



August 2018
Shepherd of the Hills United Methodist Church
St. George, Utah



OBERAMMERGAU PASSION PLAY 2020
And European Capitals Tour

Rev. Michael and Anne Chamness will be hosting a 10-day Educational Opportunities Tour to experience the Oberammergau Passion Play, the most famous passion play in the world. This play is about the death and resurrection of Christ and has been performed, almost without interruption, for over 380 years in Oberammergau, Germany.

We will be departing August 26 of 2020. The Passion Play is a “bucket list” event which only happens once every 10 years (since 1634!) The tour also includes historic sites in Munich, Innsbruck, Regensburg, Prague, Dresden, and Berlin, and is all-inclusive with airfare from New York. Brochures are available in the narthex, or can be viewed online at www.eo.travelwithus.com. Our tour is registered under Host ID #28312.



FINANCE MINISTRY

INCOME:	<u>June 2018</u>	<u>YTD 2018</u>
Pledges & Loose Plate	18,810.00	138,593.65
Designated UMCOR	15.00	546.00
Income-- Other	663.26	10,348.87
Total Ordinary Income	18,825.00	139,139.65
Total Income	19,488.26	149,488.52
EXPENSES:		
Finance	6,107.43	37,485.15
Stephen Ministry	679.60	1,817.60
Education	97.71	1,916.98
Evangelism	0.00	1,077.82
Missions	0.00	2,739.05
Music	108.61	622.52
Worship	0.00	2,030.77
Staff Parish	5,568.15	94,647.27
Trustees	3,958.94	30,375.90
Uncategorized Expenses	0.00	161.24
Other Expense	2,561.04	11,730.68
Total Ordinary Expense	26,520.44	172,713.06
Total Expense	29,081.48	184,443.74
NET ORDINARY INCOME	-7,695.44	- 33,573.41
NET INCOME	-9,593.22	- 34,955.22

MORTGAGE BALANCE \$273,780.97





The United Methodist Women are on summer hiatus until Wednesday, September 12, 2018 at 1:00 pm in Fellowship Hall.



The United Methodist Men are on summer hiatus until Saturday, September 15, 2018 at 8:00 am at the Village Inn.

MOUNTAIN SKY AREA DIGITAL DEVOTION

Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. -Acts 2:46-47

This summer, Bishop Karen Oliveto and the Joint Cabinet of the Mountain Sky Area invite you to a simple, 20-minute worship service every Monday through Friday at 9 p.m starting June 5 and running through July. Daily worship was one of the marks of the earliest followers of Jesus mentioned in Acts. John and Charles Wesley's Holy Club made it a practice to meet together every day for devotional reading and prayer. In *Life Together*, Dietrich Bonhoeffer describes in detail both the need for and practice of daily morning worship among the body of believers.

Although daily gathered worship has become almost inconceivable to American Protestants, there are many Christians around the world who still make a practice of worshipping daily with one another. This past Lent we proved we, too, can do it as 40 to 50 early-birds joined us every morning. This time we are ready for the night-owls. It's as simple as clicking on a link on your computer, tablet, or smartphone, or making a phone call.

The service will be a brief time of scripture reading, a 5- to 10-minute devotion, and a time to pray for one another concluding with the Lord's Prayer. Services will be led by Cabinet members, conference leaders, pastors and lay leaders selected from across the Mountain Sky Area. To participate, simply click on the link listed below or call in using the phone number provided every weeknight at 9 p.m. The link is to a Zoom video meeting so the first time will require a few minutes to install some software. Your device will also need audio and video capabilities.

To Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/3560174667>

Or Telephone:

Dial: 1-646-558-8656 (US Toll) or 1-408-638-0968 (US Toll)

Meeting ID: 356 017 4667

Questions? Contact us at digitaldevotion@mtnskyumc.org.

MISSION NEWS

Upcoming Service Opportunities:

Switchpoint Food Pantry	August 15
Short Creek Food Pantry	August 8 and August 22
Switchpoint Dinner	August 16
Community Soup Kitchen	August 31

Note: Due to summer absences of many of our regular cooks and volunteers, we are in desperate need of help for the Community Soup Kitchen on August 31. Sign-up sheets are in the Narthex, and if you are available to help PLEASE volunteer early! If we don't have teams identified by 8/8/18 we will have to notify the Soup Kitchen that we are unable to fulfill our service commitment.



BACKPACKS 4 KIDS/SAVE THE DATE

Backpacks 4 Kids will be putting backpacks together for Washington County Schools in August. Last year we put together close to 900 backpacks. Since this has become such a large project, we have moved the operation of assembling the backpacks to the Elks' Lodge in St. George at 630 West 1250 North, where we have more space. SHUMC is still very involved and will be looking for many volunteers. The backpack prep will take place on Thursday, August 2 with distribution on Friday, August 3, both days. Signups for shift work will be in the narthex the middle of July. We hope that SHUMC volunteers will continue to support Backpacks 4 Kids.



POSSIBLE MISSION TRIP TO PUERTO RICO

Our Methodist subdistrict has a date for a reconstruction mission trip to Puerto Rico. Cost per person is approximately \$1300. Workers need to be 18 years old or older, in reasonably good health and prepared to work in hot, humid conditions. If you're interested, email Marilyn at whitemar@frii.com even if you aren't ready to commit.

AUGUST TIDBITS

by Kim Riley

The July *Blaylock Wellness Report* devotes the entire ten pages to "Learn the Fundamentals of Healthy Aging." This is a subscription written by Dr. Russell Blaylock. He is a nationally recognized, board-certified neurosurgeon, health practitioner, author, and lecturer. He practiced neurosurgery for 25 years in addition to having a nutritional practice in Charleston, S. C. He retired from his practice to devote full time to nutritional studies and research. He has authored four books on nutrition and wellness. This is a subscription offered as a printed copy mailed monthly and sent as an email. It also gives access to the last ten years of publications for \$56.95.

I consider this the best of the eight or ten that I read on a regular basis. It is well written and easy to understand and is written for both the layperson and those looking for more technical information. This issue contains 39 references to support the source of original research.

Topics covered in this issue: Inflammation, The Core of Chronic Disease, Cancer, Diabetes and Heart Disease Linked to Inflammation, Inflammation linked to Frailty, Exercise Helps Fuel the Brain, Problem of Dysbiosis, Protect Your Heart and Blood Vessels, Prevent Age-Related Muscle Degeneration, Keys to Reducing Immunexcitotoxicity, Fighting Toxic Pesticides, Statins Raise Health Risks and Is Food Dye Harmful?

Functional Medicine and Nutritional Medicine emphasize prevention rather than relief from painful mantra today. Supplements are extracts from food that are used to supply missing nutrients as a result of our poor farming practices. None are FDA approved as they are from real food and not synthetics as created by our drug companies



To our church family at SHUMC, Keith & I want to thank everyone for all their support, through help, money and prayers. When we joined the ERT and Neighbor to Neighbor program, we thought it would be great to help those who needed help. We never thought we would need that help. We are so grateful for our church family, because you really were the ones there when we needed help. We want to give a special thank you to Bob & Diane Moffitt who were there with us the first day, when the mud was up to the top of knee high boots. They brought our spirits up and worked hard right along beside us.

WELCOME CENTER

As I am sure you have noticed, we have a new Welcome Center in the narthex! The Evangelism Ministry Team worked with Rev. Michael to prepare a place for visitors to stop to get a gift from us and receive more information about the church. We have different gifts available including the yummy breads you have all so graciously made for us, inspirational bookmarks created by Karen Mangano, and fuzzy sheep inspired by Jean Elmer. We have also created a folder which contains a letter from Rev. Michael, a list of ministry teams and small groups along with contact information for each, a sheet with the comments you contributed about what you love about our church, a pamphlet that provides general information about the church, a magnet and other contact information for Shepherd of the Hills.

We decided to have the Welcome Center for visitors rather than acknowledging them during the service as we have done in the past. This way, if someone is shy or uncomfortable being recognized publicly, they may choose to approach us to find out more about the church and receive a welcome gift.

It is our goal to have a member of the church at the table following each service to answer questions and provide a personal welcome to visitors. The members of the Evangelism Team have done our best to be present after each service, but are looking for volunteers to help us. Our church is filled with many welcoming people who would be terrific ambassadors for us as we welcome potential new members to our church family. We will be working with Ad Council to come up with an organized way to get others involved in this endeavor. Watch the bulletin for more information and opportunities to help!



HYMN SING SUNDAY

Many people from our congregation will be away at Pinecliff on Sunday, August 26, 2018, including Rev. Carolyn. Therefore, we thought it would be fun to pretend we are at camp as well and will hold a "We Sing Our Faith" Sunday song fest.

In place of a sermon, we would like to "sing our faith" together!

Choose your favorite praise song or hymn and spend a minute thinking why it is one of your favorites. Does it remind you of a particular time of joy or strength in your faith? Does a praise song or hymn remind you of God's grace in your life? Share that song with the congregation so we can sing it together.

Complete one of the forms in the sanctuary (blue for the 8:30 worship and purple for the 11:00 worship) and turn it in by August 21 so the music can be chosen and visual displays completed by our amazing Josh!



AUGUST BIRTHDAYS

Robert Moffitt.....	8
Laura Thompson.....	8
Pat Showalter.....	12
Steve Drake.....	16
Helen Phillips.....	17
Kathy Adams.....	18
Val Jaurigue.....	24
Cheri Hayes.....	25
Rev. Michael Chamness.....	26
April Kermmoade.....	27
Jane Hugunin.....	28



Happy Anniversary

<i>Ken & Pat Bacon</i>	<i>1</i>
<i>Dave & Kerri Smith.....</i>	<i>8</i>
<i>Rev. Michael & Anne Chamness.....</i>	<i>14</i>
<i>Will & Joy Ploesch.....</i>	<i>15</i>
<i>Dave & Loretta Beck.....</i>	<i>25</i>
<i>Neil & Karen Cole.....</i>	<i>29</i>



FUN FOR LUNCH BUNCH

The Lunch bunch is taking a break during August.
It will resume in September.

AUGUST 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9a Stitchin' Bunch	2 8:30a Backpacks 4 Kids at Elks' Lodge	3 8:30a Backpacks 4 Kids at Elks' Lodge	4
5 Worship Gathering 8:30 & 11 am Holy Communion	6 9 am Sewing Session	7 6p Praise	8 9a Stitchin' Bunch 5:45p Education Team Meeting	9	10	11
12 Worship Gathering 8:30 & 11 am	13 NO Sewing Session	14 6p Praise	15 9a Stitchin' Bunch NO Lunch Bunch	16	17	18
19 Worship Gathering 8:30 & 11 am	20 9a Sewing Session	21 6p Praise	22 9a Stitchin' Bunch	23	24 Pinecliff Week	25 Pinecliff Week
26 Worship Gathering 8:30 & 11 am We Sing Our Faith Sunday Pinecliff Week	27 No Sewing Session Pinecliff Week	28 Pinecliff Week	29 No Ad Council Pinecliff Week	30 Pinecliff Week	31	

Reverend Michael V. Chamness
Rev. Buddy Herrington &
Rev. Carolyn Jordan - Pastors Emeritus

Blended Worship: 8:30 am Traditional Worship: 11:00 am

Office: 435-627-8638 Office Hours 9 am-2 pm Email: shumcsg@yahoo.com