

## THIS WEEK AT SOUTHERN HILLS

### Sunday, September 16

- 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  
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, September 17

- 9:00a Upper Room Prayer Team, Prayer Chapel  
10:00a Vitality Aerobics, Great Rm  
7:00p AA, Fireside Room  
7:30p Meade Shotwell Circle, Reception Rm (**2nd MON in homes**)

### Tuesday, September 18

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

### Wednesday, September 19

- 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 Epic of Eden Study, 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, September 20

- 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, September 21

**STOP BY HERREN HALL** today between worship services and sample "Honey Roasted Brussel Sprouts." Think you don't like Brussel sprouts?...come try this delicious recipe. Brussel sprouts are excellent resources of Vitamin C, K and B vitamins. Sponsored by the Health and Wellness Ministry Team.

### **HABITAT FOR HUMANITY HOUSE DEDICATION**

The dedication for your house this year is TODAY at 3:00 p.m. at 1773 Russell Cave Road. Many THANKS to the volunteers and to those who contributed to this important mission.

**EUCCHARISTIC MINISTERS NEEDED** for first Sunday Communion—If you are willing to help serve communion on first Sundays, please contact Joan Wooden (jwooden@southernhillsumc.org or 277-6176, ext. 23). You will be blessed to be a blessing.

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.

# SEPTEMBER

## **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.

## **Deaths**

We express our sympathy to **Sarah Haggard** and family following the passing of her mother, Dorothy Sutton, on September 7, 2018.

We express our sympathy to **John Flanary** and family following the passing of his son, Michael, on September 6, 2018.

## **Births**

The red rose on the altar is in honor of **Riley Katherine Blain**, daughter of David and Katie Blain, born September 11, 2018. 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. Riley is the granddaughter of Brad and Sandra Blain, and the niece of Robbie Blain and Jessica Maynard, and Matt and Stephanie Blain.

## **BACKPACK** *Ministry*

### **Ministry Update**

A vital ministry of Southern Hills is our Backpack Ministry program, which serves students at Arlington Elementary School. Most Arlington students are on free or reduced lunch at school, and these students are taking home food sacks, lovingly and efficiently packed by our faithful volunteers, every Friday. This food is intended to supplement the food in their homes for the weekend, since many of them live in homes where food insecurity is the norm. This is an important ministry and it cannot exist without the volunteers, prayers, and monetary support of the congregation!

Currently there is approximately \$6000 in our Backpack Ministry account. We will need about \$15,000 more in order to complete the school year. Please consider how you can assist this ministry, whether it is by volunteering, praying for these precious children, or by donating. You may write a check to SHUMC with "Backpack Ministry" on the memo line, or go to the church website ([www.southernhillsumc.org](http://www.southernhillsumc.org)) to donate. Your support is certainly needed and appreciated!

The Backpack Ministry Team,  
Judy Blakeman, Lyn Bracken, Sarah Hicks,  
Nancy Kline, and Nancy Rhodus

On-

September 16, 2018



- **Snapshot:** 5:30-7:30pm Sundays, September 9, 16, 23 & 30. We'll look at what living a life of worship really means, and we'll have conversations about how we can use our personalities, gifts & influences for God's glory.
- **Middle School Small Group:** Wednesdays, September 5, 12, 19 & 26 from 6:30-7:30pm. We'll meet in the Great Room to grow our roots deeper into Christ. This is for grades 6-8.
- **High School Small Group:** Thursdays, September 6, 13, 20 & 27 from 6:30-7:30pm. We'll meet at Katy's house (2153 Palomar Trace) to ask some big questions and dig into the Bible.
- **Campfire at Brian & Janeen's:** 7:00-9:00pm on Saturday, September 22. Meet at 2351 Tulsa Rd for a campfire, s'mores, some worship, a devotion and some games. Invite a friend...or SEVEN!
- **Follow Us:** Remember you can always keep up with what is going on at shumy.org or you can ask to become part of our Facebook group (SHUMY) or follow us on Instagram @ shumy\_lex.

### MEXICO MISSION

Brian Shumard will be taking a group to Tijuana, Mexico in June 2019 to work with Bittersweet Ministries (Brian is a board member of this organization, and has been involved with them for 13 years). We work to build relationships in the community, resource community center, help with two weekly Bible studies for adults and children, bag up food, build a house for a family, and do other miscellaneous repairs as we seek to show the love of Christ. Check out [bittersweetministries.org](http://bittersweetministries.org) for more information about the work we do with them. Average cost per person is around \$750, and we will be raising funds. Please contact Brian at 859-684-5626 or [bshumard@southernhillsumc.org](mailto:bshumard@southernhillsumc.org) if you are interested, or would like more information. We will be having a meeting on Sunday, October 14th at 5:00 p.m. in the library at Southern Hills to start planning fundraisers and learning about the culture. Sign up early, there are only 9 spots left for the team!

### SEPTEMBER TAIZÉ PRAYER SERVICE

Our monthly Taizé service of prayer and Holy Communion will be held in our Sanctuary on Wednesday, September 19th at 6:15 p.m. This contemplative service of worship is led by terrific instrumentalists, vocalists, and liturgists from our congregation. Rev. Jill Ruhl will offer Holy Communion, this month. All are invited to attend.



### SIX LIFE CHANGING TIPS FROM PEOPLE LIVING WITH ARTHRITIS

Recently diagnosed with arthritis? These smart strategies will help you live better with the chronic condition:

- **Be in Control of Your Health, but Don't Go It Alone**—Get involved with local or online support groups to learn from others living with arthritis.
- **Remember, You're Probably Stronger Than You Think**—Don't think that a diagnosis of arthritis means you can't do the things you love.
- **Practice Patience**—Know that after being diagnosed you will need to accept that some daily tasks, like taking a shower, will take longer to accomplish.
- **A Bad Day Doesn't Mean a Bad Life**—Sure some days will be challenging but don't let those days define your life.
- **Be Your Own Best Advocate**—Educate yourself and work with your care team to help you achieve your quality of life.
- **Find Support Online**—Two great online support group sites are Creakjoints and Pain Talks.

### WEDNESDAY EVENING FELLOWSHIP MEALS

Our Wednesday night fellowship dinners will resume on September 5th! 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](mailto:rbcathey@southernhillsumc.org) or call the church at (859) 277-6176.

**September 19—Pasta, Salad & Bread**

**September 26—Breakfast**

### SERVE TEAM

We are gearing up for the 2018-2019 year and would love to have new members join us! The Serve Team acts as a liaison between the church's ministries and the congregation and community. Our next meeting is September 11 from 7:00-8:00 p.m. in the Bonus Room at the SHUMC Harrodsburg Road location. To RSVP or get more information contact Emily Hutchinson at [ehutchinson.1129@gmail.com](mailto:ehutchinson.1129@gmail.com) or Katie Taylor at [Katie.taylor@proforma.com](mailto:Katie.taylor@proforma.com).

### STORK MINISTRY TEAM

If you have a passion for cooking, baking, and loving on others when they have just had a baby or adopted a child, then the Stork Ministry Team is for you! We are looking for a new leader who can coordinate meals for our growing families. Contact Katie Taylor at [katie.taylor@proforma.com](mailto:katie.taylor@proforma.com) or 859-361-6373 if you are interested in taking the lead for this ministry.

### 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 September:

September 27—Red Lobster/Nicholasville Rd.

For more information regarding the Roadrunners please call Brian at 277-6176, or email him at [rbcathey@southernhillsumc.org](mailto:rbcathey@southernhillsumc.org).



### UPCOMING CHILDREN AND FAMILY EVENTS

|              |                               |
|--------------|-------------------------------|
| September 16 | Joseph                        |
| September 23 | Moses Frees the Israelites    |
| September 30 | Moses and the 10 Commandments |

**“BACK IN THE DAY” EVENT:** All grandparents or seniors are invited to bring their grandchildren or children who are like their grandchildren to our “Back in the Day” event TODAY from 3-5 p.m. in Herren Hall! We will be playing games, eating light snacks together and taking some Black and White photos together! If you plan to come, please RVSP to Kristina so we have enough food for everyone!

### WEDNESDAY NIGHTS:

|              |   |
|--------------|---|
| September 19 | Act of Worship Night: 4 Acts of Worship—What are they?              |
| September 26 | Acts of Service Night: Making sewing and fishing kits for OCC boxes |

### OPERATION CHRISTMAS CHILD COLLECTION:

Balls w/Pumps, Pencils, Small Notepads, Pencil Sharpeners, Tools, Washclothes, Cups/Small Container, Coloring Books, Crayons, Combs/Brushes, Hair Bows, Jump Ropes, Soap, Toothbrush, Rulers, Stuffed Animals  
DONATIONS TAKEN: September 9—November 7

### UMW PECAN SALES



UMW pecan sales are just around the corner! Enjoy a tasty treat or stock up for the holidays. Sales will be September 16th, 23rd, and 30th, October 7th and 14th. Choices include Mammoth Halves, Pecan Pieces, Milk Chocolate Pecans, Chocolate Amaretto Pecans, Cinnamon Pecans, and Pecan Clusters. Orders will be taken in Herren Hall and outside the Narthex from 10:15-12:15. Payment will be at the time of the order (this is different than in the past.) Pecans are \$12 per bag and will be delivered in time for Thanksgiving baking.



Southern Hills UMC will once again be offering a Financial Peace University class this fall. Classes will start TODAY @ 5:00 pm, and they are open to anyone in the church or the community. This fall, we will be offering the FLEX version of the class, allowing us to keep classes to an hour long. If you have further questions, please contact Pastor Eric or Chris Kaelin. Childcare will be provided if needed. The class will be held in the library.