



The Messenger

South Hill United Methodist Church

September 2016

Youth Group Kickoff a Real Splash



Youth enjoyed a family cookout and pool party in August. Our Youth Group is growing! Please listen out for exciting opportunities to support the youth throughout the school year.

Health and Wellness: What Are Triglycerides?

Triglycerides are a type of fat (lipid) found in your blood. If you regularly eat more calories than you burn, particularly "easy" calories like carbohydrates and fats, you may develop high triglycerides. Some cardiologists believe that your triglyceride/cholesterol HDL ratio is a more important predictor of your cardiovascular health than your total cholesterol number. Keeping your beneficial HDL cholesterol numbers up and reducing your triglycerides is critical to cardiovascular health. While a two-to-one ratio is ideal, anything under 3.5 is a good ratio.

What's the best way to lower triglycerides?

1. Lose weight. Focus on the benefits of losing weight, such as more energy and improved health.
2. Avoid sugar and refined foods. Simple carbohydrates and foods made with white flour can increase triglycerides.
3. Choose healthier fats. Trade saturated fat found in meats for healthier monounsaturated fat found in plants, such as olive or coconut oils. Substitute fish high in omega-3 fatty acids, such as mackerel and salmon for red meat.
4. Exercise regularly. Aim for at least 30 minutes of physical activity on most or all days of the week.

Shirley Wetherbee

The Pastor's Pen



⁸ Remember the Sabbath day and treat it as holy. ⁹ Six days you may work and do all your tasks, ¹⁰ but the seventh day is a Sabbath to the Lord your God. Do not do any work on it—not you, your sons or daughters, your male or female servants, your animals, or the immigrant who is living with you. ¹¹ Because the Lord made the heavens and the earth, the sea, and everything that is in them in six days, but rested on the seventh day. That is why the Lord blessed the Sabbath day and made it holy.

Exodus 20:8-11

So, I finally was able to take some vacation time. Multiple factors combined to prevent my usually scheduled time off this summer. And I could definitely tell it was time. I always can. When I don't have time away, I lose my ability to handle stress and difficult situations with grace. Unfortunately, my family is usually who carries the brunt of my building frustrations. Time away made me realize again how important time away is. Maybe that's why God gave us the gift of Sabbath. We aren't designed to run 24 hours a day 7 days a week. Everyone needs some time to recharge, and we all need time with God. Even Jesus went away by himself to pray. You can find several of the instances scattered throughout the Gospels, especially in Matthew. But even with the few examples of specific time away, we get the definite impression that it was a usual practice of Jesus. If Jesus, God Incarnate, the only Perfect One, needed time away in prayer, then we flawed humans definitely need it. Somehow, we have come to believe a pervasive lie that if we work continually, we will be more productive. Recently completed research shows quite definitively otherwise something that has been known by humans from the beginning. God even told us that when he gave the Israelites the Ten Commandments.

So, I encourage you: make sure you take time for yourself. Make sure you make intentional time to be with God. John Wesley spent at least an hour every morning (usually more) in prayer. I believe that there are very few problems in the world that could not be solved if more people were more purposeful about prayer and seeking a life aligned with God's will. Sabbath is not a rule to be imposed on others, *Sabbath is for YOU to be able to be a better you*. Spend time with God and God's people regularly. Use your vacation time at work, if you have any, to recharge. The world will continue to revolve without you for a few days, and will revolve better once you return refreshed.

We are God's people. God wants us to be his people. And God wants us to be the best people possible. That cannot happen without us seeking God and each other in community. Let us seek God regularly, rest when possible, and tackle the difficult world around us refreshed, together.

Yours in Christ,

Pastor Brian

Seeking more drink can tabs for the Shriners.

Thanks to everyone who has contributed soda can tabs for the Shriners. The collection container is near the first floor bulletin board. There is also a container as you enter the sanctuary. Every tab helps a child. Looking forward to it overflowing! Blessings!

Nancy Merrel

Missions Committee/Upper Room Ministries

The Missions Committee met on June 14 for our 2nd quarterly meeting. The committee distributed \$7800 to worthy organizations. All funds distributed came from Upper Room thrift store sales. This quarter the committee gave donations to our church's Communion Fund, AGAPE Children's Center on the eastern shore, CW Bing's Water For The Oppressed in Africa, Gleaning For The World support for flood victims, Operation Smile for free cleft palate surgeries, Samaritan's Purse, Society of St. Andrew, Church World Service, evangelist B.J. Johnston (John Wesley), the local South Hill Bread Box and the Toothpaste fund for students at Africa University. We also supplemented your summer donations by supporting the Annual Conference Offering. Recently, we bought classroom supplies for our teachers at LaCrosse and South Hill Elementary Schools.

The Upper Room Ministry has been active with Saturday sales. Through your donations of monies and household goods we provided much needed dishes, pots and pans, bedding, linens and table lamps to victims of the recent Fox Run Fire. We also provided an additional bed, furniture, and shoes for a single mother with 6 children in Boydton.

Recently, we donated a much needed walker for one of our customers at the Upper Room. Because of her health she has needed a walker for quite some time. The walker was donated by Mrs. Jean Holmes. I wish Mrs. Holmes could have seen the joy from this woman when we presented her with the refurbished walker. Additionally, hand-made products for women were also donated to Leslie Bing to take to Africa this year. Many of the materials donated for the hygiene kits and sewing came from the Upper Room volunteers.

The committee could use your help. Normally, our workdays are every Tuesday from 1:00 to 5:00 PM. It takes a lot of time to sort through the donations and price the items. It is also a time of fun and fellowship. We welcome you if you can join us on Tuesday workdays or Saturday sales days. We continue to need support for the large furniture donations. If you have a truck and can be on call, we would love to have you as part of the team of volunteers. God has blessed us in so many ways as we attempt to serve others through your gifts of donated clothing and goods and our Saturday sales to support worthy charities. Please feel free to call if you have any questions.

We rejoice that Doug and Brenda Child are home from Doug's recent surgery. We miss their support as they take time to rest and recuperate. Our prayers are also with Midge Shipley as she faces new challenges. I'm so grateful for all the volunteers that give of their time to make this mission a success.

Rick Carroll, Missions Co-Chairperson



Administrative Board

Summer is coming to a close and the fall season awaits. Our church calendar indicates we will have a lot of activity in the coming months. Please be sure to read your newsletter and visit the church website to keep informed about our activities. Many church members are working diligently to put these various programs together. Pastor Brian has brought us new worship ideas and we are blessed with these new worship programs. I would be remiss if I failed to mention our Methodist Men's stew on October 1. We are upping the ante on our stew this year. Last year, we cooked 300 quarts; this year will be 600 quarts. Price is same as last year at \$7/quart. Please contact one of our Methodist Men and order early. The Methodist Men are an integral part of our church family and will use the earnings from the stew to carry on our church missions. Hope everyone has had a great summer and I look forward to seeing you in church. God Bless.

Glenn Barbour, Chairperson

"Let the little children come to me."

These are such familiar words that are appropriate as we start SHEEP, or South Hill Educational Excellence Partnership. SHUMC is preparing to join with the Mecklenburg County Public School system to provide a safe and caring Christian environment to specific South Hill Elementary 4th and 5th grade students, while also monitoring the individualized assignments their teachers have placed on the Internet. Other churches throughout the county will be doing the same thing in their districts. Basically, each student will arrive with a computer and snack provided by the school system. The adults will supervise the students and provide encouragement and support as they work on their homework. To make this project successful, we need volunteers to spend time with the students. Our hours are from 3:30 pm to 6:30 pm Monday through Thursday. Each volunteer may choose how many days you'd like to help. Even one day a week will be wonderful! You will have another volunteer with you. We are looking for a few men to serve as role models, as well. Please pray and ask God if he's calling you to help. Will you say, "Here I am Lord?" For more information or to volunteer contact me at 434-774-7885. Thank you!

Nancy Merrel



United Methodist Men Selling Stew

The United Methodist Men are cooking a Brunswick Stew on Saturday, October 1st. The stew will be available for pick up between 10 am and 12 noon at the Golden Leaf Warehouse in South Hill. The price is \$7.00 per quart. Orders can be placed with any UM Man, by calling the church office, by calling Glenn Barbour our stew chairman, or by calling me. We appreciate your support.

Gary Creamer

The Outcome ©

In a world filled with hate how do we learn to love again?
We should not be causing others turmoil, fear or pain
We are a country where soldiers fought and died for us to be free:
Even if that means different thoughts, ideas and agreeing to disagree.
We should not spew hate or retaliate because two wrongs don't make it right.
We need to stop the eye for an eye before there is no end in sight.
We should love this land and all it stands for including those who fight for peace.
We need to hold our own and see that obstruction and violence will cease.
Law enforcement should be respected as we rely on them every day.
When they leave home family members are left to worry and pray.
Do we stand behind closed doors or hide behind the blinds to keep out the sin?
Do we wrestle with the evil and play a game with lives in a battle we may not win?
God is the ultimate protector and we need to be in touch with his saving grace:
Whether fighting the devil or another enemy up close and face to face.
Does land of the free and home of the brave still hold true?
Or do those words now mean nothing to you?
See the injuries, feel the danger, hear the heart wrenching cries.
Turn your heart to God and pray before we are overrun by lack of morals and too many lies.
We need to stand by each other as a country of humans who seek the same thing.
Peace for all, love of mankind and a home country where we can let freedom ring.
We must be of one mind and strive for the same goals before it is too late.
If we don't pray and ask for forgiveness, will we seal our own fate?
Take the time to think about what you say or do as no one wants to think that their life does not matter.
It is time to be at ease, quiet the storm and stop listening to all the idle chatter.
We are one nation, under God and he sees us as all the same until you choose a different road.
But even then you won't be judged by him until at the heavenly gates and you pay what is owed.
We should not judge lest we be judged by the greater one.
He has the final say when all is said and done.

Lisa Clary

Super Early Bird Rates Available for Fall Youth Retreats

Register now for the super early bird rates for Virginia Conference Fall Youth Retreats, weekend retreats in which youths are challenged to grow as disciples of Christ through powerful worship, Bible study and small groups while building friendships with youths from all over Virginia. Middle School Retreat will be Nov. 11-13, and High School Retreat will be Dec. 2-4 at Eagle Eyrie in Lynchburg. This year's retreats will focus on "Just Move." Guest speakers will be Brooklyn and Coy Lindsey. Cost is \$125 until Sept. 18 for the Middle School retreat, \$135 Sept. 19-Oct. 9 and \$145 Oct. 10-30. Middle School registration deadline is Oct. 30. Cost for the High School Retreat is \$125 Sept. 4-Oct. 2, \$135 Oct. 3-31 and \$145 Nov. 1-20. High School registration deadline is Nov. 20.

September Is Hunger Action Month

Plan to make September a time for your congregation to see that each person in this country has healthful, nourishing food to eat. Society of St. Andrew offers Hunger Action Month resources, including a Daily Calendar for Prayer and Action. Learn more at endhunger.org/ham.

5 Talent Academy

Equipping People for Ministry Outside the Walls of the Church

Tuesday, October 4, 2016 | 9:00 AM - 3:00 PM

Please plan to arrive by 8:30 AM for registration, the event will begin promptly at 9.

Church doesn't stop on Sunday mornings and it doesn't happen only in our church buildings. Vital Congregations are full of people who live out their faith each day in their workplaces, homes, schools, communities, etc. Don't miss Andy Crouch* present *Equipping People for Ministry Outside the Walls of the Church*. This event is designed to help participants equip the people of their congregations to be the church in the world. Register at vaumc.org/5Talent

Who Should Come?

This event is designed for those who want learn and help others learn how to live out their faith in daily life. Bring those from your congregation who do Mission, Christian Education, and anyone ready to deepen their daily practice of Christian Living.

Event Cost: \$35/person Registration Deadline 9/19

Early Bird: \$25/person Must register by 8/31 for Early Bird Pricing

Group Pricing: Team pricing discounts are available for groups of five who register together.

Box lunch is included in the cost of registration.

*Andy Crouch is the executive editor of *Christianity Today* and author of several books including: *Strong and Weak: Embracing a Life of Love, Risk and True Flourishing*, *Playing God: Redeeming the Gift of Power*, and *Culture Making: Recovering Our Creative Calling*.

We are excited to be a satellite host site for this event! SHUMC is the *only* satellite site in the Farmville District. In addition to those members who are attending, we will need volunteers to work the event greeting attendees, registering participants, giving directions within the church, helping with parking, and being a welcoming presence. If you can share a part or all of your day, please contact Julia Taylor, who is coordinating our volunteers for this event, or you may call the church office (434)447-4761.



United Methodist Women Planning Potato Luncheon

Mark your calendars and plan to attend the UMW's Potato Luncheon on Sunday, October 9th in the Fellowship Hall after the 11:00 am service. This luncheon will benefit the Society of Saint Andrew. We look forward to seeing everyone there. Be sure to come hungry.

Gerry Nash



September 1 Jennifer Gittman
September 1 Jimmy Walker
September 2 Debra Spears
September 2 Mason Whittemore
September 4 Linda Blair
September 4 Alexis Brooks
September 4 Russ Green
September 4 Mary Hardin
September 6 Maggie Kiah
September 8 Leah Medlin
September 8 Edward Wetherbee
September 10 Cambra Graham
September 11 Robert Smith
September 11 Ed Taylor

September 12 Laura Whitlock
September 14 Martha Ware
September 15 Colden Carnes
September 15 Tia Clary
September 15 Jennifer Perrotti
September 17 Megan Haubenreiser
September 17 Debbie Piercy
September 17 Sidney Puckett
September 18 Bo Randolph
September 20 Paul Conner
September 21 Jake Calhoun
September 21 Debbe Creamer
September 21 George Flowers
September 22 Nelson Allman
September 22 Luke Doyle

September 23 Ryan Shipley
September 24 Mike Clary
September 24 Gavin Honeycutt
September 24 Rebecca Winn
September 26 Lynn Mills
September 27 Harrison Harper
September 27 Norene Pritchett
September 27 Shirley Wetherbee
September 28 Brandon Bailey
September 28 Dustin Crocker
September 28 Tripp Sims
September 29 Greg Nash
September 30 Phyllis Bowers
September 30 Jane Taylor



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

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ADDRESS SERVICE REQUESTED

Church Staff

Rev. Brian Siegle	Pastor
Jimmie Crowder, Jr.	Music Director/Organist
Christine West	Administrative Assistant
Carolyn Black	Sexton

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

Upcoming Events

September 11	12:00 pm	Staff-Parrish Committee
September 13	5:00 pm	Missions Committee
September 18	8:00 am	UM Men's Breakfast
	6:00 pm	Council on Ministries
	7:00 pm	Administrative Board
September 20	7:00 pm	Trustees Meeting
September 25	12:00 pm	Lay Leadership Meeting
October 1		United Methodist Men stew sale
		Heritage Day (Farmer's Day)
October 3	3:30 pm	SHEEP begins (see article)
October 4		5 Talent Academy (see article)
October 8	11:30 am	District Conference at Crenshaw United Methodist Church
October 9	12:00 pm	UM Women's Potato Luncheon
October 13	7:00 pm	Charge Conference
October 16	8:00 am	UM Men's Breakfast
October 17 – 20		Bus Trip to Ark in Kentucky
October 23	3:00 pm	South Hill Music Club Organ Concert Jimmie Crowder - Organist

