



The Eastport Spire

“Inspire Us to Great Things”

November 2014

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.

Pastor’s Corner

In honor of All Saint’s Day, which we will be celebrating in worship Sunday, November 2nd, and in honor of the great cloud of witnesses which surround us, I want to highlight one saint in particular this month in my article. Julian of Norwich lived during the late Middle Ages in England (ca. 1342-1416), a time marked by anxiety, calamity, war, and poverty. Julian was a Christian mystic who lived cloistered as an anchoress in the church at Norwich. This meant that she took a vow of enclosure and spent her life in one small room that had a window into the church (so she could still receive communion) and a window to the world (so she could interact with people and offer advice). She devoted herself to pursuing the love of God and her writings are still read today. Perhaps her most well-known work is entitled *Showings*. I came across one of her more powerful quotes this week again and have spent some time reflecting on it. She uses the metaphor of gardening for the kingdom work we do. Even though we may not think of November as the season for gardening, I think her quote has much to teach us.

Be a gardener.
Dig a ditch,
toil and sweat,
and turn the earth upside down
and seek the deepness
and water the plants in time.
Continue this labor
and make sweet floods to run
and noble and abundant fruits
to spring.
Take this food and drink
and carry it to God
as your true worship.
~ *Julian of Norwich*

May we use this season of harvest as a time of planting, a time of watering, a time of digging deep. May our sweat and toil indeed turn Eastport upside down with new and abundant kingdom life! And may we praise God for the fruit of our ministry!

November is a great time to reconnect with God and the community of saints here at Eastport. There are so many opportunities to serve Christ this month. I hope you check them out!

~ *Blessings and Peace, Pastor Michelle*

PS - By the way, our Garden Team was hard at work for Fall GreenScape on October 25th. They planted more than 100 daffodils and as many orange tulips. So make sure you give them hearty thanks when you see them, as together we await the beauty and new life of spring. ~ *Pastor Michelle*



Thanksgiving Eve Ecumenical Service

Continuing our tradition, EUMC will participate in the Thanksgiving Eve Ecumenical Service this year on Wednesday, November 26, 7:00 p.m. at St. Martin’s Lutheran Church, 1120 Spa Road, Annapolis. At least six churches are participating. Your offerings of non-perishable food items will be shared with local food pantries including ours. This is a beautiful way to put gratitude into practice as we worship together in prayer and thanksgiving. There will be fellowship time after the service hosted by St. Martin’s – your plate of cookies or other finger foods will be welcomed, but is not required. Your attendance is most important.



Sunday Morning Conversations

have resumed in the chapel at 9:00 a.m. We're a loosely formed group of folks who meet and discuss a topic, usually one we've decided on ahead of time. Sometimes we stay on topic, and sometimes.....well you know how that goes. Anyone can drop in any time – all are welcome and the coffee's hot.

Gracious Greetings will meet on November 20th at 1:30 p.m. to make Thanksgiving cards for the folks at Timothy House. Anyone can join in with this group of card makers. No experience necessary - come and have fun and make a difference in the lives of folks who are often forgotten and alone.



Thanks to all of you who participated in our UNICEF project to help make a better world for children. Contributions are being counted. We'll have the total in the December Spire.

~ Joyce Conley



Our first ever Trunk or Treat event on October 26th was a huge success, and we're not sure who had the most fun – the adults or the kids! The trunks were cleverly decorated and the children came in costumes, from church and from the neighborhood. Check out the pictures on the church website www.eastportumc.org, and on the bulletin board in Fellowship Hall – thanks to Joyce Conley and Shirley Owen. And many, many thanks to Jill Peddicord and Amanda Owen whose inspiration gave us this fun evening!

Missions at EUMC

Missions had a very successful Appalachia Service Project trip to Brenton, WV. We had five members joining us this year. Many thanks to Ann Rawls, Anne Owen, Carol Hill, Pastor Michelle and Jackie Cunningham. We laid flooring, installed quarter round, replaced door trim, installed a porch railing, tore down a shed, mowed grass, and put in new outside soffit. Many thanks for your continued support which allows us to do these mission projects.

November is a busy month with Thanksgiving baskets and Winter Relief November 24 through December 1. Sign-up sheets are in the fellowship hall for Winter Relief. We need volunteers to stay with the men at night and persons to help prepare and serve meals. We start meal preparation at 4:30 and usually are finished by 7:00. If evening meal prep doesn't work for you think about breakfast and lunch. We start at 5:00 a.m. and are finished by 7:00 a.m. so you can go to work. We prepare a full Thanksgiving meal starting at 10:00 Thanksgiving morning. If you would like to help start the prep and then go home to join your family, please come.



Our next Mission meeting will be Tuesday, November 11 at 7:00 p.m. downstairs in the conference room. Please join us.

~ Jackie Cunningham

Fall GreenScape

The Fall GreenScape make a Difference Day held October 25, 2014 was a great success. Over 300 bulbs were planted, given to Eastport United Methodist Church by the City of Annapolis, and will be a beautiful surprise for Spring 2015. To the volunteers who came – our thanks to you and all your hard work. There were only 10 of us, but we did make a “big difference.” Take a look at the church gardens and thank the Garden Team; we can be proud! Take a look at the church's website www.eastportumc.org and see the volunteers who did the work. We will also be on the city's website, under Parks and Recreation, GreenScape.



~ Paulette Schwallenberg

Remember the Family Luminaries?

Want to try your hand at one this holiday season? Save your gallon milk or water jugs. The instructions are on the graphic below; we'll be telling you more about this as the holidays get closer. It would be awesome to line our walkways with luminaries dedicated to EUMC families!

LUMINARY

(An object, as a celestial body, that gives light)

"THE LIGHT OF GOD SHINES FOR ALL"

INSTRUCTIONS TO MAKE YOUR FAMILY LUMINARY

SUPPLIES:

1 GALLON MILK OR WATER CONTAINER

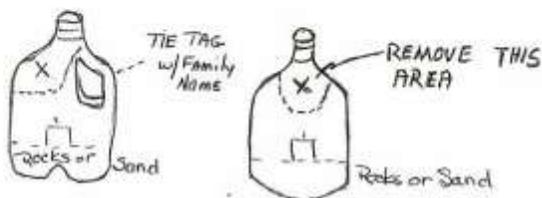
1 THICK, SHORT CANDLE

1 TAG, WITH YOUR FAMILY NAME, TIED TO THE HANDLE

ROCKS OR SAND TO WEIGHT THE CONTAINER DOWN

***PLEASE BRING WITH YOU ON CHRISTMAS EVE & NEW YEAR'S EVE TO LIGHT THE PATH TO THE FRONT DOOR OF OUR CHURCH**

***PLEASE TAKE HOME WITH YOU TO LIGHT YOUR HOME ENTRANCE, DO NOT LEAVE AT THE CHURCH**



Mark Your Calendars

- Nov 26 – Thanksgiving Eve Ecumenical Service
- Nov 29 – Decorate the Church for Christmas 1:30
- Nov 30 – Luncheon with a "special" visitor
- Dec 7 – AVAS Christmas Concert at EUMC 3:00
- Dec 14 – Children's Christmas Pageant
- Dec 21 – Christmas Cantata
- Dec 24 – Christmas Family Service 6:00
Pre-Service Music 10:00
Candlelight Service 10:30
- Dec 31 – New Year's Eve Interfaith Service 7:00

COVERED DISH DINNER

Note – This covered dish is in the evening and will be the start of our Winter Relief Men's Homeless Shelter. We hope for a big turnout and lots of food to welcome our guests. So please put this on your calendar and join us.
MONDAY, NOVEMBER 24, 6:00 PM
Hosted by United Methodist Men
Please bring a dish or dessert to share.

Neighborhood Children Education Fund

Eastport United Methodist Church has received a gift of \$25,000 from a couple who wishes to remain anonymous. Its purpose is to provide an annual stream of money to support educational programs, activities and scholarships designed to enhance the learning and school endeavors of children (particularly low-income neighborhood children) participating in programs of the church, including but not limited to the Homework and Reading Ministry, the Arts Enrichment Program, and the Family Nights Program.

Decisions about the use of the Neighborhood Children Education Fund will be made by the volunteers, both from the church and the community, in the above mentioned programs with the oversight of the pastor and the church's missions team.

Each year, the church will use the interest and dividends generated by the Fund or 4 percent of the principal (whichever is greater) to finance its expenditures. It is expected that this money will be an addition to, not a substitute for, the support which the current programs for children receive through the church's regular ministry efforts.

It is hoped that the generosity of the donors will attract additional contributors over the years.

~ Mike Keller

Thanksgiving Baskets

As in years past, EUMC with your help will again provide Thanksgiving baskets for approximately 50 families of children who attend area elementary schools. For those who want to shop, the items below are needed for each basket:

1 each
of these....



2 each
of these....



If you don't have the time or desire to shop, then consider donating **\$27.50** toward the purchase of the items to complete an entire basket which also includes the *turkey, rolls, potatoes, and pumpkin pie*. Food items can be left in the kitchen. Monetary donations should be in an envelope specifically marked for Thanksgiving Baskets and placed in the offering plates or in the office. Donations will be accepted until Friday, November 21st. Please see Kevin or Sally Hight for more information.

For Your Health.....

Don't let seasonal allergies put a damper on your health.



As the weather begins to change and fall settles in, many find themselves experiencing allergies as bad as during the spring. If your symptoms of sneezing, runny nose, or itchy and watery eyes get worse in the fall, you probably have an outdoor fall allergy. Eighty percent of people with seasonal allergies complain about these symptoms as well as problems with sleeping, being tired, having poor concentration, and decreased productivity at school or work. CBS News reported that this fall is likely to be one for the records for allergy sufferers. In

order to prevent irritating your allergies, be prepared.

Cold vs. Allergy – A cold is generally caused by a virus that affects the upper respiratory tract, whereas allergies are the body's adverse immune response to a protein. For those who feel they regularly get a cold during the fall season, allergies could likely be the culprit. Prolonged cold symptoms could also indicate that allergies are the underlying reason for not feeling well.

Triggers – Fall allergies are predominately ruled by ragweed, along with other weed pollens. (20 percent of Americans are allergic to ragweed.) In addition, mold becomes fairly prominent during the autumn months. Outdoor molds regularly grow on leaves and grass and thrive in moisture that comes about in the fall months. Indoor mold must be detected and eliminated.

Precautions –

- Use a face mask when you are outside, especially between 5 and 10 a.m. and on windy days.
- Remove pollen from your skin and hair by showering frequently.
- Keep your windows closed and turn on the air conditioner, if needed.
- Remember to clean or regularly change your furnace/A/C filters and consider using a HEPA air purifier.
- Dry clothes and bedding inside in the dryer instead of hanging outside.
- Have decaying leaves removed from your yard and gutters.
- If you rake leaves, wear a face mask.
- Be sure to change your clothes and wash your hands and face once you return inside.
- When you first turn on your car air conditioner, leave your windows open and avoid breathing the air for several minutes until mold spores can disperse.
- A mild bleach solution can be helpful in cleaning and controlling mold in closets, on tile, furniture, walls and other objects.

Treatment – Making an appointment with an allergist may help you identify your triggers. Then temporary remedies over the counter or by prescription can be recommended. Allergy shots may be necessary, as a long term treatment.

~ *Health Tips contributed by Dianne Crews
St. Luke's Episcopal Church*

November Birthdays

Nov 4 Christina Valentine
Nov 7 Sally Malamphy
Nov 8 Pat Aldersley
Nov 9 Mei-jen Hong-Hillary
Nov 10 David Hollidayoke
Steve Ploof
Nov 11 David Sumrall
Nov 12 Curtis Clary
Bruce Krain
Nov 14 Bill Riggs
Pastor Michelle
Nov 15 David M. Owen
Robert Gibbons III
Nov 16 Holly Green
Nov 17 Regan Bailey
Kevin Hight
Nov 20 Joseph Wilmer
Charles Radcliffe
Nov 22 Berlyn Wheeler
Nov 27 Kathy Duckett
Finn Smith
Nov 28 John "Bo" Morgan

November Anniversaries

Nov 10 Jason & Cade Clurman
Nov 14 Guy & Lynn Goddard
Nov 27 Stephen & Sherrie Ugolini
Nov 28 Neill & Hazel Kinnamon



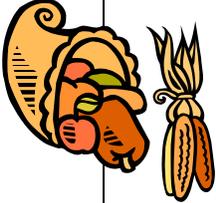
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<i>Gratitude is the best Attitude</i>	1
2 Conversations 9am Worship 10am Sunday School 10:15am Nursery 10:15am	3 Bells 7pm	4 VOTE!	5 Kids Art 4pm Methodist Women 5:30 SPRT 7pm	6 Homework & Reading 4pm Choir 7pm	7	8 Game Night 5:30pm 
9 Conversation 9am Worship 10am Sunday School 10:15am Nursery 10:15am	10 Bells 7pm	11 Homework & Reading 4pm Missions Mtg. 7pm in conference room	12 Kids Art 4pm	13 Homework & Reading 4pm Choir 7pm	14	15
16 Conversations 9am Worship 10am Sunday School 10:15am Nursery 10:15am	17 Bells 7pm	18 Homework & Reading 4pm Trustees 6:15 Admin Council 7:30pm	19 Food Pantry 1-3pm Kids Art 4pm	20 Gracious Greetings 1:30 Choir 7pm	21	22
23 Conversations 9am Worship 10am Sunday School 10:15am Nursery 10:15am	24	25	26	27	28	29
30 Lunch with Santa after Worship. 	COVERED DISH 6pm  Bells 7pm	Homework & Reading 4pm	Lunch Bunch 12:15 @ Sammy's Kids Art 4pm Thanksgiving Eve Service @ St. Martin's 7pm			Decorate Church for Holidays 1:30-3:30