

THIS WEEK AT SOUTHERN HILLS

Sunday, September 2

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
5:30p Snapshot (Youth Group)

Monday, September 3

9:00a Upper Room Prayer Team, Prayer Chapel
10:00a Vitality Aerobics, Great Rm
7:00p AA, Fireside Room

Tuesday, September 4

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

Wednesday, September 5

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)
6:00p 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 6

9:30a Open Bridge, Reception Rm
1:30p Jill Ruhl's Small Group, Library
5:30p New Life Circle, Courtyard Rm
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 7

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

POSITION AVAILABLE ADMINISTRATIVE ASSISTANT AT SOUTHERN HILLS UMC

Southern Hills United Methodist Church, a two-campus, 2000 member church in the south end of Lexington, KY, is seeking an Administrative Assistant to manage an active church office tasked with the daily workings of a busy faith community. A strong passion to work creatively with all kinds of people and situations is called for, in an environment that thrives on creativity and organization. This full-time position includes the following responsibilities:

- Act as a Communications Hub to direct phone traffic, personal inquiries and deliveries to the proper location
- Attend all church staff meetings and maintain a master church calendar for all organizations and ministries
- Direct volunteers who answer phones and prepare mailings
- Assist church staff in producing documents, minutes, letters and notices
- Prepare weekly bulletin inserts and a monthly newsletter for printing
- Track weekly membership and visitor attendance
- Manage computer information databases. Be proficient in Microsoft Word Suite, Google Drive, Social Media platforms (Facebook, Twitter), and have the ability to quickly learn and master various church management software.

Team Ministry with a large church staff is an important part of this position in order to contribute to a positive, nurturing staff environment. Confidentiality and loyalty are essential. The successful candidate must have high energy and enthusiasm, a strong Christian faith, excellent organizational and writing skills, and a deep desire to contribute to the growth of a vital congregation. Resumes may be sent to: Dawn Sparks at: dsparks@southernhillsumc.org

HABITAT FOR HUMANITY HOUSE DEDICATION

The dedication for your build this year is scheduled for Sunday, September 16th at 3:00 p.m. at 1773 Russell Cave Road. Many THANKS to the volunteers and to those who contributed to this important mission.

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.

Flowers

The flowers on the altar this morning are given in memory of **Jennifer Whittaker**. They are presented by Jean Hawkins.

The flowers on the pedestal are given in memory of **Robin Robertson**. They are presented by Jim, Jamie and Matt Robertson, and Jeanne Lanz.

All Preschool children (older threes and up) and Kindergartners are invited to join our ...



LOVE NOTES CHOIR Practices will be held in the Bonus Room on Sundays (beginning Sept. 9th) from 10:35-10:55 a.m.

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 or call the church at (859) 277-6176.

Sept. 5—Taco Bar

September 19—Pasta, Salad & Bread

Sept. 12—BBQ, Baked Beans & Chips

September 26—Breakfast

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

September 2, 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.
- **Parent Meeting:** On Sunday, September 9, we'll meet at Southern Hills in the Great Room at 7:00 p.m. to go over our schedule for the fall/winter, update forms, do some sign ups and pray for the year together.
- **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.
- **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.



FALL PROGRAMMING FOR CHILDREN AND YOUTH

All children and youth (ages 3 and up) are invited to become involved with music ministries, this school year. Rehearsals have just begun for our older groups, so September would be the perfect time to join. We have three graded vocal choirs, beginning with children who are 3 years old all the way through seniors in high school, as well as two different handbell choirs for students who are in the third grade and up. If you have children or grandchildren who enjoy music, please encourage them to participate in at least one of our choirs.

Our youngest choir, the "**Love Notes,**" will begin meeting on Sunday, September 9th. This choir is made up of preschool and kindergarten children (including "mature" 3 year olds!), and they will offer the congregation a wonderful glimpse of God's glory when they sing their songs during worship. Practices will be held on Sunday mornings from 10:30-10:55 a.m. All rehearsals will be held in the Bonus Room (Conference Room), across from the choir room. This choir has three very talented and dedicated leaders who will love and nurture your precious children: **Rosemary Souleyrette, Linda Burrows, and Julie Beck.**

On Sunday afternoons, our **Elementary Children's Choir and Youth Choir** meet. These delightful choirs will present music during our traditional services at least once a month, and they will be featured in our *Festival of Christmas* concert in December. In addition, our Youth Choir has been invited to present a Christmas Concert for the UMW December Dinner.

Our two handbell choirs also meet on Sundays. Our youngest choir, **Celebration Ringers**, is for children in grades 3-5. This group focuses on basic handbell ringing techniques and will strive to present concerts for area nursing homes in December and May. Our **Joyful Ringers**, for grades 6-12, is our more advanced group. They are working on a bit more challenging music, and will ring for worship at least once every 8 weeks.



What can help to prevent a stroke?

A stroke happens when the flow of blood is cut off to part of your brain. Most are caused by a clot or something else that blocks the flow. These are called ischemic strokes. About 10% are caused by bleeding in the brain. These are hemorrhagic strokes. Strokes can be prevented by following just a few healthy suggestions:

- **Lower Your Blood Pressure**—High blood pressure is the No. 1 cause of strokes.
- **Refrain from Smoking**—You double your risk of having a stroke if you use tobacco.
- **Cut out the Alcohol**—Too much alcohol can raise your blood pressure.
- **Control your Diabetes**—High blood sugar can make you 2-4 times more likely to have a stroke.
- **Exercise**—Being a couch potato can lead to obesity, high cholesterol, diabetes, and high blood pressure—a receipt for stroke.
- **Eat Better Foods**—Healthy eating can lower your risk of a stroke and help you shed weight if you need to.

<https://www.webmd.com/stroke/guide/understanding-stroke-prevention#1>



The **UMC LEADERSHIP TEAM** will meet on September 6, 2018 at 1:30 p.m. in the Reception Room.

The **NEW LIFE CIRCLE** will hold their annual Fall Kickoff Tailgate Dinner in the Courtyard Room at 5:30 on Thursday, September 6. This will be a great opportunity to catch up with one another before discussing our projects through the end of the year. For those who care to contribute please bring your items for The Methodist Home to this meeting.

The **SARAH BAGBY CIRCLE** will meet at noon on September 12, 2018 in the Fireside Room. Bring your sack lunch and join us for fun and fellowship followed by our program. Our speaker will be Officer Towery III talking about Scam Prevention and Safety.

The **PAT HERREN CIRCLE** will meet Tuesday, September 11, 2018 at 9:30 a.m. in the Fireside Room. We will have a planning session concerning the election of officers and program ideas for the coming year. Your participation and input would be appreciated. If you are willing, or know someone else that would be willing to make a presentation, please share those ideas at the meeting. Our mission food will be crackers and peanut butter in a plastic jar.

The **MEADE SHOTWELL CIRCLE** will meet Monday, September 10th, in the Bonus Room. Watch the bulletin announcements for more information.

The **FAITH SUSANNAH WESLEY CIRCLE** will meet on Wednesday, September 12th at 9:30 a.m. at the home of Jean Hawkins. We will have breakfast at 9:30 with the meeting to follow.

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 13—Saul Good/Fayette Mall

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.



UPCOMING CHILDREN AND FAMILY EVENTS

September 2	SHUMC: Intergen Worship Source: Esau Forgives Jacob
September 9	Queen Esther
September 16	Joseph
September 23	Moses Frees the Israelites
September 30	Moses and the 10 Commandments

RIGHT NOW MEDIA: Log into your RNM account and look for Yancy's Little Praise Party! This is full of fun, easy to learn worship songs for children! It's great to put on during play time just to listen to, or during a car ride to watch from the app! If you look this up, let me know what your favorite song is!

"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 on September 16th 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: Starting September 5th, we will resume our Kids and Families on a Mission!

September 5	Fellowship Night: Popsicles in the Park
September 12	Act of Service Night: Making games for OCC boxes
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



Mark your calendar. It's that time of year again!

Southern Hills UMC pecan sales are just around the corner. Enjoy a tasty treat or stock up for the holidays. Orders will be taken in Herren Hall and outside of the Narthex (under the awning) from 10:15-12:15 on September 16th, September 23rd, September 30th, October 7th, and October 14th. We have some new choices this year so come and check them out! Pecans are \$12.00 per bag and will be delivered in time for Thanksgiving baking. Payment will be made at the time of the order (this is different than in the past.) This is the main UMW fundraiser for 2018. Please help us raise funds to support many worthy causes. For additional information or questions please contact one of the committee members: Karen Crist (619-1185), Ruth Midboe (293-5000), Jolene Ashford (881-5177), Rhonda Prebeck (317-331-5873), Mary Kenady (277-3246) or Harriet Schulz (272-8714).