

LET ALL
THAT
YOU DO
BE DONE
WITH
LOVE.

1 CORINTHIANS 16:14 NKJV



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

PERMIT NO 416

CHARLESTON, SC 294

U.S. POSTAGE PAID

NON-PROFIT ORG

THE PARISH POST

St. Andrews Parish United Methodist Church



The Reverend Brad Gray, Pastor
3225 Ashley River Road, Charleston, SC 29414
843.766.1080 + standumc@gmail.com + www.ChurchOnThePath.com



God Gathers Us + To Worship Together + To Care for One Another + To Become God's Love for the World

**Feb.
2019**



Pastor's Postings.....1
Announcements.....2-3
Calendar.....4
Focus On Youth.....5
Birthdays/Anniversaries.....5

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

The Way Forward



On February 23-26 United Methodists throughout the world will gather in St. Louis, Missouri for a Special Session of the General Conference. General Conference is held every 4 years and the next normally scheduled GC will be in 2020. The General Conference of the UMC is the legislative body of the church. It is comprised of delegates from every Annual Conference in the United States and delegates from Central Conferences (Conferences outside of the United States). At the 2016 General Conference, delegates made provision for this special session, so that they could have deeper and more focused conversation around the topic of human sexuality.



Since the General Conference of 1972 there has been division in the UMC over differing beliefs about the role and inclusion of LGBTQ persons in the church. This division has only seemed to grow over the years. And it has led us to a place where prayerful and intentional conversations must take place in order for us to move forward as a denomination.

The Council of Bishops formed the Commission on a Way Forward after General Conference 2016. It was a diverse group of clergy and laity from around the world who have come forward with a report that will be shared and voted on

at the 2019 General Conference in February. I know that you may have many questions about the impact that this GC could have on our denomination and our congregation.

I would like to invite you to join me in our worship space on Sunday February 17, 2019 at 4pm for a presentation and time of prayer about The Way Forward. I do not have all the answers, nor can I predict the future about what will happen at the end of February. However, I hope that by meeting together we can be informed and intentional in our prayers for all the delegates who will be gathering in St. Louis.



I hope that you will come to this gathering with an open heart. Our congregation, much like the broader UMC, is not of one mind about how the United Methodist Church should move forward. And yet, we are one body. The apostle Paul reminds us that we are connected and must value one another because we are in need of one another to function to the best of our capabilities in building the kingdom of God. May we always treat those within the body with respect and care, so as not injure them, and in turn the body as a whole.

Moving forward prayerfully,

Pastor Brad





As we are starting 2019 the FAN committee hopes you have been working successfully on your goals towards a healthier life style. Please remember it's never too late to set attainable goals for yourself and to increase them as they become a changing life style for you. The committee is always willing to help you with these and answer your questions.

Keep a look-out for a questionnaire we will be sending out so we can better help you in attaining these goals by understanding what subjects you want to focus on.

If you have already set up a walking schedule you could invite people to join you. It is more enjoyable to walk with someone and it can also be a great time for fellowship.

We have enclosed a way to write attainable goals and hope it helps you in formulating your plan.

The FAN Committee

Cindy Curtis, Miriam Hunter, Kristie Johnson, Barb Knepshield, Cindy Walden and Pastor Brad

Goal Component	Example
SPECIFIC What, when, where, and how will the behavior be done?	<i>I want to walk regularly (at least five days a week) in the morning to help me reduce inches around my waist.</i>
MEASURABLE How much, how many, and/or how often will you do the behavior?	<i>I want to walk 30-60 minutes a day at a brisk pace five days a week.</i>
ATTAINABLE What are your steps to meet or reach your goal? Set your goal low enough to be reached but high enough to be a challenge?	<i>I will start walking 15 minutes a day for three days a week and work up to 30 minutes a day for five days a week. Seven days might be too high (no room for unexpected events or illness). One day is too low and not enough to help me lose inches.</i>
Relevant Is it the right behavior goal to help you meet your overall outcome? Is it a good time in your life to be setting this goal?	<i>Now that my children are back in school and the holidays are over I can start walking in the morning.</i>
TIME-bound Make sure your goal includes a specific time frame in which you will achieve it.	<i>I will increase my time each week by five minutes until I reach 30 minutes a day. I will add an extra day every two to four weeks until I reach 30-60 minutes for five days a week.</i>

Now it is your turn. Write and track your weekly SMART goal.

Focus on Youth

Cindy Curtis

“Living the Abundant Life”

The Youth will have experienced Revolution to the fullest by the time you are reading this. The theme was John 10:10. As we prepared for the trip, Pastor Brad and I led them in a lesson on living an abundant life. He asked them if there are things they need to let go of in order to live in abundance. Complete silence. One student spoke up, “I don’t want to share this. This is really personal!” Many nods of agreement followed. He assured them that it is okay to keep those thoughts to themselves. Soul searching is often a private journey. I did some research that I will share below. Dr. Leman offers advice to us as well as his findings on teen anxiety.

According to Dr. Kevin Leman, the top three concerns students ages 11-18 experience are:

Rejection. They want to belong, be part of the group, be accepted. This is their world of school, peers and social media. As supporters of youth, it is important to make sure they feel unconditional love and acceptance at home and church. We can give them the message they are loved just as they are.

Uncertainty and being left alone. They are in a survival of the fittest environment most of their day. As their peer groups shift and change, they may feel left out. As supporters, we can offer them stability and continuity and a place where they can talk and we will just listen.

Being the target. They want to fit in and not be perceived as different or the outlier for a bully to single out. They are on alert at all times. As supporters, we can listen to them and help them to come up with viable ways to handle mean people. Resist the urge to rescue, but help equip them with tools to use themselves.

When youth live in the world of these worries everyday, it is a challenge to navigate and remember who they are as children of God and how to live the abundant life. Experiences like Revolution and Salkehatchie provide more than just a Youth event. They offer a safe place for Youth to connect and feel accepted. The connections made at these events are like no other part of their world. When you are with people of God, you are living abundantly! Perhaps we all need to search our souls to discover and deal with what is keeping us from living the abundant life.

Parish Ringers

We are in need of help in the bell choir through the Easter season. If you are interested, see Mike or Shannon Flynn.

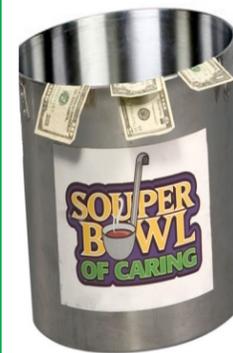
Joy Circle February 12 @ 10am
Genesis Circle February 7 @ 7pm

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

Feb. 3 Souper Bowl of Caring
Feb. 10 Youth Meeting @ 5pm
Feb. 24 Youth Meeting @ 5pm
March 3 Youth-Led Sunday



The church office will be closed on February 18 in honor of President's Day.



The Youth will be collecting donations for the Souper Bowl of Caring on Sunday, February 3 during both services. Donations will go to the Pastor's Benevolence Fund. Please consider how you can help.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.
1 Corinthians 13:4-5



Sing Along Schedule

Feb. 5 Palmetto Assisted Living
Feb. 19 Brookdale
Feb. 26 National Healthcare
All programs start at 10am

Birthdays & Anniversaries

BIRTHDAYS:

Jamie Dukes 2/2
Phyllis Fullmer 2/2
Jeremiah Treadway 2/2
Cooper LeTellier 2/3
Gary Cook 2/4
Emily Sisson 2/4

Kirstin Sutton 2/6
Charlotte Murray 2/12
Brooke Miller 2/13
Benton May 2/13
Bonnie Vitalie 2/14
Bob Waller 2/22
Linda Jordan 2/23
John Sweeten 2/26

Erin Lawson 2/28
Maggie Rotta 2/29



ANNIVERSARIES:

9 Fran & Claire Wright
9 Al & Christine Freeman
17 Tom & Joan Gallagher
24 Philip & Ashley DeAntonio
27 Donald & Denni Grunstra

Pastor Brad's
BIBLE STUDY
Tuesdays @ 7pm
 Let's Dig In together

UNITED METHODIST MEN
 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:
Annual Dinner at O'Charleys
Monday, Feb. 4 @ 6:30pm

Acts 2 Ministry
 Each month we plan various activities for all who are able. For more information, contact Cindy Walden or Miriam Hunter.
North Charleston UMC Tea Room
Friday, Feb. 22 11am-2pm
Meet at SAPUMC at 10:30am
 Activities Community Trips Service

Backpack Buddies
 We pack bags each week for children in one of our local elementary schools. Each month you will be notified of an item needed. Please leave these items on the table in the food pantry. Thank you for your contribution to this much needed program.
ITEM OF THE MONTH:
TruMoo Milk Boxes (8fl oz)
 Because hunger doesn't end on Friday!

SOUP MINISTRY
 The soup ministry is back in full swing. Sign up to bring 5-6 quarts of soup at the beginning of the month. Put quarts in the freezer and "sign" them in. If you have any questions contact Barb Knepshield at (513) 594-3687 or

It bears all things,
 believes all things,
 endures all things.
Love never fails.
 1 CORINTHIANS 13:7-8

"The Gift of Music" returns on Tuesday, February 19th at 6:30pm.
 Former church pianist, Brad Parker, and founder of "Music in East Africa", Liz Tormorsky-Knott, will perform music for oboe and piano including classical favorites, jazzy tunes, movie themes, and sacred arrangements. Bring your family and friends out for this evening of beautiful music and

Sat	2	9am - Praise Band Practice					
Fri	1						
Thu	31	10am - NIMBLE FINGERS 11:30am - Women's Study Group 6:30pm - Praise Band 7pm - Finance Meeting 7pm - GENESIS CIRCLE					
Wed	30	10am - NIMBLE FINGERS 11:30am - Women's Study Group 6:30pm - Praise Band 7pm - Finance Meeting 7pm - GENESIS CIRCLE					
Tue	29	10am - PALMETTO SING ALONG 7pm - Pastor's Bible Study					
Mon	28	10am - PASTOR'S OPEN OFFICE 6:30pm - UMM Annual Dinner @ 7pm - (EDA class)					
Sun	27	8:45am - WORSHIP SERVICE 10am - SUNDAY SCHOOL 11:15am - WORSHIP SERVICE					
Sat	16						
Fri	15						
Thu	14	10am - NIMBLE FINGERS 11:30am - Women's Study Group 6:30pm - Praise Band					
Wed	13	10am - NIMBLE FINGERS 11:30am - Women's Study Group 6:30pm - Praise Band					
Tue	12	10am - JOY CIRCLE 7pm - (Village Green Rec Assoc) 7pm - Pastor's Bible Study					
Mon	11	10am - PASTOR'S OPEN OFFICE 7pm - (EDA class)					
Sun	10	8:45am - WORSHIP SERVICE 10am - SUNDAY SCHOOL 11:15am - WORSHIP SERVICE					
Sat	23						
Fri	22	11am - Acts 2 to NC UMC Tea					
Thu	21	10am - NIMBLE FINGERS 11:30am - Women's Study Group 6pm - (Woodlands HOA meeting) 6:30pm - Praise Band 7pm - SPRC Meeting 7pm - TRUSTEES' MTG.					
Wed	20	12pm - Parish Post Deadline 1pm - Pastor's Open Office 6:30pm - Parish Ringers 7:30pm - Choir Practice					
Tue	19	10am - Brookdale Sing Along 6:30pm - Concert with Brad 7pm - (Village Green HOA Board)					
Mon	18	10am - PASTOR'S OPEN OFFICE 11am - (Brad Parker rehearsal) 6:30pm - (Shadowmoss HOA 7pm - (EDA class)					
Sun	17	8:45am - WORSHIP SERVICE 10am - SUNDAY SCHOOL 11:15am - WORSHIP SERVICE					
Sat	2						
Fri	1						
Thu	28	10am - NIMBLE FINGERS 11:30am - Women's Study Group 6:30pm - NOW council 6:30pm - Praise Band					
Wed	27	1pm - Pastor's Open Office 6:30pm - Parish Ringers 7:30pm - Choir Practice					
Tue	26	10am - NAT'L HEALTHCARE SING 7pm - Pastor's Bible Study					
Mon	25	10am - PASTOR'S OPEN OFFICE 7pm - (EDA class)					
Sun	24	8:45am - WORSHIP SERVICE 10am - SUNDAY SCHOOL 11:15am - WORSHIP SERVICE 5pm - Youth Meeting					