



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



WESLEY RINGERS BELL CHOIR

The Wesley Ringers Bell Choir begins its 11th performance season at SHUMC this month.

This year we have been greatly blessed by donations from a private party and from the SHUMC Legacy Foundation, which allowed us to purchase a fourth octave of hand bells and of chimes. This will enable us to include more participants in the choir this year, as well as to expand our horizons musically. So we anticipate a great 2018/2019 season!

Wesley Ringers perform regularly during traditional worship and holiday services, as well as for occasional community events. Ringing bells is both challenging and rewarding, as it requires individual members of the ensemble to learn to function together as a single unit. Familiarity with reading music is helpful but not required, and our experienced ringers can help you learn in a forgiving environment.

For more information on joining the bell choir, please call Anne Chamness at 435-673-6298 or leave a message with the church office.



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

FINANCE MINISTRY – July, 2018

Pledges & Loose Plate	29,874.00	168,467.65
Designated UMCOR	35.00	581.00
Income – Other	1,198.25	11,547.12
Total Ordinary Income	29,909.00	169,048.65
Total Income	31,107.25	180,595.77
 EXPENSES:		
Finance	3,984.95	41,470.10
Stephen Ministry	254.78	2,072.38
Education	0.00	1,916.98
Evangelism	141.18	1,219.00
Missions	1,441.47	4,180.52
Music	0.00	622.52
Worship	49.95	2,080.72
Staff Parish	15,476.87	110,124.14
Trustees	1,943.50	32,319.40
Uncategorized Expenses	104.01	104.01
Other Expense	4,585.11	16,315.79
Total Ordinary Expense	23,396.71	196,109.77
Total Expense	27,981.82	212,425.56
 NET ORDINARY INCOME	 6,612.29	 - 27,061.12
NET INCOME	3,125.43	- 31,829.79
 MORTGAGE BALANCE	 268,790.97	

**FINANCE MINISTRY
OPTIONS & OPPORTUNITIES FOR GIVING**

Bunching

The changes in the new Federal Tax Laws may be somewhat confusing to those who wish to continue their donations to churches or other charitable organizations. Many families have discovered that their itemized deductions – including those to non-profit organizations – are less than the standard deduction now offered in the new law. We want to inform our members about some different channels which can be used to continue support of the church while taking advantage of the new standard deduction rate. However, we strongly urge you to talk with your financial advisor before using any of the suggestions we offer.

Many members of Shepherd of the Hills have already taken advantage of the **bunching** method of giving financial support to the church. For example, members can pay their usual annual donation to the church in 2018 plus pre-pay their 2019 annual donation. Thus they are giving two years' annual donations in one year. This then may put them over the limit of the new standard deduction and they then itemize for the 2018 tax year. In 2019, they take the standard deduction and do not pay their annual donation to the church for that year.

By “bunching” charitable gifts every other year, taxpayers can take better advantage of their deduction options.

****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.***

TIME CHANGE FOR PRAISE WORSHIP SERVICE

The 8:30 Praise Worship time will move to 9:00 am (instead of 8:30 am) beginning Sunday, October 7, 2018.

MEETINGS RESUME

Evangelism	Wednesday, September 5	4:00 pm
Education	Wednesday, September 5	5:45 pm
Worship	Tuesday, September 11	4:00 pm
UMW	Wednesday, September 12	1:00 pm
Missions	Wednesday, September 12	3:00 pm
SPR	Wednesday, September 12	4:30 pm
Trustees	Thursday, September 20	3:00 pm
Finance	Monday, September 24	5:00 pm
Ad Council	Wednesday, September 26	6:00 pm
UMM	Saturday, October 20	8:00 am

SHUMC 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!



**THANKS TO ALL WHO VOLUNTEERED TO WORK
AT PINECLIFF THIS YEAR!**

MESSAGE FROM OUR LAY LEADER

Steve Fassler

I was reading the July 17, 2018 article from “The Upper Room” (a daily devotional available to you in the sanctuary entryway) entitled “Still Serving Others.” In Joshua 14:10-13 Caleb says ¹⁰ And now, as you see, the Lord has kept me alive, as he said, these forty-five years since the time the Lord spoke this word to Moses, while Israel was journeying through the wilderness; and here I am today, eighty-five years old. ¹¹ I am still as strong today as I was on the day that Moses sent me; my strength now is as my strength was then, for war, and for going and coming. ¹² So now give me this hill country of which the Lord spoke on that day...it may be that the Lord will be with me...

The author of the devotional, Everard Blackman, of Queensland, Australia, talks about his memorial rose garden in which he has toiled after and how much joy it has brought him over the years. When he sees it, he marvels at the wonder of nature and is aware of the parallel with his own life. He says, unlike Caleb, in his eighty-second year, his physical drive and energy are limited. But in the spirit of Caleb, he goes on to say God can still use his life to bless others through his prayers, his words of encouragement, guidance, gifts of craftwork, and his support.

Regardless of our age, we can still feel like Everard as we ponder our blessings. Just as we have many blessings in our lives, so does our church and one of the greatest is you. I know there are some that feel they have little to contribute and what they have is not worthy. However, if you ever have doubts, all you have to do is open your heart to Jesus and let him know you are willing to allow him to work through you. The strength and the power of the Lord working through you will eventually be felt and is truly amazing.

Prayer: Thank you God for the many blessings you have bestowed upon me. Your creation, the path in which you guide me, my family, my career, my friends, my talents and treasures, and my church. Keep me in a way that I may be a blessing to others. And I know when the time comes that I am no longer able to share and care with others that my job here is done and you will take me into your Eternal Kingdom. Amen.

Knowing Christ and Making Him Known, Serving Christ by Serving Others...

**THE CHURCH OFFICE WILL BE CLOSED ON MONDAY,
SEPTEMBER 3, 2018 FOR THE LABOR DAY HOLIDAY**



September 12, 2018

“You have not lived today until you have done something for someone who can never repay you.” ~ John Bunyan

It's September – time to resume our monthly UMW meetings. I hope you all are as excited as I am! The quotation above sort of sums up the attitude that I love about SHUMC in general, and our United Methodist Women unit in particular. Our program will be presented by Rosie Sevier of The Learning Center for Families. All who would like to hear about the many services our neighbors next door provide for those less fortunate than us are welcome to join us. She has even offered to give a mini-tour after the meeting, for those who are interested. See you at 1:00 on Wednesday, September 12, in Fellowship Hall. Call Karen at 925-708-3655 if you have questions or need a ride.



The next meeting of the United Methodist Men is not scheduled until Saturday, October 20, 2018 at 8:00 am at the Village Inn.

MISSION NEWS

Upcoming Service Opportunities:

Switchpoint Food Distribution	September 5 and September 19
Short Creek Food Pantry	September 12 and September 26
Switchpoint Dinner	September 20
Community Soup Kitchen	September 28



SHUMC WILL BE HELPING WITH THE UTAH FOOD BANK 5K RACE SATURDAY, SEPTEMBER 29. BE WATCHING FOR MORE INFORMATION IN THE BULLETIN AFTER LABOR DAY AND S SIGNUP SHEET WILL BE IN THE NARTHEX.

Pinecliff Sunday

September 23, 2018



Pinecliff Camp and Retreat Center is owned by the Mountain Sky Conference of the United Methodist Church (UMC). It is funded and operated by a small group of gifted volunteers from UMCs within Utah, and is currently not being used to its fullest potential. Therefore, we

would like to heighten people’s awareness of it and the services it provides in order to increase attendance at its youth camps during the summer and help promote its use for family reunions, retreats for religious groups and other non-profit organizations. As such, SHUMC will hold a **Pinecliff Sunday** at both services on **Sunday, September 23, 2018**, in which we will educate church members as to what Pinecliff is, where it is located, and the services it provides. Our primary purpose is educational; however, we also seek monetary donations and volunteer’s time and talents. Seventy-five percent (75%) of all monetary donations goes toward scholarships for young campers to attend Pinecliff sponsored camps, 25% goes towards the camp General Fund. SHUMC’s Annual Volunteer Work Week at Pinecliff (currently scheduled for August 24-30, 2018) is a vital part of this mission.

We ask anyone who has either camped or volunteered at Pinecliff in the past to wear their Pinecliff t-shirt to church on that Sunday. Come share with others how beautiful Pinecliff is, what a great time you had there, and the great fellowship you shared there. You are all part of the Pinecliff family and we invite you to help us celebrate this great camping/fellowship mission.

SEPTEMBER TIDBITS

by Kim Riley

An article in the *Las Vegas Sun* August 21, 2018 by Liz Szabo, writer for *Kaiser Health News* titled "Meet the Man Who Profited by Selling America on Vitamin D" seems to discredit his life research because he earned money by waking up the scientific community to the importance of Vitamin D. Reviewing her credentials online indicates awards for much of her writing; however, missing are credentials for expertise in medical or scientific expertise.

Since Dr. Michael Holick's lifelong quest to learn the importance and pathways of Vitamin D and to educate doctors and health practitioners, studies from all over the world have confirmed the importance of D in disease prevention. It's important to remember that the daily minimum doses recommended are for disease prevention and not for optimum health. The tone of this article is likely to discourage you from supplementing with Vitamin D. It is vital to your health, so do not be deterred from taking it.

A good web site for further information is www.medicinenet.com. Dr. Mercola has followed this vitamin and has good info. A rule of thumb is that if you're not getting 20 minutes a day of sun on 20% of your body unprotected from sunscreen, testing or supplementing is probably a good idea. I buy NOW brand Vitamin D-3 & K-2 1000IU and take it on the days when I can't get my shirt off in the sun for 20 minutes. If you have osteoporosis or osteopenia it would be worth searching for studies on D.

Exercising, staying hydrated with quality water and eating organic foods, including grass-fed beef, hopefully will keep you healthy and off the couch and out of the doctors' offices. My goal is to feel great, have lots of energy and take no pharmaceutical drugs. I can say my four offspring subscribe to this agenda and quality of life and none are on any pills.

HealthFair

SEPTEMBER 30, 2018

8:30 am - 12:30 pm

SEASONAL FLU SHOTS** *
CPR/AED DEMONSTRATIONS
FIRST AID INFO
CHOLESTEROL TESTING
BLOOD PRESSURE TESTING
SEATED MASSAGE

BODY MASS INDEX TESTING
BLOOD SUGAR TESTING
HEALTH & ASSISTED LIVING INFO
SLEEP APNEA CARE
HOME CARE AND HOSPICE INFO
HEARING SCREENING

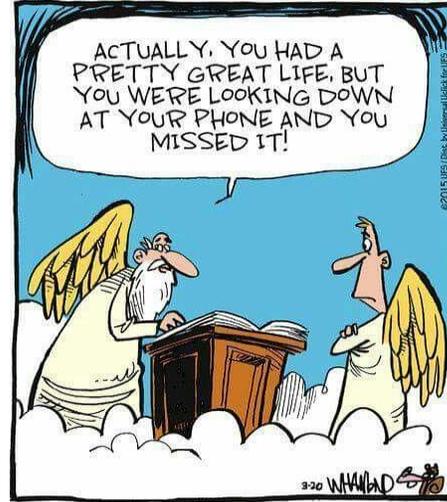
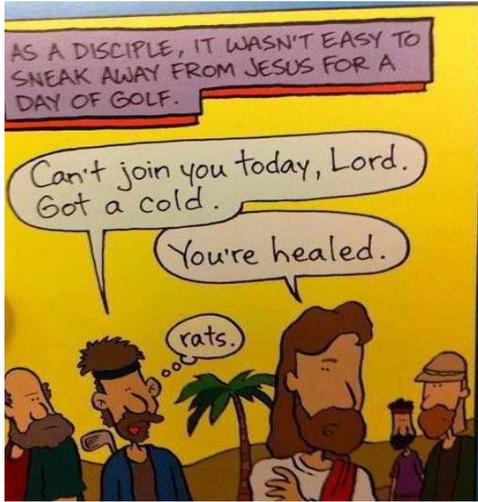
All services are free except flu shots.

** Flu shots will only be given between 8:30 and 11:00 am.

Health Information and snacks available

***BRING YOUR MEDICARE/INSURANCE CARD**

HOLY HUMOR



SEPTEMBER BIRTHDAYS

Marilyn Fassler.....	1
Nancy Malinowski.....	1
Larry Hayes.....	2
Linda Nelson.....	3
Willa Traugher.....	5
Diane Moffitt.....	9
Mary Anderson.....	10
Linda Earls.....	13
Donna Holmes.....	13
Stacey Van Dusen.....	15
Dorothy Nickels.....	17
BJ Wade.....	19
Helen Christensen.....	22
Carol Rettig.....	23
Kent Nicklas.....	24
Helen Butler.....	25
Ann May.....	25
Lily Alo.....	27
Nathan Tamplin.....	27
Linda Parker.....	28
Bill Watkins.....	28
Harry Gracie.....	30
David Holmes.....	30
Caroll Riley.....	30
Helen Williams.....	30



Happy Anniversary

Bill & Debbie Stewart.....7
Kent & Myra Nicklas.....11
Claude & Ann May.....15

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



FUN FOR LUNCH BUNCH

Fun for Lunch Bunch will be meeting at Chuck A Rama to start off this season. It's always the 3rd Wednesday of the month, which makes it September 19. Time: 11:30am Please call for reservation....can text me or leave message. 435-632-9321.

Kathy Nied

SEPTEMBER 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Worship Gathering 8:30 & 11 am Holy Communion	3 OFFICE CLOSED FOR LABOR DAY	4 6p Praise 7p Choir	5 9a Stitchin' Bunch 4p Evangelism 5:45 Education	6 10a Prayers	7	8
9 Worship Gathering 8:30 & 11 am	10 NO Sewing Session	11 4p Worship 6p Praise 7p Choir	12 9a Stitchin' Bunch 1p UMW 3p Missions 4:30 SPR	13 10a Prayers	14	15
16 Worship Gathering 8:30 & 11 am	17 9a Sewing Session	18 6p Praise 7p Choir	19 9a Stitchin' Bunch	20 10a Prayers 3p Trustees	21	22
23 Worship Gathering 8:30 & 11 am	24 No Sewing Session 5p Finance	25 6p Praise 7p Choir	26 19 9a Stitchin' Bunch 6p Ad Council	27 10a Prayers	28	29 9a Utah Food Bank 5K Race
30 Worship Gathering 8:30 & 11 am 9-12:30 SHUMC ANNUAL HEALTH FAIR						