

THE WEEK AND BEYOND AT A GLANCE

Sunday, April 7		
Morning Worship	8:30 & 11:00 am	Sanctuary
Sunday School	9:45 am	Education Wing
"Packing Party" to pack lunches	12 noon	Kitchen/Fellowship Hall
Evening Worship	7:00 pm	Sanctuary
Monday, April 8		
Handbell Choir Rehearsal	6:30-7:30 pm	Upper Narthex
Voices In Praise Rehearsals	6:30-8:30 pm	Music Room
Relay for Life Informational Mtg.	7:00 pm	Fellowship Hall
Stephen Ministry Meeting	7:00 pm	Older Adult Classroom
Tuesday, April 9		
Sanctuary Choir Rehearsal	7:15-8:45 pm	Music Room
Wednesday, April 10		
Crafters & Friends Meeting	10:00 am	Fellowship Hall
Tabitha Circle Meeting	7:00 pm	Fellowship Hall
Thursday, April 11		
Lenten Bible Study	7:00 pm	Fellowship Hall
Saturday, April 13		
Children's Easter Party	10:00-11:30 am	Fellowship Hall, grounds
Sunday, April 14		
Youth Group Meeting	6:30-8:00 pm	Fellowship Hall

Our Service:

Ministers	All Members and Volunteers at Friendship
Secretary	Bonnie Dean, bsuedean@friendshipmethodist.org
Music Team	Sandy Melson Griese, Chrys Hill, Micah Cooley
Children & Youth Ministry	Courtney Eversfield, cymc@friendshipmethodist.org
8:30 Ushers	Harry Hill & Bonnie Revell
8:30 Acolytes	Seth & Rebecca Heyer
11:00 Acolytes	Trent & Abby Doyle
8:30 Sound Tech	John Wilson
Counters	Karen Boyd & Judy McGowan
Electronic Giving Counter	Larry Myers
Friendship Time	Get Ready for Moses Zone (Robyn Miller)
Altar Guild for April	Kitty Beck Wilson (410) 257-6519
Stephen Ministry Coord.	Paula Madden 443-262-2635 (C)
Pastor	Rev. Thomas E. Young, Jr., revtyoung@friendshipmethodist.org

Our Presence: Worship Attendance Last Sunday 165 * Sunday School Attendance Last Sunday 48
Average Weekly Worship 173

Our Gifts: Please strive to tithe! The Bible asks us to tithe 10% of our income to God. Many of our members are doing this already. How about you? You may give your offering electronically (EFT). Call the church office to set it up. ***Stewardship is rather a way of life than an annual campaign.***
Thank You for your faithful stewardship!

Record of Giving (Funds Received by the Church)

	January - February 2019					
	Actual	Budget	Variance	Var %		
General Fund	\$49,843	\$57,628	(\$7,785)	-14%		
Missions Fund	\$2,740	\$3,519	(\$779)	-22%		
P&I Fund	\$1,999	\$4,663	(\$2,664)	-57%		
Building Fund	\$8,856	\$9,948	(\$1,092)	-11%		
Kitchen Fund	\$3,216	\$4,984	(\$1,768)	-35%		
Weekly SCAN Report	Cereal	26	Other	0	YTD Cereal	399

*Kitchen Fund Cash Balance = \$147,377/ Mortgage Loan Balance = \$260,077 as of 2/28/2019

OPPORTUNITIES FOR ACTION

ASP Group in mission work this week, The family of Sarah Stallings, Lucas Wayson recovering after an accident, Morgan Miller - recovering from ACL surgery, Judy Dean undergoing chemotherapy, Jay & Sally Lounsbury, Linda Thompson, Jerry Burdsall, Linda Buckley, Kathy Wallace, Tyler Madden, Those who travel, For the healing of the nation.

Rev. Young can be reached at the church office, 410 257 7133; parsonage 443 646 5653; e-mail revyoung@friendshipmethodist.org. Please do not assume that Rev. Tom knows about those in the hospital or who are sick. He would rather have many phone calls, and/or e-mails about the same situation than not to get any at all. Thanks, Tom Young

UMCOR SUPPORT

In our ongoing support for UMCOR (United Methodist Committee On relief), we are inviting you to support one of the Advance Specials to help those in need. Remember whatever you give will be matched by the Missions Committee of the church. If you wish to support the U.S. Disaster Response advance #901670, those areas that are receiving ongoing aid under that Advance number are:

The Wildfires in California Relief
Hurricane Michael Relief
Hurricane Florence Relief
Hurricane Maria Relief
Hurricane Harvey Relief
Hurricane Irma Relief
Iowa Flooding Relief

If you wish to support the International Disaster Response Advance # 982450, you will be supporting the ongoing efforts of:

Earthquakes and Tsunami in Indonesia Relief
Typhoon Mangkhut Relief

You may also support the UMCOR Undesignated Advance # ?. This supports the relief efforts that are ongoing around the world. Thank you for your generous support.

The story of Moses constitutes about one-seventh of the whole Bible. His story is about two-thirds as large as the New Testament. His name means "Drawn forth, Taken out of the water."



March 6-April 18, 2019

Join the South County Community during the Lenten Season. Collect 40 canned or package goods and donate to SCAN (South County Assistance Network). **See flyers posted in various locations around FUMC for details!**

On Sunday, April 28, we will be honoring all members of FUMC who are graduating from High School, College, or Grad School. If you are graduating or if you know of someone who is graduating, please contact the Church Office with that information by Thursday, April 18.



Relay for Life

May 18, 2019 – North Beach Boardwalk

Informational meeting – April 8, 2019 at 7:00 pm
in the Fellowship Hall!

Come out to find out how you can help!!!





Children's Easter Party

Saturday 4/13 - 10am-11:30pm

Join us for our annual Easter Party. We will have games, snacks, egg dying, egg hunt, and more! Rain or shine! Please see Courtney if you would like to sign up to bring a snack. **Open to all!**

Palm Sunday, April 14, 2019

8:30 & 11:00 am Worship (Sunday School Children)

Wednesday of Holy Week

7:30 pm

Maundy Thursday

7:30 pm (Handbells)

Good Friday

7:30 pm (Sanctuary Choir)



Easter Sunrise Service
6:00 am – Herrington Harbor South

8:30 am Worship
Sanctuary (Voices In Praise)

11:00 am Worship
Sanctuary (Sanctuary Choir)

FUMC is partnering with St. James Episcopal Church to stuff Easter Baskets for Neighbors in Need on Saturday, April 20th at St. James Church. This is a wonderful opportunity to assist our community during the Lenten season as well as share this greatly needed ministry with our fellow Christians at St. James. A donation of \$32.00 will provide a complete ham and fixings dinner for a family of four. Donations for Easter dinners can be made in cash or check (payable to FUMC-W) and placed in the shoe box in the Narthex marked for this effort. If you have any questions, please contact Sarah Vasant at (410) 212-0944.



Join the Christmas in April Lunch Bunch! On Saturday April 27 FUMC will once again be participating in Christmas in April. Those of us with more talent in the kitchen than with a hammer provide lunch not only to the workers, but the families living in the homes and of course those of us serving the meal. Over the years we have earned the reputation of serving a great, innovative meal. No bag lunches for us! We have a wonderful time meeting the families and enjoying fellowship with them. Serving the meal is a great joy and a way

to get to know people you see once a week much better. Joyce Terry will be coordinating lunch. We pride ourselves on variety, so if you have a favorite dish you would like to prepare, step up now! If you can't go to the site we will be collecting the food at the church Saturday, April 27 at 10:30am. Contact Joyce at jeter12@gmail.com or 301-855-2461 for more information.



One of the wonderful traditions of Easter at Friendship Church is the flower-decorated Easter Sunday Cross. You are warmly invited to bring a handful or two of flowers on Easter Sunday, April 21st, to help decorate for our annual celebration of new life and resurrection at Easter. This is a joyful activity for children and families. Thank you for your participation!

ATTENTION 5TH GRADE



You're Invited!
Sunday 4/28

For one night only we are opening Youth Group up to anyone grades 5-12! Come to the meeting and see what youth group is all about. We'll have games, snacks, and more!

cymc@friendshipmethodist.org



**WORKDAY AT THE
CHURCH**

**MARK YOUR CALENDARS NOW FOR THE JOINT BOARD OF TRUSTEES/
UNITED METHODIST MEN'S CHURCH WORK DAY**

SATURDAY, MAY 4, FROM 9 AM – NOON

THERE WILL BE PLENTY OF TASKS TO KEEP US BUSY!

The Board of Trustees does our best to ensure the church facilities are well maintained and in good working order. However, we also need your help! If you see issues with the church facilities, we kindly ask that you please report them to us so we can ensure they are being addressed in a timely manner. We have created a new online form to report non-emergency church facilities issues (e.g., needed repairs, suggestions for improvement, etc.) to the Board of Trustees: <http://bit.ly/FUMC-Facilities-Report>

If you notice imminent safety issues (e.g., exposed live wire, flooding, power outage, etc.), please contact Karen Boyd at 202-253-7891 or trustees@friendshipmethodist.org

Thank you for your help!

HEALTH MINISTRY NEWS

April 2019

 April is Parkinson's Disease Awareness Month 

Parkinson's Disease (PD)

Also called: Paralysis agitans, Shaking palsy. First studies by Dr. James Parkinson, in 1817, when he published "An Essay on the Shaking Palsy". There are early sources that describe symptoms resembling those of Parkinson's Disease in the Bible and in an Egyptian papyrus.

What is Parkinson's Disease? It is a progressive nervous system disorder that affects movement. It happens when the nerve cells in the brain do not produce enough or are missing a brain chemical called dopamine. It is sometimes genetic, but most cases do not seem to run in families. Exposure to certain chemicals in the environment might play a role in the development of PD.

Signs and symptoms of PD. Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Symptoms often begin on one side of your body and usually remain worse on that side, even after symptoms begin to affect both sides. Tremors are common, but the disorder also causes stiffness and slowing of movement. Common signs are:

Trembling of hands, arms, legs, jaw and face. Your hand may tremor at rest (a common early sign).

1. Rubbing your thumb and forefinger back and forth, known as 'pill-rolling tremor'.
2. Stiffness of the arms, legs and trunk. Stiff muscles can be painful and limit your range.
3. Slowness of movement. Steps become slower and shorter. You may drag your feet. Your feet seem "stuck to the floor".
4. Poor balance, posture and coordination. You may become stooped, leaning or slouching and develop balance problems.
5. Loss of automatic movements such as blinking, smiling, or swinging your arms as you walk.
6. Changes in speech. Your voice becomes softer, slur or hesitate before talking. Your speech may become monotone or sound hoarse.
7. Writing may become more difficult, words get crowded together and your writing may become smaller.
8. Loss of smell. Trouble smelling foods like bananas, dill pickles or licorice.
9. Sudden movements during sleep.
10. Constipation or straining to move your bowels every day. Inability to control urine.
11. Masked face. People may say that you have a serious, depressed or mad look on your face even when you are not in a bad mood. This is called facial masking.
12. Dizziness or fainting when you stand up out of a chair. This can be a sign of low blood pressure which is linked to PD.

Awareness is our #KeyToPD



Nearly one million people
will be living with
Parkinson's disease in
the U.S. by 2020.



[Parkinson.org/Awareness](https://www.parkinson.org/Awareness)

When to see your physician? See your physician if you have any of or a combination of the signs or symptoms associated with Parkinson's Disease ----- not only to diagnose your condition but to also rule out other causes for your symptoms.

What are your risk factors for developing PD?

Age: It ordinarily begins in middle or late life and the risk increases with age. People usually develop the disease around 60 or older.

Heredity: Having a close relative with PD increases the chances that you'll develop the disease. However, your risks are still small unless you have many relatives with PD.

Sex: Men are more likely to develop PD than are women.

Exposure to toxins: Ongoing exposure to herbicides and pesticides may slightly increase your risk of PD.

How to diagnose Parkinson's Disease? There is no "one way" to diagnose PD. Making an accurate diagnosis of Parkinson's --- particularly in its early stages --- is difficult, but a skilled physician can come to a reasoned conclusion that it is PD. It is important to remember that two of the four main symptoms must be present over a period of time for a neurologist to consider PD:

Shaking or tremors

Slowness of movement

Stiffness or rigidity of arms, legs or trunk

Trouble with balance and possible falls

Frequently, the internist or family physician first makes a tentative diagnosis and will often refer you to see a neurologist for further assessment and treatment. It is your symptoms and neurologic examination by a neurologist that ultimately determine the correct diagnosis.

Imaging tests --- such as MRI, CT, ultrasound of the brain, and PET scans --- may be helpful to help rule out other disorders, but imaging studies aren't particularly useful for diagnosing Parkinson's Disease. The same is said for blood tests.

Treatment of PD. Parkinson's Disease cannot be cured, but medications can help control symptoms, often dramatically. In some later cases surgery, called deep brain stimulation, may be advised.

Prevention of PD. Because the cause of Parkinson's Disease is unknown, proven ways to prevent it also remain a mystery. Some research has shown that regular aerobic exercise might reduce the risk of PD. Other research has shown that people who drink caffeine get Parkinson's less often than does who don't drink it. Green tea is also related to a reduce risk of developing PD.

Michael Walls, PhD, MSN, RN

Looking for something to help you or your loved one with Parkinson's Disease?

Rock Steady Boxing (an evidence-based, boxing-inspired exercise class specifically tailored to those with PD) offers classes in Prince Frederick.

For information on classes, visit <https://www.eventbrite.com/event/rock-steady-boxing-level-12-tickets-53198292525>

or contact

Community Wellness at CalvertHealth Medical Center at 410-535-8233.



<https://www.rocksteadyboxing.org/>

Health Questions? Information Requests?

Contact Sarah David, RN, BSN (Volunteer Health Ministry Coordinator)

Email: nurse@friendshipmethodist.org