



Echoes from the Hills
January 2019
Shepherd of the Hills UMC
St. George, Utah



MICHAEL'S MUSINGS

“Very truly, I tell you, not because you saw the signs I performed but because you ate and had your fill. Do not work for the food that spoils, but the food that endures into eternal life.”

Jesus, John 6:26-27

Wise to resolve, patient to perform.

Homer

Out with the old and in with the... Resolutions! I recently saw a news segment on a study about resolutions and why they are so hard to keep. Seems the study noticed a few things about resolutions; the duration of the average resolution seems to only last about two weeks, and among the most obvious reasons for failure are too high expectations, unreasonable goals and lack of long term vision because of the desire for short term results. **It seems that we have become committed to not just short-term success in living, but we expect the results of our intentions to materialize immediately.** And when the results do not come, we give up and either repress the failure or blame something or someone else for the lack of progress.

Peace, patience and the long term vision are in short supply in our culture. I grew up in the stream of the boomer “me culture” and recognize that the world around us has changed so radically in just the 56 years I have walked this planet! The imagination of Star Trek type mobile communication devices is with us today in the cell phone. Computers dominate the landscape to the point that media and information are literally at our fingertips. We have become used to getting what we want and getting it pretty quickly. **Accordingly, patience and long-term vision have become almost passé.**

Spirituality suffers from the same malaise. We have traded the discipline of liturgy in worship and the guidance of scriptural study for “what I want to hear” or “give me the short answer please.” In worship it is “do I feel it” or does it agree with my framework of whom God is? The failure in these realizations is that the center of life begins with the Me; I will define, I will decide value, I will ascribe importance. And, I expect results.

The problem is that all the best aspects of life are rarely immediate; they are nurtured, experienced and observed as well as defined and collected. The quiet moment watching the beauty of the world unfold; the growth as a child learns about the wonder of a big world, and in doing so meets a loving big God; working into success by working through failure, these are all means to uncovering the spiritual in life. **Because spirituality is not results, it is expression.**

This year we are committed to laying a foundation of spirituality that will forge disciples who are healthy in mind, body and spirit for the transformation of the world. Being dedicated to living like Jesus is the hardest task you will undertake, but the most important. Because in it you will not just know salvation, but you will live it. And it doesn't come all at once by divine touch or memorizing a few bible verses. It requires patience, attention and reflection. It definitely doesn't require resolutions! But it will demand resolve. Let us resolve to be with the Lord and each other.

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

Blended Worship: 9:00 am Traditional Worship: 11:00 am

Office: 435-627-8638 Fax: 435-628-4229 Office Hours 9 am-2 pm Email: shumcsg@yahoo.com

2019 CHURCH OFFICERS

Church officers elected at the Church Conference on January 10, 2019

Finance Ministry Team: **Kim Riley** Darlene Adams, Dick Kelly, Jim Wisecup, Steve Fassler, Stacey Van Dusen, Helen Christensen, Carol Rettig, New Lay Leader

Education Ministry Team: Buddy Herrington, Sue McLaughlin, Pat Evers, Carolyn Jordan, Rich Hentosh, Karen Lee, Myrtle Matheny, Holly Lewis

Evangelism Ministry Team: **Kathy Platt**, Barbara Clemens, Toni Freeman, Laura Rasmussen, Karen Mangano, Pat Evers, Jan Baker, Darlene Greer

Mission Ministry Team: **Gregg Freeman**, Linda Earls, Kim Riley, Sherry Cummins, Pat Showalter

Staff Parish Relations Ministry Team: **Connie von Behren, Cindy Brown**, Nancy Malinowski, Willis Digman, Dennis Pope, Jan Baker, New Lay Leader

Trustees: **Kim Riley**, Keith Christensen, Lee Stevens, Greg Fischer, Anne Chamness, Ed Adams, Butch Vertin

Worship Ministry Team: **Ginny Digman, Jan Blain**, Karen Cole, Marilyn Fassler, Shirlee Sanderson, Mary Herrington, Mary Ann Novak, Linda Earls, Kerry Dollins, Jean Elmer, Mary Lakner

Legacy Endowment Foundation Ministry Team: **Steve Fassler, Cindy Brown**, Nancy Malinowksi, Mary Herrington, Don Kermmoade, Lloyd Vowles, Carolyn Jordan, Jan Baker, Willis Digman, Kim Riley, New Finance Chair, New Lay Leader

Names listed in bold type represent the Chairs/Co-chairs of the ministry teams.

The term of these officers begins in January of 2019. If you have been serving on a committee and do not see your name listed, your term ended as of December 31, 2018. If you believe your name is included or omitted on this list in error, please visit with Rev. Michael. All church team meetings are open to visitors with the exception of Staff Parish Relations, which is a closed meeting. Only the officers listed are official voting members.

2019 APPROVED BUDGET

Finance	134,000
SPR	208,071
Trustees	41,200
Education	2,550
Evangelism	2,000
Missions	10,000
Music	2,000
Stephen Ministry	3,000
Worship	2,350

TOTAL BUDGET: \$405,171

*Happy
New Year*

ANNUAL CHURCH CONFERENCE
ONE WORSHIP TIME ONLY ON SUNDAY, JANUARY 10, 2019

The Annual SHUMC Church Conference has been scheduled for **Thursday, January 10 2019 at 6:00 pm in the sanctuary**. All church members are invited to attend.

**WHAT IS THE DIFFERENCE BETWEEN A CHARGE CONFERENCE
AND A CHURCH CONFERENCE?**

The Book of Discipline of the United Methodist Church requires that each local church hold a church or charge conference annually. This annual conference directs the work of the church, gives general oversight to the church council and reviews and evaluates the mission and ministry of the church, in addition to other tasks (as appropriate), such as setting salaries for pastors, electing church officers, and recommending candidates for ministry.

- The charge conference is the basic governing body of each United Methodist local church and is composed of all members of the church council (or administrative board or leadership team).
- A church conference invites broader participation of the members of the congregation beyond just the church council members in that all members of a local United Methodist church are invited to attend and are extended the privilege of vote. All members of the charge or church conference must be members of the local church.



UNITED METHODIST WOMEN MEETING

Wednesday, January 9, 2019 at 12:30 PM -- Fellowship Hall

The first UMW meeting of 2019 will be in Fellowship Hall on Wednesday, January 9th at 12:30. Bring your sack lunch and some individual containers of applesauce or a package of Pull Ups for our friends next door (Root for Kids, aka the Learning Center). Samantha Landy will be our speaker, so be sure to mark your calendars. If you have questions or need a ride, call Karen at 925-708-3655.



The next meeting of the United Methodist Men will be held on **Saturday, January 19, 2019 at 8:00am at the Wagon Wheel Diner.**

MISSIONS NEWS

The Switchpoint Food Pantry two work dates are **January 2 and 16**. 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 Short Creek Food Pantry two work dates are **January 9 and 23**.

The Switchpoint dinner is **Thursday, January 17** from 4pm-6:30pm. If you are interested in cooking dinner, contact Gregg Freeman.

The Community Soup Kitchen dinner is **Friday, January 25**.

JANUARY TIDBITS

by Kim Riley

The community garden behind Room 7—the fenced-in area—is in the need of improving the soil. Over the next couple of months, Willis Digman, Susan Javery and I will be looking for good organic soil additions to add nutrients and humus. We are saving coffee grounds in the fellowship hall in the orange bucket under the drinking fountain. If you have excess potting soil from old pots or leftover partial bags to share, place them inside the fence and we will till them into the ground. If you want to have an area to plant let one of us know. We will be adding irrigation this year also.

If you enjoy searching the Internet and want a new experience, try using DuckDuckGo as your search engine as it does not use a bubble like Google. The bubble remembers your previous searches and takes you down the same path. DuckDuckGo will give you new and more diverse sites.

If you are interested in health and nutrition and want a top quality newsletter I recommend The Blaylock Wellness Report by Russell Blaylock M.D. at 1-800-485-4350 available in print mailed monthly for a year's subscription of \$56.95 or digital \$49.95. Is up to date on all the natural cures and preventative supplements. The TV drug ads are amazing, if you listen to the numerous negative side effects, the last of which is usually DEATH. What they don't tell you is that published government statistics reveal 120,000 deaths yearly from side effects and interactions and wrongly prescribed medications. Take charge of your own health. The goal is few to no drug prescriptions and robust health and energy.

LETTER FROM OUR LAY LEADER

Children's Education Update

by Steve Fassler Administrative Council Chair

Thank you for your past support for our Christian Education program at SHUMC. Especially our children's program. Our children, of course, are our future. Please thank every parent that you see with a child in church.

Plans for the 2019 Nursery: Nursery children must be out of diapers through and up through Kindergarten. Plans for two additional toddlers are now being made for 2019. Steps have been made to "toddler proof" the room and Melody is so excited to have them. However, with the extra 'energy' that will be present in the room, we are soliciting a team of volunteers to serve as additional support for Melody.

Children's Sunday school: Due to a need to cover extra time on Sundays while our current teacher is performing with the SHUMC Choir, the children in 1st through 5th graders will spend the first part of worship in the Sanctuary with their parents. As soon as the choir is finished Sue and/or Holly will take the children into the classroom for their lesson. We are praying for a team of teachers to facilitate a full hour of class time.

Our Youth time will be right after the 11:00 service each Sunday. They will meet, eat (because that is what Methodists do), have their lesson, and from time to time a Youth activity.

Our plans and goals are not complicated and the Education Ministry Team has offered us a program for our children, but there is only so much they can do by themselves. Please pray and ask if there is anything you can do to perpetuate our world's Christian education. If, for some reason, you cannot serve, perhaps there is a way you could support our program monetarily since additional paid staff will be required. The mission of the United Methodist Church is to make disciples of Jesus Christ for the transformation of the world. Let's start now.



SUNDAY GAME DAYS

Join us for Game Day starting this coming Sunday, January 6, 2019 and the first Sunday of every month thereafter. It will be rainy and cold this week...perfect day to hang out inside and play games. We will have at least 3 soups, we ask that others bring finger snacks to enjoy with the games. Even if you don't play games, come and enjoy visits with friends. We promise lots of laughter and great friends and good food.

For more information contact one of the following: Jessica at 801-501-0546; Caroll at 435-632-6463; Helen at 801-875-3977.



Neighbor-to-Neighbor Program



Mission Guidelines

Shepherd of the Hills United Methodist Church's (SHUMC's) Neighbor-to-Neighbor Program provides a helping hand to seniors, the sick, the physically challenged, or persons of limited income by providing a work force willing to complete tasks that are needed but will not likely be completed by the homeowner/organization on their own due to limited resources/capabilities.

SHUMC's Neighbor-to-Neighbor Program has completed the following community service projects in the short time that it has been in existence:

- Repaired the pedestrian bridge located behind SHUMC.
- Installed drapery rods and hung draperies for a senior homeowner.
- Replaced a door/entryway for a disabled woman who could not access her home in her wheelchair due to the door width.
- Washed windows for a senior homeowner.
- Repaired a ceiling leak for a senior homeowner.
- Filled in a hole, created by the removal of an old hot tub, with dirt for a senior homeowner.
- Collected donated furniture, clothing and foodstuffs and delivered them to Short Creek Family Services in Colorado City, AZ, on several occasions.
- Painted the storage container (the "Ark") located on the west side of the SHUMC education wing.
- Cleaned/made safe a home, following a senior woman's rehab, due to a fall that she suffered in her home.
- Assisted a homeowner with landscaping repairs following flooding in Dammeron Valley.
- Painted the trim and deck on a house for a senior homeowner.
- Replaced a non-operating ceiling fan for a senior homeowner.
- Repaired and painted a dilapidated pergola for a senior homeowner.

We are hoping to expand our efforts in this area and to make our contributions truly community-wide. Do you know how to use a hammer and/or a saw? Do you know how to use a rake and/or shovel? Do you know how to wash windows? Or, do you know how to paint? If the answer to any of the above questions is yes, then you too could be a huge asset to our team.

Do you have a minor building project or other job you need completed, but it is not likely to occur because you do not have the ability and/or resources? Do you meet our mission guidelines stated above? If the answers to these questions are yes, then please call upon SHUMC's Neighbor-to-Neighbor Program to help make things happen for you! We will be happy to evaluate your job and let you know if we can be of assistance.

If you are interested in joining our Neighbor-to Neighbor Program or have a job you want us to evaluate, please contact either Bob Moffitt (on 435-817-3400, robertmoffitt54@msn.com) or Neil Cole (on 925-708-3655, neilcole@att.net).



January Birthdays

Jon Mittler.....	1
Nubia Houston.....	11
Linda Goduto.....	14
Kim Riley.....	14
Cody Tamplin.....	14
Bette Stoll.....	21
Anakin Tamplin.....	21
Caitlin Hentosh.....	28
Elliott Ingraham.....	29



Happy Anniversary

<i>John & Sue McLaughlin.....</i>	<i>5</i>
<i>Gary & Vicki Broomhead.....</i>	<i>11</i>
<i>Don & April Kermmoade</i>	<i>14</i>
<i>Lloyd & Jane Vowles.....</i>	<i>18</i>

(If we missed you, let us know!!)



FUN FOR LUNCH BUNCH

January's Fun for Lunch Bunch will be held at **Chuck A Rama on Jan. 16 at 11:30 am.** I am unable to be there this month, so Darlene Adams will be coordinating at the restaurant. Please look for her in the first section on the left after paying. No need to call this month only...Kathy Nied.

JANUARY 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 OFFICE CLOSED	2 4p Evangelism 5:45 Education	3 10a Prayer Group	4	5 
6 Worship Gathering 9 & 11 am <i>Holy Communion</i> 1p Sunday Games	7 9a Sewing Session	8 4p Worship 5:30p Praise 7p Choir	9 9a Stitchin' Bunch 12:30p UMW 3p Missions 4:30p SPR 7p Bells	10 10a Prayer Group 6p CHURCH CONFERENCE	11	12 10a Christmas Decorations Taken Down
13 Worship Gathering 9 & 11 am	14 No sewing Session	15 5:30p Praise 7p Choir	16 9a Stitchin' Bunch 11:30a Lunch Bunch No Bells	17 10a Prayer Group	18	19 8a UMM
20 Worship Gathering 9 & 11 am	21 No Sewing OFFICE CLOSED	22 3p ERT 5:30p Praise 7p Choir	23 9a Stitchin' Bunch this week 9a-6p ERT Training 7p Bells	24 10a Prayer Group 3p Trustees	25	26 Jay Smith Memorial Service
27 Worship Gathering 9 & 11 am	28 No sewing Session 5p Finance	29 5:30p Praise 7p Choir	30 9a Stitchin' Bunch 7p Bells	31 10a Prayer Group 6p Ad Council		