

THIS WEEK AT SOUTHERN HILLS

Sunday, May 6

- 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
- 4:30p The About Group, Fireside Rm
- 5:00p Children's Musical Preparation, Beginning in Courtyard Rm
- 5:00p Carillon Choir (Adult Handbells), Sanctuary
- 5:30p Snapshot (Youth Group)

Monday, May 7

- 9:00a Upper Room Prayer Team, Prayer Chapel
- 10:00a Vitality Aerobics, Great Rm
- 10:30a Shawl Ministry, Reception Rm
- 6:45p Worship Team Meeting, Choir Rm
- 7:00p AA, Fireside Room

Tuesday, May 8

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

Wednesday, May 9

- 9:30a Ladies Bible Study, The Source, Keithshire Campus
- 9:30a Faith Susannah Wesley Circle, Home of Pat Kimbrell
- 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 Unafraid Book Study, Fireside 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
- 7:30p Youth Band Practice

Thursday, May 10

- 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, May 11

- 10:00a Vitality Aerobics Class, Great Rm
- 12:00p Al-Anon, Conference (Bonus) Rm
- 6:00p *At the Movies*, Children's Event



MAKE UP DAY FOR PHOTO DIRECTORY

The directory company has added a makeup day to our schedule to have photographs taken. **THURSDAY, MAY 17th** is now up and running on their website. You can go to the following address to sign up from your home computer, smartphone or tablet:

<http://photos.southernhillsumc.org>

If you have any trouble with signing up, please call Dawn Sparks in the church office at 277-6176.

THIS WILL BE THE FINAL DAY TO HAVE PHOTOGRAPHS TAKEN!

COMBINED JUNE/JULY NEWSLETTER

The next newsletter will be a COMBINED June/July newsletter. If you have information for either those two months that you would like included in *The Messenger*, please forward it to Dawn Sparks at dsparks@southernhillsumc.org as soon as possible.

Dawn will be on vacation the week of May 14-18 and would like to compile as much of this newsletter NEXT WEEK (May 7-11) as possible.

Thank you for taking the time to look at the information you would like to have included and forwarding it at your earliest possible convenience.

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 **Kash Williams**. They are presented by Darrell and Nancy Ratliff.

The flowers on the pedestal are given in memory of **Don Herren**. They are presented by the Herren family.

GRADUATES

All of us here at Southern Hills are excited to celebrate our graduates (high school, college or trade schools). Graduation Sunday will be June 10 at the Harrodsburg Rd. campus at 9:30 and 11:00 a.m. services, or at The Source at 10:30 a.m. Please complete and return the form found at the Welcome Center. The information will be put in the June newsletter. Please return the form to Brian S. or the church office by Sunday, May 27. Also, please attach a wallet-sized photo or email a picture to Brian at bshnard@southernhillsumc.org.

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

May 6, 2018

SHUMY

- **Snapshot:** 5:30-7:30pm Sunday, April 29. We'll finish up our survey of the Old Testament and see how it all comes to fruition in Jesus.
- **High School Small Group:** Meet at Katy's house (text Katy or Brian for the address) from 6:30-7:30pm on Thursdays, April 26 and May 3, 10 & 17 as we seek to build our faith and equip ourselves to be ambassadors for Jesus.
- **Middle School Small Group:** We'll meet in the Great Room from 6:30-7:30pm on Wednesdays, April 25 and May 2, 9 & 16 to hang out and grow in our relationship with God.
- **Youth Band:** Wednesdays, April 25 and May 2, 9 & 16 we'll meet in the Great Room from 7:30-8:30pm to work on songs to lead worship at Snapshot.



WEDNESDAY EVENING MEALS Served from 5:30-6:15

Please make your reservations on the pew pads at our Harrodsburg Road campus, or on the Connection Card at our Keithshire Campus. Meal schedule for May:

May 9th BBQ/Cookout
May 16th Pasta & Salad (Last Meal of the Season)



PAINT PARTY/COSTUME FITTING DRAMA REHEARSAL FOR CHILDREN'S MUSICAL

All Elementary Children's Choir members are encouraged to join us THIS AFTERNOON (May 6) at 5:00 p.m. for a Paint Party/Costume Fitting/Drama Rehearsal in preparation for our musical, *Elijah*. **Rachel Losch** has designed two backdrops for the play, and choir members will be able to help paint in the choir room. (Please bring a cover-up/smock or wear clothes that can get paint on them!) **Cristy Yaden** is in charge of costuming. She will be available in the reception room to help each cast member get fitted with a costume for their role in the play. Also, **Candy Bridges** and **Ellie Cole** will run through the lines in the Courtyard Room, making sure all children have their parts memorized! Everyone will meet in the Courtyard Room at 5:00 p.m. for snacks and to divide into groups for each station. Parents are encouraged to join us!

CRAFT AND VENDOR FAIR: Saturday, May 19th - We are hosting a Craft and Vendor Fair and will be filling the gym with vendors selling all sorts of items. We are already at capacity for vendors, now we need customers! Plan to come shop and support our vendors and invite your friends. A full list of vendors will be on Facebook or pick up a flyer at the Welcome Desk.

RUMMAGE SALE: Saturday, June 9th - Our annual rummage sale to benefit the Guatemala mission trip is Saturday, 6/9. Save the date and save your donation items. We will be collecting donations at the church on June 7th and 8th and will also schedule pickups those days. Contact Brian Cathey at rbcathey@southernhillsumc.org or call the church at 277-6176.



UMW and EAGLES FLOWER SALE PICK-UP IS THURSDAY & FRIDAY

Thank you so much for your flowers/plant order! You may pick up your order in the church gym on Thursday, May 10 (1:00 p.m.—6:00 p.m.) and Friday, May 11 (9:00 a.m.—6:00 p.m.). Our flowers are locally grown with care! Proceeds go to help with church projects/needs, missions and local charities.

If you have any questions, please call Pat Childers (554-6708), Joyce Tiggelaar (278-5677), Eveleen Browning (327-7739), Mary Ellen Lutz (269-6167) or Jeanne Lanz (421-1934).

HABITAT FOR HUMANITY BUILD

The Methodist Churches will partner with Thrivent Financial to build YOUR 28th Habitat for Humanity House. Construction at 1773 Russell Cave Road will begin on June 13. This year, we hopefully will contribute \$7,000 for this project. Continued THANKS to the volunteers and the many that fund our important mission. For information contact Glenn Dussinger (271-6219 or glennuss@twc.com).



The **UMW Leadership Team** will hold their next meeting on August 2, 2018. There will be no meetings of this committee May-July.

The **PAT HERREN CIRCLE** will meet Tuesday, May 8, 2018 in the Fireside Room at 9:30 a.m. Following our business meeting we will move to the Pavilion where Judy Lay will make a presentation on "Place to Play and Pray." Each one of us will bring our own sack lunch. Drinks and desserts will be provided. In case of rain we will have an indoor picnic in the Fireside Room. Our mission food will be spaghetti and meat sauce in plastic jars or metal cans. We will NOT meet in June or July. Watch for news about our August meeting.

The **FAITH SUSANNAH WESLEY CIRCLE** will meet on Wednesday, May 9, at 9:30 a.m. at the home of Pat Kimbrell.

The **SARAH BAGBY CIRCLE** will meet at noon on May 9th in the Fireside Room. Bring your sack lunch and join us for fun and fellowship followed by our program. Our program topic is the UMW Reading Program.

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 May:

May 10th Malone's—Palomar Center
May 24th Texas Roadhouse—Harrodsburg Rd.

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



5th Grade Blessing: All 5th Graders and their parents are invited to join us at Equestrian Woods on TODAY at 12:30 p.m. for a time of blessing. Please RSVP to Kristina at kwhite@southernhillsumc.org.

UPCOMING CHILDEN AND FAMILY EVENTS

May 11th - **At the Movies**—A Celebration of Mothers and Maternal Figures (6pm—8pm)

June 16th - **Kingdom Builders**—A Celebration of Fathers and Paternal Figures (11am—1pm)

June 20th—22nd—**Rolling River Rampage** - Vacation Bible School

July 14th— **Back in the Day**—A Celebration of grandparents and Special Senior Friends (10am—12pm)

August 10th—**We Have the Meats**—A Back-to-School Event (6pm-8pm)

Intergenerational Worship on May 20 for the Musical

May 6, 2018	Intergen Worship/ Jesus Loved God (Source only)
May 13, 2018	Jesus Asks Us to Love One Another
May 20, 2018	Intergen Worship/ Jesus Keeps His Promise to Send the Spirit (Source only)
May 27, 2018	Trinity Sunday



The only way to know if you have high blood pressure is to have your blood pressure tested. Understanding your blood pressure numbers is important to controlling high blood pressure. Your blood pressure is recorded as two numbers: **Systolic blood pressure** (the upper number) - indicates how much pressure your blood is exerting against your artery walls when the heart beats. **Diastolic blood pressure** (the lower number) - indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats. Typically, more attention is given to systolic blood pressure (the top number) as a major risk factor for cardiovascular disease for people over 50. However, elevated systolic or diastolic blood pressure alone may be used to make a diagnosis of high blood pressure. And, according to recent studies, the risk of death from ischemic heart disease and stroke doubles with every 20 mm Hg systolic or 10 mm Hg diastolic increase among people from age 40 to 89. **Stop by on Sunday May 6th and find out what your blood pressure numbers are—Health and Wellness team members will be in the Reception Room following both worship services.**
<http://www.heart.org>

Tired of fighting your way down the grocery aisles looking for the latest sales? Why not take a break by going to a local farmer's market. A leisurely stroll outdoors may yield fresher foods and reduce the stress of the big superstore. You may also find a delightful sense of community not available in the big box. Reduced stress and increased community equals better health.