

THIS WEEK AT SOUTHERN HILLS

Sunday, January 20

8:15a Eagles, Bonus Rm.
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
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
6:15p Celebration Ringers (grades 3-5), Sanctuary

Monday, January 21

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

Tuesday, January 22

6:30p Basketball, Men age 35 & up, Gym
6:30p All-Church Prayer Gathering, The Source
7:00p AA, Fireside Rm

Wednesday, January 23

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)
6:30p 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, January 24

9:30a Open Bridge, Reception Rm
1:30p Jill Ruhl's Small Group, Library
6:30p High School Small Group
6:30p Health and Wellness, Reception Rm
6:30p Men's age 35 and over Basketball, Gym
7:00p Boy Scout Troop 186, Activities Kitchen

Friday, January 25

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

Saturday, January 26

11:00a Al-Anon, Conference (Bonus) Rm
3:00p Book Club

SPECIAL GUESTS IN OUR WORSHIP SERVICES TODAY

We are pleased to introduce **Dr. Sunday Daleng** as our preacher of the morning for Human Relations Sunday. Dr. Daleng is the Pastor at Wesley United Methodist Church in Lexington. Pastor Daleng and his wife, Salome, are originally from Nigeria and are the parents of four children: Grace – 18, Jason – 14, Victoria – 10, and Maribeth – 6.

Pastor Sunday holds an undergraduate degree in Accounting. He also received a Master of Divinity degree from the Theological College of Northern Nigeria in 2004 and a Doctor of Ministry degree from Asbury Theological Seminary, Wilmore, KY, in 2016. Dr. Daleng has served as the National Accountant for the Fellowship of Christian Students Nigeria and National Coordinator of OneHope International, USA. Dr. Daleng is the President and Founder of Peniel Outreach Ministries International based in Jos, Nigeria—a ministry focused on proclaiming the gospel, capacity building of church leaders, and empowerment of widows. Dr. Daleng has had an impressive ministry background and a compassionate heart for “reaching the least and the lost” as he proclaims the Word of God. A regular gospel campaign and revival speaker, he has been actively involved with local churches and para-church agencies, emphasizing partnership, networking, and collaboration for maximal kingdom impact in making disciples.

We also welcome American baritone **Michael Preacely** to our church today. Michael is a rising star on the operatic stage and is also known for a versatile singing ability and style that allow him to cross between genres from classical repertoire to pop, contemporary, and Broadway. He has received critical acclaim for many of his performances, including Phantom in *Phantom of the Opera*, Scarpia in *Tosca*, Ford in *Falstaff*, Marcello in *La Boheme*, the High Priest in *Samson and Delilah*, and Porgy and Jake in *Porgy and Bess*. Mr. Preacely has performed with many major and regional opera houses and orchestras in the United States and abroad. Recently, Mr. Preacely completed a European tour of Porgy and Bess, where he received great reviews for his performance of both Porgy and Jake. Currently, Mr. Preacely is working on the release of his first album, *Spirituals and Hymns*, followed by a series of concerts and recitals in various venues across the United States. Michael resides in Lexington, KY, with his wife, LeTicia, and three sons, Joshua, Benjamin, and Jayce Bryson. He is a member of Wesley United Methodist Church.

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 given in memory of **Thelma Bailey**. They are presented by Brad, Sandra, Robbie, Jessica, Christian, Matt, Stephanie, Isaac, Emery, Annabelle, David, Katie, and Riley Blain.

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 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 Gregory 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.



- **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!

NATHANIEL MISSION MARKET

Are you looking to use your hands serving the Lord? We have a great opportunity on Tuesday, Wednesday, or Thursday from 12:45-2:15 at the market. There are different responsibilities: shopping assistant, prayer and computer spreadsheet, greeter. If you cannot commit weekly, we are always in need of those who are willing to sub in for regulars that are scheduled. **Our immediate need** is a short-term sub in the months of February and March on Wednesdays as shopper assistant. If you are interested, please call or email Bonnie Lynch (859) 533-2313 (lynchb@aol.com).

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.



ASSESS YOUR SLEEP HABITS

Getting enough sleep helps prevent chronic diseases and promotes overall health. Take a few minutes to assess your sleeping habits and make any necessary changes to ensure you are getting the best quality of sleep that you can.

- Are you going to bed at the same time each night and rising at the same time each morning?
- Are you sleeping in a quiet, dark, and relaxing environment, which is neither too hot nor too cold?
- Have you made your bed comfortable?
- Do you use the bedroom only for sleeping and not for other activities, such as reading, watching TV, or using the computer?
- Do you avoid large meals before bedtime?

Learn more at:

<http://www.cdc.gov/family/minutes/tips/assesssleephabits/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.

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