



**EAST LAKE UNITED METHODIST CHURCH**

**FEBRUARY 2013**

**Financial Good News**

*By Ginny Jones*

During 2012, the Finance Team reported our financial condition in weekly emails. By now you may have heard that we finished 2012 STRONG! We paid 100% of our bills and our apportionments (see article below), and we ended the year with \$11,000 to the good! Alleluia! This outcome is thanks to the faithfulness of all of you in the congregation, the Leadership Team of the church, the actions of the staff lead by Karen Gambrell, and most importantly, the blessings of God.

This money has allowed our church to have an impact for the Kingdom of God for many things including Children, Youth, Older Homebound Adults, Impactful Worship, Haiti and Cuban, those in need in our congregation & community, as well as for those in need around the world. We are blessed by God.

**Our Connectional Church - Conference & District Apportionments \***

This single line item in our budget provides money for many purposes. We hear the word "apportionment" so much in the United Methodist Church; yet many are unsure what it means. In essence, it means "a portion meant for ourselves" to train and sustain pastors and leaders of local churches. It means "a portion meant for our neighbors" down the street and around the world. It also is "a portion meant for others," sharing the gospel of love in action.

Apportioned funds enable United Methodists to do together what no Church, District or Annual Conference could do alone. We are truly a connectional church!

John Wesley and his followers saw our work in the simplest terms. To paraphrase his inspiring words: "Do all the good you can, in all the places you can, to all the people you can." We United Methodists follow in Wesley's footsteps, supporting one another and helping God's children whenever and wherever we can. One way we accomplish this task is through our apportioned funds, a method of giving that proportionally allocates the general church budget to conferences (which subsequently apportion to local churches). This method of giving has become a strong, generous tradition and a personal, lifelong commitment.

Together, through our connected congregations, we United Methodists accomplish what no single church, district or annual conference ever could hope to do. We combine our prayers, presence, gifts and service to make a significant difference in the lives of God's people...in every place we can...as often as we can. We give so others can live more abundantly.

\* Adapted from info on FL Conference Website



*Offer Christ*

▶ PAGE 2 THROUGH THE WORD, SACRAMENTS, HOSPITALITY, PRAISE AND GIVING



*Grow in Faith*

▶ PAGE 2 THROUGH PRAYER, SMALL GROUPS, CLASSES, AND SUPPORT GROUPS



*Serve Others*

▶ PAGE 5 THROUGH OUTREACH, MISSIONS AND CAREGIVING

# Offer Christ

## Women and Heart Disease

By Carol Toyer



"Guard your heart above all else, for it determines the course of your life." Proverbs 4:23

There is a misconception that cancer is the greatest risk for women, especially breast cancer. In reality, heart disease kills more women than all forms of cancer put together. Minority women have a higher death rate from stroke than men. Part of the problem is that heart disease is displayed differently in women than in men, so it becomes difficult to recognize in women if the observer doesn't know the difference in symptoms.

The classic symptoms for heart attack are severe chest pain, a squeezing sensation in the chest lasting 5-10 minutes, pain radiating down the left arm or profuse sweating. Up to 50% of women who suffer heart attacks have symptoms that are considered atypical. These symptoms include shortness of breath, indigestion, pain in the jaw, shoulder, or back, sudden nausea or vomiting, unexplained fatigue, fainting or even dizziness. Anytime a female experiences these symptoms, she should seek medical attention by calling 911. Even a slight hesitation could lead to severe consequences if she is having a cardiac episode.

Plaque buildup can be different in women also. In men it tends to be clumpy and irregular which responds well to angioplasty and stents that flatten out the plaque. In some women, plaque forms and even layer on the vessel lining which means drug therapy works better than angioplasty. Women also respond to aspirin differently. In women, it seems more effective in preventing stroke while in men it is more effective for heart attack prevention.

For a woman, the most important thing to do is talk to her physician. She should discuss her health history and determine potential risks for heart disease. The next step would be create a plan to change or impact those risks and follow the doctor's instructions. Women are the same but different. It is important to find out individual needs and then address them. (Source: [www.mayoclinic.com](http://www.mayoclinic.com))

# Grow in Faith

## Children's Chatter

By Erin Lowe, Director of Children's Ministry

The Children's Ministry Design Team continues to make progress as we "kick it up a notch" in all program areas. We offer special thanks to the teachers in our Children's worship and to parents for supporting the children's programs here at East Lake UMC. Here is our monthly progress report...

1. **Successful Open House**—A 2013 Children's Ministry Open House was held on Sunday, January 27 from 9 am to noon in Fellowship Hall. Parents, people who have helped in all aspects of the Children's Ministry, and people with interest in engaging with the ministry had the opportunity visit, enjoy refreshments, learn more about our programs, and sign up to help at events scheduled throughout 2013. We are blessed that so many people attended and signed up to help with one or more of our 2013 activities. **We still have unfilled needs**, so please consider using your spiritual gifts to support the Children's Ministry this year. **Please contact Miss Erin to become a Children's Ministry volunteer.**
2. **Vision Retreat**—On February 8 and 9, the Children's Ministry Design Team along with representative parents, teachers, and volunteers will participate in a visioning retreat with Missy Carfield from Children's Ministry Architects. The retreat will help us to establish a clear vision for the Children's Ministry and bring even more energy to our programming for 2013 and future years.
3. **Children's Worship**—Plans are underway to **modify the format for children's worship** just a bit. Very soon, children's worship will begin with a short large-group session for children age 3 through 5th grade. With everyone together, we will introduce the Bible verse for the day and then sing and pray together before the children go with their teachers to their smaller age-level groups in the Education Building. Parents are invited to join us as they check in their children for a morning of exciting spiritual growth. As the kickoff date approaches, details will be shared directly with parents of children in the church.
4. **Safety and Communication**—Has your child's updated **registration form** been completed and turned in to Miss Erin? If not, please get it in as soon as possible. Having correct and up-to-date information is an important step in our safety plan. Have you been utilizing **Parent Cues** to engage in spiritual conversation with your children? If not, please consider starting these conversations, which reinforce the Bible lessons studied in children's worship. Please remember to fan us and follow the Children's Ministry activities on **Facebook**.
5. **Prayer**—Thank you for praying with us to support the work we are doing in our Children's Ministry. Please continue to **pray** with the Prayer Team and Design Team **as we work to Offer Christ to new children and help those who are already with us continue to Grow in Faith.**



The Design Team is excited about the work we are doing! We thank each of you for supporting the Children's Ministry here at ELUMC.

## Upcoming Activities in Children's Ministry

- ★ **45 Club February 3:** Our fourth and fifth graders will be walking to Ritter's for frozen custard treats. We will meet at the church at 1 pm. Parents please remember to complete the Off Site Permission Form, which is available at the church website ([www.eastlakeumc.org](http://www.eastlakeumc.org)) and turn it in to Miss Erin.
- ★ The **Easter Eggstravaganza** will be Saturday, **March 23** from 9:30 to 11:30 am. This fun event will be a real treat for families with children (age two years through fifth grade). Watch for details about how everyone in the church can support this event.



## Youth News

*By Mary Treichel, Director of Youth Ministries*



**Souper Bowl Sunday is February 3.** Our youth group will be collecting canned food at all worship services on February 3 to donate to Metropolitan Ministries Pasco County.



## Confirmation Class of 2013

Confirmation class is for students in 6th grade and above and will begin on February 3. It will meet on Sundays from 11:00 am—noon, and Confirmation Sunday will be April 21 at the 9:30 am church service. This journey of faith will teach students the Christian story, confirm their faith and help them discover how to live their commitment that they will be making to East Lake UMC. There will be a retreat at March 8-10 at Warren Willis Camp that is an integral part of our Confirmation class experience. Contact Mary Treichel, Director of Youth Ministries, at [mtreichel@eastlakeumc.org](mailto:mtreichel@eastlakeumc.org) for more information and to register for this class.

## Young Days News

*By Jackie Kaller, Director*



Love is in the air! It's always a pleasure to see the children get so excited about Valentine's Day and giving those sweet little notes to their friends. This month we will be teaching the children about sharing and caring. Giving a hug or a smile can really brighten someone's day. This also supports our Bible and chapel story of the Good Samaritan and helping others. Children will learn about and celebrate Ground Hog Day, President's Day and Valentine's Day.

Last month we made changes to East Lake United Methodist Church traffic flow and parking to increase safety at Young Days. Please note that new "One Way" signs will direct traffic flow to the left when turning into our campus and cars will no longer be permitted to turn right. The parking spaces behind the Education Building will now angle for better vision when backing out. Thank you for supporting our new safety changes.

## Working Singles

The members of the Working Singles meet the second Saturday of each month at **6:30 pm** for dinner. Each month they go to a different restaurant. Please join them for fellowship and conversation at their **February 9** event at Outback Steakhouse located at 31988 US Hwy 19 in Palm Harbor. For more information or to RSVP to the dinner contact Linda Kapsa at [lmk2922@hotmail.com](mailto:lmk2922@hotmail.com). Hope to see you there!



## UNITED METHODIST MEN

Start your day right on the **second Saturday of the month**. All men are invited to the **Gathering of Men** from 7:30-9:30 am in Fellowship Hall. It's a time to center yourself for the month and meet other men who face the challenges of keeping Christ alive in their lives. All are welcome!



## UNITED METHODIST WOMEN -Mission Study on Poverty

*By Pat Peterson*

This study is designed to help participants recognize and claim for themselves the connections among Scripture, church tradition, compassion for the poor, social outreach, and social justice.

Presented by a cluster of Gulf Coast District United Methodist Women

Hosted by East Lake UMW



February 15, 2013  
Fellowship Hall  
8:30 am - 2:00 pm



## Gulf Central District Training

*By Bonnie Swan, Lay Servant Leader*

A Gulf Central District Training Event for Lay Servants will be held March 2 and 9 at Spring Hill UMC. The Basic 10 hour course will be offered for those wishing to enter the Lay Servant ministry in the local church. Advanced Courses will be offered as well for previously certified local church lay servants. The cost is \$35.00. Registration must be submitted by February 18. Contact Bonnie Swan [rswan@tampabay.rr.com](mailto:rswan@tampabay.rr.com) for more information and a registration form. Pastor approval must accompany the application form.

## Enjoy L.I.F.E

*By Judy Keats, Minister of Visitation*

The L.I.F.E group stands for Living In Faith Effectively continues every Thursday. All are invited to come to the Fellowship Hall from 2:00 - 4:00 for coffee, conversation, and games. On February 12, Judy Keats will give an abbreviated reading of "The Other Wiseman" by Henry Van Dyke, author of the hymn "Joyful, Joyful We Adore Thee."



East Lake Church

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[www.eastlakeumc.org](http://www.eastlakeumc.org)

# Serve Others

## Missions & Outreach

By Annie Doraisingh

United Methodist Cooperative Ministries is sponsoring Walk for the Dream



Date: Saturday, March 9, 2013

Time: 9:00 am - 12:00 pm

Place: The Florida Botanical Gardens and Heritage Village at Pinewood Cultural Park, 12520 Ulmerton Road, Largo, FL 33774

Registration/sponsorship forms are available at [www.umcm.info/walk](http://www.umcm.info/walk).

The deadline for registration is February 28.



Please consider walking or sponsoring a walker for this worthwhile event. It will be great fun and provides funding for the many programs offered by United Methodist Cooperative Ministries. These programs include Pack-A-Sack 4 Kids, Family Support Services, Quality Early Learning Initiative and Children of the World Preschool, PASS Program, and Families Learning Together. United Methodist Cooperative Ministries is one of the major ministries we support through missions and outreach at East Lake United Methodist Church. Thanks for helping us support them to make Walk for the Dream a success.

## Mission Trip to the Holy Land

Rev. Gene Watson & Rev. Lois Rogers-Watson are going on another Volunteer in Mission trip to the Holy Land. They are leaving on February 14 and will spend time in Bethlehem where there are many hurting people. We can support the Watsons and their mission partners by praying for them and the people they serve in the Holy Land and by providing some needed supplies for their trip (like we do for the trips to Haiti and Cuba). The most needed supplies for this trip are over the counter drugs that are not expired. Specific items include fish oil, pain relievers, antacids, vitamin D, glucosamine, and first aid antibiotic cream. Please drop off items at the Missions Booth.

## On-Going Collection for Mission Efforts

The missions team plans to collect over the counter medications and travel-size personal items (soaps, shampoos, lotions, etc.) as an on-going effort. By collecting these items throughout the year, we will always have a supply of items when needed for local missions or mission trips.

## Missions Calendar for 2013

The missions and outreach team has developed a draft calendar of mission projects for this year. Activities they are planning will provide continued support for United Methodist Cooperative Ministries, Metropolitan Ministries in Pasco, Pinellas Hope, Zamar Ministries in Haiti, and Our Sister Church in Cuba. Three major projects are collecting tennis shoes and backpacks, supporting UMW with the Ditty Bags, and Angel Tree. Once the proposed calendar of mission projects has been approved by Church Council, it will be communicated to the congregation. Watch for further information on the church website, in the bulletin and future editions of the Pathways newsletter.



## Habitat for Humanity



Our next work day for the Habitat for Humanity mission team is scheduled for Saturday, March 22 from 8:00 am-12:00 pm; we'll meet at church at 7:15 am and carpool to the site. All interested Adults and Youth (16 and older) are encouraged to participate. Required paperwork will need to be completed prior to the work day. To sign up or for more information, contact Hilary Wagner at [wagnerha@yahoo.com](mailto:wagnerha@yahoo.com); Youth contact Mary Treichel at [mtreichel@eastlakeumc.org](mailto:mtreichel@eastlakeumc.org) to sign up.

**Faith Community Nurses and Volunteers Team:** This is a team of nurses and volunteers who take blood pressures once a month, help with flu shots given by Walgreens and conduct workshops such as Alzheimer, CPR, Fall Prevention, using the Defibrillator and set up a Health Fair. They also assist when needed on Sunday mornings. The nurses attend regular workshops at Morton Plant Hospital which oversees the Faith Community Nurses. Reports are made to them.

**Prayer Team:** This team prays daily for any and all prayer concerns that are requested.

**Stephen Ministers:** This team is the hands, arms, legs, feet, and heart of Jesus. They assist our Pastors, make hospital visits before surgery to pray with the patient and make follow up visits. Of course the Stephen Ministers do non-professional caregiving long term.

**Joy Cookie Team:** This team is really two teams. The first team bakes Christmas cookies and the second team delivers them on Christmas Eve. They are delivered following one of the Christmas Eve services to every nurses station in Mease Countryside, Mease Dunedin and Helen Ellis Hospitals and the fire stations up and down East Lake Road and Keystone Road, Dunedin and North Clearwater.

**Poinsettia & Easter Lily Teams:** An all church effort, sign ups are taken and assignments made as to who gets the donated plants. We deliver them to Hospice House, nursing homes and those that are home-bound.

**Hospital visitation & follow up:** Visit members of our church family as well as community when requested.

**Care baskets:** Care baskets are filled with goodies, water and reading materials and cards to take to families who have loved ones in the hospitals. These are taken by members of hospital visitation team, the pastors, or the Stephen Ministers.

**Nursing Home visitation:** Visit members of our church family who are in rehab, nursing home care, assistant living etc. and those in the community who are brought to our attention.

**Prayer Blanket Team:** This is a small team consisting of Tena who prepares our prayer blankets when ordered with their names on them, and Margie who makes a personalized card, a holding cross made by the ToyMakers and a caregiving angel.

**Nursing Home:** Teams visit three different nursing homes. It is set up so that each team only visits twice a month. Besides visitations, this team also conducts a men's group twice a month and we have a dog therapy team who makes visits twice a month.

**Men's Group WestBay Nursing Facility:** Facilitator conducts a men's group.

**Caregiving Clowns:** Clowns makes calls to Nursing Homes and deliver hats to All Children's Hospital

**Home-bound assistance:** We assist in any way that we can to our home-bound church family and those in the community when requested or we hear of a need.

**Communion Team:** We have a communion team that delivers communion on the first Sunday of the month to members of our church family who can't get to church for whatever reason. They also deliver to three nursing homes and one assisted living facility.

**Meal team:** This team prepares and delivers meals as needed.

**Telephone Call and Note Writers:** This team sends cards and notes to members of our church family who are in crisis, grief, joy, graduation, baptisms etc. They also send cards to family members and friends of our church family who are concerned for them. Calls are made to determine needs, follow up, express joys and concerns.

**Memorial Team:** This team sets up and oversees Memorial Receptions.

**Memorial Cookie and Tea Sandwiches Team:** This team supplies cookies and tea sandwiches for a Memorial Reception.

**Baptism Team:** This team makes sure that gifts are placed on the alter

**Transportation Team:** This team provides transportation to and from appointments, to get groceries, church, church meetings, etc.

**Flower Delivery:** This team takes the donated alter flowers to members of our church family who are recovering from surgery, cancer, in the hospital, home-bound, in nursing homes, or in other life crisis.

**Birthday Call Team:** This team is sent the birthday list for the month The birthdays are divided and a call is made to everyone on their birthday.

**Hat Treasure Chest:** Hats are made and donated. They are collected in a treasure chest. They are then taken to All Children's Hospital for the children there.



# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Office Closed</i> 10am UMW Planning Session	2 9am Toymakers 9am Bicycle Ministry
3 9:30 am 252 Basics - Sunday School 9:30 am Journey Class 9:30 am Adult Bible Study 11am Youth Sunday School 1pm 45 Club 5pm Youth Praise Band 6pm Youth Group	4	5 9am Toymakers 6:45 pm Stephen Ministry Class 7pm Praise Band	6 9am Toymakers 12pm Soul Sisters 6:45 pm Bell Choir 6:45 pm Wednesday Night Bible Study 7pm Pathfinder Meeting 7:30 pm Church Choir	7 9am Toymakers 1pm UMW Meeting 2pm L.I.F.E 4pm Children's Choir 5:30 pm Family Pizza Night at Vettore's 8pm Al-Anon	8 <i>Office Closed</i>	9 9am Toymakers 9am Bicycle Ministry 6:30 pm Working Singles Dinner
10—Communion 9:30 am 252 Basics - Sunday School 9:30 am Adult Bible Study 9:30 am Journey Class 11am Youth Sunday School 5pm Youth Praise Band 6pm Youth Group	11 6:30 pm BOT Meeting 6:30 pm SPRT Meeting	12 9am Toymakers 6:45 pm Stephen Ministry Class 7pm Praise Band	13-Ash Wednesday 9am Toymakers 6:30 pm Ash Wednesday Service 6:45 pm Wednesday Night Bible Study	14 9am Toymakers 2pm L.I.F.E. 4pm Children's Choir 8pm Al-Anon	15 <i>Office Closed</i> 8:30 am UMW Mission Study	16 8am Toymakers 9am Bicycle Ministry
17 9:30 am 252 Basics - Sunday School 9:30 am Adult Bible Study 9:30 am Journey Class 11am Youth Sunday School 12:15 pm Youth Renovation Team Meeting 1pm 45 Club 5pm Youth Praise Band 6pm Youth Group	18 6:30 pm Finance Committee Meeting	19 9am Toymakers 9am UMW-Mary Martha Circle 6:45 pm Stephen Ministry Class 7pm Praise Band	20 *Newsletter Deadline* 9am Toymakers 12pm Soul Sisters 6:45 pm Bell Choir 6:45 pm Wednesday Night Bible Study 7pm Pathfinder Meeting 7:30 pm Church Choir	21 9am Toymakers 2pm L.I.F.E. 4pm Children's Choir 6:45 pm MASH Meeting 8pm Al-Anon	22 <i>Office Closed</i>	23 9am Toymakers 9am Bicycle Ministry
24 9:30 am 252 Basics - Sunday School 9:30 am Adult Bible Study 9:30 am Journey Class 11am Youth Sunday School 5pm Youth Praise Band 6pm Youth Group	25	26 9am Toymakers 6:45 pm Stephen Ministry Class 7pm Praise Band	27 9am Toymakers 6:45 pm Bell Choir 6:45 pm Wednesday Night Bible Study 7:30 pm Church Choir	28 9am Toymakers 2pm L.I.F.E. 4pm Children's Choir 8pm Al-Anon		

## Offering Christ, Growing in Faith and Serving Others-All Good News!

- The Bicycle Ministry refurbished 341 bikes in 2012. All were donated to organizations and individuals in the Tampa Bay area.
- Caregiving Ministry & Volunteers delivered 44 tins of Joy Cookies on Christmas Eve to three area hospitals, and seven fire stations.
- Caregiving Ministry & Volunteers delivered 59 donated Poinsettias on Christmas Day to those that are home-bound, at Brookside Hospice and Westbay Nursing Home.
- Caregiving Clown, Judy Salvador, delivered 115 hand knitted hats to All Children's Hospital in St. Petersburg.
- Thanks to everyone for supporting the angel tree. We were able to serve 175 children and extra funds collected went to Cooperative Ministries' Cribs and Cots for Tots Program.
- Becky Bride, a math teacher and head of the math department at Palm Harbor University High School was selected as one of six teachers in the running for the Outstanding Educator of the Year Award.



*Happy Birthday! If you have a birthday in February and it is not listed, email [dmuller@eastlakeumc.org](mailto:dmuller@eastlakeumc.org) so we can update our database.*

3 Colin Wood  
Cameron Mott

4 Barbara Dell  
Jack Pittman

5 Amy Harrington

7 Caroline Arndt

8 Jim Farnham

9 Ellen Schrock  
Nancy Leewe  
Mike Lambert  
Mike Bailey  
Lynn Marsh  
Emily Petty  
Michelle Platti

10 Brad Hugus  
Tucker Gleason  
Sarah Balionis

11 Graisyn Roeser  
Denice Jackson  
Brendan Andrews

12 Billy Dewitt  
Danny Lamont

13 Michael Donaldson

14 Austin Peeples

15 Julie Roahrig  
Eric Treichel

16 Shirley Williams

17 Christopher Hunter

18 Abby Henderson

19 Jack Hogan

20 Patricia Teta  
Sean Perreault  
Drew Maslar

21 Kurt Leichssenring  
Nell Monarch  
Pat Robinson

22 Rose Carson  
Steve Heid  
Sean Andrews  
Melissa Hogan

23 Debra Petty  
Amy Carty

24 Trent Downs  
Gena Peterson  
Deanna Burket

25 David Iverson

26 Ryan O'Shea  
Penny Fellmer  
Rachel Pages

28 Lester Bradshaw



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begins this month.  
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## Reminders

Metropolitan Ministries in Pasco County provides food and shelter assistance to families in need.

This proactive organization strives to strengthen the community by helping families get back on their feet. Southwestern Pasco County has many families in need.

Metropolitan Ministries can use all the volunteers we can supply. Sign up to volunteer on their website [www.metromin.org](http://www.metromin.org).



Join us the first **Thursday** of the month, **February 7**, at **Vetture's** Pizzeria and Restaurant for fun and fellowship from 5:30 pm till 8:30 pm. Identify yourself as being from East Lake UMC; and Rick Maida, the owner of the restaurant, will donate 10% of the check to the church. Vetture's is located at 36137 East Lake Road in the Brooker Creek Publix Shopping Plaza.



We want to include all events in the Bulletin/Announcement Loop/ Newsletter. Please help us by making sure all events get correctly recorded on the calendar program in the church office. To add an event or meeting or to cancel one,, please contact the church receptionist, Vickie Downing at 727-784-9250 or [vdowning@eastlakeumc.org](mailto:vdowning@eastlakeumc.org)



## East Lake Staff



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 Closed Fridays  
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**Join us for Worship Sunday mornings: 8:00, 9:30, 11:00**

*Pathways* is the official newsletter of East Lake United Methodist Church. The *deadline* for the March newsletter is **February 20, 2012**. Contributions should be in Publisher, Word or jpg format and emailed to [dmuller@eastlakeumc.org](mailto:dmuller@eastlakeumc.org). All submissions are subject to editing.