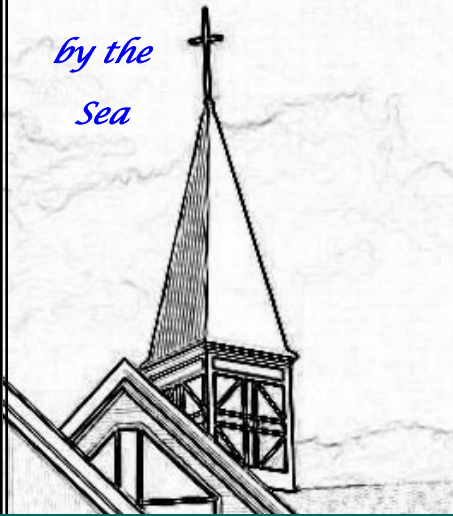




Seaside Currents

A Publication of Seaside United Methodist Church

God's
Sanctuary
by the
Sea



Learning from our Youth

Something new, and somewhat unique has been happening at Seaside in recent months. At the 9:30AM service, just about time for the offering each week, a group of youth amble in and sit down—usually on the South end of the Sanctuary. “What’s up with that?”

Well, it’s not that they’ve overslept, and, no, their parents didn’t get them here late...in fact they’re not late at all...it’s all part of the “plan.” That plan is to reinvigorate our youth Sunday School class and simultaneously get our youth more engaged in worship.

For years our dilemma was that we couldn’t keep our youth Sunday school going with any consistency. The youth preferred to worship during the 9:30 service—which is the traditional time for Sunday school. So they would come in at the beginning and leave with the younger children for Sunday school... sometimes...and sometimes they would stay in worship and not go to Sunday school. We wanted them to be in both places at the same time. Obviously this wasn’t working. We tried an 11AM Sunday school for youth for a while, but families (and their youth), would generally leave after the 9:30 service so we were back to square one. Clearly traditional models weren’t working.

Then along came Lucia Buro, a retired teacher with a heart for kids and the intuition that every great teacher shares. Lucia suggested we try something completely different. “Why don’t we start the kids in Sunday school at 9:30 and do a brief lesson on the Scripture for the day, then go into worship just before the Scripture lesson so they can hear the sermon.” Lucia gets the scripture early in the week, then prepares a discussion based lesson plan around the passage. The youth engage the Scripture and then are engaged by the sermon for the day. Mary Jane and I can even tell they are more attentive in worship. Attendance in the class has been consistently better than in the past, and teachers, youth leaders and parents have all been impressed by how well the youth seem to be engaging. Last Sunday, when we sang “We Three Kings,” in the middle of one of the verses, one youth excitedly blurted out, “We were just talking about that!”

I’m excited for the growth we’re seeing in our kids, but I wondered, if it works for kids, would it work for adults—spread over three services? Now I’m not giving everyone leave to walk in half-way through the service, but what difference would it make if YOU engaged the Scripture BEFORE you came to church on Sunday? Would the sermon make more sense? Would you understand the scripture better? Would you become more biblically literate? More deeply committed? Would such a practice help you “grow in grace?”

For the youth, it took someone with an interest to put together a plan. So I’ll offer you this. We will publish the Scripture Lesson and perhaps a brief thought or two about Sunday’s sermon in the weekly email. To make things simpler, we’ll even include a link to the New Revised Standard Version of the Scripture. Read it, reflect on it, and bring all of that engagement to worship on Sunday. See if you don’t get more out of the message. Hey, it’s working for the youth...

Scott

In This Issue:

Pg 1—Pastor Scott

Pg 2—Prayers

Pg 3—Lectionary

**Attendance,
Memorial/Honors
Address Change
Sunday School
Sched.**

**Pg 4—Songs of Seaside
Did You Know
Grief/Share**

**Pg 5—Youth News
Stephen Ministers
God Can Use YOU
Women’s Day By
The Sea**

**Pg 6 & 7 —Health &
Wellness
Road to Wellness**

**Pg 8— Adult Bible Study
MHC Sunday
Lenten Schedule**

Pg 9— January Calendar

**Pg 10—Birthdays &
Anniversaries**

**Pg 11—Women’s Day Flyer
Endowments**

**March Newsletter
Deadline
February 10**

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
Dot Cannon
Kemp & Brenda Causey
Emily Clark
Art Dancy
Anne & Bobby Eckard
Ro Edwards
Cindy Fickes
Carol & Jim Filkins
Nick & Hazel Forlidas
GriefShare
Donnie & Don Haigler
Family of Everett Hanna
Susanne Harris
Jim Hilgenberg
Chrystal & Tabitha Huggett
Nancy Jack
Gil & Kathy Johnson & family
Carol & Irv Jones
Sarah Justice
Klein Family
Joan Llewellyn & family
Bill & Susan McDonald
Betty Oakes
Nancy Poole
Dale & Joan Powell
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
Mary Snyder & family
Jackie South
Midge Sparks
Carlene Stanley
Glen Starnes
Stephen Ministers
Sunday School Volunteers
John, Susan & Caroline Torlone
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
Karen Wright
Jack & Marcia Zachary

Friends:

Tony Abatiell & family
Dan Abatiell
Larry & Carol Bates
Paula Beck
Christine Bennett
Zach Bernier
Bob Billups
Wayne Blount
Bob Boileau
Janet Bonekemper
Peggy & J Lloyd Brown
Mrs. Bullock & family
Richard & Susan Canipe
Lowell Carr
Mona Kay & Bill Carter
Linda & Bill Chambers
Lizette Connor
Jim & Darlene Cooper
Caleb A Davis
Sara Dettweiler
Divorce Care Group
Joan & John Dufford
Scott Dustin
Ed & Tina
Eileen
Rachel Elliott
John & Dana Enzor
Marge Ewing
Patrick Fairchild
Edna Ruth Filer
Pat Fitzpatrick
Jimmy Fontaine
Jackie & Bill Gano
Gavin
Chris Gibson
Molly Goodman & family
Judy Goodman
Erica Griffith & family
Jeanne Hall & family
Dr Mac & Patti Hannah
Norma Hewitt
Laurie Hodges
Pattie Hooker
John Huggins
Wilford Kallmeyer
James Kelly
Winnie Kelly
Katie Kendall
Nina Kessler
Janice & Erick Kingston
Kim Kruppenbacher & family
Patti Lewellen

Friends Continued:

Marsella
Brian Marsh
Lindsay McGowan
Mae McNally
Mary Ann Michalski
Richard & Joyce Michaud
Gayle Milligan & family
Lynn Moore
Joe O'Keefe
Julie Olsen
Our Nation & Our World
Lynda Petty
Phillips family
Charles Phillips
Preschool Teachers
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
Ernest & Patsy Ward, Sr
Warsaw UMC
Karen Weiss
Barbara Wensus
Myrtle Wilcox
Garl Wiles, Jr

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

Serving Our Country:

Marcus Barber
Jeffrey Beck
Alex Blust
Matthew Bronson
Chad Bryson
Justin Bryson
Oliver Clayton
Charles Conry
Jeremy Courtney
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



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

February 3
Jeremiah 1:4-10
Psalm 71:1-6
1 Corinthians 13:1-13
Luke 4:21-30

February 10
Exodus 34:29-35
Psalm 99
2 Corinthians 3:12-4:2
Luke 9:28-36 (37-43)

February 13
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 17
Deuteronomy 26:1-11
Psalm 91:1-2, 9-16
Romans 10:8b-13
Luke 4:1-13

February 24
Genesis 15:1-12, 17-18
Psalm 27
Philippians 3:17-4:1
Luke 13:31-35

The Bible contains the nutrients we need for a healthy soul.

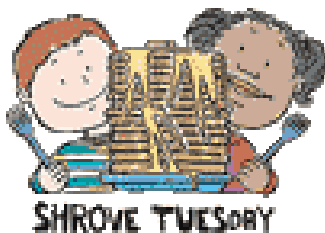
Sunday School Classes

9:30 am
Children & Adult Classes

11 am
Adult Class

Address Changes

Bill Adams
2408 Hodge Rd
Knightdale, NC 27545



Memorials & Honorarium

In Memory of:
Roger C Crook
Given by:
R.H. & Patty Cameron

In Memory of:
Joyce Hilgenberg
Given by:
Rumel Bradt

In Memory of:
Miriam Marks
Given by:
Janet & Arthur Dancy

In Memory of:
Billy Cochrane, grandson of
Buddy & Matty Boyd
Given by:
Dr. Shirley Owen

In Memory of:
Julie Burton
Given by:
North Carolina Trailblazers Women's
Hockey Association

In Memory of:
Frank Verost
Given by:
Marcia Matthews
DJ & Margaret Mason
James & Carol Filkins
Preston & Betty Kelly

In Honor of:
The Elaine Puglisi Family
Given by:
Don & Colleen McGregor

In Honor of:
The Paul Fick Family
Given by:
Don & Colleen McGregor



**Pancakes for Pilgrimage
Shrove Tuesday Annual
Pancake Supper**

Date: Tuesday, February 12th
Time: 5:30PM
Place: Fellowship Hall

**Pancakes, bacon, sausage,
coffee, tea, and juice prepared and
served by the youth & youth leaders.**

Donations welcome!

Worship

	8:00	9:30	11:00
12/9	143	181	136
Cantata 4:00	608		
7:00	615		
12/16	122	193	154
12/23	103	130	82
12/24 Christmas Eve	5:00	212	
	7:00	341	
12/30	109	188	119
12/31 Watch Night	11:00	75	

**Attendance
In Sunday School**

12/2	40
12/9	45
12/16	45
12/23	32
12/30	27

Teddy Bear Ministry

We distributed 354 teddy bears and stuffed animals in 2012. They were given to: Methodist Home for Children, Brunswick Hospital, Brunswick County Dept of Social Services—Foster Care, Hope Harbor, Brunswick County Sheriff Dept.—Calabash office, Grissettown Fire Dept., Calabash EMS, Brunswick County EMS, Heather, our inter, and the UMW basket for MHFC benefit.

Thanks you to all the ladies who make our bears and to the people who donated bears and stuffed animals.

Volunteers Needed

Would you like to become a member of the **Audio/Visual Technical Team**? No experience necessary as hands on training will be provided. You can choose to work either the sound board or video cameras. If you are interested, please contact Ken Doern at 910-616-2458. Or just stop by the control booth after the worship service you normally attend and speak to one of the technicians on duty.

The **Alzheimer's Caregiver Support Group** is looking for 1 or 2 persons interested in facilitating or co-facilitating this much needed and very active Caregiver Support Group. If interested, or want more information, please call Carol Sigafoos at 579-5753.

Did You Know?

When you look at your Seaside Directory do you wonder who is responsible for the beautiful directories we have? Do you look forward to your monthly newsletter either in the mail or on-line? Do you watch for the Thursday update email to see what's happening in the coming week or who in our church family is in need of prayer? How about the beautiful Seaside ad in the South Brunswick magazine? Did you pick up a DVD of the Christmas Cantata or of the Sunday worship service? Who does all this?

This week's focus is on the "Communication Committee." All of the above fall under this committee. Internal Communications—newsletter, Thursday emails, audio-visuals, they all keep us informed. External communications advertise to our community what they will find at Seaside as a home church.

One of the goals within the committee is to be able to produce an "in house" pictorial directory that can be changed and updated as necessary. The committee is looking for members who have photography skills to help with the directory, members who are interested in learning the audio/visual components of worship services, or just love the field of communications. Please prayerfully consider how your skills would help.

This year Guy Camino chairs the committee. If you'd like to learn more or want to attend a meeting, the Committee meets the first Tuesday of each month. Please contact Guy Camino at gnmcamino@gmail.com.



Seaside will be starting its second cycle of GriefShare Seminar/Support Group beginning with orientation and registration on Friday, February 15th at 1:30PM. Sessions 1 - 13 will be held Fridays from 1:30 – 3:30PM through the end of May.

GriefShare is a national program designed to help those who are grieving the loss of someone close—to help them process loss and be among people who understand their situation. It is a non-denominational group featuring biblical teaching on grief and recovery topics. The seminar/support groups are led by people who have experienced grief themselves, and therefore understand the many challenges of the grief journey.

Each session includes a video seminar, small group discussion and workbook-based personal study. It is a 13-week curriculum, but each week is self-contained and sessions don't need to be attended in sequence. You will find encouragement and help whenever you begin. GriefShare will meet weekly (each Friday) from 1:30–3:30PM to give specific help as well as emotional support helpful for navigating the journey of grief.

If you have lost someone close to you, please consider being part of this group. GriefShare is specifically for people grieving the loss of someone close. It is not designed to meet grief needs associated with other painful losses.

For more information, contact Jim McNeill at 579-2405 or Milly Houger at 579-2603 or the church office.



"Songs of Seaside"

*"Be strong and courageous and act" 1
Chronicles 28:20*

ACT.... did you act on that New Year's resolution? If so, great! If not, well, it's only February and you still have time! Choirs continue to meet and all are welcome to join us!

Here are some events in February that I hope you will ACT on and enjoy:

Feb. 9 —Carolina Master Chorale with a Gospel Choir featuring songs of love, 4PM

Feb. 13—Ash Wednesday service, 7PM

Feb. 23—Women's Day By the Sea - 9:30-2:30

Feb. 24—8:00 & 9:30 services—the special guests from Women's Day By the Sea,

The West Virginians, will sing and lead worship
Easter arrives early this year on March 31st so our Easter Cantata will be on Palm Sunday, March 24th. There will be **only one performance** this year. At this writing, I am unsure of the time of the performance due to the timing of sunset. We will decide soon and announce the time so please be on the look out for this announcement. Tickets will be available in the church office on February 1st. More details will follow in the March newsletter. I am still ironing out some details but I can assure you that we are working hard and it will be exciting and inspiring!

With a voice of singing,
Kathryn



**February 10th
Nurses Office between Services**

Outreach Committee

Let me first say we hope you all had a Blessed Christmas. The meaning of Christmas is to help those less fortunate than you are. Your Outreach Committee tries to help throughout the year. This could not be possible without the help of each and every one of you! A very special thank you to all who participated in the shoeboxes. Also, the Tree of Hope was as successful this year as it is every year. Thank you for all your support. All of the children and the seniors you helped thank you, too.

On a lighter note, "Not Your Mama's Bake Sale" will be making another appearance. More information to follow. Blessings to you and yours for a Happy Healthy New Year, Barb Bowden, Outreach





Seaside UMYF

In January the youth had a great time planning projects for this year. They have a full schedule of great activities. They are doing a study on the book of Daniel and preparing for the

Spring musical with Ms. Kathy.

Lent begins this month which means we will be having our first fundraiser, our "Annual Shrove Tuesday Pancake Supper." Please join us and support our trip to Pilgrimage this year!

**Pancakes for Pilgrimage
Shrove Tuesday Annual Pancake Supper
Date: Tuesday, February 12th
Time: 5:30PM
Place: Fellowship Hall**

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

We have two new members of our youth group, Conner and Kyle Gushman, we are so excited to have you join us!

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. Some meal suggestions are pizza, Subway subs, hot dogs, tacos, spaghetti, sloppy Joes, chicken nuggets, but feel free to be creative. Of course they love dessert of any kind. We eat at 5:30 Sunday evening and you should plan on feeding 14. There is a sign-up sheet in the gallery and you will be contacted to set a date that is convenient for you. If we had 40 people sign up we would be covered for the year. If you have any questions, please contact Nancy Camino at 540-0003.

We desperately need a male youth leader to join our team. We have 8 very active boys and Pastor Scott is our only male leader and he could use your help. MEN please prayerfully consider this opportunity to help lead our youth. Please contact Pastor Scott or Mary Jane. We could use your help and you will be richly blessed!

God Can Use You

God has a special, individual call for each one of us. Ministers are not the only ones God calls to specific ministries. A response to that call gives our lives meaning and adventure. This is a wonderful way to live but, of course, it does take courage.

In this New Year, let me encourage you to search for and use the specific gifts that God has given you. The Pastors and I are always eager to assist you in finding your place at Seaside. You can make a difference in our Church, our County and even the world and you don't have to leave the neighborhood!

When God gives you a call, he also gives you power to carry it out. When God shows us his purpose for our lives, it becomes our responsibility to fill our hours with productive effort and to train ourselves to the limit of our abilities. Don't hesitate to bring your talents to God's work.

Come see me and we will work together to find your place in our Church! (910 575-2563 or OIBcolleen@aol.com)

Colleen McGregor
Lay Leader

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.

Stephen Ministry

Have you suffered a loss? Are you stressed or hurting due to issues related to health, home and family, personal relationships, work, or finances? How do you respond and work your way through the difficult feelings that you are experiencing?

Do you suffer alone because you are embarrassed by your situation or because you think no one else could possibly understand your situation? Do you attempt to handle the situation alone because, after all, you are a mature, intelligent, self-made individual who can solve your own problems? Would it be a sign of weakness to turn to others for help?

Whatever your reasons for suffering alone, if you find that your difficult feelings won't go away, you may want to consider having a caring Christian friend to talk to. As many of us have experienced, sometimes just talking out our feelings can help us better understand and overcome them. We have fellow church members who are Stephen Ministers. Our Stephen Ministers are not counselors or therapists. Their role is not necessarily to lead to solutions. They are caring friends who can listen and provide support in a confidential setting. If you have questions about Stephen Ministry, ask one of our Pastors or ask one of our Stephen Ministers who can be identified by their blue name tags.





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

The new year has begun and all the programs and support groups are back in full swing! We at Seaside are blessed to have so many opportunities to find something that allows each of us to use our gifts and talents. Please don't sit back and wait to be asked, jump in and try something new...you may surprise yourself with a talent you never knew you had. Don't hesitate to contact me with any questions or suggestions for health-related programs. I'd love to hear from you! With Love and a Grateful Heart, Carol Sigafos

February Schedule:

- February 4, 11, 18, 25 Straighten Up Exercise Class – Nicole DePauw 3:30PM in Fellowship Hall
- February 6 Red Cross Blood Drive—9AM to 1:30PM
- February 11, 25 Support Group for On The Road to Wellness. 8:30AM in Parlor (2nd & 4th Tues.)
- February 15, 22 GriefShare Support Group – 1:30

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

Yoga will also continue on Monday and Friday at 10AM in the Fellowship Hall unless otherwise notified.

Blood Pressure checks the second Sunday of the month.

American Red Cross Blood Drive

Once again Seaside UMC will sponsor a blood drive with the American Red Cross. We appreciate the willingness of the Seaside church family and our community of donors to share this life saving gift. Your support of the blood program goes a long way toward replenishing blood supplies and ultimately saving lives. Your efforts are greatly appreciated and we "thank you" for your contribution and ongoing support of this program. Please mark **Wednesday, February 6th** on your calendars and don't forget to call the church office to schedule an appointment time. The Red Cross will be here from **9AM until 1:30PM**.



Urgent Need for Volunteer(s)

There is a volunteer opportunity available once a month (3rd Thursday), with our Alzheimer's Caregiver Support Group. Linda Hester, who has facilitated the group two years has decided to step down due to time restraint issues. She has been a wonderful facilitator and both the support group and I will miss her. We'd like to take this opportunity to thank her for her faithful service and all the work she's done recruiting speakers and leading our group. She's also willing to help train and be available for any questions the new person(s) may have.

This facilitator position may be done either alone or with a partner. It involves finding speakers, planning and leading the meetings, and occasionally attending a workshop. It would be beneficial if the lead person has some experience leading a discussion/support group and/or an interest or experience with Alzheimer's/Dementia or caregiving. Please prayerfully consider being part of this very valuable ministry, as you will be blessed! If interested, or if you would like more information, please contact Carol Sigafos at the church office or by email at: csigafos@seasideumc.org

How Blood Pressure Effects Your Body

Blood pressure is the force of blood against the walls of arteries. Blood pressure is recorded as two numbers—the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats). The measurement is written one above or before the other, with the systolic number on top and the diastolic number on the bottom. For example, a blood pressure measurement of 120/80 mmHg (millimeters of mercury) is expressed verbally as "120 over 80." [Normal blood pressure](#) is less than 120 mmHg systolic and less than 80 mmHg diastolic.

High blood pressure increases your chance (or risk) for getting heart disease and/or kidney disease, and for having a stroke. It is especially dangerous because it often has no warning signs or symptoms. Regardless of race, age, or gender, anyone can develop high blood pressure. It is estimated that one in every four American adults has high blood pressure. Once high blood pressure develops, it usually lasts a lifetime. You can prevent and control high blood pressure by taking action. High blood pressure is dangerous because it makes the heart work too hard. It also makes the walls of the arteries hard. High blood pressure increases the [risk for heart disease and stroke](#), the first- and third-leading causes of death for Americans. High blood pressure can also cause other problems, such as heart failure, kidney disease, and blindness. The causes of high blood pressure vary. Causes may include narrowing of the arteries, a greater than normal volume of blood, or the heart beating faster or more forcefully than it should. Any of these conditions will cause increased pressure against the artery walls. High blood pressure might also be caused by another medical problem. Most of the time, the cause is not known. Although high blood pressure usually cannot be cured, in most cases it can be prevented and controlled. Most doctors will diagnose a person with high blood pressure on the basis of two or more readings, taken on several occasions. A consistent blood pressure reading of 140/90 mmHg or higher is considered high blood pressure, another term for hypertension. Some people experience high blood pressure only when they visit the doctor's office. This condition is called "white-coat hypertension." If your doctor suspects this, you may be asked to monitor your blood pressure at home.

Categories for Blood Pressure Levels in Adults
 (Ages 18 Years and Older)

	Blood Pressure Level (mmHg)		
Category	Systolic		Diastolic
Normal	< 120	and	< 80
Prehypertension	120-139	or	80-89
High Blood Pressure			
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	≥ 160	or	≥ 100

LEGEND: < means "less than"

≥ means "greater than or equal to"

You can take steps to prevent high blood pressure by adopting a healthy lifestyle. These steps include maintaining a healthy weight; being physically active; following a healthy eating plan, that emphasizes fruits, vegetables, and low fat dairy foods; choosing and preparing foods with less salt and sodium; and, if you drink alcoholic beverages, drinking in moderation.

Low blood pressure (hypotension) is pressure so low it causes symptoms or signs due to the low flow of blood through the arteries and veins. When the flow of blood is too low to deliver enough oxygen and nutrients to vital organs such as the brain, heart, and kidney, the organs do not function normally and may be permanently damaged. Symptoms of low blood pressure may include: blurred vision, vertigo, dizziness, weakness, confusion, fainting, and sleepiness. Some medical conditions can cause low blood pressure. These include:

Pregnancy. Because a woman's circulatory system expands rapidly during pregnancy, blood pressure is likely to drop. During the first 24 weeks of pregnancy, systolic pressure commonly drops by five to 10 mm Hg and diastolic pressure by as much as 10 to 15 mm Hg. This is normal, and blood pressure usually returns to your pre-pregnancy level after you've given birth.

Heart problems. Some heart conditions that can lead to low blood pressure include extremely low heart rate (bradycardia), heart valve problems, heart attack and heart failure. These conditions may cause low blood pressure because they prevent your body from being able to circulate enough blood.

Endocrine problems. An underactive thyroid (hypothyroidism) or overactive thyroid (hyperthyroidism) can cause low blood pressure. In addition, other conditions, such as adrenal insufficiency (Addison's disease), low blood sugar (hypoglycemia) and, in some cases, diabetes, can trigger low blood pressure.

Dehydration. When you become dehydrated, your body loses more water than it takes in. Even mild dehydration can cause weakness, dizziness and fatigue. Fever, vomiting, severe diarrhea, overuse of diuretics and strenuous exercise can all lead to dehydration. Far more serious is hypovolemic shock, a life-threatening complication of dehydration. It occurs when low blood volume causes a sudden drop in blood pressure and a reduction in the amount of oxygen reaching your tissues. If untreated, severe hypovolemic shock can cause death within a few minutes or hours.

Blood loss. Losing a lot of blood from a major injury or internal bleeding reduces the amount of blood in your body, leading to a severe drop in blood pressure.

Severe infection (septicemia). Septicemia can happen when an infection in the body enters the bloodstream. These conditions can lead to a life-threatening drop in blood pressure called septic shock.

Severe allergic reaction (anaphylaxis). Anaphylaxis is a severe and potentially life-threatening allergic reaction. Common triggers of anaphylaxis include foods, certain medications, insect venoms and latex. Anaphylaxis can cause breathing problems, hives, itching, a swollen throat and a drop in blood pressure.

Lack of nutrients in your diet. A lack of the vitamins B-12 and folate can cause anemia, a condition in which your body doesn't produce enough red blood cells, causing low blood pressure.

Medications that can cause low blood pressure.

Some medications you may take can also cause low blood pressure, including: diuretics (water pills), drugs for Parkinson's disease, Alpha blockers, Certain antidepressants, Beta blockers, Sildenafil (Viagra), particularly in combination with heart, medication and nitroglycerine.

Tips for Having Your Blood Pressure Taken:

- Don't drink coffee or smoke cigarettes 30 minutes before having your blood pressure measured.
- Before the test, sit for five minutes with your back supported and your feet flat on the ground. Rest your arm on a table at the level of your heart.
- Wear short sleeves so your arm is exposed.
- Go to the bathroom prior to the reading. A full bladder can change your blood pressure reading.

On The Road To Wellness Update

We have had a very successful beginning. So far around 75 – 80 people have participated at some point in the program, designed to help people learn how to take charge of their health through education and healthy life style practices through many components of this program.

Speakers: So far we have had speakers address the following: Eating for Cancer Prevention and Survival, Nutrition for Diabetes Disease and How to Survive the Holidays, and Maintaining a Healthy Heart and Avoiding Cardiovascular Disease. We will hear speakers on Osteoporosis and Autoimmune Diseases in the near future. Each one of these speakers is an expert in their field.

Weight Control/Eating Healthy Support Group: Designed to help people improve their nutrition through clean eating. Take charge of your health in 2013. If you are someone who is struggling with weight issues, have health issues or if you just want to learn more about the science of eating clean, we encourage you to come to our meetings at 8:30-9:30AM in the Church Parlor. This program is designed to meet the needs of both men and women so I challenge everyone with the above issues to try to attend our February 13 meeting. We meet the 2nd and 4th and sometimes 5th Tuesday of the month. Watch the weekly email and church bulletin to announce the extra meeting. There is no fee for this group and if you commit to come, you will receive a booklet titled ON THE ROAD TO WELLNES: Getting SPIRITUALLY and PHYSCIALLY fit written by Nancy.

At each meeting, Nancy McKeever, presents a short devotional that relates to the focus of the day. The Meetings last for one hour, but Nancy is available to answer any questions following the meetings and via phone or email.

Straighten Up Exercise Class: Meets in the Fellowship Hall Mondays 3:30—4:30. Designed for postural alignment, improvement in balance and flexibility. Nicole DePauw, our instructor, uses the Egoscue's method of stretching combined with other stretches to address the needs of alignment, balance and flexibility. This class is coed, we have several men who attend regularly. It is not a chair exercise class although we use chairs as a "prop" in some of the stretch exercises. No matter your level of physical fitness, be assured you will benefit from this program. You will need a mat, a small ball (slightly smaller than a soccer ball) and \$5.00 per session.

Nancy McKeever, facilitator
910-579-6145 or 770-833-8373
nymckeever@gamil.com

Adult Bible Study

Studies beginning in February:

Fingerprints of God—Recognizing God's Touch on Your Life. Begins 10:30AM February 5th in the Parlor. This is an Adult Study for ALL Women—leaders are Yvonne Hundley and Ginny Coates.

Acts of the Apostles—Tuesday, February 5th 6:30-8PM (1st/3rd Tuesday) Lead by Len Bernauer. The story after the resurrection of Jesus continues in the Book of Acts. See the beginning of the “church” as the Holy Spirit was poured out on the believers, both Jew & Gentile. Study chapter by chapter.

Lenten Study: “The Way”— Begins Sunday, February 10th 4 to 5:30PM (6 weeks) Finishing the Advent story with Adam Hamilton in the Holy Land – “The Way” is the story of Jesus ministry from baptism by John to the Resurrection. Facilitated by Ralph Echley.

Manifest Presence of God—Wednesday, February 13th 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 to listen!

“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.” (2 Tim. 3:16-17)

The word translated *equipped* means to “furnish or fit completely.” How does the Bible equip us for life’s journey? It provides spiritual truth in *doctrine*; *reproof* in showing our imperfections; *correction* by revealing our sinful failures, and *instruction* in living a righteous life. There’s not a more valuable tool than God’s Word to make us fully equipped for spiritual survival and personal growth. — Dennis Fisher

Lord, thank You for equipping us with Your inspired Word. You’ve given us the tools we need to live for You. Help us to take time to read it and to follow what You tell us. Amen.

Candie Meier
Kathleen Thompson
Coordinators

Lenten Lunch Schedule

Date: February 13, 2013 **Ash Wednesday**
Theme: “Now is the Time for Repentance”
Texts: Joel 2.12-18/Matthew 6.1-6; 16-18
Site: St. Luke
Homilist: MJ Wilson-Parsons

Date: February 20, 2013
Theme: “Now is the Time to be Prophetic”
Texts: Jonah 3.1-10/ Luke 11.29-32
Site: St. Brendan
Homilist: L Holden

Date: February 27, 2013
Theme: “Now is the Time for Asking”
Texts: Jeremiah 18-18-20/Matthew 20.17-28
Site: Shallotte Presbyterian
Homilist: H Rehder

Date: March 6, 2013
Theme: “Now is the Time for Listening”
Texts: Deuteronomy 4.1;5-9/ Matthew 5.17-19
Site: Seaside UMC
Homilist: R Vaughan

Date: March 13, 2013
Theme: “Now is the Time for Trusting”
Texts: Isaiah 49.8-15/John 5.17-30
Site: St. Brendan/Shepherd Assembly provides lunch
Homilist: G Lowe

Date: March 20, 2013
Theme: “Now is the Time for Giving Thanks”
Texts: 2 Kings 4.18-21;32-37/ John 11.1-45
Site: Shallotte Presbyterian/Camp UMC provides lunch
Homilist: F Salone-Pelletier

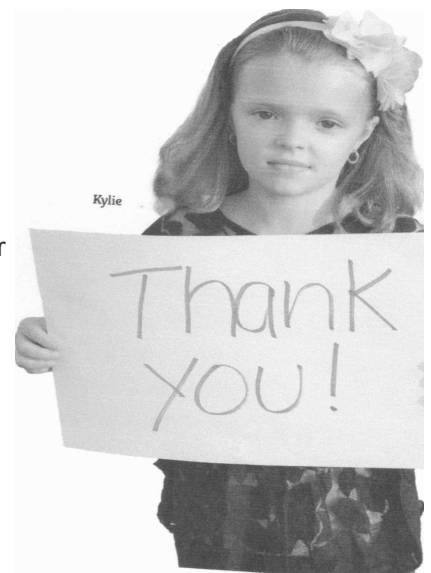
Methodist Home for Children SUNDAY February 17th

Methodist Home for Children is thankful for the many congregations that recognize MHC Sunday each year with collections benefiting vulnerable children and families. This special day is observed annually in February. This year MHC Sunday is February 17th.

Every day in North Carolina, abused and neglected children are left to fend for themselves, to care for younger siblings and to survive in households void of love or stability. But we as Christians are in a position to relieve these children of their burdens, and we are bound by God’s word to step forward. “Bear one another’s burdens,” Galatians 6:2 tells us, “and in this way you will fulfill the law of Christ.”

Methodist Home for Children last year served more than 1,400 children and families through the grace of God and the generosity of congregations in the North Carolina conference.

Please support this important United Methodist ministry with your gifts on MHC Sunday. Visit mhfc.ejoinme.org/Sunday.



February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10 a Yoga	2 10 a Grief Share
3 <i>Worship Services</i> 8, 9:30, 11 am <i>Sunday School</i> 9:30 & 11 am 5 p UMYF	4 10 a Yoga 11a SBL Gp 12 p Al Anon 1:30 p Disc I 3:30 p Straighten Up 6:30 Boy Scouts UMM	5 9a/5p GED 10 a WISP 11a Staff Mtg 1:30 Worship Pl. 5p Communication 6:30p Divorce Care, Revelation, Sharing God's Word, Stephen Ministries	6 8 am Blood Drive 9 a Jesus & the Gospel 10a G-parent Sup, Christ. Artists 2p Stephen Lead. 4:30p Joyful Noise 5:30p Jubilee Bells 6:30p Manifest Pres, Praise Team	7 9a/5p GED 10a Ministry Mtg 1 p Zumba 5:30p Mid Serv Choir 6:30p 8 & 11 Choirs	8 10a Yoga	9 9a Prayer Warriors 4p Master Chorale
10 Worship Services 8, 9:30, 11 am 9a Blood Pressure Checks 9:30 & 11 am Sunday School 5p UMYF	11 10a Yoga 11a SBL Gp 12p Al Anon 1:30 Disc. I 3:30p Straighten Up 6:30p Boy Scouts 7p Trustees	12 8:30a Ctry Fair Steering Mtg, On the Rd to Wellness 9a/5p GED 10a Food Pantry 11a Staff Mtg 1p Seekers Circle 1:30p Worship Pl. 5:30p Shrove Tue Pancake Supper	13 9a Jesus & the Gospels 10a G-parent Sup. Christ. Artists 12p Lenten Lunch 7p Ash Wednesday Serv.	14 9a/5p GED 10a Ministry Mtg 11a Valentine's Party 1p Zumba 5:30p Choir Reh 6:30 Valentine Dinner	15 10a Yoga 1:30p Grief/share	16
17 Worship Services 8, 9:30, 11 am 5p UMYF	18 10a Yoga 11a SBL Gp 12p Al Anon 1p Shell Seekers Bk Club 1:30p Disc. I 3:30p Straighten Up 6:30p Boy Scouts 7p Finance	19 9a/5p GED 10a Food Pantry 10a WISP 11a Staff Mtg 1:30p Worship Pl 5:30p CFC Mtg 6:30p Divorce Care, Sharing God's Word	20 9a Jesus & the Gospel 10a G-parent Sup Christ. Artists 12p Lenten Lunch 4:30p Joyful Noise 5:30p Jubilee Bells 6:30p Manifest Pres., Praise Team	21 9a/5p GED 10a Ministry Mtg 1p Zumba 1:30p Alzheimer's Sup 5:30p Mid Serv Choir 6:30p 8 & 11 Choirs	22 <i>10a Yoga</i> <i>1:30p Grief/share</i>	23
24 Worship Services 8, 9:30, 11 am 5p UMYF	25 10a Yoga 11a SBL Gp 12p Al Anon 1:30 Disc. I 3:30p Straighten Up 6:30p Boy Scouts	26 8:30a On the Rd to Wellness 9a/5p GED 10a Food Pantry 11a Staff Mtg. 1:30p Worship Pl 6p Instr. Ens, Divorce Care 7p Class. Ens.	27 9a Jesus & the Gospels 10a G-parent Sup Christ. Artists 12p Lenten Lunch 4:30p Joyful Noise 5:30p Jubilee Bells 6:30p Manifest Pres., Praise Team	28 9a/5p GED 10a Ministry Mtg 1p Zumba 5:30p Mid Serv Choir 6:30p 8 & 11 Choirs		



February Birthdays and Anniversaries



February 1

Birthdays:

Letha Douglas

February 2

Birthdays:

O'Dell Norman
Jennifer Smith

Anniversaries:

Don & Dawn Thompson

February 3

Birthdays:

Susan Dearborn
Pat Linnel

February 4

Birthdays:

Denise Clagett

Anniversaries:

Sky & Carol Bramley

February 5

Birthdays:

Andrew Thorndyke
Stephanie Shytle
Bridget Loughran

February 6

Birthdays:

Jeanne Horton

February 7

Birthdays:

Marcia Warring
Dana Pickup
Paul Wenzler
Jonathan Dusenbury
Connie Thompson

February 8

Birthdays:

Janet McComb
Thomas Walters
William Winans
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
Bert Kuthe
Zachary Sealey

February 12

Birthdays:

Louisa Clatterbuck
Juanita English
Anna Craft
Shawn Ferguson

February 13

Birthdays:

Danice Stout
Carol Quick

February 14

Birthdays:

James Johnson
Ted Russell
Terry Britt

Anniversaries:

Fred & Carol Bachl
Tom & Sally Frawley

February 15

Birthdays:

Pam Ellis
George Edwards
Sandra Welch
Anniversaries:
Jim & Pam Hardie

February 16

Birthdays:

Sue Bowling
Jessica McCall
Chason McCall
Scott Whitney

Anniversaries:

Decio & Margie Stone

February 17

Birthdays:

Pam Smith
Erdeen Zimmerlee
George Dooley
Kimberly Ann McCleman
Danny Winans

February 18

Birthdays:

Harriet Gano
Marie Wilcox
Nancy Poole
Kimberly Wood
Allison Newton
Payton Forrest

February 19

Birthdays:

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

February 21

Birthdays:

Nancy Seibert
Midge Sparks
Kathleen Hahl
Doby Rogers

February 22

Birthdays:

Jim Story
Heather Edwards
Adrienne Tyson
Larry Smith

February 23

Birthdays:

Gerry McCall
Julia Bagwell
Amanda King

February 24

Birthdays:

Mary Koehn
Laurie Walker
Joseph Gurreri
John Frink
Cassandra Barwick

February 25

Birthdays:

Diane Middleton
Terry Frink
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



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"

What will be Your Legacy?

Everyone wants to leave a legacy, and to do so means you need a plan. Many do not realize that if you have no plan, there is already one in place, namely a plan to place your assets into probate, subject to legal fees and taxes, and then whatever residual remains, distributed to heirs.

Last year, a Permanent Endowment & Special Gifts Committee (PE&SG) was formed. One year later, SUMC has several accounts established with the United Methodist Foundation, which invests our funds into "socially responsible" investments (i.e., no investments are made in alcohol, tobacco, or gambling companies). **These accounts allow individuals to leave a tax-advantaged legacy in several ways.** The following funds are already established and have received initial gifts: General Endowment Fund, a fund to replace the portable risers in the sanctuary with a permanent choir loft, Scholarship Fund for Divinity Students, a Youth Ministry Fund. To find out more, visit our website at: www.seasideumc.org/planned-giving/

