**HEALTH AND WELLNESS TIP**

October 21 is Check Your Meds Day. It doesn’t have to be on this particular day, but to organize and check your medicines for contraindications with each other and with any supplements, pharmacists suggest you: 1) Gather all your medications and supplements 2) Place them in a bag 3) Meet with a pharmacist for a consultation. Make an appointment with your pharmacist soon!

**HELP US PREPARE FOR ALL SAINTS DAY**

All Saints Day is coming up on November 3rd. As we prepare for this special day, we want to make sure we particularly remember those who have passed away in the past year. If you have a deceased loved one who regularly attended Southern Hills and who passed away since November 1, 2018, please let us know to make sure we include their name in our All Saints Day service. Please call the church office at 277-6176 or email cstover@southernhillsumc.org with your loved one’s name.

**BOY SCOUT WREATH SALES**

The holidays are right around the corner! The boy scouts will be taking Christmas wreath orders in Herren Hall on Sundays, October 20th and 27th. Please be sure to stop by to order a wreath!

**CALLIGRAPHER AND WORD PAINTER PRESENTATION**

Timothy R. Botts is a master calligrapher with a 40-year career at Tyndale House Publishers designing books and Bibles. He retired as senior art director in 2012. He has published ten books of his works for bearing with us in this time of transition! His prints are beautiful and colorful, and helped start Masterpiece Project, an outreach progam for high school students in the arts. His prints give new insights to the way he depicts certain words and phrases. His prints are beautiful and colorful, and helped start Masterpiece Project, an outreach program for high school students in the arts. His prints are beautiful and colorful, and helped start Masterpiece Project, an outreach program for high school students in the arts. On Sunday, Nov. 3, Mr. Botts will have an exhibit at 3:00 p.m. at Central Christian Church (corner of 20th and 27th. Please be sure to stop by to order a wreath!

**FLOWERS**

The flowers on the altar are given in honor of Michael and Kimberly Walsh’s 20th wedding anniversary. They are presented by Katy and Emily Walsh.

**BIRTHS**

The rose on the altar is in honor of baby Maury Tully Dicken, daughter of John and Rebecca Maury Dicken, III, born October 14, 2019. The rose symbolizes that a Gift to Missions will be given by Southern Hills United Methodist Women, with the prayer that this child grow in the nurture and admonition of the Lord and be a blessing to the home, church, and community in which she lives. Maury is the great-granddaughter of Mary Davis Dicken.

**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.

**NEWSLETTER DEADLINE AND UPDATE!**

We will be making some exciting changes to our church newsletter in the near future! To allow ourselves time to work on our new forthcoming quarterly format, we will not have a regular printed November newsletter. We will still be sending out important information next month by E-news! If you have something you would like to submit for November’s E-News, please send it to Chelsie Stover at cstover@southernhillsumc.org by Wednesday, October 23. Thank you for bearing with us in this time of transition!
We have rebooted Wednesday night Recharge! Come join us for a family time around a table to fellowship and feast together with food and in our faith. Dinner will still begin at 5:30, and as we eat we will explore life together and check in with our larger church family. At 6:15, we’ll share a scripture story and a short devotional. Then from 6:30-7:00 we will break into age-specific groups for discipleship and sharing. We hope you will Recharge with us! Please be sure to make meal reservations by marking “Wed. Meal” with the number of people attending on the attendance pad or by calling the church office with your reservation by noon on Mondays.

**Upcoming Menu:**
October 23: BBQ
October 30: Taco Bar

**Roadrunners**
The Roadrunners meet twice a month on Thursdays to enjoy food and fellowship together. They visit area restaurants and spend time in conversation while enjoying a good meal. Here is the upcoming schedule:

**October 24: Lexington Diner**

**Update from SPRC**
After completing an initial assessment of needs at Southern Hills, our Staff Parish Relations Committee has updated two job descriptions and titles. Brian Cathey will be assuming the full-time position of Director of Media and Serve Ministries. Brian will be overseeing our AV, tech, website, and social media presence and will also be the staff liaison for our Serve Team. Rev. Eric Hughes, whose primary responsibility will continue to be visitation, will be stepping off the Grow Team to help reestablish the Connect Team. The Connect Team will now focus on the inward ministries of our church, helping people take next steps in connecting to the family of Southern Hills. Thanks to both of these servants for their willingness to adapt and move forward.

**Blood Pressure Checks**
The Health & Wellness Ministry Team is providing blood pressure checks TODAY, October 20th, in the Education Building lobby between services. Please feel free to stop by and take advantage of this free screening!

Southern Hills has a prayer request phone line. Please call (859)277-8557 to leave a voice message about your prayer request. Please state whether you’d like your request to be shared with the congregation on our prayer list or whether you’d like it to remain confidential.

**Habitat for Humanity**
Dedication of our 29th Habitat house at 230 E. Sixth St. is scheduled for Sunday, Oct. 27th, at 2 p.m. Many thanks to those who volunteered and those who contributed to this project.