



# ASHLAND UNITED METHODIST CHURCH

## A STEPHEN MINISTRY CONGREGATION

*Joining Together on a Christian Journey of Love and Service* **October 25, 2009**

2600 Ashland Rd  
Columbia, SC 29210  
Telephone: 798-5350; Fax 798-6057

**The Reverend Joel R. Jones, Pastor**  
[Pastor@ashlandumc.com](mailto:Pastor@ashlandumc.com)  
Phone Ext. 15  
[www.ashlandumc.com](http://www.ashlandumc.com)

Office Hours: Mon., Tues. Thurs. 9-3  
Wed.-5 pm; Fri.-Noon

Worship services: *The Path*: 8:45AM Traditional: 11:00AM Sunday School: 9:45AM

### **WORKING ON A HEALTHY FALL AND WINTER**

As a Health and Physical Education major I continue a fascination with health and wellness issues. United Methodists also have a long history of concern not only for one's spiritual health, but physical health as well.

While suffering through a two rough bouts of respiratory illnesses last winter (as many of you did) I remembered how important physical health was to Methodism founder John Wesley. Early in his ministry, Wesley visited the sick and dispensed medicine to the poor in London and Bristol. He was always urging his followers to a life conducive of good health. In 1747 he published his collection of simple remedies under the title of **Primitive Physick**.

With people paying rapt attention this year to what makes for good health during flu season, here are a few common sense ideas from Frank Lipman, MD, founder and director of Eleven Eleven Wellness Center in NYC, taken from his *14 Ways to Prevent the Swine Flu*.

- Get adequate sleep and exercise.
- Wash your hands frequently with soap - avoid antibacterial soaps.
- Optimize your Vitamin D level. As sunlight lessens in winter (most of this vitamin comes from sunlight), people tend to become more vitamin D deficient. Take Vitamin D3
- Take fish oil and Vitamin C – Please check with your personal physician about correct dosages.
- Avoid sugar and heavily processed foods. They dramatically reduce your immune function.

At Ashland we have hand sanitizer available for all worshipers at the entrance to worship – entering the narthex and on the table at the back of Ashland Hall.

Prior to celebrating the sacraments the officiating ministers wash with hand sanitizer. Our nursery workers also wash their hands upon entering and leaving the nursery.

Again, John Wesley was concerned about the physical health of all. Here are additional words of advice from the preface of Primitive Physick.

- The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds should drink some warm pepper tea on going to bed, or a draught of toast and water.
- Everyone that would preserve health should be as clean and sweet as possible in their houses, clothes, and furniture.
- A due degree of exercise is indispensably necessary to health and long life. Walking is the best exercise for those who are able to bear it; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.
- The fewer clothes anyone uses by day or night, the hardier he will be.
- Cold bathing is of great advantage to health; it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood; and prevents the danger of catching cold. Primitive Physick London, June 11, 1747

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**Robert Neese**  
*Organist*

**Martha Eastburn**  
*Pianist*

## All Saints Sunday, November 1<sup>st</sup>

We will celebrate All Saints Day on November 1<sup>st</sup> commemorating the lives of those who have gone before us. This banner is in the narthex for you to pin a bell on the banner to acknowledge a loved one. The banner will be brought into the sanctuary on November 1<sup>st</sup>. A candle will be lighted in memory of church members and immediate family of Ashland. Please call or e-mail (office@ashlandumc.com) with these names.

## Veterans Pictures for Narthex Table

We would like to display on the narthex table pictures of men and women in our church family who are in the military or have served in the military. You may leave the pictures in the box outside room 136. Please put the name of the person in the picture on back. You may pick the pictures up after the service on November 8<sup>th</sup>.

## Going Green

Which is greener, plastic or paper grocery bags?

ANSWER: Neither. A cloth bag is best. Paper from trees is a renewable resource, but is heavy on landfills; 2,000 paper bags weigh 280 pounds. The same number of plastic bags weighs a mere 30 pounds, but polyethylene, made from crude oil and natural gas, uses nonrenewable resources. The EPA says about 20 percent of paper bags gets recycled, but less than 5 percent of plastic ones.

(From Yoga Magazine, by Mollie Anne Smith)

## The Upper Room

The Upper Room Daily Devotional Guide booklets for November through December 2009 are on the rack across from the Cornerstone Class.

### **Shepherd's Center of St. Andrews "Celebrating 20 years in Ministry"**

For more information, contact  
Dr. Rebecca Swanson at 731-9394

## **TRUNK OR TREAT**

**SUNDAY, NOVEMBER 1<sup>ST</sup> 4-6PM**



Wear your best costume! Decorate the trunk of your car, truck or van! Provide treats for the trunk-or-treaters!

WHO: Everyone with a car, children & youth  
Where: Ashland Parking Lot

Hot Dogs, P-Nuts, Drinks, Crafts, and more Fun!

## Celebrations and Remembrances

### Birthdays – October 25-31

26	Dustin M., Jonathan C.
27	Catherine O., Spencer L.
28	Daniel A., Elizabeth W.
29	Sam G., Kim G., Katie W.
30	Gay W., Mike B.
31	John E., Denise W.

### Memorials:

Dennis Newcomb by Gloria Shaw, Pat & Patsy Towery

Inez Roberts, sister-in-law of Buddy Roberts by Bob & Helen Barham, Bob & Beverly Stallings

Larry Hodgin by Gerald & Marilyn Black, First Friday Lost Creek Bridge Club (Catherine Oliver, Raye Clark, Mary Joyner, Lola Samson, Dottie Pappos, Sally Martin, Myrne Ragsdale), June Hutto, Mark, Anita and Sheila Hodgin, Charlotte Wagner, Joye Rush, Ann Hutto, Bob & Barbara Borom, James & Rosena Lucas, Pat & Patsy Towery,

## WEDNESDAY NIGHT SUPPERS

Menu: Good News Class:

Chicken & Rice, green bean, salad, dessert

Sign up using the RED slips in Ashland Hall and in the pew pockets in sanctuary.

Cost of dinner is \$6 for adults. \$3 for kids 10-17yrs  
9 yrs and under free.

## Social Principles Study

A study of what the United Methodist church says on social issues will be from 6:30 pm-7:30 pm in Ashland Hall.



Oct 28<sup>th</sup>  
Nov 4<sup>th</sup>

Rev Jim Nates – Political Community  
Rev Wiley Cooper – Nurture Community

## STEPHEN MINISTRY TRAINING

Stephen Ministry has been in operation at Ashland for about four years. The ministry of the Stephen Ministers has been a blessing to individuals, to the lay ministers themselves, and to the whole congregation. In order to continue and expand this ministry of care, we are beginning another Stephen Ministry training class in January 2010. Take advantage of this opportunity to share the love that God has given you. You will find that being a Stephen Minister will not only be helpful to others, but it will be one of the most fulfilling and joyful experiences that you have ever had. To find out how you can make an impact through Stephen Ministry, visit the information table in Ashland Hall after *The Path* or in the Narthex both before and after the 11:00 Worship Service on November 1<sup>st</sup>. Stephen Leaders and Stephen Ministers will be available to provide information and answer questions.



## *Thank You*

The pastors and congregation thanks Margaret Amick and Beth Wilkinson for leading the services for Laity Sunday last week.

**Join us for the MAD-ness**

Wednesdays 6:30pm -7:45pm  
Kids 4 years old thru 6<sup>th</sup> grade  
join us in the fun of

**Music, Art and Drama.**

We are preparing for Christmas,  
spring and worship each month.



**Nursery Workers and Parents!**

As we know this time of year is full of colds and flu, so we need parents' help in the nursery rooms when you drop off your children. Please do not enter the rooms unless necessary. Workers are to use the hand sanitizer when you enter and leave.

**Congratulations Fair Winners**

Kudos to Donna Gore, Wanda Millians and Pam Spurrier who won ribbons for their artwork at the SC State Fair. Please let us know if there were other State Fair Winners.

**Sunday November 8<sup>th</sup> Bead for Life Party**

Come to the New Beginnings Sunday school class and see Jake Moore modeling a necklace made by single mothers in Uganda. Jewelry is made of recycled paper beads dyed by hand.

Come, help us do something out of our comfort zone and challenges us to think globally.

All monies will help eradicate extreme poverty.

Check out [beadforlife.org](http://beadforlife.org)

*Blessing of the Animals*

Join us for this celebration in Ashland's Picnic Area.

Sunday, October 25 4:00 pm

All creatures are welcome: on a leash, in a cage, in a bowl, in a box, with a saddle, or otherwise safely secure.

Photos will also be blessed.

Donations for creatures less fortunate will be accepted (food, litter, blankets, toys, etc.), and will be taken to Project Pet.

**Poinsettia Flowers Order Form**

The cost is \$10.50 for 6" plant. Poinsettias will be placed in the sanctuary on December 6<sup>th</sup>. You may take your plants home after the Christmas Eve service.

**Payment (Ashland UMC) must accompany order.**

**Deadline for orders is November 15<sup>th</sup>.**

Please print how you would like the names to appear in the bulletin.

In Honor \_\_\_\_\_

In Memory \_\_\_\_\_

Name \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

**United Methodist Youth**

**Love God. Love Others. Love Self.**

Youth Prayer Breakfast Wednesdays at 8 am  
Hot Dog Heaven, Broad River Road

October 24	6:15 am	Homeworks Blitz
October 25	10 am	JDRF Walk to Cure Juvenile Diabetes
November 1		No United Methodist Youth No United Methodist Youth Come to Trunk or Treat 4-6 pm
November 8	4:30 pm 5:30 pm	Youth Choir Asgard Worship

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**It is time for new and safer equipment**

Thank you all for your support of our new playground. Your generosity is exciting. We are much closer to our goal. As of today we have:

**Balance needed of : \$8,071**

We hope to have the new equipment by Christmas.

If you are willing to contribute, make your checks payable to Ashland UMC, earmarked for *Playground*.

**Help to those Unemployed**

Professional assistance (free of charge) to Ashland Members or someone in your immediate family who is in a career transition period.  
Contact Bob Crutchfield at 772-6152



**United Methodist Men Meeting**

**Monday, November 2<sup>nd</sup>**

**6:30 pm, Ashland Hall**

(Dinner by Tom and Duncan)

**Program: Energy Conservation**

**All Men are Invited!**

**United Methodist Women**

November 7 9:30-11 AM Ashland Hall



Event: Thank Offering Celebration  
Special Recognition:

A woman from each circle will be recognized for UMW Special Recognition

Light Refreshments

**Living Out Our Faith**  
*October 25, 2009 By*

"I will be loyal to The United Methodist Church and uphold it with my PRAYERS, my PRESENCE, my GIFTS, and my SERVICE."

**OUR PRAYERS**

Virginia Combs – HealthSouth - #214  
Jane Reichman – Lexington Extended Care, Camilla Court  
Brell Foster, Jim Wilson – Lexington Medical Center  
Bill Turner – Palmetto Baptist Hospital  
Karl Bowers – Home from hospital

**OUR PRESENCE**

Worship: 256 The Path: 83 Traditional: 173 Sunday School: 182

**OUR GIFTS**

Received Week Ending	10/17/09	\$ 10,620
Received Year to Date:		587,155
Spent Year to Date:		576,614

**General Fund Contributions**

Received Week Ending	10/17/09	9,380
Received Year to Date:		502,673

**Special Offerings**

Memorials & Special Offerings:	1,240
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**OUR SERVICE**

**Sunday School Coffee for October:** Searchers

**Narthex Table:** Margaret Carson

**Altar Stewards:** Beverly Stallings, Margaret Combs

**Crucifer:** Frederick T. **Acolytes:** Clark C., Will S.

**Ushers for October:** Sally Lowery, Cynthia Busbee, Wes Busbee, Ed Wilkins, John Edwards, Bud Graczyk

**Children's Church:** Colleen & Denny Daniels

**Greeters:** SS & Worship: Buddy Roberts & Joan Sanford

**Nursery:** 8:45 am: Courtney Kelso, Betsy Boozer, Cheryl Means

SS: Janet Hatch, Kim Crutchfield, Lynda Mixon, Mac Credille, Cheryl McClay, Valerie Railey; 11 am Worship: Valerie Railey & Paige R., Jayne Beachler, Phil & Terri Miller, Mollie McClellan

**Altar Flowers:** The flowers are given to the glory of God and in memory of Luther Amick by Margaret Amick.

**Missionaries We Support**

**Tim and Daina Datwyler**

c/o The Mission Society, P.O. Box 922637,  
Norcross, GA 30010

[datfam4ecuador@gmail.com](mailto:datfam4ecuador@gmail.com)

**Adam & Jennifer Dalenburg**

[www.themissionsociety.org/missionaries/dalenburg](http://www.themissionsociety.org/missionaries/dalenburg)

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Jennifer: [jenniferd63@gmail.com](mailto:jenniferd63@gmail.com) Family: [dalenburgs@hotmail.com](mailto:dalenburgs@hotmail.com)

The Dalenburg Family BP 278, Thies, Senegal

**Helen Byholt Lovelace**

General Board of Global Ministries  
Ukraine

**This Week at Ashland**

**Sunday, October 25, 2009 – Psalm 103:1-14**

8:45 AM	<i>The Path</i> , Ashland Hall
9:45 AM	Sunday School for All Ages
10:00 AM	Youth leave for JDRF Walk for Cure
11:00 AM	Traditional Worship, Sanctuary
4:00 PM	Blessing of the Animals, Picnic Shed
4:30 PM	Youth Choir, Choir Room
5:30 PM	Disciple I, #115
6:00 PM	Paul's Letters, #126, John, #113

**Monday, October 26, 2009 – Zephanian 3:14-20**

6:15 PM	TOPS, #125
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**Tuesday, October 27, 2009 – Ephesians 3:14-21**

9:30 AM	Shepherd's Center of St. Andrews
6:30 PM	Stephen Ministry, #125
6:30 PM	Education, #138

**Wednesday, October 28, 2009 – Jonah 3:4-4:11**

6:00 PM	Wednesday Night Supper, Ashland Hall
6:00 PM	Al Anon, #127
6:00 PM	Overeaters Anonymous, #129
6:30 PM	Social Principles Study, Ashland Hall
6:30 PM	Handbells, Sanctuary
6:30 PM	<i>The Path</i> Ensemble, Choir Room
6:30 PM	M-A-D, Children's Activities
7:30 PM	Worship Choir, Choir Room

**Thursday, October 29, 2009 – Psalm 139:7-12**

9:00 AM	DAODAS, Ashland Hall
10:30 AM	Ladies Prayer Group, Library
7:00 PM	Cub Scouts, Ashland Hall
7:00 PM	Columbia Chess Club
7:00 PM	Arpad Darazs Singers, Choir Room

**Friday, October 30, 2009 – John 10:22-30**

**Saturday, October 31, 2009 – Luke 17:11-19**

**Sunday, November 1, 2009 – Hebrews 11:6, 32-40**

8:45 AM	<i>The Path</i> , Ashland Hall
9:45 AM	Sunday School for All Ages
11:00 AM	Traditional Worship, Sanctuary
4:00 PM	Fall Festival, Parking Lot
5:30 PM	Disciple I, #115
6:00 PM	Paul's Letters, #126, John, #113

Devotions are from *The Upper Room*. Other calendar events can be found on the website [www.ashlandumc.com](http://www.ashlandumc.com)

**RETURN SERVICE REQUESTED**

**Ashland United Methodist Church  
2600 Ashland Rd  
Columbia, SC 29210**

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