

## THE HOT SEASON TO COME



*From the  
Pastor*

*"I am about to do a new thing; now it springs forth; do you not perceive it? I will make a way in the wilderness and rivers in the desert.." (Isaiah 43:19)*

While the temperature outside today may not be "hot", this newsletter is covering both months May and June. By the time we reach the end of June, the summer season will be upon us. While many are looking forward to the season of hotter temperatures, not many are looking forward to the humidity that come with those temperatures.

The changes in season, the looking forward to good things while recognizing more difficult things come with the good, reminds me of how we deal with our faith. We strive for seasons of fun, happiness, celebrations, joy, and positive growth. While there is nothing wrong with those emotions and events causing those feelings, we also need to recognize what often occurs as we reach those celebratory moments and times. There are times of difficulty, trials, errors, frustrations, and even disappointments. Regardless of those realities, we don't give up. We strive forward. We seek to reach the points of happiness and joy. We reach out for the moments of celebrations and positive growth.

Just last year we were in the middle of planning our 200<sup>th</sup> Anniversary celebrations. In the end, all turned out wonderfully. There were certainly our periods of ups and downs. We experienced some difficulties and trying times, but we were persistent in our determination and planning to allow God to work in the midst of our struggles. What we realized, Christ was with us. The celebrations and gatherings were spectacular. Everything proved to truly be a blessing to all who could participate, and it has left a wonderful feeling for spiritual rebirth in our midst.

Some items are still in the works for this celebration, including an updated church directory, and a new history book. When there is more information about the timing of each, we will certainly let everyone know.

While these plans continue we also remain committed to mission ministry. We have completed the Chemo Kits and have had them distributed, our youth group has been busy raising money for their retreat this summer, and we are planning this month to put together 300 women hygiene kits for Annual Conference.

Our commitment remains to growing as faithful disciples of Jesus Christ. We recognize that we are born anew through our baptisms, and that we look forward to the new things that God has in store for us in the future. Regardless of the season of weather we experience, we know that God has already gone before us and has prepared a new way that we are to follow which will demonstrate to all the grace and love revealed to all through Christ.



In Christ,  
Pastor David

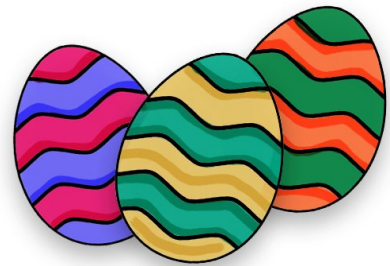




# EggFest '23



Before the Easter celebrations could begin, the decorating and egg-stuffing had to take place. Thanks to all of our volunteers who came out to help hang the decorations and stuff each egg with candy for the big Easter Egg hunt. Also, thanks to all of the volunteers who helped staff the various stations during the Eggfest. From the bounce-house, to the ring toss and musical circle, there were a number of activities for the kids that our helpers made come to life.





**Thanks to the Easter Bunny for her special appearance during the event. Another great year of fun, fellowship, and Easter celebrations.**







On Good Friday, Stations of the Cross were set up in the sanctuary for people to experience.



# Yard Sale Recap

We want to thank everyone who brought in their items for the church yard sale. Also, a big shout out to everyone who spent many hours in receiving, packing, unpacking, sorting, and pricing all the items received and those who worked the sale. It was a tremendous success with over \$11,000 going to the Organ Fund and a portion to the Youth Retreat.



**THANKS FOR DONATING!**









# MISSION Sunday MAY 21

In preparation for this year's Virginia Annual Conference in June, Zion will be assembling kits. UMCOR has added a new kit to its list of relief supplies. This is a Women's Hygiene Kit and consists of: hand sanitizer, small trash bags, soap, wet ones, sanitary napkins, tampons, and laundry detergent sheets. We will gather together in the Social Hall after worship to assemble 270 kits. This will bring our total to 300 women's hygiene kits for Conference.



This Mission project will be done at a cost of \$4,000, so if you would like to help in offsetting some of these costs, please put on the memo of your check or envelope, "Zion Kits."

## ORGAN FUND UPDATE



Our pipe organ has brought us beautiful music and hymns in its 38-year history, and now it needs updating. Thanks to the generosity of many, the support of the Yard Sale, and the tireless efforts of our children, the Organ Fund has grown to over \$52,000. If anyone would like to donate to this fund, you are welcomed to do so and note it on your giving checks and envelopes.

### Children's Continue Raising Funds & Awareness

Our children continue to work in preparing more craft items to sell to help raise money for the Organ Fund. Our kids have taken in over \$900! Their sale continues in the Commons.





## Zion Bell Choir Active

From ringing with other choirs from around the country in Washington, DC, to attending a Handbell Festival in Ocean City, Maryland, our Bell Choir has been very active.

Both of these opportunities offer training and experience to our ringers.







At the Ocean City Spring Festival, we joined with 20 other choirs under the direction of world renowned Conductor

David Harris, who also directs the Raleigh Ringers.



## ZION SERVING at PORT in March





# Welcome, New Members



Jordan Murphy & Jordan Usselman  
203 Cheadle Loop  
206-919-0609



James & Glenna Usselman  
117 Landing Road  
206-496-9695



James & Melissa Sanders  
217 Browns Neck Rd.  
Poquoson, VA 23662  
757-753-0441 (James)  
757-677-6273 (Melissa)



Gayle White  
131-b Landing Road  
Seaford, VA 23696  
757-897-0716



# VBS 2023—HERO HOTLINE

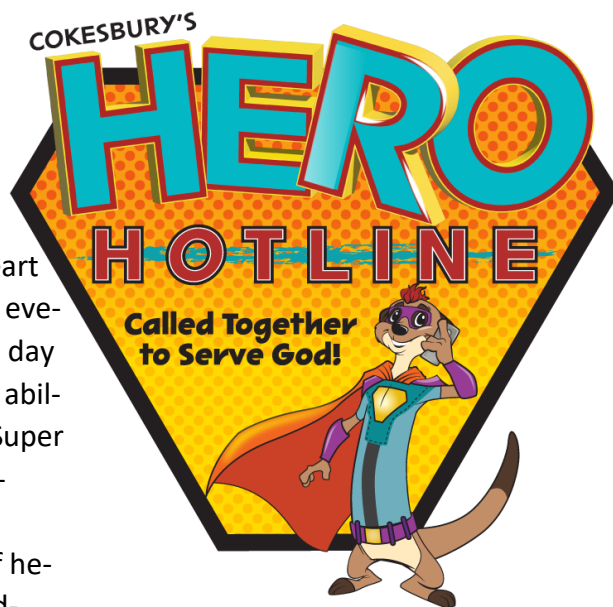
**July 10—13 from 6:00—8:30 pm**

**Ages 3—rising 5th graders**

**Bible Stories, Crafts, Science, Games,  
Music, Snacks, & Tie-Dye T-shirts**

In the depths of a colorful underground cave, is the beating heart of the hero community, the Hero Hotline Headquarters where everyone's gifts are valued and every hero has a role to play. Each day at the Hero Hotline Headquarters, superheroes of all ages and abilities answer the call and join the Professor and veteran hero, Super Meer the Meerkat, to provide assistance to Hero Teams everywhere.

When Heroes in the field call in, the Professor and our team of heroes will spring into action and explore the ultimate Hero Handbook -the Bible. It gives all a chance to follow the examples found the Heroes in stories from the Old and New Testaments. Working together to bring peace, build each other up, and share the great story of God's love for all.



**Planning Meeting  
May 10 at 6:30 pm**



**Acolyte Training**  
Thursday, May 11 at 6 pm



prepare a meal or have an idea for a speaker or program, please contact the church office.

More ministry events are being planned, come and be a part of this group.

## UNITED METHODIST MEN

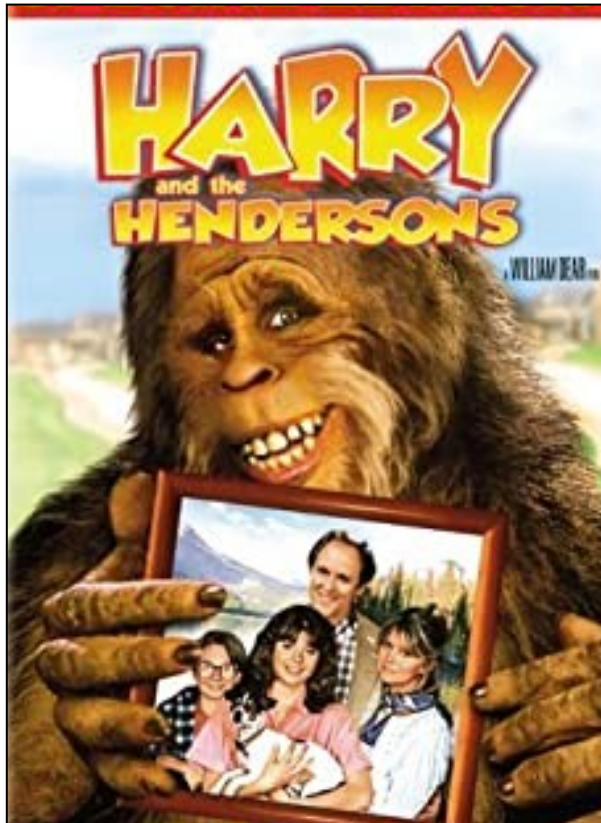
The men will meet again on Thursday, May 25, at 6:30 pm with Boy Scout Troop 123 providing the meal. The men meet on the fourth Thursday of each month. If you are interested in helping to plan and pre-



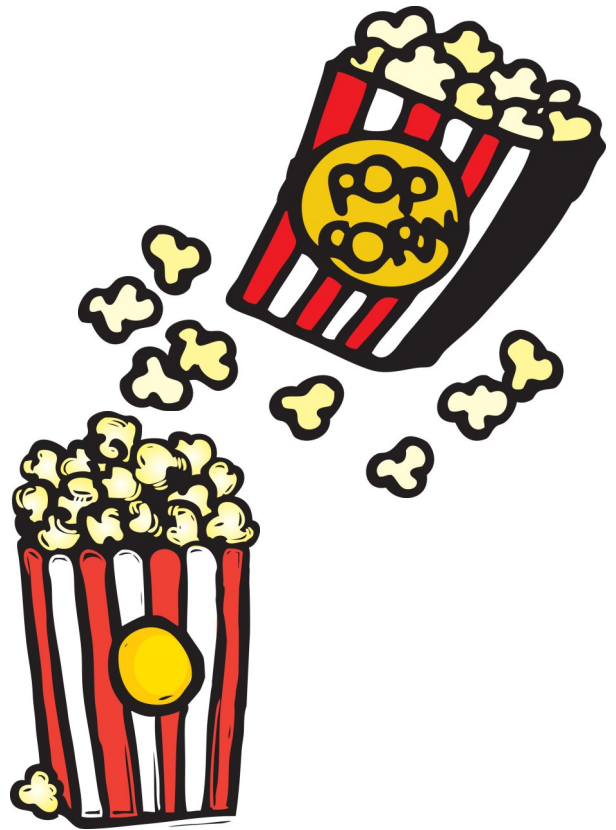


# Movie Nights Scheduled!

**Saturdays at 6:30 pm**



**MAY 20 – 6:30 PM**  
**AT ZION'S OUTDOOR PAVILION**



**JUNE 24 – 6:30 PM**  
**IN SOCIAL HALL**





## FOCUSED ULTRASOUND

Have you ever been diagnosed with Essential Tremors? Upon consulting a neurologist a number of years ago, I was. I noticed that my fine motor skills such as writing and painting (I do watercolors) were deteriorating. And my head bobbed! I was prescribed Primidone which, initially, seemed to help. As the years progressed, I needed larger doses to impact my tremors and the duration of effectiveness grew shorter. If I was rushed, tired or nervous for any reason, it was sometimes impossible to write legibly. I was embarrassed to address holiday and birthday cards and my husband, frequently, had to take over writing checks. I continued to try watercoloring but that, too, became very frustrating. The things that were important to me and gave me JOY were gone.

In November 2021, my neurologist told me he really didn't want to give me a higher dose of my medication. But he told me about a procedure called Focused Ultrasound that had helped several of his other patients with tremors. He showed me a short video of a patient who had just come from the procedure and was able to drink orange juice with a perfectly steady hand. All this was done on an out patient basis and involves no anesthesia. You could go home the same day but would need someone to drive for you. I was very impressed so I was referred to Dr. Sahni at Johnston Willis hospital in Richmond.

The initial visit with Dr. Sahni was great. His PA explained everything thoroughly and Dr. Sahni put me completely at ease. I wanted the procedure for my right hand but it would not help my head or left hand. The treatment for your head has not been approved by the FDA as it involves a different part of your brain. They are awaiting approval for that. He said he could promise a 70-80% improvement in my hand. Many people see a 100% improvement but he didn't want to over promise! And, by the way, you had to have your head shaved....all over. Yikes.

The procedure was scheduled but I had to have an MRI. I chose to do that at Mary Immaculate which took a bit of doing (poor communication) but eventually the big day came. My daughter accompanied me and we arrived at the hospital at 8 a.m., had a COVID test and was taken to a very comfortable room. I needed 2 more MRIs (Mary Immaculate's were not clear enough), had an IV for pain and nausea and had my head shaved. Then a halo type apparatus was attached to my skull. The only pain I had was the shots to deaden the area where the apparatus was tightened to my skull.

The actual procedure was done in the MRI where I was slid in and out of it several times. While in the MRI, the doctor aimed a focused ultrasound wave at the point in my brain where the tremors originated. Each time I was slid out I had to write and draw a spiral on a clip board held over my head while still on my back. This was to assess the effect of the wave. In each successive trip in the MRI, the wave or beam was increased until I was satisfied with my writing and spiral. They did this 4 times. When I felt like I could write and draw that spiral to my satisfaction, I was returned to my room and given something to eat and drink. I was a bit tired but had no pain and my hand tremor was greatly improved. My daughter drove me home and, other than a slight tenderness on one side of my scalp, that was it.

Three weeks later, I returned for a recheck with 3 watercolor paintings in hand. One was for the doctor and one for each of the hospital nurses that were so kind to me. Dr. Sahni wanted to contact the hospital publicity person to show her my work. It seems some insurance companies won't cover the procedure as they don't consider it vital enough and he was hoping some positive publicity would encourage those companies to change their policies. I am fortunate to have Medicare and Federal Blue Cross Blue Shield as my insurance and have not paid one dime for the gift of the full use of my right hand.

The temporary loss of my hair was really a small price to pay for the ability to write and, especially, paint which has always enriched my life. I'm so happy to be able to legibly jot down a phone number, write a check or paint you a picture; even if my head still wobbles!

*Maureen Cassada*





May 1 – 1:00 pm – 6:00 pm – Blood Drive  
 May 8 – 6:30 pm Finance Committee Meeting  
 May 10—6:30 pm VBS Planning Meeting  
 May 11—6:00 pm Acolyte Training  
 May 12 – 13 Social Hall Reserved  
 May 15 – 6:30 pm Board of Trustees Meeting  
 May 17 – 6:30 pm Church Council Meeting  
 May 20 – 6:30 pm Movie Night – **Harry and the Hendersons**  
 May 21- Mission Sunday—UMCOR Kits assembling and lunch.  
 May 25 – 6:30 pm ZUMM Dinner & Meeting

June 12 – 6:30 pm Finance Committee Meeting  
 June 13 – 6:30 pm Church Council Meeting  
 June 14 – 17 VA Annual Conference in Roanoke  
 June 22 – 6:30 pm ZUMM Dinner & Meeting  
 June 24 - 6:30 pm Movie Night – **League of Superpets**

### Weekly Events

Tuesday's 10—2 Bazaar Workshop  
 Sunday's 5:30—6:45 Handbell Rehearsal

## Thank You for Your Support!



Zion continues to receive the benefits of being a part of the Kroger Community Rewards program. So far we have received over \$1,300 from Kroger Community Rewards.

Thank you to everyone who continues to list Zion as its community reward partner. Signing up is easy through the app or on Kroger's website. If you need help signing up, please contact the church office.



A total of 24 volunteers from Zion helped prepare with the March **PORT** at St. Jerome Catholic Church in March. Newport News Mayor, Philip D. Jones, also attended the event to learn first-hand how many people are served through this community-wide ministry.



# Celebrations!

## May Birthdays

Betty Fox	5/1
Bill Gibson	5/2
Cooper Simpson	5/2
Cole Foster	5/3
Beth Tyree	5/3
Robert White	5/3
Pamela Harrison	5/6
Bill Wornom	5/7
Anthony Moore	5/9
Elizabeth Greenwood	5/10
Laura Pack	5/10
Rebecca White	5/10
Marshall Butler	5/13
Charlie Thomas	5/13
Rebecca Golden	5/15
Barbara Nickerson	5/15
Rob Thompson	5/17
Andrew Moon	5/20
Maureen Cassada	5/21
Ronald Bennett	5/22
Geraline Snapp	5/22
Sharon Dunn	5/23
Matthew Needy	5/23
Phillip Miller	5/26
Matthew Burris	5/27
Loretta Leonard	5/27
Samantha Grimmett	5/28
Katie Simonnet	5/28
Jessica Weiss	5/29
Anne Moffat	5/30
Clark Nickerson	5/30
Douglas Crockett	5/31
Monty Mills	5/31
Julie Thomas	5/31

## June Birthdays

Nancy Verry	6/1
Cammie Butler	6/2
Seth Blanton	6/5
Jaclyn Wilburn	6/6
Catherine Westcott	6/7
Jeannette Moldovan	6/8
Benjamin Tyree	6/11
Barbara Gillikin	6/13
Austin Ancarrow	6/14
Kelly Gdovic	6/14
Joseph Prata	6/17
Gwendolyn Appleton	6/18
Madison Capps	6/18
David Westcott	6/20
Gary Poteat Jr.	6/21
Bob James	6/22
Albert Cote	6/23
Barbara James	6/25
Richard Gdovic	6/26
Bonnie Bennett	6/27
Mallory Wornom	6/28
Brian Wroten	6/28
Atley Ancarrow	6/29
Carson Burris	6/29
Corey Carden	6/29
Robert Morrow	6/29
Miranda Moon	6/30

## May Anniversaries

Thomas & Virginia Foster	5/2
George & Darlene Stephenson	5/4
Thomas & Maria Scallorn	5/8
Julie & Michael Mason	5/9
Clarence & Carol Westcott	5/9
Barbara & Rick Hopson	5/12
William & Beverly Moreland	5/16
John & Laura Pack Sr.	5/21
Richard & Mary Boyd	5/25
David & Pam Turk	5/28
Lewis & Sam Stratton	5/30
David & Beth Tyree	5/30

## June Anniversaries

Greg & Martha Simonnet	6/1
Bob & Barbara James	6/8
Chris & Beverly Palen	6/13
Warren & Sondra Hickmott	6/16
Dennis & Maureen Cassada	6/18
Andrew & Carol Harrison	6/19
Stacy & Ronald German	6/21
Seth & Liz Blanton	6/25
Nancy & Jake Honeycutt	6/28

## **Wi-Fi Access**

**Connect to:** Zion Guest  
**Password:** zion1822

If you do not see your birthday or anniversary listed throughout the year, please call the office or send an email to the church office at [office@zionseaford.church](mailto:office@zionseaford.church) so we can update our database.

## **OUR WEEKLY COUNTERS!**

**May:** Warren Hickmott & Susan Shaw

**June:** Pat Binder & Maria Scallorn

## **Zion's email addresses:**

**Pastor David:** [pastor@zionseaford.church](mailto:pastor@zionseaford.church); **Office/Sherry:** [office@zionseaford.church](mailto:office@zionseaford.church)





Zion United Methodist Church  
PO BOX 240  
Seaford, Virginia 23696

**May—June 2023**



NON-PROFIT ORGANIZATION  
US POSTAGE  
PAID  
SEAFORD, VA 23696  
PERMIT # 1



 **United as One in  
MISSION**  
2023 VAUMC ANNUAL CONFERENCE

**We welcome our new Bishop to the  
2023 Annual Conference in Roa-  
noke, June 14-17. This will be  
Bishop Sue Hauptert-Johnson's first  
Annual Conference after being ap-  
pointed to Virginia.**

**Zion's Staff**

Pastor: Rev. David Magruder

Administrative Assistant: Sherry Wornom; Accompanist: Tara Thomas

757-898-7417, Fax: 757-898-9226 Email: [office@zionseaford.church](mailto:office@zionseaford.church)

Website: [www.zionseaford.church](http://www.zionseaford.church) / Like us on Facebook