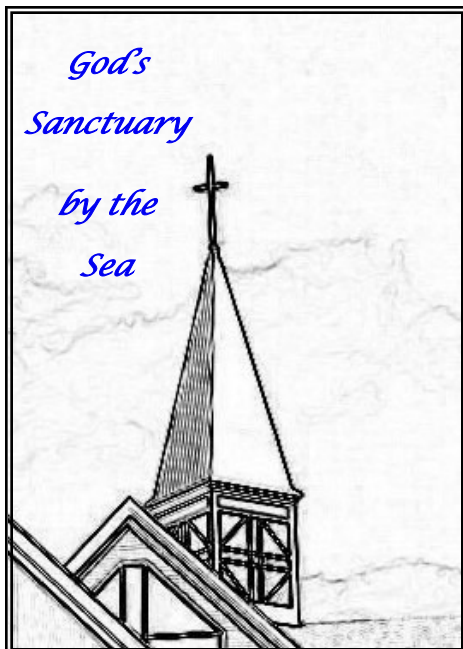


Seaside Currents

A Publication of Seaside United Methodist Church



Something Worth Leaving Behind



In This Issue:

- Pg 1—Pastor Mary Jane**
- Pg 2—Prayers**
- Pg 3—Lectionary,
Attendance,
Memorial/Honoraria
New Members
Upcoming Events**
- Pg 4—Songs of Seaside,
Grief/Share, Lay
Leaders**
- Pg 5—Youth News &
Stephen Ministry**
- Pg 6 & 7 —Health &
Wellness**
- Pg 8 October Birthdays &
Anniversary**
- Pg 9— October Calendar**
- Pg 10— Endowments &
UMW-UMM Dinner**
- Pg 11— “Focus on Falls”
BrightStar**

**November Newsletter
Deadline
October 10th**

Several years ago I was given a gift book entitled *Something Worth Leaving Behind* by Brett Beavers and Tom Douglas. It shares the lives of different personalities, including Leonardo da Vinci, who have made lasting impressions on humanity. You are no doubt familiar with da Vinci and some of his accomplishments. Were you aware, though that he was the illegitimate son of a peasant woman and a merchant? Despite humble beginnings, da Vinci was a forward thinker—architect, engineer, inventor, observational scientist and artist. He created incredible works of art, including *The Last Supper* and the *Mona Lisa*.

Leonardo da Vinci was a visionary. He could see a sculpture in a slab of marble. He dreamed of machines that could fly. He created masterpieces for the world, beautiful works of art that have lived on far beyond his death in 1519. Certainly his legacy continues, enduring treasures of brilliance and beauty.

Seaside Church is also about the work of creating legacies of lasting worth. Whenever we reach out to another in Christ’s love, we leave a lasting impression on that person’s life. Jesus Christ only had three years of ministry work, yet the world is forever changed because of Him. He welcomed all people—regardless of race or creed, orientation or gender—with open arms.

Each day we have a choice to make: will I serve God or myself today? Will I work to leave a lasting mark on this world as I reach out in God’s love and mercy to others, or will I simply take care of my own needs and desires? Every day is a new day. While I may have served Christ well in the past, what of lasting value am I doing in these days?

One thing my mind is focused on recently is a new outreach opportunity for children, to help them academically, socially and physically through programs at Seaside. When we see our country’s children we are looking into the future. What will that future hold? How can we make our world a better, more loving place? How can we transform our world through Christ in these days?

Are you impacting your world for Christ today? Today, are you contributing something of lasting value, something worth leaving behind? Are you making a difference in the world today?

I hope to see you in your place this Sunday as together we make disciples for Christ.

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

Members:

Kay Arace
Joan Berhle
Harold Blalock
Bruce & Linda Bowden
Pat Bowers
Ann & Lafayette Bowman
Marvin & Dina Braddy
Frances Broome
Barbara & Thack Brown
Harry Clatterbuck
Bill Coats
Art Dancy
Marg Duffy
Elaine Eberhardt
Bob Eronymous
Nick & Hazel Forlidas
GriefShare
Donnie & Don Haigler
Jeanne Hall
Suzanne Harris
Paula & Daniel Hernandez
Tom Herncane
Jim Hilgenberg
Gene Hoge
Crystal & Tabatha Huggett
Harvey Hundley
Gill & Kathy Johnson family
Carol, Irv & Bob Jones
Sarah Justice
Sheila King family
Donna Lloyd
Bob Ludman
Dorothy Mahoney
Connie Mattson & family
Bill & Susan McDonald
Nancy McKeever
Lynn Moore
Betty Oakes
Sandra Palmer
Phil Parker
Betsey & Lou Pesce
Carolyn Powell
Joan Powell & family
Prayer Warriors
Lois & Tom Puls
Betty Pursey
Dick Ruehle
Jack & Kathy Scalise
Dave & Met Schroll
Vern Schwanke
Gerald & JoAnn Scott
Seaside UMC Staff
Susan Seidel
Dot Sellers
Randy Shuford
Carol Sigafos & family
Mary Snyder

Members Continued:

Jackie South
Carlene Stanley
Glen Starnes
Stephen Ministers
Decio Stone
Connie & Denise Stout
SS Vol & Students
Bud Sweetman
Mildred Trenchard
UMYF & leaders
Isabelle Waldron
Richard & Laurie Walker
Richard Ward
Gloria Waryas
Garl & Carrie Wiles
Bev & Mike Williams
Scott Wilson-Parsons
Gwen Wiseman
Don Woolnough & family
Marybeth & Jim Yeager & family
Ed & Erdeen Zimmerlee

Friends

Carol Androski
Carolyn Arney
Marcus Barber
Ann Barnhardt
Paula Beck
Zach Bernier
Bob Billups
Barry & Kristina Black family
Bob & Carol Boileau
Janet Bonekemper
Alex Brooker
Richard & Susan Canipe
Jane Carden & family
Mona Kay & Bill Carter
Linda & Bill Chambers
Jim & Darlene Cooper
Rand Robert Copley & family
Bob Cozzi
Caleb Davis
Maria D'Avolio
Divorce Care Group
Scott Dustin
Todd Eckley
Edward & Louise
George Edwards
Eileen
Danielle & Jacob Eng
Marge Ewing
Pat Fitzpatrick
Martin & Regina Flemion
David Gales
Jackie & Bill Gano
Gavin
Dan Gentile
Kellie Godwin

Friends Continued:

Judy Goodman
Mark Griffith & family
Linda Hamilton
Will Hawkins family
Hanna Hensley
Norma Hewitt
Lori Hodges
Darlene Johnson
Herb Johnson
Katie Kendall
Brian Lancaster
Johnny Lawson
Charles Lennerton
Karen LeValli
Jack Levine
Patti LewellenLynn
Nell Mally
Brian Marsh
Dottie McVaugh
Meg Merritt
Charles Meyersohn
Lynn Moore
Jo O'Keefe
Our Nation & World
Charles Phillips
Preschool Teachers
Rick Ramsey
Terry & Doug Schlenker
Nellie Shuford
Seamus Smithwick
Molly Space
Midge Sparks
Pam & John Spencer
Phillip Stavonovic
Danielle Steelman & Travis
Danny Tanner
Chris Tennant
Dale Totaro
Maxine Ungerbuehler & family
Victims of Violence & Abuse
Elsie Walsh
Warsaw UMC
Jack Whitley Jr.
Garl Wiles, Jr
Jim Heager
Clement York



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:

Alex Blust
Matthew Bronson
Chad Bryson
Oliver Clayton
Jeremy Courtney
James C Edwards III
Ramon Hernandez
Nick Linehan
William (Willy) Mabry
Nickolas Martens
Brandon Meier
Aaron Pait
Sam Schenck
Garrick Shelton
John Vernaue

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



Lectionary Bible Readings

October 6

Lamentations 1:1-6
Psalm 137
2 Timothy 1:1-14
Luke 17:5-10

October 13

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

October 14

Deuteronomy 26:1-11
Psalm 100
Philippians 4:4-9
John 6:25-35

October 20

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

October 27

Joel 2:23-32
Psalm 65
2 Timothy 4:6-8, 16-18
Luke 18:9-14

Operation Christmas Child

Yes, it's that time of year already! On Sunday, October 20th, the OCC brochure will be in the Sunday bulletin providing details for filling a shoebox. This is a mission project in which everyone can participate. Your gift filled shoebox will bring much joy to a child. The Outreach Committee hopes you will participate in this project. Please call Carol Matthews, 575-4267, if you have any questions.



Memorials & Honorarium

Given by:

Ray and Wanda Wiltbank

In memory of:

Chris Dammer



Upcoming Events!

October

World Communion Sunday 10/6
Flu Clinic 10/9 2-4PM
Consecration Sunday 10/13 & 20
Operation Christmas Child begins 10/20
Red Cross Blood Dr 10/24
9:30-1:30PM
Trunk or Treat 10/30

November

Daylight Savings Ends 11/3
All Saints Day 11/3
UMW Retreat 11/5, 6 & 7
Youth Pilgrimage 11/8-10
Laity Sunday 11/10
Christmas Tree Sales Begin TBA
Hanging of the Greens TBA

Trunk or Treat

October 30th

5 pm

SUMC Parking Lot

**Join us for some great fun!
Decorate your trunk and hand out candy to the children or just come and see all the great costumes and cleverly decorated cars.**

Worship

	8:00	9:30	11:00
August 4	137	164	138
August 11	129	175	142
August 18	120	135	127
August 25	136	161	132

Attendance In Sunday School

August 4	51
August 11	46
August 18	27
August 25	44

New Members In Our Church Family



Welcome Bob Perna to our Seaside church family. Bob joined SUMC Sunday, September 1st at the 8:00 AM service by transfer of membership from St. Brendan the Navigator Catholic Church, Shallotte. Bob enjoys golf, fishing and carpentry. Bob & his wife Linda, who is already a member of SUMC may be contacted at:

653 Kings Court
Sunset Beach, NC 28468 (Sea Trail)
Tele: 910-579-3992

Address Changes/Updates

Tommy & Kay Lloyd
7552 Riverside Court
Clemmons, NC 27012

Al and Camille Troisi
8855 Radcliff Dr NW Unit 16A
Calabash, NC 28467

Ceese Morris
172 Bradford Village Ct
Hernersville, NC 27284

4 Carolina Shores Drive
Carolina Shores, NC 28467



"Songs of Seaside"

"Whoever walks with the wise becomes wise"
Proverbs 13:20

When you have been hurt physically, you go to your Doctor or the Emergency Room. If you choose not to seek treatment, your wound or broken bone does not heal properly. In the same manner, when you are hurting emotionally from the loss of a loved one, it's important to reach out and get help. Grief is a journey that doesn't allow for detours, you can't go over, under or around it, you must go through it. GriefShare is the Emergency Room for those who are mourning the loss of a loved one.

Our third cycle of GriefShare began in August. Each GriefShare Session is self-contained which enables anyone to come into the cycle at any time. We meet on Fridays from 1:30 to 3:30PM in the Choir Room. Each session contains three parts—a video, large group discussion (if you don't feel like talking, that's okay), and small support group time. It's okay to cry, we have plenty of tissues. Tears are part of the healing process. Confidentiality is an important part of the GriefShare program. Anything that is said in the group stays in the group.

Our "graduates" tell us that coming the first time is the most difficult step and encourage others to come to at least three sessions before deciding if it is right for them. They also have found the small support group time to be very helpful.

If you would like to speak to someone about GriefShare, please call Jim McNeill at 579-2405 or Milly Houger at 579-2603.

Wisdom . . . that's what we'll be learning about this year in choir! If you would like a dose of wisdom, come join us! Our mascot, of course, is that wise old owl. Venture into the choir room this year and you will see a flock of our wise friends flying all over the room.

October brings several exciting opportunities to mark on your calendar:

October 6th—World Communion Sunday

October 20th—Children will sing in church

October 26th—**The Carolina Master Chorale** will be in concert at Seaside. Tickets may be purchased through their website or Seashore Drugs in Calabash. This will be their only performance at Seaside during this season so don't miss this wonderful group!

October 27th—Jubilee Handbells will play in church

And I know some of you are already asking about the Christmas Choir Concert. It's December 15th at 4 & 7PM! Free tickets will be available November 1st. More details about this concert will be in the November newsletter . . . stay tuned!

There is still a spot open in the choir if you are interested . . . come join our flock!

With a voice of singing,
Kathryn Parker



Remember Our

Food Pantry

Open every Tuesday 10—Noon
Envelopes for donations are passed out the 1st Sunday of the month AND can be found in the pews every week.

Edge of the Field Store

Needs donations of diapers, children and adults clothing. As it gets cooler, sweatshirts, and jackets will be needed.



A More Excellent Way

Love is the mark of the church. The world is to know the disciples of Jesus by their love, not doctrines or zeal, but the love they have for each other. Love shows itself in all kinds of ways from hospitality to "weeping with those who weep." By working together, we do far more good than we could ever do alone. We help each other to "grow in grace." As John Wesley said, "the Christian life is far too demanding to live alone." Come get involved in SUMC!

Colleen McGregor
Lay Leader

Seaside UMYF

The youth are back in the swing of things with school and other activities and we are looking forward to the plans for our youth meetings. We want to thank Tim Parsons-Gilman for leading us in music worship; this is a great addition to our youth meetings. He will also be working with the youth who play instruments to possibly start a youth band.



We are so excited about sponsoring a child through Compassion International. Her name is Heidi Sarahi Aucencela Guairacaja. Sarahi's birthday is October 27th and she will be five years old. Sarahi is from Ecuador and makes her home with her father and mother and there are 3 children in the family. The youth will be paying the \$38 a month to support Sarahi by donating money they have earned or giving up something they want to spend money on to put it in the "Support for Sarahi" box each week when they come to youth. We will be writing her letters, sending her pictures and praying for her. Her picture is in a specially made frame in the youth room and you can also see her picture on the youth bulletin board in the gallery. She is so cute and has stolen our hearts!

At our September meeting we welcomed Elizabeth Lewis and her youth leader Sue Luby from Calabash Presbyterian Church. We look forward to having them and other youth from their church join us on a regular basis. We also welcome Kamron Normansell, and Matthew & Jacob Monroe who joined us recently. Our group is growing and we are so excited!

Pilgrimage is just a month away, November 8 – 10th. This will be the 20th Anniversary and the theme is "Born to Lead the Way, Born to Break the Chains." As always we are very excited about attending. Please keep us in your prayers as we travel and grow in faith and fellowship.

The youth meet on Sunday evening at 5PM with Ms. Kathy if you want to play handbells, and the youth meeting is from 5:30–7PM. 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.

Thank you to everyone who has signed up to provide a snack supper. **If you haven't volunteered yet there is a sign-up sheet in the gallery; you will be contacted to set a date and plan a meal that is convenient for you. If you have any questions, please contact Nancy Camino at 540-0003.**



Stephen Ministry History and Growth

Stephen Ministry at Seaside began over ten years ago when the first class of ten Stephen Ministers were commissioned on May 3, 2002. The 2013-2014 class of candidates began their 50 hours of training in September and will be commissioned in the early spring of 2014. As Seaside continues to grow, their ministry to provide one-on-one Christian care to those in need grows. Our new class will be added to the more than 600,000 laypeople worldwide that have received Stephen Ministry training. Following is a brief history of where Stephen Ministry began and where the organization is today.

Stephen Ministry began in 1975 when the Rev. Kenneth C. Haugk, Ph.D., a pastor and clinical psychologist, trained nine members of his congregation in St. Louis to be Stephen Ministers. They assisted him in providing Christian care and support to people in the congregation and community who were experiencing life difficulties. These trained caregivers were so enthused about their ministry they encouraged Dr. Haugk to offer Stephen Ministry to more congregations.

Over the next few years, Dr. Haugk traveled to congregations and trained Stephen Ministers. This quickly proved to be inefficient, since he could visit only a limited number of congregations, and these congregations were then dependent on him to train additional caregivers. So in 1978, Stephen Ministries held the first Leader's Training Course and trained the first Stephen Leaders—representatives of various congregations who then returned home to train and supervise their own Stephen Ministers. Since then Stephen Ministries St. Louis has specialized in "training the trainers" through the Stephen Series ministry system.

You'll find Stephen Ministry in congregations from more than 160 Christian denominations, across the U.S. and Canada and in 24 other countries.

Stephen Ministry is built to last—going strong for over 30 years in hundreds of congregations.

- Since Stephen Ministries was founded in 1975:
- More than 11,000 congregations have enrolled in the Stephen Series.
- More than 65,000 pastors and lay leaders from those congregations have been equipped at Leader's Training Courses.
- More than 600,000 laypeople have received Stephen Minister training.
- More than one-and-a-half-million people have had a Stephen Minister walk with them, providing one-to-one Christian care during tough times.

To learn more about Stephen Ministry visit their website at stephenministries.org.

To learn more about Stephen Ministry here at Seaside, please visit our website at seasideumc.org, contact one of our Stephen Ministers—their names and pictures are located outside the Sanctuary, or call the church office (579-5753) and your call will be directed to the appropriate person.



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

What an exciting time of year! Fall is in the air and we are ready to get busy! Lots of things going on this month... Flu clinic, Red Cross Blood Drive... and then moving into high gear as we look forward with anticipation to Thanksgiving and Christmas. If any of our new members wish to jump on board, we can certainly use you. During the blood drive... we need help with registration, or serving snacks and drinks. Please see me! With Love and a Grateful Heart,

Carol Sigafos

October Schedule:

- October 4, 11, 18, 25 GriefShare w/ Jim McNeill & Milly Houger, at 1:30PM
- October 7, 14, 21, 28 Straighten Up Exercise Class – Nicole Depauw. 3:30PM in Fellowship Hall
- October 9 Flu Clinic from 2—4PM in Fellowship Hall
- October 17 Alz. Support Group presents “Focus on Falls,” with guest from BrightStar Home Care—1:30 in Fellowship Hall
- October 22 On the Road to Wellness Support Group, at 9AM
- October 24 Red Cross Blood Drive from 9:30AM—1:30PM in Fellowship Hall

- Alzheimer and Grandparents’ Support Groups will continue to meet at their usual times.
- Blood Pressure checks the second Sunday of the month.
- Yoga with Mark will meet on Mondays and Fridays, at 10AM in the Fellowship Hall.

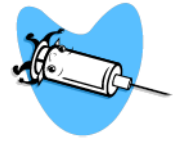
CPR/AED Course

We are trying to schedule another CPR/AED certification/ recertification course in the fall. Please let Carol Sigafos know if you are interested. There will be a signup sheet in her office and we will determine what days and times are best to accommodate as many as possible. Any ushers who haven’t had the training or need an updated card, please prayerfully consider signing up for this very important course.



Flu Clinic

SUMC has scheduled a Flu Clinic for the 2013-14 season. It will be held on **Wednesday, October 9, 2013 from 2—4PM**. They will also bring the pneumonia vaccine, but the pneumonia vaccine is only needed once after the age of 65. They will also educate anyone interested in that vaccine on the findings. The flu shot is covered under most insurance plans. The cost of the shots are as follows, if anyone needs this information.



Prices for Flu Vaccine:

- Adult Flu - \$38.00
- Flumist - \$47.00
- High Dose - \$56.00
- Interdermal - \$42.00
- Peds - \$37.00

If anyone is interested in scheduling a time that is convenient for them, please call the church office. They will also take walk-ins.

American Red Cross Blood Drive

Once again Seaside UMC will sponsor a blood drive with the American Red Cross. We appreciate the willingness of 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 **Thursday, Oct. 24th, from 9:30AM until 1:30PM** on your calendars and don’t forget to register online for your appointment time. You can either go to: www.redcrossblood.org and search by Sponsor code “**Seaside**”... or call **254-GIVE (254-4483)**.



I’d like to thank everyone who volunteered to help with taking blood pressures, “manning” the First Aid stations, and helping out with the Health & Wellness table, at the Country Fair. We couldn’t do this without our wonderful volunteers. We appreciate all you do and the time you give for others in the name of Jesus! You are a blessing!

I’d also like to thank the ladies who filled in for me on Sunday morning while I was away on vacation over Labor Day week. You were there without hesitation to take blood pressures and whatever else was needed. Thank you, thank you, thank you!

Bless you all!
Carol Sigafos

Save the Date!

Mark your calendars for **Wed., Nov. 13th**. On the Road to Wellness and the Alz. Support Group will present guest speaker, Dr. Len Lecci, Director of Clinical Svcs. at the MARS-Health Network. He'll speak on early testing, diagnosis, and education regarding Alz. and dementia.

Infection Prevention

Patients and family members are a critical part of the healthcare team. You play an important role in preventing infection and staying safe when you visit a healthcare facility. Always keep in mind these three simple steps to safeguard you or a loved one from infection:

1. Clean your hands and cover your cough
2. Ask your healthcare providers to clean their hands
3. Speak up if you have any questions about your care.

Keep you and your loved ones safe in these situations:

- **In the hospital:** Prevent infections by knowing the right questions to ask.
- **When visiting a hospital patient:** Be a good visitor and a patient advocate to protect loved ones from infection.
- **In an outpatient or ambulatory clinic:** Whether you are having surgery or another procedure or treatment, ask questions to stay safe.
- **In a nursing home:** Residents of long-term care facilities are at increased risk of developing an infection. Learn how to protect your love ones.
- **At home:** Home health providers are concerned about your health and safety. Play an active role when receiving care in your home.

Keeping your hands clean is the number one way to prevent the spread of infection.



To help stop the spread of germs:

- Cover your coughs and sneezes. Cough and sneeze into your elbow, or cover your nose and mouth with a tissue. Throw the tissue into the trash.
- Do not cough or sneeze into your hands.
- Wash your hands with soap and warm water after using the bathroom; after sneezing, blowing your nose, or coughing; before food preparation and eating; when visiting someone who is sick; or whenever your hands are dirty. Scrub your hands for at least 20 seconds – that's about as long as it takes to sing the "Happy Birthday" song twice.
- Air-dry your hands or use a paper towel.
- Use a paper towel to turn off the faucet, and then throw it away.

- If soap and water are not available, use alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs are spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick to avoid spreading germs to others.
- Ask your healthcare provider about any vaccines you or your family should receive to prevent illness.

If you or a loved one are going into the hospital or healthcare facility, remember that clean hands are essential to preventing infection. It is okay—and an important way to prevent infection—to ask healthcare providers to clean their hands before touching you. If you do not see your healthcare provider use the alcohol-based hand rub or wash up at the sink, ask them to do it in front of you.

Healthcare providers want to do everything they can to keep you safe so they welcome your questions about hand hygiene. Some facilities even have signs encouraging patients to ask healthcare personnel if they've cleaned their hands. Hand hygiene is the number one way to prevent infections. Patients and visitors need to wash their hands as well. Infection prevention is everyone's responsibility.

Patients who play an active role in their care while they are in a hospital or other healthcare facility may have better experiences than those who don't. Your direct care providers are concerned about your health and safety. They want you to have a voice in your care. You are an important member of the healthcare team. Please speak up. Do not feel shy about asking for more information about your care. Infection prevention is everyone's business! If you have a concern, please feel free to ask questions.

FOR GOD
SO LOVED
THE
WORLD
THAT HE GAVE HIS ONE AND ONLY SON,
THAT WHOEVER BELIEVES IN HIM
SHALL
NOT
PERISH
BUT
HAVE
ETERNAL
LIFE.
JOHN
3:16

October Birthdays and Anniversaries

October 1

Birthdays:
Dinah Gore
Lorraine Usher
Barb Mahoney
Ron Watts
Kristin Marley
Paul Walsh

October 2

Birthdays:
Nancy Tew
Jeff O'Dwyer
Robert Copley

October 3

Birthdays:
Bill Magee
Elyse McLearn
Bob Bell
Anniversaries:
Junius & Meridith Stewart

October 4

Birthdays:
Frances Hudson
Dorothy Compton
Ernie DiLabio
Ashley Stanley

October 5

Birthdays:
Bob Hewson
Diane Casey
Anniversaries:
Bruce & Pat Bowers, Sr.
Jack & Ella Mae Brooks

October 6

Birthdays:
Peter Robertiello
Chuck Denney
Emily Rush
Meridith Stewart
Rachel An
Mary Rigby
Daniel Rigby

October 7

Anniversaries:
Paul & Carol Sigafos

October 8

Birthdays:
Loretta Carpenter
MaryAnn VonHausen
Harriett Hamby
Mary Jo Hobbs
Fred Stone
Elizabeth Munns
Anniversaries:
Jim & Debbi Wallace

October 9

Birthdays:
Robert Clagett
Linda Bradley
Linda Scherzer
Anniversaries:
Joe & Juanita Adams
Michael & Courtney Milliken

October 10

Birthdays:
Bob Radcliff
Anniversaries:
Bill & Ginny Coats

October 11

Birthdays:
Jackie Pickup
Mary Ellen Good

October 12

Birthdays:
Martha Boyd
Tina Simmons

October 13

Birthdays:
Kristi Varner
Teak Hemphill
Patricia White
Jennifer Burroff
Carmen Payne

October 14

Birthdays:
Richard Good
Scott Walters
Kevin Loughran

October 15

Birthdays:
Marvin Braddy
Betty Henderson

October 16

Birthdays:
Anne Eckard
Joanne Jenkins
Anniversaries:
Bill & Ellie Allen

October 17

Birthdays:
Gene McCune
Connie Stout
Gaylee Strickland
Beth Thorndyke
Sarah Fones
Anniversaries:
Tom & Doreen Watson
Jack & Diane Casey

October 18

Birthdays:
Marguerite Ballenger
Janet Lee
Michael Dolbow

October 19

Birthdays:
Elizabeth Dickson

October 20

Birthdays:
Bill Scheff
Pat Burke
Jason Hernandez
Gere Andujar

October 21

Birthdays:
Bobbie White
Nancy Poe
Ted Loop
Tommy Tucker
John Farr
Anniversaries:
Louis & Betsy Pesce

October 22

Birthdays:
Courtney Marshall
Ginger Cannon
Kathleen Lewis
Anniversaries:
Ed & Susan Seidel
Mark & Janet Benton

October 23

Birthdays:
Eddie Loflin
Mary Malkin
Anniversaries:
Paul & Shirley Walsh

October 24

Birthdays:
Penny Sue Spohn
Bea Walters
Anniversaries:
Pedro & Blanca Alvarez
Tim & Gene Parsons-Gilman

October 25

Birthdays:
Mike Carper
Joyce Kuthe
Justin Wright
Anniversaries:
Bob & Nadine Patrick

October 26

Birthdays:
Frank Malkin

October 27

Birthdays:
Mary Cundiff
Ed Seidel
Carolyn Carden
Shirley Owen
Jerry Groenke
Kay Swenson
Anniversaries:
Von & Jeanie Dyke
Howard & Mary Jo Hobbs

October 28

Birthdays:
Bruce Bowers, Sr.
Diana Damato
Harold Wilson

October 29

Birthdays:
Margie Gannon
Althea Marshall
Lois McClellan
Margaret Hawkins
Stephanie Cate
Barbara Bray

October 31

Birthdays:
Irene Harrison
Lee Dieffenbaugher

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 9am/5pm GED 10am Food Pantry 11am Staff Mtg 1pm Tutoring 1:30pm Worship Pl. 5pm Comm. Mtg 6:30pm Divorce Care, Stephen Ministers, What's The Least I Can Believe, Sharing God's Word</p>	<p>2 9am Spanish, Disciple III 10am Christ. Artists, G-parents Support, Namesake Study 4:30pm Joyful Noise 5:30pm Handbells 6:30pm Christian Believer, Exodus, FPU, Praise Team</p>	<p>3 9am/5pm GED 10am Living w/ Grief, Ministry Mtg. 4pm Lay Leaders 5:30pm Mid Serv. Choir 6:30pm 8 & 11 am choirs</p>	<p>4 10am Yoga 1:30pm GriefShare</p>	<p>5</p>
<p>6 Sunday Worship 8, 9:30 & 11 am Sunday School 9:30 & 11 am 12 pm New Member Lunch 5pm Stephen Ministers 5 pm Youth Bells 5:30 pm UMYF</p>	<p>7 10am Yoga 11am SBL Gp 12pm Al Anon 1:30pm Disciple I 3:30pm Straighten Up 4:30pm Girl Scouts 5pm UMM/UMW Dinner Mtg 6:30pm Boy Scouts</p>	<p>8 9am/5pm GED 10am Food Pantry 11am Staff Mtg 1pm Tutoring 1:30pm Worship Staff 5pm CFC 6:30pm Divorce Care, What's The Least I Can Believe</p>	<p>9 9am Spanish, Disciple III 10am Christ. Artists, G-parents Supp. Gp, Namesake Study 2pm Flu Clinic 4:30pm Joyful Noise 5:30pm Handbells 6:30pm Exodus, FPU, Christian Believer, Remembering Your Story, Praise Team</p>	<p>10 9am/5pm GED 10am Living w/ Grief, Ministry Mtg 4pm Homecoming Comm. 5:30pm Mid Serv. Choir 6:30pm 8 & 11 am Choirs</p>	<p>11 10am Yoga 1:30pm Griefshare 5pm Wedding Rehearsal</p>	<p>12 9am Prayer Warriors 1:30pm Kuthie/ Leavel Wedding</p>
<p>13 Sunday Worship 8, 9:30 & 11 am Sunday School 9:30 & 11 am 5pm Stephen Ministers 5 pm Youth Bells 5:30 pm UMYF</p>	<p>14 10am Yoga 11am SBL Gp 12pm Al Anon 1:30pm Disciple I 3:30pm Straighten Up 5pm UMW Unit Mtg 6:30pm Boy Scouts 7pm Trustees</p>	<p>15 9am/5pm GED 10am Food Pantry 11am Staff Mtg 1pm Tutoring 1:30pm Worship Pl. 4pm Worship Staff 6:30pm Divorce Care, What's The Least I Can Believe, Sharing God's Word</p>	<p>16 9am Spanish, Disciple III 10am Christ. Artists, G-parents Supp. Gp, Namesake Study 4:30pm Joyful Noise 5:30pm Handbells 6:30pm Exodus, FPU, Christian Believer, Remembering Your Story, Praise Team</p>	<p>17 9am/5pm GED 10am Living w/ Grief, Ministry Mtg 1:30pm Alzheimer's support 5:30pm Mid Serv. Choir 6:30pm 8 & 11 am Choirs</p>	<p>18 10am Yoga 1:30pm Griefshare</p>	<p>19 Harbor District Charge Conference</p>
<p>20 Sunday Worship 8, 9:30 & 11 am Sunday School 9:30 & 11 am 5pm Stephen Ministers 5 pm Youth Bells 5:30 pm UMYF</p>	<p>21 10am Yoga 11am SBL Gp 12pm Al Anon 1pm Shell Seekers 1:30pm Disciple I 3:30pm Straighten Up 4:30pm Girl Scouts 6:30pm Boy Scouts 7pm Finance</p>	<p>22 9am/5pm GED 10am Food Pantry 11am Staff Mtg 1pm Tutoring 1:30pm Worship Pl. 3pm Road to Well. 6:30pm Divorce Care, Stephen Ministers, What's The Least I Can Believe</p>	<p>23 9am Spanish, Disciple III 10am Christ. Artists, G-parents Supp. Gp, Namesake Study 4pm Exec. Comm. 4:30pm Joyful Noise 5:30pm Handbells 6:30pm Exodus, FPU, Christian Believer, Remembering Your Story, Praise Team</p>	<p>24 8am Red Cross Blood Drive 9am/5pm GED 10am Living w/ Grief, Ministry Mtg 5:30pm Mid Serv. Choir 6:30pm 8 & 11 am Choirs</p>	<p>25 10am Yoga 1:30pm Griefshare</p>	<p>26 4pm Carolina Master's Corale</p>
<p>27 Sunday Worship 8, 9:30 & 11 am Sunday School 9:30 & 11 am 5pm Stephen Ministers 5 pm Youth Bells 5:30 pm UMYF</p>	<p>28 10am Yoga 11am SBL Gp 12pm Al Anon 1:30pm Disciple I 3:30pm Straighten Up 6:30pm Boy Scouts</p>	<p>29 9am/5pm GED 10am Food Pantry 11am Staff Mtg 1pm Tutoring 1:30pm Worship Pl. 6:30pm Divorce Care, Stephen Ministers, What's The Least I Can Believe</p>	<p>30 9am Spanish, Disciple III 10am Christ. Artists, G-parents Supp. Gp, Namesake Study, Stephen Leaders 4:30pm Joyful Noise 5:15pm Trunk or Treat 5:30pm Handbells 6:30pm Exodus, FPU, Christian Believer, Remembering Your Story, Praise Team</p>	<p>31 9am/5pm GED 10am Living w/ Grief, Ministry Mtg, Costume Party 5:30pm Mid Serv. Choir 6:30pm 8 & 11 am Choirs</p>		

Permanent Endowment & Special Gifts Committee

Want to lower your income tax obligation by paying your regular offering or other gifts to the church from your IRA Account? This would be considered an IRA Charitable Rollover, and here are the basic requirements:

- You must be at least 70 1/2 years old when you make the gift.
- The Charity must be recognized by the IRS (SUMC I s).
- The gift must be made directly from the IRA trustee (your bank or brokerage firm) to the charity.
- Your total distribution cannot exceed \$100,000 in any tax year.
- You must get written acknowledgement of your contribution from the charity.
- You must act by the end of 2013 (Congress may extend it again for 2014).

Here's the good part: these gifts would count toward your Required Minimum Distribution and are exempt from your taxable income.

So why would this be better than taking the charitable gift as a tax deduction?

A tax deduction does not reduce your adjusted gross income, but an IRA charitable gift does. Furthermore, your gift is deducted from your regular income, **and** from your Social Security income. It will also reduce the basis for your Medical Expense deduction.

So why not fulfill your regular offering to the church by paying it from your IRA account?

There is one minor glitch to the process with your bank or broker...they may require written instructions for each rollover payment.

Questions? Call Ralph Gardner (579-8380) or Wayne Mathews (at church 579-5753).

Country Fair

We'd like to thank everyone who played a part in making our 2013 Country Fair at SUMC another great success.

From weekly pricing, picking up donations, setting up and tearing down. We could not have accomplished so much without all of our Church Family pulling together.

Mike & Bev Williams

UMW to Hold Joint Dinner Meeting with UMM on October 7th

The United Methodist Women and United Methodist Men have scheduled their first ever joint dinner meeting on October 7th at 5:30PM. The FIGS (Friends in God's Service) Circle, whose mission focus is Social Action, has arranged for a speaker from the Brunswick County Sheriff's Department on the important issue of human trafficking. Human trafficking is a growing crime in this area, and North Carolina is one of the top ten states where this illegal activity exists. Several recent cases are being prosecuted in Eastern North Carolina. Law enforcement and community organizations are trying to understand the extent of this human slavery, whether for labor or in the sex trade, in order to prosecute the perpetrators and provide services for the victims.

An Italian dinner, offering a variety of dishes plus salad, bread and dessert will be provided for a donation of \$5. Following the dinner, Sergeant Candy West from the Sheriff's office will give the presentation on human trafficking and will respond to your questions.



UMW Readers

Hopefully you have all started reading for the 2014 year! As I was making an inventory of our eligible books on our shelves, I discovered that there are a few "missing." These are books that do not appear to have been signed out. If you think you may have one at home please either return it soon or let me know that it is not really "missing." A couple of them were just purchased last year and we need them for the next 4 years.

Titles:

Same Kind of Different As Me
Mind on the Run
Laugh Your Way to Grace
My Sister the Father
Rubble Nation
Old Testament Prophets for Today

Thanks for looking!
Marie Wilcox (575-1076)

*Seaside United Methodist Church and
The Alzheimer's Support Group*



presents...

“FOCUS ON FALLS”

By

BrightStar Care of Brunswick/New Hanover

**Where: 1300 Seaside Rd. SW
Sunset Beach, NC
(Fellowship Hall)**

When: Thursday, October 17, 2013

Time: 1:30 pm — 3:30 pm

MEDICATION SIDE EFFECTS, BEING OVER/UNDER-MEDICATED AND MEDICATION INTERACTIONS	Remind your loved one to take their medication or enlist a licensed agency who can help with medication management. Pill reminder boxes can also help. Be sure to ask their doctor or pharmacist to review their medications - both prescriptions and over-the-counter—to identify medicines that may cause side effects or interactions. Be particularly observant when a new medication is added or an existing medication is increased.
ILLNESS, FATIGUE AND/OR WEAKNESS	If your loved one is weak, tired or ill, help them get out of bed to go to the bathroom and walk around or partner with an agency to provide them with this support in getting around. Encourage adequate intake of foods and fluids.
LACK OF PHYSICAL FITNESS/STRENGTH	A loved one who has fallen before, even if they weren't injured, could develop a fear of falling that threatens to limit their activity and make them less mobile. Many families don't realize that this, in turn, could result in a loss of physical fitness and actually increase their risk of falling. Encourage muscle and balance exercises like yoga and tai chi.
ENVIRONMENTAL HAZARDS IN THE HOME	Do what you can to improve safety around your loved one's home by reducing tripping hazards, adding grab bars inside and outside of the tub or shower and next to the toilet, adding railings on both sides of stairways and improving the lighting where needed.
SIDE EFFECTS AND/OR SYMPTOMS OF CHRONIC CONDITIONS	One of the most important ways to reduce the risk of falling in an elderly loved one with a chronic condition is to understand the disease process and help them to follow the treatment plan, get to doctor appointments and know red flag alerts. Enlist a licensed agency for condition-specific education and health monitoring.

Learn more at: www.brightstarcare.com/range-of-care/elderly-fall-prevention



Seaside United Methodist Church

1300 Seaside Road, SW

Sunset Beach, NC 28468

(910) 579 5753 Fax: (910)575-6535

Web: www.seasideumc.org

Revs. Scott & Mary Jane Wilson-Parsons, Pastors

Non-Profit Org.
U.S. Postage Paid
PAID
Shallotte, NC
Permit No. 102

ADDRESS SERVICE REQUESTED