

# Friendship News

Volume 12

December 2009

Issue 12

## A Note from the Pastor

### **Don't Forget Advent!**

December is here and the larger culture is in the full throes of Christmas preparation. I have a love/hate relationship with December. I love preparing for Christmas. Our family always has a live tree. We decorate our home. We even have matching Christmas sweaters for our two dogs, Jazzy and Lilly. We enjoy these days of preparation.

But I must be honest and say how much I despise the added traffic that comes out during the holidays. Remember, we live near Woodruff Road! Cars seem to multiply in December. What used to be a five minute trip turns into a thirty minute adventure. And the newest shops that were built on Woodruff Road make me wonder if we really do have traffic planners working for us or against us in our county government!

The church, however, tries to resist some of the frantic pace of Christmas preparations by calling us to observe the season of Advent. The name "Advent" comes from a Latin word that means "coming." And we believe there is value in slowing down and reflecting on the many ways Jesus comes to humanity.

We remember, of course, the coming of Jesus long ago as a baby. Great anticipation for a Messiah led many to look for a coming child of God. When he came, however, many were surprised at his humble origins as he was born in a cattle stall. Even so, his life gave witness to the presence of God with us. In Advent we celebrate the coming of Jesus long ago.

Advent also gives us the occasion to reflect on the many ways Jesus comes to us in the present time. How many times have we missed the presence of Christ with us simply because we were not alert to his presence? Advent celebrates the coming of Christ each and every day. In hospital or home or village or nursing home or on the job, we affirm that God is with us in Jesus Christ each and every day.

Finally, Advent celebrates the Christian teaching that the future is in God's hands and we are, in fact, moving toward a day when all of God's children will be united in praise and love as we anticipate the coming of Jesus in glory at the end of the age. Many of us do not pretend to understand how this culmination of history will take place. We simply know that the future is in God's good hands. As we say at the Communion Table each month: "Christ has died, Christ is risen, Christ will come again!"

So Happy Advent to you. I pray that we will all find time to reflect on the many ways Jesus comes to us. He came long ago as a baby. He comes to us each day. And he promises to come to us in the future when God's will is done on earth as it is in heaven.

Blessings to you all!  
Pastor Keith

## Happy Birthday



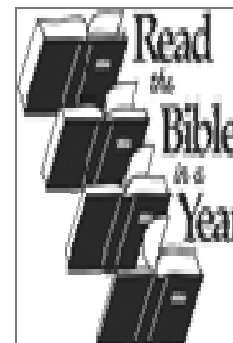
Dec. 02 Danielle Melton  
Dec. 06 Hilda Hagins  
Mildred Pollard  
Kirby-Anna Philpot  
Dec. 07 Buddy Stover  
Dec. 08 Betty Palmer  
Joan Zepf  
Dec. 11 Garl Revis  
Dec. 12 Miller Bogan  
Dec. 13 Becky Philpot  
Dec. 14 Scott Beasley  
Dec. 15 Laura Brown  
Barbara Durham  
Diane Greer  
Dec. 17 Susan Leonard-Ray  
Dec. 19 Anne-Marie Failor  
Dec. 20 Jim Humphreys  
Dec. 22 Diane V. Sentell  
Dec. 26 Martha Smith  
Dec. 27 Edith Watts  
Dec. 28 Tom Presnell  
Dec. 29 Matt Painter  
Dec. 31 Pam Harrelson



Dec. 19 Martha & Benson McWhite  
Dec. 27 Ellen & Corky Holman

## Read the Bible Through in 2009 Chronological

Dec 1: [1Cor 9-11](#)  
Dec 2: [1Cor 12-14](#)  
Dec 3: [1Cor 15-16](#)  
Dec 4: [2Cor 1-4](#)  
Dec 5: [2Cor 5-9](#)  
Dec 6: [2Cor 10-13](#)  
Dec 7: [Acts 20:1-3; Rom 1-3](#)  
Dec 8: [Rom 4-7](#)  
Dec 9: [Rom 8-10](#)  
Dec 10: [Rom 11-13](#)  
Dec 11: [Rom 14-16](#)  
Dec 12: [Acts 20:4-23:35](#)  
Dec 13: [Acts 24-26](#)  
Dec 14: [Acts 27-28](#)  
Dec 15: [Colossians; Philemon](#)  
Dec 16: [Ephesians](#)  
Dec 17: [Philippians](#)  
Dec 18: [1 Timothy](#)  
Dec 19: [Titus](#)  
Dec 20: [1 Peter](#)  
Dec 21: [Heb 1-6](#)  
Dec 22: [Heb 7-10](#)  
Dec 23: [Heb 11-13](#)  
Dec 24: [2 Timothy](#)  
Dec 25: [2 Peter; Jude](#)  
Dec 26: [1 John](#)  
Dec 27: [2/3 John](#)  
Dec 28: [Rev 1-5](#)  
Dec 29: [Rev 6-11](#)  
Dec 30: [Rev 12-18](#)  
Dec 31: [Rev 19-22](#)



**Thank you.** My family would like to thank you for the beautiful service made possible by Pastor Keith on All Saints Day. I was so glad that Steve & Sharon (my son and daughter) could come and attend with me it would have made J.H. so happy.  
Vera Hunt and family.

**Thank you.** I would like to thank everyone for the kindness you've shown and for being such a wonderful church family.  
Gwen Vaughan

**Thank You.** Through your generosity, our church was able to fill and send off 35 shoeboxes to Operation Christmas Child, full of books, toys, hygiene supplies, candy, and other treats for children aged 2-14. Because of your giving, 35 children will experience Christian love in a tangible way this Christmas as Franklin Graham's missionary teams deliver these boxes throughout the world. Thank you for your caring hearts! Jayne Ferrer

**Thank You to The B.R. Huckaby Class and Friends.** I would like to say how grateful we are for your generous financial contribution to help meet our family's needs. It has been a very tough battle for Ben since he was diagnosed with Transverse Myelitis in July. He has fought very hard through, and we are continually blessed with the progress he is making though intervention which I am certain is divine. I am also certain that the collection you all forwarded to us was just another example of God working in our lives though every one of you. We just found out that one of the medicines Ben has to take will no longer be covered by his insurance, so the help you have given us will enable him to continue healing. Because of your kindness, our son will suffer just a little less in the next few months and for making that possible, I thank you from the bottom of my heart.  
Love in Christ, Diane Williams and family.

Dear Church Members:  
Your thoughtfulness in remembering mother on her 101st birthday was so appreciated. She enjoyed each and every card. We are grateful for your remembrance of her for this special event in her life. She remembers each of you with love and enjoys hearing from you.

Our deepest appreciation,  
John & Lillian Paxton

**Please Remember Our Family who need Prayer and others we do not know about**

Keep in prayer the following:

- |                    |                         |
|--------------------|-------------------------|
| Ruth Brock         | Elmo Mann               |
| Nora Brown         | Jake Moorehead          |
| Mike & Laura Brown | Benson & Martha McWhite |
| Edith Bynum        | Nick & Dot Nichols      |
| Carl Bynum         | Lisa Nichols            |
|                    | Rachel Palmer           |



- |                         |                          |
|-------------------------|--------------------------|
| Myra Clements           | Claire Philpot           |
| Katrina Earnest Collins | Joe Philpot              |
| Shirley Dickson         | Margie Philpot           |
| Hilda Hagins            | Margaret Rivers          |
| Lucy Hughes             |                          |
|                         | Margaret Rawson & family |
|                         | Jan Smith & family       |
|                         | Martha Smith             |
|                         |                          |
|                         | Bobby Taylor             |
| Doris Hunt              | Doris Williams           |
| Jewell Hunt             | Jack & Libby Wingate     |
| Vera Hunt               |                          |
| Carolyn Hunter          |                          |
| Ronnie Hunter           | Helen Yockey             |
| Connie LaParl           | Jan Vaughan              |
| Louvina Leach           | Walter & Gwen Vaughan    |
| Eunice Looper           | Rick Wham                |





**Sympathy.** The Pastor and Congregation express their deepest sympathy to Myra Clements upon the death of her aunt, Mrs. James M. Dickson of Anderson who died on Monday ,October 26th.

**Sympathy.** The pastor and congregation express their deepest sympathy to the family of Helen Stebbins. Helen passed away on Tuesday, November 3, 2009. Helen has been a member here since 1992.

# December 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Quilters 10:00 a.m.</i>	2 <i>Bible Study 4:30</i> <i>WNS 5:30</i> <i>Youth 6:15</i> <i>Book Club 6:30</i> <b>Trustee Meeting 6:30 p.m.</b> <i>Choir 7:30</i>	3 <i>Quilters 10:00 a.m.</i>	4 <i>Girl Scout Rm.</i> <i>6:00 p.m.-8:30 p.m.</i>	5
6 <b>2nd Sunday of Advent</b> <i>Communion Sunday</i> <i>Sunday School 9:30</i> <i>Worship 10:30</i> <i>Disciple Bible Study 5:00</i>	7 <i>Girl Scouts</i> <i>6:00-7:30 p.m.</i>	8 <i>Quilters 10:00 a.m.</i>	9 <i>Bible Study 4:30</i> <i>WNS 5:30</i> <i>Youth 6:15</i> <b>Church Council 6:30</b> <i>Choir 7:30</i>	10 <b>Inspiration Group</b> <i>will meet at 11:30 a.m. in the FH for a covered dish lunch and exchange of white elephant gifts</i>	11 <i>Girl Scout Rm.</i> <i>6:00 p.m.-8:30 p.m.</i>	12 <b>Men's Club</b> <i>meets at 7:30 a.m. in fellowship hall to make plans for the following year. Please join us!</i>
13 <i>3rd Sunday of Advent</i> <i>Choir will have special music today</i> <i>Youth Breakfast 8:30</i> <i>Sunday School 9:30</i> <i>Worship 10:30</i> <b>F.H. Reserved 11:30-3:00 for Cindy Hester</b> <b>F.H. Reserved 4:00 to 10:00 by Vickie Failor</b> <i>Disciple Bible STUDY 5:00</i>	14 <i>Girl Scouts</i> <i>6:00</i>	15 <b>Morning Circle</b> <i>meets at 11:30 a.m. in the Quilt Rm. And then will go to lunch at West Family Restaurant for a short meeting.</i>  <b>Shalom Circle</b> <i>will meet at Patti Humphreys home at 6:00 p.m. for a Christmas Dinner we will collect can goods for our mission project.</i>	16 <i>Bible Study 4:30 p.m.</i> <i>WNS 5:30</i> <i>Youth 6:15</i> <i>Shalom Circle 6:30</i> <i>Choir 7:30</i>	17 <i>Quilters 10:00 a.m.</i>	18 <i>Girl Scout Rm.</i> <i>6:00 p.m.-8:30 p.m.</i>	19
20 <i>Sunday School 9:30</i> <i>Worship 10:30</i> <i>Covered Dish</i> <i>No Disciple Bible Study tonight</i>	21 <i>Girl Scouts</i> <i>6:00-7:30 p.m.</i> <b>First Day of Winter</b>	22	23 <b>No Bible Study</b> <b>No WNS</b> <b>No Youth</b> <b>No Book Club</b> <b>No Choir</b>	24 <b>Office Closed</b> <b>Christmas Eve Service 5:00 p.m.</b>	25 <b>Office Closed</b> <b>Christmas Day</b>	26
27 <i>Sunday School 9:30</i> <i>Worship 10:30</i> <b>No Disciple Bible Study tonight</b>	28 <i>Girl Scouts</i> <i>6:00-7:30 a.m.</i>	29 <i>Quilters 10:00 a.m.</i>	30 <i>Bible Study 4:30</i> <i>No Wednesday Night Supper</i> <i>Youth 6:15</i> <i>Book Club to be announced</i> <i>Choir 7:30</i>	31  <b>New Years Eve</b> <b>Office Closed</b> <b>And New Years Day</b>	<b>January 2010</b> <b>Happy New Years</b>  <b>Prayers for the Coming Year</b>	





**“FROM OUR TABLE TO YOURS”  
Berea Friendship UMW  
“A RESPONSIVE REFLECTION”  
WE ARE FAMILIES**



Family. For many this word means different things. The family unit has changed much over the period of time. Family structure varies in different cultures, different languages, and different degrees of relationships.

Even bible stories describe different views of people in close relationships with each other. They include stories of abuse, stories of dedication, and stories of economic as well as emotional bonds.

Each article in this month's issue of Response Magazine focuses on different varieties of families from across the United States: single-parent families, grandparents raising grandchildren, military families and other family units.

All of the articles are very interesting. One such story is about Cameron Kempson and her ten year old daughter, Hayley, of Asheville, North Carolina.

Not all children get to live in a multi-generation setting like Hayley –But the most important lesson she's learned is: Being respectful to everyone and everything. This she has learned from watching and seeing people who act this way.

Though Cameron has a vast support of friends, often it's the United Methodist Church or other church groups that she calls on for help.

One such place is the Brooks-Howell Home in Asheville. It is a home for retired ministers and missionaries. Rev. Will and Mrs. Agnes Rogers (Rev. Cy Rogers Parents) lived there for a number of years.

Cameron recalls many happy times there as a child, playing and talking with the residents while her father tended to business at the home. Now she and Hayley continue to visit. Often after they leave, they find money hidden in their pockets by residents so they can buy groceries or pay a bill.

Cameron has founded a non-profit organization called LightShare. This involves families and senior adults who are burdened by cultural, economic, or health issues. LightShare offers an after school tutoring/mentoring program for children. Also, they have a community Thanksgiving Meal, a fall festival and many other events and activities.

With all the help from communities, churches, and organizations – it indeed does take a village to accomplish the work of serving God and serving neighbors and families during the ups and downs of life.

Thanks to everybody!

Excerpt taken from several articles in November 2009 Response Magazine.

**EXECUTIVE BOARD MEETING**

The UMW Executive Board will have a meeting on Wednesday, January 6, 2010 at 6:30 P.M. in the Ruth Bible Class.

**OUR CIRCLES**

The Morning Circle will meet on Tuesday, December 15, 2009 at 11:30 A.M. in the Quilters Room. Jane Walker will have our program and then we will go to lunch at West Family Restaurant and have a short meeting.

The Shalom Circle will meet on Tuesday, December 15, 2009 at 6:00 P.M. for our Christmas Dinner at the home of Patti Humphreys. We will be collecting can goods as our mission project.

**FLAVORING AND CUTLERY**



*We have new flavors of flavoring available. If you would like to check them out, see Pat Teat or Vickie Failor. Also, we have our stainless steel cutlery available. We have received new shipments of knives and flavoring. We have also added some cake mixes, dip mixes, and soup mixes.*

# HEALTH AND WELFARE NEWS



If calendars had a place for calorie counting, what would December look like for you?  
Friday: School holiday party with assorted baked goods—1,000 calories  
Saturday: Office holiday party with buffet dinner—1,900 calories  
Sunday: Neighborhood caroling with hot chocolate and cookies—800 calories  
Monday: Fruitcake arrives in the mail—600 calories

**Food is an important part of the holiday season. Whether your taste runs to old standbys or to something new, it's easy for normal eating patterns to take a backseat at this time of year.**

**By following a few tips on holiday eating, you and your family can enjoy special foods while keeping a balanced and healthy diet.**

## Choosing Well

There are no "good" and "bad" foods, only good and bad eating habits. Let's start by taking a look at the Food Guide Pyramid. Grain products, vegetables, fruits, low-fat milk products, lean meats, fish, poultry, and dry beans all have a place in a healthy diet. A diet that is balanced to reflect the Pyramid provides a steady stream of energy, repairs and restores the body, and helps manage stress and prevent mood swings.

What matters most is the total amount and types of food you eat over several days. The Pyramid shows that we should choose fewer foods that are high in fat or sugar, while selecting more fruits and vegetables, which are packed with important vitamins and minerals. Excess weight gain during the holidays often comes from eating too many high-fat or high-sugar holiday foods.

## Taking Control

Before a holiday event, eat a snack or light meal. Foods high in protein, like chicken or cottage cheese, help you to eat less later.<sup>1</sup> Fasting ahead of time to leave room for a big meal or extra trips to the buffet may lead you to overeat.

It's important not to let kids eat whatever they want during this festive time of year. In particular, limit the number of sodas your children drink. Soda has little or no nutritional value and is loaded with caffeine and sweeteners. These ingredients, which are found in many holiday goodies, can make your child hyper. Besides, weight gain isn't just an adult issue. Too many children are obese, so don't let your child's holiday fun add excess weight.

If you are hosting a holiday event, do your guests a favor by including nonalcoholic beverages and healthier items such as vegetables, salad, and fruit on the menu. Use low-calorie and fat-free salad dressings.<sup>2</sup> Putting these items out before the sweets, meats, and soufflés will give everyone a better chance of not overdoing it with high-fat, high-calorie choices.

Look for healthy substitutes for ingredients when you whip up your favorite holiday fare. You may be able to use low-fat or skim milk products instead of whole milk products in some dishes. In some baked goods, you can swap applesauce for oil. Switching ingredients can create tasty results without the high calories that often come with rich foods.

## Keeping Your Balance

People usually run into problems with weight gain during the holidays when they enjoy more high-sugar or high-fat foods. So what to do? Enjoy yourself! Eat tempting holiday foods, but use a bit of restraint. Eat small portions to keep yourself from indulging too much.

At the same time, be sure that you and your family members are getting enough of the nutritional foods your bodies need. Snacks and desserts are fine, but they're not meals. See that everyone keeps his or her nutritional balance with servings that include fruits and veggies.

## Washing It Down

What you drink during the holidays can add calories. Look at all of your options. Alcoholic beverages and many fruit punches can be long on calories but short on nutrition. Instead, look for hot cider, diet sodas, and flavored waters.

## Playing It Smart

Here are a few more tips for healthy holiday eating:

- Eat smaller portions of food. This is especially important at a buffet, where you may want to try everything. Choose the items you want to try the most, and eat a small portion of each.
- Eat slowly. Many times, people eat so fast that their stomachs don't have enough time to register that they are full. Savor each bite and enjoy the taste of the food—chances are you will eat less.
- After a meal, go for a walk with your family to see holiday displays in your neighborhood.
- Offer to bring a low-calorie dish to holiday parties. Your host might appreciate it, and you'll know that at least one healthy item will be on hand.
- Don't park yourself in front of the buffet at a party. Mingle! If you stand by the buffet, you'll eat more than you would if it was across the room.
- Avoid fast food. The holiday season can keep you on the go with little time to prepare meals. Fast food may be handy, but often is high in fat. Prepare and freeze quick, healthy meals ahead of time to stay out of the fast food trap.
- Be realistic. Don't try to diet during the holidays; just aim to maintain your present weight.<sup>3</sup>

Food and holiday gatherings go hand in hand. So join in and help yourself to some tasty treats, keeping the Food Guide Pyramid in mind. If you've been exercising, keep it up during the holiday season. If you aren't getting enough exercise, it's a great time to start. With a dash of discipline and a pinch of planning, you'll have a great recipe for holiday fun without the regret that many of us feel the next time we step on a scale.

# November 2009 EVENTS



The Choir will have special music for us on December 13th during the morning worship hour. Please come join us for **A Service of Lessons and Carols**.



## Wednesday Night Suppers

Please join us every Wednesday Night at 5:30 p.m. for a time to fellowship. Please sign your name on the sign up sheet on the back doors of the sanctuary on Sunday, if you plan to attend on Wed. night. The price will be \$6.00 for adults and \$4.00 for children. Meals include meat, 3 sides, tea, water, coffee and dessert. The menu is on the back page of the newsletter. If any of our CDC parents or employees would like to sign up for our Wednesday Night Suppers, we have put a sign up sheet on the CDC bulletin board inside the entrance door to the nursery.

## Wrapping Party

The New Friends Sunday School Class will meet after the 3rd Sunday Covered Dish Lunch, December 20th, to wrap gifts bought for our families in need of Christmas Gifts.



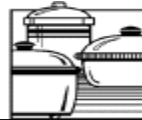
## Church Council

Our Church Council will meet on December 9th, at 6:30 p.m. in the Ruth Bible Class.



## Inspiration Group

The Inspiration Group will have their meeting on December 10th at 11:30 a.m. in the fellowship hall. We will have a covered dish lunch and exchange white elephant gifts.



## Trustee Meeting

Trustees will meet on December 3, at 6:30 p.m. in the Huckaby Class Room.



**It's Poinsettia Time Again!** If you would like to purchase poinsettias to be placed in the church on December 13th and 20th, please have your orders in by **December 6th** by filling out the forms you received in The Sunday, November 29th bulletin. Poinsettias will be \$8.50 and will be Red with a white Ribbon.



## Youth Breakfast

The youth will have breakfast on December 13th, at 8:30 a.m. in the fellowship hall.



## United Methodist Men's Club

The Methodist Men will be meeting on December 12 to make plans for the 2010 year. The state and district already have two retreats scheduled for 2010 (information is on the Bulletin Board). We are looking to re-schedule the fishing trip and also look at planning a golf tournament. We need everyone's input and idea's for the New Year. We will also be making plans for the Yard Sale in March. Hope to see everyone there as we make plans for the New Year. Don't forget those Yard Sale Items, if you need them picked up call Ronald Failor at 294-9755. If you know of anyone that needs some yard work done let us know. See you at 7:30 a.m. on Saturday, December 12th.

## Bible Study

Please join us every Wednesday night for a time together with our friends to study the Bible. Bob Helms leads us in learning more about God's Word. The Bible study starts at 4:30 pm. For questions, please call Bob Helms at 295-2973.



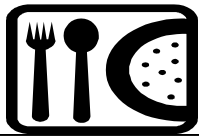
**Casseroles. You are in Luck!** The Quilters still have some of their delicious casseroles for sale. If you would like to purchase some of the casseroles we had left from the Bazaar, the prices and availability list are on the back door of the sanctuary.



## Book Club

For December, we're reading and discussing *The Stupidest Angel: A Heartwarming Tale of Christmas Terror*, by Christopher Moore. There's no dinner on Dec. 30th so we will say "date to be announced" and we'll come up with something when we meet on Dec. 2 to discuss *The Guernsey Literary and Potato Peel Pie Society*, by Mary Ann Shaffer and Annie Barrows.





**Menu for Wednesday Night Supper**

December 2  
Pork Chops, Pinto Beans  
Rice & Gravy, Cabbage  
Rolls, Cake  
Tea, Water, Coffee

December 9  
Baked Chicken, Green Beans  
New Potatoes, Mixed Fruit  
Rolls, Brownies  
Tea, Water, Coffee

December 16  
Turkey & Dressing  
Mashed Potatoes & Gravy  
Green Beans, Rolls, Apple Cobbler  
Tea, Water, Coffee

December 23  
No Wednesday Night Supper  
Christmas Week

December 30  
No Wednesday Night Supper  
New Years

**Financial News**

Expenses January—October \$192,957.96  
Expenses— October \$17,722.77  
Average S.S. attendance in Nov. (4 Sundays) -57  
Average Worship attendance in Nov. (4 Sundays) -125  
Financial Report for November (only 4 Sundays)  
Needed for Budget for month \$23,766.05  
Received for Budget for month \$18,726.94  
Needed for Budget year to-date \$223,400.87  
Received for Budget year to-date \$196,174.13  
On our Commitment Sunday, November 22nd we had 39  
Estimate of Giving Cards turned in totaling \$109,604.00.  
You may still turn in your estimate of giving card by  
placing it in the offering plate or mailing it to the office.

**Those Who Serve in December**

Stewardship Tom Smith  
Altar Guild Mary Penland  
Trustee of the Month Jim Humphreys



**Nursery For December**

Dec. 6 Patti Taylor  
Dec. 13 Vickie & Anne-Marie Failor  
Dec. 20  
Dec. 27 Becky & Henry Philpot



**Acolytes for December**

Dec. 6 Anne-Marie Failor  
Dec. 13 Monroe Stone  
Dec. 20 Denise McCloud  
Dec. 27 Kevin Baker



**Ushers for December**

Dec. 6 Gene Bondurant, Steve Capps  
Corky Holman, Ronnie Hunter  
Dec. 13 Eddie Hughes, Jim Humphreys,  
Ronnie Hunter, Corky Holman  
Dec. 20 Steve Capps, Tony Earnest,  
Corky Holman, Ronnie Hunter  
Dec. 27 Steve Capps, Wilson Creswell,  
Ronald Failor, Ronnie Hunter



**Flowers in December**

Dec. 6 The Revis Family  
Dec. 13  
Dec. 20 Vickie & Anne-Marie Failor  
Dec. 27 Kathy Shead



NOTE: If you would like to sign up for the flowers we have a calendar posted outside the Huckaby Class.

**BEREA FRIENDSHIP UNITED METHODIST CHURCH**

8001 White Horse Road  
Greenville, SC 29617  
Return Service Requested

**Non-Profit Org.  
U.S. Postage Paid  
Permit No. 8  
Travelers Rest, SC  
29690**

Berea Friendship United Methodist Church  
Dr. Keith D. Ray II, Pastor  
Home Phone: 864-228-0476  
E-mail: Keith@berefrienshipumc.com  
Church Office: 864-246-4311  
www.berefrienshipumc.com