

Coastal Chronicle

Southport Presbyterian Church

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February 2012

From your Pastor:

O Trinity of Love, hear now the prayers of your people who seek to love you with our heart, mind, and soul, and love one another as you have loved us. Even more, teach us to love our enemies and pray for those who persecute us.

February is the month for love! Let's keep this simple reminder close to us, and pray that we can truly exemplify the love of Christ in all that we say and do. Three things are happening in February that I want to share:

First, *A Pilgrimage to Scotland: The Isles of Iona and Mull and the City of Edinburgh, October 2012 Program with Stories and Photos* will be presented on **Sunday, February 19, 9:30 a.m.**

Enjoy eleven days traveling with Ann and Bob Jahnes, including Iona, the ancient and contemporary center of Christianity spirituality, Mull, an incredibly beautiful landscape of isle, sea, and sky, and Edinburgh, a fascinating international city and the home of Presbyterianism.

Second, *A Vision for Our Future* I hope you are participating in the Long Range Planning discussions about the future of our church. The LRP will be making suggestions to our Session as we make well-reasoned and intentional decisions to lead our congregation into the next five years of church life.

Third, *Youth of Water and the Word Takes Action!* You will notice our Confirmation Class members busy with study, activities, fellowship, and service. Please support them and encourage them! Some of our young people will be participating in a conference in Montreat, NC this summer. Hundreds of high school students from across the Southeast will gather to strengthen their faith and make new friends. The Session has approved their fundraiser called "Labor Day." I hope you will help them make this fabulous opportunity a reality.

Remember, God loves you, and so do I!

Pastor Ann

Would you like to join or just learn more about Southport Presbyterian Church?

An Information Get-together is coming soon!

We are planning a meeting to share information about Southport Presbyterian Church on Sunday, February 12, from 12:30 p.m. to 3:00 p.m. at the home of our pastor, Reverend Ann Jahnes. Lunch will be served.

This get-together is an opportunity to learn more about the Presbyterian Church in general and Southport Presbyterian in particular. Anyone interested in joining the Church, or just wanting to know more about the Church is encouraged to come.

The meeting will be informative, worthwhile, fun, and an opportunity to get to know some of the Church leaders.

Please call the Church Office (457-6811) for more information, or to let us know you plan to attend and get directions to Ann's home.

Madelyn Clow



Session Notes

- Approved pursuing the disposal of old copiers and computers through sites such as Craigslist and others
- Approved the immediate replacement of our existing oil burner heating system in the C.E. Building with a gas furnace to be paid for by an anonymous donor
- Approved supporting the Theological Education Fund in an amount as pledged
- Directed the Worship Committee to look into the best way to acquire the new hymnals which will be available in late 2012
- Interviewed the elders-elect and determined them to be worthy of their call to serve
- The 2012 proposed budget was amended and approved
- We recognize those elders leaving active status: Julia Hill, Tom McCune, Gordon Monahan, and Norm Praet and thank them for their service. We welcome Anna Amato, David Gauck, Jim Straub, and J. Taylor Ryan for their willingness to serve the community of Southport Presbyterian Church.

Norm Praet, Clerk of Session 2011
Anna Amato, Clerk of Session 2012



Finance and Stewardship Ministry

Please see the Annual Report for more detail on 2011 Budget and Actual as well as 2012 Budget!

The summary for the 2011 financials are as follows:

2011 Operating Plan/Actual

As a congregation, you were very close to fulfilling pledge promises. However, the budgeted income was below budget. Even though the elders managed expenses well in their respective areas, this resulted in a slight shortfall at the end of the year that was covered from a reserve.

2011 Investment Report

These investment funds (1) Restricted funds and (2) Unrestricted funds represent the funds that have been established over time for specific uses. Generally, we use only the interest from restricted funds. Unrestricted Funds include the General Reserve, the Capital Expense Reserve for emergency repairs, and the Memorial Fund for purchase of equipment, etc., as approved by Session. The goal is to maintain at least \$50,000 in the General Reserve for disaster protection. New audio/visual equipment was purchased using funds from the Memorial Fund and part of the Capital Expense Reserve was used to supplement the donation for the second new furnace. Even with these expenditures, the overall portfolio grew during a difficult year for investments.

2011 Mortgage Report

In May 2010, we negotiated a 5.75% loan for \$500,000 with a fixed rate for seven years and a 25-year amortization. This was used to pay off the balance of the construction loan, which was originally \$1,122,000. The balance of the mortgage at the end of 2011 was \$450,875 with the help of a principal payment of \$15,000. At the end of the year, there was \$14,494 in the building fund that will be used for another principal pay down. Continuing donations to the building fund are encouraged so we can continue our efforts to supplement our regular mortgage payments in reducing the mortgage principal.

The current loan has the lowest monthly payment offered at the time. It was the only loan with a seven year fixed rate and 25 year amortization. Most of the interest rates offered were over 6% with a 3-5 year fixed rate and a 15 -20 year amortization. Currently the type of commercial loan we are eligible for ranges from 5.75-6.75%. We are not eligible for a residential loan.

2012 Stewardship Commitment and Operating Budget

Our stewardship commitment for 2012 reflects an increase of three more active pledges than 2011 with an average increase of 7.2% per pledge. This exemplifies the continuing generosity of our members especially in the current economic climate. Please know your offering for 2012 will mean SPC will be a

fiscally strong Church and that SPC will deliver the kind of expanded ministries and community programs that you want and expect.

Many thanks go to the Finance and Stewardship Ministry who continued to serve the church extremely well in 2011 led by Chairman Tom McCune. Ministry members included Bill Allen, Dave Caudill, Bob D'Reaux, Lena Fisher, Don Hazelton, Marty Kesmodel, Marilyn Whitford, and Taylor Ryan. We also thank those who served on the Stewardship Committee chaired by Rita Wissinger: Bill Allen, Joe Amato, Don Byrum, Lena Fisher, and Pat Gauck. A special thank you goes to Marilyn Whitford and Lena Fisher who continue in the difficult and demanding roles of Treasurer and Assistant Treasurer. All have agreed to continue serving our church community in 2012. Thank you!

Elder J. Taylor Ryan
Finance and Stewardship Chair



Long-Range Planning Ministry

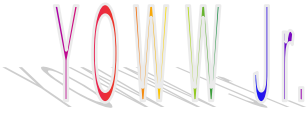
Where there is no vision, the people perish. (Proverbs 29:18 KJV)

Group's Purpose: To seek to discern God's long-term plan for Southport Presbyterian Church, to assess the current position of and establish future needs for Southport Presbyterian Church.

Members: Bill Allen, Bob D'Reaux, Don Byrum, Rick Cacchione, Madelyn Clow, Don Hazelton, Debby Jacoby, Sandy Kaufhold, Tricia Lahl, Tom McCune, Susan Toth, Jeff Toner, Woody Wilson, Rita Wissinger, and Rev. Dr. Ann Jahnes (Staff Resource)

The Long-Range Planning Ministry has started small-group discussions with congregation member in January 2012 to discuss program opportunities. We intend to present initial recommendations for Session approval in April. After this, we will develop renewable two, five, and ten-year written plans for the church that would cover staffing and facilities for these programs. Please contact committee members with any comments or idea.

Elder Bill Allen
Long-Range Planning Ministry



New Youth Group

We are so excited to announce that, starting **February 1**, children of all ages can join YOWW (Youth of Water and the Word - our Jr. and Sr. High School Youth Group) on **the first Wednesday of each month from 6:00 p.m. – 7:45 p.m.** This new group will be called **YOWW Jr.** and will meet once a month during YOWW.

The younger group will join the older kids for supper and the opening games, then when the older kids split up into their Bible studies the YOWW Jr. Kids will do crafts, play games, and enjoy fellowship together. Youth are invited to bring a friend with them, too! We tried this out in December when we were practicing for the Christmas Pageant and the kids loved it. Now they have their very own Youth Group. Parents are welcome to stay if they would like, but it is not required.

Please contact me in the church office (457-6811) or at home (363-4193) if you have any questions. I will be out of town during the first meeting on February 1, but Angie Kaley will be in charge that night. I hope everyone will give it a try - YOWW has been a wonderful, exciting, and positive addition for our youth.

Tricia Lahl



Youth and Family Ministry

Last year was a very exciting time for the Youth and Family Ministry, and we expect this year to be just as exciting. Our children will continue learning from the “Feasting on the Word” curriculum on Sunday mornings. Youth and Family Ministry purchased a flannel board together with a number of felt pieces (144 to be exact!) to help enhance the bible story lessons. Children love telling the stories and having these beautiful figures will help them to enjoy and remember the stories. Something new for the children to look forward to this year will be joining our junior and senior high youth on the first Wednesday night of each month for dinner and opening game time. They will then have their own special time with a fun activity for the rest of the evening.

Youth of Water and Word (YOWW) will continue meeting on Wednesday nights with Liz Jahnes as our Intern Youth Leader. They are enjoying their special time together for dinner, games, and Bible

study and they are looking forward to a year of various activities that will include weekend retreats, camps, and community service projects just to name a few. These activities are wonderful experiences for our youth to reinforce old friendships, build new friendships, as well as fellowship and spiritual enrichment.

An activity that is currently underway by Ginger Hedblom is the watercolor painting of butterflies. If you haven't painted a butterfly, you really need to see Ginger! She is planning to display the painted butterflies somewhere in the narthex during the Lent Season. During the month of March, the children/youth families will be given a butterfly kit to take home and witness the wonder of the butterfly life cycle! Watching the "very hungry caterpillar" transition as it grows, changing into a chrysalis, and finally emerging as a beautiful butterfly will be exciting. Ginger and Laurie are planning a special event using the beautiful butterflies Easter Sunday. You won't want to miss it!

Have you counted the number of children and youth at SPC lately? Here are the numbers: two toddlers (Tucker and Ellis); three preschool/kindergarten children (Meryn, Lucy, and Ruth); three grade school students (Eli, Eleanor, and Ethan); four junior high students (Joanne, Juliette, Maggie, and Will); and eight senior high students (Drew, Rebecca, Sarah, Joe, Samantha, Daniel, Courtney, and Dylan)! We are so blessed!

There is a need for volunteers to make a simple meal for our Wednesday evening youth group. The meal is an important part of the evening and is greatly appreciated by the youth (and teachers). Please take the time to sign up to prepare a meal and join the group for dinner. The sign-up sheet is located on the bulletin board. You can also contact Tricia in the church office. Thank you for supporting our youth.

Elder Julia Hill
Youth and Family Ministry



Adult Education Ministry

"We need your help!"

The Sunday morning adult education offerings consist of the Bible Study class (average attendance 6-10) and the Forum Session [average attendance 6-9 except for the discussion of Christianity and Islam last fall (16-19 participants) and the discussion of videos from Rob Bell's NOOMA series (8-10 participants)]. It is evident that only a small proportion of our church members are being reached.

We need to know what church members want in adult education offerings.

- A book discussion group is one possibility. There are a number of excellent books for discussion of current topics and their implications for our faith. Is there interest in this? If so, when? Sunday morning? Wednesday evening? Some other time?
- What subjects would be of interest to you for discussion?
- What suggestions or comments do you have?

On Sunday, February 12, we will initiate a 5-7 week session on the topic "**What do Presbyterians believe about?**" This will involve discussion of a series of questions such as:

- What do Presbyterians believe about fasting?
- What do Presbyterians believe by the term "resurrection of the body?"

- What do Presbyterians believe about non-Christians, such as Jews, Muslims, etc?
- Why do we Presbyterians need a new hymnal?
- Why Iona? What is the significance of Iona?
- What are the differences between Presbyterians and Methodists?
- What is the role of Confessions in the Presbyterian Church? Why do we have different ones?

What are you curious about? What questions would you like to have addressed? We need your help to make this an interesting, useful series of discussions and sharing.

Please, please help us by responding to David Lineback (lineback@umd.edu or in person when you see him) about the above questions as soon as possible. We vitally need your help, if we are to have a successful adult education program.

Elder Dave Lineback
Christian Education Chair



Mission News

Mission Ministry

Our Mission: To foster a united witness for Christ and to meet the human needs of the people in our community and beyond

The congregation's generosity toward Angel Tree continues to set new records. To meet the demand that was shown for Christmas 2010, we expanded the total number of Angels for Christmas 2011 by a substantial number and once again, every Angel was adopted. The Southport Elementary School families, the patients in Ocean Trail Convalescent Center, the Providence Home teens, and many needy Food Pantry beneficiaries received special gifts and blessings from the members of our church. Thank you to everyone who helped to satisfy this need in our community!

Remember "Souper Bowl Sunday" on February 5. All money raised by this event will benefit the Food Pantry. For the year 2011, our Food Pantry provided one hundred ninety six (196) tons of food for families in this area of Brunswick County. January, thus far, continues to show no lessening of demand from our neighbors who are unable to provide for themselves.

Your committee is planning a year of events for everyone to take a part in. We are in need of new members for our committee. Please let anyone of our members know of your interest, or just show up

on the second Tuesday of each month at 9:30 a.m. We will have something for you to do and enjoy. Committee members are Pat and Tom Atwater, Julia Hill, Pat Lineback, Gladys and Bob Marshall, Al Whitford and Ben Wilson, Jr.

Elder Ben Wilson
Mission Ministry Chair



tacklehunger.org

Ecumenical Lenten Services

Southport Oak Island Interchurch Fellowship offers worship and lunch each Wednesday of Lent. Worship begins at 12:00 noon, followed by lunch at 12:30 p.m.

February 11 Ash Wednesday	Southport Baptist Church, hosting The Rev. Charlie Carter (First Baptist, Oak Island), preaching. The Revs. Barry Kubler (St. Philip's Episcopal) and Walter Taylor (Oak Island Presbyterian) Imposition of Ashes
February 29	Southport Presbyterian Church, hosting The Rev. Brian Monroe (First Baptist, Southport), preaching
March 7	St. Peter Lutheran, hosting The Rev. Walter Taylor (Oak Island Presbyterian), preaching
March 14	St. James AME Zion The Rev. Michelle Saban (Trinity United Methodist), preaching
March 21	Trinity United Methodist, hosting The Rev. Ann Jahnes (Southport Presbyterian), preaching
March 28	Oak Island Presbyterian, hosting The Rev. Philip Blair (Mt. Carmel AME), preaching



Angel Tree

The Mission Committee thanks you for making the "Angel Tree" a great success again! There were over 80 Angels, Trees, and Stockings on the tree this year, and all gifts and gifts cards were returned beautifully wrapped to be delivered to our two children and family from Southport Elementary School, Providence Home, Matthew's Ministry, Ocean Trail Nursing Home, and SOIIF Food Bank in time to bring great Christmas joy to so many. The gift of giving by Southport Presbyterian Church to those in our community in need is truly a "gift of joy."

A special thank you goes to our children and youth for making so many wonderful ornaments for the Angel Tree, and to Brooke Deutsch for taking on the Christmas craft activity for our children and youth. Thank you to Patsy Straub, Sue, and Bruce Meyer for their help in making the Angel Tree a part of SPC's Christmas Joy!

Julia Hill



Congregational Care Ministry

As I prepared the 2011 year-end report, I realized something very significant about the nature of congregational care. In order for us to be a caring community, many people must work together in harmony. When we do this, it is like a beautiful symphony with diverse instruments playing their own part, yet the result is one voice, one sound, one distinct message.

My fervent prayer for 2012 is that we continue to stand with our members in their times of celebration and of sadness, in their times of health and of sickness, in their times of fellowship and of loneliness. We also want to reach out to our community and find real ways to give a hand-up to those in need. If we are faithful to this call, perhaps we will see the face of God in all of His marvelous creation and united with all believers to sing out, "Praise God from whom all blessings flow."

Elder Laura Cacchione
Congregational Care Ministry Chair



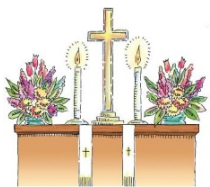
Outreach Ministries Ministry

The Outreach Ministries Ministry will have church business cards available in the narthex before and after the service on February 5. These cards will also be available on subsequent Sundays on the hospitality tables in the Fellowship Hall. Please use these cards to invite friends, neighbors, relatives, and others you think would enjoy the experience of attending our church.

Two members of our congregation have graciously accepted an invitation to join our committee. We are pleased to welcome Bob Jahnes and Pat Stephens.

We look forward to a year of successful outreach.

Jim Straub
Outreach Ministries Ministry Chair



Worship Ministry

The Worship Committee had a busy December as we celebrated Advent and Christmas. We began with the lighting of the first candle on the Advent Wreath on November 27, followed by the "Hanging of the Greens" on the next day, November 28. We had a wonderful turnout with around 40 people helping decorate our beautiful sanctuary. Following the event, we were treated to a chili dinner prepared and served by the Fellowship Committee. We also sincerely thank Gay Ausband, our very talented flower designer, for her direction, expertise, and hard work. Our sanctuary was more beautiful than ever this year.

We had a wonderful children's program in the sanctuary during the month of December. It was a joy to have such a beautiful program led by our children. Thanks to Dan Parinello, Pageant Director, and the entire team for presenting a fantastic pageant. This event was followed by a Potluck Dinner.

The Choir presented beautiful and inspiring music during the season which was most appreciated by those attending during the Advent and Christmas services. We extend special thanks to Laurie Russ, our super talented Music Director.

We are especially grateful to Reverend Dr. Ann Jahnes for her inspiring words from the pulpit and the words from wherever she walked and preached in the sanctuary! Pastor Ann, thank you so much for your thoughtful messages.

Southport Presbyterian welcomed James Bartlett, CLP (Certified Lay Pastor) to the pulpit on January 8. Jim is a former member of SPC. Long-time members of the congregation were happy to see him again. Jim may be slow in body, but he is very quick in every other way. We enjoyed his message and his fine sense of humor.

As we move forward into 2012, the Worship Committee will be assisting Pastor Ann in planning for the Lenten Season and Easter. Lent begins on Ash Wednesday, February 22. During Lent, we are asked to reflect and remember the earthly path of our Savior, Jesus Christ. Holy Week begins with Palm Sunday on April 1. Special services continue with a Maundy Thursday Service on April 5 at 7:00 p.m. The Easter Sunrise Service will be on April 8 (the exact time will be set later) followed by the Easter Sunday Service in the sanctuary at 11:00 a.m. Look for more details in the March and April newsletters.

Elder Ruth Lawrence
Worship Ministry Chair



Fellowship Ministry

Our Christmas Gathering was very special this year. The inspiring Christmas Pageant presented by our children and youth was the difference. Following the pageant, we enjoyed a bountiful potluck dinner in our festively decorated Fellowship Hall. More than ninety attended and all seemed to enjoy the good food, the fellowship, and the joyous Christmas spirit.

Our committee met on January 9, 2012 for our first meeting of the year. We made plans for the Souper Bowl of Caring Luncheon that is set for Sunday, February 5. We will be working with the Mission Committee on this event. We will offer a variety of six soups, crackers, cookies and a beverage. You are asked to bring non-perishable food items or a monetary donation for our local food bank.

We are hoping to add some new members to our committee this year and we are especially in need a few men. For the past few years, Bob Lee has been the sole male on the committee, and I am certain he would be happy to have more men join us. Of course, we need women too. If you have an interest, please get in touch with Elaine Witmer at 363-4253. We also would welcome new ideas for fellowship events from any church member.

We **need your help** in order to solve our biggest problem. It is so important for us to have an accurate count on the number of people who will be attending events when food is served. Please

make an effort to let us know if you plan to attend. We always want to have enough to go around. We have sign-up sheets in the narthex and the Fellowship Hall for all of our events. If you forget to put your name on the list, you may call the church office and ask them to add your name. We will really appreciate your cooperation and hope for large numbers for each gathering.

Thank you to Pat and Dave Lineback, Bill and Laura LeFevre, and Al and Marilyn Whitford for being hosts for fellowship hour during the month of December. We ask that you consider being a host during 2012. We look forward to a great year of fellowship with your help and participation.

Elder Elaine Witmer
Fellowship Ministry



March Newsletter Deadlines

Welcome new and old contributors! This February issue looks great and it is packed with much needed news about upcoming activities in our church and community. I thank you all for your good reporting!

The **deadline** for all articles in the **March 2012 issue** will be **Thursday, February 23, 2012**. (Of course, you are welcome to submit non-time sensitive articles any time before the deadline.) Send to bobbiedreaux@ec.rr.com (253-8910).

Newsletters will be **in church** on **Sunday, March 4, 2012** and on the website (www.southportpresbyterian.com) that weekend or sooner.

Bobbie D'Reaux, Newsletter Editor



March 11, 2012 ~ Spring Forward!



Book Review from Our Library

Title: Traveling Light: Releasing the Burdens You Were Never Intended to Bear

Author: Max Lucado
Copyright: 2001
Publisher: W Publishing Group

I know we are already a month into the New Year, but perhaps some of you may still be looking for that “something” to help you with your spiritual resolutions. I suggest this easy-to-read book by author and preaching minister, Max Lucado. *Traveling light means trusting God with the burdens you were never intended to bear.* So begins Max Lucado’s journey with us as he uses the Twenty-third Psalm to show us the spiritual and emotional baggage we may carry unnecessarily in our lives.

Each chapter takes a word or a phrase from the well-known 23rd Psalm and couples it with a burden in life. Some of the burdens we readily admit: worry, grief, fear. While some we don’t even own up to carrying: self-reliance, arrogance, envy. Others we suffer with in silence: hopelessness, loneliness, disappointment. Scripture verses are given in each chapter to support the reasons to “stop lugging the luggage.” A convenient study guide at the end of the book provides questions and exercises that can enhance your exploration of the subject. While not all the burdens may apply to you, the use of this beloved psalm allows us to gain some understanding of the depth and breadth of God’s steadfast love, endless forgiveness, and divine grace.

Laura Cacchione, Library Ministry



Lee Stewart

June 10, 1933 ~ January 16, 2012

With loving memories, we report the passing of one of our former members. SPC's history is filled with many ways Lilian Lewis ("Lee") Stewart served the Lord by involvement in the life of the church. During the five years that Lee and Neil were with us, Lee was involved in the Personnel Committee, the Presbyterian Women; she was a worship reader and an Adult Bible study leader. In addition, Lee served as an Elder and a Stephen Minister in her other churches.

In the spring of 2009, Lee and Neil returned to the Carlisle, PA to be closer to their family.

Lee was a very loving and caring person to all she met and she will be greatly missed.



Sleep apnea is a common disorder in which one has one or more pauses in breathing or very shallow breaths while sleeping. Breathing pauses can last from a few seconds to minutes. They often occur five to 30 times or more an hour. Normal breathing then starts again, sometimes with a loud snort. Sleep apnea usually is a chronic condition that disrupts sleep. Poor sleep quality makes one tired during the day. Sleep apnea often goes undiagnosed. Most people who have sleep apnea don't know they have it because it only occurs during sleep. A family member may be the first to notice the signs of sleep apnea.

The most common type of sleep apnea is **Obstructive Sleep Apnea** where the airway has collapsed or been blocked during sleep. Any air that squeezes past the blockage can cause loud snoring, and is more common in people who are overweight. Untreated sleep apnea can increase the risk of high blood pressure, heart attack, stroke, obesity, diabetes, heart failure, and irregular heartbeats. Sleep apnea requires long-term management. Lifestyle changes, mouthpieces, surgery, and/or breathing devices can successfully treat sleep apnea in many people.

Causes of Sleep Apnea When awake, throat muscles help keep the airway stiff and open so air can flow into the lungs. When one sleeps, these muscles are more relaxed. If one has **Obstructive Sleep Apnea**, the airway can be blocked or narrowed during sleep because throat muscles and tongue relax more than normal. Enlarged tonsils, being overweight, and the shape of the head and neck may cause a smaller airway size in the mouth and throat. The aging process limits the brain signal's ability to keep the throat muscles stiff during sleep. This can cause loud snoring and a drop in

blood oxygen level. If the oxygen level drops, it triggers the brain to disturb sleep. This helps tighten the upper airway muscles and open the windpipe. Normal breaths then start again. Frequent drops in oxygen level and reduced sleep quality trigger the release of stress hormones, which raise the heart rate and increase the risk of high blood pressure, heart attack, and arrhythmia. The hormones also raise or worsen the risk of heart failure.

Sleep apnea appears to be more common in men than in women. At least one in 10 people older than 65 has sleep apnea. If someone in the family has sleep apnea, one is more likely to develop it.

Signs and Symptoms of Sleep Apnea - A big sign of possible sleep apnea is the presence of loud and chronic snoring, loudest when one sleeps on his back. A common sign of sleep apnea is fighting sleepiness during the day, at work, or while driving. Other signs include morning headaches; memory problems and not being able to concentrate; feeling irritable and/or depressed; frequent urination at night; or a dry throat upon waking. Family members will notice many of these problems before the sufferer does.

Doctors diagnose sleep apnea based on medical and family histories, a physical exam, and results from sleep studies. Adults who have sleep apnea may have an enlarged uvula or soft palate, seen on physical exam. A sleep study records what happens with a person's breathing during sleep. A Polysomnogram is the most common sleep study for diagnosing sleep apnea. It records brain activity, eye movement, breathing, heart rate, blood pressure, the amount of air moving in and out of the lungs while sleeping, and the amount of oxygen in the blood. A sleep specialist will then use the results to plan a course of treatment.

Lifestyle changes, mouthpieces, breathing devices, and surgery are used to treat sleep apnea. Lifestyle changes and/or mouthpieces may be enough to relieve mild sleep apnea. People who have moderate or severe sleep apnea may need breathing devices or surgery. Try to get at least 7 to 8 hours of sleep. Avoid alcohol and medicines that make one sleepy. Lose weight if overweight or obese. Even a little weight loss can improve the symptoms. Sleep on the side instead of the back. Keep nasal passages open at night with nasal sprays or allergy medicines. If you are a smoker, quit. Treatment may improve overall health and happiness as well as quality of sleep (and possibly family quality of sleep, also).

Family members can do many things to help a loved one who has sleep apnea. Let the person know if he or she snores loudly during sleep or has breathing stops and starts. Encourage the person to get medical help and assist the person in following the doctor's treatment plan, including Continuous Positive Airway Pressure treatment. Most importantly, provide emotional support.

Grace Lee, RN



Are you a Mrs? Are you a Ms? Are you a Miss?

If you answered “yes” to any of these titles, then you are already a member of the Presbyterian Women of Southport Presbyterian Church! We have been very busy planning events to bring more women together in addition to church services. We hope that one or more of these programs will appeal to you and you will be able to join us.

Our first event will be a tour of some of the old downtown churches in Wilmington. On Saturday, February 25, we will carpool and meet in Wilmington at 9:00 a.m. to begin the tour. We will have a guide to fill us in on all the appropriate local history. Following the tour, we plan to have reservations at one of the downtown restaurants for lunch. (We are open to suggestions.)

Sign-up sheets will be in the Fellowship Hall on Sunday, January 29.

Gibby Wilson, PW Vice-Moderator



Men's Group Breakfast

All men of the church are invited to meet for breakfast at the Boathouse on NC 211 at 8:30 a.m. on the last Saturday of each month. Please join us for fellowship, good food, and a discussion about projects that we want to do this year. We hope to see you there!

PW Circle News

PW Morning Circle

In February, we will reflect on mercy and the merciful. We welcome any woman, member or non-member, to join us at 9:45 a.m. on Tuesday, February 7, as we continue our study “Confessing the Beatitudes.” We have had challenging, diverse, and interesting discussions since September and we continue to count each other as among our blessings.

Diane Price, Moderator

PW Afternoon Circle

Our February Circle Meeting will be held on Wednesday, February 15, 2012 at 1:00 p.m. in the Fellowship Hall. We are moving through our study of the Beatitudes and we will discuss “A Satisfying Hunger and Thirst” (Week 5) in *The Way of Blessedness*.

Laura Cacchione, Moderator

PW Evening Circle

Our February Circle Meeting will be held on Tuesday, February 14, 2012, in the Fellowship Hall at 7:00 p.m. We will watch and discuss the video titled, "Greatly Honored are those who show mercy" from Lesson 5 in *Confessing the Beatitudes*.

Laura Cacchione, Moderator



Growing As a Beautiful Woman of God ABC Beauty Treatment Plan – Part L

L Listen to your life and learn from its lessons

- **Listen with your heart...**it has much to teach us about **love, light, limits, loyalty, loss, liberation** (begins with obedience to God), **letting go, less is more, and laughing**.
- **Listen to your body...**it speaks openly and lovingly to you; ask it what it needs from you.
- Genuine **Love...**is the spontaneous desire moving a person to self-giving for the benefit of another. We **love** because God first **loved** us. **Live and love** in the moment.
- **Lessons...** "**The 3 Lessons of Life:** (*Journey to the Heart* by Melody Beattie)
1. Learning compassion 2. Understanding Love 3. Experiencing Joy."
- **Let Go** of what no longer works for you: resentments, old tapes, relationships, stuff.
- **Let God!** Walk in the **light** of God's **love**.
- **Live your own life! Life is a gift!**
Jesus said, "I have come to give you a life, joyous and abundant, powerful life!" Jn. 10:10 (Abundant life is eternal life; spiritual abundance, not material abundance. It is living in power of the Holy Spirit; God's grace; seeing God's hand in your life; blessings.) What does this abundant, joyful life mean to you?
- **Losses...**grieve them and let God transform them into something beautiful!
- **Laugh! Laugh! Laugh!** (Find something to laugh about every day.) Begin with yourself!

Live and love your life in the **light** of God's word and **love**. Set **limits, listen, let go** and **let God** do his work. **Learn** from the **lessons**; be **loyal** to God, yourself and others. **Laugh** often, especially at yourself and **lighten** up! **Life** is short...starting today **living the life** that wants to **live** in you! Remember...**less** is more!

Jaxie Julian
PW Spiritual Nurture Facilitator



Coffee Project

A new year brings an opportunity for new beginnings, new hope, and resolutions. Resolutions often include losing 10 pounds or exercising more and sometimes trying to make a difference.

One way to make a difference is by supporting farmer-owned cooperatives through the Presbyterian Coffee Project and Equal Exchange. Last month I reported that Equal Exchange had donated nearly \$22,000 to the PC(USA) Small Farmers Fund in 2010. If you bought coffee, tea, candy or cocoa in 2011, you may have helped increase that donation.

The prices are competitive, the selections varied. The quality is excellent and you do make a difference in someone's life. Stop by at the yellow sign and check out what is offered. A spring order will be placed in the next month, make sure your favorite is included.

Diane Price



Prayer Concerns

Prayers for those in nursing or assisted living facilities: Helen Hodson, Betsy Snyder, Inez and Charles Kierstead, Grace Robertson (Diane Wyte's mother), Eleanor DeCoster (Sandy Egbert's mother)

Prayers of Sympathy: Family of Sue Woods, Family of Barbara Nejes, Family of Ben Lucas, Family of Lee Stewart

Continued Prayers: Mary Higgins, Dennis Miller, Gilda Rogers, Ruby Groves (Barbara Miller's mother), Fred Smith (Phyllis Johanson's brother), Phyllis O'Brien, Joe Boyles (Judy Sawers' brother), Evelyn Wescott, Woody Mead, Renate Holbrook, Johnathan Driver and family, Mary Russ, Jim Hollrith, Carol Galotta, James and Adam Kierstead, Robert Ring, Martha Jane Raedels, P. J. Ramsey (Laura and Rick Cacchione's grandson), Ben Kiernan, Ron Mellott, Bill Forsythe, Betsy Snyder, Joseph Amato's uncle, William Rathke, Kate Meyer, Bob Lee, Matt Kaufhold, Elizabeth Brownlee, Billy F., Lilo Gibson, Eleanor Hill, Frieda Collins, Doug Parkhurst (Peg Johnson's brother), Debbie Egbert, Cathy Fravel, George Watts, Doris Irwin, Carolyn Gunter, Egbert Family, Mary Higgins

Those in the Military: Kevin Elwood, Matt James, Ben Kiernan, Adam Kierstead, Sean Maxwell, Aaron Mahler, Will Mahler and all others in the military



Looking Back 110 Years Ago - 1902

Southport Presbyterian Church was celebrating its fifth year since being established by the Wilmington Presbytery. The Reverend J.C. Story, the evangelist for the Brunswick field, became pastor. Price Furpless served as elder.

The congregation decided to “consider matters relative to building a church.” A Building Committee consisting of Rev. J. C. Story (chair), Price Furpless, Thomas Vines, and Mrs. L. J. Pepper was appointed.

At first, Franklin Square Park was considered, as land had been given earlier by the Board of Aldermen because the city charter reserved that land for education, recreation, religious groups, and fraternal and government organizations. Some citizens objected. “There is a disposition to save the ‘Grove’ from further encroachment looking to the ultimate removal of the present buildings in Franklin Square and adjacent grounds...” (Southport (Smithville) A Chronology, Vol. II, p. 148). A suitable lot was obtained on Bowery Hill on Caswell Avenue between Nash and W. West Streets.

A newspaper wrote, “Southport is quite a resort for Wilmington... a great place to rest. The weather is always pleasant, never oppressive in the summer, and a place where one can dismiss the troubles of the world...a great place for fishing.”

Nationally and internationally, Edward VII became King of Britain following the death of his mother, Queen Victoria. James Cash Penney opened his first store, The Golden Rule, in Kemmerer, Wyoming.

Dorothy Johnston
Church Historian



February Birthdays

Mary Alice Haynie	2/1	Linda York	2/15
Christy Cribb	2/2	Mary Higgins	2/18
Susan Toth	2/4	Joann Aylor	2/23
Trex Thomas	2/6	Gavin Toth	2/23
Erik Hedblom	2/7	William LeFevre	2/24
Ann Jahnes	2/9	Elaine Witmer	2/26
Jeanne Crabtree	2/10	Norm Carathanasis	2/27
Gayle Allen	2/11	Dave Caudill	2/28



Penny Pledge Update

Happy New Year! How are you doing with those New Year's Resolutions? Have you renewed your commitment to lose weight? Are you working on a new exercise plan? Are you reorganizing those closets? Well, here is a resolution for all of us with no calories or exertion involved:

Resolve to put all your pennies in the penny bank!

Please collect those coins throughout the week and bring them to church on Sunday. The big bottle is in the Fellowship Hall and we all love to hear that clink clank of coins dropping into it! Over the past two months, our total was \$100.18. If all of us resolve to bring in our pennies, we can surely raise more than that total for next month!

Bruce and Sue Meyer



29 Annual Congregational Meeting



1 YOWW Jr. Begins
5 Souper Bowl of Caring Sunday
11 Equipping the Saints, Graves Presbyterian, Clinton
12 New Member Info Meeting 12:30-3:00 pm
22 Ash Wednesday, Lent Begins



4 Celebrate the Gifts of Women Sunday
11 Daylight Savings Time Begins
19 Transfiguration Sunday



1 Palm Sunday
5 Maundy Thursday
6 Good Friday
8 Easter