



Naomi Makemie
Presbyterian Church
Founded in 1893 Onancock, Virginia

March 2013

Message from the pastor...

Dear Friends in the NMPC Community of Faith

On our recent Contemplative Retreat with Marv and Nancy Hiles at Santa Sabina in California, there was a woman on oxygen who reminded me of Tasha. Often we could hear her breathing, her 3 breaths to each one of ours. This awakened all of us to how precious and holy each breath, each moment in time, each human life is. "God breathed life into man." Genesis 2:7

Scholars think that the sacred name of Yahweh is the sound of inhalation and exhalation. Perhaps this is why many spiritual teachers speak of the breath and say "Pay attention to your breath." It intimately connects one to life.

Pay attention to your breath as a spiritual practice. Try it for just 5-10 minutes a day. This daily practice can be quite grounding. Slowing your pace may open you to grace.

Breathe on me, Breath of God,
Fill me with life anew,
That I may love what Thou dost love,
And do what Thou wouldst do.

Breathe on me, Breath of God,
Till I am wholly Thine,
Till all this earthly part of me
Glows with Thy fire divine.

With you in awakening to God's *Presence* in our midst here and now, moment by moment, breath by breath.

Robert

Update on Healing Ministry

Laura and I, amid our new work responsibilities, continue to hold energy healing sessions at NMPC. Most of the time our "Grace-Full" healing sessions, by appointment, are held in the old Sunday School room, where the afternoon sun shines brilliantly through the stain glass. It is a wonderful setting for the Grace of God to flow. For the October through December timeframe, we had six clients.

Remember that Pam Nielson started with us, and one of our clients last year had indicated that, after two energy work treatments, she wanted to complete her healing process by undergoing therapeutic massage with Pam. We consider Pam a part of the NMPC Healing Ministry work. Another one of our clients had metastasized cancer. She continued to see her doctor while undergoing treatment with us. At one point, her doctor said, "Whatever you are doing, keep it up." Subsequently, MRI scans have shown no tumors. Client confidentiality forbids me from going into treatment details, but Laura and I are grateful to have been a part of that patient's healing process. Another client wanted to pay us for our services. I told her that we accept donations to the church, so she made a gift of \$40.00 to NMPC.

We believe that the Holy Spirit uses the energy modalities of Healing Touch and Reiki in the healing process. Please call me at 787-8301, or call my cell phone at 710-9638, or email me at rnaylor2@gmail.com to schedule an appointment. Thank you. Rhudy Naylor.

AED and CPR Training is Scheduled

As reported last month, the new AED has been installed at the church. To prepare all of us for its potential use, a class has been scheduled for March 19th at 9:00 am until 12:00 noon. A course description and sign-up list is in the Makemie Room. Class size is limited to 10. If more than 10 want training, another class will be scheduled. The course covers adult, child, and infant CPR and AED use as well as choking relief. There is no fee for the class. This is not a certification or re-certification course. This will be "family and friends" CPR for those wanting to learn basic CPR. Be sure to sign up soon. If you have questions please contact Jim Tompkins.



Update on one of our members

Helen Bunch stopped by to see Murriel Howard at her new home in Pennsylvania. We all send our best wishes to Murriel. As a reminder, Murriels new address is:

7025 Augusta National
Fayetteville, PA 17222
717-401-0269

Take a minute to drop her a card or just call to say hello.

Report from the Treasurer

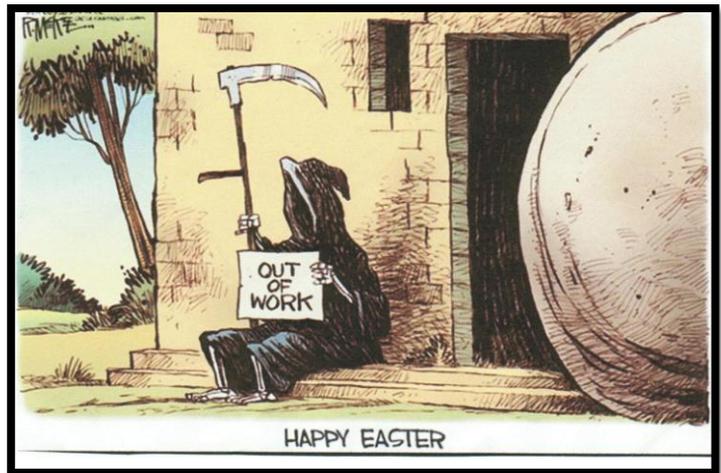
Below you will see the actual Income and Expenses for the last two years and this year's budget. Income for 2012 included \$44,112 from the trust funds to cover the costs of major repairs to the church property; including a new heating system for the church. Also a large portion of the mission effort was funded by the trust. Although not required, only the earnings from the mission trust account are used each year leaving the principal intact. The 2013 budget, when created, was lean and mean. Some of the pledges have been better than anticipated and the use of trust funds may decrease. Let's keep our fingers crossed.

	Budget 2013	Actual 2012	Budget 2012	Actual 2011
Income Category	Amount	Amount	Amount	Amount
General Operating	\$75,725	\$84,348	\$82,000	\$88,315
Makemie Pastor cost offset	13,000	13,283	12,000	12,298
Rent & Miscellaneous	5,000	10,896	1,000	11,264
Funds from Trusts	22,000	44,112	0	8,500
Total Operating Income	\$115,725	\$152,639	\$95,000	\$120,377
Expense Category	Amount	Amount	Amount	Amount
Building & Grounds Church	\$8,900	\$8,267	\$12,752	\$11,584
Capital improvements	0	32,5130	0	
Building & Grounds Manse	4,500	4,912	4,485	7,257
Insurance (including Building & Workers Comp)	5,000	6,853	5,000	5,442
Total Building & Grounds	18,400	52,545	22,237	24,283
Mission from Operating Income	0	0	1,000	0
Mission from special offerings	0	4,468	0	3,101
Mission from Trust Funds	9,000	11,599	0	8,000
Mission to the higher Church	3,500	3,504	3,500	4,500
Total Mission	12,500	19,571	4,500	15,601
Total Christian Education	325	154	300	630
Total Congregation & Life	300	75	350	216
Total Outreach	0	0	0	0
Total Pastor Discretionary Fund	500	413	500	0
Total Pastor Call	60,400	57,912	62,234	51,161
Total Personnel	18,500	17,185	19,130	17,640
Total Stewardship & Finance	400	330	400	380
Total Worship & Music	1,000	813	1,000	1,106
Total Other	3,400	7,152	4,400	6,045
Total Expense	\$115,725	\$156,150	\$115,051	\$117,062
Net for Year	\$0	(\$3,511)	(\$20,051)	\$3,315

February in Review and Updates

Building and Grounds: The new heating system is performing perfectly; some study by George H. suggests that we are saving fuel, but the exact amounts are not yet clearly defined. There is a plan to replace the hot water system in the manse because of its current inefficiency. There are two options: (1) replace the current oil fired system with an electric water heater, and (2) replace the system with an instant hot water system. The session will decide on this soon. There has been a general proposal to remediate some problems with the front elevation of the Church; this is only in talking stages, but anyone with questions is encouraged to speak with a member of the building and grounds committee. Since Joe's Boys is related to this area, we can report that this group has met and made plans for items to be addressed involving the Church and manse. Anyone interested in working with this group is asked to speak with Rick Turner.

Christian Education: Both the adult class and the Sunday School are currently meeting, The Adult School meets each week at 9:30 am and is involved with discussion of a book entitled *The Ten Commandments from the Backside*. All adults are encouraged to come out and join in on a regular or occasional basis. The children's' Sunday School meets bi-weekly at 9:30 and has four dedicated teachers taking turns at the instruction, which adds variety to the program.



February 24th. Celebration of the Prayer Shawl Ministry

The Prayer Shawl Ministry was started in 1998 by 2 women at the Hartford Seminary in Hartford CT. Marge Carpenter formed the ministry at Naomi Makemie in March of 2003. To date, the ministry at NMPC has provided 417 shawls to individuals throughout the country. This effort represents 1250 skeins of yarn and many hours of work by our knitters. In 2012, 20 shawls were provided to individuals in several states as well as here on the Eastern Shore. Thanks to the generosity of you, the congregation, the Session budgets \$300 a year for our ministry. We also receive donations from recipients and persons interested in our ministry. We do not sell shawls; they are given to those in need. A notebook of thank you notes is on the table in the old Sunday School room. The next time you are at Church, please check it out and read some of the touching notes.

The knitters have expanded their effort to include new baby caps to the hospital. Since September our ministry has provided 327 to the hospital. The objective is that no new baby will go home without one!

In addition to our own women who knit and crochet, we also have several members of the community that knit for us. We are always looking for additional people who knit or crochet — a very simple pattern is provided as is the yarn. If you are interested please contact Pam Nielsen.

Upcoming Events and Announcements for March and Later

The Church Calendar of Events for March *Please mark your calendar*

Church School starts at 9:30 – every Sunday
Church Services start at 11:00 – every Sunday
Choir Practice is 5:30 pm - every Thursday
YOGA is 10:00 am – every Friday
PW is 11:30 on the 4th

Prayer Group at 10:00 am on the 14th and 21st
Session at 2:00 pm on the 11th

Joe's Boys (ladies welcome) 9:00 am on the 12th
Wednesday Noon Services on the 6th, 13th, & 20th

Maundy Thursday Service at 7:00 pm on March 28th
Easter Breakfast 9:00 am to 10:15 am on the 31st

**Don't forget to check the full church calendar on the web or
in the Makemie room for non church meetings and
activities. WWW.NMPRESCHURCH.ORG**

Remaining Noon Lenten Services

March 6th Holy Trinity Episcopal
March 13th Naomi Makemie PC
March 20th Market Street United Methodist

Easter Morning...

We start our celebration of the Resurrection of Christ with our annual breakfast provided by Joe's Boys. A *free will* offering will be taken to support the work and maintenance of the church. The next project is the children's classroom that is in serious need of painting and new shades for the windows.

We will also be "flowering the cross", another annual event. Please remember to bring some flowers and place them on the cross before the church service.

The flowering of the cross is found in Christian art as early as the sixth century and is based on a legend that says that the cross itself burst into bloom at the moment that Jesus died.

Day light saving starts March 10th - don't forget to set your clock ahead.

NMPC Presbyterian Women will meet Monday, March 4 at 11:30 a.m. in the Makemie Room. Don Broad will continue the discussion on his book "*Reconciling the Heart and Mind: Essays on Faith*". Please read chapter 2. If you have not purchased the book, you may buy it from Carol Rush for \$10.00. All proceeds from the sale of the books will be donated to Eastern Shore Literacy Council. Bring a brown bag lunch (dessert and beverage will be provided). A short business meeting will follow after lunch. Please join us for this informative study and bring a friend.

The staff and editor of our newsletter want to make sure it is what you want. If you have comments or suggestions please feel free to send an email to cadagrove@att.net or talk to Meg or myself at church. The newsletter is now available on our web page or **via email** – sent out Saturday before the newsletter is available in church. If you would prefer an email copy please send me an email from the address you want to receive it on and we will be sure to make it happen!

Please remove this page and post on your frig. or wherever you keep your calendar.

Naomi Makemie Presbyterian church
PO Box 397
Onancock, VA 23417

To:



Jody Humphreys	1st
Jerry Fluharty	2nd
Jeanne Gordon	3rd
Grace Moscatel	3rd
Kate Jacob	5th
Olga Gregor	6th
Carol Rush	9th
Gloria Santacrose Broad	12th
Helen Bunch	13th
Harold William Deuter	16th
Brandon Stapleton	21st
Miles Barnes	24th
Ales Gregor	29th
Carey Tuttle	30th

Did we miss anyone this month - please let us know so we can update our records.