

The Miles Post

March
2011

Pastor

Rev. John B.
Haynes, Sr.

Music Director

Lynne A.
Henderson

Admin Asst

Cyndie Seamans



Pastor John's Page

During March we will begin celebrating the season of Lent. Lent lasts forty days, not counting Sundays, beginning on Ash Wednesday (March 9, this year) and ending on Holy Saturday (April 23, this year).

Traditionally, the season is a preparation for celebrating Easter. Christians are called to a season of penance (religious devotion performed out of sorrow for having committed a sin).

This year I invite you to a time of exploring the biblical basis for your Christian convictions on a variety of controversial topics that would benefit from a strong Christian witness in our society today.

Preaching themes during March will examine how Christians can embody and practice the message of God's love, transformation, and grace in Christ, that draws people to a life-changing relationship with God.

Topics will include a biblically-based exploration of the debates surrounding separation of church and state, pro-choice vs. pro-life decisions, and prayer in public schools.

The emphasis will be on applying biblical teaching and theological thinking to these controversial issues, while maintaining respect for people of differing points of view, in order to recognize how the Christian faith has a role in shaping the values of our society, one person at a time.

Grace and Peace!
Pastor John



9450 Granby Street, Norfolk, VA 23503 757-587-2852

www.milesmemorial.org



Miles Matters



“Uh-oh, Big Dog, Run, Buddy, Run!”

The other day as I arrived at home and pulled into my driveway, Buddy jumped out as soon as I turned off the engine and opened the door. As he always does, he goes across the street to see if my neighbors' dog is outside in the dark. I went in the house to turn on the lights and get Buddy's leash and a coffee cup to pick up any business he would have done.

This time in the dark I couldn't see where he was. My neighbor two doors down on my side of the street came home and as his wife and child were taking their groceries into the house, they left the door open. They have two big dogs I have heard bark but never seen.

Buddy saw the dogs and out of the dark he started to cross the street announcing he was coming. The two big dogs didn't like Buddy's attitude and charged at Buddy and the chase began. They knocked Buddy down numerous times but Buddy would get up without a sound and would keep running for the hopeful safety of our house. My neighbor got one of the dogs and I trapped the other one on my porch, opened my door for Buddy to go in but instead the big dog went inside.

Buddy had slipped away and was hiding under my truck. The neighbor got his other dog out of my house as I rescued Buddy. The man apologized but I said my dog was loose too so we were alright.

I tried to think how this pertains to Christ. The only thing I could think of is “don't be antagonistic” because the result may not be to your liking. But trust in Christ and he will always be your rescuer and keep you from harm. I thank Christ that Buddy was only shook up but not harmed.

Frank Hill, Finance Chair

P.S. Now when I walk Buddy he still barks when we pass my neighbors' house, but he knows I have him and I know Christ is with us too.

By George

Have a great March as we are marching to Zion!

The best tattoo a person can get is invisible written by the Holy Spirit on your heart available here at Miles.

I wear jogging shoes all the time – Father time is chasing me.

A friend took up horseback riding to lose weight. The horse lost 15 pounds. Gain knowledge, no calories – read God's word.

The secret of staying young – live honestly but lie about your age.

God Bless and C U at Miles

P.S. A clear conscience is the sign of a fuzzy memory.



Historian – Darrell Shepherd

The March meeting of the Norfolk District Historical Society will be on Thursday, March 17, at 6:30 p.m. at Foundry UMC. More details regarding the meeting will be in the bulletin prior to the meeting.

We have had one volunteer to help write the church history, but we can use more help in this area. Other volunteers will be appreciated.

**Norfolk District Resource Center
Heritage UMC, 815 Baker Road**

**Open
Monday thru Friday Mornings 9am—Noon**

**NOW AVAILABLE:
UMW Reading Program List 2006-2010**



MEET A MEMBER – Jean Shepherd

This month's **Meet A Member** is a good example of what is right about today's youth. SERINA STRACHAN was born in Norfolk on May 30, 1997-Memorial Day. She is the oldest of four children, having one younger brother and two younger sisters. She lives with her grandmother, Margaret.

She was baptized at Miles as a baby and has been with us since then. She was baptized again in the Chesapeake Bay when she joined the church. Although we have had a few baptisms in the Bay, I think this was the only confirmand class to experience this. I was a part of the last night's instruction for this class, and I was impressed with the maturity and dedication of the entire group. This was especially true for Serina, one of the youngest to join.

She attended Oceanair Elementary School and is now attending Northside Middle School where she is an 8th grader. She plans to go to Granby High, but she hasn't decided where she wants to go to college. She hopes to be a pediatric doctor or a child nurse.

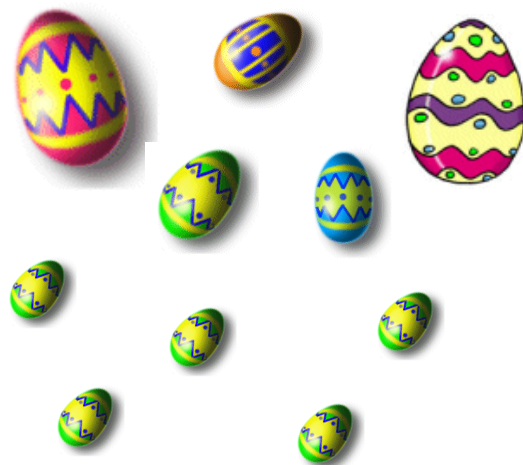
She loves to travel, and she has had several nice trips including Florida, New York, and the Caribbean. In the future she hopes to go to Greece, Spain, and Australia and a number of other places.

Her interests include singing, coloring, designing clothes, hanging out with friends, texting, talking on the phone, and dancing. Music is her passion and she would like to learn to play the guitar or drums (or maybe both?). She also likes to write - especially poetry. Her favorite color is red and her favorite food is shrimp alfredo . She loves hearts and teddy bears. I think she could pretty much be summed up as a typical teenager!

She admits that she has a boyfriend, but I didn't get his name. Maybe I can if I don't print it! She says she isn't as quiet as most people think (You could have fooled me!), but she just loves to have fun. At this point in her life, I think that's a pretty good goal.

She is active at Miles in the youth group, UMY, and is now a YAW.

This column is shorter than most because Serina hasn't lived as long as many of us; however, she seems to be making the most of her years. We at Miles can be very proud that Serina is a part of our church fellowship. If you haven't met her yet, just say hello. You'll be glad you did.



Easter EGGs-travaganza IV

The Lydia Circle of the UMW is back to selling Easter eggs for the fourth year (though, not all in a row!). Purchase one large coconut or peanut butter egg (a third flavor will be offered) with option to personalize, or 6 small eggs for \$6.00 (6 of one flavor or 2 assorted of each). Proceeds will support missions (more details to come). Orders will be taken from Sunday, March 20 – Sunday, April 3. Place your order(s) with any member of the Lydia Circle or in the Social Hall following either worship service during those dates. Orders can be picked up in the Social Hall on Sunday, April 17th.



Please bring in candy for the Easter Egg Hunt. Any donations need to be individually wrapped. The youth will fill the eggs.

MEET OUR CHURCH STAFF
by Martha Hill, Chair, SPPRC

Each month we will profile a different employee.
This month... **BUILDING MAINTENANCE SUPT - Gregg Griffeth**

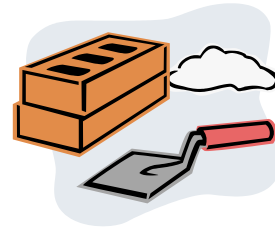
Since Gregg is our newest staff member, having started work in January 2011...you may not have met him. If you are at church during the week and spot an energetic young man with a salt and pepper ponytail zipping around the building...that is Gregg.

What brought you to Norfolk? My Mother and Father, since I was born in Maryland.
What TV shows do you like to watch? History Channel....everything on it!
What is your favorite food? EVERYTHING! (This is just not right, he is thin as a rail...guess he burns it all off with his high energy!)
What is your favorite music? Country, jazz, blues...all of it...just depends upon my mood.
What do you like to do in your spare time? Nothing....just "piddle" (love that word, was my Grandmother's favorite)...work on the motorcycles, house, & yard.
What are some of your favorite things? Traveling.
What is something maybe nobody knows about you? I have NO secrets - my life is an open book.
Best Christmas gift you ever received - Crossman CO2 Pellet & BB Gun

Obviously, Gregg is a man of few words, but high energy. Please try to introduce yourself to him...IF you can get him to stand still long enough...and thank him for all he does for all of us. We have been very blessed to have a man of his many talents be part of our staff. When I walked into church recently, he was on his knees working on reinstalling our water fountain in the hallway..."WOW", I said to him, "what better place to be on your knees than in church"...he chuckled and said, "well, I do need all the help I can get to reinstall this water fountain." His positive "can do" attitude is a real asset to our church.



Our Church Softball Team is sponsoring the annual Shrove Tuesday "All You Can Eat Pancake Supper", March 8th, 5:30 pm—7:30 pm. See a team member to purchase tickets. Adults \$6, Kids \$4.



News Flash – The Bricks Are Coming!

In October the Finance Committee and Church Council approved a fund raiser for 2011. The Trustees voted to replace the walkway from the back parking lot to the rear entrance. The fund raiser will be to replace the walkway with bricks. Yes, bricks, not just any type bricks but ones that we all can provide to remember events and people that have made a positive difference in our lives and the life of this congregation. Details will be announced later.

TDIF



A big Thank You to all who supported our breakfast/bake sale last month. It was a profitable event and good fellowship was had by all. Special thanks to Naas bakery for donating pies for the sale. We also received a generous donation from someone in the church. We have given our usual tithe to the church from the last 2 events. We have a busy schedule ahead---more to come on that. We will do the breakfast/bake sale in April and all proceeds from that will go to Camp Scholarships. We look forward to seeing all of you there. Pastor John has asked that the youth take turns coming to the confirmation class and telling the new class what confirmation meant to them. We are all looking forward to doing this.

Michael Miller, Pres.

STEWARDSHIP NUGGET

MARCH MADNESS!

Are you caught up in "March Madness"? Oh, if we were but as passionate about our spiritual journey as basketballs teams are about their journey to the Final Four! The journey to the Final Four doesn't just happen. It takes a great deal of preparation, planning and hard work.

Some might consider tithing madness! I mean, c'mon now ... does it really make sense to give God a tenth of our income, and right off the top (and not out of our leftovers), for the work of His kingdom here at Miles, in the community and throughout God's world? Especially when we don't know what unforeseen events loom ahead! Is it fair for God to ask us to give sacrificially? Some would say that tithing in this economy is madness. Like basketball teams on their quest to victory, the spiritual journey that leads us to tithing also takes preparation, planning and hard work. We prepare by moving toward tithing (increasing our giving in increments); we plan by spacing our purchases out or by settling for what is adequate vs. buying the best and most expensive; and we work hard by choosing to trust in Yahweh who provides His Son for our redemption and provides for all that we need.

May your Lenten journey lead you to a time of reflection of how and why we give—with our time, talents, financial gifts, service and witness--as we consider the sacrificial giving of God's only Son, Jesus Christ.



A sign-up sheet for the Food Handlers Class at Christ UMC is on the bulletin board in the hallway. Please print your name clearly as you want it to appear on the card. The \$10 (cash or check made payable to the Norfolk Health Department) is due by March 15th and can be left with Cyndie in the church office. The class is Tuesday, March 29th at 7 pm (they do not admit late arrivals, so be a bit early).



*Excellence
Through
Innovation*

FREE HEALTH FAIR

**When: Saturday April 2, 2011
10 am-2pm**

Where: Miles Memorial United Methodist Church, Ocean View

What: The community health nursing students of Old Dominion University will be holding a FREE health fair. The health fair will be open to the general public. The students will be providing advice and education on multiple common health topics. Health screenings are to include blood pressure and blood glucose. The other tentative participants include: Lion's Club (vision and diabetes testing), Old Dominion University's Physical Therapy students (exercise), Old Dominion University's Dental Hygiene students (oral care), *IdentiKid* (fingerprinting by Norfolk Police Department), and Norfolk Fire Department (child car seat safety inspections). Refreshments provided. Please come out and invest in your health!





Ocean View Ministries Bag Lunches distributes 100 nutritious lunches for low income families in the Mariner's Watch Apartment complex every Saturday. The majority of residents are single moms with children. School lunch programs are not available on weekends.

Miles is committed to providing 100 bag lunches to low income families on the 5th Saturday of each month.

We need both food and volunteers to prepare and distribute the meals. To donate or volunteer, please call or email Donna Reed, 855-8867 donna.reed1018@cox.net or Sue Barlow, 587-3917 or sueb05156@yahoo.com

Food can be dropped off in the church kitchen any time but please label the food as targeted for Bag Lunches. Volunteers are needed from 10 am to 12:30 pm on the 5th Saturday.

Food Donations Needed

- 3 lg jars of peanut butter
- 3 lg jars of jelly
- 3 lg jars of mayonnaise
- 20 loaves of bread
- 100 slices of cheese
- 100 slices of bologna
- 100 pouches or boxes of drinks
- 100 small bags of chips
- 100 pieces of fruit

Mrs. Joy M. Bishop
718 W. Ocean View Ave.
Norfolk, VA 23503-1420



Help our Norfolk Foodbank make its goal in feeding local children in KIDS CAFE®. The most needed items are:

Peanut Butter
Canned Meats
Canned Vegetables
Cereal
Pasta

Applesauce
Peaches
Tropical Fruit
Fruit Cocktail
Pineapple
Pears
Sliced Apples
Mandarin Oranges
Mixed Vegetables
Marinara Sauce
Pizza Sauce
Ranch Dressing
French Dressing
Hot Sauce
Vegetable Oil

Chunky Soups
Canned Tuna
Juice
Macaroni & Cheese
Pasta Sauces

Green Beans
Whole New Potatoes
Sweet Peas
Corn
Cream Style Corn
Baked Beans
Pork & Beans
Carrots
Sweet Potatoes
Nacho Cheese Sauce
BBQ Sauce
Ketchup
Salsa/Picante Sauce
Mashed Potatoes
Rice or Pasta

Bring these items to the box in the Social Hall.



Bazaar Room/bake sale/breakfast...Saturday, March 5th, 8 a.m. - 1 p.m. The Youth will be serving breakfast and the UMW will have a bake sale, so you can eat, have a sweet with coffee, and then come shop in the Bazaar Room...lots of goodies for everyone, come early, before they are all gone!

COMPASSION MINISTRY – Jean Shepherd

We will be sending Easter cards to our shut-ins again this year. Boxes for this purpose will be placed in the church in late March or early April. We plan to hand-deliver the cards the week before Easter. Please plan to participate.



I would like to take this opportunity to thank everyone especially for their prayers, cards, calls and words of encouragement. You never know when someone can say just the right thing to make the day better. I appreciate the care of our church family.

Sue Meservey

I want to thank the nice folks at Miles for the Holiday basket. A special thanks to Janet Bracey for bringing it to me.

Ruth Foxwell

From Your Lay Leader – Jeanette McClannan

Since I have been afflicted with writer's block, William Barclay has come to my rescue. He was a Scottish theologian (1907-1978) and is one of my favorite authors.

The following is an excerpt from *Chapter 11, The Parable of the Good Samaritan*. Luke 10:25-37

Of all Jesus' parables this might be said to be the most practical. It deals with the most practical of all problems and in the most practical way. It answers two questions. 1) The question of the scribe was, "who is my neighbor?" and the answer of the parable is: "Anyone who needs your help." 2) "What is my duty to my neighbor in trouble?" and the answer is "Pity which issues in help." Pity which remains merely an emotion is not really pity.

In one of W. J. Locke's books there is a conversation between a man who has given his life to social service and friend. "When you see a fellow creature suffering and it shocks your refined sensibilities, and you say 'Poor devil,' and pass on, you think that you have pitied him. But you haven't. You think pity is a passive virtue. But it isn't. If you really pity anyone you go mad to help him. You don't stand by with tears of sensibility running down your cheeks. You stretch out your hand because you have to." The pity that remains merely an emotion is actually a sin, because it is always sin to experience high emotion and to do nothing to turn it into action. Seneca the Roman philosopher, said that what men wanted more than anything else was "a hand let down to lift them up." There is a story which seeks to make clear the different attitudes to a man in trouble of the founders of the great religions. A man had fallen into a pit and could not get out. Buddha passed by. "Poor fellow" he said. "You must have been very foolish to get into a mess like that. I'm very sorry that I can do nothing to help you." Mohammed passed by. He said, "I'm very sorry I cannot get you out of the pit; but if ever you do get out I may be able to give you some advice which will keep you from falling in again." Jesus of Nazareth passed by. He said nothing but got down into the pit and lifted the man out. Our duty to our neighbor is to reproduce the attitude of Christ, the attitude of an active pity whose hand is ever stretched out to help. This parable lays it down that practical service takes precedence over religion, that there is a duty to help a man even when the trouble he is in is his own fault, and that we must help even at risk to ourselves.



Photo Directory Pictures Will Be Taken This Month

Our new church directory photos will be taken in a few days! Let's hope everyone has signed up by now! We want this to be a great directory with everybody's picture (both services) in it. If you haven't signed up yet, either (1) contact Nancy Harrell at cell 757-289-6695 or nancita.harrell@gmail.com, or (2) go to MilesMemorial.org, go to Upcoming Events, scroll down to Special Events, and click on the link to sign up for pictures. Once you are on the Lifetouch Church Directories website, follow the directions to sign up. If all our appointment times are filled, call Nancy.

At this writing (mid-February) we still don't have our three days of picture taking filled up. Knowing there are many who haven't signed up yet, our Lifetouch representative has said he will give us an extra day of picture taking under these conditions: our three-day schedule is completely filled up, and Nancy has a list of at least 20 people who still want to sign up. So it's not too late to sign up!

The picture taking schedule is below:

Thu	3/10/2011	2:30-9:00
Fri	3/11/2011	3:30-9:00
Sat	3/12/2011	10:00-6:00

If we add an extra day, it will be Tuesday 3/8/2011.

Photography and proof viewing will take place on the same day. Lifetouch's state-of-the-art equipment allows you to view your images immediately after being photographed. Please allow an hour from your appointment time to go through the process, and please be on time. A family will be photographed every 10 minutes.

For those coming to be photographed on Saturday morning, please remember that Granby Street will be blocked off for the St. Patrick's Day Parade. You may approach the church from Chesapeake Boulevard and East Ocean View Avenue, and park behind the church.

Sue Barlow is scheduling the hosts and hostesses to staff the sign-in desk on photography days. Contact her at home 587-3917 or cell 802-522-7631 or at sueb05156@yahoo.com if you would like to help.

The new directory is able to accommodate your email address, one address per family. We will only use the email addresses of those who specifically request it, to protect the privacy of people who might not want their email addresses printed in the directory. Let us know when you come to have your picture taken.

If you haven't signed up because you need a ride, please call Nancy at 289-6695 to try and work this out. If all else fails, you may submit a photo of your own (please do it soon!) and it will be printed in the directory. We can also print the pictures of our active military, whether photos are submitted to the church or taken by Lifetouch.

Now is the time to submit your snapshots of church activities! There will be several activity pages in the directory. You may submit photos to Sue Meservey at esda5@cox.net, phone 583-3472. Please make sure the photos are printed on glossy paper or sent by email. Glossy prints with descriptions on back may be left in the Communications Team mailbox in the Social Hall. If you have any questions about whether a picture should be submitted, please call Sue.

Please remember to bring a non-perishable food item for the hungry, and you will get \$5 off the photos you buy.

In a few short months we will have our new directory in hand, and we can begin to put together names and faces of all our church family! We will also have an online directory.



UMW will have no general meeting for March 2011.

"Easter Card Making Party" will be hosted at by District UMW at Haygood UMC Sunday March 13 from 2:00-4:00 p.m. For more details contact Margaret Spencer, MN&O Coordinator at 483-9361. You are asked to bring yourself & a friend, scrapbooking leftovers, card making or craft supplies, & favorite scissors.

"A Day Apart UMW Prayer Breakfast" will be hosted by McKendree United Methodist Church in Norfolk on Saturday March 26 at 9:00 a.m. for all interested. Please call your reservation in to Barbara Harrell (588-7364) if you wish to attend.

"Let Go Let God" Norfolk District UMW Retreat will be Saturday April 9 at Memorial UMC in Virginia Beach. All women are welcome. Contact Barbara Harrell to make reservations. Worship Leader will be Rev. Kathleen Haynes.

MARCH BIRTHDAYS

- 2 Nida Christianson, Jennifer Weisenberger
- 3 R.C. Simpson
- 5 Kathy Powers
- 6 Rena Gearheart
- 8 Carolyn Britt, Catherine Gervaise
- 10 Liz Heflin
- 11 James Schroeder, Jr.
- 13 Rob DeDominick, Christiana Wyko
- 14 Maxwell Estep
- 15 Mindi Haugen
- 16 Beverly Windley, Stanley Hughson, Sr.
- 17 Vi Thomas
- 19 Pat Christiansen, Matt Allain
- 20 Kendall Field, Cathy Stanley
- 23 Lisa George, Ann Hill
- 24 Robin Fitzpatrick
- 25 Maria Lapetina, Mildred Poole,
Rowena Erguiza, Kelly Hoag
- 26 David Carr
- 27 Heidi Huber, Craig McLemore
- 28 Lynne Henderson, Amy Wood
- 30 Tyler Rowe, Neuland Collier

Celebrate!

MARCH ANNIVERSARIES

- 2 Ginger and Bob Williams
37 years
- 9 Mindi and Judge Haugen
37 years
- 14 Anne and Bob Baker
58 years
Marlene and Eric Williams
24 years
- 18 Barbara and Charles Mitchell
23 years
- 20 Melody and Bill Fain
1 year
- 21 Lisa and David Orton
19 years
- 25 Mary and Gene Wymer
39 years
- 28 Thia and Barry Hellman
25 years
- 30 Jeanette and Walter Dalton
48 years
- 31 Kristen and Grove Field
16 years



S.M.I.L.E.

We still need ideas for our outings. We are checking upcoming movies at the Commodore Theater, a possible visit to the zoo (hoping for train trip and lunch at their new restaurant), and trip to the Botanical Gardens to see the butterfly exhibit. The zoo and gardens will have to be when the weather gets warmer, and we need ideas for things to do now.



If you are one of our homebound members who is not currently receiving Communion at home and would like to have it brought to you on the afternoon of the first Sunday of each month, please call the church office the week prior to Communion Sunday. We will give you a call and make arrangements for this. Frequency will be determined by the number of volunteers we have.

If you are willing to participate in this ministry to our Homebound members as a volunteer on a regular or rotating basis, please call Beverly Windley (588-7873) or the church office.



In Memoriam

**Al Seeloff
1/28/11**

Articles submitted for the newsletter are subject to edit for space, content, and clarity. While we try to honor intentions, we reserve the right to make changes to articles.

If you wish to be removed from this mailing list or you would prefer to receive your newsletter by email, please call the church office at (757) 587-2852. Thank you.

If your birthday and/or anniversary has been mistakenly overlooked, please let the office know so that we can update our information. Thanks!