

ECHO

of the Hills

FEBRUARY 2019



"Who is wise and understanding among you? Let them show it by their good life, by deeds done in humility that come from wisdom."

— James 3:13-14

Michael's Musings

The polar vortex is making itself known! Growing up in southern California, I was always grateful for the mild temperatures and the steady warmth. Who needs that heavy jacket if you are surrounded by sunshine? Sure, we went up to the mountains for some snow every once in a while just to be reminded that snow on my terms is fun! Sledding, skiing, snowshoeing... then you get to come home to 60 degree weather and leave all that frozen behind. Ah, the joy!

Then I moved to Denver. It was exciting to experience that first snow! Oh, the beauty of the flakes falling, the snow covered ground and the warmth of a fireplace were all initial joys related to new experiences and new opportunities. But the snow didn't always go away. The cold imposed itself and man, getting used to it was not easy! My friend and seminary mate Brian would tease me incessantly about my inability to deal with the cold! Driving was different, the clothes I wore were different, when the power went out because of the snow and trying to bundle a small child in blankets to keep warm for a day, oh my. I had to adapt to a new way of being. In order to enjoy the beauty of Colorado, I suddenly learnt I was not in control of the weather, I couldn't just drive a few miles to get back to the warmth. The seasons brought me to my senses about how I no longer was able to determine my comfort but had to consciously adapt to the reality around me. — *continued on page 5*



Help spruce up the buildings and the landscaped areas **9:30 a.m. Saturday, February 16, 2019**
See more on page 6...

The Switchpoint Food Pantry
two work dates are Wednesday,
February 13th & 17th.

We have two shifts that need help:
9am-11am or 11am-1pm. See page 3
for more opportunities!

Note: The church office will be **closed on Monday, February 18** In honor of president's day.

Regular Meetings

United Methodist Women

Wednesday, February 13, 2:30 p.m.
in the Fellowship Hall

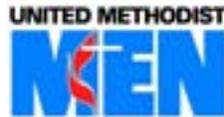
Louise will present a special Valentine's Day program. Bring your sack lunch and a hygiene item for the Dove Center.

Contact Karen at 925-708-3655 with questions.



United Methodist Men

Saturday, February 16, 8:00 a.m.
at the Black Bear Diner in Washington (exit 13).



Bible Study Class – James

Starting February 12 – Rev. Michael will be leading a new five-week Bible Study class on Tuesday mornings from February 12 through March 5, 2019 in Room 7. The class will be on James from the Bible for Everyone series by N. T. Wright. Books will be \$10.00. A signup sheet is in the narthex.



Missions

Wednesday, February 13, 3 p.m. in the Fellowship Hall
The Missions Ministry Team meets on the second Wednesday of each month at 3:00 pm in Fellowship Hall. All who are interested in learning about or participating in the Church's mission outreach programs are more than welcome to attend these meetings.

Hello Ladies! — Join Us for the Fun For Lunch Bunch

Wednesday, February 20, 11:30 a.m. – Meet us for lunch each 3rd Wednesday of the month to meet new friends and get to know the old friends better. Destination unknown for Wednesday, February 20 as yet. **So please keep eye on the Bulletin** and learn our choice for this month. We meet at 11:30am. Reservations are made by calling me, Kathy Nied, at 435-632-9321 **by Tuesday** before the lunch.

Shepherd of the Hills United Methodist Church

Reverend
Michael V. Chamness

Pastors Emeritus
Rev. Buddy Herrington
Rev. Carolyn Jordan

Blended Worship
9:00 am

Traditional Worship
11:00 am

Office: 435-627-8638

Office Hours
9am-2pm Mon-Fri

Email
shumcsg@yahoo.com

Newsletter
Laurie Berg
The Graphics Ranch
laurie@thegraphicsranch.com
**(content due the
25th of each month)**

MISSIONS NEWS

The Missions Ministry Team meets on the second Wednesday of each month at 3:00 pm in Fellowship Hall. All who are interested in learning about or participating in the Church's mission outreach programs are more than welcome to attend these meetings. *See more about SHUMC missions on page 7.*

Opportunities to serve locally:

Switchpoint

The Switchpoint Food Pantry two work dates are Wednesdays, February 13 & 17.

We have two shifts that need help: 9am-11am or 11am-1pm. Even though these are our regular work times, the food pantry will accept help any day that they are open.

The Switchpoint dinner is Thursday, February 21 from 4pm-6:30pm. If you are interested in cooking dinner, contact Gregg Freeman.

Short Creek

The Short Creek Food Pantry two work dates are Wednesdays, February 6 & 20.

Community Soup Kitchen

The Community Soup Kitchen dinner is Friday, January 22.

Utah Food Bank

The next Utah Food Bank Work Day is scheduled for Saturday, March 9.

HELP FOR HAITI

Hope Village Global is a medical group that is planning a trip to Haiti in April 2019 in order to serve a village and orphanage there. On their last trip they provided medical care for over 800 people.



For an upcoming trip, Hope Village Global is seeking **donations of new, unopened over-the-counter medication**. Sadly, the people that they serve in Haiti do not have resources to obtain basic medications, such as Tylenol or vitamins, for themselves. Parents have been known to feign illness to obtain medicine for their children.

For people willing to assist, the Missions Team has placed a basket in the Narthex to collect donated medicine. There are small handouts attached to the basket identifying what types of medication(s) are needed. We will be collecting donations through the first week in April, at which time the basket (or baskets!) will be delivered to Hope Village Global to support their medical outreach.

If you have questions, please feel free to contact Gregg or Toni Freeman at (425) 760-8121 or (425) 760-8122.

SHUMC Legacy Endowment Foundation

By Steve Fassler

2018 was a rewarding year for the Foundation in that for the first time we were able to utilize the fruits of its creation. There were two requests for monies that were granted by the Foundation team. Those funds were used to help purchase bells for the Bell Choir and add equipment for our Media needs. Without the caring, loving support of the people of SHUMC, this would not have been possible. Thank you.

The money provided by these folks is invested through our Conference and we are allowed to use a portion of the interest each year for projects that enhance the purpose of SHUMC. It is a true blessing from those who have been blessed.

Ways you can give:

1. Use part of your RMD withdrawal. Set it up with your Financial advisor to maximize your pre-tax advantage
2. Tithe your will
3. Write a check

If you would like more information on how you can contribute to the Legacy Endowment Foundation and help perpetuate our purpose, please contact one of us.

*Many Blessings to all,
Legacy Endowment Team: Deb Looker, Jan Baker, Carolyn Jordan, Cindy Brown, Nancy Malinowski, Mary Herrington, Lloyd Vowles, Willis Digman, Sandi Marler, Steve Fassler, Michael Chamness*



Holy Humor

One Sunday morning at a small southern church, the new pastor called on one of his older deacons to lead in the opening prayer. The deacon stood up, bowed his head and said, "Lord, I hate buttermilk."

The pastor opened one eye and wondered where this was going. The deacon continued, "Lord, I hate lard." Now the pastor was totally perplexed. The deacon continued, "Lord, I ain't too crazy about plain flour. But after you mix 'em all together and bake 'em in a hot oven, I just love biscuits."

"Lord help us to realize when life gets hard, when things come up that we don't like, whenever we don't understand what You are doing, that we need to wait and see what you are making. After you get through mixing and baking it'll probably be something even better than buscuits."

Amen.



THE CROSSROADS PRISON MINISTRY

This program reviews prisoners' Bible lessons and sends encouraging letters to the inmates who are studying the Bible.

All is safe and anonymous and help is greatly needed since, fortunately, there are more and more prisoners who are enrolling in the Bible study.

If you think you could spend an hour a week mentoring, please contact Pat Bacon for more information at kbacon@sunrivertoday.com or call 435-256-6057.

February 2019 Tidbits

by Kim Riley

Mozart Makafui Adevo is the regional coordinator for Sustainable Agriculture & Development Program. He is a United Methodist missionary with the General Global Ministry based in Accra, Ghana, West Africa. We are one of the conferences that supports him through UMCOR. The exciting part of the story is that he is teaching about nutrition and farming.



He is the first to introduce the cultivation and raising of Moringa, a natural product from the Moringa tree native to India and parts of Africa. The leaves, seeds and bark are all useable.

I use Moringa in my smoothie when I don't have fresh organic spinach. It is high in vitamin A & C and many trace minerals as well as protein. It is 10 times higher in A & C than our usual sources. It is called a natural multi-vitamin and has no side effects unless used in extremes.

Mozart says "God's mission of feeding the hungry and poor has been the hallmark of my work." He has a master's degree from Pantangar University in Uttar Pradesh, State in India. His degree is in animal breeding. Prior to being in the UMCOR program he worked as a secondary school teacher.

It is interesting that Africa wants to get rid of all the dangerous chemicals and fertilizers that we use. Maybe we need a missionary? Google Moringa and discover all of its benefits. I get mine from Mercola or the local health food store.

Michael's Musings — continued from page 1

There was a time not so long ago that the world was identifying as Christian. On some level the message resonated, or at least was recognized by the majority of the people we met, and more often than not, in a neutral if not positive way. Today finds us in a much different climate concerning faith; people are not only identifying less with Christianity, but a higher percentage of people describe Christianity in negative terms. The Barna Group, an Evangelical Survey organization, found that the top words describing Christians by those ages 16-29 were negative. It would seem that James is speaking to our tendency to talk our faith rather than live it out.

We are going through a shifting climate at SHUMC as well. We are attempting to envision a future that will

transcend a faith well discussed but a faith joyfully lived! In that future is a shifting climate; we are feeling the chill, layering for the warmth and discovering that a church for tomorrow will need to meet the people of today, not the people of yesterday. Pray for us, The call to embody the tenets of the faith are upon us and the opportunities are many. And we need not be anxious, for the Holy Spirit is in our midst to help us! Let us walk together into the grace that awaits, oh, and join me for the James Bible study class on Tuesdays at 10 am and we will figure out a wardrobe that works, one that speaks of Jesus and his love!

*See you in worship,
Rev. Michael*

Celebrations



Birthdays:	Date:
Leonardo Martinez	1
Sherry Cummins	2
Kathy Nied	3
Jean Brunell	3
Charlotte Shelley-Reed	8
Pat Bacon	12
Helen Hansen	12
LeAnn Sawyer	13
Wiley Thompson	13
Ginger Hilke	16
Cameron Hugunin	17
Joan (Marty) Dunkle	17
Barbara Anderson	20
John Blain	22
Carolyn Jordan	23

Anniversaries:	Date:
Jon & Elaine Mittler	4th
Kent & Myrtle Matheny	7
Lee & Louise Stevens	24
Ed & Darlene Adams	25

Step Up For Our Children

Thank you for your support of our Sunday School programs.

We appreciate your stepping up to fill our needs. We are now asking you to STEP UP again. Our children and young families are our lifeblood, our church's future. The children are gifts that we cherish and nurture as we learn together about Christ.

2019 heralds change in our Education programs:

- 1) Our Youth program has changed. They now have their class lesson (and lunch!) at noon followed many times with a Youth activity. We are very excited about the possibilities. How can you help?
- 2) We anticipate two toddlers in our Nursery class in the coming year. Their safety is a priority and the Nursery will change to accommodate their needs. Children 6 years and older will no longer be spending time in the Nursery. Sign up to help in the Nursery!
- 3) For now, the 1st-5th graders will spend the first part of worship in the Sanctuary with their parents and Rev. Michael is planning for them to learn about the importance of worship. BUT, we believe that the children would benefit greatly from AN HOUR of Sunday School teaching. There is so much to offer for them in a full hour in Sunday School. We aren't talking about ONE TEACHER; we are talking about a TEAM of TEACHERS! They can work together, teach in pairs or separately, back each other up throughout the year to bring our children the BEST Sunday School program.

We will always have help for you and materials for use and, with enough people stepping up, you won't have to teach EVERY Sunday.

If you can give ANY time, ASK how you can take part! The children will LOVE to have you!

Please prayerfully consider your place in our Children/Youth education programs. Our children need YOU!!



We will be holding a workday to spruce up the church buildings and the landscaped areas on **Saturday, February 16, 2019** beginning at 9:30 am. All kinds of tasks will be defined for all of those many wonderful helping hands such as deep cleaning, dusting, cleaning blinds and reorganizing cupboards on the inside as well as landscaping, plant trimming/weeding, inventory, painting, repairing, etc., as the weather permits. Please help us make our Church shine!!

Thanks, Your SHUMC Trustees



Shepherd Of The Hills Missions

To say "Shepherd Of The Hills is a missions church." is a great understatement. We are somewhat complacent, or perhaps shy, when it comes to letting people know what Shepherd Of The Hills UMC does for the community and for the world. For example, our Mission Team's latest project (one of many) is to supply over the counter drugs and medical treatments to the medical group, Hope Village Global, for a trip to Haiti in April, 2019 in order to serve a village and orphanage there. During their last trip, they provided medical care for over 800 people! The items to be donated are non existent or in very short supply in Haiti. There is a basket in the Narthex to gather donated items. We will be delivering them in the first week of March. The items are to be new and unopened. Below is a list for our congregation to consider purchasing and donating:

Motrin, Tylenol, Children's Tylenol (liquid)

Prenatal Vitamins, Tums, Hydrocortisone Cream

Any Antifungal Cream, Claritin, Benadryl

Zyrtec, Prilosec, Antibacterial Ointment (Polysporin, Bacitracin etc.)

You are all considered on our Mission Team and we want everyone of all ages to be involved. Don't feel like you need an invitation. Please come to our next meeting, meet people and share your ideas. If you can't make the Mission Team meeting please consider involvement in other ways. We greatly appreciate your donations and your input. If you want to learn more Please feel free to contact anyone on the Mission Team.

Other missions include:

- Our UMCOR certified disaster Early Response Team (ERT)
- Our Neighbor to Neighbor teams to help people in our community,
- Switchpoint Shelter
- The Food Kitchen
- The Utah Food Bank
- Children's Justice Center
- The Erin Kimball Memorial Foundation - Long term care and rehabilitation of abused women and their children
- The Dove Center - shelter for abused women and their children
- The Blue Butterfly House - safe place for broken families
- Pinecliff Camp and Retreat Center
- McCurdy School in Espanola, New Mexico (Sponsored by United Methodist Women)
- Short Creek Food Bank and Family Services (Colorado City)
- Mission trips including McCurdy School, Russia, Methodist Habitat in the Bahamas, Alaska, Saipan and trips to the Navajo Reservation.



DOVE CENTER
shelter - advocacy - counseling



switchpoint™
Changing the Face of Poverty

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30AM Crafty Ladies Fellowship Hall	2
Communion Sunday 3 9AM Praise Service 10AM Sunday Classes 11AM Traditional Service & Fellowship 1PM Game Day	4 9AM Sewing Session <i>Julie Boston's house</i>	5 5:30PM Praise Band Practice 7PM Choir Practice	6 9AM Stitchin' Bunch Fellowship Hall 4PM Evangelism Team 5:45 Education Team 7PM Bell Ringers Practice	7 10AM Prayers in the Small Chapel	8	9
10 9AM Praise Service 10AM Sunday Classes 11AM Traditional Service & Fellowship <i>Usher Training after 9 and 11 services</i>	11	12 10AM Bible Study - Rm 7 4PM Worship Team Meeting 5:30PM Praise Band Practice 7PM Choir Practice	13 9AM Stitchin' Bunch Fellowship Hall 12:30UMW 3PM Missions in Fellowship Hall 4:30 SPR- Rm 4 7PM Bell Ringers Practice	 14 Valentines Day 10AM Prayers in the Small Chapel	15	16 8AM United Methodist Men Breakfast <i>(See page 2)</i> 9:30AM ALL CHURCH WORK DAY
17 9AM Praise Service 10AM Sunday Classes 11AM Traditional Service & Fellowship	18 OFFICE CLOSED	19 3PM ERT Meeting Fellowship Hall 5:30PM Praise Band Practice 7PM Choir Practice	20 9AM Stitchin' Bunch Fellowship Hall 11:30 Lunch Bunch <i>(See page 2)</i> 7PM Bell Ringers Practice	21 10AM Prayers in the Small Chapel 3pm Trustees Meeting	22	23
24 9AM Praise Service 10AM Sunday Classes 11AM Traditional Service & Fellowship	25 5PM Finance Committee	26 5:30PM Praise Band Practice 7PM Choir Practice	27 9AM Stitchin' Bunch Fellowship Hall 5PM Admin Council Meeting 7PM Bell Ringers Practice	28 10AM Prayers in the Small Chapel		

Special Notes: *No sewing sessions on 11, 18 or 25*
Missions - See page 3 for various opportunities to serve our community