

The Messenger

South Hill United Methodist Church

July 2015



POOL PARTY for Children, Youth, and their families

On July 8th there will be a pool night at South Hill Country Club (3061 Country Club Road, La Crosse) from 6:00-8:00 p.m. Dinner will be provided.

Please RSVP to Debra Pearce (447-3168) with the number in your family that can come and enjoy the fun by Sunday July 5th.

South Hill United Methodist welcomes a new minister on July 1

Rev. Brian Siegle is a preacher's kid who never wanted to be a preacher. Born and raised in Virginia, he claims the Commonwealth of Virginia as his home town, though many of his school years were in northern Virginia. His education focused on math and science and took him toward and into an engineering track at Virginia Tech. Music was also nurtured, beginning with playing the string bass in 5th grade, something he still enjoys doing. He graduated in 1995 with a Bachelors' Degree in Electrical Engineering with a focus in digital electronics and microprocessor design. He was active in the Wesley Foundation at Virginia Tech, and sang with the Wesley Singers. He married his wife, Holly, after completing his last class in September 1995, and moved to Charleston, South Carolina where he worked as the Information Systems Manager for the largest vacation rental company in the Charleston area. While in Charleston, both of their daughters were born, Lee in 1996 and Anna in 2001.

Brian heard and finally responded to God's calling him to ministry in 2001, and the family moved back to the home turf of Virginia where Brian entered Wesley Theological Seminary, in Washington D.C. in 2002. He served a small rural church in southern Fauquier County as a student



pastor while in seminary. Upon graduation in 2006, they moved to Christiansburg, where Brian served as the associate pastor at St. Paul UMC. After three great years there, the church felt the necessity to downsize the staff, and the family moved again to northern Gloucester County, to New Hope UMC, where Brian has served for the last 6 years. Brian was ordained elder in 2011.

In addition to his ministerial duties, Brian serves as Vice President of the Virginia Conference Board of Communications, holds the responsibility of platform chairperson for the Virginia Annual Conference sessions each year, helps churches and districts with their websites and technology training, plays string bass in a community orchestra, and drives charter buses. Holly has been working as an administrative assistant, and loves to read, cook, and exercise. She is a 3-year breast cancer survivor and is actively involved in Beyond Boobs!, a breast health organization which provides education and support for young women diagnosed with breast cancer. This fall, Lee will be starting her third year at UVA, majoring in Global Public Health. Her passion is in Latin America; she has been on two trips to Nicaragua, and will visit the region again this fall as part of an 11 nation tour on Semester at Sea. Anna will be a freshman at Park View High School, loves elephants, and has an interest in photography.

Brian and the family are looking forward to the opportunities for ministry with South Hill UMC in South Hill and the surrounding area.

Administrative Board

When you receive this newsletter South Hill UMC will have a new pastor and church family. Everyone looks forward to meeting Brian Siegle and his family. We welcome them with open arms and loving heart as we know it is God's will that they are with us. A member of our church has said many times that it is up to the members to make sure our pastor succeeds. My response is Amen! We must work together as a church family to make SHUMC that light upon a hill. The Apostle Paul talks about this very thing in many of his writings. I also want to thank Lane for his service to our church. I have had the pleasure of working with him over these last 4 years. Let's all pray for their new beginning as I know the people of Pembroke will also be receiving them with open arms and a loving heart. May God always bless and guide them. Look forward to seeing you all in worship service and remember its 8:45 and 11:00. God Bless. *Glenn Barbour, Chair*



A warm Welcome is extended to the Siegle family! We look forward to his ministry here and also, getting to know all the Siegle family. Welcome to all!

Cammie Puckett, Staff-Parish Relations Committee Chair

Conference Kits

Thank you to all who donated kits for Conference. The United Methodist Women collected 23 school kits and 11 sewing kits.



U.M. Youth Fellowship

UMYF Members Say Thanks!

The UMYF members would like to thank everyone for their support this year. Our fundraiser was a huge success. Your donations allowed us to support The Bread Box, UNICEF, The Imagine No Malaria Fund, host the Winter Carnival, provide items for the Easter Egg hunt, and purchase materials for activities. We also appreciate the support you gave us by providing food and drinks for the DNOW retreat, attending church services, and speaking words of kindness. Thank you again!

4K for Cancer Cyclists

South Hill United Methodist Church hosted 25 cyclists overnight on June 4-5 as they traveled through South Hill on their 4K for Cancer journey. It is a program of the Ulman Cancer Fund for Young Adults, and 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 has been affected by cancer. They accomplish this through raising funds and awareness, doing community service, and doing outreach activities during their 4000 mile cross-country bike ride from Baltimore, MD to San Diego, CA. They had travelled 92 miles when they arrived in South Hill for dinner and showers and an overnight sleepover at the church. Each person had to apply and interview before he/she was accepted to ride. Each person had to raise money for 4kforcancer before the trip began. Each week they have a rest day. On their rest day, they will volunteer in the community in which they are resting. They average 80 miles a day, but once a week they will have a Century Day in which they ride 100 miles. June 5 was their first Century Day.

Before they begin the day, on their calves, they write the names of people with cancer, have been touched by cancer, or who have passed away from cancer. The group then forms a circle and dedicates the day to names they wrote Team Leaders: Kevin Courtney and Hannah Gutjahr.





Birthdays of the Month

July 2 Diane Curtis
 July 2 T.J. Wallace
 July 2 Stacie Bowers
 July 4 Lane Wagoner
 July 6 Kristen Medlin
 July 7 Ann Gauchat
 July 7 Amanda Howell

July 11 Steven Crowder
 July 11 Peyton Clary
 July 12 Charles Hudson
 July 13 Marian Sims
 July 15 Herbert Binford
 July 15 Chris Jackson
 July 15 Patricia Connell
 July 16 Edna Walker
 July 19 Alexandra Flowers
 July 19 Patrick Faulconer
 July 20 Jim Hofler

July 20 Ethel Klingenberg
 July 21 Don Dugger
 July 22 Jeffrey Pegram
 July 22 John Pegram
 July 23 Ava Crowder
 July 24 Noah Nichols
 July 27 Ted Blair
 July 27 Lou Saunders
 July 28 Katherine Crutchfield
 July 28 Kim Sneider

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

Condolences

*Deepest sympathy is extended to the family of
 William Herndon Neblett on June 20th.*



Thank You

Many thanks to all for the Farewell Luncheon for Lane and Jean. The Kitchen Committee appreciates all you do to make these events so enjoyable.

Dot Burnette and Cammie Puckett, Co-chair

The Upper Room Ministry

The Upper Room Ministry is in need of an electric range and a washing machine for one of the working single mothers that they are mentoring. Please contact Brenda Child (848-3329) for information.

Gleaning For The World

One in an occasional series highlighting missions and ministries that the church supports.

Each day, all around the world, people suffer and die because they lack the things we take for granted...Food. Water. Medicine. Someone to care.

We have enough – all we must do is learn to share.

Gleaning is an Old Testament concept from the book of Ruth which refers to the sharing of one's wealth. In the Old Testament times, people were permitted to reap grain left around the sides of the field after the harvest and give it to the widows. The gleaning concept was – and still is – one way God's people can share with those in need.

Today, Gleaning For The World uses a modern process we call Gleaning™ to help people in need around the globe. Each year, U.S. industries destroy 200 million tons of usable supplies, simply because there is no better option. Meanwhile, 40 percent of the world's population lives on the equivalent of less than \$2,000 per year for a family of seven. Gleaning For The World bridges this gap serving as the link between industries that have products to donate and humanitarian organization who

can use those products to help the poorest of the poor – providing healing for the sick, food for the starving, clothes and shoes for the poor, and more.

Who does Gleaning For The World help? Gleaning For The World provides supplies to humanitarian and mission organizations to help people in the greatest need, regardless of country of origin, race, gender, religion or other factors.

How are monetary donations used? Gleaning For The World, Inc. is a non-profit, 501(c)(3) faith-based organization. As such, they seek to ensure that every dollar donated is used in the most efficient way possible. For every \$1 in donations, GFTW can provide \$100 worth of critical, life-saving supplies where they are needed most. For details about our commitment to stewardship, please visit our web site at www.GFTW.org.

How can I help? Pray, Volunteer. Donate. In a world where there is so much – where so many of us have more than we need – there is no reason others should suffer for lack of food, water or medical care. We glean so that other may live.

Gleaning For The World was started by the Rev. Ron Davidson, a retired Elder in the United Methodist Church. Rev. Davidson answered God’s calling to serve “the least of these in need”. He has spoken in our church on several occasions to share about GFTW and our church has supported it since the beginning. Ron has written a wonderful, heart-touching book that tells of his calling, *I Did It His Way*. Our mission group has copies of this book and we would be glad to share them with you. You will be truly challenged and blessed by reading it!

Brenda Child, Missions Committee Co-chair



Wellness Committee

FOODS THAT PROTECT AND PROMOTE EYE HEALTH

Carrots have long been held as the superfood that can promote eye health, and it's for a good reason. Carrots are loaded with beta-carotene, an antioxidant that has been shown to help your retina and other parts of the eye function smoothly. However, there are other foods that play a vital role in keeping your eyes in prime shape. Vitamins C and E, zinc, lutein, zeaxanthin, and omega-3 fatty acids all play a role in eye health. They can help prevent cataracts (clouding of your eyes natural lens). They may also fight the most likely cause of vision loss when you're older: age related Macular degeneration.

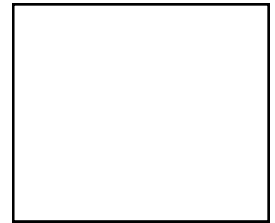
Make the following foods a staple of your diet to keep your eyes in tip-top shape. Grapefruit, oranges and tomatoes all contain vitamin C. Numerous studies have linked Vitamin C and ocular health. Eat half a grapefruit, an orange or a few slices of tomato a day, Brussels sprouts, green peppers and strawberries are other good vitamin C sources. Spinach and kale contain the antioxidants lutein and zeaxanthin which may help protect your eyes from damage caused by the sun and pollution and reduce the risk of cataracts. Collard greens and broccoli are other good sources also. Seeds and nuts are excellent sources of vitamin E and zinc which help to keep your eyes healthy. Researchers found a 25% lower risk of developing advanced stages of Macular Degeneration when a nutritional formula including vitamin E was taken. Add a small handful of any type of nut, or chia or flax seeds to your cereal. Seafood like salmon, sardines and herring are rich in omega-3 fatty acids, which along with keeping your heart and brain healthy, may also protect your eyes by fighting inflammation. Aim for 2 servings a week. An eggs yolk is a prime source of lutein, zeaxanthin and zinc, which can help reduce your risk of developing macular degeneration.

Cataracts are the most common cause of vision loss in people over the age of 40 and are the principal cause of blindness in the world. According to research, more than 20 million Americans have cataracts.

Shirley Wetherbee

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ADDRESS SERVICE REQUESTED

Church Staff

Rev. Brian Siegle	Pastor
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

Wed., July 1		Moving Day
Fri., July 3		Office closed - holiday
July 4, 11, 18	8:00 AM	Community Service Sales at The Upper Room Ministry
Wed., July 8	6:00 PM	Pool Party at South Hill Country Club
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
Wed., July 15	7:00 PM	Finance Committee meeting
Sun., July 19	6:00 PM	Council on Ministries meeting
Sun., July 19	7:00 PM	Administrative Board meeting
Wed., July 22		Newsletter Deadline

