



*God's
Sanctuary
by the
Sea*



UPCOMING EVENTS

Shrove Tuesday
"Pancakes
for
Pilgrimage"
March 4th

Ash Wednesday
March 5th

Daylight Savings
March 9th
(set Clocks back)

Liberty Hospice
March 20th 2pm

One Great Hour
of Sharing
March 30th

UMM Annual Golf
Tournament
May 3rd

UMW Spring Tea
May 9th

PATHWAYS TO GRACE: A SERIES OF SERMONS FOR LENT

John Wesley, founder of Methodism, had feelings of inadequacy following his time of missionary service in Georgia. As he returned to England, a Moravian named Peter Bohler encouraged Wesley to "Preach faith till you have it, and then, because you have it you will preach faith." Later Wesley came to understand there were "outward signs, words, or actions ordained by God" to help us grow in the faith. He called these "means of grace." By acknowledging his own need and feelings of inadequacy, Wesley was able to receive the grace he needed to find the power, as well as the peace, that had been missing from his faith.

So "means of grace" are ways God's grace comes to us in life. Some are general, like taking up our cross. Others are more specific, such as prayer, scripture reading, participating in Holy Communion, fasting and worship. These and others are pathways that open us up to the work of the Holy Spirit. Rather than idly waiting for God to move within us, the means of grace are active ways that we pursue a deeper relationship with God.

As we approach the Lenten season, I would like to encourage you to take advantage of opportunities for learning and growth in worship as we focus on some of the spiritual disciplines or "means of grace."

Mar 9: Prayer and Meditation

Mar. 16: Sabbath

Mar 23: Hospitality

Mar. 30: Generosity

April 6: Holy Communion

God uses the means of grace to help us grow in our spiritual walk. As we come to better understand these ways that God's Holy Spirit becomes alive in our lives, we will grow closer to God.

I'll be looking forward to seeing you this Sunday, and throughout the season of Lent.

Blessings and Peace,
Mary Jane

Special Note
April
Newsletter
Deadline
March 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:

Linda & Don Baker
 Mark & Janet Benton
 Tom & Cathi Birmingham
 Bruce & Linda Bowden
 Ann & Lafayette Bowman
 Marvin & Dina Braddy
 Frances Broome
 Barbara & Thack Brown
 Jack Casey & family
 Pat & Mark Christy
 Harry Clatterbuck
 Bill Coats
 Rich Damato
 June Donley
 Marge Duffy
 Ken & Mary Eaton
 Bob & Marilyn Eronymous
 Donna Gardner
 Ray & Carol Grace
 Barbara Gravely & family
 Grief/Share
 Naomi Harder
 Susanne Harris
 Doug & Katherine Hayes
 Paula & Danielle Hernandez
 Tom Herncane
 Gene & Lorraine Hoge
 Crystal & Tabatha Huggett
 Gil & Kathy Johnson
 Carol Jones & family
 Sarah Justice
 Donna Lloyd
 Martha Sue Ludman
 Bernita Magee
 Marlen Mapes
 Larry May
 Susan & Bill McDonald
 Norma Mohn
 Family of Vivian Myers
 Betty Oakes
 Phil Parker
 Jackie Pickup & family
 Carolyn Powell
 Prayer Warriors
 Betty Pursey
 Bob Radcliff
 Dick Ruehle
 Jack & Kathy Scalise
 Marilyn Schenck
 Vern Schwanke
 Gerald & JoAnn Scott
 Seaside UMC Staff
 Susan Seidel
 Ric Shields
 Dot Sellers
 Randy Shuford
 Charity Smith
 Jimmy Smith
 Mary Snyder

Members Continued:

Carlene Stanley
 Stephen Ministers
 Rich Stephens
 Decio & Marge Stone
 Cathy Story
 SS Volunteers & Students
 Bud Sweetman
 Mildred Trenchard
 UMYF & Leaders
 Kitty White
 Carrie Wiles & family
 Bev & Mike Williams
 Wanda Wiltbank
 Gwen Wiseman
 Marybeth & Jim Yeager

Friends:

Herman Anderson
 Margot Anderson
 Family of Peyton Andricak
 Carol Androski
 Carolyn Arney
 Andrew Beck
 Zach Bernier
 Bob & Ann Billups
 Bob & Carol Boileau
 Janet Bonekemper
 Alex Brooker
 Marian Caffrey
 Richard & Susan Canipe
 Margie Canter
 Jane Carden & family
 Mona Kay & Bill Carter
 Don & Cathy Cassalini
 Linda & Bill Chambers
 Jim & Darlene Cooper
 Zane & Jen Cofield
 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
 Brian Ericksen
 Marge Ewing
 Martin & Regina Flemion
 Jackie & Bill Gano
 Gavin
 Dan Gentile
 Kellie Godwin
 Judy Goodman
 Wayne Haigler
 Norma Hewitt
 Janice Johnson
 Jim Justim
 Katie Kendall

Friends Continued:

Susan King
 Karen LaValle
 Johnny Lawson
 Nathan Lecky
 Jack Levine
 Darius Lewellyn & family
 Cory Loghran
 Peter Macon
 Brian Marsh
 Karsen McGee
 Dottie McVaugh
 Curt Mundy
 Mich & Shelley
 Jo O'Keefe
 Our Nation & Our World
 Janet Parnes
 Charles Phillips
 Preschool Teachers
 Rick Ramsey
 Austin Sammon
 Dave & Met Schroll
 Kristen & Kelly Scocia
 Ed & Carol Sheets
 Molly Space
 Midge Sparks
 Phillip Stavonovic
 Danielle & Travis Steelman
 Danny Tanner
 Jina Tucker
 Richard & Susan Turine
 Victims of Violence & Abuse
 Elaine Walker
 Elsie Walsh
 Jack Whitley, Jr.
 Garl Wiles, Jr
 Bob Wingate & family
 Clement & Anna May York
 Eric & Beth Zettlemoyer

Serving Our Country:

Alex Blust
 Matthew Bronson
 Chad Bryson
 Oliver Clayton
 Jeremy Courtney
 Charles Kelley
 William (Willy) Mabry
 Marschal Martens
 Aaron Pait
 Zachary Rushing
 Sam Schenck
 John Vernae
 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**

March 2

Exodus 24:12-18
Psalm 99
2 Peter 1:16-21
Matthew 17:1-9

March 9

(Daylight Saving Time Begins)
Genesis 2:15-17; 3:1-7
Psalm 32
Romans 5:12-19
Matthew 4:1-11

March 16

Genesis 12:1-4a
Psalm 121
Romans 4:1-5, 13-17
John 3:1-17

March 23

Exodus 17:1-7
Psalm 95
Romans 5:1-11
John 4:5-42

March 30

1 Samuel 16:1-13
Psalm 23 (UMH 754 or 137)
Ephesians 5:8-14
John 9:1-41

CHRISTIAN ARTISTS

Have you ever thought that you would like to learn to paint whenever you finally have the time? Christian Artists is a group of men and women who paint together, offer lessons, and help new artists. A beginner can get started and use the group supplies for a nominal charge of \$2 a week for four weeks. We meet from 10 a.m.—12:30 p.m. on Wednesdays (with some exceptions). You do not have to be a member of the church, so feel free to bring a friend. If you want to know more, contact Geri Piazza at 575-0200 or stop in while the group is in session.

**MEMORIALS &
HONORARIUM**

In Memory of:

Nick Forlidas
Given by:
Janette Reule & D P Reule

In Memory of:

Julie Burton
Given by:
The Pafford Family

In Memory of:

Arthur Dancy
Given by:
C. Barry and Janice Bradner

In Memory of:

Robert McKean
Given by:
Carol Haack

In Memory of:

Ned Meier
Given by:
W.R. & Martha Boyd
Dr Shirley Owen

In Memory of:

June (Arthur) Morrison
Given by:
Pam Groce
Eugene & Barbara Foster
Glenn & Ginger Cannon
Martha & Larry Rhodes

In Honor of:

Karol Asbyjornson
Given by:
Glenn & Ginger Cannon

In Honor of:

Preschool
Given by:
Anonymous

WORSHIP

8:00 9:30 11:00

Jan 5	142	136	181
Jan 12	145	149	160
Jan 19	148	187	163
Jan 26	116	188	175

**ATTENDANCE
IN SUNDAY SCHOOL**

January 5	37
January 12	42
January 19	56
January 26	33

THANK YOU

**Thank You From Christian
Formation**

Thank You to Dr. Sue Amyx for leading our January Christian Formation workshop *101 for Teachers of All Ages*. Fifteen participants and teachers from Seaside studied *Faith Development Through the Lifespan*.

Children's Sabbath

Thank You to the Christian Formation Committee—to all the children, coordinators, and ministry staff for their help planning the Children's Sabbath, and to all who participated at each service during February making it a very special month celebrating and lifting ALL God's children in love and prayer.

Carolyn Carden, chair

**APRIL CURRENTS
ARTICLES**

Please email all
articles to
Candie or Meg only



Service
March 5th
7 PM

BEREAVEMENT TEAM

Do you know that Seaside Church has a Bereavement Team? Do you know that you, as a church member, are a part of this Team? Both Men and Women!

A few years ago, the Worship Committee saw a need to form a Bereavement Team. This committee was assigned to assist the Pastor/s in preparation for memorial services in our church and sanctuary. Anne Doern is chair of the Bereavement Team, Lomie Lou Cooke is assistant chair, and Lynn Shoemaker is head of the reception/meal groups.

The Bereavement Team is made up of "ALL OF SEASIDE'S MEMBERS." There are several groups with two chairpersons. The number of groups grows as our membership grows. Therefore, it may take a long time before any group is needed more than once in a church year.

The Bereavement Committee offers to the bereaved family, only ONE of the following:

- 1—a reception of punch/cookies in the Fellowship Hall of our church
- 2—a meal for the family, taken to the home of the deceased

When your group is called to help, if you do not want to cook, please remember, you can go to your local grocery store and purchase the items needed.

When it is your turn to serve, please know that this is one of the special ways we show love for others at a time when we need each other most!

Blessings,
Anne Doern
Lomie Lou Cooke
Lynn Shoemaker

25TH ANNIVERSARY BANNER

Seaside will produce a 25th Anniversary Banner for the Sanctuary made of fabric donations collected from the congregation. It is the desire of the Anniversary Committee that members donate a piece of a fabric that may have some meaning to them. The fabric will be collected and put into the banner. Please place donations in the fabric-covered box on the sign up table in the Gallery. Also, we are asking any quilters or crafters to sign up on the list. You will be contacted and asked to do some simple sewing.

T. Brenizer,
Worship Chair
910-209-6521



"SONGS OF SEASIDE"

*"A wise child makes a glad father, but a foolish child is a mother's grief."
Proverbs 10:1*

Our **OWLS** (O Wise Lord) are still helping the children's choir (and others) to learn to be wise. After a wonderful month-long celebration of children in February, we begin our Lenten season learning to make wise choices. Please continue to pray for our children as they grow in God's grace and wisdom.

We begin the month of March with our annual Ash Wednesday service on Wednesday, March 5th at 7:00 p.m. Several of our musical groups will be participating along with our wonderful choir! I hope **YOU** will be wise and make time to begin Lent with this beautiful service.

Our children's choir will have their second Family Fun Night on Wednesday, March 12th from 5-6 p.m. in the Fellowship Hall. All children and their families are invited to attend!

The Jubilee Handbells are hosting a "Bells At The Beach Festival" on Saturday, March 29th from 9:30-12:00. Several local handbell groups are gathering to share their music, get to know each other and spend time playing bells. It will be a ringing good time!

Men: Don't forget that March has **5 Sundays!** What does that mean? All men are invited to participate in the 5th Sunday Men's Choir on **Sunday, March 30th at the 11:00 service.** Just join us in the choir room by 10:40 and practice the familiar songs selected for that day. Let's surprise Lomie Lou with a full choir loft!

Free tickets are now available through the church office for our Easter cantata, *For Such a One as This* which will be performed on **Sunday, April 13th at 5:00 p.m.** There will be only 1 performance so get your tickets early! You will hear the story of Easter through beautiful music, dance and drama. Please invite your family and friends to come!

Teach us to be wise, O Lord and keep a song in our hearts!

With a voice of singing,
Kathryn

MARCH 9TH



SET YOUR CLOCKS

Ahead!



SEASIDE UMYF

Thanks to everyone who participated in the Children's Sabbath celebrations during the month of February. What a blessing it was to see how hard the children worked to remember those less fortunate. Let's all continue to keep them in our prayers.

On Tuesday, March 4th we will begin the Lenten season with our Annual Shrove Tuesday Pancake Supper.

*"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!

We will also be selling Fair Trade coffee, tea, and chocolate, T-shirts, tote bags and ball caps.

The youth meet on Sunday evening from 5:30-7:00 p.m. We want to invite all youth to be a part of MYF 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 at 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. Just think if everyone volunteered just once we would be covered for a long time!



GriefShare, Cycle 4, began on February 7th with registration and orientation with nine prospective participants in attendance. Two of our GriefShare "alumni" gave testimonies sharing how attending GriefShare had helped them on their journey from mourning to joy.

When the March newsletter is published, we will be finishing session 3 of the 13-week cycle. As we have said before, it is okay to come to GriefShare anytime during the cycle as each video seminar is self-contained. We welcome anyone who has experienced the loss of a loved one. If you would like more information about GriefShare, please feel free to call Milly Houger at 579-2603 or Jim McNeill at 579-2405.

HAPPY ANNIVERSARY SEASIDE!

This year marks Seaside's 25th Anniversary as a church. From the humble beginnings of a furniture store to the beautiful dwelling we have today, we take this time to reflect on the past, honor those that have stayed the course, and celebrate our bright future. God had a vision for Seaside, and by trusting in that vision we have reason to Celebrate! On January 28th, at Church Council meeting, the celebration began with a replica cake of that first Anniversary, made and served by Founding Member, Geri Piazza.

The Council was presented with Save the Date magnets that will be given to each church family to remember the following celebrations (several pastors and speakers are still being scheduled):

- Sunday, May 18th 7 p.m. *25 Years of Music Ministry*
- Sunday, July 20th (3 services) *Telling the Story of Seaside*
- Sunday, September 21st (one service) 10 a.m. Country Fair Celebration (reception to follow service)
- Sunday, November 16th (3 services) *Missions of Seaside*
- Sunday, January 18th, 2015 (one service) 10 a.m. Bishop Hope Morgan Ward (reception to follow)

As we move forward with the celebrations, we encourage all groups and Missions of the church to participate in any way they are able. It is an exciting time! Worship has two wonderful projects to tell you about. First, a 25th Anniversary Ornament with a hand painted picture of the church is available for \$16 (order forms are in the office and on the sign up table). Second, an Anniversary Banner is being made. Members are asked to donate an 8" fabric swatch from something of meaning to be included in the Banner. It is an exciting time to reflect, be thankful and look to the future! Seaside has been blessed with God's vision! Rejoice!

Toby Brenizer,
Worship Chair



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

March is here! Spring is upon us once again... and none too soon! After the cold and icy January and the up and down temperatures of February, we're all ready for some spring sunshine! Come join us for pancakes on Shrove Tuesday, March 4th, as we share in this meal together before Lent begins. Lent is the season of abstinence and preparation leading up to Easter. It's a time of reflection to remind us just how much Christ loves us and sacrificed for us. As we enter this holy season, take time to prepare your hearts for the most amazing and beautiful love story of all time!

With Love and a Grateful Heart,
Carol Sigafoos

March Schedule:

March 3,10,17,24, 31 Straighten Up Exercise Class – with Nicole Depauw. 3:30 pm in FH
March 7, 14, 21, 28 GriefShare 1:30 pm
March 20 Program on "Hospice—When to Call and What do they do?" Presented by Liberty Hospice—with speaker, Jeannette Ellis. 2 pm 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 "Hospice—What Do They Do? And, When Do You Call Them?"

We're very excited to have as our next guest speaker, Jeannette Ellis, RN from Liberty Hospice. She has been a hospice nurse for many years and will be talking to us about exactly what hospice is and what services they provide. She'll also answer any questions you may have, and dispel any misconceptions you might have heard regarding hospice. The program will be on Thursday, March 20th at 2 pm in the Fellowship Hall.

Mark your Calendars!

Our program in April will be on "Sepsis—Blood Infections—The Causes, the Symptoms, and the Treatment." The date is TBA. You won't want to miss this informative and educational program! Watch for future announcements concerning day, date, and time.

Help Needed to Prepare Meals

The Health & Wellness Ministries of Seaside is in urgent need of people who are willing to prepare a meal for someone when needed. It's a need that many of us may have at some point, and it's needed more frequently.



We're trying to establish a database of the various communities within the church so we can use, not just church family, but neighbors too. This will also make it easier on those preparing and delivering the meals. Anyone willing to help with a meal, can do so by filling out the form below, and drop it in the basket in Carol Sigafoos' office. You can also do it online (through the newsletter or website), or by email (csigafoos@seasideumc.org). When someone from your community is in need, you'll be contacted and asked which day you are available. At that time you'll be given specifics regarding food allergies, likes and dislikes, suggestions on meals, number of people, address and time to deliver. Thank you for your willingness to help out in this capacity...it is greatly appreciated! God Bless!

NAME _____
ADDRESS _____

COMMUNITY YOU LIVE IN (i.e., Sea Trail, Sandpiper, etc.)

PHONE NUMBER (preferred): _____
EMAIL _____

Preventing Back Pain

One of the best ways to prevent back pain is to keep your back muscles strong. Take action! Take care of your back to avoid back pain. Preventing back pain is easier than treating it! Follow these steps to help protect your back and prevent back pain:

- Stand and sit up straight.
- Avoid heavy lifting. If you do lift something heavy, bend your knees and keep your back straight. This way, your leg muscles will do most of the work.
- If you are overweight, lose weight to help lower the strain on your back.
- Stay active—do 20-30 min. of exercise daily, working up gradually to 1-2 hours per day, such as walking.
- Get enough calcium and vitamin D.
- Back pain can feel like a dull, constant ache or a sudden, sharp pain. Back pain often gets better without any treatment.

You should see a doctor if you have:

- Numbness or tingling
- Severe pain that does not improve with rest
- Pain after a fall or an injury
- Pain plus any of these problems:
 - Trouble urinating
 - Weakness
 - Numbness in your legs
 - Fever
 - Weight loss when not on a diet

To diagnose back pain, your doctor will take your medical history and do a physical exam. Your doctor may order other tests, such as: X rays, Magnetic Resonance Imaging (MRI), Computed Tomography (CT) scan, and Blood tests.

Medical tests may not show the cause of your back pain. Many times, the cause of back pain is never known. Back pain can get better even if you do not know the cause.

Acute pain starts quickly and lasts less than 6 weeks. It is the most common type of back pain. Acute pain may be caused by things like falling, being tackled in football, or lifting something heavy, or turning wrong. Chronic pain lasts for more than 3 months and is much less common than acute pain.

Treatment for back pain depends on what kind of pain you have. Acute back pain usually gets better without any treatment, but you may want to take acetaminophen, aspirin, or ibuprofen to help ease the pain. Exercise and surgery are not usually used to treat acute back pain.

Following are some treatment options for chronic back pain:

Hot or Cold Packs (or Both)--Hot or cold packs can soothe sore, stiff backs. Heat reduces muscle spasms and pain. Cold helps reduce swelling and numbs deep pain. Using hot or cold packs may relieve pain, but this treatment does not fix the cause of chronic back pain.

Exercise--Proper exercise can help ease chronic pain but shouldn't be used for acute back pain. Your doctor or physical therapist can tell you the best types of exercise.

- Medications-- The following are the main types of medications used for back pain:
 - Analgesic medications are over-the-counter drugs such as acetaminophen and aspirin or prescription pain medications.
 - Topical analgesics are creams, ointments, and salves rubbed onto the skin over the site of pain.
 - Nonsteroidal anti-inflammatory drugs (NSAIDs) are drugs that reduce both pain and swelling. NSAIDs include over-the-counter drugs such as ibuprofen, ketoprofen, and naproxen sodium. Your doctor may prescribe stronger NSAIDs.
 - Muscle relaxants and some antidepressants may be prescribed for some types of chronic back pain, but these do not work for every type of back pain.

Behavior Changes--You can learn to lift, push, and pull with less stress on your back. Changing how you exercise, relax, and sleep can help lessen back pain. Eating a healthy diet and not smoking also help.

Injections--Your doctor may suggest steroid or numbing shots to lessen your pain.

Complementary and Alternative Medical Treatments--*When back pain becomes chronic or when other treatments do not relieve it, some people try complementary and alternative treatments. The most common of these treatments are:*

- Manipulation. Professionals use their hands to adjust or massage the spine or nearby tissues.
- Transcutaneous electrical nerve stimulation (TENS). A small box over the painful area sends mild electrical pulses to nerves.
- Acupuncture. This Chinese practice uses thin needles to relieve pain and restore health.
- Acupressure. A therapist applies pressure to certain places in the body to relieve pain. *Acupressure has not been well studied for back pain.*

Preventing Back Pain Continued on Pg 11

SPRING CLASSES STARTING SOON



We have several classes starting in March that are filled:

24 Hours that Changed the World—
March 2nd

A Bead and a Prayer—March 3rd

Other classes in March & April with open registration:

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.

LENTEN LUNCH SCHEDULE

March 5th
St Luke's Luthern

March 12
Seaside United Methodist

March 19
St Brendan Catholic Church

March 26
Shallotte Presbyterian

WELCOME NEW MEMBERS

Bobby & Nancy Rains join Seaside by transfer of membership from Asbury United Methodist Church, Raleigh, NC.

Bobby & Nancy may be contacted at:

9121 Shady Forest Drive SW
Calabash, NC 28467

Phone: 910-575-0835

Larry & Martha Rhodes joined Seaside as Associate Members. Their home is in W. Jefferson, NC.

You may contact them at:

405C 27th Street, Sunset Beach

Phone: 575-0861 (local)

336-846-9047 (W. Jefferson)

UMM ANNUAL GOLF TOURNAMENT

Saturday, May 3, 2014
at

PANTHERS RUN GOLF LINKS

Fee \$75. each

Registration Sheets in the Gallery

WORLD DAY OF PRAYER 2014!

This year's World Day of Prayer is on Friday, March 7th at 11 a.m. at Calabash Presbyterian Church. The country that will be celebrated this year is Egypt with a program entitled, *Streams in the Desert*.

World Day of Prayer is a worldwide movement of Christian women of many traditions who come together to observe a common day of prayer each year, and who, in many countries, have a continuing relationship in prayer and service.

- It is a movement initiated and carried out by women in more than 170 countries and regions.
- It is a movement symbolized by an annual day of celebration – the first Friday of March – to which all people are welcome.
- It is a movement which brings together women of various races, cultures and traditions in closer fellowship, understanding and action throughout the year.

Through World Day of Prayer, women affirm that prayer and action are inseparable and that both have immeasurable influence in the world. The motto of the World Day of Prayer is "Informed Prayer and Prayerful Action."

Many women of Seaside UMC have participated in the past and will do so again this year. An authentic Egyptian luncheon will follow the worship service. All women (and men) are invited to attend. For more information, please contact Carol Matthews, 575-4267.



MARCH 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Worship Serv 8, 9:30, 11 am 2pm 24 Hours That Chgd The World 5pm Stephen Ministers 5:30pm UMYF 7pm AA	3 10a Yoga 11am SBL Gp 12p PS Dinner & AI Anon 1p Methodism 101 & A Bead 3:30p Straighten up 4:30p GS 6:30p Boy Scouts & UMM	4 9a/5p GED 10a Fd Pantry & Staff Mtg 1:30p Tutoring & Worship Plan. 5p Comm. Mtg 5:30p Shrove Dinner 6:15p Stephen Min. 6:30p Divorce Care & Sharing God's Word	5 9a Disciple III 10a Christ. Art. & G-parent Spt & 12 Lenten Lunch 1p Tutoring & UMW Exe Mtg 6p Christian Believer 7p Ash Wed Service	6 9a/5p GED 10a Hearing God & Staff Mtg 4p SPRC 5:30p Mid Ser Choir 6:30p 8&11 Choirs	7 10a Yoga 1:30p Grief/ Share	8 9a Prayer Warriors
9 Daylight Saving 1 hour ahead Worship 8, 9:30 & 11a 9a Blood Pressure Cks 2p 24 Hours 5p Stephen Ministers 5:30p UMYF 7p AA	10 10a Yoga 11a SBL Gp 12p PS Dinner & AI Anon 1p Methodism 101 & A Bead 3:30p Straighten up 4:30p UMW Unit Mtg 6:30p Boy Scouts 7p Outreach & Trustees	11 9a/5p GED 10a Fd Pantry & Staff Mtg 12p Lenten Lunch 1:30p Tutoring & Worship Plan 4p Witness 6p Inst Ens 6:30p Divorce Care 7p Class. Ens	12 9a Disciple III 10a Christ. Art. & G- parent Spt 12 Lenten lunch 1p Tutoring 4:30p Joyful Noise 5p Family Nite 5:30p Jubilee Bells 6p Christian Believer & Praise Team	13 9a/5p GED 10a Hearing God & Staff Mtg 5:30p Mid Ser Choir 6:30p 8&11 Choirs	14 10a Yoga 1:30p Grief/ Share 	15
16 7a Not Your Mama's Bake Sale Worship 8, 9:30 & 11a 2p 24 Hours 5p Stephen Ministers 5:30p UMYF 7p AA	17 10a Yoga 11a SBL Gp 12p PS Dinner & AI Anon 1p Methodism 101 & A Bead 3:30p Straighten up 4:30p GS 6:30p BS 7p Finance	18 9a/5p GED 10a Fd Pantry & Staff Mtg 1:30p Tutoring & Worship Plan. 5:30p CFC 6:30p Divorce Care & Sharing God's	19 9a Disciple III 10a Christ. Art. & G- parent Spt & Wm Bible Study 12 Lenten lunch 1p Tutoring 4p Exe Comm Mtg 4:30p Joyful Noise 5p Family Nite 5:30p Jubilee Bells 6p Christian Believer & Praise Team	20 9a/5p GED 9a Donuts for Dad 10a Staff Mtg 2p About Hospice 4p Worship 5:30p Mid Ser Choir 6:30p 8&11 Choirs	21 10a Yoga 1:30p Grief/ Share	22
23 Worship 8, 9:30 & 11a 9a Blood 2p 24 Hours 5p Stephen Ministers 5:30p UMYF 7p AA 30 Same as 23rd	24 10a Yoga 11a SBL Gp 12p PS Dinner & AI Anon 1pm Methodism 101 & A Bead 3:30p Straighten up 6:30p BS 7p C Council 31 same at 17 Minus Finance	25 9a/5p GED 10a Fd Pantry & Staff Mtg 1:30p Tutoring & Worship Plan 6p Inst Ens 6:30p Divorce Care 7p Class. Ens	26 9a Disciple III 10a Christ. Art. & G- parent Spt & Wm Bible Study & Stephen Leaders 12 Lenten lunch 1p Tutoring 4p Exe Comm Mtg 4:30p Joyful Noise 5p Family Nite 5:30p Jubilee Bells 6p Christian Believer & Praise Team	27 9a/5p GED 5:30p Mid Ser Choir 6:30p 8&11 Choirs	28 10a Yoga 1:30p Grief/ Share	29 9:30a Hand Bell Festival

MARCH BIRTHDAYS AND ANNIVERSARIES

March 1

Birthdays:

Marjorie Hedman
Rumel Bradt
Sid Silvers
Memory Drew
Daniel Forrest
Andrew Dolbow

March 2

Birthdays:

Carol Jones
Richard Ward

March 4

Birthdays:

Marjorie Duffy
Jack Yorkey

March 5

Birthdays:

Judy Andricak
Linda Stigile

Anniversaries:

Buddy & Martha Boyd

March 6

Birthdays:

Wayne Smith
Arthur Hahl

March 7

Birthdays:

Joan Powell
Laura Kincaid
Don Collier

March 8

Birthdays:

Carol Fancher
Tom Major
Katlyn Bowman

Anniversaries:

Vincent & Kim Bleecker

March 9

Birthdays:

Marguerite Marsh
Jeanie Godfrey
Johnsie Floyd
Grayson Thomas

March 10

Birthdays:

Josh Baker
Allen Walters

March 10

Anniversaries:

Lin & Fran Watson
Roger & Linda McPherson

March 11

Birthdays:

Bill Poe
Judy Martin
Steven Dolbow
Pieter Oschmann

March 12

Birthdays:

Ella Mae Brooks
Abigail Blackwell
Donald James Kelly
Brennan Wright

Anniversaries:

Don & Donnie Haigler
Jim & Melody McNeill

March 13

Birthdays:

Vincent Krasniewicz
Lois Russell
Celeste Ford
Brandon Madison
Allie Madison
Cheryl Mahoney

March 14

Birthdays:

Jeff Smith
Jo Ann Scott
Jim Hilgenberg
Karen Gaddy
Debra Brown

Anniversaries:

Chris & Barbara Johnson
Ernie & Carol King

March 15

Birthdays:

Ron Klein
Len Bernauer

March 16

Anniversaries:

Jim & Pat Linnell

March 17

Birthdays:

Dick Tatum
Drew Frink

March 18

Birthdays:

J David Colson

Anniversaries:

Lonnie & Jean Howard

March 19

Birthdays:

Joey Ochs
Jane Grimm

March 20

Birthdays:

Carolyn Silvers
Ron Cybyske
Adele Stephens
Tom Deacon
Jay Middleton
Jennifer Ochs
Ashley Norfleet
Mike Marti

March 21

Birthdays:

Robert Patrick

March 22

Birthdays:

Edward Leis
Reid Kerr

March 23

Birthdays:

Norma Mohn
Beverly Britt

March 24

Birthdays:

Melody McNeill
Brenda Hess
Michael Brinsfield
Randy Mose
Christopher York

Anniversaries:

O'Dell & Lorraine Norman
Brian & Karen Robbins
Ross & Lexy Bardolf

March 25

Birthdays:

Mildred Harris
Kelly Clemmons
River Granton
Anthony Napolitano

March 26

Birthdays:

Julie Steelman
Bobby Rains
Mary Benes
Emily Lewis

March 27

Birthdays:

Jack Burke
Myrt Crowe

March 28

Birthdays:

Claire Winship
Joan Brinsfield
Jim Allen
Jim Frank Henderson
Trey Carroll

March 29

Birthdays:

Tina Lepsig
Sarah Sitton

Anniversaries:

Tom & Nancy Ward

March 30

Birthdays:

Marian Tippet
Blanca Alvarez
Dennis Earp, Jr
Victoria James
Savanna Grace Atha

March 31

Birthdays:

Fran Scheff
Janet Dancy
Alan Thompson
Brenda White
Crystal Matthis



Preventing Back Pain from pg 7

Surgery--Most people with chronic back pain do not need surgery. It is usually used for chronic back pain if other treatments do not work. You may need surgery if you have:

Herniated disk. When one or more of the disks that cushion the bones of the spine are damaged, the jelly-like center of the disk leaks, causing pain.

Spinal stenosis. This condition causes the spinal canal to become narrow.

Spondylolisthesis. This occurs when one or more bones of the spine slip out of place.

Vertebral fractures. A fracture can be caused by a blow to the spine or by crumbling of the bone due to osteoporosis.

Degenerative disk disease. As people age, some have disks that break down and cause severe pain.

Only rarely, is surgery needed right away to ease the pain and prevent more problems.

UMW BOOK REVIEW

King Peggy

by Peggielene Bartels and Eleanor Herman

An American secretary, her royal destiny, and the inspiring story of how she changed an African village. Peggielene Bartels was born in Ghana in 1953 and moved to Washington, D.C. in her early twenties to work at Ghana's embassy. She became an American in 1997. In 2008, she was chosen to be king of Otuam, a Ghanaian village of 7,000 people.

Though it sounds like the stuff of fairytales and legends, King Peggy is the fascinating true story of her courageous acceptance of this difficult role and her unyielding resolve to help the people of Otuam. It's full of humor and insight into a world where poverty mingles with hope and happiness. A must read!

Carolyn Carden

THE LION AND THE LAMB

As the saying goes, March comes "in like a Lion and goes out like a lamb." The lion has really been here all winter, hasn't it? Weather has given us colder than normal temperatures, and ice and snow have dared to attack our complacent southern attitude. God allows nature to bring us up short from time to time, reminding us that we are not the ones in control.

Now we are looking forward to the simmering promise of sunshine and warmth that is Spring, and the Easter joy that follows. As Lent is the sobering reminder of the death of Jesus Christ, so it is the prelude to the most significant event in the Christian calendar, the Resurrection. This is such an uplifting time, a point where renewal is possible, and our troubles bearable. What if we could all make this Spring, this Easter, the starting point of change in our lives? We can be lions and lambs. We can be forthright and convincing in the example we provide as true Christians and we can be humbly generous in our belief that Jesus wants us to be this way. Choose one or both. Sometimes God needs lions and other times He wants us to be like lambs.

Did you know that our Church would not be the same without you? Whether you are a lion or a lamb, or just not sure, your presence is essential to our Christian growth and prosperity. During Lent, rest assured that you have a wonderful Church home with plenty of room for lions and lambs.

Pat Linnell, Lay Leader

UNITED METHODIST WOMEN

Save these dates:

Monday, March 10th—Prayer Shawl Ministry will meet in the Parlor at 10 a.m. All women of the church are invited to gather to crochet, knit or just be in prayer for the making of prayer shawls to be given for healing whenever and wherever they are needed. For more information, contact Carol Matthews, 575-4267.

Monday, March 10th—UMW Unit Meeting will be a dinner meeting hosted by the M&M Circle. We will gather at 5 p.m. in the Fellowship Hall for dinner. Our guest speaker will be Mr. David Cupolo, Principal of Jessie Mae Monroe Elementary School (JMMES) who will share the history and some highlights of the achievements of his school and most importantly, some of the needs of the students at the school. JMMES is the school that Seaside UMC will partner with this summer for six weeks with our Summer Literacy Program (also known as "STARS," Seaside Teaching and Reaching Students). It is important that our UMW, **whose focus is always on children and youth**, tries to gain insight as to what our outreach possibilities can be for the students at JMMES. Please make plans to join us at this regular UMW Unit Meeting for fellowship at dinner and then learn about some important educational mission needs right here in Brunswick County. Watch your Sunday bulletin for further details. If you have questions, please contact June Donley at 575-5467.

Friday, May 9th—Annual Spring Tea. Mark your calendar now. You will not want to

Seaside United Methodist Church

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Revs. Scott & Mary Jane Wilson-Parsons, Pastors

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