



*God's
Sanctuary
by the
Sea*



UPCOMING EVENTS

Easter Cantata
April 13th
5 PM

Holy Week Schedule

Palm Sunday April 13
Maundy Thursday Service
April 17th 7 PM
Good Friday April 18th
Noon Service
Tennebre 7 PM
Easter Sunday April 20th
Sunrise @ Sunset Beach
6:15 AM
Services at Church
8, 9:30 & 11AM

Day of Caring
April 26th

Annual Golf Tournament
May 3rd

UMW Spring Tea
May 9th

"9 TOUGHEST LEADERSHIP ROLES"

Another list came out the other day. You know the sort I'm talking about: "The top ten most/least trusted professions," or various rankings by salary, prestige, or potential. But this one was different and it caught my eye. One of the writers at Forbes Magazine had a list of the "9 Toughest Leadership Roles."

This being Forbes, one would expect "Corporate CEO" to make the list, and it did—at number 9, interestingly enough (the list was in reverse order). Member of Congress and Mayor also made the list at 8 and 6 respectively. The surprise came at number 5: Pastor/Rabbi/Leader of a Religious Community.

It's not that I disagree with the assessment (both Mary Jane and I are well acquainted with the challenges of leading a church), but rather that I am surprised that we even made the list. I'm not used to the role of religious leaders getting such respect from noted business publications like Forbes.

What makes the role challenging according to author Rob Asghar? Among the usual suspects (dealing with criticism and unrealistic expectations), is a quote by Rev. Dr. Ken Fong of Fuller Seminary saying, "You work for an invisible, perfect Boss, and you're supposed to lead a ragtag gaggle of volunteers towards God's coming future. It's like herding cats, but harder." I hope that line doesn't offend any cat lovers out there.

Perhaps a more insightful thought comes in the next paragraph where another pastor notes:

"I've managed people in a traditional office and also in a church—and one of the major differences between is most of the workers in a church are volunteers who will not do something just because it's their job. Managers of volunteers must always lead by demonstrating a vision for our mission and how their work fits into it."

Well put. That is the challenge for us—and it is a challenge. But what has always struck me about our Lord is that during his temptation in the wilderness, he was given the opportunity to claim absolute power over human beings—to force obedience. Satan took him up on a high mountain and showed him all the kingdoms of the world and said, "You can have it all if only you will bow down and worship me." But our Lord said no. Not simply because it wasn't his style, but more because Jesus didn't seek power, he sought faithfulness. Faithfulness can never be created by decree and love does not come by force.

So, faithful pastoral leaders cannot browbeat their flocks into submission. Instead, by seeking and communicating a compelling vision for God's people in God's future, we take our place in the caravan and invite others to follow. The writers at Forbes are correct; it isn't easy. I'm not sure it is supposed to be. But when it gets hard, I'm reminded of Jesus' life with his disciples and realize it wasn't easy for him either.

Thanks be to God.

Scott

Special Note
May
Newsletter
Deadline
April 10th

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:

Judy Andricak
 Linda & Don Baker
 Mark & Janet Benton
 Bruce & Linda Woden
 Ann & Lafayette Bowman
 Marvin & Dina Braddy
 Frances Broome
 Jack Casey & family
 Harry Clatterbuck
 Bill Coats
 Rich Damato
 Jack & Bill DeGroot
 Marge Duffy
 Ken & Mary Eaton
 Bob & Marilyn Eronimus
 Geraldine Floyd
 Donna Gardner
 Barb Gravely & family
 Grief/Share
 Susanne Harris
 Gerry Hartman
 Katherine Hayes & family
 Paula & Daniel Hernandez
 Tom Herncane
 Gene & Lorraine Hoge
 Crystal & Tabatha Huggett
 Gil & Kathy Johnson
 Carol & Bob Jones
 Family of Sarah Justice
 Carol King
 Donna Lloyd
 Martha Sue Ludman
 Marlen Mapes
 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
 Dave & Met Schroll
 Vern Schwanke
 Ellene Schwartz
 Gerald & JoAnn Scott
 Seaside UMC Staff
 Susan Seidel
 Ric Shields
 Dot Sellers
 Randy Schuford
 Billy Sirk
 Charity Smith
 Jimmy Smith
 Mary Snyder
 Mel South

Members Continued:

Carlene Stanley
 Glen Starnes
 Stephen Ministers
 Bud Sweetman
 Mildred Trenchard
 UMYF & Leaders
 Carie Wiles & family
 Bev Williams
 Bob & Wanda Wiltbank
 Gwen Wiseman
 Marybeth & Jim Yeager

Friends:

Herman Anderson
 Margot Anderson
 Family of Peyton Andricak
 Carol Androski
 Carolyn Arney
 Lisa Bellamy
 Zach Bernier
 Bob & Ann Billups
 Bob & Carol Boileau
 Janet Bonekemper
 Alex Brooker
 Arian Caffrey
 Richard & Susan Canipe
 Margie Canter
 Mona Kay & Bill Carter
 Linda & Bill Chambers
 Josh Chastney
 Nerina Cilento
 Zane & Jen Cofield
 Jim & Darlene Cooper
 Chris & Janet Cooper
 Bob & Claire Cozzi
 Caleb Davis
 Maria D'Avolio
 Divorce Care Group
 John Dufford
 Preston Dugas
 Scott Dustin
 Julie Earp
 Todd Eckley
 Eileen
 Brian Ericksen
 Marge Ewing
 Faith Baptist Church of
 Youngsville
 Family of Martin Flemion
 Jim Fletcher
 Jackie & Bill Gano
 Gavin
 Dan Gentile
 Kellie Godwin
 Judy Goodman
 Linda & Jerry Gramz
 Leslie Greening
 Wayne Haigler
 Norma Hewitt

Friends Continued:

Jeleigh Johnson
 Lauren Judy
 Jim Justim
 Katie Kendall
 Susan King
 Kosmider Family
 Karen LaValle
 Johnnnny Lawson
 Nathan Leckey
 Jack Levine
 Cory Loughran
 Marg Macy
 Brian Marsh
 Karsen McGee
 Dottie McVaugh
 Curt Mundy
 Jo O'Keefe
 Our Nation & Our World
 Janet Parnes
 Paula & family
 Charles Phillips
 Preschool Teachers
 Rick Ramsey
 Kristen & Kelly Scocia
 Ed & Carole Sheets
 Nellie Shuford
 Kathy Sicuranza
 Courtney Sloane
 Family of Joyce Solomon
 Molly Space
 Midge Sparks
 Phillip & Jennifer Stavonovic
 Danielle & Travis Steelman
 Stephanie & family
 Danny Taner
 Jina Tucker
 Richard & Susan Turine
 Elaine Walker
 Elsie Walsh
 Jack Whitley Jr
 Garl Wiles Jr.
 Clement & Anna May York
 Eric & Beth Zettlemoyer

Serving Our Country:

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

Prayer Warriors

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



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



**LECTIONARY BIBLE
READINGS**

April 6

Ezekiel 37:1-14
Psalm 130
Romans 8:6-11
John 11:1-45

April 13

Liturgy of the Palms

Matthew 21:1-11
Psalm 118:1-2, 19-29
Isaiah 50:4-9a
Philippians 2:5-11

April 20

Acts 10:34-43
Psalm 118:1-2, 14-24
Colossians 3:1-4
John 20:1-18
or Matthew 28:1-10

April 27

Acts 2:14a, 22-32
Psalm 16
1 Peter 1:3-9
John 20:19-31

FOOD PANTRY CHALLENGE

In an effort to increase our opportunity to participate in The Feinstein Foundation Challenge, Seaside will accept donations of the following non-perishable items on Sunday, April 6th before all services. The Feinstein Challenge recognizes one food item as a \$1.00 contribution. Following are requested items: Canned tuna, spaghetti sauce, fruit (applesauce, mandarin oranges, fruit cocktail), Green beans, canned corn or soup. Dried pinto beans, rice, spaghetti, and boxed mac'n cheese. The requested items are the standard foods packed each week in our Food Pantry bags.

CHANGE OF ADDRESS

Jerry & Kathryn Patton
OLD 29 Newport St, OIB, NC
NEW 500 Pagebrook Drive,
Richmond VA 23238

**MEMORIALS &
HONORARIUM**

In Memory of:

Doug Hayes
Given by:
Frank & Mary Malkin

In Memory of:

Garl Wiles
Given by:
Marvin & Dina Braddy

In Memory of:

Arthur Dancy
Given by:
Geoffrey & Judith Planer

In Memory of:

Bill Sale's Stepfather
Given by:
Mickey & Nancy Turner

THANK YOU

I would like to express my thanks to all who gave me words of comfort, sent cards of sympathy, or called with their condolences on the recent death of my mother, Bernice Ferris.

Seaside's loving support system has been a blessing to me and Bill. We pray for God's continued blessings on our church and friends.

Bernita Magee

Seaside Preschool would like to thank Jim Hilgenberg for his generous contribution to the preschool's scholarship fund in loving memory of his wife, Joyce. Joyce was a Pre-K teacher and had planned to become a part of our preschool after her retirement. Jim said that she would have liked to help as many children as possible get a strong preparation for kindergarten and a firm understanding of God's love for them. We promise to abide by these wishes. Thank you so very much.

WORSHIP

8:00 9:30 11:00

Feb 2	150	203	150
Feb 9	153	212	194
Feb 16	139	152	203
Feb 23	148	218	167

**ATTENDANCE
IN SUNDAY SCHOOL**

Feb 2	55
Feb 9	
Feb 16	
Feb 23	50

**A WARM SEASIDE
WELCOME TO OUR
NEW MEMBERS**

Wade Aruz joined Seaside February 23rd by transfer from St. Paul's Lutheran Church, Brooklyn, NY.

Wade may be contacted at:
315 Baker Drive
Supply, North Carolina 28462
Email: waruzz@yahoo.com

Larry and Sara Moore joined Seaside Sunday, March 9th by transfer from First Baptist Church, Gastonia, NC.

You may contact Larry & Sara at:
Phone: [910-232-7540](tel:910-232-7540)
Email: lmoore117@atmc.net (Larry)
Email: smoore6953@gmail.com (Sara)

**OLD BRIDGE
PRESERVATION SOCIETY**

Education Committee
"Volunteers Needed"

Meeting
April 11th at 10:30 a.m.
Mavericks Java & Bistro
303 Sunset Boulevard N.
Sunset Beach, NC

APRIL POWERS

Here we are – Easter people! April gives us all the possibilities of spiritual renewal along with the promises of gardens, flowers, sunshine and warmth. How blessed we are! Can we put on this mantle of renewal and do great things? How many items on your bucket list include spiritual fulfillment? Sure, I'd like to climb Mt. Kilimanjaro, but all things considered, I would rather deepen my relationship with God. I wouldn't mind learning nuclear physics, but I think I would rather find my soul's passion and follow it to whatever God's plan is for me. I think I'd like to try skydiving, but really getting closer to God would excite me far more. I'm not avoiding dramatic lifetime experiences, I'm just seeing the possibilities for a future that is supported by faith. The powers of April are profound. We must seize them and take on the most important lifetime task, knowing God.

Pat Linnell
Lay Leader
910-200-8316

THANK YOU

**to everyone who worked so hard
to make our February Children's Sabbath
a month of
Love, Prayers and Awareness on behalf of ALL
God's children...**

Ron Sorice, our potter
MYF and Youth Leaders
Joyful Noise Choir and Leaders
Sunday School Leaders
Adult Choirs and Praise Team
Service Coordinators - Carol Matthews, Nancy Camino
and June Donley
Our Pastors and staff (Kathryn, Lynn & Meg)
Seaside's Pre-school, Boy Scout Troop and church family
and my wonderful Christian Formation Team

Children's Sabbath Prayers Pray, Learn, Mentor and Transform

On the last Sunday in February during our Children's Sabbath service we lifted up ALL God's Children with **Prayers for the Children**. Two hundred and ninety-four prayers were brought to the altar and put in the Prayer Bowls made by our Seaside Children and Youth.

Upcoming events: April – Children's Easter Egg Hunt; June – Vacation Bible School; July – STARS literacy program. Continue to lift up ALL God's children in your daily prayers in 2014.



"SONGS OF SEASIDE"

"Wisdom is better than jewels, and all that you may desire cannot compare with her." Proverbs 8:11

Happy Easter! This is one of the highest celebration seasons in the church year and I look forward to it every year! Memories of buying new shoes, hats, dresses, corsages for my mother and daffodils color my mind when I think of Easter as a child. I hope you are preparing to welcome this season into your life and celebrate it with your church family. Please don't forget to take time to ready your heart and mind for Christ's return.

Do you have your ticket for the Easter cantata? If you have tickets that you cannot use, **PLEASE** return them to the church office as we have a waiting list for tickets. Again, there will be only one performance this year at 5:00 p.m. on Palm Sunday, April 13. "For Such A One As This" is an Easter drama telling the story of Holy Week through music and dramatic monologues. The choir and orchestra are working hard to prepare this moving cantata, and I hope you will join us as we begin Holy Week and our journey to the cross.

On Palm Sunday at 9:30 a.m. and 11:00 a.m. our children's choir will join the adult choir to sing the anthem—what a great beginning to Holy Week! The choir and several ensembles are preparing to sing and play instruments at the Holy Week Thursday service at 7:00 p.m and Good Friday services at noon and 7:00 p.m. I hope you will join us! And of course there will be special music for Easter Sunday as we welcome the risen Christ.

Don't forget to mark your calendars for our 25th Anniversary celebration on Sunday, May 18 at 7:00 p.m. We will be celebrating 25 Years of Music Ministry at Seaside UMC with special recognition and music by all of our choirs and ensembles. It will be a wonderful time of music and fellowship!

With a voice of singing,
Kathryn

A PRAYER FOR THE CHILDREN

"That they may be safe, fed, clothed, loved, learn and come to know Jesus as Lord and Savior. As they learn may they be able to reach for the stars. Help me Lord to do my part."



SEASIDE UMYF

We want to thank everyone who attended the Shrove Tuesday Pancake Supper and for all the donations. We sincerely appreciate your support. We would also like to thank everyone who helped. We could not have done it without you.

As we journey through the Lenten season we will look into the lives of several Bible characters: Jacob, Giving God Control; Ruth, Commitment in Action; Job, Perseverance through Suffering; and Jonah, Saying Yes to God.

The youth meet on Sunday from 5:30 p.m. to 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 at 579-3873, 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 want to volunteer, there is a sign-up 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. If everyone volunteers just once, we would be covered for a long time.



DAY OF CARING

The United Methodist Women and the United Methodist Men will sponsor a church-wide Day of Caring on Saturday, April 26, 2014.

Workers will meet at the church and teams will go to assigned homes within the church community to clean, rake, sweep, wash windows, and do whatever we can to help members of our church family in a little Spring cleaning. If you can help work that day, please sign up on the *green* Day of Caring Work Sheet in the Gallery. If you or someone you know needs help with chores on April 26, please sign up on the *yellow* Day of Caring Help Needed Sheet in the Gallery. The workers will return to church for lunch at noon. If we have enough jobs, some may sign up to work the afternoon shift.

We are looking forward to a great day of service and many hands make light work! We need your help! If you have any questions, please contact Naomi Harder, 579-5318 or Brian Houger, 579-2603.



STEPHEN MINISTERS

Stephen Ministers are members of our congregation who have spent over 50 hours in special training to provide one-to-one Christian care to people in our congregation and community who are experiencing grief, loneliness, divorce, hospitalization, disability, job loss and many other of life's difficulties.

In March ten new members of Seaside United Methodist Stephen Ministers were commissioned during a solemn Sunday evening service. They are Bob Bell, Jack Borders, Marvin Braddy, Rumel Bradt, Mike Carper, Vivian Ward Carper, Victor DeLaCruz, Mary Lou Farr, Pat Linnell and Ron Melvin. The Stephen Ministers are grateful and proud to have these dedicated people join them.

Seaside United Methodist Stephen Ministers have provided over 80 hours of loving, distinctively Christian care to members of our church family and community during the months of January and February 2014.

Thanks,
Betty Henderson



Our fourth cycle of GriefShare began on February 7. We currently have 10 people enrolled. The group has quickly become a supportive community and each week is able to share their sorrow, but also life's little victories. If you have lost a loved one and are struggling with grief, consider joining us.

There is no "right" time to be part of our group. We have had people come through our previous cycles whose loss was just one or two months old and some who had been grieving for two or three years. You are welcome to come and see if it feels right for you. If you are not comfortable at this time, you can always join us for the next cycle. We offer two cycles each year. Our current cycle runs through May 16. We will start cycle five in late September.

We meet in the choir room on Friday from 1:30 to 3:30 pm. Each GriefShare session is self-contained so you are welcome to join the group at any time. There is a \$20 registration fee. More information about GriefShare can be found on our church website, or you may call Milly Houger 910-579-2603 or Jim McNeill 910-579-2405.



*From the Desk
of...*

The Health and Wellness Director

What does Easter mean to You? Does it mean going to church to celebrate the death and resurrection of Jesus? Having people over for Easter dinner? Is it about the Easter Egg Hunt or the Easter Bunny? Or dressing up in your Easter finery? Easter means many things to many people. For me it is a time of reflection...a time of new beginnings. It is a time of believing we are recharged, or reborn. But as Christians, the real meaning of Easter is that because of Christ's death and resurrection, we have been given victory over death and eternal separation from God, a covenant promise of forgiveness and grace. May your life be blessed with His love on Easter and Always...

Happy Easter!

*With Love and a Grateful Heart,
Carol Sigafos*

April Schedule:

April 7, 14, 21, 28	Straighten Up Exercise Class – with Nicole Depauw. 3:30 pm in Fellowship Hall
April 4, 11, 25	GriefShare 1:30 pm
April 9	Health & Wellness Committee Meeting – 3 pm in Rm 222
April 22	Program on "Sepsis—What is Sepsis. Are You at Risk? Presented by Erin Weaver, RN, BSN, CCRN Sepsis Coordinator, Grand Strand Regional Medical Center 3 pm in the 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 Marc will meet on Mondays and Fridays, at 10AM, Wednesdays at 3PM in the Fellowship Hall.



Program on "Sepsis—What is Sepsis and Are You at Risk?"

Erin Weaver, RN, BSN, CCRN, Sepsis Coordinator, joined Grand Strand Regional Medical Center in 2007 as a registered nurse. She worked as a critical care nurse until August 2013 when she was named sepsis coordinator. Erin is responsible for monitoring patients who are admitted with a sepsis diagnosis during their stay at Grand Strand Regional.

Program on "Sepsis—What is Sepsis and Are You at Risk?" (continued)

Sepsis is a growing problem today because it's a disease that very few people know about or understand. It should be a growing concern for people today. It is a toxic response to infection that kills 258,000 Americans each year. It is a medical emergency that requires early detection and treatment for survival. Come and learn more about the symptoms and risk factors of sepsis because every minute counts. Administration of antibiotics and fluids save lives. Our mission is to raise awareness of sepsis as a medical emergency and support those impacted by this devastating disease.

Please join us on **April 22nd at 3 pm** in the Fellowship Hall for a wonderfully informative program.



Digestive Health

For some of us, digestive discomfort has become a fact of life, like never getting enough sleep or having too much to do. We complain about everyday ailments such as occasional gas, bloating and irregularity, assuming they are inevitable. But they don't have to be. By paying attention and making a few simple changes, you can help your digestive system do the job it was made to do – absorbing nutrients and keeping things running smoothly. Learn what you can do today to help take care of your digestive system.

8 Tips to Improve Your Digestive Health

Stay Hydrated--Drink plenty of water and other fluids.

Move It--Physical activity speeds up digestion, increases blood flow to all your organs, and stimulates muscles in the GI tract, helping your organs work more efficiently.

Limit Fats--Fatty and fried foods are hard to digest, slow the process way down, and tax a system that would otherwise run well.

Eat More Fiber--Fiber is the traffic cop that helps keep everything moving smoothly in your intestines. It slows down digestion and absorption so the glucose in food enters your bloodstream more slowly, keeping your blood sugar at a more even level.

Healthy Weight--Studies show that even small weight gains are linked to GERD (gastroesophageal reflux disease), a condition in which the valve between the stomach and esophagus doesn't close completely, allowing stomach acid back into the esophagus. Losing even a few pounds eases some of the pressure in your abdominal area and can help reduce heartburn and other discomfort.

Try Probiotics--Probiotics are live microorganisms (in most cases, bacteria) that are similar to the beneficial microorganisms naturally found in the human gut. These "good bacteria" are used to prevent and alleviate many different conditions but particularly those that affect the gastrointestinal tract.

Bloating--Intestinal bacteria produce gas when foods haven't yet travelled through the small intestine. If gas particles aren't released right away, the stomach expands like a balloon. Although over-eating is the most known cause for bloating, the triggers may not be how much you're eating, but what you're eating. Try to limit your consumption of sodium, starches and artificial sweeteners as they are common culprits. Bloating can also be the sign of a serious health problem.

What is Bloating?

When your lunch reaches your stomach, acids begin the digestive process, but the bulk of the work is handled by the small intestine. There, enzymes process the sugars, protein, and fat and help your body absorb them. If large molecules of food survive that step, they arrive in the large intestine (colon) where bacteria finish the job. As they work, those bacteria release gas, and, voila, your intestines become distended, you feel overly full and crampy and your pants don't fit as well.

For the population at large, bloating is on the rise due to a perfect storm of lifestyle factors: an increased use of ingredients such as sorbitol and fructose that are not easily digested in the small intestine, declining levels of exercise (which helps keep the gut working properly), and a loss of helpful intestinal bacteria due to the overuse of some antibiotics. Bloating caused by these factors is uncomfortable, but harmless. But there are times when you need to take your bloating seriously.

Three Possible Causes of Toxic Bloating

1. **Diverticulitis**--When the large intestine does its work (squeezing bowel movements through the body and out), sometimes the lining is pushed out into little pouches, creating a condition called diverticulosis. If fecal matter gets waylaid in those pouches, an infection can set in causing diverticulitis,

a much more serious condition. Once an infection has begun in your intestine, there is a risk it can rupture into your abdominal cavity and cause a life threatening infection.

Symptoms of Diverticulitis

In addition to the symptoms of diverticulosis, signs of diverticulitis include

- Severe pain (the kind that makes you wonder if you should go to the emergency room)
- Bloating that persists for weeks at a time rather than being intermittent
- Constipation
- Blood in your stool

2. **Ovarian Cancer**--Ovarian cancer used to be called the silent killer, because it exhibits few symptoms until it has progressed to an untreatable state. But doctors now recognize that if you listen carefully, the disease whispers a few warning signs. When ovaries turn cancerous they often swell, causing a swelling in the belly that resembles bloating. Hormonal changes that occur during ovarian cancer can also cause bloating.

If you experience any of the following symptoms with bloating (or experience bloating that lasts longer than a week), make an appointment with your doctor to get thoroughly checked out:

- Pain
- A change in bowel habits
- Weight loss
- Blood in your stool

3. Bacteria Overgrowth in the Small Intestine--

Your small intestine absorbs the nutrients from food through villi, small projections on the intestinal wall. If bacteria grow in your small intestine (where it normally doesn't hang out) they can destroy villi, blocking the absorption of nutrients. Then larger pieces of food once again find their way to the small intestine where those gas-producing bacteria go to work on them, and, bingo, you've got bloating and diarrhea.

Symptoms of Bacterial Overgrowth

- Bloating, particularly after meals
- Fatigue

Bacterial growth in the large intestine isn't widely understood in the medical community, so you may have to ask your doctor to look for it.

If you're experiencing any of these symptoms—DON'T WAIT—See your doctor.

LENTEN LUNCH SCHEDULE

April 2
@ St Brendan's—Camp UMC Host

April 9
Calvary Baptist

SEASIDE UMC ART SHOW

Wednesday, April 30th to Sunday, May 4

Artist Reception April 30 from 6:00-7:00pm

Sponsored by:

The Christian Artist Group, our children
and anyone else who would like to exhibit.
All are welcome.

Bring art work to display on April 30th,
from 9 am to noon.

Remove all artwork by Monday, May 5th.

LABYRINTH WORKSHOP AND WALK

Seaside will have access to a labyrinth from the NC Media Ctr. the 1st week of April. A labyrinth is a path which leads, via a circuitous route, to the center of an intricate design and back out again. A labyrinth's route is unicursal; that is, it has only a single path. Unlike a maze, a labyrinth is designed for ease of navigation, and it is impossible to get lost within one.

The labyrinth will be set up in the Fellowship Hall from Wednesday morning, April 2nd until 4:00 p.m. Sunday April 6th. People may come and walk at their convenience.

Two workshops will be held to learn about how walking the labyrinth can be a spiritual tool. It can provide a time for healing, introspection, intercessory prayer and renewal. We will have a guest harpist playing during our walks. Workshops will be held April 2nd at 6:30 p.m. and April 5th at 9:30 a.m. There is a \$5 fee per person for the workshops. Workshops will be held in room 222 and the Fellowship Hall.

Choose the Labyrinth Walk as a Lenten experience. Information will be available in the Fellowship Hall to help guide you on your walk.



ANNUAL GOLF TOURNAMENT

Sponsored by UMM

Saturday, May 3, 2014
at

PANTHERS RUN GOLF LINKS

Fee \$75. each
Registration & Sponsor Sheets are available
in the Gallery
or
go on line @ Seasideumc.org



SEASIDE 25TH ANNIVERSARY ORNAMENTS

Beautifully hand painted Seaside 25th Anniversary Commemorative Ornaments are available at a cost of \$16.00 each. Order forms, along with a sample ornament, are located in the Gallery.

Please drop off your completed form and payment to the church office. You will be contacted when your ornament is ready for pick up. They are a beautiful keepsake!

FOOD PANTRY REPORTS

January 2014 totals are:

Seniors —154

Adults —460

Children —331

Total individuals served – 945
during the month.

Total families served – 248, averaging
approximately 62 families each week.

February 2014 totals are:


Seniors—170

Adults—350

Children—211

Total individuals served—731
Total families served—206, averaging
approximately 51 families each week.

APRIL 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 9a & 5p GED 10a Crafts, Food Pantry, Staff Mtg 1:30p Tutoring, Worship Plan. 5p Comm. Mtg 6p Stephen Ministers 6:30p Divorce Care, Sharing God's Word</p>	<p>2 9a Disc III 10a Christ. Art, G-parent Supp. Women's Bible Study 12 p Lenten Lunch 1p Tutoring 3p Yoga 4p Banner Mtg 4:30 Joyful Noise 5:30p Jubilee Bells 6p Christian Believer, 6:30p Labyrinth, Brueggerman, Praise Team</p>	<p>3 9a & 5p GED 10a Staff Mtg 4p Lay Leaders 6p Sanctuary Choir</p>	<p>4 10a Yoga 1:30p Grief/Share</p>	<p>5 9:30a Labyrinth</p>
<p>6 Worship Serv 8, 9:30, 11 am 2p Set up 4p Bruns Concert 5:30pm UMYF 7pm AA</p>	<p>7 10a Yoga 11am SBL Gp 12p PS Dinner & Al Anon 3:30p Straighten up 4:30p GS 6:30p Boy Scouts & UMM</p>	<p>8 9a/5p GED 10a Fd Pantry & Staff Mtg. Crafts 1:30p Tutoring & Worship Plan. 6 p Inst Ens. 6:30p Divorce Care 7p Classic Ens</p>	<p>9 9a Disciple III 10a Christ. Art. & G-parent Spt 10a W Bible Stu 12p Lenten Lunch 1p Tutoring 3p H&W Mtg 3p Yoga 4:30p Joyful Noise 5:30p Jubilee Bells 6:30p Brueggerman, Leviticus, Praise Team</p>	<p>10 9a/5p GED 10a Staff Mtg 6p Sanctuary Choir</p>	<p>11 10a Yoga 1:30p Grief/Share</p>	<p>12 9a Prayer Warriors 11a Diane Casey Memorial Service</p>
<p>13 Worship Serv 8, 9:30 & 11a 9a Blood Pressure Cks 5 pm Easter Cantata 7p AA</p>	<p>14 10a Yoga 11a SBL Gp 12p Al Anon 3:30p Straighten up 4:30p Girl Scouts 6:30p Boy Scouts 7p Outreach & Trustees</p>	<p>15 9a/5p GED 10a Fd Pantry & Staff Mtg, Crafts 1:30p Tutoring & Worship Plan 4p Witness 6p Inst Ens 6:30p Divorce Care, Sharing God's Word</p>	<p>16 9a Disciple III 10a Christ. Art. & G-parent Supp. Wm Bible Study 1p Tutoring 3p Yoga 4:30p Joyful Noise 5:30p Jubilee Bells 6:30p Brueggerman, Leviticus & Praise Team</p>	<p>17 9a/5p GED 10a Staff Mtg 1:30p Alzheimer's Sp 4p Ann Comm 7p Maundy Thursday Service</p>	<p>18 10a Yoga Noon Service 1:30p Grief/Share 7 pm Service of Tennebre</p>	<p>19</p>
<p>20  Sunrise Service @ Sunset Beach 6:15a Services at Church 8, 9:30 & 11 am</p>	<p>21 10a Yoga 11a SBL Gp 12p Al Anon 1p Shell Seekers 3:30p Straighten up 6:30p Boy Scouts</p>	<p>22 9a/5p GED 10a Fd Pantry & Staff Mtg, Crafts 1:30p Tutoring & Worship Plan. 2:30 Sepsis Awareness 6p Inst Ens 6:30p Divorce Care 7p Classic Ens</p>	<p>23 9a Disciple III 10a Christ. Art. & G-parent Spt & Writing Your Story II 12 Lenten lunch 1p Tutoring 1:30p Nurture 3p Yoga 4:30p Joyful Noise 5:30p Jubilee Bells 6p Christian Believer 6:30p Leviticus & Praise Team</p>	<p>24 9a/5p GED 10a Staff Mtg 2p About Hospice 4p Worship 5:30p Mid Ser Choir 6:30p 8&11 Choirs</p>	<p>25 10a Yoga 1:30p Grief/Share</p>	<p>26 Day of Caring</p>
<p>27 Worship 8, 9:30 & 11a 5:30p UMYF 7p AA</p>	<p>28 10a Yoga 11a SBL Gp 12p Al Anon 3:30p Straighten up 4:30p Girl Scouts 6:30p Boy Scouts</p>	<p>29 9a/5p GED 10a Fd Pantry & Staff Mtg, Crafts 1:30p Tutoring & Worship Plan 6:30p Divorce Care</p>	<p>30 Art Show 9a Disciple III 10a Christ. Art. & G-parent Supp, Stephen Leaders, Writing Your Story II 1p Tutoring 3p Yoga 4:30p Joyful Noise 5p Family Nite 5:30p Jubilee Bells 6p Art Show 6:30p Leviticus & Praise Team</p>			

APRIL BIRTHDAYS AND ANNIVERSARIES

April 1

Anniversaries:

Bill & Jack DeGroot
Connie & Denise Stout

April 4

Birthdays:

Eleanor Tucker
Butch Hamilton
Linda McPherson

Anniversaries:

George & Helen Cotter
Chuck & Betty Scott

April 5

Birthdays:

Marilyn Moore
Jim Smith
Donald Thompson
Larry Barr

Anniversaries:

Mike & Jan Bohlinger

April 6

Birthdays:

Carol Matthews
Nancy Lewinsky
Bobby Johnson

Anniversaries:

Bruce & Sandra Kertcher
Doug Radcliffe & Faye Hayes
Don & Daphne Bridwell

April 7

Birthdays:

Bob Wiltbank
Becky Steadman

Anniversaries:

John & Susan Torlone

April 8

Birthdays:

Betty Lintz
Fred Snediker

Anniversaries:

John & Margaret Holleman

April 9

Birthdays:

Gene Williams
Bob Aspy
Doug Scherzer
Kim Loucks

Anniversaries:

Jim Frank & Betty Hender-
son
Jim & Carol Filkins

April 9

Anniversaries

Richard & Anna Kraft

April 10

Birthdays:

Mel South

Anniversaries:

Dallas & Ruth Bracey

April 11

Birthdays:

Mary Neill

Anniversaries:

Stephen & Suzanne Harris
Jim & JoCarol Allen

April 12

Anniversaries:

Jack & Kathy Scalise

April 13

Birthdays:

Ed Usher
Melanie Grammen

April 14

Birthdays:

Ches Burton
Betty Clayton

Anniversaries:

Larry & Charity Smith
Tom & Irma Walters

April 15

Birthdays:

Dot Cannon
Marty Biddle

Anniversaries:

Buddy & Betsy Russell

April 16

Birthdays:

Don Lehman
Sadie McDougald
Jim Linnell

Bernita McGee
Nina Gedney

Anniversaries:

Art & Kathy Ivey

April 17

Birthdays:

Marlen Mapes
Richard McDougald
Martha Hetrick

April 17

Anniversaries:

Pat & Chuck Denney
Bill & Juanita English

April 18

Birthdays:

Donnie Haigler

Anniversaries:

Fred & Ellene Schwartz

April 19

Birthdays:

Winston Stephens
Lynn Colson
Stuart Brenizer

Anniversaries:

Ed & Lorraine Usher

April 20

Birthdays:

Chris Johnson
Dennis Fancher



April 21

Birthdays:

Thomas Grammen

April 22

Birthdays:

David McCune Sr
Dot Sellers
Betsy Wauters
Cathy Story

April 23

Birthdays:

Geraldine Floyd

April 24

Birthdays:

Gene Parsons-Gilman
Hanna Gail
Dennis Rawson

April 25

Birthdays:

Phillis Finn
Phyllis Munday
Tammy Stanley

April 26

Birthdays:

Bruce Kertcher
Mary Lee Baucom
Cathey Casalini

April 27

Birthdays:

Frank Rogers

Anniversaries:

Ed & Bernice Gray

April 28

Birthdays:

Joyce Davis
Pat Haniquet

Anniversaries:

Charles & Cari Van Winkle

April 29

Birthdays:

Mildred Bernard
Gene Hoge
Glenn Cannon
Mark Christy

Anniversaries:

Thack & Barbara Brown

April 30

Birthdays:

Carl Starnes



STARS, MISSION AND SEASIDE

Close your eyes and think back on your life and how it may have been different if either your parents or someone in your life hadn't exposed you to reading at a young age or to the possibilities of what you could accomplish. The STARS (Seaside Teaching and Reaching Students) program grew from a conversation about what Seaside as a church family could do to work with students, either in an after school or summer camp environment, to address summer reading loss and expose children in our community to those possibilities.

With nothing more than this vision and some interest from Seaside's, Mary Jane applied for a Duke Endowment Grant last June which was approved and awarded this past November. Since then, volunteers have worked and continue to work on what has come to be known as STARS. At the same time, the United Methodist North Carolina Conferences (Eastern & Western), with a similar vision to that of Seaside's, initiated a program called "Congregations for Children", partnering with North Carolina's Department of Education. Working with our public schools is a new missional frontier, further validating STARS vision and offering hands-on opportunities for missional work within Seaside.

Our STARS program has three areas of focus:

Literacy: The morning sessions are focused on literacy using an accelerated learning approach to not only prevent summer learning loss but to better position students for the coming year. These sessions will be taught by a Master Teacher and Assistant with no more than a 10:1 student/teacher ratio. Student success will be measured by end of school year/end of STARS program progress.

Enrichment: The afternoon portion of the program provides opportunity to focus on music, art, science, and physical activities that are age appropriate for our kids. Field trips offer many choices of things to do and experience. Our community response has been positive in support of STARS. The afternoon program will be staffed by all volunteers – giving all of our church "family" members a chance to be "family" to our children.

Parent Involvement: Each week STARS will host a dinner workshop for the parents. The entire family, including siblings, are invited to the dinner. The workshop is planned and taught by the Master Teachers, using the learning material for the week to equip the parents to be ongoing learning partners in the home, beyond the six week program.

STARS

July 7th-August 15th

Monday through Friday

8:30 AM-5:30 PM

Breakfast and Lunch & Two Healthy Snacks Daily

16-20 Rising Second Graders from Jessie Mae Monroe Elementary

Recommended by Jessie Mae based on literacy needs

STARS and You

Support the afternoon volunteer program with a gift of your time

See the STARS bulletin board in the Fellowship Hall Lobby to sign up. Consider choosing one week during the program to share your time in mission with our children.

There are a limited number of volunteers needed for the morning.

Support a student

STARS is being offered with only a small nominal tuition cost to the family to allow students in need of this program to attend, regardless of economic circumstances. The ability to donate online at seasideumc.org is available by clicking on the About Us tab, Online Giving. More information to follow regarding how you can sponsor a STAR.

For more information or if you have questions, please call Meg Good at 579-5753

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

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