

THIS WEEK AT SOUTHERN HILLS

Sunday, February 10

8:15a Bible Study for Men, Bonus Rm
9:15a Source Studies, Keithshire Campus
9:30a Worship Service, Sanctuary
9:30a Bible Diggers, Library
9:30a Children's Ministry, Activities Rm
9:30a Children's Ministry (PK-K), Rm 610
10:30a Youth-Led Sunday School Class, Great Rm
10:30a Source Worship, Keithshire Campus
11:00a Preschool Worship Hour, Activity Building
11:00a Bible Apps Sunday School, Bonus Rm
11:00a Seekers Class, Fireside Rm
11:00a Worship Service, Sanctuary
4:00p Joyful Ringers (Youth), Sanctuary
4:45p Youth Choir, Choir Rm
5:00p Children's Snack and Worship Enrichment Activity, Courtyard Rm
5:00p Carillon Choir (Adult Handbells), Sanctuary
5:30p Children's Choir, Choir Rm
5:30p Snapshot (Youth Group)
6:15p Celebration Ringers (grades 3-5), Sanctuary

Monday, February 11

10:00a Upper Room Prayer Team, Prayer Chapel
10:00a Vitality Aerobics, Great Rm
6:00p Methodist Men, Courtyard Rm
7:00p AA, Fireside Room

Tuesday, February 12

9:30a Pat Herren Circle, Fireside Rm
6:30p Basketball, Men age 35 & up, Gym
7:00p AA, Fireside Rm

Wednesday, February 13

9:30a Ladies Bible Study, The Source, Keithshire Campus
9:30a Faith Susannah Wesley Circle, Reception Rm
10:00a Vitality Aerobics, Great Rm
12:00p Sarah Bagby Circle, Fireside Rm
5:30p Dinner served until 6:15 (Please make reservations)
6:30p Study of Adam Hamilton's *World Religions*, Bonus Rm
6:30p Kids and Family on a Mission (K-5th grade), Activities Rm
6:30p Middle School Small Groups
7:00p Chancel Choir Rehearsal
7:00p Ladies Bible Study, home of Teresa Eikenbary

Thursday, February 14

9:30a Open Bridge, Reception Rm
1:30p Jill Ruhl's Small Group, Library
6:15p MOVE Vocal Rehearsal, Choir Rm
6:30p High School Small Group
6:30p Men's age 35 and over Basketball, Gym
7:00p Boy Scout Troop 186, Activities Kitchen
7:00p Take Your Best Shot, Bonus Rm
7:15p LOVE Vocal Rehearsal, Choir Rm

Friday, February 15

10:00a Vitality Aerobics Class, Great Rm
12:00p Al-Anon, Conference (Bonus) Rm

Saturday, February 16

11:00a Al-Anon, Conference (Bonus) Rm

FRIENDS ON THE ROOF

Mark 2:1-12

February 10, 2019

Then some people came, bringing to him a paralyzed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and having dug through it, they let down the mat on which the paralytic lay. Mark 2:3-4

Creative, Heroic Action by Four Friends on the Roof:

1. They were Tuned In

2. They were Persistent

3. They were Servants

Southern Hills' worship services may be heard on 630 WLAP-AM radio and on WLAP.COM every Sunday at 8:30 a.m., brought to you by Al Torstrick Insurance and the Bank of the Bluegrass.



A Warm Welcome

Welcome to Southern Hills United Methodist Church! We are so glad that you have chosen to worship with us today. Before you leave, please take a few minutes to stop by our *Welcome Center* located just outside the worship center in the Narthex. Our volunteers will be happy to assist you with any questions you may have or additional information you desire about the church.

Flowers

The flowers on the altar are given in memory of **Nathan Matuszewicz**. They are presented by his family.

Deaths

Evelyn Robertson, mother of Jim Robertson, grandmother of Jamie and Matthew Robertson, and close family friend of Jeanne Lanz passed away on January 31st.

BOOK STUDY: *CHRISTIANITY AND WORLD RELIGIONS*

Pastor and best-selling author Adam Hamilton returns to one of his most popular topics in his updated book, *Christianity and World Religions*. In this study, he explores four major world religions—Hinduism, Buddhism, Islam, and Judaism—and compares the beliefs of each with those of Christianity. Hamilton urges us as Christians to build bridges with others so that we might grow in our faith, seek peace in our world, love our neighbors, and find positive ways to share the Gospel. The study, with Bill Moore and Eric Hughes as co-teachers, will be offered on Wednesday nights at 6:30 P.M., January 23-February 27. The books are for sale at the Welcome Center for \$15. Come and join us!

Updated Class Schedule:

February 13: Buddhism

February 20: Judaism (class will meet at 7:00 P.M. because of the Taizé service)

February 27: Islam

March 6: No Class (Ash Wednesday)

March 13: Christianity

GIRL SCOUT COOKIES

There will be Girl Scout cookies available for sale in Herren Hall after worship TODAY, February 10th!



- **Snapshot:** 5:30-7:30pm Sundays, Feb. 3, 10, and 24. We'll look at what was important to the early Church and compare how things are today.
- **Middle School Small Group:** Wednesdays, Feb. 6, 13, 20, and 27 from 6:30-7:30 pm, we'll meet in the Great Room to grow our roots deeper into Christ. For grades 6-8.
- **High School Small Group:** Thursdays, Feb. 7, 14, 21, and 28 from 6:30-7:30 pm. We'll meet at Katy's house (2153 Palomar Trace).
- **Youth Band:** Wednesdays, Feb. 6, 13, 20, and 27 in the youth room. We'll practice songs to lead worship at Snapshot. If you play an instrument or want to sing, feel free to join us, even if it's just for a week!

PAT HERREN CIRCLE

The Pat Herren Circle will meet on Tuesday, February 12, 2019, at 9:30 a.m. in the Fireside Room. We will have our annual "cookie share." Please bring your cookies for a "tasting." Afterwards the cookies will be taken to members who are not able to be at our meeting. Hope to see you there.

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking). About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke. Stop by the Reception Room Sunday, February 17th, after worship services to have your blood pressure checked by Health and Wellness Team volunteers.

FAITH SUSANNAH WESLEY CIRCLE

The Faith Susannah Wesley Circle will meet on Wednesday, February 13, at 9:30 a.m. in the Reception Room at the church. Our speakers will be Carlene Hodges and Harriet Schulz. The program will be about the Mission Funds and the Projects Treasury.

MARCH NEWSLETTER DEADLINE

Please submit all materials for the March 2019 newsletter to Chelsie Stover at cstover@southernhillsumc.org by Wednesday, February 20th.



BE A HEALTHY VALENTINE

This Valentine's Day, show your love the safe and healthy way.

- Consider that your valentine may have allergies, asthma, diabetes, or other health conditions when making plans.
- If you smoke, quit smoking. It's a perfect gift for yourself and others.
- Include heart-healthy foods and physical activity in your plans.
- Limit alcohol. If you drink, do so in moderation.
- If you are considering a new, potentially risky, or unsafe activity, be sure to use appropriate safety gear to help prevent injury.

<http://www.cdc.gov/family/minutes/tips/healthyvalentine/index.htm>

WEDNESDAY EVENING FELLOWSHIP MEALS

Meals are served from 5:30-6:15 p.m. in Herren Hall. PLEASE make your reservation for these meals no later than Mondays at 12:00 noon. You can either mark the pew pad that you will be attending, or call the church office to let them know. We are excited to enjoy this fellowship time together and hope that you will join us and take the opportunity to get to know each other around the tables. The menu is posted weekly in the bulletin.

Donations are suggested to help cover the meal cost. If you are able to help out on a Wednesday night, please let Brian Cathey know. We would love for groups to volunteer to help with food prep or cleanup. We also welcome suggestions for menu or themes for our Wednesday night meal. Please contact Brian at rbcathey@southernhillsumc.org or call the church at (859) 277-6176.

February 13: Pot roast, mashed potatoes, and veggies

February 20: Pizza and salad

February 27: Taco/nacho bar

ROADRUNNERS

The Roadrunners meet twice a month on a Thursday to enjoy food and fellowship together. They visit area restaurants and spend time in conversation while enjoying a good meal. Here is their schedule for the month of February:

2/14: Asian Wind, Palomar

2/28: Texas Roadhouse, Beaumont

For more information regarding the Roadrunners please call Brian at 277-6176, or email him at rbcathey@southernhillsumc.org.

METHODIST MEN VALENTINE DINNER

The Methodist Men will hold their Valentine celebration on Monday, February 11, 2019, in the Courtyard Room. We will meet for fellowship at 6:00 p.m. and eat at 6:30 p.m. These Four Guys will entertain us with a collection of Valentine songs in the best Barbershop Quartet harmony. Men, invite your sweetheart for a wonderful night of celebration and fellowship. The fee for the evening will be \$25 per couple or \$12.50 per person. Mark the attendance pad with MM or call Dennis Liptrap at 223-1737 to reserve your place at dinner.

SARAH BAGBY CIRCLE

Please join the Sarah Bagby Circle February 13 in the Fireside Room. Our business meeting and bring-your-own lunch will start at noon. Our speaker at 1:00 will be sharing information about established and expanded new Hospice services. Please join us!



UPCOMING CHILDREN AND FAMILY EVENTS

Children in Worship:

Here at SHUMC, we value children as a part of our worshipping community. Their presence grows out of our commitment to nurture them as they grow in their relationship with God. (Deuteronomy 6:5-7) Children wiggle! Adults do too! Bringing your children to the service may not always be easy, but it is an important part of the spiritual growth. Children learn from SEEING adults. When adults SEE children in the service, it also helps them grow too.

There are activity carts at both entrances to the sanctuary. On the carts you will find activity bags with crayons and other quiet activities that will help your child. There are also clipboards with sermon notes and coloring pages for children. Science tells us that when children's hands are busy, their brains are able to focus on what they are hearing. These tools are here to help your child engage in worship.

A note to parents: If you feel you must leave the sanctuary with your child, please come back. We aren't the full body without you both!

A note to congregation members: Express joy at having the children worship with us. Be intentional about greeting the children when we pass the peace!

SHUMC: Children's Worship

The Source: Source Studies

February 10	Nicodemus Visits Jesus at Night, John 3:1-21	John 3:16	Jesus gives us eternal life.
February 17	Jesus is Rejected, John 6:41-71	Mark 2:17	Jesus loves everyone.
February 24	Jesus Heals People, Mark 1:21-45	Luke 4:40	Jesus heals us.

Kids and Families on a Mission:

February 13	Act of Service	Game/Craft Night at Wesley Village
February 20	Act of Worship	Escape Room Lesson
February 27	Fellowship	Everyone bring a non-board game to teach the group

THERE'S STILL TIME TO RESERVE 2019 ALTAR FLOWERS

If you would like to present altar flowers in honor or memory of a loved one or special event this year, there are still lots of weeks open in the coming months! Typical arrangements begin at \$40-\$50. Please call the church office and speak to Chelsie Stover if you would like to reserve a date for your flowers. 859-277-6176