

STARS AND YOU

Psalm 127 reminds us that "Children are a blessing and a gift from the Lord." (Ps. 127:3, CEV) We are all precious in God's sight. Children are full of potential, with all of life ahead of them. God's Word makes it clear that we as adults have a responsibility to love, respect and care for children, that we should assist them in becoming all God intends for them to become. Through our efforts to help them learn and grow, we also enable them to come to know God's love. May we as a community of faith do all we can to bless all children through the love and care of Christ.

We invite all Seaside members and visitors to join us Sunday, May 4th in the Fellowship Hall starting at 9:00 AM to learn more about the STARS program. Everyone at Seaside can participate in this mission opportunity to serve children and their families in our corner of Brunswick County. Information will be available on the STARS mission, schedule, and partners. Committee members will be on hand to help you find the right volunteer opportunity to meet your schedule and interests. Our Seaside church family is blessed with a rich diversity of talents, experiences and gifts - we ask that you share your time and talents this summer with our children.

We look forward to sharing STARS with you on May 4th.

See page 11 for more STARS information and ways YOU can help with this church wide mission.

Mary Jane



UPCOMING EVENTS

Seaside Relay For Life
Team
May 2

Annual Golf Tournament
May 3rd

UMW Spring Tea
May 9th

American Red Cross Blood
Drive at Seaside
May 14th 9—1:30

25 Years of Music at
Seaside
May 18th 7pm

Summer Intern-Elly Tilk
June 1—Aug 10

Annual Conference
June 11-14

VBS—Weird Animals
June 23-27
9-Noon

Special Note
June & July
Newsletter
Deadline
May 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 Bowden
Ann & Lafayette Bowman
Dina Braddy & family
Frances Broome
Jack Casey & family
Brenda Causey
Harry Clatterbuck
Bill & Ginny Coats
Ro Edwards
Jack & Bill DeGroot
Marge Duffy
Ken & Mary Eaton
Barb Gravely & family
Grief/Share
Susanne Harris
Katherine Hayes & family
Paula & Daniel Hernandez
Tom Herncane
Gene & Lorraine Hoge
Crystal & Tabatha Huggett
Gil & Kathy Johnson
Carol & Bob Jones
Family of Sarah Justice
Donna Lloyd
Martha Sue Ludman
Walt & Marion Martens
Susan & Bill McDonald
Norma Mohn
Sara Moore
Betty Oakes
Phil Parker
Jackie Pickup & family
Carolyn Powell
Prayer Warriors
Trip & Jackie Purcel
Betty Pursey
Dick Ruehle
Jack & Kathy Scalise
Dave & Met Schroll
Ellene Schwartz
Gerald & JoAnn Scott
Seaside UMC Staff
Susan Seidel
Dot Sellers
Randy Schuford
Charity & Larry Smith
Jimmy Smith
Mel South
Carlene Stanley
Carlene Stanley
Glen Starnes
STARS Program
Stephen Ministers
Rich Stephens
Gaylee Strickland
Gerry Strickland

Members Continued:

Danice & Connie Stout
SS Volunteers & Students
Bud Sweetman
Freddie Tatum
Mildred Trenchard
UMYF & Leaders
Jim & Debbie Wallace
Kitty White
Carie Wiles & family
Bev Williams
Bob & Wanda Wiltbank
Gwen Wiseman
Marybeth & Jim Yeager

Friends:

Herman Anderson
Margot Anderson
Carolyn Arney
Lisa Bellamy
Zach Bernier
Bob & Ann Billups
Bob & Carol Boileau
Janet Bonekemper
Alex Brooker
Pringle Brown
Family of Louise Burney
Richard & Susan Canipe
Margie Canter
Mona Kay & Bill Carter
Linda & Bill Chambers
Josh Chastney
Children of the World
Zane & Jen Cofield
Oliver & Linda Clayton
Denise Cooley
Jim, Darlene & Chris Cooper
Janet Cooper
Claire Cozzi & family
Caleb Davis
Maria & Brian D'Avolio
Divorce Care Group
Preston Dugas
Ray & Roberta Dupuis
Scott Dustin
Julie Earp
Todd Eckley
T.W & Dotty Edwards
Eileen
Brian Ericksen
Marge Ewing
Family of Martin Flemion
Jim Fletcher
Jackie & Bill Gano
Henry Gaunt
Gavin
Dan Gentile
Kellie Godwin
Judy Goodman
Linda & Jerry Gramz
Leslie Greening
Wayne Haigler

Friends Continued:

Donnie Hardy & family
Norma Hewitt
Jim Justim
DeDe Keiper
Kosmider Family
Karen LaValle & Lance Miller
Johnnny Lawson
Nathan Leckey
Jack Levine
Ted Loop
Marg Macy
Brian Marsh
Albert McCubbin
Karsen McGee
Dottie McVaugh
Jeff Miller
Kurt & Mary Molin
Curt Mundy
Jo O'Keefe
Jean Oliver-Haynes
Our Nation & Our World
Janet Parnes
Paula & family
Charles Phillips
Bethany Pichieri & family
Preschool Teachers
Rick Ramsey
Schlemmer family
Ed & Carole Sheets
Nellie Shuford
Kathy Sicuranza
Kristen & Kelly Socia
Molly Space
Midge Sparks
Phillip & Jennifer Stavonovic
Danielle & Travis Steelman
Stephanie & family
Karen & Richard Tait
Danny Taner
Jina Tucker
Richard & Susan Turine
Elaine Walker
Elsie Walsh
Jack Whitley Jr
Garl Wiles Jr.
Bob Wingate
Jennifer Wyatt
Clement & Anna May York

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
Candie Meier—
dandcmeier@atmc.net

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**

May 4

Acts 2:14a, 36-41
Psalm 116:1-4, 12-19
1 Peter 1:17-23
Luke 24:13-35

May 11

Acts 2:42-47
Psalm 23
1 Peter 2:19-25
John 10:1-10

May 18

Acts 7:55-60
Psalm 31:1-5, 15-16
1 Peter 2:2-10
John 14:1-14

May 25

Acts 17:22-31
Psalm 66:8-20
1 Peter 3:13-22
John 14:15-21

THANK YOU

Thank you for your cards, your calls of concern, and the lovely prayer shawl made by Marie and prayed over by so many. Daddy had been sick for many years, but these last months were the most difficult by far. Being a part of this church, and kept in the thoughts of so many caring people, kept me centered and at peace with my dad's journey to join Jesus.

Jack DeGroot

**CURRENTS
JUNE & JULY
EDITION**

We publish a double month newsletter for June & July. Please keep this in mind for your activities and announcements during both months. These articles are due by May 10th for this special double edition.

**MEMORIALS &
HONORARIUM**

In Memory of:

Doug Hayes
Given by:
Preston & Elizabeth Kelly
Barbara HaHer

In Memory of:

Sarah Justice
Given by:
Graham & Sybil Rights

In Memory of:

Arthur Dancy
Given by:
Donald & Doris Stovall

In Memory of:

Marvin Braddy
Given by:
Robert & Sandra Bell
Richard & Cynthia Fickes
Jacqueline Pickup
James & Deborah Wallace
Ronald & Patricia Melvin
Donald & Patricia Lehman
Bruce & Joan Routzahn
Eberhard & Ilona Knuettel
Marlen Mapes
Frank & Mary Malkin
Bill Morrow & Mary Ellen Good
Claire Cheney
Doug and Judy Keill
Nancy Jack
Larry & Martha Rhodes
Kathryn Parker
Judy Wallace
James & Cathy Story
Wayne & Carol Matthews
Don & Colleen McGregor
Karen Hall Wright
V Roland

**American Red Cross
Blood Drive @ Seaside**

**May 14th
9am-1:30pm
Fellowship
Hall**



WORSHIP

	8:00	9:30	11:00
March 2	150	141	180
March 9	146	177	191
March 16	154	183	170
March 23	159	190	209
March 30	152	180	218

**ATTENDANCE
IN SUNDAY SCHOOL**

March 2	46
March 9	44
March 16	46
March 23	49
March 30	42

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

Marilyn Pounds joined Seaside on March 16th by transfer of membership from the United Church of Christ, Philidelphia, PA.

Contact Marilyn at:
169 Staffordshire Place SW
Ocean Isle Beach, NC 28469
Phone: 910-575-7981

Lin Baum joined Seaside on March 30th by transfer of membership from Snellville United Methodist Church, Snellville, Georgia.

Contact Lin at:
1132 Moultrie Drive NW
Calabash, NC 28467
Phone: 678-644-3667

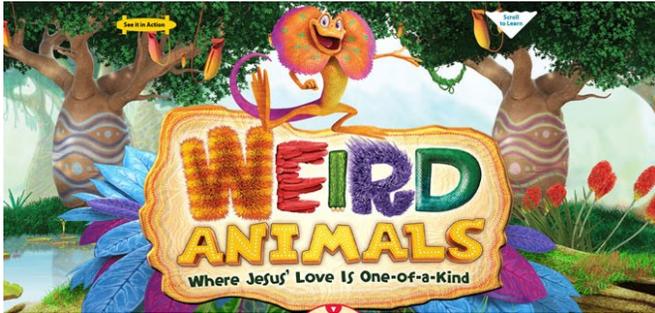
***Sunday School
Volunteer Teachers
Needed***

**Contact:
Myrt Klein-579-1354**



WEIRD ANIMALS VBS

WHERE JESUS' LOVE IS ONE-OF-A-KIND



Seaside UMC Invites Children to *Weird Animals VBS: Where Jesus' Love Is One-of-a-Kind*. Mark your calendar for **June 23 – 27, 2014**. **The fun begins each day at 9:00 a.m. and ends at 12:00 p.m.** VBS is for kids 4 years of age through those attending 5th grade in the fall.

At *Weird Animals*, kids will learn about some of God's most creative creations! They'll participate in memorable Bible-learning activities, sing catchy songs, play teamwork-building games, make and dig into yummy treats, experience cool Bible adventures, collect Bible Memory Buddies to remind them they are one of a kind, and test out Sciency-Fun Gizmos they'll take home and play with all summer long. Plus, kids will learn to look for evidence of God all around them through something called God Sightings. Each day concludes with The Tail End—a celebration that gets everyone involved in living what they've learned. Family members and friends are encouraged to join in daily for this special time at 11:35 a.m.

Kids at *Weird Animals VBS* will join an international mission effort to share God's love by providing water for school children in India.

Registration forms and medical release forms may be found at church outside the Fellowship Hall. You may also obtain these forms or register on-line at the church website:

www.seasideumc.org, just follow the link to VBS. Space is limited to 80 children and **you must pre-register by June 16th**.

If you have any questions, please contact the church office at 579-5753.

If you are interested in being a part of VBS and sharing your time and talents, please contact Kathryn Parker 579-5753 or Nancy Camino 540-0003.



"SONGS OF SEASIDE"

"O sing to the Lord a new song, for he has done marvelous things." Psalm 98

Spring has arrived and we are singing a new song! I hope you will join us for all of the wonderful events in May. Please mark your calendars for these exciting opportunities to sing a new song:

May 2 - The Seaside Choir is sponsoring the **Seaside Relay for Life Team**. Relay for Life is happening on Friday, May 2nd at West Brunswick High School. Please see Candie Macon if you would like to sponsor a choir member or join us for a night of fun and celebration as we raise money to help fight cancer.

May 9 - Our Instrumental Ensemble and Harmony duo will give a musical program at the Universal Nursing Home. We look forward to sharing our music with the residents!

May 18 - Join us Sunday, May 18th at 7:00 p.m. in the sanctuary as we celebrate "25 Years of Music Ministry" and honor those who have helped to build this wonderful music program at Seaside! Please invite your family and friends. **All of our choirs and ensembles** will perform and there will be a reception following the concert. This is the first of our 25th Anniversary celebrations so please spread the word!

With a voice of singing,
Kathryn

UMW SPECIAL RECOGNITION RECIPIENTS

Each year the United Methodist Women select one or more individuals to recognize for their outstanding contribution of service to the church and community. This year the two people chosen to receive this recognition for outstanding service are Pat and Ron Melvin.

Pat is a member of UMW and is currently co-leader of the FIGS Circle. She has served on many committees within the church including SPRC. She is a member of the choir and is one of the popular *Soaring Angels* who sing here at Seaside and at many events in our community. Pat serves as communion steward and she has used her skill of speaking French at our Pentecost service. For many years she has spearheaded Seaside UMC providing lunches for volunteers who work on houses for Habitat for Humanity in our area. This work is but a small sample of her untiring dedication to service to Seaside UMC and our community.

Ron has made a positive difference in our church serving as vice-chair of the trustees; a member of the Lay Visitation Team along with Pat, serving on the Church Council, and serving as treasurer of United Methodist Men. He also serves as communion steward, and most recently he was trained and commissioned as a Stephen Minister. In addition, Ron has been on the Board of Directors of Brunswick County Literacy Council and was instrumental in starting a tutoring program at St. James.

We thank Pat and Ron for their many outstanding contributions to Seaside UMC and to our community. We know both will continue to set an example for all of us and we ask God to bless them.



SEASIDE UMYF

The youth have been busy in the kitchen again making chicken soup for our shut-ins. We hope it brings a smile to their faces and warmth to their tummies and hearts!

At our April 6th youth meeting we learned about and walked the labyrinth. Everyone enjoyed the experience, especially the calm and peace it brought. Thanks to Sue Amyx for arranging this spiritual journey for all of us.

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 579-5753 if you have any questions.

Please note that the youth **will not** meet on May 11th—Mother’s Day, on May 18th—25 Years of Music Program, or on May 25th—Memorial Weekend. We look forward to seeing everyone back on June 1st when we welcome our new summer intern.

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!

FOOD PANTRY REPORT & UPDATE

Our totals for March are:

Seniors—147

Adults—322

Children—281

Total served—750

Serving an average of 50 families each week in March.

Thanks to all who purchased items at the *Not Your Mama’s Bake Sale* sponsored by the Outreach Committee. Your generous support of this project will go far in helping us assist the many grateful clients we are privileged to serve at our food pantry each week.

Remember May 4th, the first Sunday of the month, is our regular Food Pantry Sunday. The following are what we normally distribute to our clients each week: peanut butter, corn, green beans, pork and beans, tuna, canned soup and/or ramen noodles, canned fruit, spaghetti sauce and pasta, macaroni and cheese, dried beans and rice. Again, through your generosity and the dedication of our many wonderful volunteers we are able to demonstrate Christian love and hospitality to our less fortunate neighbors. Thank you for your continued support.



Cycle 4 of GriefShare will conclude on May 16th. We have had a dedicated group and they continue to work through their grief. We have been blessed to guide them on this journey and it is a joy to see the progress they have made, and we celebrate many of “life’s little victories” with them.

If you have lost a loved one and are struggling with your grief, we hope you will prayerfully consider joining us in late September when we will be starting Cycle 5 of GriefShare. The date will be announced on the church website and in the newsletter.

More information about GriefShare can be found on our church website. Or, you may call Milly Houger at 910 579-2603 or Jim McNeill at 910 579-2405.

A MESSAGE FROM YOUR PERMANENT ENDOWMENT & SPECIAL GIFTS COMMITTEE

Joe & Nancy – A hypothetical story

When my husband, Joe, passed away a few years ago I was devastated, of course, but grateful that he saw to it that the fruit of all our hard work was taken care of. We ran a small business for 40 years and were lucky enough to pass it on to our children. My Joe was meticulous about financial planning, so he made certain we would live comfortably during our retirement. According to our kids, I have done a great job at managing my income since the death of my husband, so I have more than enough to give away. Once the kids and grandkids are taken care of, I can’t think of any better place I’d want the blessings that God bestowed upon us to go than to Seaside United Methodist Church.

As I finish my planning on this earth, I want to honor Joe and give glory to God. I know that giving some of my estate to the church is an important way to love others by equipping God’s Ministry here on Earth, just as Joe would have wanted. This is our Legacy to Seaside United Methodist Church to help carry forward the Christian message.

Do you have your Legacy plan in place? Do you need help with your planning?

Members of The Permanent Endowment & Special Gifts Committee are available to help you (Art Bowden 8:00, Ralph Gardner 9:30, Gene Steadman 11:00).



*From the Desk
of...*

The Health and Wellness Director

It's official, spring is finally here! Although winter seems to want to hang on, and the weather doesn't always feel like it, spring has arrived. We can all finally emerge from the hibernation that the winter weather forces. It's a time of new beginnings, and everyone around just seems to be happier (maybe it's the anticipation of summer or maybe everyone's seasonal affective disorder [SAD] is finally wearing off). We can finally get motivated again to do the things that we kept putting off till "tomorrow."

Now we've all heard the rhyme "April showers bring May flowers," reminding us that even unpleasant situations can have beautiful outcomes. So here's to muddy boots, cloudy gray days, yellow pollen covering everything, spring cleaning, and spring showers. And even as "awful" as those may sound, we still think they're a lot better than the bitter cold of winter.

With Love and a Grateful Heart,
Carol Sigafoos

May Schedule:

May 5, 12, 19, 26

Straighten Up Exercise Class

with Nicole Depauw. 3:30 pm in Fellowship Hall

May 2, 9, 16

GriefShare 1:30 pm

May 14

Red Cross Blood Drive

9:00—1:30 In Fellowship Hall

- Alzheimer and Grandparents' Support Groups will continue to meet at their usual times.
- Blood Pressure checks the second Sunday of the month.
- Yoga with Marc will meet on Mondays and Fridays, at 10AM, Wednesdays at 3PM in the Fellowship Hall.

American Red Cross Blood Drive

Seaside UMC will sponsor a blood drive with the American Red Cross on Thursday, May 14th, 9am -1:30pm.

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



are greatly appreciated and we "thank you" for your contribution and ongoing support of this program.

What Is Multiple Sclerosis?

Multiple sclerosis (MS) is a disease in which the nerves of the central nervous system (CNS) degenerate. The CNS is made up of the brain and spinal cord. They process information from our environment and control voluntary muscle movements to allow the body to do certain things. This neural system works efficiently, unless there is a disease process affecting the pathways in the spinal cord and brain. Multiple sclerosis is one of the diseases that can affect these pathways and results in the destruction of myelin, a covering or insulation for nerves, that improves the conduction of impulses along the nerves and also is important for maintaining the health of the nerves. The demyelination (also known as plaques) disrupts the transmission of information in the CNS and leads to the symptoms seen in multiple sclerosis.

About 350,000 people in the U.S. have multiple sclerosis. Usually, a person is diagnosed with multiple sclerosis between 20 and 50 years of age, but multiple sclerosis has been diagnosed in children and in the elderly. Multiple sclerosis is twice as likely to occur in Caucasians as in any other group. Women are twice as likely as men to be affected by multiple sclerosis earlier in life.

The cause of multiple sclerosis is still unknown. In the last 20 years, researchers have focused on disorders of the immune system and genetics for explanations, suspecting that a foreign agent such as a virus alters the immune system so that the immune system perceives myelin as an intruder and attacks it. Definitive proof of this viral theory is still lacking. However, the attack by the body's immune system on the neural tissues that it is supposed to protect is based on reasonable evidence. This attack is termed autoimmunity, thus making multiple sclerosis an autoimmune disease.

In multiple sclerosis, an agent such as a virus or foreign antigen, in theory, may alter or interact with the immune system so that the immune system perceives myelin as an intruder and attacks it. Inflammation occurs and causes myelin to disappear. Consequently, the electrical impulses that travel along the nerves decelerate, that is, become slower. In addition, the nerves themselves are damaged. While some of the myelin may be repaired after the assault, some of the nerves are stripped of their myelin covering (become demyelinated).

Scarring also occurs, and material is deposited into the scars and forms plaques. As more and more nerves are affected, a person experiences a progressive interference with functions that are controlled by the nervous system such as vision, speech, walking, writing, and memory.

Although its role is unclear, genetics may play a role in multiple sclerosis. The general population has less than a 1% chance of developing multiple sclerosis. The chance increases in families where a first-degree relative has the disease. Thus, a brother,

sister, parent, or child of a person with multiple sclerosis stands a 1% to 3% chance of developing multiple sclerosis. These statistics suggest that genetic factors play a major role in multiple sclerosis. However, other data suggest that environmental factors also play an important role.

In some ways, each person with multiple sclerosis lives with a different illness. Although nerve damage is always involved, the pattern is unique for each individual who has MS.

Although individuals' experience with MS vary widely, doctors and researchers have identified several major types of MS. The categories are important because they help predict disease severity and response to treatment. Four main types of MS are identified below.

1. Relapsing-Remitting (RR) MS

About 65%-80% of individuals begin with relapsing-remitting MS (RR-MS). This is the most common type of MS and is characterized by unpredictable acute attacks, called "exacerbations," with worsening of symptoms followed by full, partial, or no recovery of some function. These series of attacks are followed by complete or partial disappearance of the symptoms (remission) until another attack occurs (relapse). It may be weeks to decades between relapses.

2. Primary-Progressive (PP) MS

Primary-progressive MS (PP-MS) is a type of MS characterized by a gradual but steady progression of disability, without any obvious relapses and remissions. This form of disease occurs in just 15% of all people with MS, but it is the most common type of MS in people who develop the disease after the age of 40.

3. Secondary-Progressive (SP) MS

Secondary-progressive MS (SP-MS) initially begins with a relapsing-remitting course, but later evolves into progressive disease. The progressive part of the disease may begin shortly after the onset of MS, or it may occur years or decades later.

4. Progressive-Relapsing (PR) MS

Progressive-relapsing MS (PR-MS) is the least common form of the disease and is characterized by a steady progression in disability with acute attacks that may or may not be followed by some recovery.

Symptoms of multiple sclerosis may be single or multiple and may range from mild to severe in intensity and short to long in duration. These include: Limb weakness, loss of coordination and balance

- Muscle spasms, fatigue, numbness, prickling pain
- Loss of sensation, speech impediment, tremors, or dizziness
- Bladder and bowel dysfunction
- Mental changes (decreased concentration, attention deficit, memory loss)
- Depression

- Paranoia
- Uncontrollable laughter and weeping
- Visual disturbances (blurred vision, color distortions, loss of vision in one eye, eye pain)

Due to the broad range and subtleties of symptoms, multiple sclerosis may not be diagnosed for months to years after the onset of symptoms. Physicians, particularly neurologists, take detailed histories and perform complete physical and neurological examinations.

- MRI
- Electrophysiological test
- Cerebrospinal fluid exam (spinal tap, lumbar puncture)

Collectively, these three tests help the physician in confirming the diagnosis of multiple sclerosis. For a definite diagnosis of multiple sclerosis, dissemination in time (at least two separate symptomatic events or changes on MRI over time) and in anatomical space (at least two separate locations within the central nervous system, which can be demonstrated by MRI or neurological exam) is usually required. Most physicians consult a neurologist to help obtain the definitive diagnosis of multiple sclerosis.

There are many issues for the patient and physician to consider in treating multiple sclerosis. Goals may include:

- improving the speed of recovery from attacks (treatment with steroid drugs);
- reducing the number of attacks or the number of MRI lesions; or
- attempting to slow progression of the disease (treatment with disease modifying drugs or DMDs).

An additional goal is relief from complications due to the loss of function of affected organs (treatment with drugs aimed at specific symptoms). Once goals have been set, initial therapy may include medications to manage attacks, symptoms, or both. An understanding of the potential side effects of drugs is critical for the patient because sometimes side effects alone deter patients from drug therapy. Patients may choose to avoid drugs altogether or choose an alternative drug that may offer relief with fewer side effects. A continuous dialogue between the patient and physician about the medications is important in determining the needs for treatment. Drugs known to affect the immune system have become the primary focus for managing multiple sclerosis. Since 1993, medications that alter the immune system, particularly interferons, have been used to manage multiple sclerosis. There is a great deal of ongoing research in multiple sclerosis, and there continues to be a focus on the immune system. In addition, scientists are trying to develop techniques that allow brain cells to generate new myelin or that prevent the death of nerves. They're also exploring the effects of diet and other environmental factors on MS.

SCHOOL KITS FOR UMCOR TO BE COLLECTED AT ANNUAL CONFERENCE

During Annual Conference, June 11-14, in Greenville, the NC Conference United Methodist Women will be collecting school kits for UMCOR. Half of the kits will remain in our Annual Conference and half will be sent to worldwide mission sites. We invite *all members of our congregation at Seaside* to help collect the school supplies needed for these kits. There is a container in the foyer near the Fellowship Hall to collect your items. We need to provide the precise supplies as listed. Each school kit will contain the following supplies:

- 1 pair blunts scissors; rounded tip only; no plastic scissors please
- 3 pads of paper; spiral or top-bound pads; (150 sheets or less of loose-leaf paper may be substituted for 1 pad)
- 1 hand-held pencil sharpener; must be at least 1" long
- 1 30-centimeter ruler; hard or flexible; cartoon characters acceptable but no advertising
- 6 unsharpened pencils with no ads, religious, patriotic, military or camouflage symbols; cartoon characters acceptable
- 1 24-count box of crayons (only 24-count please)
- 1 14" x 16" cloth bag; (homemade or purchased bags are acceptable); heavy-duty fabric only (such as denim, corduroy, drapery fabric, etc.); no advertisements, religious, patriotic, military or camouflage symbols; closures are optional but must be buttons, snaps, or Velcro sewn in middle of opening

For more information or questions, please call Pat Melvin, 287-7090

TEA AT SEASIDE MAY 9TH

Do you have your ticket for the Spring Tea being sponsored by the United Methodist Women of Seaside? Tickets are on sale now—reservations are limited!

The tea will be held on Friday, May 9th at 12 Noon in the Fellowship Hall. We will have a delicious assortment of food and tea served by the men of the church. We ask that you bring your favorite china teacup for sipping tea—perhaps your mother's or your grandmother's. We will have musical entertainment, door prizes and a hat contest—so keep that Easter bonnet out and wear it again to the tea!

This year we will be asking for a donation of \$12 per person and all proceeds will be divided between Warm Homes, Warm Hearts, and STARS (Seaside Teaching and Reaching Students). For more information or tickets, please contact:

Naomi Harder, 579-5318
Jackie Pickup, 755-2368
June Donley, 575-5467
Ginny Coats, 575-0845

SUMMER INTERN & BIO

Elly Tilk has been assigned as Seaside's 2014 Summer Ministry intern. Elly's first Sunday at Seaside will be June 1 and she will be with us through August 10. You may contact Elly and express your welcome and offer her your prayers via email at tilkme@gmail.com



Currently, I am a student at Wesleyan College in Macon, Georgia. However, I will soon be an alumna of the school, which would make me a member of the oldest alumna association in the world! This is because Wesleyan, being an all-women's school, was actually the first college in the world to grant degrees to women. I am a music major and study voice and violin. My senior paper is about how Charles Wesley's hymns helped propel and shape the Methodist Movement. Musically, I have participated in the Wesleyannes, Washboard Band, Gospel Choir, Instrumental Ensemble, a community orchestra, and the praise and worship team at my church here in Macon (Riverside UMC). I also work with the children's choir at the church, the music department of a local school, and I work with Macon Outreach Ministries (which serves the homeless in the community).

My family is in Quincy, Florida, just northeast of Tallahassee, and my father is the pastor of Centenary UMC. My family and I have been active in the United Methodist Church my whole life. I served as youth leader in high school and some on my visits home. During the past few summers, I worked at Centenary Camp just outside Quincy, a local camp that serves many under-privileged children in the community as well as hosts an overnight-camp for children and youth. My role in this ministry evolved from camp counselor for small groups to head counselor and assistant to the camp director. I helped plan the daily activities and coordinated with volunteers, counselors, and pastors. My hobbies include playing my violin and ukulele, as well as playing baseball (although I am dreadfully out of shape and slow). I am working to be a deacon for the Florida UMC. I have a passion for service and ministries and look forward to the many opportunities that await at Seaside UMC!

Elly Tilk

MAY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9a & 5p GED 10a Staff Mtg 4p SPRC 5:30 Mid service Choir 6:30 8 & 11 Choirs	2 1:30p Grief/ Share	3
4 Worship Serv 8, 9:30, 11 am 9am STARS 5:30pm UMYF 7pm AA	5 10a Yoga 11am SBL Gp 12p PS Dinner & AI Anon 3:30p Straighten up 6:30p Boy Scouts & UMM	6 9a/5p GED 10a Fd Pantry & Staff Mtg. Crafts 1:30p Tutoring & Worship Plan 5p Comm. Mtg. 6 p Stephen Min 6:30p Divorce Care, Sharing God's Word 7p Classic Ens	7 9a Disciple III 10a Christ. Art. & G-parent Sup, Writing Your Story 1 & 3p Tutoring 3p Yoga 4:30p Joyful Noise 5:30p Jubilee Bells 6:30p Leviticus, Praise Team	8 9a/5p GED 10a Staff Mtg 11a Youth Leaders 2p Set up/Tea 5:30p Mid- Serv Choir 6:30p 8 & 11 Choirs	9 12p UMW Charity Tea 1:30p Grief/ Share	10 9a Prayer Warriors
11 Worship Serv 8, 9:30 & 11a 9a Blood Pressure Cks 7p AA	12 10a Yoga 11a SBL Gp 12p AI Anon 3:30p Straighten up 4:30p Girl Scouts 6:30p Boy Scouts 7p Outreach & Trustees	13 9a/5p GED 10a Fd Pantry & Staff Mtg, Crafts 1:30p Tutoring & Worship Plan 4p Witness 6p Inst Ens 630p Divorce Care 7 Classic Ens	14 8a Blood Dr. 9a Disciple III 10a Christ. Art. & G-parent Supp. Writing Your Story 1 & 3p Tutoring 3p Yoga 4:30p Joyful Noise 5:30p Jubilee Bells 6p Art Show 6:30p Leviticus & Praise Team	15 9a/5p GED 10a Staff Mtg 1:30p Alzheimer's Sp 4p Worship 5:30p Mid-Ser Choir 6:30p 8 & 11 Service	16 10a Yoga 1:30p Grief/ Share	17
18 Worship Serv 8, 9:30, 11 am 7p Music Ministry Appreciation	19 10a Yoga 11a SBL Gp 12p AI Anon 1p Shell Seekers 3:30p Straighten up 6:30p Boy Scouts 7p Finance	20 9a/5p GED 10a Fd Pantry & Staff Mtg, Crafts 1:30p Tutoring & Worship Plan. 5:30p CFC 6:30p Divorce Care, Sharing God's Word	21 10a Christ. Art. & G-parent Sup & Writing Your Story II 1 & 3p Tutoring 3p Yoga 6:30p Leviticus & Praise Team	22 9a/5p GED 10a Staff Mtg 5:30p Mid Ser Choir 6:30p 8&11 Choirs	23 10a Safe Sanctuaries & Yoga	24 8a Heart Saver CPR Class
25 Worship 8, 9:30 & 11a 7p AA	26 Memorial Day Office Closed	27 9a/5p GED 10a Fd Pantry & Staff Mtg, Crafts 1:30p Tutoring & Worship Plan 6:30p Divorce Care 7p Classic Ens	28 9a Disciple III 10a Christ. Art. & G-parent Supp, Stephen Leaders, Writing Your Story II 1 & 3p Tutoring 3p Yoga 6:30p Leviticus & Praise Team	29 9a/5p GED 5:30p Mid-Ser Choir 6:30p 8 & 11 Choirs	30 10a Yoga 5p Country Fair BBQ	31 5p Country Fair BBQ

MAY BIRTHDAYS AND ANNIVERSARIES

May 1

Birthdays:

Richard Damato
Tom Coyte
Phil Parker
Jerry Chambers

May 2

Birthdays:

Ellene Schwartz
Margie Rawson
Martha Warner
Kristin Day
Lynn Manza

May 3

Birthdays:

Ron Melvin
Lorraine Hoge
Rueline Lewis
Juanita Adams

May 4

Birthdays:

Mildred Trenchard
Betty Ann Dustin
Bill DeGroot

May 5

Birthdays:

Tom Herncane
David Gundrum
Zachery Shytle

Anniversaries:

Bobby & Nancy Rains

May 6

Birthdays:

Jerry Marsh
Darrel Sourwine
Priscilla Chambers

May 7

Birthdays:

Becky Spainhour
Dylan Humphreys

Anniversaries:

Mike & Vivian Carper

May 8

Birthdays:

Carl Vann
Carrie Wiles
Collin Orbringer
Tyler Hucks

Anniversaries:

Alan & Kathy Thompson

May 10

Birthdays:

Kathleen Hooks

May 11

Birthdays:

Glenn Starnes
Ray Grace

May 12

Birthdays:

Dina Braddy
Tony Martin
Marilyn Policastro
Jackie South
Linda Rothenberger

Anniversaries:

Melvin & Jackie South

May 14

Birthdays:

Peg Frankford
Donna Dornfeld
Anniversaries:
Donald & Linda Baker
Rob & Sarah Sitton

May 15

Birthdays:

Frank Irby
Jan Bohlinger
Jackie Fazekas
Joseph DiMaio

May 16

Birthdays:

Bill Allen
J.P. Knott
Matthew Lewis
Anniversaries:
Randy & Sharon Thompson

May 17

Birthdays:

James McCombs
Anniversaries:
Fletcher & Kelly Frink
Dave & Maryann VonHausen
Richard Hilderman & Karol
Asbjornson

May 18

Birthdays:

Pat Mowery
Nancy Ward
Donna Allen
Shirley Walsh
Paula Hernandez
Alexandria McClernan
Landon Obringer
Anniversaries:
Jim & Jane Boone
Charles & Marilyn Lefler

May 19

Birthdays:

Linda Smith
John Scott
Susan Copley
Jack DeGroot

May 20

Birthdays:

John Torlone
Linda Baker

Anniversaries:

Ed & Carolyn Goodale

May 21

Birthdays:

Richard Ruehle
John Difloure
Kim Malec
Howard Hobbs
Nate Thornberg
Anniversaries:
John & Jayde Difloure
Nate & Jan Cantrell

May 22

Birthdays:

Bill Coats
Heidi DeVries
Bobbie Kishbaugh

Anniversaries:

Bill & Lilly Little

May 23

Birthdays:

Doug Keill
Dona Ondick
Anniversaries:
Steve & Renee Long
Ed & Dinah Gore

May 24

Birthdays:

Mandee Williams
Calob Lama

Anniversaries:

Daryl & Debbi Steen

May 25

Birthdays:

Milly Houger
Dick Fickes
Liz Franz
Tim Ludlum

Anniversaries:

Jim & Kristi Varner
Mac & Martha Warner
Gibby & Tina Lepsig

May 26

Birthdays:

John Gaddy
Anniversaries:
Dutch & Mary Koehn
Larry & Jan Barr

May 27

Birthdays:

Fred Yarbrough
Susan Yarbrough

May 28

Birthdays:

Nancy Camino
Betty Scott
Neta Snediker

May 29

Birthdays:

Denise House
Jo Carol Allen
Anniversaries:
Dave & Dina Hooks

May 30

Birthdays:

Laura Giles
Hazel Gibson
Vern H Schwanke
Mac Warner
Anniversaries:
Dan & Nicole Forrest

May 31

Birthdays:

Mike Martin
Claire Cheney



STARS, MISSION AND SEASIDE

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

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

FUN STUFF FOR STARS

If you would like to help by donating
some "fun stuff" for Seaside's STARS program,
following are items on our shopping list. If you
have either gently used items, or love to shop
for "fun stuff", donations are being accepted
during May. There is a donation box in the
Fellowship Hall gathering area.

- Balls (to be used for Four Square game)
- Hoola-hoops
- Cornhole Game
- Jump Ropes
- Outdoor Chalk
- Bubbles
- Kites
- Children's Board Games
- Children's DVDs
- Children's Books (new or gently used)
- Art Supplies (crayons, paper, glue, magic
markers, etc.)
- School Supplies (Pencils, paper, etc.)
- Kleenex
- Hand Sanitizer

Thanks for your generosity!

A DAY WITHOUT SIN

The other day one of my co-workers told
me a joke about the verse, "Let he who is with-
out sin cast the first stone." It was sort of funny,
but after I thought about it a while, I decided it
wasn't one I would repeat. And then I started
thinking, can a human being get through just
one day without committing a sin? What a chal-
lenge. We sin in so many ways because there are
so many opportunities. We get in the car and it
seems as though the rest of the drivers are out
to get us...how can we not sin in our thoughts?

We miss chances to be helpful because we
are too busy. We become irritated with our
spouses or family over trivial issues. I don't know
if it's truly possible to be without sin. But what if
we tried?

If we could just go one day at a time
without sinning, or perhaps becoming more
aware of when we do sin, how much more we
could do in our quest to be Christ-like. I just
present it as an idea to ponder.

As we warm up this spring, our
prayers are for all the sinners, ourselves in-
cluded, for God wants to forgive us no matter
what the sin. How blessed we are that each time
we do slip up, God is right there to catch us, dust
us off and send us on our way with His hand
within reach.

Pat Linnell
Lay Leader



MAY 28TH

***A time to remember—
those who served our country
yesterday
and
those serving today!***

Seaside United Methodist Church

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Web: www.seasideumc.org

Revs. Scott & Mary Jane Wilson-Parsons, Pastors

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