



The Eastport Spire

“Inspire Us to Great Things”

September 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.

Pastor’s Corner

We look forward to Pastor MaAn’s return to the pulpit on September 8th. She and Vern have been on a much-deserved vacation. Many thanks to all who played a part in filling in during her absence. We are blessed with a willing and capable laity.



Homework Program Off to Good Start

The school year has begun, and the Homework and Reading Ministry got off to a rousing start on August 29. Eleven children attended including two newcomers, as well as seven volunteers.

Two additions have been implemented to the program this year.

First, we added a writing component. After a child has finished his or her homework, volunteers will ask him or her to write a minimum of four sentences in his or her notebook in response to a question that will appear on a chalkboard. There will be a different question for each session. Volunteers will check the written work for spelling and grammatical accuracy. Younger children can draw a picture to illustrate their answer. Children will be invited to read their responses prior to “snack time.” The intention is to give participants in the program an opportunity to develop their writing skills.

Second, we are expanding and providing a sense of routine to the tasks that the children are encouraged to undertake to help the volunteers. In addition to putting away their chairs at the conclusion of each session, helping with the preparation and serving of snacks, and assisting with hand sanitizing, we will be asking the kids to take responsibility for straightening out the book cases and the supply cabinet, sharpening pencils for the next session, and bringing in the flag that we use to remind the kids about the program. The names of the children who will help with these various chores and the assignments will change at random with each session. The kids seem to like it. One commented: “I am glad we’ll all take turns!”

We also told the children that regular participants in the program will enjoy a field trip in the spring to the Cole Brothers Circus, followed by a special treat. Eight cartons of new books also were donated to the program, enabling us to provide the children with new reading material.

Please consider becoming a volunteer in the Homework and Reading Ministry this year. The program meets each Tuesday and Thursday from 4 to 5 p.m. in the fellowship hall. You are certain to find it a rewarding experience working to strengthen the reading, writing, comprehension, and math skills of these wonderful children. See Joyce Conley or Mike Keller if you have questions.

~ Mike Keller



**New Year's Eve
Interfaith Service Planning Meeting
September 18, 3:30 p.m.**

Each year the New Year's Eve Interfaith Worship Celebration held at our church gets more accolades. We're proud to be a church that actively encourages harmony among all faith traditions – being part of the solution rather than part of the problem. We'd like to have more participation in planning this event – help with coordinating fellowship time, promoting the event by distributing flyers, greeting people at the door, setting up and cleaning up. Please consider attending this meeting to offer your help and your ideas.

~ Eunice Corse



Annual EUMC Picnic

Our church picnic is Sunday, September 15, at 2 p.m. Location is the same as last year – 80 East Lake Drive, Annapolis, in the community of Bay Ridge. EUMC members, family, and friends are all welcome. Special fun is promised to the kids, so bring those children and grandchildren – the rumor is there will be a moon bounce! It's a beautiful time of year to be outside by the water. Main dish and beverages will be provided by the Worship Team. Kid friendly food is promised. Side dishes and desserts are your responsibility. But, even if you can't bring food, bring yourselves anyway!

~Jill Peddicord

**Annual EUMC Fall Retreat
Saturday, September 21
8:30 a.m. to 4:00 p.m.**

Jackie Cunningham has graciously agreed to host this event again. This is a day for discussion of ideas and issues affecting the church, as well as some time for connection and spiritual renewal. All members are welcome – team leaders are especially encouraged to attend and to urge members of their teams to participate as well.



**Fall Work Day
Saturday, October 12
9:00 a.m. to 12:00 noon**

Come help with cleaning up the church grounds, digging up and cutting back a lot of the summer growth. Questions? See Paulette Schwallenberg.



**UMM to Hold
Annual Navy Football
and Tailgating Outing**

The Eastport United Methodist Men will hold its yearly Navy Football and Tailgating Outing on Saturday, October 26, when Navy will tackle Pittsburgh. ***This year the seats are on the 50-yard line.*** Most games in the past have turned out to be thrillers, often with the outcome decided on the last play. And there has been great food and fellowship at the pre-game tailgating, which will be held in the church parking lot. Men, women and kids are invited to this event, which has been a lot of fun. The United Methodist Men have purchased a block of 15 tickets for the game. The cost is \$30 apiece, first come, first served. See Jim Wilcox at church or call him at 410-268-7458.

News from the Missions Team



Missions recently delivered 50 back packs to Bates Middle School. We also delivered 50 binders and 100 packs of notebook paper to Annapolis Middle School as they requested. Three years ago after some research we discovered that middle school students get little assistance with school supplies so we have decided to focus on the two middle schools in Annapolis.

During Vacation Bible School the children put together 50 Health Kits for United Methodist Committee on Relief (UMCOR). Our United Methodist Women bought the supplies. The Missions Team would like to add to that number and make up at least 100 more. If you would like to help, please bring in the following supplies by the last Sunday in September:

- 1 good quality hand towel
- 1 wash cloth
- 1 comb
- 1 metal nail file or nail clipper
- 1 bath size soap
- 1 toothbrush
- 6 adhesive band-aids.

All items must be new. There will be a container in the fellowship hall. Many thanks.

We are so fortunate to have seven participants for our October 16-20 mission trip to Appalachia Service Project in Brenton, WV. Welcome first timers Paulette Schwallenberg, Anne Owen, and Eric Smaridge! Joining them will be Ann Rawls, Pastor MaAn, Jeff Bauckman and Jackie Cunningham.

Volunteer opportunities are always available. Food Pantry is the third Wednesday of every month. Winter Relief is just around the corner – our guests will arrive the Monday before Thanksgiving.

~Jackie Cunningham

For Your Health.....



Why Is Fiber so Important?

According to the *Journal of the American Medical Association* (JAMA), we should be eating anywhere from 20 to 35 grams of fiber a day. That is about half of what the average adult eats today.

What exactly is fiber? Fiber is the element in plants (like fruits, vegetables and whole grains) that our bodies *do not* digest. Fiber is *not* absorbed or digested. It actually passes quickly through your digestive tract, mostly intact, and it is not broken down like other foods. The fact that fiber is mostly left intact is a good thing as it creates bulk which aids in moving stool and harmful carcinogens through the digestive tract. Fiber moves toxins, excess hormones, and mucus.

Fiber:

- **Normalizes/helps maintain digestive health.**
- **Lowers cholesterol levels.**
- **Helps control blood sugar levels.**
- **Aids in achieving healthy weight.**

Soluble fiber. This type of fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels. Soluble fiber is found in oats, oat bran, barley, rye, rice bran, peas, beans/legumes, bananas, apples, citrus fruits, root vegetables, carrots, potatoes and psyllium.

Insoluble fiber. This type of fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. Whole-wheat flour, wheat bran, rye, nuts, beans and vegetables, such as cauliflower, green beans, cabbage, carrots, brussel sprouts and potatoes are good sources of insoluble fiber.

A daily diet of 30 to 35 grams could be:

Breakfast: Three-quarters of a cup of bran flakes (5g of fiber)

Mid-morning snack: One cup of raspberries (8g of fiber)

Lunch or Dinner: One cup of lentils, split peas or black beans (15-16g of fiber); one cup of broccoli contains 5g of fiber

Drink 6-8 glasses of water a day, or more while exercising or when it's hot.

September Birthdays

September Anniversaries



Sept 2 Michael Owen
Andy Owen

Sept 5 Bill Bowen

Sept 7 Michael Brown

Sept 8 Neill Kinnamon

Sept 13 Vicki Clary

Sept 15 Mike Stevens
Kitty Leitch

Sept 16 JoAnn Kulesza
David Peddicord

Sept 18 Elaine Hollidayoke
Bo Chesney
Gage Savoy

Sept 19 Betty Moreland

Sept 21 Joan Dove
Taylor Stevens

Sept 23 Sherrie Little
Catherine Daywalt

Sept 26 Sally Colburn
Frances Wilmer

Sept 27 Cierra Ploof
Barbara Schwarz

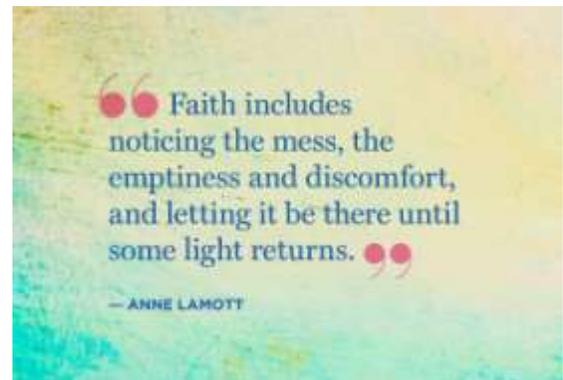
Sept 28 Bob McWilliams

Sept 6 Vern Renshaw & Pastor MaAn

Sept 15 Dale & Libby Cain

Sept 17 Mike & Megan Wurst

Sept 23 Earl & Harriet Macey



The Spire is published monthly by
Eastport United Methodist Church
926 Bay Ridge Avenue
Annapolis, MD 21403
410-263-5490
eastportumc@verizon.net
www.eastportumc.org
Pastor: MaAn Barcelo
Editor: Eunice Corse

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Worship 10am	2 Labor Day Office closed	3 Homework & Reading 4pm	4 UMW 5:30pm 	5	6	7
8 Conversations 9am-Chapel Worship 10am Sun.Sch. 10am Worship Team Mtg 11:45am	9	10 Homework & Reading 4pm	11	12 Homework & Reading 4pm  Choir 7pm Literacy Board 7pm	13	14 Program Affordable Healthcare 2pm sponsored by UMM
15 Conversations 9am-Chapel Worship 10am Sun.Sch. 10am PICNIC 2pm	16 Bells 7pm 	17 Homework & Reading 4pm Trustees 6:15pm Admin Council 7:30pm	18 Food Pantry 1-3pm NYE Planning 3:30pm	19 Gracious Greetings 1:30pm Homework & Reading 4pm Choir 7pm	20	21 FALL RETREAT 8:30am
22 Conversations 9am-Chapel Worship 10am Sun.Sch. 10am	23 Bells 7pm UMM 7pm	24 Homework & Reading 4pm	25	26 Homework & Reading 4pm Choir 7pm	27	28
29 Conversations 9am-Chapel Worship 10am Sun.Sch. 10am	30 Bells 7pm	<div style="border: 1px solid black; padding: 10px; background-color: #e0e0e0;"> <p>You Are Invited to the Church Picnic, Sunday, September 15, 2:00 p.m. 80 East Lake Drive Bay Ridge</p> </div>				