



CHILDREN'S SABBATH AT SEASIDE

For almost as long as Seaside United Methodist Church has been in existence, the Children's Defense Fund has sponsored a nationwide, interfaith observance of The Children's Sabbath. The central, driving force for the Children's Sabbath is the recognition that children are a gift of God but that they are among the most vulnerable in our human society. The Rev. Mark Bozzutti-Jones observes:

- If we watch children closely, we can learn many things about them. We learn how children respond to life, we become aware of their needs, we learn what hurts them and we learn how they mirror God's love. Children have many qualities that can be overlooked unless adults take the time to notice, to learn, to welcome them, and to listen to them.
- A wonderfully characteristic trait of children is persistence. Children almost never give up. They can laugh forever, talk forever, question forever, and, yes, hurt forever. Children persist in making us think about our lives, our priorities, our hopes, our dreams, and our loves.
- Children also invite us, persistently, to think about the mystery of life and the mystery of the reign of God. It was the children's persistence, their unwillingness to listen to the disciples, that caught the attention of Jesus and that led him to say to the disciples, "Let the children come to me."

Persistence of this kind is a necessary part of a faithful life. We struggle with our moral and ethical decisions, we struggle to discipline our lives, and we struggle to achieve justice and a better world. We struggle to give love and peace the upper hand, we struggle to preserve the works of mercy, and we even struggle to remain Christian. Perhaps without realizing it as such, we struggle daily to ensure that our children are safe, protected, loved, educated and prepared to live fulfilling lives in the world.

In the biblical story of Jacob wrestling with an angel, Jacob refuses to let go until the angel blesses him. Jacob wanted to be blessed because he saw the importance of it, not just for himself, but for his family and nation.

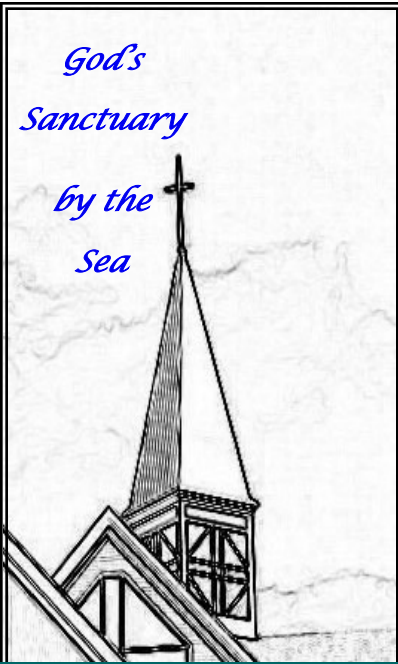
We need an attitude like that of Jacob. We need a disposition to see the blessing of our children as gifts worth wrestling over, not just for ourselves, but for the whole nation, the whole family of God.

If adults persisted in loving, praying, asking the right questions, advocating on behalf of children, and ensuring that the world was a safe and holy place for children, we would all become more aware of God's love and peace.

The sad truth, though, is that while we may have moved heaven and earth for our own children and grandchildren, it is far too easy to ignore the needs of our community's children—especially those who are out of our sight. Many of these children who need our help are sick, abandoned, imprisoned, hungry, enslaved, uneducated and abused. As Christians we must persist in a struggle for a better life for all our children, we cannot give up.

Throughout the month of February, the Christian Formation Committee will be highlighting the call to prayer and action that is the "Children's Sabbath." As we pray and work, may Jacob's struggle for God's blessing encourage us. May the examples and lessons of persistence in our children give us strength to persevere as we care for all of God's children.

Scott



UPCOMING EVENTS

Grief/Share Feb 7th

Red Cross Blood Drive
Feb 13th

Knowing The Law
Feb 20th

"Children's Sabbath"
Feb 23rd

Shrove Tuesday
"Pancakes
for
Pilgrimage"
March 4th

Ash Wednesday
March 5th

Liberty Hospice
March 20th 2pm

Special Note
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:

Carol Aspy
 Karen Avery
 Bruce & Linda Bowden
 Ann & Lafayette Bowman
 Marvin & Dina Braddy
 Frances Broome
 Barbara & Thack Brown
 Harry Clatterbuck
 Bill Coats
 Marge Comer
 Marg Duffy
 Ken & Mary Eaton
 Ro Edwards
 Bob & Marilyn Eronimous
 Ray & Carol Grace
 Barbara Gravely
 Grief/Share
 Susanne Harris
 Doug & Katherine Hayes
 Paula & Daniel Hernandez
 Tom Herncane
 Gene & Lorraine Hoge
 Kate Hooks
 Crystal & Tabatha Huggett
 Gil & Kathy Johnson
 Carol & Bob Jones
 Sarah Justice
 Preston Kelly
 Donna Lloyd
 Marlen Mapes
 Larry May
 Susan & Bill McDonald
 Family of Bob McKean
 Family of Ned Meier
 Norma Mohn
 Betty Oakes
 Phil Parker
 Betsey & Lou Pesce
 Jackie Pickup
 Carolyn Powell
 Prayer Warriors
 Trip Purcell
 Betty Pursey
 Joan Routzhan
 Dick Ruehle
 Jack & Kathy Scalise
 Dave & Met Schroll
 Gerald & JoAnn Scott
 Seaside UMC Staff
 Susan Seidel
 Ric Shields
 Dot Sellers
 Randy Shuford
 Charity Smith
 Jimmy Smith
 Mary Snyder
 Jackie & Mel South
 Carlene Stanley
 Glen Starns

Members Continued:

Stephen Ministers
 Rich Stephens
 Decio Stone
 SS Volunteers & Students
 Bub Sweetman
 Mildred Trenchard
 UMYF & Leaders
 Isabelle Waldron
 Isabelle Waldron
 Kitty White
 Garl & Carrie Wiles
 Bev Williams
 Wanda Wiltbank
 Gwen Wiseman
 Marybeth & Jim Yeager

Friends:

Margot Anderson
 Peyton Andricak
 Carol Androski
 Carolyn Arney
 Andrew Beck
 Paula Beck
 Zach Bernier
 Bob & Ann Billups
 Bob & Carol Boileau
 Janet Bonekemper
 Michael Boran
 Alex Brooker
 Marian Caffrey
 Richard & Susan Canipe
 Margie Canter
 Don & Cathy Cassalini
 Linda & Bill Chambers
 Jim & Darlene Cooper
 Chris & Janet Cooper
 Bob & Claire Cozzi
 Daleb Davis
 Maria D'Avolio
 Divorce Care Group
 John Dufford
 Scott Duston
 Julie Earp
 Tod Eckley
 Eileen
 Marge Ewing
 Martin & Regina Flemion
 Jackie & Bill Gano
 Gavin
 Dan Gentile
 Kellie Godwin
 Judy Goodman
 Norma Hewitt
 Kevin Jones
 Jim Justim
 Katie Kendall
 Susan King
 Blair Kissel
 Karen LaValle
 Johnny Lawson
 Jack Levine
 Patti Lewellyn
 Cory Loughran

Friends Continued:

Brian Marsh
 Karsen McGee
 Dottie McVaugh
 Charles Meyersohn
 Nathan
 Jo O'Keefe
 Our Nation & Our World
 Charles Phillips
 Rick Ramsey
 Kristen & Kelly Scocia
 Ed & Carol Sheets
 Nellie Shuford
 Molly Space
 Midge Sparks
 Phillip Stavonovic
 Danielle & Travis Steelman
 Danny Tanner
 Victims of Violence & Abuse
 Elaine Walker
 Elsie Walsh
 Jack Whitley, Jr.
 Bob Wingate & family
 Clement & Anna May York
 Eric & Beth Zettlemoyer

Serving Our Country:

Alex Blust
 Matthew Bronson
 Chad Bryson
 Oliver Clayton
 Jeremy Courtney
 William (Willy) Mabry
 Aaron Pait
 Zachary Rushing
 Sam Schenck
 John Vernau
 Christopher Wallace

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





LECTIONARY BIBLE READINGS

February 2

Micah 6:1-8
Psalm 15
I Corinthians 1:18-31
Matthew 5:1-12

February 9

Isaiah 58:1-9a (9b-12)
Psalm 112:1-10
I Corinthians 2:1-12 (13-16)
Matthew 5:13-20

February 16

Deuteronomy 30:15-20
Psalm 119:1-8
I Corinthians 3:1-9
Matthew 5:21-37

February 23

Leviticus 19:1-2, 9-18
Psalm 119:33-40
I Corinthians 3:10-11, 16-23
Matthew 5:38-48

SUNDAY SCHOOL CLASSES

9:30 am

Children & Adult Classes

STANDING IN NEED!

Love, Nurture and Protection is for ALL God's Children.

February is the month of love! Christian Formation Committee is highlighting

ALL God's children this month culminating in a

Children's Sabbath service on February 23rd.

MUSIC DEPARTMENT NEEDS! TO BORROW.....

Pictures or memorabilia you have from past 25 years—needed for our 25th Anniversary Celebration

Contact Pat Haniquit

287-3339

patsplace@atmc.net

MEMORIALS & HONORARIUM

In Memory of:

Arthur Dancy

Given by:

Tillie Tice
Jo G Lammonds
Lewis Dancy & Michael Case
Carol & David Straight
Amber Noble
Gary F & Frances Morrison
Mike Eubanks
Mary Kaye & Deryl Hester
Patricia & B. R. McKinney
Janet & James Baldwin
Miriam Marks
M C & Laura Sorrell
Charles & Dell Little
W.R. & Martha Boyd
Mr. & Mrs. Andy Dusenbury
Harry Williamson
Thomas & Frieda Harrington
Lois & Donald Smith
Coastal Garden Club
John & Suzanne Andrews
Marjorie Putman
Robert Lindsey
Robert & Linda Padgett
Mitzi Harrill
Michael Wray King
Donald & Florence King
James & Margaret Trotter
Andrew & Katherine Black
William Harris
Bill & Betty Downing
Scott Downing Family
Sheehan Family
Nick Penra Family
Virginia Thomas
Linda & Mark Rothman

In Memory of:

Nick Forlidas

Given by:

Louise Warren
Walter & Phyllis Mills
Jean & Henry Rogers
Ingersoll Rand

In Memory of:

Ron Hinson

Given by:

Glenn & Ginger Cannon

In Honor of:

Daryl & Phyllis Forsythe

Given by:

Roger & Sharon Terry

WORSHIP

8:00 9:30 11:00

Dec 1	125	170	130
Dec 8	159	167	165
Dec 15	158	165	148
	Concert 4 PM	540	
	Concert 7 PM	610	
Dec 22	117	128	126
Dec 24	5PM 168		
	7PM 339		
Dec 29	131	110	154

ATTENDANCE IN SUNDAY SCHOOL

Dec 1	29
Dec 8	40
Dec 15	49
Dec 22	33
Dec 29	38

THANK YOU

To All Seaside Members,

David is progressing slowly. He's now in a wheelchair most of the time for protection-his number of falls are ceasing which causes less injury to head. He fell 14 times one week. His balance is the main problem. Results of concussion seem to be clearing some although a complete change after the fall!

Thank you for your prayers, your cards and the Prayer Shawl Ministry. We miss you!

Love,
Met & Dave Schroll

Thanks to everyone at Seaside UMC for the many cards, calls and visits (especially by Carol Sigafos) during my recent hip replacement surgery and recovery at Universal Healthcare. I will be recuperating with my son in Columbia for another few weeks and then I hope to return to Seaside and my generous and caring church family.

Isabelle Waldron

YOU CAN HELP



FOOD PANTRY NEWS

We had a busy month at the food pantry in December. Here are the totals:

- Seniors served—232
- Adults served—401
- Children served—333
- A total of 966 clients from 244 families.

We anticipate the need for assistance to continue, so your prayers and support are appreciated. A special thank you goes to our wonderful choir. During 2013 the food pantry received \$2,000 in love offerings from concerts throughout the year. What a blessing the choir is to our church and community in so many Ways!

Thanks also to our dedicated volunteers who work so hard each week to help our neighbors in need, and to all members of our Seaside family who support this outreach mission.

Blessings to you all,
Ann Pike

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 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.

The Blood Drive will be held at Seaside UMC on **Thursday, February 13, 2014 from 9AM to 1:30PM**. Please schedule your appointment online at: www.redcrossblood.org and search by Sponsor code "**Seaside**" or call **254-GIVE (254-4483)**.



"SONGS OF SEASIDE"

"Those who are wise shall shine like the brightness of the sky" Daniel 12:3

Love is in the air and hopefully it is contagious . . . something you will want to catch, unlike the nasty flu bugs that are going around! February will be the month that we focus on children and we all love our children . . . especially the children of the church. Each Sunday in February, we will highlight needs of children all over the world. And we have invited our Preschool children and their families to join us on February 2nd so that we can recognize them at our 9:30 service. On February 23rd we will celebrate the Children's Sabbath with a special service that will include our own Joyful Noise Children's choir. Join us each Sunday as we celebrate children!

On Wednesday, February 12th, the Christian Formation Committee is hosting a Family Night Event for our children and their families. Choir will be from 4:30-5:00 then we will join the adults for dinner and a devotion and craft led by Rev. Kathy Duckworth. We will finish by 6PM.

Our choir will celebrate Valentine's Day with a special dinner together! Good food, fellowship and entertainment. Almost makes you want to join the choir, doesn't it? The choir is a wonderful group of loving individuals who enjoy time together serving this church and our Lord. Thank you to all who participate. We love you!

Our Easter Cantata will be performed on Sunday, April 13th at 5PM. **ONE performance only**. Free tickets will be available on March 1st through the church office. This will be a drama and I hope you will come and bring your family and friends.

Love to all of you and my thanks for the many acts of love and kindness that you express to Lynn, our entire Music Ministry, and me!

With a voice of singing,
Kathryn

LAY VISITATION

Lay Visitation at Seaside UMC is an important ministry. There are many people throughout the year that need a visit, phone call, or card. Anyone needing encouragement, comfort, or a sense of belonging would benefit from a visit, especially our older members who were once active and who still live independently but who are now not able to get out to church regularly. If you feel God is leading you to this ministry but you need more information, please contact June Donley, 575-5467 or Carol Sigafoos, 579-5753 for a detailed description of how the Lay Visitation Ministry is carried out in our church. A new visitation schedule of teams of two is being formulated for 2014 and you may want to be included in this worthwhile ministry. We need more volunteers—we need you!



SEASIDE UMYF

The youth have been very busy preparing for the Children's Sabbath with "Pursuing Justice for Children and the Poor with Urgency and Persistence," on Sunday, February 23rd. This will be a very special Sunday for all the children in our congregation.

On Tuesday, March 4th we will begin the Lenten season with 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, March 4th

Time: 5:30 P.M.

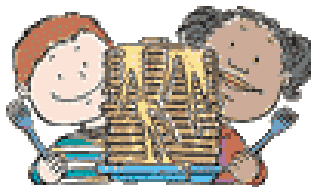
Place: Fellowship Hall

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

Don't forget to check out the display of our Fair Trade coffee, tea, and chocolate, which can be found outside the Youth Room in the Fellowship Hall. There is an envelope there to put your money in (we are using the honor system). Please help support the youth and enjoy these delicious products. Thanks to everyone who has already purchased their favorite items!

The youth meet on Sunday evening from 5:30 – 7:00 p.m. 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 signup sheet in the gallery or you can sign up on the youth page of our church website. 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.



SHROVE TUESDAY

MARCH 4TH

5:30 PM

WHAT KIND OF WOMAN WOULD RECEIVE THE CARE OF A STEPHEN MINISTER?

A woman like **Sarah** who faced a major change in life at an advanced age and needed someone to listen to both her joy and apprehension.

A woman like **Hagar** who was abandoned along with her child and needed someone to offer her hope and remind her of God's presence.

A woman like **Hannah** who struggled with her inability to bear a child and needed someone with whom to share her sadness and pain.

A woman like **Naomi** who had lost her loved ones and needed someone to hear her sorrow and pain.

A woman like **Ruth** who left everything that was familiar and needed someone to journey with her in her new life.

A woman like **Esther** who was faced with a major decision and needed someone who could listen to her concerns and offer encouragement.

A woman like **Mary of Nazareth** who lived with both the joys and struggles of having an exceptional child and needed someone to help her sort out the ponderings of her heart.

A woman like **Martha** who was burdened by the demands of daily life and needed someone to help her regain sight of what was most important.

A woman like **Mary Magdalene** who received healing from inner turmoil and needed someone to walk with her as she built a new life.

A woman like you.

If you would like to know more about how a Stephen Minister could care for you, please see or call Carol Aspy at 575-2735 or complete a Stephen Ministry request found in the pew pockets in the Sanctuary and place in the prayer request box in the Narthex.





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

February is Heart Health Month . . .

please take a few moments and read the article on Heart Disease and become familiar with the many areas that heart disease encompasses. Your heart is your lifeline . . . don't ignore it. Also, please make plans to come to our various monthly programs that offer valuable information that may someday save your life!

With Love and a Grateful Heart, Carol Sigafos

February Schedule:

- February 3,10,17,24 Straighten Up Exercise Class—Nicole Depauw. 3:30PM in FH
- February 7,14,21,28 GriefShare orientation and sessions 1—13 begins. 1:30PM
- February 13 Red Cross Blood Drive— 9:30AM-1PM in the Fellowship Hall
- February 20 Program on "Knowing the Law" With guest speaker, Lisa Salines-Mondello, attorney with Elder Law Firm in Wilmington 2PM in FH

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

Program on "KNOWING THE LAW" with Guest Speaker, Lisa Salines-Mondello, lawyer with Olsen Elder Law in Wilmington



Lisa Salines-Mondello is a lawyer with Olsen Elder Law in Wilmington. She received her B.S. in Political Science from Salem State College in Salem, Massachusetts, her J.D. from Southern New England School of Law in Dartmouth, Massachusetts and her Masters of Law (LL.M.) in Taxation from Boston University Law School. Attorney Salines-Mondello is a member of the North Carolina and Massachusetts Bars and the National Academy of Elder Law Attorneys .

Do you or a loved one *think* they have everything "in order" if something should happen to them unexpectedly?" Please join us on **Thursday, February 20th at 1:30 pm (1:00 pm is registration)** in the Fellowship Hall. Lisa will be talking to us about Elder Law and what you **need** to know. She'll be happy to answer any questions you may have and/or explain anything you don't completely understand about "Elder Law." This program is sponsored by Alzheimers NC, Inc. and the Cape Fear Council of Governments Area Agency on Aging. Hosted by Seaside United Methodist Church. Registration is required. Please contact Holly Pilson at 910-395-4553 ext. 204 or hpilson@capefearcog.org to register or for more information. There will be door prizes and refreshments! Come join us and learn the law!



HEART DISEASE

Heart disease is a broad term used to describe a range of diseases that affect your heart. The various diseases that fall under the umbrella of heart disease include diseases of your blood vessels, such as coronary artery disease; heart rhythm problems (arrhythmias); heart infections; and heart defects you're born with (congenital heart defects). The term "heart disease" is often used interchangeably with "cardio-vascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as infections and conditions that affect your heart's muscle, valves or beating rhythm, also are considered forms of heart disease. Many forms of heart disease can be prevented or treated with healthy lifestyle choices.

Causes of cardiovascular disease--While cardio-vascular disease can refer to many different types of heart or blood vessel problems, the term is often used to mean damage caused to your heart or blood vessels by atherosclerosis (ath-ur-oh-skluh-ROW-sis), a buildup of fatty plaques in your arteries. This is a disease that affects your arteries. Arteries are blood vessels that carry oxygen and nutrients from your heart to the rest of your body. Healthy arteries are flexible and strong. Over time, however, too much pressure in your arteries can make the walls thick and stiff —

sometimes restricting blood flow to your organs and tissues. This process is called hardening of the arteries (arteriosclerosis). Atherosclerosis is the most common form of this disorder.

Atherosclerosis is also the most common cause of cardiovascular disease, and it's often caused by an unhealthy diet, lack of exercise, being overweight and smoking. All of these are major risk factors for developing atherosclerosis and, in turn, cardiovascular disease.

Causes of heart arrhythmia--Common causes of abnormal heart rhythms (arrhythmias), or conditions that can lead to arrhythmias include:

- Heart defects you are born with (congenital heart defects)
- Coronary artery disease
- High blood pressure
- Diabetes
- Smoking
- Excessive use of alcohol or caffeine
- Drug abuse
- Stress
- Some over-the-counter medications, prescription medications, dietary supplements and herbal remedies
- Valvular heart disease

In a healthy person with a normal, healthy heart, it's unlikely for a fatal arrhythmia to develop without some outside trigger. That's primarily because a healthy person's heart is free from any abnormal conditions that cause an arrhythmia, such as an area of scarred tissue. However, in a heart that's diseased or deformed, the heart's electrical impulses may not properly start or travel through the heart, making arrhythmias more likely to develop

Causes of heart defects--Heart defects usually develop while a baby is still in the womb. About a month after conception, the heart begins to develop. At this point, heart defects can begin to form. Some medical conditions, genes, and medications may play a role in causing heart defects. Heart defects can also develop in adults. As you age, your heart's structure can change, causing a heart defect.

Causes of heart infection--Heart infections, such as pericarditis, endocarditis and myocarditis, are caused when an irritant, such as a bacterium, virus or chemical, reaches your heart muscle. The most common causes of heart infections include:

- **Bacteria**
- **Viruses**
- **Parasites**
- **Medications that may cause an allergic or toxic reaction**
- **Other diseases.** These include lupus, connective tissue disorders, inflammation of blood vessels (vasculitis) and rare inflammatory conditions.
- **Causes of valvular heart disease**--There are many causes of diseases of your heart valves. You may be born with valvular disease, or the valves may be damaged by such conditions as rheumatic fever, infections, connective tissue disorders, and certain medications or radiation treatments for cancer.

Heart disease risk factors include:

- **Age**
- **Sex**
- **Family history**
- **Smoking**
- **Poor diet**
- **High blood pressure**
- **High blood cholesterol levels**
- **Diabetes**
- **Obesity**
- **Physical inactivity**
- **High stress**
- **Poor hygiene.** Not regularly washing your hands is an example.

Certain types of heart disease, such as heart defects, can't be prevented. However, you can help prevent many other types of heart disease by making the lifestyle changes that can improve your heart disease.



MARK YOUR CALENDARS!

Thursday, March 20th at 2PM in the Fellowship Hall, Liberty

Hospice will be there to tell us everything we need to know and understand about hospice, and to straighten out some of the myths we've heard. This will be a program you won't want to miss! **Understanding Hospice—When to Call and What Do They Do?**

SPRING CLASSES STARTING SOON

There is a great line up of classes this spring at Seaside. They are starting at different times—many of them during Lent or just following. We have heard the request for more classes during the day, so note that about half of the classes are during the daytime.

Are you interested in finding out more about the United Methodist Church? There is a course for you. Are you interested in Bible Study? There is something for you. Do you want to discover new ways to enrich your spiritual journey? Then there is something for you.

As you look at the classes please note when they start and the time, because there are a lot of different start times and class times. Some of the classes will have books to purchase as part of the class. As we get closer to time for the class, we will notify those who have signed up concerning the cost. Sign up sheets are in the Gallery. Stop by soon and sign up for one or more of the classes being offered.

Hearing God: Developing a Conversational Relationship with God

-Facilitated by Len Bernauer. Thursdays, 10:00-11:30 AM, January 23-February 27.

The aim of this course is to help develop a relationship with God that is conversational.

Methodism 101-Facilitated by Rev. Frank Daniels. Mondays, February 3-March 10th, 1:00-2:30PM. If you have questions about who we are as United Methodists, what we believe and how we got started, come join this class.

24 Hours that Changed the World-Facilitated by Bernice Lewis. Sunday afternoons, March 2-April 13th, 2:00-3:30PM. Adam Hamilton guides you from the Last Supper to Gethsemane, to the trial and Crucifixion.

A Bead and a Prayer-Facilitated by Candie Meier. Mondays, March 3-31st, 1:00-2:30 PM.

Learn the history of prayer beads and how they are made and used. You will have the opportunity to create your own Prayer Beads during the first class, enabling you to use them as you complete each daily practice.

Countering Pharaoh's Production-

Consumption Society-Facilitated by Sue Amyx. Wednesdays March 12-April 16th, 6:30-8:00PM. Walter Brueggeman, an Old Testament scholar, will take us on a journey looking at the Pharaoh's production-consumption society in the book of Exodus to looking at the idea of living in covenant in the New Testament.

The Christ-Centered Woman-Women's Bible

Study-Facilitated by Martha Eaton and Pat Nutter. Wednesdays, March 12-April 16th, 10:00-11:30AM. Helps women find balance at every stage and age of life.

Introduction to the Labyrinth, A Spiritual Practice and Meditation Tool

- during the week of April 2nd-8th.

Walking the labyrinth is a meditation tool that helps you focus on spiritual issues, healing and life issues. It gives you time to slow down, pray for what is important to you and to be grateful. Two workshops will be offered:

Wednesday, April 2nd, 6:30-8:30 PM
and Saturday, April 5th, 9:30-11:30 AM.

Leviticus, an Inductive Bible Study-

facilitated by Lorraine Meehan. Wednesdays, April 9th-May 21st, 6:30-8:00PM. This seven week class explores the relationship and importance of the sacrifices, priesthood, and Israel's feasts to the Jewish people, Christianity and the church today.

Writing your Story, Part 2-facilitated by Jack DeGroot. Wednesdays, April 23-May 28th, 10:00-11:30AM. Back by popular demand, Jack will lead another "Writing Your Story" workshop. Whether you attended the first class or you're a newcomer, you won't want to miss this class. You'll learn more about why your story is important and why leaving a faith legacy for future generations can provide the connection so many families need.



PUT YOUR HEART INTO IT!

The more familiar I become with my role as Lay Leader, the more impressed I am with the care and sincerity of the folks who volunteer on the various committees that keep Seaside going. It takes a lot of time, energy and heart to make it look as though it's easy.

I have always believed that when you take on a task, you should do it with your whole heart. February reminds us of Valentine's Day and hearts and flowers. And love, don't forget the love. It is the love of God and our earnest desire to seek Him, and to do His will that creates in us a need to raise our hands and say "Yes!" whenever we have an opportunity to share God's love.

Is there something you have to offer, but are too shy? Do you have great ideas, but don't know who to call? Please consider the Lay Leaders as your contacts and let us know what is in your heart.

Pat Linnell

910-210-8316—paljel@gmail.com

Art Bowden

575-5161—duffers@atmc.net


Dina Braddy

575-8379—drdina91@yahoo.com

Gene Allen

579-6310—lime@atmc.net

FEBRUARY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<p>2 <i>Sunday Worship 8, 9:30 & 11am</i> <i>Sunday School 9:30 & 11am</i> <i>5pm Stephen Ministers</i> <i>5:30pm UMYF</i></p>	<p>3 10am Yoga 11am SBL Gp 12pm AI Anon 1pm Methodism 101 4:30pm Girl Scouts 6:30pm Boy Scouts & UMM</p>	<p>4 9am/5pm GED 10am Food Pantry & Staff Mtg 1:30pm Tutoring & Planning Staff 5pm Comm. Mtg 6pm Stephen Ministers 6:30pm Divorce Care & Sharing God's Word</p>	<p>5 9am Disciple III 10am Christ. Artists & G-parent Supp. Gp & Stephen Leaders 1pm Tutoring 4:30pm Joyful Noise 5:30pm Jubilee Bells 6pm Christian Believer 6:30pm Praise Tm</p>	<p>6 9am/5pm GED 10am Hearing God, & Ministry Mtg 4pm Lay Leaders 5:30pm Mid-Service Choir 6:30pm 8 & 11 Choirs</p>	<p>7 10am Yoga</p>	<p>8 9am Prayer Warriors</p>
<p>9 <i>Sunday Worship 8, 9:30 & 11am</i> <i>Blood Pressure Checks 9am</i> <i>Sunday School 9:30 & 11am</i> <i>5pm Stephen Ministers</i> <i>5:30pm UMYF</i></p>	<p>10 10am Yoga 11am SBL Gp 12pm AI Anon 1pm Methodism 101 6:30pm Boy Scouts 7pm Trustees</p>	<p>11 9am/5pm GED 10am Food Pantry & Staff Mtg 1:30pm Tutoring & Planning Staff 6pm Inst. Ens. 6:30pm Divorce Care</p>	<p>12 9am Disciple III 10am Christ. Artists & G-parent Supp. Gp 1pm Tutoring 4:30pm Joyful Noise 5pm Family Night 5:30pm Jubilee Bells 6pm Christian Believer 6:30pm Praise Tm</p>	<p>13 8am Blood Dr. 9am/5pm GED 10am Hearing God, & Ministry Mtg & Valentine Day Parade 5:30pm Mid-Service Choir 6:30pm 8 & 11 Choirs</p>	<p>14  10am M&M Cir & Yoga</p>	<p>15</p>
<p>16 <i>Sunday Worship 8, 9:30 & 11am</i> <i>Sunday School 9:30 & 11am</i> <i>New Member Lunch 12:15pm</i> <i>5pm Stephen Ministers</i> <i>5:30pm UMYF</i></p>	<p>17 10am Yoga 11am SBL Gp & Shell Seekers Bk Club 12pm AI Anon 1pm Methodism 101 4:30pm Girl Scouts 6:30pm Boy Scouts 7pm Finance & Outreach</p>	<p>18 9am/5pm GED 10am Food Pantry & Staff Mtg 1:30pm Tutoring & Planning Staff 4pm Anniv. Comm. 6:30pm Divorce Care & Sharing God's Word</p>	<p>19 9am Disciple III 10am Christ. Artists & G-parent Supp. Gp 1pm Tutoring 1:30pm Nurture 4:30pm Joyful Noise 5:30pm Jubilee Bells 6pm Christian Believer 6:30pm Praise Tm</p>	<p>20 9am/5pm GED 10am Hearing God, & Ministry Mtg 1:30pm Knowing The Law 5:30pm Mid-Service Choir 6:30pm 8 & 11 Choirs</p>	<p>21 10am Yoga</p>	<p>22</p>
<p>23 Children's Sabbath 8am <i>Sunday Worship 8, 9:30 & 11am</i> <i>Sunday School 9:30 & 11am</i> <i>5pm Stephen Ministers</i> <i>5:30pm UMYF</i></p>	<p>24 10am Yoga 11am SBL Gp 12pm AI Anon & Preschool Dinner 1pm Methodism 101 4:30pm Boy Scouts</p>	<p>25 9am/5pm GED 10am Food Pantry & Staff Mtg 1:30pm Tutoring & Planning Staff 6pm Inst. Ens. 6:30pm Divorce Care</p>	<p>26 9am Disciple III 10am Christ. Artists & G-parent Supp. Gp & Stephen Leaders 1pm Tutoring 4:30pm Joyful Noise 5:30pm Jubilee Bells 6pm Christian Believer 6:30pm Praise Tm</p>	<p>27 9am/5pm GED 10am Hearing God, & Ministry Mtg 5:30pm Mid-Service Choir 6:30pm 8 & 11 Choirs</p>	<p>28 10am Yoga</p>	



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

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
Judy Sikes
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
Sandra Palmer
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
John Ochs

Anniversaries:

Decio & Margie Stone

February 17

Birthdays:

Pam Smith
Erdeen Zimmerlee
George Dooley
Kimberly Ann McClernan
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
Michael Shytle

February 26

Birthdays:

Tim McVaugh
Karen Wright

February 27

Birthdays:

Peter Lee
George Matthews Jr

February 28

Birthdays:

Dallas Bracey
Sharon Terry
Deb Starnes
Terry Frink
Dottie McVaugh

UNITED METHODIST WOMEN

On January 13th our women celebrated the New Year with a prayer breakfast that was well attended. In addition to great food and fellowship, we installed new officers for 2014 and everyone was given the opportunity to make a pledge to mission for the coming year.

Our emphasis for 2014 is: **"Today, Tomorrow and Beyond, God is calling us to... PROCLAIM!"** -that is, to proclaim the good news of God's love! There are so many ways that we, as United Methodist Women, can proclaim God's love: when we help feed hungry children and adults; when we send birthing kits, school kits and health kits to those in need; when we sew a teddy bear for a sick or injured child; when we support a missionary locally or halfway around the world; when we knit or crochet a prayer shawl for someone who needs healing. As we continue our work for 2014, God challenges all of us to continue to find more ways to proclaim His love!

We invite every woman at Seaside to join the UMW and become a member of one of our circles, which will meet as follows:

Seekers Circle-2nd Tuesday, Feb. 11 at 1PM
in the Fellowship Hall
M&M Circle - 2nd Friday, Feb. 14 at 10AM at the
church
FIGS Circle - 3rd Monday, Feb. 17 at 6:30PM
in the Church Parlor

For more information about UMW please contact our Membership Coordinator, JoCarol Allen, at 910-579-5377.



If you've lost someone close to you, or know someone who has, please join us in the Fellowship Hall on Friday, February 7th at 1:30PM for GriefShare orientation/registration. This will be our fourth cycle of GriefShare.

GriefShare is a 13-week seminar support group where you can be around people who understand how you feel and know the pain of your loss. You will learn valuable information that will help you through this difficult time in your life.

If you're unable to come on February 7th, you are welcome to begin attending the GriefShare group at any session. Each is "self-contained," so you do not have to attend in sequence. Sessions 1 through 13 will be held on Fridays from 1:30 - 3:30PM in the choir room. You will find encouragement and help whenever you begin and will be able to continue with GriefShare through the next cycle. If you have any questions or would like more information, please call Milly Houser at 579-2603 or Jim McNeill at 579-2405.

OUTREACH MOMENTS

Your Outreach Committee members have been very busy for the past year. Just to give a FEW examples of what we have been up to: with a contribution of \$500, a new program has been established that will be self-sustaining for many years to come. I am referring to the S.E.R.R.V. Ruby Trouw has started this program and will continue throughout the year at different times to sell the wonderful products from Third World Countries. If you would like to help Ruby please contact me (Barb Bowden-575-5161) and I will pass your name to Ruby.

We were able to sign up more than 100 people for the Food Lion MVP card. As we go through the year we continue to support the Food Pantry, Free Store, Crop Walk, Providence Home, Community in Schools, Literacy Council, Brunswick Family Assistance, Habitat for Humanity, and other local endeavors, including Senior Center and Sonburst Ministries. This is a short list. Within our community there are many Outreach programs we take part in, some around the globe.

The holiday season is a very difficult time for many families, but through the extreme generosity of our Church Family we provided 143 shoe boxes, and our Tree of Hope filled 100 dreams for boys, girls and seniors who otherwise might not have had a Christmas. You should be very proud of yourselves, without each of you none of this would be possible. Thank you!

In March, we will once again have our "NOT YOUR MAMMA'S" bake sale, so be on the lookout for the sign up sheets. Get out your favorite recipes for chili, stew, soup, beef and chicken main dishes, etc.

Blessings,
Outreach Committee

PRAYER WARRIORS

We at Seaside are very fortunate to have a dedicated team of Prayer Warriors who pray tirelessly over the prayer list found on page 2 of our newsletter.

They need your help to keep this list up to date. If you have placed a name either on the member or friend list, please contact the persons below with monthly updates. Unless they hear from those requesting prayers, names will be removed from the list after one month.

Contact:

Susan Seidel—
sjs720@aol.com
phone 579-0684

Marlen Mapes—mjmapes@atmc.net
phone 575-6007

Candie Meier—candiem1@gmail.com
phone 575-3531

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Web: www.seasideumc.org

Revs. Scott & Mary Jane Wilson-Parsons, Pastors

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