some or many of the following features:

- Fast heart rate, often more than 100 beats per minute
- Becoming anxious, irritable, argumentative
- Trembling hands
- Weight loss, despite eating the same amount or even more than usual
- Intolerance of warm temperatures and increased likelihood to perspire
- Loss of scalp hair
- Tendency of fingernails to separate from the nail bed
- Muscle weakness, especially of the upper arms and thighs
- Loose and frequent bowel movements
- Smooth skin
- Prominent "stare" of the eyes
- Protrusion of the eyes, with or without double vision (in patients with Graves' disease)
- Irregular heart rhythm, especially in patients older than 60 years of age
- Accelerated loss of calcium from bones, which increases the risk of osteoporosis and fractures

Hypothyroidism--An underactive thyroid, or hypothyroidism, occurs when the thyroid gland produces less than the normal amount of thyroid hormone. The result is the “slowing down” of many bodily functions. Although hypothyroidism **may** be temporary, it **usually** is a permanent condition. Of the nearly 30 million people estimated to be suffering from thyroid dysfunction, most have hypothyroidism. In its earliest stage, hypothyroidism may cause few symptoms, since the body has the ability to partially compensate for a failing thyroid gland by increasing the stimulation to it, much like pressing down on the accelerator when climbing a hill to keep the car going the same speed. As thyroid hormone production decreases and the body’s metabolism slows, a variety of features may result.

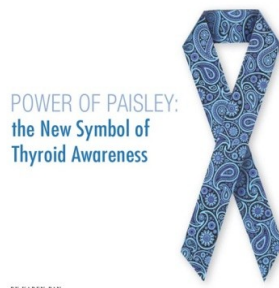
- Pervasive fatigue
- Drowsiness
- Forgetfulness
- Difficulty with learning
- Dry, brittle hair and nails
- Dry, itchy skin
- Puffy face
- Constipation
- Sore muscles
- Weight gain and fluid retention
- Increased sensitivity to many medications

Other types of thyroid disease include:

- Hashimoto’s thyroiditis (also called autoimmune or chronic lymphocytic thyroiditis) is the most common thyroid disease in the United States. It is an inherited condition that affects over 10 million Americans and is about seven times more common in women than in men. Hashimoto’s thyroiditis is characterized by the production of immune cells and autoantibodies by the body’s immune system, which can damage thyroid cells and compromise their ability to make thyroid hormone. Hypothyroidism occurs if the amount of thyroid hormone, which can be produced, is not enough for the body’s needs. The thyroid gland may also enlarge, forming a goiter.

- Graves’ disease (named after Irish physician Robert Graves) is an autoimmune disorder that frequently results in thyroid enlargement and **hyperthyroidism**. In some patients, swelling of the muscles and other tissues around the eyes may develop, causing eye prominence, discomfort or double vision. Like other autoimmune diseases, this condition tends to affect multiple family members. It is much more common in women than in men and tends to occur in younger patients.

The great majority of patients with thyroid problems can be successfully treated. In order to ensure your chances for successful treatment, it is important to receive treatment and follow-up care from those with a great deal of experience in the diagnosis and treatment of thyroid issues. This is usually an endocrinologist, a doctor who specializes in hormone-related disorders.



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***Do you know?***

**The Book of Discipline** sets forth the plan by which we United Methodists govern ourselves. It reflects our understanding of the Church and of what is expected of its laity and clergy as we seek to be effective witnesses in our community and the world.

The **Discipline** includes our church Constitution, our history, our doctrinal standards, and our mission to make disciples of Jesus Christ. Sometime this month the **2012 Book of Discipline** will be released. I will have a copy, which you may borrow and we will also place a copy on the Reference shelf in the Church Library. Resolve this new year to learn more about your Church!

Colleen McGregor  
Lay Leader

## UMW News

The United Methodist Women's Quadrennial Theme for 2013 is "TO PRAY." And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:18-19

The main focus of United Methodist Women is the mission work being done, both locally and globally.

On January 21<sup>st</sup> the **Seekers Circle** will sponsor the **2<sup>nd</sup> annual Prayer Breakfast**. The program will stress the mission work being done by our many missionaries around the world. All the women of Seaside are encouraged to come and learn about, and pray for them and the selfless work they do, to enjoy a delicious breakfast provided by the Seekers Circle, and meet your sisters in Christ.

Remember the date: January 21, 2013 at 9AM.

A sign up sheet will be in the gallery.

Naomi Harder  
UMW President

## Methodist Home For Children Christmas Party

On December 7<sup>th</sup>, we took five live Christmas trees and the decorations for the trees to Methodist Home for Children, along with six additional gift bags full of tree decorations. We even had five beautiful bows for tree toppers. Santa now has 122 small bears or stuffed animals to give to the children. Ladies also donated cookies and desserts for the party and M & M Circle donated 101 Candy Poppers. Thank you to everyone who donated to this project. You brought Christmas to many families and children.

UMW Outreach  
Freddy Tatum  
Carol Matthews



## A Message from your Trustees

You may have noticed a waste basket or other receptacle in the corridor outside of the church secretary's office in the past few weeks. This has been placed there to catch the water coming through the roof of our original building.

The roof on this part of our church building has never been replaced. That means the roof is 22 + years old. It has failed and must be totally replaced. The Board of Trustees has been diligent in its aggressive approach to the correction of this problem. We have made contact with three contractors to obtain quotes to replace both the flat portions of the roof system as well as the shingle portions of the roof. We have received two quotes to replace the roof systems. The Trustees have passed a resolution to expend up to \$100,000.00 for this project. The project will be presented to the Finance Committee for their approval and finally to the Church Council. If all bodies approve the project it is anticipated that work can be started in early January 2013.

If you have questions or concerns please contact Bob Eronymous @ 579 9568 or Mike Hetrick@575-6128

Bob Eronymous Chair  
Board of Trustees

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WHERE THERE IS love and wisdom,
there is neither fear nor ignorance.

Where there is patience and humility,
there is neither anger nor vexation.

Where there is poverty with joy,
there is neither greed nor avarice.

Where there is peace and meditation,
there is neither anxiety nor doubt.

Where the fear of the Lord stands guard,
there the enemy finds no entry.

Where there is mercy and moderation,
there is neither indulgence nor harshness.

-St. Francis of Assisi

January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p style="text-align: center;">Happy New Year</p> <p style="text-align: center;">Church Closed</p>	<p>2</p> <p>10a G-parent Supp. Christ. Artists 20 Stephen Leaders 4:30 p Joyful Noise 5:30p Jubilee Bells 6:30p Acts, Daniel Studies & Praise Team</p>	<p>3</p> <p>9a/5p GED 10a Worship Mtg 1p Zumba 4p SPRC 5:30p Mid Service Choir 6:30p 8 & 11 Choirs</p>	<p>4</p> <p>9:30a Women's Day by The Sea 10a Yoga</p>	<p>5</p> <p style="text-align: center;">Twelfth Night</p>
<p>6</p> <p style="text-align: center;">Epiphany</p> <p>Worship Services 8, 9:30 & 11a Sunday School 9:30 & 11a 12p New Member Luncheon 5p UMYF</p>	<p>7</p> <p>10a Living w/Grief & Yoga 11a SBL Gp 12p AI Anon 6:30p Boy Scouts & UMM</p>	<p>8</p> <p>9a/5p GED 10a Food Pantry 11a Staff Mtg 1:30 Plan. Mtg 5p Comm. Committee 6:30 p Divorce Care & Revelation</p>	<p>9</p> <p>9a Disciple Study 10a G-parent Sup. & Christ Artists 2p Healthy Hearts 4:30p Joyful Noise 5:30p Jubilee Bells 6:30p Acts & Daniel Studies, Praise Team</p>	<p>10</p> <p>9a/5p GED 10a Living w/ Grief, Worship Mtg 1p Zumba 5:30p Mid Service Choir 6:30p 8 & 11 Choirs</p>	<p>11</p> <p>10a Yoga</p>	<p>12</p> <p>9a Prayer Warriors</p>
<p>13</p> <p>Worship Services 8, 9:30 & 11a Sunday School 9:30 & 11a</p> <p style="text-align: center;">Blood Pressure Checks</p> <p>5p UMYF</p>	<p>14</p> <p>10a Living w/Grief, oga 11a SBL Gp 12p AI Anon 6:30p Boy Scouts 7p Outreach & Trustees</p>	<p>15</p> <p>9a/5p GED 10a Food Pantry & WISP 11a Staff Mtg 1:30p Plan Mtg 4p Witness & Worship Comm. 5:30p CFC 6:30p Bible Study & Revelation</p>	<p>16</p> <p>9a Disciple Study 10a G-parent Sup & Christian Art 4:30p Joyful Noise 5:30p Jubilee Bells 6:30p Acts & Praise Team</p>	<p>17</p> <p>9a/5p GED 10a Living w/ Grief, Worship Mtg 1p Zumba 5:30p Mid Service Choir 6:30p 8 & 11 Choir</p>	<p>18</p> <p>10a Yoga</p>	<p>19</p>
<p>20</p> <p>Worship Services 8, 9:30 & 11a Sunday School 9:30 & 11a 5p UMYF</p>	<p>21</p> <p>10a Living w/Grief & Yoga 11a SBL Gp 12p AI Anon 1p Shell Seekers Book Club 5p Gourmet Din. 6:30p Boy Scouts 7p Finance</p>	<p>22</p> <p>9a/5p GED 10a Food Pantry 11a Staff Mtg 1:30p Plan Mtg 6:30p Divorce Care, Revelation 7p Classical Ens</p>	<p>23</p> <p>9a Disciple Study 10a G-parent Sup & Christian Art. 4:30p Joyful Noise 5:30p Jubilee Bells 6:30p Acts & Praise Team</p>	<p>24</p> <p>9a/5p GED 10a Living w/ Grief, Worship Mtg 1p Zumba 5:30p Permanent End. & Mid Service Choir 6:30p 8 & 11 Choir</p>	<p>25</p> <p style="text-align: center;">10a Yoga</p>	<p>26</p>
<p>27</p> <p>Worship Services 8, 9:30 & 11a Sunday School 9:30 & 11a 5p UMYF</p>	<p>28</p> <p>10a Living w/Grief & Yoga 11a SBL Gp 12p AI Anon 6:30p Boy Scouts</p>	<p>29</p> <p>9a/5p GED 10a Food Pantry 11a Staff Mtg 1:30p Plan Mtg 6:30p Divorce Care & Revelation</p>	<p>30</p> <p>9a Disciple Study 10a G-parent Sup & Christian Art. 4:30p Joyful Noise 5:30p Jubilee Bells 6:30p Acts & Praise Team</p>	<p>31</p> <p>9a/5p GED 10a Living w/ Grief & Min. Mtg 1p Zumba 5:30p Mid Serv Choir 6:30p 8 & 11 Choir</p>		

January Birthdays and Anniversaries

January 1

Birthdays:

Kemp Causey
Cathi Birmingham
Linda Hester

January 2

Birthdays:

Hazel Forlidas
Marilyn Eronymous
Carl Gano
Ken Carlisle

Anniversaries:

Nick & Hazel Forlidas
Art & Barb Bowden

January 3

Birthdays:

Don Wiseman
Tonia Jackson
Connor Humphreys

January 4

Birthdays:

Henry Lynch

January 6

Birthdays:

Mike Williams
Mariah Brannon

Anniversaries:

Randy & Sue Bowling

January 7

Birthdays:

Judy Smith
Colleen McGregor
Harold Blalock

January 8

Birthdays:

Larry May
Joey Matthews

January 9

Birthdays:

Jim Filkins
Steve White
Ellie Allen
Maggie McCrery

January 10

Birthdays:

Destiny Ashbrook

January 11

Birthdays:

Barbara Johnson

January 12

Birthdays:

Pat Nutter
Marlene Biddle
Frances Ludlum
Debbi Wallace
Samantha Welch

January 13

Birthdays:

Carol King
Dave Preston
Ashley Cartrette

January 14

Birthdays:

Richard Craft
Christina Morrison

Anniversaries:

Larry & Marilyn Haines

January 15

Birthdays:

Helen Doepper
Judy Myers
Robby Hord
Nicholas Norris

Anniversaries:

Darrel & Suzanne
Sourwine

January 16

Birthdays:

Dean Walters
Mike Bohlinger
Cheryl Francis

January 17

Birthdays:

Decio Stone

January 18

Birthdays:

Andy Dusenbury
Rhonda Gore
George Cole
Tracy McKay

Anniversaries:

Ron & Adrienne Watts

January 19

Birthdays:

Kay Singleton
Deb Coyte

January 20

Birthdays:

Heydon Floyd

January 21

Birthdays:

Larry Vazzana

January 22

Birthdays:

Paul Miraglia
Jack Casey
Barbara Perrone
Scott Macon
James Manges

January 23

Birthdays:

Fletcher Frink
Ruth Bracey
Nancy Riedinger
Mike Straub
Kenny Kincaid

Anniversaries:

Frank & Mary Malkin

January 24

Birthdays:

Lafayette Bowman
Billy Whaley
Michael Thole
Daphne Bridwell

Anniversaries:

Don & Colleen McGregor

January 25

Birthdays:

Sally Neale
Connie Mattson
Peggy Stnley
Teresa Young
Dina Hooks

January 26

Birthdays:

Fred Bachl
Candie Meier
Deana Wren
Gena Best

Ryan Robidoux

Anniversaries:

Lee & Bonnie Dief-
fenbaugher
Al & Camille Troisi

December 27

Birthdays:

Hershel Allen
Naomi Harder
Sandie Bell
Cynthia Moore
Madison Walters
Makenzie Klein

January 28

Birthdays:

Debbie Baumgartner

January 29

Birthdays:

Harry Clatterbuck

January 30

Birthdays:

Harvey Hundley
Deborah Hines
Anniversaries:
Bob & Marilyn Schenck
Jeff & Pam Smith

January 31

Birthdays:

Dottie Jones
Stuart Horton
Anniversaries:
George & Betty Geesey



Women's Day By The Sea

February 23, 2013

9:30 am to 2:30 pm

Guest Speaker: Donna Banks

&

Musical Guests: "The West Virginians"

