

THIS WEEK AT SOUTHERN HILLS...

Sunday, February 11

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, Sanctuary
4:45p Youth Choir, Choir Rm
5:00p Children's Worship Activity, Courtyard Rm
5:00p Carillon Choir (Adult Handbells), Sanctuary
5:30p Children's Choir, Choir Rm
5:30p Snapshot (Youth Group)
6:15p Children's Handbell Choir (grades 2-5), Sanctuary

Monday, February 12

9:00a Upper Room Prayer Team, Prayer Chapel
10:00a Vitality Aerobics, Great Rm
6:00p Methodist Men, Courtyard
6:00p Worship Team, Choir Rm
7:00p AA, Fireside Room

Tuesday, February 13

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

Wednesday, February 14

7:00a Come and Go Communion (through 12:00 pm), Sanctuary
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 Ash Wednesday Service, Sanctuary
6:30p Gospel of John Study, Fireside Rm
6:30p Kids and Family on a Mission (K-5th grade), Activities Rm
7:30p Chancel Choir Rehearsal
7:00p Ladies Bible Study, home of Teresa Eikenbary

Thursday, February 15

9:30a Open Bridge, Reception Rm
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
7:15p LOVE Vocal Rehearsal, Choir Rm

Friday, February 16

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

THE GOOD SHEPHERD

John 10:1-18
February 11, 2018

I am the good shepherd. The good shepherd lays down his life for the sheep. John 10:11

Therefore, my friends, since we have confidence to enter the sanctuary by the blood of Jesus, by the new and living way that he opened for us through the curtain (that is, through his flesh), and since we have a great priest over the house of God, let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful.
Hebrews 10:19-23

What is the Purpose of a Gate? To shut something behind us and open something to us.

1. Through Jesus We Can Exit a Meaningless Life

Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits; but the sheep did not listen to them. I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. The thief comes only to steal and kill and destroy. John 10:7-10a

2. Through Jesus We Can Enter a Meaningful Life

I came that they may have life, and have it abundantly. John 10:10b

Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me.
Revelation 3:20

BELIZE MISSION TRIP

On Monday, January 15, Pastor Eric Hughes, Brian Cathey, and Teddy Poore travelled down to Belize for the week to work with SHUMC Missionaries Jamie and Lisa Williams, and the local Methodist schools in trying to understand how to best partner with them. They observed teachers, talked with administrators, and interacted with kids to see how we can partner with them to provide educational materials and opportunities around introducing computer and internet technology into the schools to help with their learning. We are asking for donations to help with travel expense, as well as for help purchasing a few computers and other school supplies that have already been gifted to help them start on this transition. Donations can be made to SHUMC, with Belize denoted on the check or envelope. As always, we covet your prayers during this amazing opportunity. Thank you and God Bless.

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 this morning are given in memory of **Nathan Matuszewicz**. They are presented by his family.

METHODIST MEN VALENTINE DINNER

The Methodist Men will hold their Valentine celebration on Monday, February 12, 2018 in the Courtyard Room. We will meet for fellowship at 6:00 p.m. and eat at 6:30 p.m. Our program with be Michael Preaceley and friend from the UK Opera Theatre program. Men, invite your sweetheart for a wonderful night of celebration. 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.

BLOOD PRESSURE SCREENINGS

February is National Heart Month—Did you know that heart disease is the leading cause of death for men and women in the United States? These things can be prevented by taking an active role in your health. Making good, healthy choices can go a long way.

Check out these tips: Maintain a healthy diet—remember **MODERATION** is key to making healthy eating choices. **GET ACTIVE**—Rather than parking close to a building, choose a parking space a little further out to get in your steps, so long as the location is safe. When you have a choice between an elevator and the stairs consider taking the stairs. Small changes can have a big impact on your overall health. **WATCH YOUR BLOOD PRESSURE**—If you are diagnosed with high blood pressure, take it seriously! According to the American Health Association, blood pressure is known as the “silent killer.” Ignoring your blood pressure because you think a certain symptom or sign will alert you to the problem is like playing Russian Roulette with your life. Make sure you know that your blood pressure numbers are—stop by the Health and Wellness Blood Pressure Screening on Sunday, February 18th after both services. Nurses will be in the Reception Room. It's important to be proactive when it comes to your health!

HOUSTON MISSION TRIP INFORMATION MEETING

Plans are being made for a mission trip to the Houston, Texas area later this spring. An informational meeting is scheduled for Wednesday, February 21st at 7:00 p.m. in the Bonus Room. We will be discussing the timetable and what type of repair work our team might be involved in during such a trip. Anyone interested in helping, no matter construction skill ability, is urged to attend the meeting.

On-going Prayer Concerns: Jo Carol Kovack, Kathryn McDonie, Phyllis Woolery

February 11, 2018



- **Dreamers Sunday School:** For youth 6th-12th grade. We meet from 10:30-11:00 a.m. in the Great Room.
- **Youth Band:** Practices Wednesdays February 7, 21 & 28 in the Great Room from 7:30-8:30 p.m.
- **Snapshot:** Meets Sundays, February 11, 18 & 25. We'll ask where do some of our assumptions come from about what life should look like, and how does that line up with the Bible in a series called "The Script."
- **Middle School Small Group:** Meets Wednesdays, February 7, 21 & 28 from 6:30-7:30pm in the Great Room.
- **High School Small Group:** Meet at Katy's House (text Katy or Brian for the address) from 6:30-7:30pm on Thursdays, February 1, 8, 15 & 22 as we seek to build our faith and equip ourselves to be ambassadors for Jesus.
- **Embrace Meal:** On Monday, February 19, we will go to Embrace Church and help with their community meal. They need help with cooking, serving, and cleaning up. We'll leave from Southern Hills at 5:15pm and be back by 8:15pm.

NEWSLETTER DEADLINE: The deadline for the March 2018 newsletter will be Wednesday, February 14th, at 12:00 noon. Please send all information you would like included in the *Messenger* to Dawn Sparks at dsparks@southernhillsumc.org.



NEW BEGINNINGS FOR LOVE & MOVE!

After a busy holiday season, our women's (LOVE) and men's (MOVE) ensembles took a much needed break. Beginning February 1st, both groups will begin rehearsing again, in order to prepare for Lent and Easter.

Both groups would warmly welcome new members! Practices are held On Thursdays, with our men meeting from 6:15-7:15 p.m. and our women, from 7:15-8:30. We would love to have new members! If you would like more information, please contact Joan Wooden (jwooden@southernhillsumc.org).

ASH WEDNESDAY OPPORTUNITIES

Ash Wednesday, marking the first day of Lent, emphasizes a dual encounter: we confront our own mortality and confess our sins before God within the community of faith. This year, Ash Wednesday falls on **February 14th**, and our church will offer multiple opportunities for worship. From **7:00 a.m. until 12:00 noon**, our sanctuary will be open for a time of prayer and meditation, as well as **Holy Communion**. Then, at **6:30 p.m.** we will have an intergenerational **service of worship**. In addition to our traditional liturgy and music, we will offer a special time of prayer and meditation through interactive stations (including imposition of the ashes). These stations will be designed and created by Brian Shumard, our youth pastor and Kristina White, our children's pastor. In addition, James Humlong will provide contemplative organ music for those who would prefer to spend time in prayer either in their pews or at the altar rail. Please make plans to attend, and bring your entire family.



Did you know that heart disease is a leading cause of death in the U.S. for both men and women? Eating healthy and staying active can help your heart. For more information about heart health, visit the American Heart Association's website at <http://www.heart.org/HEARTORG/>

ROOM IN THE INN

Room in the Inn has a real need for your volunteer help! We now have a new Facilities Manager who is moving our men's sleeping mattresses into the Activities Building Great Room for us, so these are needs we still have:

Overnight Hosts: March 17 (1 person needed), and March 31 (1 person needed)

Men can call Randy Collins (312-1109) to volunteer for overnight hosting, and Bev Jaquith (276-1358), or Janie Bowen (223-5522).



WEDNESDAY EVENING MEALS

Here are the menus for the rest of January. JOIN US for good food and fellowship. Dinner is served from 5:30-6:15 p.m. Please make your reservations on the pew pads at our Harrodsburg campus, or on the Connection Card at our Keithshire Campus.

Feb. 14 Baked Potato and Salad Bar Feb. 21 Taco Bar
Feb. 28 Pot Roast, Mashed Potatoes & Veggies



The **PAT HERREN CIRCLE** will meet on Tuesday, February 13, 2018 at 9:30 a.m. in the Fireside Room. Members please bring cookies for us to sample and then cookies will be delivered to persons who are not feeling well. No mission food at this meeting. We welcome new members and are happy when our regular members are able to attend. Everyone is welcome to attend meetings regularly or come when a topic is of interest.

The **FAITH SUSANNAH WESLEY CIRCLE** will meet on Wednesday, February 14th, at 9:30 a.m. in the Reception Room at the church.

The **SARAH BAGBY CIRCLE** will meet on Wednesday, February 14th, at noon in the Fireside Room. Bring your sack lunch and enjoy the fellowship. Our program will be provided by our own UMW Unit Treasurers, Carlene Hodges and Harriet Schulz. They will be describing how UMW monies are allocated. Please join us!

GUEST CHOIR

On Sunday, February 18th Lexington Christian Academy's **Chamber Choir**, under the direction of Daniel Wesley, will sing for both of our traditional worship services. Please make plans to attend and hear these very talented high school students.



CHILDREN'S WORSHIP CARTS

We welcome children of all ages to worship with us!

We also recognize that your child may need help to listen and learn. Research tells us that if children can 'fidget' or use their hands while listening they actually learn more.

We have activity bags and sermon notes for children located on worship carts at both entrances to the sanctuary.

After worship, please return all items, except things your child may have colored or journaled, to the carts for next week!

• PRESCHOOL – 1ST GRADE WORSHIP HOUR:

We have launched a trial Worship time for our Preschoolers-1st Graders only during the 11:00 am service. We will be meeting in the preschool room down in the Activities Building. Please note that INTERGEN WORSHIP is on the first Sunday of every month and children will attend worship with their families. If you have a child in this age range and have any questions, please contact Kristina @ kwhite@southernhillsumc.org

- **FAMILY LENT BOXES** are available for pickup February 11, 14 and 18! Be sure to pick up your families box from either Kristina or Shawne!

Sunday mornings:

February 11, 2018	Jesus Calms the Storm	Jesus Calms the Storm
February 18, 2018	Jesus Prayed	Jesus Prayed
February 25, 2018	Jesus Prayed Alone	Jesus Prayed Alone

Wednesday Nights: Kids and Families on a Mission! Join us at 6:30 in the Activities Room!

Feb 14: Acts of Worship: Ash Wednesday Service

Feb 21: Fellowship: Activity TBD

Feb 28: Scripture: Jesus is our Superhero



If you are interested in assisting with this ministry, there are several opportunities for you to do so:

Food pick up and deliveries

Take place at 4:00 p.m. at Sam's Club on New Circle Road
February 13 (4 week supply) March 13 (5 week supply)

Morning Packing (Thursdays unless otherwise indicated)

10:00 a.m. for Set Up, 10:30 a.m. Packing

(Packing takes place in the basement of Embrace Church on N. Limestone.)
March 1

Evening Packing (Tuesdays unless otherwise indicated)

(Packing takes place in the basement of Embrace Church on N. Limestone.)
February 13 March 13