



MAIN STREET MAGNET

September 2019

Main Street United Methodist Church

North Main Street at Pinckney Street
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Thoughts From Our Pastor

Is it already September?

Even if it does not seem like it could possibly be September, all the signs are upon us. School is back in full swing. The weather this week felt just a little Fall-like in the morning (I'm sure we will get one more good heat blast!). College and Pro Football have taken over most forms of media. And God help us, Halloween candy has made its tempting appearance on store shelves everywhere! Surely, then, it is September, that month of new routines and seasons.

This is also the time of year when we prepare for our annual Charge Conference, this year on **Thursday October 24th, at 6:30pm in our sanctuary**. Various leaders and teams of folks within the life of our church are already hard at work in preparing paperwork, budgets, and filling leadership rosters for the 2020 calendar year. Again this year the Committee on Lay Leadership will provide sign-up sheets for you to commit to the ministries of the church for the next calendar year. Of course Charge Conference is not the most fun thing we do as a church. Not even close. With Children's Sunday, World Communion, and our Annual Fall festival also in October, Charge Conference is likely to be an afterthought. But can I make one request as your Pastoral leader? Please pray for this process. However often you pray, include this part of the season in your prayers; For discernment, good stewardship of our gifts and graces, for our leaders, and for all Methodist churches who are doing the same thing.

Thank you and may God's richest blessings be upon you!

-Pastor Brian

Come Holy Spirit!

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PEOPLE TO REMEMBER

- Ned & Mary Barnette – 5 Frank Pressley Rd, Due West, SC 29639
- Bill Blakely - Abbeville Nursing Home - Room 227 – P O Box 190, Abbeville, SC 29620
- Ruth Brock – 165 Brock Dr., Troy, SC 29848
- Jane Cox – Brooksdale Room 102 – 1408 Parkway Road, Greenwood, SC 29646
- Irene Deason – 401 Whip-O-Will Road, Abbeville, SC 29620
- Carroll Hagood – 1694 Cedar Springs Road, Abbeville, SC 29620
- Bob Harden – 103 Ridgeway Street, Abbeville, SC 29620
- Ned and Linda Himes – 307 HillCrest Drive, Abbeville, SC 29620
- Bob and Mary Hipsher – 100 Pineview Street, Abbeville, SC 29620
- Petra Jones – 502 Church St., Abbeville, SC 29620
- Col. Bob Lander – 110 Wilewood Road, Abbeville, SC 29620
- Harvey Lansing – Abbeville Nursing Home Room 111 – P O Box 190, Abbeville, SC 29620
- David Littell – 107 Hillcrest Drive, Abbeville, SC 29620
- John and Cam Marchi – 108 Sunset Dr., Abbeville, SC 29620
- Rowena Parkenson – 306 Millwood Road, Abbeville, SC 29620
- Lucy Savitz – 206 Millwood Road, Abbeville, SC 29620
- Leon & Patty Thompson – Wesley Commons Apt. 6117 – 1110 Marshall Road, Greenwood, SC 29646
- Carolyn White – P O Box 158, Abbeville, SC 29620
- Paul Williams – 257 Whip-O-Will Road, Abbeville, SC 29620
- Marjorie Wilson – 1500 Greenwood Street, Abbeville, SC 29620
- Beverly Wilson – 2623 Stevenson Road, Abbeville, SC 29620

Joys & Concerns

Please let the church office know of any joys or concerns of our church family

Prayer Requests

We pray for and intercede on behalf of: Claudette Kitchens; The Persecuted Church; Petra Jones; Rowena Parkenson; Harvey Lansing; Michael Snead; Robert Hawthorne; Irene Deason; Charles Addis; Lucy Savitz; Christian Meyers; Jayne Hagen Davis; Ruth Brock; Eric Moats; Jackie Counts; Kathy Scoggins; Susan Saunders; Linda Himes; Ned Barnette; Paul Williams; David Wilson; Lynda McLane; Judy Reed; Howard Smithey; Jeanine Crowder; Dianne Fossett; Betty Lewallen; Betty Jo Hall Family; Charles McDonald

Deployment – Jacob Arnsmeier; Adam Steele; Clayton Hall; Brad Baughman

Lord in your mercy, hear our prayers.

Please contact Pastor Brian or Church Office if you know someone in need of prayer.



IN MEMORIAM

Robert Clark
May 11, 1943 – July 29, 2019



U.M.W. NEWS

United Methodist Women

CIRCLE MEETINGS



Agnes Rogers Circle will not meet in September.

Ann Moore Circle TBA

Lovely Lane Circle will meet Tuesday, September 10 at 12:30 at Talk of the Town. This will be our annual Lunch meeting.

Susannah Wesley Circle will meet on Monday, September 2 at the home of Jane Agan at 12 noon for lunch.

Sunday, September 29 we will have a UMW breakfast meeting at 9:30 in the Greene Center. See the article on page 9.

U.M.M. NEWS

United Methodist Men

United Methodist Men
will meet on
September 8, 2019
at 8:00 a.m.
in the Greene Center



Children and Youth News



Children News

All children are invited to join us in the Sanctuary each Sunday morning at 10:00 am.

Youth News

The youth meet each Sunday night at 5:30 in the Youth building

Upcoming Meetings and Events

**Church Office will be
closed September 2, 2019
in observance of Labor
Day**

Trustees September 16th

The next regular scheduled meeting of the Trustees will be Monday, September 16th, in the Youth Building at 5:30 p.m. All members of the Trustees should make plans to attend. If you will be unable to attend, please call the church office.

**Charge Conference
will be
Thursday,
October 24, 2019 at
6:30 pm in the
Sanctuary.**



Notes From the Choir



With the start of a new school year, we all get the feeling of a new beginning. Even if our school days are long gone, we can still remember the excitement of having fresh notebooks, new pencils, new teachers and all the other exciting things that came with the new school year.

January is the beginning of our calendar year and the time we normally think of as a fresh start. Advent is the beginning of our Christian calendar. But back to school time is perhaps our earliest memory of a new beginning.

As I was searching for hymns that relate to a new beginning, I came across a little-known gem in our very own Methodist Hymnal. On page 383 is a hymn written in the 80's by Brian Wren, titled "This Is a Day of New Beginnings." We may even try to sing it one Sunday.

"This is a day of new beginnings,
Time to remember and move on,
Time to believe what love is bringing,
Laying to rest the pain that's gone."

September is indeed a time for new beginnings. Children's Choir and Chancel Choir will kick off again on Sunday, September 8th. We have a lot ahead in the next few months – Children's Sunday, All Saints' Sunday, Thanksgiving, Advent, Christmas – just to name a few!

And as the last verse of the hymn states:

"Christ is alive, and goes before us
To show and share what love can do.
This is a day of new beginnings;
Our God is making all things new."

Make plans to join us in worship for this time of new beginnings!
See you there!

Kerri



**Choir Practice begins
September 8, 2019 at
5:00 pm**

TRUSTEE OF THE MONTH

Mike Shirley

SOUND TEC

Mike Shirley

GREETERS

Bob and Lori Glace

Bill and Jordan Glace

Julie Lewis, Mack Hite

Scott and Jenny Jackson

Alice McNeil, Barry Stone



**Dates Still Available to put flowers in
the church**

September 29

October 27

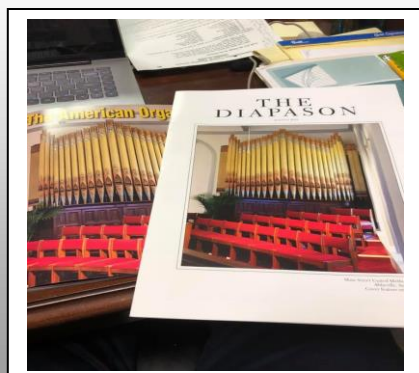
November 24

Loose Change Sunday



Loose Change Sunday is September 22nd. We will be collecting for Faith Home, a women's facility for drug and alcohol rehabilitation located in Abbeville.

Our new Kegg Pipe Organ made the cover of the organ builders and organist national magazine, The Diapason.



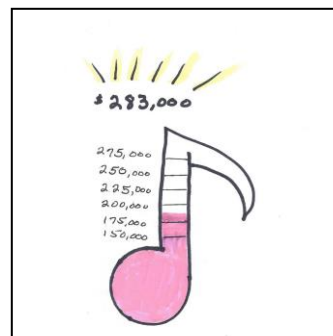
Keep the Music Flowing

Main Street United Methodist Church

Update

We have raised \$189,665 for the organ as of August 18, 2019. That is 67.02% of the total cost of \$283,000. The remainder is being collected over the 3 year faith promise campaign and the \$175,000 loan is being repaid.

Thank you for your participation in this campaign to keep the music flowing. Keep praying, keep working and keep giving.





September is National Cholesterol Education Month.

You've heard of good cholesterol (HDL) and bad cholesterol (LDL) but what does it all mean? High blood pressure and cholesterol — two factors that contribute to heart disease. Knowing what your LDL levels are can help you make more informed lifestyle decisions.

The Basics

What is cholesterol?

Cholesterol is a waxy substance (material) that's found naturally in your blood. Your body makes cholesterol and uses it to do important things, like making hormones and digesting fatty foods. You also get cholesterol by eating foods like egg yolks, fatty meats, and regular cheese. If you have too much cholesterol in your body, it can build up inside your blood vessels and make it hard for blood to flow through them. Over time, this can lead to a heart attack or a stroke.

What are the symptoms of high cholesterol?

There are no signs or symptoms of high cholesterol. That's why it's so important to get your cholesterol checked.

How often do I need to get my cholesterol checked?

The general recommendation is to get your cholesterol checked every 5 years. Some people need to get their cholesterol checked more or less often. Talk to your doctor about what's best for you.

How can I get my cholesterol checked?

Cholesterol is checked with a blood test called a lipid profile. During the test, a nurse will take a small sample of blood from your finger or arm. Be sure to find out how to get ready for the test. For example, you may need to fast (not eat or drink anything except water) for 9 to 12 hours before the test. There are other blood tests that can check cholesterol, but a lipid profile gives the most information.

What do the test results mean?

If you get a lipid profile test, the results will show 4 numbers. A lipid profile measures:

- Total cholesterol
- HDL (good) cholesterol
- LDL (bad) cholesterol
- Triglycerides

Total cholesterol is a measure of all the cholesterol in your blood. It's based on the HDL, LDL, and triglycerides numbers.

HDL cholesterol is the good type of cholesterol — so a higher level is better for you. Having a low HDL cholesterol level can increase your risk for heart disease.

LDL cholesterol is the bad type of cholesterol that can block your arteries — so a lower level is better for you.

Triglycerides are a type of fat in your blood that can increase your risk for heart attack and stroke

What can cause unhealthy cholesterol levels?

Causes of unhealthy HDL cholesterol levels include:

- Genetic (inherited) factors
- Type 2 diabetes
- Smoking
- Being overweight
- Not getting enough physical activity
- Taking certain medicines

Causes of unhealthy LDL cholesterol levels include:

- Having a family history of high LDL cholesterol
- Eating too much saturated fat, *trans fat*, and cholesterol

What if my cholesterol levels aren't healthy?

As your LDL cholesterol gets higher, so does your risk of heart disease. Take these steps to lower your cholesterol and reduce your risk of heart disease:

- Eat heart-healthy foods.
- Get active.

- If you smoke, quit.

Ask your doctor if you also need to take medicine to help lower your cholesterol.

Healthfinder.gov



September Birthdays

5	Melissa Tillman
6	Nancy Arnold
7	Ed Evans
	Kenny Arnold
8	Patty Thompson
	Jeri Stone
10	Jeane Campbell
	Danielle Morris
	William Arnold
11	Marjorie Wilson
12	Baylee Ann Wilson
15	Ruthie Edmunds
16	Adam Baughman
19	Gem Poteat
	Scott Jackson
20	Eddie McNeill
	Nicole Evans
21	John Baughman
	Mary Hispher
	Lucy Kollmann
	Jacob Brian Arant
	Bob Whiteside
23	Bill McNeil
	Kate Wilson
25	Riley Bowie
	Greg Potts
26	Bill Poteat
27	Elliott Moberg
29	Tom Howie
	Tucker Griffin
	Mike Erwin

LINK TO OUR CHURCH CALENDAR

(Click on this link while holding down the control key)



September Anniversaries

3	Mr. and Mrs. Bill Poteat
6	Mr. and Mrs. Buddy Agan
10	Mr. and Mrs. Chris Griffin
20	Mr. and Mrs. Paul Williams, Jr.
24	Mr. and Mrs. Michael Herndon
30	Mr. and Mrs. Sam Jones

September Acolyte

1	Ivy Arant
8	Baylee Wilson
15	Jacob Arant
22	Cate Dunlap
29	Lucy Kollmann

Please put the above date on your calendar. This is the Sunday you are to be an acolyte for the morning worship service. If you cannot be acolyte on your day, PLEASE find a substitute or swap Sundays with someone.

Please come to Parament room no later than 10:45 a.m. on the Sunday morning you are to be acolyte.





Don't forget! Main Street is the Beef Stew church. We provide Beef Stew to the UCMAC Food Pantry. As of July 31, UCMAC provided 40,075 lbs. of food to 1603 families in Abbeville County. You can help by providing cans of Beef Stew or money to purchase beef stew.

Nursery Schedule for September

- 1 Anne Horne, Lucy Kollmann
- 8 Krista Sammons, Julie Boggs
- 15 Lori Glace, Baylee Wilson
- 22 Jennifer Baker, Pamela Wilson
- 29 Caroline Calvert, Betty Bowen



September Scripture Readings

- 1 Jeremiah 2:4-13
Psalm 81:1, 10-16
Hebrews 13:1-8, 15-16
Luke 14:1, 7-14
- 8 Jeremiah 18:1-11
Psalm 139:1-6, 13-18
Philemon 1-21
Luke 14:25-33
- 15 Jeremiah 4:11-12, 22-28
Psalm 14
1 Timothy 1:12-17
Luke 15:1-10
- 22 Jeremiah 8:18-9:1
Psalm 79:1-9
1 Timothy 2:1-7
Luke 16:1-13
- 29 Jeremiah 31:1-3a, 6-15
Psalm 91:1-6, 14-16
1 Timothy 6:6-19
Luke 16:19-31



Blessing of the Bookbags

On Sunday, August 18, Pastor Brian blessed student's backpacks. The congregation joined in a liturgy to ask a blessing on students, teachers, and administrators as the new school year begins.



Lunch & Learn Do You Love Animals?

Come learn what the Greater Abbeville Humane Society is doing to help the new Abbeville County and City Animal shelters.

The Directors of both shelters plus representatives from the Humane Society will be present to explain their programs.

September 18
12 noon
Greene Center



To register call Ann Davis at 378-2315 or email at AnnJefferies@wctel.net. Or call the church office at 366-2367.
Free lunch provided

Walk with Ease

A 6 week class beginning Monday,
September 16 at 10 am

In the Greene Center

Your guide to walking for better health, improved fitness and less pain.

Taught by Kaylor Arant

Are you experiencing any of the following?

joint pain
stiffness
limited mobility
memory problems
tire easily on exertion
diabetes
depression

This class is not only for Seniors but for anyone! bring a friend - everyone invited

Book & Food provided. Only 6 weeks to feeling better



You are invited to Breakfast

Sunday, September 29

The United Methodist Women are having a breakfast meeting on Sunday, **September 29**. Everyone is invited to breakfast at 9:30 and to the program at 10 am in the Greene Center. The program will be provided by Steve Simoneaux from the Clemson Wesley Foundation, the United Methodist campus ministry.



Cookies for Kairos

Kairos is a prison ministry sponsored by the Anderson District of the United Methodist Church. We have been asked to participate in the ministry by providing cookies for the Kairos weekends coming up on September 19-22 and October 24-27.

Recommended cookies include Oatmeal, Peanut Butter, Molasses and Chocolate Chip. They should be between 2 and 2.5 inches in diameter and no more than 1/2 inch thick. They should be un-iced and not contain nuts or fruits. Instructions recommend using Crisco rather than butter in cookie preparation because they will hold up better.

Each weekend requires six thousand dozen cookies! So please be generous.

Please deliver your cookies to the church on Sunday, September 15 or Monday, September 16 before 2 p.m. Cookies will then be packed and delivered to the Anderson District office on Tuesday, September 17. These cookies will be used in the September Kairos weekend held at McCormick Correctional Institution. A notice about cookies for the October weekend will be in next month's Magnet.

Information about Kairos cookies as well as other ways you may support this important ministry are available at the church. Cookie recipes are included.

If you have any questions, please contact Nancy Walborn, 366-0100, or the church office.



**Kairos Prison Ministry
International**

Tracy Jackson Program Report

Thanks to everyone who helped the Tracy Jackson program have a wonderful summer. We appreciate every donation, every sandwich made, every volunteer and every prayer. This summer we served breakfast and lunch to students in the John C. Calhoun and Westwood Elementary Schools summer reading programs for 13 days. This was a new experience for us and it generally went well. Our kitchen was at the Community Outreach Center and, once again, we thank J. J. Jackson and all the people involved for the use of the kitchen for the summer. We served 4023 reimbursable lunches (all those sandwiches) and 3647 breakfasts, or 7670 meals in total. We had four of our regular sites return: Community Outreach, Hickory Heights Apts, and Carver Apts, all in Abbeville and Ellison Center in Calhoun Falls. Some of the activities were three programs on mental health, one a week at each site, because of our concern about the mental health of our children. Another was the Clemson Extension Agent from Greenwood went to Carver Apts the first week and returned once a week after that through the summer. Ellison Center had "centers" for the children to work at on days that weren't "special". It was a very active summer for the children.

Now a personal concern, I know that I share with many of you concern over the mental health of the children. I got a catalog last week with all sorts of stuff to buy. Among these things was an advertisement for backpacks.

"Bulletproof Backpacks Provide Protection. Bulletproof backpacks provide lifesaving protection. Weighing only slightly more than standard backpacks, they are lined with armor tested and certified for Level IIIA protection against .44 magnum and 9 mm ammunition. Perfect for work or school...." My heart sank.

I lived outside of New York City as I grew up. It was during the "Cold War" and we had atom bomb drills. We found these a lark, because, if a bomb was dropped we would be killed immediately. There was nothing we could do and there were no bombs being dropped at that time. However, now there are children and adults being killed regularly in places considered safe. Enough killings have gone on that it makes it profitable for a company to make protective backpacks! What can be done? James wrote, "Faith without works is dead." Prayer is necessary, but so is doing something, some action?

Mary Lou Edens
Retired United Methodist Deaconess

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ADDRESS SERVICE REQUESTED