

# THE SPIRE

**The newsletter of the Bay Shore United Methodist Church**

**The Rev. Wendy C. Modeste, Pastor**

**May 2016**

## **How is God Calling You?**

Pentecost Sunday, May 15, marks the official end of the Easter season. The lilies are long gone from the altar and the decorations have been put away for another year. Candy delivered by the Easter Bunny is also history. Now, we're tempted to fall back into the same old routine on Sunday morning. We sing hymns, listen to the sermon, sit and pray. It is all good; but have you considered that God may be calling you to try something different?

After the resurrection, the loyal disciples believed that the whole "Jesus movement" was over. So they went back to what was familiar: fishing. The Bible tells us that Peter and six of his companions toiled all night and had no success. Imagine how discouraged these men—all very skilled at their trade—felt!

Early the next morning, Jesus stood on the beach and called out to them to try something different: "Cast your net on the right side of the boat." (John 21:6) They heeded his command and found their nets overladen with freshly caught fish. With this one command, Jesus showed the disciples a new way. Here, He is empowering them to be "fishers of people," not fishers of fish.

**"Come follow me,' and I will send you out to fish for people."**

**(Matthew 4:19)**

Now, I ask you to imagine that it is a new morning and Jesus is standing on the beach beckoning you – yes, you! What is He calling you to do? Are you listening? Today, I challenge you to open your eyes and ears to learn what God wants for us. Like the blooms in springtime, how can I grow in spirit? Your church needs you – but not for the same-old, same-old. Thanks to everyone's hard work, we are financially stable. So now what? Where does God want us to go, and what can YOU do to make it happen?

In His service,  
Pastor Wendy



### FOR PEACE OF MIND, UNPLUG YOURSELF

The Impact team led a spirited discussion in March. The topic: “How to Disconnect With Digital and Connect With People.” Here are some of the tips from members and moderators, the Rev. Dyanne Blair-Pina and Dale Dowd, adapted from Terri Cole’s blog, “Step Away From the Electronic Device.”

**Do Less Every Morning.** Wake, meditate, shower, dress, have breakfast with the family. Go through your morning routine – without blaring TVs, radios or flickering phones and computers competing for attention.

**Send Your Brain on an All-Expense Paid Vacation.** Commit to a daily meditation practice, even if it’s just for 10 minutes. The more opportunity you give your brain to calm down and refresh itself, the more productive and creative it will be.

**You Are the Boss of Your Weekend.** Unless you’re in charge of national security or make your living as a firefighter, chances are you don’t actually need to respond to the boss and business until “normal” business hours on Monday morning.

**When You’re Off Duty, Mean It.** Make weekends and vacations true relaxation times. Use the out-of-office notification setting on your email and resist the urge to respond to emails.

**Go a Bit Off the Grid.** When traveling, lighten the digital load and go with just your phone – leave your laptop at home. Refuse to connect to Wi-Fi on long-haul plane trips so you arrive mentally and physically rested.

**Make Yourself Digitally Incompatible.** Add activities to your life that are all but impossible to do with a digital device in hand – things like yoga and hiking.

**Be Where You Are.** Your tapping away in the presence of others announces that your mind is elsewhere and suggests that they’re not as interesting as whatever is happening in your virtual world. Learn to put the smartphone down and start giving people your full attention.

**Go on a Digital Diet.** Control some of the mayhem by curbing your enthusiasm for social media. Cut down on the number of times you check Facebook/Twitter/Instagram/Snapchat.

### TAKING CARE OF YOURSELF AND OTHERS

In April, the Impact team discussed “How to Take Care of Yourself So You Can Take Care of Others.” We learned about ways to nurture yourself while caring for those around you. Tips covered how to tune into our positive inner voices, ways to recharge our mental batteries, and insights on how to treat our bodies with respect.



### MAY IMPACT DISCUSSION

Join us for this lively, non-political discussion group led by the Rev. Dyanne Blair-Pina and Dale Dowd. Post the flyer on the facing page (or print extra copies from the online version of the Spire, found on the Church website under Media, E-Newsletter) and let’s get a good crowd for the last session before summer break.

**When:** Monday, May 24, from 7 p.m. to 8 p.m. **Where:** Bay Shore-Brightwaters Public Library



# FEAR

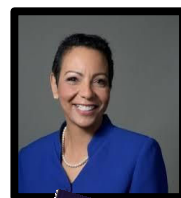
\* identity theft \* terrorism \*  
crime \* the future \*  
\* money \* climate change \*  
\* our kids \* jobs \*

Overcome living in fear. Stop wasting countless hours worrying about things that are out of your control. Learn how to cultivate inner strength and find peace amid turmoil.

- **When: May 24 from 7 to 8 p.m.**
- **Where: Bay Shore-Brightwaters Public Library**

#### **MODERATORS**

The Rev. Dyanne Blair-Pina specializes in family and bereavement counseling. Author of "Stuck in the Past Can Get You Burned."



Dale Dowd is a local mom and lifelong Bay Shore-Brightwaters area resident who wants to make the world a better place for her daughters.



## **IMPACT – A Discussion Group**

Sponsored by Bay Shore United Methodist Church

## A JOURNEY TO MANHATTAN TO REMEMBER 9/11



Last month, Adult Fellowship led a small group to lower Manhattan to see the World Trade Center Memorial and Museum. The exhibits were a powerful display of the terrible loss and great courage on that tragic day.

Let's consider other trips into Manhattan for Adult Fellowship gatherings in the future. In the Financial District, the John Street Church is the oldest Methodist Church in the U.S., dating from 1766. The Metropolitan Museum of Art offers the Cloisters, a collection of medieval and Byzantine art that is among the most comprehensive in the world. Located on four acres overlooking the Hudson River in northern Manhattan's Fort Tryon, the Cloisters also has meditation gardens reminiscent of Old World Europe. If you're interested in this or would like to suggest other Adult Fellowship gatherings, please see Beth DeCarbo.

## COME GET YOUR HANDS DIRTY!

On Saturday, May 7, Adult Fellowship will be planting starter gardens. Come and create a windowsill garden with rosemary, oregano and other herbs; we'll also plant some annuals for fun, colorful bouquets. All materials--planting-soil, seeds, fertilizer and containers--will be provided.

This is our last Adult Fellowship gathering before the summer break, so come and be a part of this fun group.

**When/where:** 10 a.m. on Saturday May 7, in Fellowship Hall.

**Cost:** \$5 and participants will take their plantings home.




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## MAY BIRTHDAYS

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May 1 Lorraine DiGenaro, Jessica Wood  
 May 2 Shaylin Kane, Andrew Navratil  
 May 5 Kwasi Enin  
 May 9 Robert Hogan, Kevin McElroy,  
       Christopher Madeska  
 May 10 Ellie Barbieri, Samuel Owusu  
 May 11 Ridley Tomlinson  
 May 12 Kaitlyn DiPietro

May 16 Jean Carr, Aurora Costales,  
       Sean Tomlinson  
 May 18 Arvind Chandran  
 May 19 Deirdrea Renwick  
 May 23 Joseph Essuman  
 May 24 Akosua Aboagye  
 May 26 Richard Berka  
 May 29 Donald Conste

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## MAY ANNIVERSARIES

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May 3 Floyd and Donna Lechner  
 May 9 Ed and Joyce Stein  
 May 17 Frederick and Adwoa Ababio

May 20 Roy and Ellen Fager  
 May 28 Steven and Mary Hemmerle

*Contact the Church Office to add your birthday or anniversary.*

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## OTHER DATES TO REMEMBER

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Soup Kitchen Thursdays at 4:30 p.m.

Thrift Shop Saturdays 10:00 a.m. - 1:00 p.m.

**CONNECT WITH BAY SHORE UMC**

Website: bayshoreumc.org

Pastor's email: [pastor@bayshoreumc.org](mailto:pastor@bayshoreumc.org) Office email: [office@bayshoreumc.org](mailto:office@bayshoreumc.org)

Find us on Facebook: click on the icon on the upper right of our website home page

Yahoo email group: to receive occasional emailed news and notices about the Church, please send a request to be added to [office@bayshoreumc.org](mailto:office@bayshoreumc.org).The SPIRE is published monthly September to June. Deadline for the June issue is May 10<sup>th</sup>. Send news and announcements to Spire Editor Ellen Fager at [citylife4@verizon.net](mailto:citylife4@verizon.net)

The SPIRE is available in electronic form on our website (click MEDIA / e-Newsletter) or printed and mailed. Send mailing requests, removal requests, and address corrections to the Church office:

Tel: [631-666-7194](tel:631-666-7194), email: [office@bayshoreumc.org](mailto:office@bayshoreumc.org), Postal: 106 East Main Street, Bay Shore NY 11706

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**REMEMBERING OUR DECEASED VETERANS**

On Memorial Day Sunday, May 24, we will once again be reading the names of deceased veterans. If you have a name(s) to submit, please fill out this form and put it in the offering plate, drop it off at the Church office or email the Church office at [office@bayshoreumc.org](mailto:office@bayshoreumc.org) with the information.

Please remember the following deceased veterans on May 24:

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*(Please print clearly)*

Submitted by:

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**DEADLINE FOR SUBMITTING NAMES IS MAY 15**

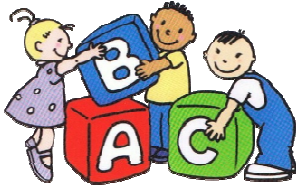


Elaine Williams is now at  
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135 East Main Street East Islip NY

## Bay Shore Day Care and Preschool

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of the Bay Shore United Methodist Church

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**Eric S. Buehler - Manager**

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



*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." – Jeremiah 29:11.*