



# The Eastport Spire

## *“Inspire Us to Great Things”*

### *February 2016*

*We share our experiences of God’s Kingdom with all, through our faith, love, fellowship, and service. It is our vision to have everyone actively involved in worship that enriches, ministries that empower, and evangelism that embraces all.*

---

### **From the Pastor**

Spoiler Alert: Big News for the Mejia family!

I’m sure by now, even if you weren’t in church on Sunday January 17<sup>th</sup>, the news may have already gotten around to you. But on the off chance that it hasn’t, (since we had to cancel worship last week due to Snowzilla) let me share with you the good news, that Daniel and I will be welcoming a baby at the end of July 2016!

In addition to the expected nausea and fatigue (wow, someone should really figure out a way to knock out the fatigue), I’ve been dealing with all the emotions that come with such big news and anticipated changes - excitement, fear, and wonder at this new lemon-sized thing growing inside of me.

As much as we know about pregnancy (each week I get an email telling me all the new things my baby can do and comparing it to a similarly sized fruit or vegetable), there is still so much that is unknown and mysterious. Which is what makes it both exciting and scary.

And so, as Christian author Rachel Held Evans shared in the midst of her pregnancy, like millions of women before me and millions of women will after me, I’ve been practicing the spiritual discipline of taking it one day at a time.

A few weeks ago when I was at a leadership training event in Ft. Lauderdale, I landed in the ER for a few hours due to a severe allergic reaction. And again, I was reminded of how important the spiritual discipline of taking one day, one moment, one breath at a time is. The future, as much as I try or would like to sometimes, is not mine to control.

Each day is a gift. Each day is an accomplishment. Sometimes each moment is an accomplishment. And it is enough to be in the present. It is enough to just do the next thing. Even if the next thing means giving up and taking a nap.

I’m learning to practice gratitude and find the grace in the smaller moments. The quiet presence of a new friend in the ER with me so that I would not be alone. The sound and feel of the wind during a slow and meditative walk through the Everglades. The invigorating chilly air that filled my lungs while shoveling snow. The quiet moment of prayer in the chapel before a memorial service.

The season of Lent will begin this month with Ash Wednesday, on February 10<sup>th</sup>. Often this season is a time to fast or refrain from something in order to create space and time to commit to a new or regular spiritual practice. I will be trying to live more into the spiritual practice of taking one day at a time and being more mindful of the present. It is my hope that this will create more space for finding grace and practicing gratitude in the small moments. Maybe I’ll even learn to be more content with enough rather than constantly trying to control and perfect more.

How would you like to be different this Lent? What changes or transformations or small practices would you like to adopt or see develop in you? Or what would you like to let go?

May we take one day at a time, one moment at a time, and find the gifts of each one.

Your companion on the journey,

*Pastor Michelle*

## United Methodist Women Training Day and Guest Speaker

Saturday, January 9<sup>th</sup> was training day for new incoming officers of the UMW. This was held at Calvary UMC. Most of the incoming officers go from January – December, but we do it differently. Wendy did the president training, as she will be the next president (beginning next fall). I took the treasurer training, so that I can pass along this information to whoever is the next treasurer. It was quite informative.

At our meeting on February 3<sup>rd</sup>, we will have a guest speaker from St. Matthews UMC in Bowie (Rev. Daniel Mejia's church). She will explain what will be happening on April 30, 9 a.m. to 5 p.m., at the one-day Women's Retreat at West River Conference Center. The theme is "Garden Getaway: Where Women Walk with God." We hope this will entice some of our women to sign up to attend. If you haven't seen West River Camp in a while, you will be pleasantly surprised at the changes.

Please join us at 5:30 p.m. on Wednesday, February 3<sup>rd</sup>. Bring a "brown bag" dinner – beverages and dessert will be provided, and the fellowship will be wonderful!

**All women are invited and encouraged to join Eastport UMW!**

~Ann Rawls

### Can You Give your Church an Hour?

Two groups are looking for people to help fill out the ranks:

Due to the retirement of many long-time volunteers, the Finance Team is looking for additional people to assist with **counting the offering** after services. It's an important job that takes about an hour. Volunteers work on rotating teams with each group being scheduled about one Sunday a month. That would be about 12 hours a year!



Also, the **nursery** is staffed by volunteering adults. However, there are not enough adults on the roster. Parents of our youngest members count on two adults every Sunday to look after their children. If

you are willing to add your name to the list, you would be scheduled for only one Sunday every three months.

Contact Russ Parrish about either of these opportunities (410-280-2611) Thank you for considering!

### Administrative Council News

This is typically the time of year for the "changing of the guard" (Admin. Council team leaders). To those leaving chair positions, and those continuing on – **thank you, thank you to all of you!!** EUMC is blessed to have dedicated servants like you.

The process is not quite complete so we will give you a complete list of incoming and outgoing team chairs in next month's newsletter. In the meantime let's welcome these folks in their new positions:

Church Council Chair: *Jill Peddicord*

Lay Member to Annual Conference: *Sherrie Little*

Staff Parish Relations Chair: *Cyndi Councill*

Evangelism/Outreach Chair: *Barbara Krebs*

Worship Team Co-Chairs: *Audrey Howard*

*& Jean Strucko*

Sunday School Coordinator: *Jacqueline Ploof*

This year, Administrative Council meetings will take place at 7:15 p.m. on the third Tuesday of every month. Each team leader is asked to submit a report and send a representative to these meetings.

Last year Pastor Michelle started prayer and visioning sessions which resulted in some positive initiatives. In order to keep that momentum going, this program will be incorporated into the Administrative Council meetings.

~ *Jill Peddicord*



#### LIFE CHANGES

January 19, 2016

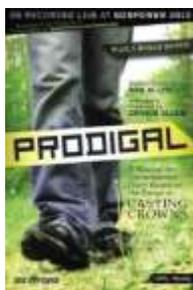
**Edna M. Catterton, long-time member of Eastport United Methodist Church, passed away at the age of 94.**

**THANK  
YOU!**

Nine church members volunteered their time and energy to clean out the work room at the church. We worked January 18<sup>th</sup> and 19<sup>th</sup>. Two truckloads of stuff left the church for recycling and shredding. We have more to do, but have made a difference in the looks of the room. We can now move around and the floor is almost clear. If anyone else would like to help, we have several boxes to go to Good Will. Thank you Volunteers! You made a big difference, and important items can now be found!

~Paulette Schwallenberg

**THE SOUL SEARCHERS** of EUMC begin their rehearsals on Sunday, January 31<sup>st</sup>. With few exceptions they will rehearse every Sunday from 2 to 4 p.m. until June. All performances will take place in the month of June. This year's program is "**Prodigal**."



Recruiting new members is ongoing through the first few rehearsals so if you know a child, late elementary through high school age, who loves to sing and act, please be in touch with the director, Scott Hughes at [scohugh@aol.com](mailto:scohugh@aol.com) or contact the church office (410-263-5490) as soon as possible. This Christian youth group has a history with EUMC dating back to 1972. Participants come from many different area churches and all are welcome.



## Sunday School Teachers Needed

The Sunday School program is in need of a few more volunteers to help instruct lessons during church services. No experience necessary and everything is provided each week. Lessons change weekly and volunteers are given an informational packet that lists prayers, activities and games well before the Sunday they are scheduled to teach. We

also have several strong teachers who are in need of assistants. If you are interested but cautious about taking on the responsibility by yourself, you can be paired with another instructing adult. (Also, it is church policy that at least two adults are with children at all times.)

Contact Jacqueline Ploof at [jacqreid@comcast.net](mailto:jacqreid@comcast.net) or by calling 703-863-1275 for more information. This is an important ministry for the future of our church. Please consider spending an hour or two with our kids!

## Last Call for April 6<sup>th</sup> EUMC Bus Trip

**"SAMSON"**  
Sight & Sound  
Millennium Theatre  
Strasburg, Pennsylvania  
& Buffet Lunch at Arthur's Terrace,  
Lancaster, Pennsylvania



Wednesday, April 6, 2016

\$110.00 per person (less than Senior Center's price)  
Checks payable to Carol Emory

### Itinerary:

- 8:00 am Depart EUMC Annapolis, MD  
(snacks included on the bus)
- 10:15 am Arrive Strasburg, PA at Sight & Sound  
Millennium Theatre
- 11:00 am Showtime ..... "**SAMSON**"
- 1:45 pm Depart Strasburg, PA
- 2:15 pm Arrive Lancaster, PA at Best Western  
Eden Resort
- 2:30 pm Buffet Lunch at Arthur's Terrace
- 4:15 pm Depart Lancaster, PA
- 6:00 pm Arrive EUMC Annapolis, MD

Includes: Transportation, reserved seats (great seats) for the show, snacks, buffet lunch, all taxes and tips.

**Contact: Carol Emory or Harriet Macey**  
[carolemory7@aol.com](mailto:carolemory7@aol.com)

>< >< ><

## FOR YOUR HEALTH.....

### **Myth: Eating late at night causes increased weight gain.**



Recent research has shown that your body doesn't process food differently at different times of the day. The total amount of calories that you take in, and how much you exercise during the day, are what affect your weight. However, many people do tend to overeat and choose high-calorie foods as snacks at night, both of which will cause weight gain.

A study by scientists at Oregon Health and Science University examined the eating habits and weight-gain patterns of rhesus monkeys, which they considered to be a useful model for studying human obesity. The study found that the monkeys who ate most of their food at night were at no greater risk for gaining weight than those who chose to eat earlier in the day. Such evidence supports the claims of many health professionals and organizations, including the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), that it's the amount of calories you take in, not the time of day you consume them, that affects the amount of weight gained or lost.

Under normal circumstances weight fluctuates over weeks and months—not hours—due to long-term patterns of eating and exercise. Although your metabolism does slow down at night, you are still using energy for basic bodily functions, and thus are still burning calories when you sleep. And many people are also quite sedentary during the day. Your body will not store more fat after eating the same meal at 9:00 pm as opposed to 6:00 pm—the calorie intake is the same. If you overeat, your body will store the extra calories as fat no matter what time you consume them.

Many peoples' late-night eating patterns result in the consumption of extra calories and subsequent weight gain. Late-night snackers often eat not because they are actually hungry, but out of habit, or because they are bored, tired, or stressed. Furthermore, late-night snacks are often unhealthy—calories from munching on chips, cookies, chocolate, pizza, and ice cream add up quickly. Even when people eat late meals rather than snacks, they may be very hungry because lunch was so long ago, and so they naturally opt for

larger portion sizes. Finally, calorie-dense “fast food” is far more appealing than preparing a well-balanced, healthier meal when you're tired and just want to relax in front of the television. It is easy to lose track of how much you are eating if you are distracted by the television or computer.

Some health experts do suggest not eating after a certain hour of day, but this is not because your body processes food differently at night. Instead, setting a time beyond which you will not eat reduces the likelihood of snacking on calorie-laden foods, which in turn reduces your total calorie input for the day. Also, before you grab a bedtime snack, think about how much you have eaten and exercised that day, and consider if it is really necessary. But, if you miss a healthful dinner at 6:00, there's no reason not to eat it at 9:00!

*~Credit for this health tip goes to Dianne Crews,  
St. Luke's Episcopal Church, Annapolis.*

### **Everything I Needed**

Author Unknown

I asked for strength and  
God gave me difficulties to make me strong.

I asked for wisdom and  
God gave me problems to solve.

I asked for prosperity and  
God gave me brawn and brains to work.

I asked for courage and  
God gave me dangers to overcome.

I asked for patience and  
God placed me in situations where I was  
forced to wait.

I asked for love and  
God gave me troubled people to help.

I asked for favors and  
God gave me opportunities.

I received nothing I wanted  
I received everything I needed.

My prayers have all been answered.



## February Birthdays

- Feb 2 Sally Hight  
Evan Ugolini
- Feb 4 Richard Miller
- Feb 5 Thomas Smith  
Cailyn Johnson
- Feb 9 Anne Owen
- Feb 13 Earl Macey, Jr.
- Feb 14 Jackie Cunningham  
John Allen Wilcox  
Luke Wilcox
- Feb 15 Betty Owen  
Harriet Macey
- Feb 22 Jason Clurman
- Feb 23 Jacqueline Ploof
- Feb 24 Sue Finkle
- Feb 25 John Stuntz  
Mark Stevens



## UMW Soup Sale

**Tasting – February 7**  
**Ordering – February 7 & 14**  
**Pickup – February 21**

### Covered Dish Luncheon February 14, 2016

Immediately after the Service.  
 Main dish and beverages are provided. Please bring a side dish to share. All are welcome – please stay whether or not you bring something. We want your company!



## February Anniversaries

- Feb 11 Guy & Dawn Moyer
- Feb 14 Richard & Betty Miller
- Feb 16 James & Shirley Keller
- Feb 19 Jim & Jean Wilcox
- Feb 22 Scott & Nicole Hughes



## Lenten Services

Ash Wednesday services will take place at 12 noon and 7 p.m. on February 10<sup>th</sup>. Beginning February 17<sup>th</sup> and throughout Lent, EUMC will hold short services each Wednesday at 12 noon followed by simple shared meals. We hope you will join us as we share a Holy Lent.

*The Spire* is published monthly by Eastport United Methodist Church, 926 Bay Ridge Ave., Annapolis, MD 21403. 410-263-5490  
[eastportumc@verizon.net](mailto:eastportumc@verizon.net)  
[www.eastportumc.org](http://www.eastportumc.org)  
 Pastor: Michelle Mejia  
 Editor: Eunice Corse

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <i>Hello February.</i>	<b>1</b>	<b>2</b> Homework 4pm Finance 6:30pm SPRT 7pm 	<b>3</b> Small Group 10am Yarn Ministry 2pm Kids Art 4pm UMW 5:30	<b>4</b> Homework 4pm Choir 7pm	<b>5</b>	<b>6</b>
<b>7</b> Discussion 9am Worship 10am Nursery 10:15am <b>Soup Tasting</b> S.Searchers 2pm	<b>8</b> Bells 7pm	<b>9</b> Homework 4pm Evangelism 6:30pm	<b>10</b> <b>Ash Weds. Services 12 &amp; 7</b> Small Group 10am Yarn Ministry 2pm Kids Art 4pm	<b>11</b> Homework 4pm Choir 7pm	<b>12</b>	<b>13</b>
<b>14</b>  Discussion 9am Worship 10am Nursery 10:15 <b>COVERED DISH LUNCH</b>  S.Searchers 2pm	<b>15</b>	<b>16</b> Homework 4pm Trustees 6:15 Admin Council 7:15pm	<b>17</b> Small Grp 10 Food Pantry 12pm <b>Lenten service &amp; lunch 12pm</b> Yarn Ministry 2pm Kids Art 4pm	<b>18</b> Gracious Greetings 1:30 Homework 4pm Choir 7pm	<b>19</b>	<b>20</b>
<b>21</b> Discussion 9am Worship 10am Nursery 10:15am <b>Worship Mtg</b> <b>Soup Pickup</b> S.Searchers 2pm	<b>22</b> Bells 7pm UMM Prayer & Pizza 7pm	<b>23</b> Homework 4pm	<b>24</b> Small Group 10am <b>Lenten service &amp; lunch 12pm</b> Yarn Ministry 2pm Kids Art 4pm	<b>25</b> Homework 4pm Choir 7pm	<b>26</b>	<b>27</b>
<b>28</b> Discussion 9am Worship 10am Nursery 10:15am S.Searchers 2pm	<b>29</b> Bells 7pm					