



WORK

Ben Patterson says, “Of all the work we do, worship is the one we will do forever” (*The Grand Essentials*, p. 76). In the Old Testament the word for work and worship are the same “Abad”. The Greek word leitourgein is translated as “service of worship” or “service to the king or army” in the New Testament depending on its context. The work we do for God is worship and the Worship we do is work for God.

As we move closer to our Church Conference we have lots of Work to do. All the meetings concerning budgets, nominations, candidates for ordained ministry, lay speakers, committee reports and ministries are hard work. The meetings are hard work but they can also be worship. John Wesley, the founder of Methodism, believed these meetings could be a means of grace. When we gather, truly seeking God’s will and direction for our congregations, we should expect God’s grace to be present.

This year Church Conference is going to be different than any I have ever attended. Asbury, Bethel, Sanford Chapel, St. Paul, Travis Park, Floresville and Laurel Heights United Methodist Churches are going to gather in one location for their individual Church or Charge Conference and then we will all worship together in celebration of our common Work. Laurel Heights has the privilege of hosting this wonderful event. Each congregational lay leader is invited to meet with the District Leadership at 2:00 pm on Sunday, November 14, 2010. Each congregation will then meet individually in separate rooms from 2:30 to 3:30 to add any final touches to their Church or Charge Conference reports and required business. The District Superintendent will move to each room for each congregation’s formal conference to preside over the required work of the day. Since we will have met prayerfully and purposefully in preparation for this time, it is possible the formal Work of the conference could be completed in a few minutes. At 3:30 all the congregations will come together for a worship celebration.

Each congregation is invited to highlight two ministry events they feel support a Culture of Growth in the Kingdom of God. An existing work of ministry will be lifted up as an act of worship and a proposed work will be offered as that congregation’s offering.

It is our hope that the Work of Laurel Heights United Methodist Church required to prepare for this worship experience can be accomplished during our Board of Stewards meeting on October 16. The committees have been working very hard and prayerfully to meet this deadline. Every member of the church is invited to be a part of this Board of Stewards meeting, to participate in the Work of the Church and experience what Wesley described as a means of Grace. I hope to see you there.

See you Sunday,

Put your faith to work October 17, 2010

Faith in Action Sunday is Oct. 17, 2010, and our goal is that 100% of our members will participate. Friends and visitors are also welcomed and encouraged to participate with us. We will begin the day with worship in the sanctuary at 8:30 am, be sent out to serve as a church body at various community mission project sites, then return to the church for a celebration service and dinner in the gym that begins at 5:00.

We have organized several projects, so you can decide which project will best allow you to spread God’s love through your faith in action. There are sign-up sheets at Welcome Stations around the church, or you can contact Judy Davis or Bryan Woods for more information.

*“Do no harm; do good;
stay in love with God.”*

Leading up to Faith in Action Sunday, small groups are meeting and studying Reuben Job’s book, *Three Simple Rules: A Wesleyan Way of Living*. This is a study of John Wesley’s three admonitions: “Do no harm; do good; stay in love with God.” If you have not yet been a part of a small group study for this year’s Faith in Action, it’s not too late to get involved. To join a group, or if you would like a book to study on your own prior to Faith in Action Sunday, contact Bryan Woods or Judy Davis, 733-7156 ext. 18.



World Communion Sunday, October 3



Your Special Sunday gifts on October 3 will help provide: 1) World Communion Scholarships, with at least one-half of

the annual amount for ministries beyond the United States; 2) Ethnic Scholarship Program; and 3) Ethnic In-Service Training Program. An offering envelope will be included in Sunday’s bulletins on Oct. 3. Or, you can mail your gift to the church. Please write “World Communion” in the memo line of your check. Mail to: Laurel Heights UMC, Attn: Louise Dudley, 227 W. Woodlawn, San Antonio, TX 78212.

Other LHUMC News on Pages 4A & 8A

SUB-COMMITTEES OF THE BOARD OF TRUSTEES OF LHUMC

Investments & Endowments

by Jerry Crockett

The current sub-committee on investments and endowments was established by the Board of Trustees in 2007. Its primary purpose is to monitor the investments of LHUMC and the services of the investment managers that the church utilizes for managing the investments. This involves reviewing the investment performance on a regular basis (quarterly reports are provided by Vaughan Nelson) and annual meetings with the account manager for the investment management firm. The church has the majority of its investments with Vaughan Nelson of Houston but there are some funds with Texas Methodist Foundation in Austin. Additionally, this sub-committee monitors and reviews proposed leases for oil and gas interests the church owns. The committee also promotes and encourages bequests and planned gifts and sees that the bequests are used in accordance with the donor's intent in making the gift.

The sub-committee makes semi-annual reports to the Board of Trustees of LHUMC and generally meets 2 to 3 times a year. Investments and Endowments also advises (informally) the Trustees regarding what return to expect on the church's investments for the coming year. Current members of this sub-committee are: Jerry Crockett, chair; Dave Gannon; Richard Dugger; Roy Campbell III; Darla Peek; Charles Davis; and Molly Walden. All of the current members are former trustees. Current members represent the fields of banking, accounting, investment management, real estate, and oil and gas.

P.S.: Please consider naming LHUMC as a beneficiary in your Will. It can be a percentage of your estate or a flat dollar amount. It is a great way to continue your giving. Contact Louise Dudley in the church office for more information.

Super Adult Book Review, Oct. 11

Come, join the Super Adults at 10:30 am on Monday, Oct. 11 in Scott Chapel as Susan Holloway reviews a book by exciting new author Natasha Solomons. *Mr. Rosenblum Dreams in English* is the poignant story of the Rosenblums, relocated from pre-World War II Germany to England. Jakob immediately becomes Jack, learns to act like "the English," acquires Savile Row suits and can recite the names of the entire British monarchy back to 978 A.D. He never speaks anything but English (except to occasionally curse in German) and dreams of that which he feels would make him *the quintessential "Englishman"* - membership in a golf club! Sadie his wife, on the other hand, misses home, finds the English language a mystery, and hungers for her mother's cooking. The resolution of these differences is a captivating love story of a couple making a new life.

Coffee and treats will be served in the choir room beginning at 10:00 am. Admission for the book review is \$3 and open to all.

National Night Out

Beacon Hill Area Neighborhood Association is sponsoring a National Night Out event on Oct. 5 to increase awareness of anti-drug programs and crime awareness and protection. The fun begins at 6:00 pm at Beacon Hill Presbyterian Church, 1101 West Woodlawn with live music, free hot dogs pot luck, school supplies, and a Moonwalk. For dessert, all are invited to Temple Beth-el, 211 Belknap Place.



Welcome to **Annie Garcia** who joined Laurel Heights UMC by letter of transfer from Gaddis Memorial UMC, Comfort, Texas on Sunday, Sept. 19, 2010.

Want to learn more about Godly Play?

Maybe you've heard about it but are unsure what it is...

Maybe your child has experienced it and you're curious...

Maybe Feast has piqued your interest as to why we do what we do...

Maybe you just want to hang out in God's word in a new way....

Join us.

Wednesday, October 6 at 7:30 pm in the Godly Play chapel (Room 102 inside the sanctuary). Jim Carr will be with us to be the storyteller.

**CHURCH
CONFERENCE
NOVEMBER 14**



Mothering is both art and science. It combines all of who we are to shape healthy, resilient kids. Mothering is so complex it requires both sides of our brain - not to mention our hands and feet, eyes and ears, mouth and (sniff, sniff) sometimes even our noses!

If you're a mother, MOPS could be an answer to your prayers. MOPS stands for Mothers of Preschoolers and is open to all mothers of preschoolers, regardless of age, marital status, financial status, race or church membership.

Discover MOPS for yourself. We meet in Room 105 from 10:00 am to 11:30 am on second Saturdays each month. Childcare provided for your young MOPPETS. Questions? Contact Katie Myers, 545-0312. Or, go online to <http://www.mylhumc.org/programs/mopsprogram.html>.

Children's Sabbath celebrated

Each year, during the third weekend in October (or at a time more convenient) thousands of churches, temples, mosques, synagogues, and other faith communities celebrate Children's Sabbath. We will celebrate this event at Laurel Heights on Sunday, October 10.

This event is part of a broader Children's Sabbaths movement aimed at uniting religious congregations of all faiths across the nation in shared concern for children with a common commitment to improve the lives of children and work for justice on their behalf. In that respect, each action is bigger, more powerful and more inspiring than the efforts of any one celebration. For more information, visit the sponsor of this celebration, Children's Defense League, at www.childrensdefense.org/programs-campaigns/faith-based-action/childrens-sabbaths.

Kairos Shalom begins new study

If someone says they want to run a marathon you would probably think they should train for it. Nonetheless, we tend to believe that simply *wanting* to be a better Christian is enough.

In his book, *Celebration of Discipline*, author Richard Foster shows us accessible patterns of action that can lead us to a deeper walk with God. He teaches that as we cultivate these disciplines in our lives we can experience the spiritual depth that we desire as Christians.

If you are looking for a group to do some spiritual training with, put on your running shoes and join us in the Kairos Shalom class on Sunday mornings at 10:00 am in Room 203 in the sanctuary balcony.

New Youth Director hired

Paul Seeman will be joining the staff as Youth Director on October 1. Paul is a fifth generation Texan who comes to Laurel Heights from the Austin District. Paul attends Texas State University full-time and is working towards a Fine Arts Degree. When Paul is not working with youth or going to school he can be found making sculpture or racing and working on his motorcycles. A true kid at heart, Paul says, "I'm excited about creating new memories and making some lasting relationships as we grow together in Christ."

Tuesday Musical Club presents...

At 7:30 pm on Tuesday, Oct. 12, The Tuesday Musical Club's 88th Artist Series will bring to Laurel Heights The PSB Piano Trio featuring Navah Perlman at piano, and Giora Schmidt and Zuill Bailey on violin and cello. Tickets are \$20 at the door. Students are free with student ID. For more details, call 832-0861 or visit www.satmc.org.



OCTOBER

- 3 Cristen Brandvik
- 5 Phoebe Hardy; Margaret Parsons
- 6 Beth Vacek
- 7 Valli Seilheimer
- 8 Paul Billingsley; Herb Carver; Lois O'Brien
- 9 Richard Dugger
- 10 Jason Davis; Paul Edeler; Doris Wise Hoffman; Doug Lyren
- 12 Virginia Boone
- 13 Rachel Castano; Thomas Gamble; Andrea Celeste Hemingway
- 14 Lee Berry, Jr.; Norma Lee England; Janice Gary; Bill Surber; Nathan Virga
- 15 Jonathan Barr; Chris Hayes; Rodney Smith
- 16 Jon D. Lowry; Gloria Sparkman

CHURCH CALENDAR

*Childcare available.

SUNDAY, OCTOBER 3

WORLD COMMUNION SUNDAY
8:30 & 11:00 *Worship & Holy Communion (Rev. Jim McClain) - *Sanctuary*
9:30 Fellowship Time - *Dining Rm.*
9:30 Tiny Tones - *106*
9:30 Joyful Noise Choir - *313-A*
10:00 Sunday School for all ages
10:00 LHUMC Leads Worship - *Chandler Center*
4:00 Student Ministries (Middle School) - *319*
5:30 Student Ministries (High School) - *319*

Monday, October 4

9:00 Body Recall (M-W-F) - *312*
10:00 Altar Guild - *Parlor*
1:00 Knitpickers - *Laurel Room*
3:00-7:00 SA Youth @ LHUMC (Mon.-Fri.) - *Gym*
6:00 Emmaus Reunion Group - *DR*
6:30 Gamblers Anonymous - *313-B*

Tuesday, October 5

9:30 UMW Exec. Comm. - *Parlor*
5:30 Bexar County Detention Ministries - *Dining Room*
6:00 National Night Out - *Beacon Hill Presbyterian; Temple Beth-E*
6:15 Stephen Ministry - *313-B*

Wednesday, October 6

8:00 Super Adults at Padre Island (10/6 - 10/8) - *Regent Coach*
11:00 Staff Meeting - *313-B*
4:30 Line Dancing - *312*
5:30 Supper - *Dining Room*
6:15 *Worship / Communion (Rev. Valli Seilheimer) - *Scott Chapel*
6:15 Handbells - *Sanctuary Balcony*
6:30 Disciple I - *Parlor*
7:00 Chancel Choir - *Choir Room*
7:15 Bible Study - *Library*
7:30 Godly Play - *Mann Chapel*

Thursday, October 7

9:00 Church Mice meet for fellowship and to do repairs around the church (open to all)
6:00 Church under the Bridge - *Leave from Woodlawn Lot*
6:30 Gamblers Anonymous - *313-B*

Friday, October 8

10:00 Church Women United Executive Board Meeting - *Parlor*

Saturday, October 9

8:30 Gamblers Anonymous - *313-B*
10:00 History & Records - *Library*
10:00 MOPS Gathering - *105*
4:00 Borg Bunch - *Laurel Room*

SUNDAY, OCTOBER 10

CHILDREN'S SABBATH

8:30 & 11:00 *Worship (Rev. Jim McClain) - *Sanctuary*
9:30 Fellowship Time - *Dining Rm.*
9:30 Tiny Tones - *106*
9:30 Joyful Noise Choir - *313-A*
10:00 Sunday School for all ages
4:00 Student Ministries (Middle School) - *319*
4:30 UMW Elizabeth Circle - *313-B*
5:30 Student Ministries (High School) - *319*

Monday, October 11

COLUMBUS DAY
8:00-5:00 Weekday School Staff Development - *WDS*
9:00 Body Recall (M-W-F) - *312*
10:00 Book Review Social - *Ch. Rm.*
10:30 Super Adult Book Review - *Scott Chapel*
1:00 Knitpickers - *Laurel Room*
3:00-7:00 San Antonio Youth at LHUMC (Mon.-Fri.) - *Gym*
6:00 Emmaus Reunion Group - *DR*
6:30 Gamblers Anonymous - *313-B*

Tuesday, October 12

7:30 Health Cabinet - *The Foundry*
8:00-5:00 WDS Family / Teacher Conferences (Tue. - Fri.) - *WDS*
9:30 UMW General Mtg. - *Parlor*
11:30 Executive Committee - *Luby's*
11:30 Stephen Leaders - *Laurel Rm.*
5:30 Bexar County Detention Ministries - *Dining Room*
7:30 Tuesday Musical Club Concert - *Sanctuary*

Wednesday, October 13

9:00-4:00 Clergy Groups - *322*
10:00 Super Adult Steering - *Parlor*
11:00 Staff Meeting - *313-B*
11:30 Let's Eat Out - *Church Bus*
4:30 Line Dancing - *312*
5:30 *Supper - *Dining Room*
6:00 Women's Book Group - *Laurel Room*
6:15 *Worship / Communion (Rev. Barb Kurtz) - *Scott Chapel*
6:15 Handbells - *Sanctuary Balcony*
6:30 Disciple I - *Parlor*
7:00 Chancel Choir - *Choir Room*
7:15 Bible Study - *Library*

Thursday, October 14

9:00 Church Mice meet for fellowship and to do repairs around the church (open to all)
9:00-4:00 Clergy Groups - *322*
10:00 Building & Grounds - *306*
5:30 SPRC - *Parlor*
6:30 Gamblers Anonymous - *313-B*
7:00 Education Committee - *Parlor*

Friday, October 15

6:30 Parents' Night Out (RSVP by 12:00 Noon Friday, 733-7156)

Saturday, October 16

8:30 Gamblers Anonymous - *313-B*
9:00 Program Council - *312*
10:30 Board of Stewards - *312*

GIFTS IN MEMORIAM

Organ Fund
PAUL ADAMS

by
Darla Peek

AL LAMACCHIA

by
Darla Peek

CHURCH CONFERENCE
NOVEMBER 14

October Mission of the Month

In 2007 Humble School was inaugurated by Bishop Mike Watson as a ministry of The United Methodist Church to the needy and vulnerable children in East Africa. The school's goal is to offer quality education, medical and spiritual care, food, clothing and shelter to orphaned and vulnerable children.

HUMBLE is an acronym for: **H**elping Ugandan **m**wana **b**y loving **e**xample. ("Mwana" is Ugandan for "child".) The vision of starting Humble School came when five bishops from various conferences came to Uganda and explored ways of how to help the children. The vision was to establish a model school in a sustainable way to provide for the future of families and children whose lives have been adversely affected by poverty, civil wars, famine, HIV/AIDS and other diseases.

Humble School aims to: 1) provide quality education to orphans and needy and vulnerable children; 2) produce citizens who are God-fearing and morally upright; 3) help children attain skills which will make them self reliant in the future; and 4) nurture orphans and vulnerable children.

A BIG Thanks

Thank you so much for your support and donations for the Back to School Drive. With your generosity, we were able to fill over 100 backpacks with ALL of the required school supplies for San Antonio ISD. Every child at San Antonio Youth at LHUMC on Aug. 13 went home happy with a new backpack, school supplies, and a stomach full of ice cream! Special thanks to those volunteers who helped fill the backpacks with school supplies, serve ice cream, and distribute the backpacks to the students. *We couldn't have done it without you!*

Healthy choices can help prevent prostate cancer

While you can't change your genes, changes in your lifestyle, especially diet and exercise, can make a huge difference when it comes to prostate cancer prevention. These are factors you *can* control to be proactive in preventing the disease. As you will see from the list below, simple dietary changes can make a difference.

Five or more servings of fruit a day can cut the risk of prostate cancer in half. Fruit helps, in part, by containing fructose which stimulates the body's ability to create vitamin D, a nutrient believed to reduce prostate cancer risk.

Limit sweets and desserts. Foods high in calories and sugar can lower your metabolism and create problems with obesity which is proving to be a key factor in prostate cancer severity and possibly risk.

Men who eat plenty of cruciferous vegetables (broccoli and cabbage) may be reducing their risk of prostate cancer. Three or more servings a day can reduce risk by as much as 41 percent.

All of us can benefit from a diet rich in fruits, vegetables, and whole grains and that is low in saturated fat, red meat, and added sugar. Make a commitment to your health and take a stand for prostate cancer prevention by making healthy dietary choices!

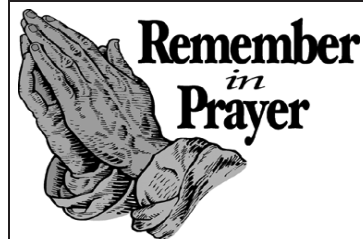
Source: Zero - The Project to End Prostate Cancer

GIFTS IN HONORARIA

Stephen Ministry
NANCY FASSNIDGE
by
Doris Wise Hoffman

Mission Statement

The mission of Laurel Heights United Methodist Church is to offer Christ to those we encounter and to nurture, equip, and enable persons to become committed Christians in our community and the world beyond.



Healing: Shelley McMullen; Andrea Lee; Leona Coker; Roxane Darnell; James Verette; Mindy Lanoux; Nancy Fassnidge; Harold Souder; Winifred Worsham; Richard Jackson; Rebecca Mayes.

Those Who Mourn: Family and friends of Martha Chapman who died Sept. 19.

Remember our shut-ins and those in the military.



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The issue date of this bi-weekly publication is the 2nd and 4th Friday of the month. Deadline for submitting news is 5:00 pm on 1st & 3rd Thursdays. Mail to: Messenger Editor, 227 W. Woodlawn, San Antonio, TX 78212 or send an email to: cathy@mylhmc.org.