



"The *halls* are alive with the sound of music..." is a pretty good description of how we have geared up with a new group and a full schedule of rehearsals in the music department. We hope to debut our new kids choir/kids bell choir in the coming weeks...they are energetic and eager to play and sing for you! We are rehearsing a piece that combines our Parish Ringers and our Chancel Choir "Autumn Carol," which will be a part of worship in second service on October 27th. And our Praise Band is enjoying being back in a regular rehearsal routine after having time off for the summer. Look for new music mixed in with your old favorites throughout the fall! Another important element for our ministries this fall is prepping for our Christmas events. Please save the date of December 22 for our Church - Community Christmas Celebration. If you would like to join with us in participating in this even, please let us know ASAP!

Please see the bulletin board outside the church office for sign ups, service opportunities, and Bible studies.

standumc@gmail.com + www.ChurchOnThePath.com
 3225 Ashley River Road, Charleston, SC 29414
 St. Andrews Parish United Methodist Church

THE PARISH POST

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The Reverend Brad Gray, Pastor
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God Gathers Us + To Worship Together + To Care for One Another + To Become God's Love for the World

Oct.
2019

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SUNDAY SERVICES:

- 8:45 am Worship Service
- 10:00 am Sunday School
- 11:15 am Worship Service



OFFICE HOURS:

Mon.- Thurs.
8am - 4pm

Please give address updates to the church office. If you would like your address removed from the mailing list, please let us know by phone, email, or return mail. Thank you.

Pastor's Postings



Upon returning from my renewal leave, I had this overwhelming sense of appreciation for our church. I love being back in ministry with you. I had missed worshipping with you and seeing people each week. I truly love getting to do ministry with the people of St. Andrews Parish UMC. My friends all asked, 'what was it like coming back?' I quickly said, "Great!" And it was and continues to be. But then I read about the direction of the larger church, the denomination as a whole as we move through an uncertain future toward another General Conference next year and the despair returns. It is painful as we continue to wrestle with the different ways that people believe we are called to be in ministry with people in the 21st century. Frankly, I'm tired of it all. I love the local church and doing ministry with people like you.



This all was weighing on me, the competing thoughts of joy to be with you in this church and the dread of the future of our denomination, when I attended the grand opening of the Epworth Foster Care Center in Summerville last month. While there, I realized how many folks have come into my life because I am a United Methodist in the state of SC. Attending the opening was Ms. Mary who from 1998 until 2010 woke up for an entire week straight at 4am in order to feed my Salkehatchie camp. There was Mr. and Mrs. Meyers whose daughter attended Duke Divinity School with us

and who served a year with me at Trinity UMC in Sumter. There was Rev. Kathy James, the SCUMC Conference Director of Connectional Ministries, who grew up at my home church in Irmo and whose mother Mrs. Lewis taught me Algebra in the 10th grade. There was David and Karen Braddon who have become such good friends to Megan and I in our time here in Charleston. There was Rev. Erik Grayson, pastor at Aldersgate UMC, who was a student-intern at my previous appointment in Columbia. There was Rev. John Holler, the president of Epworth Children's Home, and a few others staff from Epworth who were colleagues in ministry during our five years at Epworth. There was Bernie and Julius, African-American pastors who have befriended me over the last 4 years. And then there were the folks from St. Andrews Parish who trusted me to drive them in the bus to attend. I am connected to all of these beautiful people in some amazing ways simply because I call myself United Methodist. It was there that I realize that while the future is uncertain and the name of our denomination may one day change, what will not change is the connections that I have made over the years. What is important for us is to keep doing ministry with people and for people because we are made in the image of God to be in relationship. I have loved the United Methodist Church since I was 6 years old. What has occurred



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over the last few years is heartbreaking in so many ways. But, when our heart breaks it is a reminder that we care and that for whatever reason it was loved, at least for a while. So no matter what the future may hold for the denomination, I am going to continue to reach out, continuing to make those connections that will last long into the future. God's got all of this, no matter what may come.

Again, I love our church, not just because of who we are right now, but because we have been this way for a long time and will continue into the future. A place where we gather to worship, to love one another, and to be God's love for the whole world. I look forward to seeing you soon!

Blessings and Peace,

Pastor Brad



UMM meets every 1st Monday of every month at 7pm. Every man in the church is a Methodist Men's member and is invited to participate in all meetings and functions.

**Next Meeting:
Monday, Oct. 7 @ 7pm**



Next meetings :
Joy Circle Oct. 8 @ 10am
Genesis Circle Oct. 10 @ 7pm
New members are welcome!
Come and see who we are and what we do.

For more information contact
Miriam Hunter 556-1651 or Cindy Walden 763-3996

The pumpkins are here!
Sign-up to work the Patch on the bulletin board or visit our website to sign up online. We need everyone to make this a success.

Sing Along Schedule
Oct. 1 Palmetto Assisted Living
Oct. 15 Brookdale
Oct. 22 National Healthcare
All programs start at 10am

Pastor Brad's Bible Study
will resume Tuesday, September 10 @ 7pm

FAN Faith Activity Nutrition

As we go into fall, an excellent time for walking, remember to drink plenty of water to stay hydrated. If walking at dusk or when it's dark, be sure you wear reflected clothing. Do not walk with ear buds in place as you can't hear what's happening around you. It's good to aim for 10,000 steps per day.

Now is the time to enjoy all the Farmer's Markets with the fresh fall fruits and vegetables. Your goal should be 2 cups of fruit and 3 cups of vegetables each day.

Your faith give you strength for daily living so remember to make it a priority when planning your daily activities.

Our next FAN EVENT will be Sunday November 24th which is the start of Advent. We will be decorating the church and have a meal together. Please watch for further upcoming details!

Your FAN Committee

Fruit	Vegetables	Grains	Dairy	Protein
Focus on whole fruits and select 100% fruit juice when choosing juices. Buy fruits that are dried, frozen, canned, or fresh so that you can always have a supply on hand.	Eat a variety of vegetables and add them to meat dishes like casseroles, sandwiches, and wraps. Fresh, frozen, and canned count, too! Look for "reduced sodium" or "no-sodium" on the label.	Choose whole-grain versions of common foods such as breads, pasta, and tortillas. Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."	Choose lowfat (1%) or fat-free (0%) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories. Lactose intolerant? Try lactose-free milk or a fortified soy beverage.	Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds. Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.
Daily Food Group Targets – Based on a 2,000 Calorie Plan Visit SuperTracker.usda.gov for a personalized plan.				
2 cups 1 cup counts as: 1 large banana 1 cup mandarin oranges 1 cup raisins 1 cup 100% grapefruit juice	2½ cups 1 cup counts as: 2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms	6 ounces 1 ounce counts as: 1 slice of bread 1/2 cup cooked oatmeal 1 small tortilla 1/2 cup cooked brown rice 1/2 cup cooked quinoa	3 cups 1 cup counts as: 1 cup milk 1 cup yogurt 2 ounces processed cheese	5½ ounces 1 ounce counts as: 1 ounce tuna fish 1/2 cup cooked beans 1 Tbsp peanut butter 1 egg
Water Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.	Activity Don't forget physical activity! Being active can help you prevent disease and manage your weight. Kids: a 60 min/day Adults: a 150 min/week			

Focus on Youth

Cindy Curtis

Changes and Adaptations

For most of us school started and, thanks to Dorian, stopped and started all over again. There is nothing like a Hurricane at the start of a school year! For the Youth, our First Sunday event for September had to be postponed until October. Many times, we focus on our plans and something unexpected comes along and changes what we had so carefully put into place. Having faith during change and learning to plan but adapt, are important life lessons for all of us.

The adaptations for Youth this year revolve around the valuable input we received at Salkehatchie. The group comprised adults, post high school, high school, just finishing middle school, youth who attend events regularly and those who do not attend at all. We divided the group of 25 into discussion teams. They talked about what we are doing right and what we need to change and gave suggestions on what they would like to add or take away.

We will meet on First Sundays with other churches. Worshiping, sharing food and games for fun with other Youth from all over Charleston is important and builds relationships for Salkehatchie, Revolution, Asbury Hills, and Immerse. In addition, we will meet on third Sundays after second service to participate in ministry for our church and community. Some of this service work may happen on a Saturday. The Sunday School hour will be for building faith and learning the Bible lessons every Sunday.

In addition to Revolution and Salkehatchie, we have planned and conducted two retreats at Asbury Hills and hope to include the First Sunday churches with us for a weekend in the spring. This year, we are encouraging all Youth to attend Immerse in early August. This is a 4 day faith building, fun filled experience that challenges students to go deeper in their relationships with Jesus and each other.

Communication with families and youth will be via email, text and phone. I have added a text option where I can send group messages to all youth who sign up to receive them. I will include information in the newsletter and have sent a calendar out to each family for plans made and dreamed about.

So, look for us serving, building faith and community with other Youth and being in active ministry without the traditional Sunday evening time slot. Continue to pray for us as we adapt, we change, and we learn from each other how to move forward to best meet the needs of our amazing young people and their families.

FALL FESTIVAL

11am-2pm, Saturday, October 5

Fun for the whole family! Bounce houses, food, and more.
Come support the UMM BBQ sale and the UMW bake sale.

Birthdays & Anniversaries

BIRTHDAYS:	ANNIVERSARIES:
Tony Vitalie 10/7 Justin Brown 10/8 Summer Lovins 10/8 Fern Carsner 10/9 Martha Green 10/11 Jo Carson 10/13 Jacob Martin 10/13 Mallory Burton 10/14 Sherri McCall 10/14 Pat Cook 10/16 Jacob DeAntonio 10/16 Adrienne Hilton 10/18 Matthew May, Jr 10/19 Bill Heidkamp 10/20	Tyler Matthews 10/20 Polly Perret 10/20 Becky Tippey 10/21 Kendall Flock 10/23 Kyleigh Weatherford 10/23 Mattie Nielsen 10/23 Clint Morris 10/27 Christian Matthews 10/28 Parker Angle 10/28 Bryce Burns 10/29 Angie High 10/29 Blaine Gray 10/30 Charles Childers 10/31

