



The Messenger

South Hill United Methodist Church

February 2018



The Pastor's Pen...

9 God didn't intend for us to suffer his wrath but rather to possess salvation through our Lord Jesus Christ. 10 Jesus died for us so that, whether we are awake or asleep, we will live together with him. 11 So continue encouraging each other and building each other up, just like you are doing already.

1 Corinthians 5:9-11

February is the month we think of love, at least if we believe the marketing campaigns in just about every store. Love is something we can definitely spend time focusing on. One difference between the believer of Christ and the non-believer is in our understanding of what true love is. In the completely secular understanding, true love is that magic that happens when someone falls in love with someone else. It is almost always defined as a carnal, physical feeling that has just as much tendency to fall out as fall in. For the Christian, true love is much deeper. It is a love that is selfless and limitless. True love is the very definition of God, witnessed through the person of Jesus Christ, and continually experienced through the Holy Spirit. If we seek and live this love, then it completely changes how we see the world, and others. In this love, we need to lift up and encourage fellow believers in their own walks and in their ministries.

Sadly, this is not always the case, even in the church. Even Christians fall into the sinful traps of desiring attention, feeding on accolades, and discouraging competition. I would like to remind us that others have callings on their lives, just like we do. When we feel like we would or could do a ministry differently, but we are not the ones participating, then we must check in us the unhelpful negativity that sometimes surfaces to disparage others to make us feel better. This is even uglier when we discourage another, or a ministry, that receives attention we think that we, or our ministry, deserve.

Lent also starts in February, fittingly on Valentine's Day. Let us use this time of reflection heading toward the great Easter celebration to examine, identify, and call out in ourselves the sinful parts that keep us from living fully into the lives God calls for each of us. Let us learn to lift up and encourage each other in what we do for God and the world around us. We need each other, and each other's gifts. We need to quit discouraging them and help each other be the best we can be. Let love, God's love, be our guiding principle. That will change the world!

Yours in Christ,
Pastor Brian





It's getting close to that time of year again, DNOW Weekend is coming up quickly and we need your help! We have been busy at work and are getting down to the nitty gritty. If you have served before in this event, you know how much fun it is, and we would love to have you back! If you have never joined us, make this year the time to try it!

A DNOW weekend is the merging of the powerful forces of Spirit filled worship and discipleship, hanging out with friends, and 4 times the amount of your normal caloric intake...as in tons of food, fun, and friends. And the best part... it's all because of Jesus!

This Southside DNOW Extreme has 4 local churches who host their own students (6th-12th) in separate small groups, but will also come together for corporate events at New Hope Baptist Church, with a nationally known Speaker (John Nix) and Band, but most importantly grow in our precious faith together!! This will by far be one of the greatest weekends of your year! **YOU DON'T WANT TO MISS THIS!**

We are in need of hosting homes again this year, and small group leaders. Pray about it and if you feel led to join us this year, please contact us! If you want to be a part of these student's lives and see God work in them, or have any questions, please contact Meghan Young at 434-865-0706 or megs9615@gmail.com.

SHEEP... Studying hard!

Our SHEEP have made it through the first semester and know the SOL tests will be upon them before they know it. I am pleased to say everyone improved in some way. Two students earned honor roll, one increased math from a C to an A, and many brought up their reading grade.

We always enjoy seeing Rev. Siegle when he pops in!

The children still talk about their Blessing Bears. Please consider donating bears as the pews seem a bit empty. The day after Valentine's Day may be the perfect day to shop.

The children and I want you to know how much each one of you are loved and appreciated!

- Nancy Merrel,
SHEEP Director

Happy Valentine's Day

Lent



Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

HEALTH AND WELLNESS:

Be Heart Smart



Foods play a big part in most of our lives. Good food and celebrations go hand and hand. Yet, popular ways of frying foods and using fats for seasoning can increase your risk for clogged arteries and heart disease. Choose foods lower in saturated fat and cholesterol to reduce your risk. Hold on to tradition, but make a few changes to eat in a heart healthy way.

The two main types of fat found in food are saturated and unsaturated. Most foods have a mix of both, together they are called total fat. Saturated fat raises blood cholesterol the most. Over time, this extra cholesterol can clog your arteries. You are then at risk for having a heart attack or stroke. Your body makes all the cholesterol you need. Eating foods high in saturated fat can raise your blood cholesterol levels. Too much cholesterol gives you a greater risk for heart disease and can lead to clogged arteries. You are then at risk for having a heart attack, a stroke or poor circulation. Saturated fat is found mostly in foods that come from animals. They include fatty meats (beef, pork, lamb) whole and 2% milk, butter, cheese, lard, poultry with skin, processed meats (bologna, hot dogs & other lunch meats), bacon and sausage. A high content of saturated fat can also be found in some foods that come from plants such as, palm oil, coconut oil and cocoa butter.

Limit trans fatty acids. They are produced when vegetable oils are processed to make "hydrogenated oil". Many foods contain partially hydrogenated oils and recent health related studies have shown that trans fatty acids act like saturated fat by increasing the production of cholesterol in the body. In turn, this may increase your risk of cardiovascular disease. Thus, you should limit your intake of trans fatty acids.

If you are healthy, you should average no more than 300 milligrams of cholesterol per day. The yolk of one large egg provides about 214 milligrams of cholesterol. Cholesterol is found only in foods that come from animals. Those very high in cholesterol include egg yolks, organ meats (liver, kidney & brains), and shell fish (shrimp, oysters & crab). There is no cholesterol in plant foods like fruits, vegetables, beans and grains.

Healthy ways of cooking! Bake, steam, broil, roast, stew or boil instead of frying, this helps remove fat. For crispy fish, roll in cornmeal and bake. for crispy chicken, remove the skin, dip in skim milk mixed with herbs and spices; roll in bread crumbs, potato flakes or cornflakes and bake. Use a nonstick pan with vegetable cooking oil spray or a small amount of liquid vegetable oil instead if shortening, butter or other fats that are solid at room temperature. Trim visible fat before you cook meats. Chill meat and poultry broth until fat becomes solid. Skim off fat before using broth to cook greens instead of hog jowls or salt pork.

- Shirley Wetherbee

2018 Lenten Services

Date	Location	Preacher
February 14	First Baptist Church	Joanne Bedford/Kevin Rosenfeld will lead the ritual of ashes
February 21	South Hill Presbyterian	C Ogburn
February 28	Amity Baptist	Brian Siegle
March 7	Gethsemane	Bobby Stone
March 14	Jerusalem Baptist	Paul Sciotto
March 21	Good Shepherd	Fr. Augustine



Talk to God

*I talked to God today about things on my mind.
It seems prayer is the best way to unwind.*

*I asked him to make the world a safer place;
To help others be kind and work together as a human race.*

*I asked him to bless the ones close to my heart;
And give them a good life as they play their part.*

*I told him I had faith and believed in the word.
That I had read his book and the words I had heard.*

*I try to live by them and be the person he wants me to be.
I try to show others goodwill by actions and what they see.*

*I asked him to forgive me for the things I have done wrong.
Even though I try, sometimes my intentions don't always hold strong.*

*I sometimes forget and say and do things I should not:
But he already knows this even though they are things I forgot.*

*I asked him to show me the way to not let others bring me down:
To help me look the other way when I don't want to turn around.*

*I asked for him to bring peace of mind, heart and soul;
So I could think clearly and once again be whole.*

*I talked to him about so many things that I hope he hears.
I need to know he is listening so I can have no fears.*

*I talked to God today and it brought tears to my eyes:
That I need to talk to him more often than I realize.*

*I asked for the strength, comfort and the will to get through the day.
I kneeled, bowed my head and started to pray.*

*And yes, I talked to God and felt his presence by my side.
I have handed over my problems to him to be my life guide.*

*I know his is with me even though I sometimes feel alone and lost.
He is my source of love as he paid the ultimate cost.*

By Lisa E. Clary © October 2017

Ministry Groups

We have many wonderful groups of all kinds in the church doing wonderful ministry and fellowship. Please keep the office informed with the numbers of how many attend each meeting. Also, please keep us up-to-date as early as possible with leadership changes and schedule or location changes so that we may make sure that we have the most accurate information to give to others who may want to join you!



Just go to our church website – southhillumc.org and click on the “Donate!” button or download the joyfully2umc app from the app store. If you have questions or need assistance, please contact the church office during regular business hours.



A New Toastmasters Club is coming!

Toastmasters is a program designed to help members improve their leadership and communication skills. Members gain self-confidence and poise, as well as learn how to give and receive constructive feedback. Join us at this “Interest Meeting” to learn more! Tuesday, March 6, 2018 5:30 PM Refreshments & Networking 6:00 PM Program start Lake County Advanced Knowledge Center 118 E. Danville Street South Hill, VA 23970

The Wings Ministry

One of the ministries the South Hill United Methodist Church has supported since its beginning in 2016 is the Wings Ministry.

This is a group which meets most Tuesday mornings in one of the upstairs classrooms. They sew washable feminine hygiene kits for girls who would otherwise miss school during their periods. We can always use some extra hands and you do NOT need to know how to sew to be useful!



We would like to thank this church for all the support you have given us. We have made over 786 kits in these first two years. So far this year, we have sent 45 to Nicaragua and we are presently working on 400 to send to Kenya before May.

If you know of any one or group going on a mission trip who can use these kits, please contact Susan Carroll at 447.7898 or see Rick! Thank you all for your wonderful and generous support!



February Special Offering Ashley Manor

Ashley Manor is a local group home for intellectually deficient adult individuals. This home is owned by MARC and is operated by Southside Community Services Board to provide 24/7 assistance to the residents.



February 1	Steven Doyle
February 1	Lisa Graham
February 1	Rodney Niblett
February 2	Claire Lucy
February 2	Gallion Taylor
February 3	Cheyenne Facchina
February 6	Jane Binford
February 8	Sally Adams
February 8	Brenda Child
February 9	Adam Dugger
February 9	Katie Hayes
February 9	Marion Thompson
February 10	Lisa Gwaltney
February 10	Barbara Hudson

February 13	Hunter Barbour
February 15	Rafferty Lee
February 16	Kathy Reese
February 16	Kari Tuck
February 18	Judy Shepherd
February 18	Jessie Snead
February 22	Amelia Callis
February 23	Amber Moore
February 25	Bill Johnson
February 25	Elizabeth Taylor
February 25	Dan Wilson
February 27	Michael Creamer
February 27	Donna Glasgow
February 28	Jerry Reynolds

If your birthday is missing, please notify the church office so we may update our records.

The Messenger

South Hill United Methodist Church
105 Franklin Street
South Hill, Virginia 23970
434-447-4761
office@southhillumc.org
www.southhillumc.org



ADDRESS SERVICE REQUESTED

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

Thursday, 2/1	UM Day at the General Assembly
Sunday, 2/4	Pineview Communion Service 3 pm
Wednesday 2/7	DNOW Hype Rally 6:30 pm Olive Branch Baptist Church
Tuesday, 2/13	Lenten Bible Study Begins 10 am
Wednesday, 2/14	Ash Wednesday Valentine's Day Pineview Chapel Service 10 am Lenten Bible Study Begins 6:30 pm
Sunday, 2/18	UM Men's Breakfast 8 am Committee Meeting Night 7 pm
Monday, 2/19	President's Day March Newsletter Deadline Community Outreach 10 am
Saturday, 2/24	2018 Lay Servant Academy
March 2 nd – 4 th	5 Talent Academy
March 10 th	Daylight Savings Time Begins
March 11 th	DNOW
March 16 th – 18 th	Palm Sunday
March 25 th	Easter Cantata 6 pm
March 30 th	Good Friday
April 1 st	Easter

Recurring Weekly Events:

Sundays: Regular Worship Services
Youth Meeting 6:00 pm

Tuesdays: 10:00 am Bible Study
7:00 pm Seekers in Prayer
7:30 pm Synago

Wednesdays:
6:30 pm Bible Study
6:30 pm Narcotics Anon.
7:30 pm Choir Rehearsal
8:00 pm AA

Thursdays
10:45 am Hundley Service

Fridays: 7:00 pm Sobriety Group

Saturdays: 8-3 Community Service
Sale at Upper Room
(1st, 2nd, & 3rd Saturday)

2nd and 4th Tuesdays: 6:30 pm Prayer
Shawl Meeting

SHEEP: Monday – Thursday
3:30 – 6:00 pm



Church Staff

Pastor
Rev. Brian Siegle
Music Director/Organist
Jimmie Crowder, Jr.
Administrative Assistant
Patsy Tucker
Sexton
Cindy Parrish