

MATTHEW 28:6 | BELIEVERS4EVER

Jesus Has Risen

just as he said, Come and see the place where He lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.'

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

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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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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

Apr. 2019

Happy Easter

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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

If you have been with us in worship over the last few months, you know that we have been working our way through Matthew's Gospel. We believe the Gospel of Matthew was written somewhere towards the end of the first century to an audience of Jewish men and women. They were giving serious consideration to this new movement of Jesus followers. It was meant to convince them that Jesus was in fact the Messiah that had long been promised to the Hebrew people. It came at a time of great turmoil in and around the Holy Land and Judea. The Romans had become suspicious of the Jewish people and the threat of rebellion boiled over into violence and destruction. Jerusalem was burned and laid waste in 70 AD by the Romans, some 40 years after Jesus was crucified and resurrected. So the first people to hear the Good News of Jesus according to Matthew were probably reeling from having their world turned upside down only a few years prior.

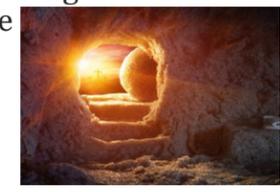


In many ways, our use of Matthew's Gospel in worship for the past few months has come at just the right time. There are significant similarities to the writer's time and to our time. I know that more than a few of you have experienced life-changing events that have left you more than a bit unsettled. The shifting sands all around us, in our culture, in our community, and in our denomination have caused questions to

arise unlike anything we may have gone through until now. The way in which our faith tradition is viewed by those outside the church leaves a lot to be desired.



I believe now, maybe more than ever, is the time for us to prove to ourselves and to others that Jesus truly is who the prophets claimed he would be so long ago. We, the church, become Matthew's Gospel for today. And what better way to do that than to tell our story. If you think about it, that is exactly what Matthew did and it was exactly what Jesus did. They told stories. If you have been with us during Lent, you know we have been hearing Jesus tell the Good News of God through parables. All of this is building up to the wonderful and beautiful story of Resurrection on Easter Sunday. I hope that you will use the rest of Lent to prepare your hearts and your minds to hear the Good News of Easter once again and when the time comes, you will be strengthened and encouraged to share your story of who Jesus is and how Jesus saved you!



I hope to see you soon!

Blessings and Peace,
Pastor Brad



As we enter the spring season, we hope that you are taking advantage of the nicer weather by participating in outside activities such as walking, bike riding, and gardening. These are activities the whole family can enjoy.

Plans are being formed to send weekly articles to you via email to help you on your journey to good health. Articles may include information on easy meal prep, exercise tips, and more. Please let us know of any topics of interest you may have.

The Relay for Life is May 10th at West Ashley High School track. Make plans to walk with them. You can join up with the team, but it's not necessary. Don't forget to check the Bulletin Board for new material each month.

Be on the lookout for a printable version of the Body and Mind: Energy handout in your inbox.

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

Food + Sleep + Physical Activity = ENERGY

The three parts of the energy equation will add up to a more dynamic you!

Food
Say yes to:
• Fruits
• Veggies
• Whole grains
• Low-fat dairy (like yogurt, milk, and cheese)
• Protein (like lean meats and poultry, fish, beans, nuts, and seeds)
• Water
• Breakfast
• Healthy snacks

Avoid caffeine.
Make sugary foods and drinks an occasional treat.

Sleep
Get at least 9 hours of sleep each night.
Try these tips to fall (and stay) asleep:
• Go to bed and wake up at the same time every day.
• Make your room quiet, cool, dark, and peaceful.
• Relax for at least an hour before bedtime. Try a warm bath.
• You can have a light snack (try a glass of warm milk) but don't eat a heavy meal within a few hours of bedtime.
• Avoid sugar and caffeine.

Physical Activity
Aim to be active for at least an hour every day (but not close to bedtime).

Find out more on BAM! Body and Mind™ at www.bam.gov

Focus on Youth Cindy Curtis

A Time of Spring Ahead and Fall Back

The recent change to Day Light Saving Time could be a metaphor for what happens in ministry. Often the programming and attendance hits spot on with everyone's schedule considering work, school and extra curricular activities. Other times, it feels like a spring ahead and a falling back all in the same season. This is not a necessarily negative for ministry, but a time to reflect and weigh and measure, a time to grow in faith and consider some creative changes.

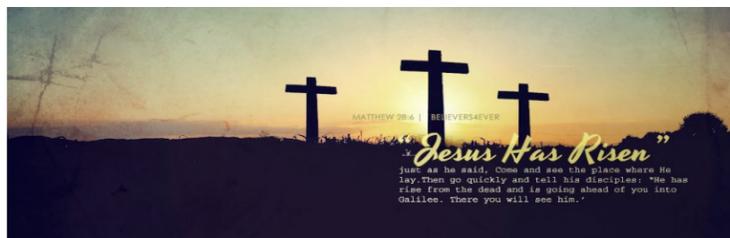
I recently attended a Youth Workers meeting with other Charleston District leaders hosted by Chris Lynch, the South Carolina Ministries with Young People Coordinator. I found comfort that all of the churches represented are experiencing the same concerns. I learned that focusing on the reasons we work with Youth should drive what we do when we are planning programming and events. Even in the largest group there, most of the Youth consider attending once a month to be the norm for active participation in the group. Chris challenged us to consider changing a mindset from "how many come?" to "why do we want them to come?" We hope to offer something to spring ahead to and to fall back upon in April.

We are launching First Sunday on April 7 at St. Andrews Parish UMC from 5:00 to 6:30 PM. Why? To better meet schedule demands, to offer worship experiences with Youth speakers, to provide fellowship, food and fun games for relationships to grow even deeper with each other and with Jesus. We are inviting other churches in the Charleston District to join us. We have Grace UMC and Cokesbury UMC on board already and will meet at their facilities in May and September.

June and July offer Salkehatchie, a week long service experience, and Immerse, a four-day faith building experience whereby our Youth can grow in mission and ministry. We would like to do some local events at the water park, beach or county parks for the summer months and continue First Sunday into the fall with Leadership and Confirmation. Keep supporting our Youth and families as we grow in faith and learn how to love and serve as Jesus taught us.

Easter Lilies

The Worship Committee will order Easter Lilies to adorn our sanctuary on Easter Sunday. If you would like to purchase an Easter lily in honor or in memory of someone, please fill out the order form in the bulletin and put it in the offering plate. Lilies are \$15. The last day to order is Sunday, April 14.



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, April 1 @ 7pm



Joy Circle April 9 @ 10am
Genesis Circle April 11 @ 7pm

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



April 7: 5pm-6:30pm
Youth meeting

light supper, games and worship with other youth from our district

April 28: Youth-led service

Easter Egg Hunt
Sunday, April 14 @ 2pm
Sign up on the bulletin board. Please bring individually wrapped candy to put in the eggs. Thanks!



Birthdays & Anniversaries

BIRTHDAYS:

Dawn Mann 4/1
Jim Chilakos 4/3
Willard Mizzell 4/4
David Owen 4/4
Ginger Rosenberg 4/4
Ryan Yaden 4/4
George Fullmer 4/5
Leonard Carsner 4/6

Rachel Crawford 4/7
Chris Flock 4/7
Katherine Brown 4/9
Jamie Johnson 4/9
Mickey Rakes 4/9
June Pierce 4/10
Jeff Kettrey 4/11
Kinley Brown 4/13

Benjamin Treadway 4/18
Kelly Widner 4/19
Caitlin Cole 4/21
Kimberly Schmolze 4/21
Mason Grunstra 4/22
Don Helmbold 4/23
Ryan LeTellier 4/23
Kristie Johnson 4/29

ANNIVERSARIES:

4 Jamie & Kristie Johnson
13 Mark & Bonnie Vitalie
21 Ric & Liz Criswell
22 Joe & Rose Lockhart
28 Richard & Annette Crawford
30 Brad & Megan Gray
30 Johnny & Beth Richards



Sing Along Schedule

April 2 Palmetto Assisted Living
April 16 Brookdale
April 23 National Healthcare
All programs start at 10am

Holy Week Schedule



April 14 8:45 am & 11:15 am, Palm Sunday
 April 18 7:00 pm, Maundy Thursday Service
 April 19 8:30 am, Good Friday Cross Walk
 April 19 8:00 pm, Good Friday Tenebrae Service

Prayer Vigil begins after the Tenebrae Service continuing around the clock until the Easter Sunrise Service.

April 21 Easter Sunday
 7:00 am, Sunrise Service with Communion
 8:45 am, Non-Traditional Service
 11:15 am, Traditional Service

See the Parish Nurse!

GET YOUR BLOOD PRESSURE CHECKED EVERY 1ST SUNDAY!

—every 1st Sunday—
 IN THE CHURCH OFFICE BETWEEN THE 8:45 & 11:15 SERVICES

Be the change that you wish to see in the world

Mahatma Gandhi

Family GAME Night Friday, April 26 6:30pm-9:30pm

Bring your favorite snack to share and game to play. Drinks will be provided. Donations will be accepted for Relay for Life.

You can also sign up to be a part of the team or purchase a luminary bag.

Sign up for the Mario Kart Tournament!
 Cost: \$5

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

Nimble Fingers Ministry
 of St. Andrews Parish United Methodist Church
 Meets every Thursday @ 10AM.
 Hope to see you there!

RELAY FOR LIFE
 Friday, May 10, 2019
 6pm - 11pm
 West Ashley High School

Visit www.relayforlife.org to sign up for the St. Andrews Parish UMC team.

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:
 Single Serving Boxes of Cereal

Because hunger doesn't end on Friday!

For I know the thoughts that I think toward you, says the Lord, thoughts of **peace** and not of evil, to give you a FUTURE and a HOPE

— JEREMIAH 29:11 —

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 8:45am - WORSHIP SERVICE 10am - SUNDAY SCHOOL 11:15am - WORSHIP SERVICE	1 10am - PASTOR'S OPEN OFFICE 7pm - (EDA class) 7pm - UMM Meeting	2 10am - PALMETTO SING ALONG 7pm - Pastor's Bible Study	3 1pm - Pastor's Open Office 6:30pm - Parish Ringers 7:30pm - Choir Practice	4 10am - NIMBLE FINGERS 11:30am - Women's Study Group 6:30pm - Praise Band	5 9am - (UMW District Exec.	6 12pm - Parish Post Deadline
7 8:45am - WORSHIP SERVICE 10am - SUNDAY SCHOOL 11:15am - WORSHIP SERVICE	8 10am - PASTOR'S OPEN OFFICE 7pm - (EDA class)	9 10am - JOY CIRCLE 7pm - Pastor's Bible Study	10 1pm - Pastor's Open Office 6:30pm - Parish Ringers 7:30pm - Choir Practice	11 10am - NIMBLE FINGERS 6:30pm - Praise Band 7pm - Finance Meeting 7pm - GENESIS CIRCLE	12 8:30am - Good Friday crosswalk 8pm - Good Friday service	13
14 8:45am - WORSHIP SERVICE 10am - SUNDAY SCHOOL 11:15am - WORSHIP SERVICE 2pm - Easter Egg Hunt 6:30pm - JOYFUL HEARTS	15 10am - PASTOR'S OPEN OFFICE 6:30pm - (Shadowmoss HOA 7pm - (EDA class)	16 10am - Brookdale Sing Along 7pm - (Village Green HOA Board) 7pm - Pastor's Bible Study	17 1pm - Pastor's Open Office 6:30pm - Parish Ringers 7:30pm - Choir Practice	18 10am - NIMBLE FINGERS 6:30pm - Praise Band 7pm - Maundy Thursday service	19 6:30pm - Family Game Night	20
21 7am - Sunrise Service 8:45am - WORSHIP SERVICE 10am - SUNDAY SCHOOL 11:15am - WORSHIP SERVICE	22 10am - PASTOR'S OPEN OFFICE 7pm - (EDA class)	23 10am - NAT'L HEALTHCARE SING 7pm - Pastor's Bible Study	24 1pm - Pastor's Open Office 6:30pm - Parish Ringers 7:30pm - Choir Practice	25 10am - NIMBLE FINGERS 6:30pm - NOW council 6:30pm - Praise Band 7pm - SPRC	26 Happy Birthday Eeyore!	27
28 Youth-Led Service 8:45am - WORSHIP SERVICE 10am - SUNDAY SCHOOL 11:15am - WORSHIP SERVICE	29 10am - PASTOR'S OPEN OFFICE 7pm - (EDA class)	30 7pm - Pastor's Bible Study	1 1pm - Pastor's Open Office 6:30pm - Parish Ringers 7:30pm - Choir Practice	2 10am - NIMBLE FINGERS 6:30pm - NOW council 6:30pm - Praise Band 7pm - SPRC	3 Happy Birthday Eeyore!	4