

Special Gifts to Zion Church

In Honor of:

Happy Birthday to my fellow LE0813ers- Anna, Austin & Will by Wanda Murphy

In loving honor of EmmaGene Wright & Robert Vick by Hazel & Terry Robinson

Tammy Vincent on her birthday August 23 Love, Eric Flynn

Ellen & Clyde Walters, Janice Sweatt, Pat Threatt and Paulette & Jimmy Thomas by Dianne Martin

In memory of:

Margaret & "Ronnie" Threatt and Herb Martin by Dianne Martin

Special Gifts to Building Fund

In Honor of:

Ellen Walters by Mr. & Mrs. Mike Vick

Wanda Murphy on her birthday by Frances Parris

Tammy Vincent on her birthday by Margie Vincent

In Memory of:

Rosalea Wilson by Mary P. Knight

Chuck Byrdic by Frances Parris

Special Gifts to Epworth Children's Home

In Honor of:

Cierra Hartley on her 14th birthday by Steve, Susan, Steven and Savannah Duell

Canning season is here!! Are your knives ready for all the prep work -- peeling, chopping, slicing?? If you need some new knives, don't forget UMW stock many of your favorite knives such as various paring knives, tomato slicer, other larger knives and choppers. Contact Libby Morris or Missy Snipes for anything you may need.

Our United Methodist Women and ladies of the church provide meals in the event of a death. In the church family. We have worked out a schedule of three groups that will take turns in a rotation to provide the food and monetary donations to help buy supplies and extra meat. If your group is providing a meal, you will be contacted for your contribution or food item. You only need to provide your monetary donation when it is your group's turn on the rotation. If you have any questions, please let Terry Robinson know. Thank you!

With the new school year approaching, here is a Sunday school update: The Toddler Classroom 2s, 3s, & 4s class is taught by Courtney & Nancy Ackerman, The Kindergarten / 1st Grade class is taught by Laura Everall, 2nd & 3rd graders class is taught by Ms Pat Threatt & Jessica Bailey, 4th -6th graders class is taught by Barbara Hall, Miriam Griffin & Diane Rape & the Youth 7th & up class is taught by Steve McDonald. We would love to have your children & youth join us during the Sunday School hour this fall!!!! **Join us for Sunday School!!!!**

I would like to express my gratitude for the financial support through the Tony Neal Scholarship. It is because of your hospitality that I can focus on my studies and decrease the number of hours I must work through the school year.

Again, I thank you for this opportunity to support me during my last year of college and helping me get one step closer to my career.

Sincerely, Adrianna Ray

Thank you!

We would like to express our sincere thanks to everyone for all the help we received during our move. We were so blessed by the cards of welcome you sent while we were still in Wyoming. Then, we were humbled and blown away when you donated your financial resources to provide for our move.

When we arrived at the parsonage, a virtual army of volunteers met us to unload the truck and move our things into the beautiful parsonage as well as feed us. As for the food: wow, just wow! The meals provided during our first week were outstanding and so comforting during an exciting and busy time.

Thank you all for your prayers and love during this time. Thank you also for the gifts for the children and the welcome baskets from the UMW. We are so excited to call Zion our new home and to have you all as our church family. It is our joy to serve with you as we journey closer to our Father God as He teaches us to love Him and each other more and more every day. - The Jarrell Family

This Week at Zion

Friday, August 17

8:00 pm Walking Club

Saturday, August 18

7:00 am Men's Prayer Group

Sunday, August 19

7:45 am UMM Breakfast, Men's Rec. Club

10:00 am Sunday School

11:00 am Morning Worship

6:00 pm Chancel Choir practice

Monday, August 20

8:00 am Walking Club

Tuesday, August 21

8:00 am Walking Club

Wednesday, August 22

8:00 am Walking Club

Thursday, August 23

8:00 am Walking Club

Friday, August 24

8:00 am Walking Club

5:30 pm Youth leaving for Look Up Lodge

Saturday, August 25

7:00 am Men's Prayer Group

Zion United Methodist Church

1665 Zion Road
Lancaster SC 29720

Address Service Requested

**U.S. POSTAGE
PAID**

LANCASTER, SC 29720
NON-PROFIT ORG.

**BULK RATE
PERMIT NO. 17**

Church Office Hours: Mon. - Thurs. 9:00AM - 1:00PM
Church Office (803) 285-3864 Pastor cell: (859)475-8800
Pastor's email: lmjarrell@umcsc.org
Church Secretary email: zionoffice@comporium.net
Financial Secretary email: zionumc@comporium.net
Visit our website: www.zionumc.com

Scripture Focus this week: 1 Kings 2: 10-12; 3: 3-14, Ps. 111, Eph. 5: 15-20, John 6: 51-58. You are invited to continue to read the suggested lectionary Scripture to prepare for Sunday's sermon.

We will receive our annual Tony Neal Scholarship Fund offering this Sunday, August 19 during worship. Please mark your special offering "Tony Neal".

All men of all ages are invited to our United Methodist Men's Breakfast on Sunday, August 19 at 7:45 am in the Men's Rec. Bldg. Join us for breakfast, a devotional and a business meeting.

The Council on Ministries is asked to meet on Sunday, August 26 at 7:00 pm in the Fellowship Hall. Members are: Keli Thomas, Dianne Sweatt, Missy Snipes, Lisa Lucas, Marion Curtis, Carol Cauthen, Beth Craig, Diane Rape, Laura Everall, Earl Hinson, Myra Funderburk Terry Robinson, Kathryn Hicks & Claudia Hartley.

The Trustees are asked to meet on Tuesday, August 28 at 7:00 pm in the Fellowship Hall. Members are: Shawn Thomas, Max Funderburk, Rock Love, Teresa Evans, Wanda Murphy, Tim Steen, Angie Wood, Ralph Craig and Chris Massey.

Coffee and Donut Fellowship: Join us for biscuits, donuts, coffee, juice and milk on **Sunday, September 2 at 9:30 am** in the fellowship hall.

We will have a church wide Clean Up Day on Saturday, September 8 beginning at 8:00 am! Please plan to come out to help prune the shrubs and put out pine straw and spruce up the church grounds in anticipation of Homecoming! Everyone's help is greatly appreciated!!!

The Administrative Board is asked to meet on **Sunday, September 9.** Members are Laura Everall, Rob Wood, Dennis Hall, Keli Thomas, Rock Love, Missy Snipes, Judy Humphreys, Doreen Catoe, Susie McDonald, Hazel Robinson, Libby Morris, Lee Hall, Luke Broughton, Shawn Thomas, Michael Mills, Steve McDonald, Susan Scott, Dwayne Ray, Wendy VanDyke, Dianne Sweatt, Beth Craig, Diane Rape, Earl Hinson, Myra Funderburk, Terry Robinson, Kathryn Hicks, and Claudia Hartley.

Last Week's Record

Prayers: Are you praying for our church?

Presence:

Present for 8/12 Sunday School 83

Present for 8/12 Morning Worship 118

Gifts:

Needed each week for General Operating

Expenses, this includes TFLC mortgage \$5899

Received 8/12 for General Fund \$3689

Received for Building Fund \$291

Received for Tony Neal Scholarship Fund \$65

Received for Epworth Children's Home \$100

Received for Community Meal \$100

Serving Zion UMC this Sunday

Liturgical Color: Green

Flowers: Tom & Emily Salisbury

11:00 am nursery: volunteers needed

Ushers: Steve Moseley, Steve Duell, David Lindsey & Richie Burn

Worship opening and closing: Hazel Robinson

We would like to welcome Tonya Counts as Zion's new church secretary! We are so happy to have Tonya join the staff at Zion! She was born and bred right here in Lancaster, SC. She has been married for 27 years to husband Andy Counts of Monroe, NC. She has 3 boys and a daughter-in-love! She loves serving the Lord and is excited to be able to help our ministry here at Zion. She is looking forward to meeting you all and getting to know our church family!

Apple Picking Trip: Thursday, September 27. We will leave the church at 8:00 am and travel to Granddad's Apples in Hendersonville. Please eat breakfast before you come. After our stop for apples, we will have lunch at The Moose Café and then go to the Farmer's Market. Call Terry at 283-7195 to reserve a seat on the bus.

Musings ~ Aches and Pains

This morning as I sit and look out the window I have noticed a few things. If I sit the wrong way, my left leg hurts. If I don't sit that way, it makes my back hurt. Both force me to lean over in a way that makes my neck hurt because I have to bend down to read the screen. The truth is, most of the time, I feel best when I am standing up or lying down. I think what I need is a standing desk.

A standing desk is simply a desk that you are standing behind instead of sitting behind. Complicated I know, but according to James Levine a researcher at the Mayo Clinic, "The way we live now is to sit all day, occasionally punctuated by a walk from the parking lot to the office... The default has become to sit. We need the default to be standing." The research goes on to talk about the health benefits of standing versus sitting saying that we were made to work and standing behind a desk instead of sitting behind one that mirrors the behavior. We would be exercising as we stand rather than sit. According to the research, this would reduce things like obesity, metabolic disorders, diabetes risk, cardiovascular disease, and even cancer. In short, standing to do office work is, according the researcher, a healthier way to work.

As I considered that, I started thinking about how we as followers of Jesus find ourselves trying to do the work of disciples from an unhealthy position. We are out of balance spiritually, either overexerting ourselves to the point of being involved in everything and not able to get it all done or not really involved in anything and being lethargic, spiritually wasting away. We need to find a balance to our spiritual lives so that they are healthy expressions of faith for us to live into and others to see. Whether it is learning a new way to approach our faith or a healthier expression of an old one, we need to be working for the Kingdom from a place of health not hurt. Speaking of which I think I'll walk around a minute. I've probably been sitting too long.

Pastor Michael

Our Prayer List as of Monday

Gene Blackmon	Elizabeth "Libby" Hunter	Horace Small
Nancy Blackmon	Rick Joyner	Freda Snipes
Caleb Catoe	Henry Ray Knight	Karen Starnes
Ada Chapman	Lillian McAteer	Becky M. Steele
Linda Coker	Linda McAteer	Jim Thomas
Bill Dingler	Mary Jane McAteer	Edith Threatt
Sophia Dixon	Max McDonald	Sarah Pauline Threatt
Angie Dobson	Phyllis Morgan	Mike Vick
John Elder	Rusty Mosier	Pat Vick
Nancy Evatt	Betty Jo Phillips	Robert Vick
JoAnn Funderburk	Ann Powers	Sandra Walker
Steve Ghent	Vicky Pickett	Ellen Walters
Travis Gordon	Ann Reed	Qa'Mora Walton
T.R. Grier	Bennie Robinson	Randy Williams
Bucky Hardin	Kathleen Robinson	EmmaGene Wright
JoAnn Hinson	Bonnie Sears	Kim Yost
Virginia Horton	Eva Small	
Kyle Hudson		