



Echoes from the Hills
July 2018
Shepherd of the Hills United Methodist Church
St. George, Utah



MICHAEL'S MUSINGS

“Immediately (Jesus) made the disciples get into the boat and go ahead to the other side. And after he had dismissed the crowds, he went up to the mountain to pray.” *Matthew 14:22-23*

“The bow cannot always remain bent, nor can humans in frailty subsist without recreation.” *Miguel de Cervantes*

The Preacher reminds us for everything there is a season; a time to be born, a time to die. A time to break down, and a time to build up. **Ecclesiastes 3 has great wisdom, and in sharing it the Preacher intends to display the need to claim the rhythms of life.** To see that there are complimentary experiences, opportunities that will test as well as affirm us, and to submit to the needs of the spirit and its desire to rest and recover as well as meet the demands of the day. God felt it was so important that this demand became a Commandment; remember the Sabbath day and keep it holy. **We are a people who cannot move indefinitely; we must stop, clear our heads, and make sure that we are intentional about our own health and spiritual well-being.**

Along with the duties of day to day church work, we pastors must also navigate difficulties and demands that go unnoticed in the general life of the community. It is a wonderful privilege to celebrate the joy that a faith community has when it is alive with excitement and hope! But the church also encounters unhappy people; broken and hurt souls who need God's healing but are more than willing to project their hurt on others; those who grapple with their sorrows and can find no relief, and those whose emotional expectations will never be met by the church and its leaders. And often it is tasked to the pastor to “make these things right.” Sometimes our best efforts go unrewarded. Clarity is required to keep the power of community moving forward, and every once in a while some rest is needed to restore the weary soul.

The SPRC has graciously granted me an 8 week sabbatical in which I will be engaging my spirit in a wonderful program called Emotionally Healthy Spirituality by Pete Scazzero. Pete argues that one cannot be a spiritual person while indulging in emotional immaturity; if we are angry, manipulative or demanding, our idea of spiritual health will always be compromised by our own self-centered behavior and sabotaged by that weakness. Other congregations that have engaged in this program have experienced an exceptional transformation in their motivation for ministry. **It is my goal to be the best leader for you that I can possibly be, so I will be intentionally working on my soul and engaging in healing rest and study to help me give my heart, soul and joy to this wonderful work we do here at SHUMC!**

Our future is emerging and the Lord is calling us into His embrace of a glorious tomorrow! **This I say with absolute certainty; Jesus is here and believes in us! And what we are going to accomplish in the coming years will be a witness to God's kingdom!** I long to be at my best for you, and with some rest and study we will hit the ground running this fall with the light of Christ's love as our beacon!

There are two things I would ask of you during this time; first, pray for me and my spiritual growth. Second, stand firm in the good works that we are doing; welcome the stranger, share the love in our service and grace, and don't be discouraged. God is doing a marvelous work in our midst; with patience and grace it will be revealed.

Keep praying, keep serving and may our hearts be one as Christ is lifted up at Shepherd of the Hills UMC!! It is a privilege to serve you amazing servants of God...

In love and appreciation,

Rev. Michael

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

CONDENSED FINANCE REPORT – May 2018

INCOME:	<u>May 2018</u>	<u>YTD 2018</u>
Pledges & Loose Plate	23,887.00	119,783.65
Designated UMCOR	112.00	531.00
Income-- Other	5,656.90	9,685.61
Total Ordinary Income	23,999.00	120,314.65
Total Income	29,655.90	130,000.26
EXPENSES:		
Finance	5,435.89	31,377.72
Stephen Ministry	1,138.00	1,138.00
Education	265.99	1,819.27
Evangelism	284.50	1,077.82
Missions	1,238.69	2,739.05
Music	.00	513.91
Worship	555.87	2,030.77
Staff Parish	15,072.17	79,079.12
Trustees	6,122.64	25,176.96
Uncategorized Expenses	.00	161.24
Other Expense	1,750.34	9,169.64
Total Ordinary Expense	0,113.75	46,192.62
Total Expense	31,864.09	155,362.26
NET ORDINARY INCOME	-6,114.75	-25,877.97
NET INCOME	-2,208.19	- 25,362.00
MORTGAGE BALANCE	281,632.64	

FINANCE MINISTRY OPTIONS & OPPORTUNITIES FOR GIVING

With the changes in the Federal Income Tax Laws, many are trying to understand how donations to their churches and other charitable organizations will be affected. In the next few months, we will be giving you information about some different channels for continued support of not-for-profit organizations. However, we strongly urge you to talk with your financial advisor before using any of the suggestions we offer.

If you have a traditional IRA and you must take a Required Minimum Distribution (RMD), you can direct your IRA administrator to send either part or the entire RMD directly to the church. This then becomes tax-free money. You will not have to pay income tax on the RMD amount donated to the church, and the church does not have to pay taxes on your donation.

If your Required Minimum Distribution pushes you over into the next highest tax bracket, this becomes an excellent method of supporting your church while lessening your tax debt. Simply send the RMD to the church and you remain in the desired tax bracket. Or, you may have discovered that you do not really need the RMD in order to live comfortably. Sending the RMD to your church or other charitable institution makes a win-win situation for both.

****The purpose of this article is to provide general information and is not intended as legal, accounting or other professional advice. For assistance with planning charitable gifts with tax and other financial implications, the services of appropriate advisors should be obtained. Tax deductions vary based on a variety of factors that may change and that may pertain to your unique situation.***



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.



OBERAMMERGAU PASSION PLAY 2020

Rev. Michael and Anne Chamness will be hosting an Educational Opportunities Tour to experience the Passion Play in Oberammergau Germany, departing August 26 of 2020. The Passion Play is a “bucket list” event which only happens once every 10 years (since 1634!) The 10 day tour also includes historic sites in Munich, Innsbruck, Regensburg, Prague, Dresden, and Berlin, and is all-inclusive with airfare from New York. Brochures will be arriving within the next month, or can be viewed online at www.eo.travelwithus.com. Our tour is registered under Host ID #28312.

JULY TIDBITS by Kim Riley

One of the authors of the Daniel Diet, Mark Hyman M.D., is currently doing a youtube video on the broken brain. Concurrently, Ty Bolinger, a medical researcher, produced a one-hour presentation on the lymph system in our body. Both of these presentations are tied together with much thought provoking information which paints a picture and path to our understanding of how our health is related to our lymph system.

Dr. Hyman connects brain health to gut health, and of course our immune system is part of this over-all lymph and blood circulation. The lymph nodes fight infection and help get rid of metabolic trash, which must eventually end up in the liver or kidneys. Stagnant lymph fluid eventually leads to inflammation, one of the major causes of modern diseases.

Everyone knows our heart, a pump, powers our blood and circulatory systems. The lymph system, powered by our muscles, is a drainage system to rid our bodies of toxins and distribute blood cells and antigens to fight infections. There are several hundred lymph nodes situated next to all of our joints and organs. In the discussions about exercise being good for the body, one hardly ever connects the importance of moving our lymph-system fluid to our over-all balanced health. Working muscles squeeze the lymph nodes so they can do their important discharging-lymph-fluid job. A sedentary life style causes the lymph fluid to stagnate and become thick.

Dr. Mercola has been promoting stand-up desks or getting up from our desk seats every 20 minutes or more to get our bodies moving. For optimum health, long road trips in the car should be broken up by stopping every couple of hours to exercise.

MISSION NEWS

REFLECTIONS FROM THE MISSIONS TEAM

By Gregg Freeman

I wanted to take a moment to share several thank you notes that the Missions team received recently:

“To Shepherd of the Hills UMC: On behalf of the Pinecliff Board of Directors I want to thank your mission team for the \$200.00 per month donation to support our camping ministry. Your church is such a blessing to our camp and we look forward to seeing you in August. Blessings, Susan Wagner.”

From McCurdy Ministries: “Thank you for the box tops for education. Your donation makes a difference in the lives of the McCurdy Children.” (Note: In addition to the box tops program, SHUMC recently began donating \$100.00 per month to support McCurdy Youth Ministries.)

From Gideons International: “Dear Pastor Mike: Thank you so much for your support of the Saint George Camp and the Gideons International. Thanks to you and the support of the Gideon work, the offering which was given totaled \$370.77. This is tangible evidence of the love that your congregation has for making the Word of God available to those who otherwise may not have a copy. The donation enabled the purchase of 74 bibles, and 279 New Testaments for missionaries to distribute. Sincerely yours in Christ, George M. Hjorth.”

From Robert Masai Watsombe: “Dear Shepherd of the Hills UMC: How are you? I hope you are fine. I am doing great in my new class primary three. My Easter was so good late, and I also played with my friends football. Rite now we have just finish our End of Term One exams and so we will begin holidays soon. Thank you for sponsoring me. Yours, Robert Masai.” (Note: SHUMC makes an annual donation to the Watoto Ministries in order to sponsor Robert’s continued education.)

The above notes speak for themselves, and represent only a small portion of our Christian outreach. The Missions Team is very appreciative of the love and generosity of our congregation. We couldn’t do our work without you!

Upcoming Service Opportunities:

Switchpoint Food Pantry	July 4 th and 18 th
Switchpoint Dinner	July 19 th
Short Creek Food Pantry	July 11 th and 25 th
Community Soup Kitchen	July 27 th

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 July 27th and August 31st. I will place sign-up sheets for both months in the Narthex, and if you are available to help PLEASE volunteer early! If we don’t have teams identified by 7/8/18 we will have to notify the Soup Kitchen that we are unable to fulfill our service commitment on those days.

The Community Soup Kitchen is hosting a Fundraising Dinner at the Saint George Elks Lodge on 7/14/18, from 5:30 to 7:30 p.m. The cost for the spaghetti dinner is \$8.00 per person, and there will be a silent auction with hotel packages, spa packages, and other items. All proceeds will go to the purchase of needed equipment for the Soup Kitchen. If you would like to attend, please RSVP your name and the number of people in your group to stgsoupkitchen@gmail.com by July 11th!



BACKPACKS 4 KIDS/SAVE THE DATE AUGUST 2 AND 3, 2018

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 Elk's 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.

PINECLIFF DATES - AUGUST 24-30, 2018



Be sure to sign-up for Pinecliff before you leave on your summer travels. Save the date on your calendar: August 24 - August 30. Signups are available in the narthex.

As usual we will be doing work projects. In addition to the work, we will do a hike to the cross and a day picnic to a lake nearby. We will have a horseshoe competition as well as other games. Of course we will have campfires, s'mores, singing in the evenings, and devotions by the river in the mornings. Most of all we will have time to get to know one another better. Dogs are welcome but they must be under control and cleaned up after.

When it is hot, the temps up there are very pleasant, making for a nice get away. You are welcome to come for a day or two or for the whole week. If you are not the camping sort of person, but would like to see Pinecliff, there is a Best Western in Coalville (18 miles from Pinecliff). For more information contact Gregg Freeman at screggley@gmail.com.

2018 SHUMC VACATION BIBLE SCHOOL

**THANK YOU TO ALL WHO PARTICIPATED IN THE 2018
SHUMC VACATION BIBLE SCHOOL!!!!**



THE CHURCH OFFICE WILL BE CLOSED ON WEDNESDAY,
JULY 4, 2018 FOR THE HOLIDAY!



JULY BIRTHDAYS

Buddy Herrington.....	2
Jan Smith.....	3
Daniel Reed.....	4
Nathan Goode.....	4
Julie Toquero.....	4
Holly Lewis.....	9
Nikko Van Dusen.....	9
Jill Tamplin.....	10
Cindy Brown.....	11
Gary Parker.....	13
Les Evers.....	14
Karel Dutton.....	16
Louise Stevens.....	17
Lloyd Vowles.....	17
Waldo Adams.....	17
Debbie Stewart.....	18
Ken Bacon.....	19
Toni Freeman.....	21
Dave Smith.....	21
Marjorie Rogers.....	29
Steve Tamplin.....	31



Happy Anniversary

Steve & Eileen Drake.....1

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



FUN FOR LUNCH BUNCH

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

JULY 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Worship Gathering 8:30 & 11 am Holy Communion	2 9a Sewing Session	3 6p Praise	4 OFFICE CLOSED 9a No Stitchin' Bunch 	5	6	7 
8 Worship Gathering 8:30 & 11 am	9 No Sewing Session	10 6p Praise 7p Shepherd's Singers	11 9a Stitchin' Bunch	12	13 10a Bazaar Crafters	14
15 Worship Gathering 8:30 & 11 am	16 9a Sewing Session	17 6p Praise	18 9a Stitchin' Bunch NO Lunch Bunch	19	20	21
22 Worship Gathering 8:30 & 11 am	23 No Sewing Session	24  6p Praise 7p Shepherd's Singers	25 9a Stitchin' Bunch	26	27	28
29 Worship Gathering 8:30 & 11 am	30 No Sewing Session	31 6p Praise 7p Shepherd's Singers				