

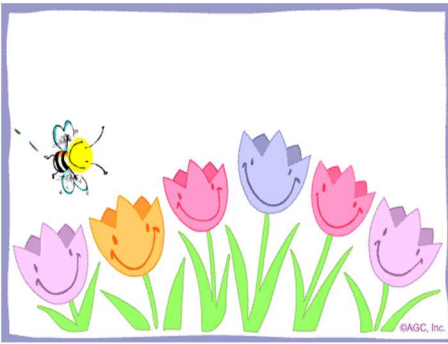
The Spire



April 2024

Loch Raven United Methodist Church

Easter People



Spring Line Dance Party

**Saturday, April 13
2pm—5pm**

Everyone is invited.

We welcome dancers
of all levels.

DJ Ruth Rarick is offering
a class just for you.

Admission—\$10

(All proceeds will benefit
LRUMC's Food Pantry)

Bottled water provided.

Snacks available for
purchase.

**Bring your friends
& family!**

Loch Raven UMC is currently in our Bible study of 1st Corinthians. The letter was written by Paul to the church in Corinth for two reasons. The first was that Chloe had sent word to Paul about issues that were going on in the church. Secondly, the Corinthians had written Paul asking him about various topics on how to live a Christian life. The questions were about singleness, marriage, divorce, remarriage, eating foods sacrificed to idols, and many other topics that impacted their daily lives. Paul's letter to the Corinthians was practical as Christianity is belief set into practice. Because we believe in a risen savior, that belief becomes the structuring force in our lives. Therefore, Easter is more than a day that we celebrate and forget about until next year. This spiritual formation does not end at Easter but helps us to understand how we are to live as Easter people.

Easter is a celebration that Jesus lives, but Easter isn't just a day. Easter Sunday will come and the church will celebrate, but that is not the end. The Revelation of who God is as exemplified by the life, death, and resurrection of Jesus cannot be packed up like decorations after a big event not to be seen again until the next year. Easter is an everyday reality for those who call themselves Christians. Psalm 118:24 declares, "This is the day that the Lord has made; we will rejoice and be glad in it." The questions for us as Christians is how can we see the signs of Easter in our lives every day? And how has God sown seeds of hope in us that the world can see? Matthew 5:16 declares, "In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

Even though we are not perfect, and our lives are not perfect, as we face many challenges, Paul reminds the Christians of Cor-

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The Spire is published monthly (except July and August) by Loch Raven United Methodist Church, 6622 Loch Raven Boulevard, Baltimore, MD 21239.

All signed articles, letters, announcements, and other information of interest are welcomed and considered for publication.

The deadline for the May issue is **Sunday, April 14, at 11:00 a.m.**

Electronic Submission: You may send articles by e-mail to: **njk.williams@yahoo.com** or place articles in the Church Office's newsletter box.

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Website: www.LRUMC.org

Visit us on FACEBOOK.

Help Us Get A Grant to Upgrade Our Kitchen

We have been blessed once again to receive a \$4,600 matching grant to purchase a stove, microwave oven and hotdog cooker (*great for back-to-school, community, summer fun events, etc.*) for our kitchen.

In order to take advantage of this grant, we need your help. We must come up with our portion of grant for \$4,600 by April 1, 2024. **As of March 14, we have raised \$2,100.**

If you are able and would like to take part in this amazing opportunity, please make your check payable to LRUMC and indicate *Stove Grant* on the memo line. You can drop it off in the offering plate or mail to the church office.

Easter People

(Continued from page 1)

inth that they are running a race of faith. Paul writes in 1st Corinthians 9:24-25, "Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one." We are called to live transformed lives that are walking signs of God's goodness. Paul is sharing with the church in Corinth how to live transformed lives; how to be Easter people.

Grace & Peace,
Pastor George

United Women In Faith April Schedule

Phyllis Downes Circle

Monday, April 8

10:00 AM—Room 202

Women in Christ Circle

Monday, April 1

7 PM—Room 202

Study: *Christian Community*

Lesson 5: Community Commissioned

Study Leader: Yvonne

April 28

Covered Dish following the worship service

Program to be Announced





Thank You

A huge shout out to everyone who helped with this year's egg making. Whether it was making the filling, weighing the filling, molding eggs, melting the chocolate, dipping eggs, trimming eggs, separating the wrappers, wrapping eggs, cutting paper for the boxes, putting together boxes, labeling boxes, filling the orders, selling eggs, buying eggs, washing dishes (with hand-boiled water) or most importantly eating the eggs, it takes a village and you are appreciated. We had pre-orders for 250 dozen and made 3918 eggs total. Top seller is peanut butter, with vanilla coming in second and chocolate and coconut tied. Dark chocolate (2000) has a slight lead over milk chocolate (1918). A special welcome to some first-time helpers (Anne P, Cathy M. and Carol L) plus Owen W to make our event co-ed for the first time, but we couldn't do it without our veterans as well (Nancy H, Nancy W, Joann M, Susan A, Yvonne H, Linda C, Nancy G, Sharon N, Joycelyn W, Cecilia M and Caitlin W).

Until next year,
Amy P and Jennifer W



The Glendale/Glenmont Community Association Annual Meeting

The Glendale/Glenmont Community Association will hold its Annual Community Meeting on Wednesday, April 24, at 7 PM in the Fellowship Hall at LRUMC. If you want to find out what is happening in your community or you want to meet your neighbors, please plan to attend this meeting. Snacks will be provided.

Coming together is a beginning. Keeping together is progress. Working together is success. — Henry Ford

Better Business Bureau Annual Shred Day

Gather your old documents that need shredding. BBB's 18th Annual Drive-Up Shred Day is returning to Baltimore on Saturday, April 27.

Items Eligible for Shredding

- Old tax forms
- Junk mail
- Documents with a signature that you no longer need
- Old bank statements
- Credit or credit card offers

When

April 27, 8AM—11AM

Where

IKEA Baltimore & Maryland State Fairgrounds

Up to 4 bags/boxes of paper per car!

A Thank You From Theresa

Your faith in action goes beyond spoken words for your generous donations of different types of medical supplies toward my upcoming mission trip. Again, thank you so much for your labor of love and remain blessed.

In Christ Alone,
Theresa Ogide-Alaeze

Less Stress, More Joy. How?

April is National Stress Awareness Month and I thought it would be appropriate to share some of what I have learned as a National Board Certified Health and Wellness Coach, and discuss with audiences in my “Less Stress, More Joy” Program.

Here are 3 things that are keeping you stressed out, overwhelmed and sometimes dissatisfied with life, and simple ways to create more feel good hormones naturally.

Using false substitutes for fulfillment and stress reduction.
Lack of quality sleep
Self-Judgment

The most common false substitutes are:

Overeating
Overdrinking
Social scrolling

Can you relate to any or all of these? These are common substitutes for a reason. They are easily available, they give us a quick mood boost and they allow us to relax and calm down temporarily. This is totally normal behavior for most; so do not feel badly about it. In fact, releasing the guilt around it will help you to break out of this cycle.

We reach for food, drinks or our phones because we believe that it will make us feel better, and it does momentarily or even longer. This is however an illusion that we are feeling better. We think that the extra food, drink or scrolling will soothe the discomfort and stress or fill up our days with joy.

These activities in fact have a negative impact on stress long term. Instead of relieving stress, these actions only help to numb our feelings. Sometimes we need to numb, sometimes we need a break from our feelings and move the stress through our bodies, but after the temporary fixes, the stress is still present.

To cope with our stress, we reach for our devices and begin scrolling on social media, for example, as a means of feeling connected, to be entertained, and to have a sense of fulfillment.

Research has shown that social media increases feelings of loneliness, depression and stress because we are comparing ourselves and our lives to the carefully curated post we are seeing. This can lead to self-judgment.

So what should we turn to instead to alleviate feeling stressed, overwhelmed, or lonely?

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The Loch Raven Dance Troupe would like to invite everyone to Disney Music Bingo. It is **Saturday, April 20th**. Doors open at 6 pm and games start at 7 pm. Cost is \$10 with snacks available for an additional charge. It is at the church, so we would love to have you join us. See Amy or Jennifer for tickets.

Thank you,

*Grace Price, Caitlin Webster
and Gabby Schwartz*

PS. Our recital is *Hairspray* which will be Mother's Day weekend at Towson High School.

April Birthdays

- 1 Nerisa McDonald
- 5 Evan Christie
- 8 Evan Welsh
- 9 Ruth Kriel
- 14 Peggy Kendzierski
- 16 Joseph Orzolek
Zachary Starin
- 23 Audrey Moltz
- 26 Verna Roman
- 27 Coco Sedgewick
- 29 Kali Marsalek

Less Stress, More Joy. How?

(Continued from page 4)

Let's now look at 3 healthy and effective ways to manage stress and boost mood.

Find Connections

Reach out to family, friends, loved ones, groups such as at your church or community organizations to support you in your time of need.

Here you can become involved in positive activities that help foster more positive attitudes and behaviors. This is also a great way to reduce time spent on social scrolling.

Use Food as a Mood Booster

Eat at consistent times of the day rather than binge eating. Eat protein, fat and fiber most at meals. This combination is not only nutritionally beneficial, but will also keep you satisfied and stabilize your energy levels. Research some of the mood boosting foods that can be consumed to keep your levels of feel-good energy up.

Ensuring Adequate Quality Sleep

Adults who sleep fewer than eight hours a night report higher stress levels than those who sleep at least eight hours a night. High levels of stress impair sleep by prolonging how long it takes to fall asleep and fragmenting sleep. Therefore, it is very important to ensure that we get ample sleep as this is directly related to lower levels of stress.

Managing stress is an essential component of a healthy lifestyle and should be something that we all focus on not just in April, but throughout our entire lives

Reynold Small
NBC-HWC



The Outreach Committee is hosting a **Flea Market** at LRUMC on **Saturday, May 18, from 8 AM to 2 PM**. Vendors can set up at 7 AM. If you would like to reserve a space please call Maurita in the church office (410-825-0900) to reserve your space. Each space is \$20. A deposit is due when you reserve your space. **The deadline for reserving space is April 30.** Vendors are required to bring their own table and chairs. There will be two tables for Loch Raven United Methodist Church. **If you would like to donate items for the church table, please bring them to the office by Saturday, April 20.** All proceeds from the church's table will be donated to the Food Pantry.



LOCH RAVEN UNITED METHODIST CHURCH

Profit and Loss by Month

December 2023 - February 2024

	DEC 2023	JAN 2024	FEB 2024	TOTAL
Income				
4000 REVENUE				\$0.00
4001 Envelope Offering	16,577.30	27,659.30	20,484.10	\$64,720.70
4002 Plate Collections	447.00	63.00	171.00	\$681.00
4006 Special Offerings Income	10,750.00	7.00	177.00	\$10,934.00
4012 e-Giving	5,581.50	5,884.81	5,399.75	\$16,866.06
4013 Gifts	602.00	341.24	10.00	\$953.24
Total 4000 REVENUE	33,957.80	33,955.35	26,241.85	\$94,155.00
4010 Sunday School Offering	62.00	32.00	76.00	\$170.00
4055 Flowers Income	84.00	480.00	100.00	\$664.00
4100 Building Use	2,550.00	3,580.00	2,500.00	\$8,630.00
Uncategorized Income	39,900.00		27,811.84	\$67,711.84
Total Income	\$76,553.80	\$38,047.35	\$56,729.69	\$171,330.84
GROSS PROFIT	\$76,553.80	\$38,047.35	\$56,729.69	\$171,330.84
Expenses				
5100 PERSONNEL COMPENSATION				\$0.00
5110 Salaries	7,243.16	7,493.16	7,743.16	\$22,479.48
5120 Housing Allowance	2,457.82	2,457.82	2,457.82	\$7,373.46
6230 Payroll Taxes	184.88	194.43	204.01	\$583.32
Total 5100 PERSONNEL COMPENSATION	9,885.86	10,145.41	10,404.99	\$30,436.26
5200 EDUCATION			256.70	\$256.70
5300 CONFERENCE PMTS & APPORTIONMENTS *	11,517.66		2,153.23	\$13,670.89
5105 Pastor Pension	74.43		153.86	\$228.29
Total 5300 CONFERENCE PMTS & APPORTIONMENTS *	11,592.09		2,307.09	\$13,899.18
5400 OCCUPANCY				\$0.00
5402 Building Repair & Maintenance	139.30		3,464.55	\$3,603.85
5411 Property Tax - Metro Charges	1,985.81	1,985.81		\$3,971.62
5422 Inspection & Maint. Contracts			522.40	\$522.40
5423 Custodial Supplies		177.16		\$177.16
5424 OCCUPANCY*Custodial Services	2,630.00	1,500.00	69.53	\$4,199.53
5425 Trash & Recycle Removal	165.88	164.38	327.28	\$657.54
5430 Utilities - Church*		2,050.03	4,007.13	\$6,057.16
54310 Gas & Electric combined (temp)*	2,030.20			\$2,030.20
5435 Telephone & Internet*	239.91	244.24	246.37	\$730.52
Total 5430 Utilities - Church*	2,270.11	2,294.27	4,253.50	\$8,817.88

LOCH RAVEN UNITED METHODIST CHURCH

Profit and Loss by Month

December 2023 - February 2024

	DEC 2023	JAN 2024	FEB 2024	TOTAL
5440 Grounds Maintenance*	4,890.00		1,740.00	\$6,630.00
Total 5400 OCCUPANCY	12,081.10	6,121.62	10,377.26	\$28,579.98
5500 OUTREACH				\$0.00
5503 Marketing			468.00	\$468.00
5510 Supplies & Materials	3,327.30			\$3,327.30
Total 5500 OUTREACH	3,327.30		468.00	\$3,795.30
5600 WORSHIP				\$0.00
5607 Flowers - Net Expense	568.60	400.35	113.90	\$1,082.85
5608 Altar Guild & Worship Aids	97.85	480.27		\$578.12
5620 Music	2,250.00	2,000.00	2,300.00	\$6,550.00
5621 Piano and Organ Maintenance	375.00			\$375.00
Total 5600 WORSHIP	3,291.45	2,880.62	2,413.90	\$8,585.97
5800 Professional Services				\$0.00
5810 Accounting*	1,020.00	600.00	540.00	\$2,160.00
Total 5800 Professional Services	1,020.00	600.00	540.00	\$2,160.00
6000 OFFICE				\$0.00
1014 Financial Charges			130.00	\$130.00
6003 Reproduction	373.27	154.95	266.64	\$794.86
6005 Maintenance - Office Equipment			124.00	\$124.00
6006 Office Supplies	980.01		47.96	\$1,027.97
6010 Computer Expense*	261.50	124.00	112.50	\$498.00
Total 6000 OFFICE	1,614.78	278.95	681.10	\$2,574.83
6200 Financial records, bank charges	148.00	130.00	51.93	\$329.93
6560 Payroll Expenses	3,134.36	1,029.84	8,441.34	\$12,605.54
Taxes				\$0.00
Federal Taxes (941/944)	184.88	92.44	204.01	\$481.33
MD Unemployment Tax	0.00	0.00	0.00	\$0.00
Total Taxes	184.88	92.44	204.01	\$481.33
Wages	-7,243.16	-7,493.16	-7,743.16	\$ -22,479.48
Clergy Housing Cash	0.00	0.00	0.00	\$0.00
Salary	7,243.16	7,493.16	7,743.16	\$22,479.48
Total Wages	0.00	0.00	0.00	\$0.00
Total 6560 Payroll Expenses	3,319.24	1,122.28	8,645.35	\$13,086.87
Miscellaneous Expenses	5,491.48	292.04	2,295.00	\$8,078.52
PROGRAMS				\$0.00
5301* LRUM Missions Workarea**	700.00	454.39	13,840.00	\$14,994.39
Total PROGRAMS	700.00	454.39	13,840.00	\$14,994.39
Total Expenses	\$52,471.30	\$22,025.31	\$52,281.32	\$126,777.93
NET OPERATING INCOME	\$24,082.50	\$16,022.04	\$4,448.37	\$44,552.91

LOCH RAVEN UNITED METHODIST CHURCH

Profit and Loss by Month December 2023 - February 2024

	DEC 2023	JAN 2024	FEB 2024	TOTAL
Other Expenses				
Unrealized Gain or Loss	0.00	0.00	0.00	\$0.00
Total Other Expenses	\$0.00	\$0.00	\$0.00	\$0.00
NET OTHER INCOME	\$0.00	\$0.00	\$0.00	\$0.00
NET INCOME	\$24,082.50	\$16,022.04	\$4,448.37	\$44,552.91

Note

December 2023 Uncategorized Income \$39,900 = Transfers from Chk a/c 4076 (\$9,900) & Schwab Brokerage AC (\$30,000) to cover Missions Checks and revenue shortage in chk a/c 7124.; Transfer of funds (\$9,900) back to Chk a/c 4076 was made in Feb 2024.

February 2024 Uncategorized Income \$27,811.84 = IRS Reimbursement (\$12,811.84); Transfer from Schwab Brokerage AC (\$15,000)