

THIS WEEK AT SOUTHERN HILLS

Sunday, January 13

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
10:35a Love Notes, Bonus Rm
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, January 14

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

Tuesday, January 15

6:30p Basketball, Men age 35 & up, Gym
7:00p AA, Fireside Rm
7:00p Taizé Instrumental Rehearsal, Sanctuary

Wednesday, January 16

9:30a Ladies Bible Study, The Source, Keithshire Campus
10:00a Vitality Aerobics, Great Rm
5:30p Dinner served until 6:15 (Please make reservations)
6:15p Taizé Worship, Sanctuary
6:30p Study of Mark, 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, January 17

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
7:15p LOVE Vocal Rehearsal, Choir Rm

Friday, January 18

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

Saturday, January 19

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

ONE TO GROW ON...

*The Grow Team seeks to encourage our community of believers to grow deeper in relationship with Christ. Our prayer is that you will be inspired to forge new spiritual disciplines: to be intentional to make time every day to get alone with God (practice being in His Presence), to delve into His Word and allow it to penetrate your heart, and to develop new practices of daily prayer. To that end, here is **ONE TO GROW ON...** "Once we lose the concept of God as sovereign, our prayers, our faith, and our very souls begin to shrink... Commitment to a god that is too small will stifle any hope for a transformed world and dull our efforts to bring such a world into being. We become prisoners to our own weaknesses and the evil of the world when we forget that God is sovereign and God is able." (Rueben Job, "40 Days with Wesley") **"He (Christ) must become greater, I must become less."** ~John 3:30 There can be no better resolve to start the new year than a little soul care...how big is your God? Put another way, who sits on the throne of your heart?*

Common Good's After-School Program Needs You!

The program runs Monday-Thursday from 2:30-6:00 PM for the school year. It serves student in grades K-12 from North Lexington neighborhoods. The program includes four components: education, recreation, spiritual formation, and leadership development. We need 60 mentors to commit to volunteering one day a week for the spring semester. Background check and volunteer training is required. If you are interested in volunteering as a mentor, please contact Brenda at 859-333-4637 or Brenda@commongoodlex.org.

Southern Hills Book Club

Attention, readers: There is still time to join the Southern Hills Book Club, and we would love to have you join us. Our next book is entitled *Tattoos on the Heart* by Gergory Boyle, and it comes highly recommended. We plan to meet for snacks and discussion on Saturday, January 26, from 3-5 pm. If you would like to join us, please contact Elizabeth Bartlett at liznorment@gmail.com.

All Church Prayer Gathering



Join us at The Source for an informal time that will include scripture, learning about prayer, Holy Communion, and praying together for our church community. This is a great opportunity for both our traditional and contemporary congregations to gather together. The Gathering will take place on Tuesday, January 22nd, 2019, beginning at 6:30 p.m.

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 altar flowers are in honor of the 50th wedding anniversary of **Bill and Karen Gentry**.

The flowers on the pedestal are given in loving memory of **Jim Baker**. They are presented by Brenda Baker and family.

Birth Announcements

Two of the red roses on the altar are in honor of babies Oliver James Mulberry and Maxwell Thomas Mulberry, sons of Chris and Chellie Mulberry, born November 15, 2018. The roses symbolize that a gift to missions will be given by Southern Hills United Methodist Women, with the prayer that these children will grow in the nurture and admonition of the Lord and be a blessing to the home, church, and community in which they live. Oliver and Maxwell are the brothers of Titus Mulberry and the grandchildren of John and Janice Mulberry and Tom and Donna Connley.

The third red rose on the altar is in honor of baby Charlotte Willow Stephens, daughter of Adam and Catherine Stephens, born December 20, 2018. The rose symbolizes that a gift to missions will be given by Southern Hills United Methodist Women, with the prayer that this child will grow in the nurture and admonition of the Lord and be a blessing to the home, church, and community in which she lives. Charlotte is the sister of Rob and Sam Stephens and the grandchild of Louis and Bev Jaquith.

2019 ALTAR FLOWERS

If you would like to present altar flowers in honor or memory of a loved one or special event on a Sunday this year, please call the church office at 277-6176 and speak to Chelsie Stover about reserving a date for your arrangement. Altar flower arrangements typically begin at \$40-\$50.

January 13, 2019



- **Snapshot:** 5:30-7:30pm Sundays, January 6th, 13th, and 27th.
- **Middle School Small Group:** Wednesday, January 9, 16, 23, and 30 from 6:30-7:30 pm in the youth room.
- **High School Small Group:** Thursdays, Jan. 3, 10, 17, 24, and 31 from 6:30-7:30 pm. We'll meet at Katy's house (2153 Palomar Trace) to dig into what it means to be a disciple of Jesus.
- **Mexico Mission Team:** We are starting to raise funds for our mission to Tijuana in July of 2019 to build a home for a family, provide food, and help with the building of a community center. If you have work you need done around your home and would like to donate to the project costs, please get a form at the welcome center and turn it in to the church office. We'll be in contact with you about when we can come help. Thank you for your support!

NEWSLETTER DEADLINE

Please submit all materials for the February newsletter to Chelsie Stover at cstover@southernhillsumc.org by Thursday, January 17th.

FAITH, HOPE, & LOVE IN ACTION

HAPPY NEW YEAR! Ladies, are you looking for something new to get involved in this year? You might want to check out United Methodist Women. United Methodist Women is a global community of women—nearly 800,000 strong. This is an organization where women grow spiritually, develop as leaders, and serve and work to create a world in which all women, children, and youth thrive. United Methodist Women members nurture one another in community and support U.S. and international projects for improving lives of women, children, and youth with their prayers, volunteer and advocacy efforts, and financial gifts.

There are 180 ladies in the Southern Hills Organization of United Methodist Women. The organization is open to any woman who indicates a desire to belong and to participate in the global mission of the church. Five circles of women meet once a month at various times and days of the week to promote the work of United Methodist Women. A Lenten Quiet Meal is held during Lent. In May and December, we have a potluck dinner for all women of the church.

We invite and welcome all women to be a part of the fellowship of Southern Hills United Methodist Women. For more information about the United Methodist Women and our five circles, contact Virginia Liptrap at 223-1737.



LEARN THE SIGNS AND SYMPTOMS OF A HEART ATTACK

A person's chances of surviving a heart attack increase if he/she gets emergency treatment as soon as possible. It is important to recognize the signs and symptoms of a heart attack and act quickly. If you think that you or someone else is having a heart attack, call 9-1-1 immediately. Take a few minutes to learn the major signs and symptoms of a heart attack:

- Chest pain or discomfort
- Pain or discomfort in the jaw, neck, back, arms, shoulders, or stomach
- Feeling weak, light-headed, or faint
- Shortness of breath. May occur with or without chest discomfort.

Other signs and symptoms that a person may have during a heart attack include:

- Nausea (feeling sick to your stomach) or vomiting
- Breaking out in a cold sweat
- Lightheadedness

TAIZÉ WORSHIP SERVICE



Our monthly Taizé service of prayer and Holy Communion will be held in our Sanctuary on Wednesday, January 16, at 6:15 p.m. This contemplative service of worship is led by terrific instrumentalists, vocalists, and liturgists from our congregation. All are invited to attend.

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.

- January 16th: pizza and salad**
- January 23rd: taco and nacho bar**
- January 30th: baked potato and salad**

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 January:

January 24—Sedona Taphouse, Palomar Center

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



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**

January 13	John Baptizes Jesus Matthew 3:13-17	Matthew 3:17	Jesus is God's son.
January 20	Satan Tempts Jesus Matthew 4:1-11	Proverbs 3:6	Jesus shows us the way.
January 27	Jesus Calls Disciples Mark 1:3-10, John 2:35-51	2 Corinthians 5:17	Jesus can change our lives.

Kids and Families on a Mission:

January 16	Act of Service	Escape Room Lesson
January 23	Fellowship	Minute to Win It Games
January 30	Act of Worship	Escape Room Lesson

METHODIST MEN MEETING

Monday, January 14, 2019

The Methodist Men will meet on Monday, January 14, 2019, by meeting at The Source, SHUMC's second campus. The Source is located on Keithshire Place off Clays Mill. We will meet for fellowship at 6:00 p.m. and begin our tour at 6:30 p.m. Rev. Jill Ruhl will lead us on a tour of The Source's facilities and lead a discussion on activities and progress of The Source's ministry. We will adjourn to Brooklyn Pizza next door for dinner after our program. Mark the attendance pad with MM or call Dennis Liptrap at 223-1737 to reserve your place at dinner.