

The Messenger

South Hill United Methodist Church

August 2015



Youth Group Kick-Off

All students in grades 6 through 12 *and their families* are invited to attend our **Youth Group Kick Off** event on **Sunday, August 30** at the home of Angie and Buck Calhoun (1060 W. High St., South Hill). Social and games begin at 4:00 pm. Dinner will be provided. Feel free to bring a friend!

The first official Youth Group Meeting will be on Sunday, September 13 at 6:00 pm at the bowling alley in South Hill. Please wear socks and be ready for fun and fellowship. We look forward to seeing you there!

Youth Leaders Jeremy Lambert and Angie Calhoun look forward to working with both new and returning youth members and their families for the 2015-2016 Youth Year. If you have any questions, please call or text Jeremy Lambert (434-774-8582) or Angie Calhoun (804-339-7166).



All are needed for Sunday School Promotion Day!

On Sunday, August 30, please meet in the Chapel at 9:50 am for this important day. During this time, we would like to recognize Sunday School teachers. If you are a teacher, please let

Kathy Reese know by emailing (bkreese@embarqmail.com) or calling 447-7705. Also needed are the names of students moving from kindergarten to first grade. Please let Kathy Reese know the names of these students. **All information is needed by August 9.** The Education Committee looks forward to seeing you at Promotion Day on August 30.



PASTOR'S THOUGHTS

I would like to extend a heartfelt thank you to all who have so generously welcomed us to South Hill. We feel like part of the community already! My family and I are so excited to be part of this vibrant community, and celebrate what South Hill UMC is and will be for South Hill and the surrounding area.

I would like to share with you some of my current thoughts. I feel the root of my job, as was modeled by Jesus, is to love each and every one of you as you are, but love you enough to never be happy with that. This means that I will push you to grow as individuals and I will push us as a church to be more than we may even see possible at the present moment. I encourage you to share with me your hopes and dreams for the future. I encourage you to provide feedback on where things are going. I encourage your suggestions for improvement.

First and foremost, I would like to encourage each of us on our walks of faith. We are each not in the same place, but can support and uplift one another in our walk. We may not always agree, for we see things differently (and that really is a good thing). The reality is that the truth is usually somewhere between all the varying visions of what is. So, we need to pray, study, and worship together so that we can learn from each other's perspectives and grow together with a deeper understanding of God's Word, each other, and the world.

Secondly, I firmly believe that all that we do in God's name should be both what God really wants and done to the best of our ability. I will applaud and celebrate all that we do, but will always push us to improve. At times this may come across as dissatisfaction, but I assure you that is not the case. You will hear me ask often why we do what we do and how we can improve it. This is not meant as criticism, but to find ways we can learn and do what we do better. If you have a skill that you feel you would like to use in God's service somehow, please see me so that we can explore that together.

Lastly (for this month, at least), please bear with me as I learn about you, the church, and the community. I may not be able to attend your groups very often, if at all. There are so many very good and worthwhile activities in the church and in the community that I simply cannot attend them all. So, I am choosing to attend very few at this point. This is not meant as a commentary or statement about how I see your group or organization. I need to measure my time commitments carefully so that I may do what I need to do to lead this part of God's Kingdom to ever-increasing ministry and outreach to the world around us.

Isaiah 40:28-31 reads, "Don't you know? Haven't you heard? The Lord is the everlasting God, the creator of the ends of the earth. He doesn't grow tired or weary. His understanding is beyond human reach, giving power to the tired and reviving the exhausted. Youths will become tired and weary, young men will certainly stumble; but those who hope in the Lord will renew their strength; they will fly up on wings like eagles; they will run and not be tired; they will walk and not be weary." (Common English Bible) This is part of my favorite passage of Scripture. No matter how great the road seems ahead, God is greater. No matter how tired we may be, God will strengthen us. No matter how scary the future seems, God will see us through. The world needs to hear this message of hope, and South Hill UMC is and will be where they can hear it. Together, we can change the world!

Yours in Christ,
Pastor Brian Siegle

Addresses Needed

Addresses are needed for our students who are attending college. Please contact the church office with the address by emailing office@southhillumc.com or calling 434-447-4761. Thank you!



Administrative Board

Welcome to Pastor Brian Siegle and his family. We are so glad to have them join our church family. I hope our members will make every effort to meet them and give them a warm welcome. We look forward to the future of SHUMC under the leadership of Brian whom God has sent to us.

We just had our July Administrative Board meeting. Our committees as usual are busy and doing a great job. Thanks to Rick Carroll for his leadership with our church finances. Rick keeps us well informed as to the financial affairs of the church. Our property committee has been very busy the last few months with the repair work on the rental properties as well as the parsonage. Thanks to Mickey Moore and Stuart Taylor for a job well done. Missions is constantly expanding their outreach and The Upper Room Ministry is going great guns. Thanks to Doug and Brenda Child for their outstanding commitment to this great ministry. Also thank you to all the many volunteers who help with the Upper Room project. Youth has big plans for the fall and winter and we look forward to their projects as usual. The youth have a tremendous impact on our church and we love seeing them involved.

These are just some of the committees and ministries going on at SHUMC. I will be talking about others in the future. Also I would like to thank Pastor Brian for getting our video and sound system activated and useful. I think he has great plans for the video and sound system in the very near future and as a continuing worship tool. Thanks Be To God! See you in church.

Glenn Barbour, Chair

Staff-Parish Relations Committee

The Staff-Parish Relations Committee extends a warm welcome to our new minister, Rev. Brian Siegle and his family. We look forward to working with him in the future. We, also, are looking forward to getting to know his family, wife Holly and daughters Lee and Anna! Welcome to the Siegle's!

Cammie Puckett, Chair

Kitchen Committee

The Welcome Luncheon for Rev. Siegle and family was such a nice affair due to our congregation. Thanks to all of you for the delicious food and fellowship you shared. Our Kitchen Committee appreciates everything you do!

Dot Burnette and Cammie Puckett, Co-Chairs

Birthdays of the Month

Aug. 1 Linde Green	Aug. 7 George Ringo	Aug. 21 Nancy Jacobs
Aug. 1 Susan Ponton	Aug. 8 Gerry Nash	Aug. 23 Betty Burnette
Aug. 3 Robin Newton	Aug. 8 Tricia Waid	Aug. 23 Rick Faulconer
Aug. 4 Cameron Shook	Aug. 8 Joshua Nichols	Aug. 25 Curtis Glasgow
Aug. 5 Dylan Willis	Aug. 10 Doris Peters	Aug. 25 Michelle Tanner
Aug. 6 Ryan Black	Aug. 14 Jimmie K. Crowder	Aug. 25 Cynthia Thompson
Aug. 6 Tony Thompson	Aug. 15 Kaitlyn Lynch	Aug. 26 Betty Tanner
	Aug. 15 Mark Crocker	Aug. 27 Diane Nichols
	Aug. 15 Jeanne Faulconer	Aug. 27 Andrew Ponton
	Aug. 18 Kelli Burton	Aug. 29 Debra Crowder
	Aug. 19 Jackson Taylor	Aug. 30 Altana Legg
	Aug. 20 Ferriel Thomas, III	Aug. 31 Sean Shafer

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
Alma Wright Turner on July 17th.*



Is All Right With Your Soul?

Lisa E. Clary © 2015

Is everything right with your soul today?
Have you made a connection with God in any way?
Is your heart open to believing that he loves us?
Unconditionally, without judgment, as long as in him you trust.
Faith is knowing that his answers are right for you.
Even if it means you have to question what you do.
Are you reaching out to ask for his help in time of need?
Or are you trying to carry a load that is heavy and take the lead?
Will you step back and walk behind in his footsteps and follow his road?
Will you walk the path where the seeds of life are sowed?
Will you let him guide you and take his hand as he reaches for you?
When he speaks the words of the Bible, will you hear?
Will you go forward and search out a life with no fear:
As you rely on him and believe that he has your interest at heart?
Will you say hear I am Lord; I will try to do my part?
Is everything right with your soul today:
As you kneel down and bow your head to pray?
There should be no questions about how he wants you to live
He is there to help you and will always have the love to give.
Hung on a cross where he was tormented and died;
He still has the power to walk by our side.
A spirit of Holiness and a beacon of hope and peace.
With him all is possible as we find a new lease.
A life that is tread on a path of gold
Believing a story that many times has been told.
Holding on to God our Savior as he makes us feel whole.
Trusting that he is on hand and everything is right with our soul.



LUNG HEALTH

Each of us inhale and exhale 15 to 20 times each minute, 20,000 times per day. Each inhalation brings life sustaining oxygen into your body and every exhale rids your cells of the unhealthy waste product carbon dioxide. This happens without even thinking about it, until illness or injury damage your lungs. Diseases like asthma and pneumonia make breathing difficult for millions of Americans. Fortunately there's much you can do to clear the air and take good care of your lungs.

Your lungs have a natural defense system against the invaders in the air around you. Tiny hairs and sticky mucus line your airways, the tubes that run from your nose and mouth to your lungs. Germs and dangerous debris are often trapped before they can reach delicate lung tissue. However, some lung diseases interfere with this natural process and others can occur when a harmful bug or particle slips through the barricades. Common respiratory conditions include:

Asthma. Smoke, pollution, mold, and allergens like pet dander irritate airways of people with asthma and the muscles around the tubes tighten, making it hard to breathe. This can cause coughing, wheezing and chest tightness.

Chronic obstructive pulmonary disease. Called COPD for short, this condition refers to two diseases, emphysema and chronic bronchitis. In these conditions, your airways develop hardened scar tissue that limits airflow to and from the lungs.

Lung cancer. Lung cancer is the leading cause of cancer death in the United States. Male smokers have a chance for lung cancer that is 23 times higher than non-smokers. The chances are 13 times higher for women smokers.

Pneumonia. This lung infection causes fever, chills, trouble breathing, and usually a wet, sticky cough. For some people, it's mild and passes quickly, but many people stay sick for weeks or may require hospital care.

Some lung diseases such as asthma and COPD have no cure, but working with your doctor can help you control your symptoms and live a full life. These healthy lifestyle changes can protect your lungs: **Don't smoke, steer clear of pollution, keep indoor air clean, ward off infections, eat a healthy diet and ask about lung tests.**

See your doctor for these lung disease warning signs: a cough that lingers more than a month, coughing up blood, shortness of breath, especially at rest, wheezing, producing extra mucus in mouth, chest pain that gets worse when you inhale or cough, swollen ankles, feet or legs and blue lips (due to lack of oxygen).

Shirley Wetherbee

Conference & District News

2015 Annual Conference (held June 19-21 at the Berglund Center in Roanoke)

On website: The Daily Proceedings (minutes) of the 2015 Annual Conference — including the Clergy Executive Session, Laity Session, and all worship and plenary sessions —, are now posted on the conference website at www.vaumc.org/ncfilerepository/ac2015/2015DailyProceedings.pdf.

In August Advocate: The August issue of the *Virginia United Methodist Advocate* reports on 2015 Annual Conference with stories and lots of pictures. The *Advocate* is the official monthly magazine of the Virginia Conference. To subscribe to the *Advocate* – print, digital or both – call 800-768-6040, ext. 110; e-mail Advocate@vaumc.org; or go to www.vaumc.org/advocate.

Farmville District Conference is Saturday, September 26, at 10:00 AM

The 145th Annual Session of the Farmville District Conference will be held at Main Street UMC in South Boston, VA.

Director of Connectional Ministries - Rev. Marc Brown will be our guest speaker

The *Discipline* characterizes the work of this office as serving as the “steward of the vision” of the annual conference, charged with aligning the total resources of the conference with its vision, and with enabling the “connections among the local, district, annual conference, and general church ministries.” A native of Virginia, his is an elder in the Virginia Conference with a bachelor’s degree from Radford University and a Master of Divinity from Wesley Theological Seminary.

All ARE INVITED ~ See membership list below for those that should plan to attend:

Annual Conference Delegate, Lay Leader, District Steward, 3 Members At Large

Administrative Board Chairperson, Church School Superintendent, Presidents of UMW and UMM

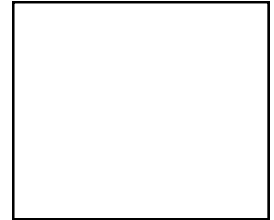
Discipleship Ministries offers free webinars

Free webinars for church leaders will be offered August and September by the Leadership Ministries division of United Methodist Discipleship Ministries. For more information and to register, go to www.umcdiscipleship.org/webinars.

Topics include: Prayer, Evangelism, Grant Writing, Advent Planning, Stewardship, Children’s Ministries, Older Adult Ministry, Small Groups, etc.

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www.southhillumc.org



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

Aug. 1, 8, 15	8:00 AM	Community Service Sales at The Upper Room Ministry
Sun., Aug. 2	9:30 AM	Education Committee & Sunday School Teachers meeting
Sun., Aug. 9	8:00 AM	U.M. Men's Breakfast
Aug. 11 & 25	6:30 PM	Prayer Shawl Ministry
Wed., Aug. 19		Newsletter Deadline
Sun., Aug. 30	9:50 AM	Promotion Sunday in the chapel
Sun., Aug. 30	4:00 PM	Youth Group Kick Off at Calhoun's (1060 W. High St.)
Tue., Sept. 1	10:00 AM	U.M. Women Circle at Charlene Gray
Wed., Sept. 2	7:30 PM	Chancel Choir Rehearsal resumes
Sun., Sept. 13	6:00 PM	U.M. Youth Fellowship Bowling
Sat., Sept. 26	10:00 AM	District Conference at Main Street UMC, South Boston

