



The Eastport Spire

“Inspire Us to Great Things”

July 2013

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.

A Big VBS Thank You!!

Long after the Fun Fair has left town, almost 50 children will still be singing the VBS song, flying kites, throwing boomerangs and impressing their family with stories of good neighbors and God. What a fun week we all had at Vacation Bible School!



I would like to thank ALL the people who helped during the week. The entire congregation stepped up with support, love and kindness. Some of you donated games to play – thank you! Some donated food to eat – thank you! Some donated to the Heaven Cent offering – thank you! Some let your kids spend a couple hours each day with us – thank you! And, some of you donated your time – thank you!

This is such a large task and one person cannot do it alone. We all pulled together and hopefully, in some small way, planted the seeds of faith in the youngest among us. This is why we put on Vacation Bible School.

Thank you to all who helped us – we did it!!!
~ Lisa Parrish



Vacation Bible School Kids



VBS Kids in a Sack Race

◆ *A big thank you from the church to you, Lisa Parrish, for your excellent leadership!* ◆

Congratulations to Brady



Brady Duckett graduated from Annapolis High School in June 2013. He is the younger son of Steve & Kathy Duckett, grandson of Jim & Mary Jane Finkle. Brady will enter Anne Arundel Community College in the fall. We wish him the very best!

The Yard Sale has Been & Gone

It was a great effort by lots of people, especially Myrna Dobbs and Sally Malamphy. We thank *everyone* who gave their time and energy hauling, pricing, donating, baking, shopping, buying, and cleaning up. Thanks to all of you, over \$1700 has been put into our Missions budget. And that’s how it works in a Christian church – people helping others.



EUMC a Rockin'

If you weren't here on Sunday, June 23rd, you missed an awesome praise service. The **Johnson Glenn Male Chorus** had us rocking to their spirit-filled music. This is a group of men based at Asbury Town Neck UMC – they've been in existence since 1952, spreading the Gospel through song. A return visit is promised and we are definitely looking forward to it. We are very grateful to Jim Wilcox for making this happen. **Thank you Jim!!**

Garden Help Needed



Please give an hour or two to the church gardens before the Peach Festival. With all the rain, the plants, weeds, etc. have gone wild. All plants in the garden need to be pruned and weeds need to be pulled. Please take a small bag and fill it with trash, weeds or pruned plant material. If you can only give 15 minutes, it would be appreciated. Remember "our" Church is a diamond sitting in the middle of life around us, the last green space left that all can enjoy and bring happiness to our souls. Thank you for any time that you can give. If you have any questions, please call the church office and speak to Eunice 410-263-5490 or Paulette 410-268-5975.

Necktie Project Attention EUMC Men

Carol Emory and Sally Colburn are working on a mystery project requiring neckties. Is there one you don't want anymore? Bring it to church, identified with your name. More will be revealed.

2013 Peach Festival
Saturday, August 3
12 to 5 p.m.
Eat In or Carry Out
\$15 adult ▪ \$7 child
Bake Table ▪ Silent Auction



Peach Festival Time to Rally the Troops!

We need *you!* Things look pretty peachy except for a few major needs:

- 1) We need help with cleaning up the kitchen. Jill says we can start at 3:00 and get out shortly after festival is over – we have professional people coming in to do the hard labor, so please consider coming late or staying to help with everything else.
- 2) We need at least 2 people to help carry/refill food from kitchen to serving area during dinner *and* from the outside grill to inside serving area. If you don't already have a job please consider.
- 3) We have a volunteer sign-up sheet on the bulletin board by the back door; please sign up if you haven't already.
- 4) Looking for prep workers:
 - BEETS canning July 25 & 29 @ 9:30am
 - PEACH pie making July 30 & Aug 1 @ 6:30pm
 - POTATO salad prep July 31 @ 9am
 - PEACH peeling Aug 1 & 2 @ 12:30pm
 - POTATO peeling Aug 1 @ 9am
- 5) Pre-festival bake sales pickup Aug 2 1-5pm...
- 6) If you're kind of bored, come and help the *whole week of July 29th*. A lot will be going on preparing for Saturday; come help and have some fun....we hear the jokes and stories are great!

Our Peach Festival is a major labor of love and service! Please spread the word to family and friends...*Dinner prices are the same as last year, \$15 adults, \$7 kids under 12 yrs....* This is a whole church event, we need workers, bakers, sponsors, silent auction items, start up dollars, etc. etc...let it not be said that YOU were not asked to help!

~ Thanks from Bill Malamphy and Eric Edstrom

American Girl Doll Raffle

The Church was given an American Girl Doll, "Molly McIntire." Raffle tickets for Molly are on sale now and will continue through the day of Peach Festival, August 3rd. Tickets are \$5.00 each or \$10.00 for three. All monies will be part of the Peach Festival effort and go to our mission projects.

Molly was a little girl during World War II when many families worried about loved ones who were overseas. Like those families, Molly is waiting for her father to return from his duties as a doctor in the army. With the help of Emily, her English friend, Molly learns to hold on to hope and pull together for the common good.



Peach Festival Corporate Sponsors

Do you own, work for, or know a local business that would like to partner with EUMC as a sponsor for our 38th Annual Peach Festival? If so, grab a corporate sponsor packet in Fellowship Hall or download one from the church website (www.eastportumc.org) and ask them to sponsor.

With a \$250 or more commitment, the organization will be featured as a Gold-level sponsor and will receive 2 complimentary tickets to the Peach Festival, a 2.8" x 5" ad in the program, and their choice of a peach pie, peach jelly or a quart of pickled beets.

With a donation \$150, the organization will be recognized as a Silver-level sponsor and will receive a 2.5" x 2.5" ad in the program and their choice of peach jelly or a quart of pickled beets.

With a \$50 contribution, the organization will be recognized as a Bronze-level sponsor and listed in our Peach Festival Program.

Remember, all sponsor donations are tax-deductible and this is a great way to build a continued relationship with our local business community!

Questions/comments, contact Mike or Lisa Stevens, 443-822-9799 or lisayonka@hotmail.com.

Corporate sponsor donations are due by July 24th.



229th Annual Conference "Sowing the Seed/Be the Light" Based on the Parable of the Sower Mark 4:1-9

Bishop Matthews states that,

"...everything we do in our faith lives is a kind of planting or harvesting. We act, with all the earth as our tilling field and harvest home, in order to bring the light of Christ to those who may be in darkness."

Annual Conference is a 3-day event with a blend of worship and business for the representatives of 646 churches in our conference – MD, WV, Washington, DC, and Bermuda – with over 1,700 people in attendance. Jean Strucko, Bill Riggs, and Pastor MaAn attended representing Eastport United Methodist Church. Representatives approved the \$16.8 million budget for 2014 which represents a 7 percent decrease from the 2012 budget.

On missional issues, they voted to support advocacy efforts to prevent gun violence and end bullying, and to endorse efforts to provide earned sick leave to all workers.

Following a significant debate, the conference also voted on a resolution on scientific thinking. Opponents of the resolution, like the Rev. George Harpold, questioned "if science and evolution is trying to make a lie out of creation." Proponents, like the resolution's presenter, the Rev. Maynard Moore, celebrated the possibilities that arise in an ongoing conversation between faith and science. In a 447 to 286 vote, the resolution passed.

New pastoral appointments were also announced....We are happy to say that Pastor MaAn remains with us. The Conference concluded with the Ordination Service which recognized 25 new clergy.

~ Submitted by Jean Strucko

ENVIRONMENTAL FILM FESTIVAL

Greater Annapolis Interfaith Network (GAIN)

St. John Neumann Church

620 Bestgate Road

Annapolis, MD 21401

July 11 – 7:00 p.m. – FREE

Genetic Roulette: *The Gamble of Our Lives.* A film by best-selling author Jeffrey M. Smith, narrated by Lisa Oz. Experts expose the serious threats to your health and how corporations like Monsanto hide the evidence. Never before seen evidence points to genetically engineered foods as a major contributor to rising disease rates in the US population, especially among children. Gastrointestinal disorders, allergies, inflammatory disease, and infertility are just some of the problems implicated in humans, pets, livestock, and lab animals that eat genetically modified soybeans and corn. Monsanto's strong arm tactics, the FDA's fraudulent policies and how the USDA ignores a growing health emergency are also laid bare. This sometimes shocking film may change your diet, help you protect your family, and accelerate the consumer tipping point against genetically modified organisms (GMO's). Don't miss this film.



For Your Health.....

Gluten-free food profusion: Fad or epidemic?

Gluten can be defined, in lay terms, as the sticky protein substance in wheat. It's also prevalent in rye, some oats, and barley (bad news for beer drinkers). It is detrimental to the one in 200 people who are estimated to have celiac disease, one of the most common life-long disorders in western countries. Also, about one in seven people have gluten sensitivity (Non-Celiac Gluten Sensitive - NCGS) - 30 to 40 percent of the U.S. population.

The question is this: Does the increase in people eating gluten-free foods suggest a celiac and NCGS epidemic or merely another food fad?

A new study from the Mayo Clinic* reveals that it may be both: Dr. Joseph Murray, a gastroenterologist at the Mayo Clinic in Rochester, Minn., and his team, examined blood samples taken in the 1950s and compared them with current samples, and found celiac disease is increasing. The findings confirm that about 1 percent of U.S. adults have it today as compared to 50 years ago, making it four times more common now. About 1.8 million Americans have celiac disease, but about 1.4 million people with the condition may not be aware they even have it.

Some scientists think that the uptick is due to more processed wheat products with higher gluten content, like pasta and baked goods. Plus, many other consumables contain wheat starches and wheat by-products. Even some prescription drugs contain wheat binders! Some soy sauces, vinegars and wines are wheat contaminated!

Murray noted that it could also be from a change in wheat itself. It was in the 1950s that scientists started cross-breeding wheat to create more durable and commercially viable plants. The timing of the new wheat varieties and beginning of more common gluten problems coincide neatly.

The research clearly suggests that more people really are getting sick from eating gluten. Our human guts are simply not adapted to digesting so much gluten. Better that we eat more organic and natural foods and gluten-free complex carbohydrates like quinoa, millet and brown rice.

Even though celiac rates are rising, it's thought that possibly more than half of consumers buying gluten-free products have no reaction to the protein and are purchasing the items because they believe the products will help them lose weight, make them feel better, or because they wrongly think that they have a gluten problem. 1.6 million people in the U.S. eat a gluten-free diet even though they haven't been diagnosed with celiac disease (a \$7 billion industry).

That said, for the rising ranks of those affected by celiac disease and glucose sensitivity, let's hope the faddists help keep the gluten-free products coming.

*The study is published in the July 2012 issue of the [American Journal of Gastroenterology](#).

Church Services of the Future



PASTOR: Praise the Lord!

CONGREGATION: "Hallelujah!"

PASTOR: "Will everyone please turn on their tablet, PC, iPad, smart phone, and Kindle Bibles to 1 Cor. 13:13. And please switch on your Bluetooth to download the sermon."

P-a-u-s-e.....as the congregation reads the downloaded sermon

PASTOR: "Now, Let us pray committing this week into God's hands. Open your Apps, BBM, Twitter and Facebook, and chat with God"

S-i-l-e-n-c-e as the congregation electronically prays

PASTOR: "As we take our Sunday tithes and offerings, please have your credit and debit cards ready. You can log on to the church wi-fi using the password 'Lord909887.' "

The ushers will circulate mobile card swipe machines among the worshipers.

Those who prefer to make electronic fund transfers are directed to computers and laptops at the rear of the church.

Those who prefer to use iPads can open them.

Those who prefer mobile banking, take out your smart phones to transfer your contributions to the church account.

The holy atmosphere of the Church becomes truly electrified as ALL the smart phones, iPads, PCs and laptops beep and flicker!

PASTOR: Final Blessing and Closing

Announcements...

This week's ministry online meetings will be held on the various Facebook group pages where the usual group chatting takes place. Please log in so you don't miss out.

Thursday's Bible study will be held live on Skype at 19:00 hrs GMT. Please don't forget.

A reminder... You can follow your Pastor on Twitter this weekend for counseling and prayers.

God bless you and have a great week!

Tuesdays in July

Cute & Creepy Critters – that's what our Homework & Reading children will be reading about on Tuesdays at 4:00 p.m. during the month of July. Regular participants will be invited on a trip to visit the Chesapeake Children's Museum. Our thanks to Margie Hughes, our resident reading specialist, for this great idea.



A North Carolina Welcome

Soul Searchers 2013 Road Trip

Welcome back Soul Searchers, parents, crew and directors!! We are so proud of all of you and so grateful for what you do. Thank you from EUMC! Enjoy the rest of your summer.



And a warm welcome back to Annapolis

July Birthdays

July 2	Dawn Goodnow
July 4	Richard Hughes
July 5	Pat Parks Libby Cain
July 6	Judy Bradford Michelle Outerbridge
July 9	Carrie Vasquez David L. Owen
July 12	Kathleen Liedy
July 13	Annabelle King
July 15	Danielle Gottwig
July 16	Nicole Hughes Shirley Owen Debbie Morgan
July 18	Harriett Newquist
July 20	Megan Wurst Molly Parrish
July 22	Alexandra South Alaina Ugolini
July 24	Nathan Vasquez
July 25	James Wilcox
July 26	Joyce Chesney
July 29	Evan Wilcox
July 30	Jerry South

**Covered Dish Luncheon July 14th
after the service.
Hosted by
Evangelism Team & the Office.
Everyone is welcome.
See you there!**

July Anniversaries

July 5	Mike & Lisa Stevens
July 10	Jason & Shelly Wilcox
July 19	Russ & Lisa Parrish
July 24	David & Cyndi Councell
July 26	Gene & Lynn Swanner
July 28	Jon & Kim Wilcox
July 29	Michael & Christina Valentine

Life is Like a Circle

Steve Parks



Life is like a circle,
it never has an end.

There are just some phases we can't see,
That lie beyond the bend.
We'll feel them in the cool night breeze,
and the warmth of a new dawn.
And as long as we can feel them,
they're never really gone.

*(Steve wrote this on Pentecost Sunday when
Tom Howard's death was announced in church.)*

The Spire is published monthly by
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Summer Reading 4pm	3 Disciple Class 10:15am	4  OFFICE CLOSED	5	6
7 •Conversations 9am-Chapel •Worship 10am	8	9 Summer Reading 4pm	10 Disciple Class 10:15am AAC Literacy Board 7 to 9pm	11	12	13
14 •Conversations 9am-Chapel •Worship 10am	15	16 Summer Reading 4pm Trustees 6:15pm Admin Council 7:30pm	17 Disciple Class 10:15am Food Pantry 1 to 3pm	18	19	20
Covered Dish Luncheon 11:45am						
21 •Conversations 9am-Chapel •Worship 10am	22 UMM Prayer & Pizza 7pm	23	24 Disciple Class 10:15am	25 Beets 9:30am ECCO 5:30pm	26	27
28 •Conversations 9am-Chapel •Worship 10am	29 Beets 9:30am	30 Peach Pies 6:30pm	31 Potato Salad Prep 9am	Aug 1 Potato peeling 9am Peach Peeling 12:30pm Peach Pies 6:30pm	Aug 2 Peach Peeling 12:30pm Bake Sale Pickup 1-5pm	Aug 3  Peach Festival
	Peach Week - All Hands Needed!!					