

The Messenger

South Hill United Methodist Church

June 2015



Hosting 4K for Cancer Cyclists

South Hill UMC is hosting 25 cyclists overnight on June 4-5. There is a sign-up sheet in the narthex or contact Mary Hardin 636-8237 if you can help with dinner or breakfast.

4K for Cancer, a program of the Ulman Cancer Fund for Young Adults, is a non-profit organization dedicated to supplying support, awareness and education for young adults with cancer. The program focuses on uniting communities and people across the country that have been affected by cancer. They accomplish this through raising funds and awareness, doing community service, and doing outreach activities during their 4,000 mile cross-country bike ride from Baltimore, MD to San Diego, CA.

Farewell Luncheon for the Spigener's Sunday, June 28

*Members and friends of South Hill UMC are invited
to a covered dish luncheon
in honor of Lane & Jean*

As we begin the month of June we also are starting into a time of transition in our church. Our church will be saying our goodbyes to Lane and Jean. They will be moving to the Pembroke Charge (Pembroke First and Mount Lebanon) in Pembroke, VA on June 29th. A covered dish luncheon is planned for Sunday, June 28th after the 11:00 A.m. service. We greatly appreciate Lane's ministry here and wish for him and Jean the very best! A Love Offering will be taken on June 21st during the worship service.

Cammie Puckett, Staff-Parish Relations Committee, Chair



Undy Sunday is June 28th

New children's underpants (sizes 6, 8, 10, 12) are needed
for the back-to-school ministry.

The greatest need is for boy's underpants sizes 6, 8, 10.

FROM OUR PASTOR

Time passes quickly. It seems like only yesterday I was arriving in South Hill to be your new pastor at South Hill United Methodist Church. As Jean and I pack, I am reminded of Ecclesiastes 3 which says regarding change, "There is a time for everything, to everything there is a season."

I was at my last church for 7 years and God decided my season there was to come to an end and start a new one in a town called South Hill. After being here for 4 years I have met a lot of people and made a lot of friendships. After being in the ministry for 21 years I can truly say I feel South Hill is my second home to Charleston, SC. During my 4 years here God allowed me to meet the love of my life whom I now call my wife.

Now my season has changed again and God has seen fit to send me to another place God feels Jean and I are needed. We will truly miss all of our friends and ask that you continue to keep us in your prayers as we will continue to keep South Hill UMC in our daily prayers.

Blessings always, Pastor Lane and Jean

Chancel Choir

I would like to take this opportunity to thank the Chancel Choir for another year of hard work and dedication. Our last choir practice before our summer break will be on Wednesday, May 27th. We will resume choir practice on Wednesday, September 2nd at 7:30 P.M. Anyone who is interested in joining the choir can join us over the summer. We meet in the choir room after Sunday school. We take anyone who wants to sing whenever they are available. We realize that in today's busy world you can't be at every choir practice. I also want to take the opportunity to thank Pastor Lane for his ministry at South Hill United Methodist Church. I thoroughly enjoyed working with him and being a partner in his ministry. I wish him and Jean the best as they begin a new ministry in Pembroke, VA. I will miss their ministry greatly but I am grateful that our friendship will remain. *Jimmie Crowder*

Annual Conference Offering

Roanoke – June 19-21

A special offering will be taken June 14th



◆ **Methodist Mission in Cambodia - \$50,000**

We want to continue to strengthen our partnership with the Methodist Mission in Cambodia by offering support as they continue to purchase property to establish new churches and expand their fast-growing mission.

◆ **UMCOR Global Health Ministries - \$50,000**

These funds will go to United Methodist Committee on Relief (UMCOR) Global Health ministries to aid the Ebola-ravaged countries of Sierra Leone and Liberia. Both of these countries have trained and equipped Health Boards in their United Methodist conferences that are working to meet priorities and needs of communities recovering from the Ebola outbreak as well as a holistic approach to health that empowers people to take charge of their own lives and develop positive health-seeking behavior in their communities.



◆ **Children Out of Poverty in Virginia - \$50,000**

This will provide financial support for mission projects working with the poor in the Danville and Eastern Shore districts of our conference. Both of these districts are working in ministry in areas of Virginia that are well below the national and state poverty levels. Of particular concern and emphasis are children living in poverty.

U.M. Youth Fellowship



The UMFY members always enjoy taking an active role in our church ministry. One of their favorite activities is the annual youth service. On May 10th, the 16 members participated in this inspirational service. Through the stick ministry, song, and testimonies, the youth shared their love for God, who is always by their side as they make their dreams, pursue their dreams, change their dreams, and accomplish His plan.

During this service, youth members also informed the congregation of our Conference support for The United Methodist Church's

Imagine No Malaria initiative. During the Children's Message, the younger children turned in their collection boxes for this cause. Congregation members were encouraged to make a donation.

The Children's Choir participated in this special service. They opened the service with a song during the Call to Worship. Also, Sophie Crowder and J.D. Rimon performed the Offertory.

UMFY members would also like to thank everyone for their support during the year. Your prayer support, monetary contributions, and donations of time help to make our youth group successful.



South Hill United Methodist Youth Scholarships

Several years ago, a generous gift was made for a Memorial Scholarship Fund in memory of Mrs. Grace Walker. This fund is invested with the U.M. Foundation Scholarship Fund. At a later time, the Flippen Scholarship Fund was transferred to the U.M. Foundation Scholarship Fund. With these scholarship funds in mind, the youth leaders met with Rick Carroll to discuss creating scholarships for youth group seniors.

Once the idea and preliminary guidelines were presented to the necessary committees, the Administrative Board approved the South Hill United Methodist Youth Scholarships. The senior members must be active participants in youth group meetings and activities. The members must also attend a college or university after high school graduation.

Each senior received a \$500.00 scholarship. The first recipients were Jacob Berryman, Meghann Bugg, and Lauren Healy.





Birthdays of the Month

June 1	Sidney Burke	June 6	Phyllis Maslen	June 17	Joe Howerton
June 1	Bryant Reese	June 7	Sue Carroll	June 19	Royall Boswell
June 1	Ruthie Kinker	June 8	Amy Stapleton	June 20	Kristen Gwaltney
June 2	Stephanie Black	June 11	Victoria Kinker	June 21	Carolyn Wagoner
June 2	Jaxton Shook	June 11	Janice Lewis	June 22	Anne Banfield
June 3	Jim Hardin	June 14	Charles Wall, Jr.	June 22	Cammie Puckett
June 4	Carol Klinefelter	June 14	Betty Young	June 22	Alyssa Brame
June 4	Paige Reese	June 14	Ashley Hardee	June 22	Alton Liles
June 5	Shirley Carrillo	June 14	Laura Liles	June 23	Lane Kinker
June 5	Will Spencer	June 14	Daniel Borsden	June 24	Gregg Harper
		June 15	Jacob Gillispie	June 25	Christen Newsome
		June 15	Charles Young	June 27	Shannon Willis
		June 15	Michael Wright	June 29	Patricia Roberts
		June 16	James Gillispie, III		

If your birthday is missing, please notify the church office so we can add it to our records.

Congratulations to our Graduates

Jacob Berryman	Parkview High School
Meghann Bugg	Parkview High School
Lauren Healey	Parkview High School
Gallion Taylor	Virginia Tech

Heaven

By Lisa E. Clary © April 2015

The door to heaven is open to all those who believe;
 It is a place to rejoice and never to grieve.
 The pearly gates will swing open wide;
 As you walk through with Jesus by your side.
 Angelic voices will ring out through the land,
 As you are heralded with songs of harmony from a heavenly band.
 Sun, moon, stars, wind, rain and day and night,
 Fade way as he becomes the leader of way, the truth and light.
 Touch the hem of the garment of the chosen one,
 And ask for salvation in all you do and all you have done.
 Love is all around as he reaches out his arms;
 Protecting you and keeping you safe from all harm.
 The holy light that shines and lights what you see near and far
 Means he is the one that shows us the way, as he is the brightest star.
 A gentle peace surrounds and encircles all his disciples and those who believe
 Put your trust in Him and he will never leave.
 Even when you think all in life is lost;
 Look to the Lord because the key to heaven hung on the cross.

Using Your Smartphone or Tablet for Spiritual Growth

Technology has come a long way in the past few years. People now use their smartphones and tablets for a great number of things, each day, and all day. Here are some very useful apps to use each day to help keep you focused on the Kingdom of God.

For Bible study software - *Bible Study by Olive Tree*. A great app that allows you to carry many references with you wherever you go. Bibles, Dictionaries, Word Studies, Maps, and Commentaries are the main items. It allows you to make notes and highlights which are stored on the Olive Tree servers and then can be seen on your smartphone, tablet, and computer.

For memorizing scripture - *Bible Memory: Remember Me*. This app will import the scripture once you give it a reference from most any translation. It will remind you each day of the verses you need to review to keep them current. It also has some wonderful helps for learning each verse.

For daily devotions - *Daily Prayer PC (USA)*. This app is published by the Presbyterian Church (USA). It contains a daily reading program consisting of Psalms, Old Testament, Epistle, and Gospel reading. It has suggested prayers for four times a day. This app can help you add structure to your daily devotions and reminds you to pray for a number of things that are often forgotten.

For maintaining a personal prayer list - *Prayer List by Blake Smith* (Available only in Google Play store). This is a simple list for adding prayer concerns and checking them off when you see God has answered prayers.

For short encouraging statements - *Twitter*. There are a number of ministries and spiritual individuals who send out inspiring words throughout the day.

For spiritual books to read - *Kindle app*. There are many wonderful books in the Kindle Store to help you grow in faith. If you want some suggestions ask your pastor.

Most of these apps are available in iTunes, Google Play, and the Amazon App Store. Great helps can be available wherever you are with technology we can carry with us.

Based on article by Rev. Tim Irving

Wellness Committee

ACID REFLUX, COMMON AILMENT OR A SIGN OF SOMETHING MORE SERIOUS?

Acid reflux is commonly known as heartburn or acid indigestion. Symptoms include a burning pain or discomfort that may move from your stomach to your chest or abdomen, or even up into your throat. You may also experience a sour or bitter-tasting acid backing up into your throat or mouth. Occasional heartburn is usually nothing serious and can be treated with dietary changes and/or over-the-counter medications.

If you've regularly been taking medications like antacids for longer than two weeks with no symptom relief or if you're having heartburn more than a few times a week, it's time to see your doctor. You may have a condition called gastro esophageal reflux disease (GERD). GERD is acid reflux that persists more often than twice a week. With GERD the esophagus (your food pipe) becomes irritated or inflamed because of acid backing up from the stomach. Left untreated, GERD can have serious complications, including an increased risk of some cancers.

No one knows the exact cause of acid reflux, however the following are contributing factors that weaken or relax your esophagus, making reflux worse:

LIFESTYLE BEHAVIORS, including smoking, drinking alcohol and poor posture.

MEDICATIONS such as calcium channel blockers, nitrates and antihistamines.

DEITARY CHOICES like fatty and fried foods, caffeinated drinks and acidic and spicy foods. Eating large meals, eating quickly or soon before bedtime can also cause acid reflux.

OTHER CONDITIONS like obesity, pregnancy and diabetes can also contribute to acid reflux.

Your doctor may order tests to confirm a diagnosis and check for other problems.

Acid reflux is 50 percent more common today than it was 10 years ago. The condition affects 25 to 40 percent of the adult population of the United States to some degree at some point.

Shirley Wetherbee

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Church Staff

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Jimmie Crowder, Jr. Music Director/Organist
DeAnne Irving Administrative Assistant
Carolyn Black Sexton

***Worship Services: Sundays at
8:45 a.m. (in the chapel) and 11:00 a.m. (in the sanctuary)
Sunday School: 9:45 a.m.***

Upcoming Events

Thur., June 4		Host 4K for Cancer cyclists
June 6 & 20	8:00 AM	Community Service Sales at The Upper Room Ministry
Tue., June 9	11:30 AM	U.M. Women Circle at Centennial Park
June 9 & 23	6:30 PM	Prayer Shawl Ministry
Sun., June 14	8:00 AM	U.M. Men's Breakfast
June 19-21		Annual Conference (Roanoke)
Wed., June 24		Newsletter Deadline
Sun., June 28		Undy Sunday
Sun., June 28	12:15 PM	Covered-dish farewell luncheon for Lane and Jean
July 4 & 18	8:00 AM	Community Service Sales at The Upper Room Ministry
Sun., July 12	8:00 AM	U.M. Men's Breakfast
Sun., July 12	12:15 PM	Covered-dish welcome luncheon for Siegle family
July 14 & 28	6:30 PM	Prayer Shawl Ministry
Sun., July 19	6:00 PM	Council on Ministries meeting
Sun., July 19	7:00 PM	Administrative Board meeting
Wed., July 22		Newsletter Deadline

