

THE FISHERMAN



News from St. Andrew By-The-Sea United Methodist Church

February 6 and 13, 2011



NOTES FROM TIM

Tim Reynolds, Director of Music



As we approach the end of January and the beginning of February we still find ourselves in the season of **Epiphany**. The term *epiphany* means "to show" or "to make known" or even "to reveal." In Western churches, epiphany remembers the coming of the wise men bringing gifts to visit the Christ child, who by so doing "reveal" Jesus to the world as Lord and King. The day of Epiphany is the climax of the Advent/Christmas Season and the [Twelve Days of Christmas](#), which are usually counted from the evening of December 25th until the morning of January 6th, which is the Twelfth Day. The colors of Epiphany are usually the colors of Christmas - white and gold - the colors of celebration, newness, and hope that mark the most sacred days of the church year.

As with most aspects of the Christian liturgical calendar, Epiphany has theological significance as a teaching tool in the church. The Wise Men or Magi who brought gifts to the child Jesus were the first Gentiles to acknowledge Jesus as "King" and so were the first to "show" or "reveal" Jesus to a wider world as the incarnate Christ. This act of worship by the Magi, which corresponded to Simeon's blessing that this child Jesus would be "a light for revelation to the Gentiles" (Luke 2:32), was one of the first indications that Jesus came for all people, of all nations, of all races, and that the work of God in the world would not be limited to only a few.

Epiphany is observed as a time of focusing on the mission of the church in reaching others by "showing" Jesus as the Savior of all people. It is also a time of focusing on Christian brotherhood and fellowship, especially in healing the divisions of prejudice and bigotry that we all too often create between God's children.

The traditional liturgical symbols of Epiphany are usually associated with the Magi. The symbols include either three crowns or a single crown, various portrayals of the Magi or Wise Men, three gifts, a five pointed star, or a combination of a star and crown. A more modern symbol of Epiphany is a globe or a stylized portrayal of the world. For many Protestant church traditions, the season of Epiphany extends from January 6th until [Ash Wednesday](#), which begins the season of [Lent](#) leading to [Easter](#). Depending on the timing of Easter, Epiphany includes as few as four, or, as is the case this year, as many as nine Sundays, the last being celebrated as Transfiguration Sunday, which falls on March 6 this year and will bring some very special music and musicians to our worship services. More about that in weeks to come. See you in church,

Tim



UMVIM Trip to Republic of Panama

October 21-30, 2011

It's time to fill out your application!

Due February 23

This photo shows some of the progress being made at Camp Cielito, a Methodist training center outside Panama City. Five cabins are near completion and the sewage treatment plant is finished. The sinks, toilets and showers have been installed in all 5 cabins and are in working order! The cabins have been wired but have not yet been connected to the power grid. Plans are to construct Cabin No. 6 and later begin construction of the kitchen and dining hall. It's exciting and St. Andrew has been invited to be a part of this wonderful ministry as well as conduct a Vacation Bible School for children. We will also worship on Sunday at the church in Panama City where our missionary, Rev. Rhett Thompson is pastor. Expected cost including all meals, lodging and transportation is \$1,700, of which each traveler is expected to contribute \$850. Team member applications are in the church office and are due by February 23, 2011. John McReynolds is team leader.



Hospital: Pam Mihelic (Charlotte), John Stamp
Convalescing: Dick Stegeman, Katie Williams, Bunny McCoy, Arden Polhill.

FEBRUARY

SUNDAY, February 6

- 9:00 Worship
- 10:00 Women's Ensemble Rehearsal
- 10:00 BP Checks - Gym
- 10:00 New Member Class 1 - C111
- 10:00 Coffee and Fellowship - Cel. Center
- 10:05 Men's Ensemble Rehearsal
- 10:15 Sunday School
- 11:15 Worship
- 3:00 Upward Activity Afternoon - Cel. Ctr.
- 3:30 "Enduring Disciples" study - B105

MONDAY, February 7

- 5:30 Upward BB/Cheerleading Practices
- 7:30 Men's Basketball

TUESDAY, February 8

- 8:00 Bluffton Men's Fellowship - Stooges
- 10:00 Women's Fellowship Friends - Seabrook
- 12:15 UMM Lunch Devotional - C111
- 4:00 Missions Committee - C111
- 5:00 Upward BB Practice
- 7:00 Finance Budget Committee - C111
- 7:00 AA - B105

WEDNESDAY, February 9

- 10:00 Piece Makers
- 12:15 Healing and Wholeness - Chapel
- 2:30 Adult Handbell Rehearsal
- 4:00 Stephen Leaders - C106
- 5:00 Stephen Ministry
- 5:30 Cherub Choir - Kid's Kingdom
- 6:00 Middle School Youth
- 6:15 Fellowship Dinner - C111
- 7:15 Seeing Gray Study - C106/C107
- 7:15 Chancel Choir Rehearsal

THURSDAY, February 10

- 8:00 Men's Devotional - C111
- 10:00 Back Pack Buddies Packing Team - B105
- 1:00 Bridge - C103
- 4:30 Upward BB Practice
- 7:00 Island Couples Small Group - C111

FRIDAY, February 11

Youth at Revolution until Sunday

- 10:30 NA - B105
- 4:30 Upward BB Practice

SATURDAY, February 12

Upward Game Day

SUNDAY, February 13

- 9:00 Worship
- 10:00 Women's Ensemble Rehearsal
- 10:00 New Member Class 2 - C111
- 10:00 Coffee and Fellowship - Cel. Center
- 10:05 Men's Ensemble Rehearsal
- 10:15 Sunday School
- 11:15 Worship
- 3:00 Upward Activity Afternoon - Gym

Valentine Gift Ideas!!

As you are searching for ways to say "I love you" to special people in your life, consider St. Andrew's "Alternative Gift" program. Look for the red brochure in literature racks and a special display on the Admin Building reception desk. The brochure explains special funds

supported by St. Andrew that you may donate to in any amount, large or small, that provide help for special mission needs. They are all truly "Gifts That Won't Break." A lovely gift card for each donation may be filled out in your own hand-writing for the recipient or we'll fill it out for you! They are red and white, a perfect color for a Valentine!



June 27 to July 1

Deadline for Next Fisherman

The deadline for the next issue of *The Fisherman* is February 14, 2011. Please have any submissions emailed to Nadine Stohr at: nadineshiumc@gmail.com before noon on February 14th.



Dinner Reservations

A reminder to make your Wednesday dinner reservations on-line at www.hhiumc.com, call the church office at 785-4711 or email dinner reservation chairmen Chuck and Mary Lou Pitts at cmpitts@hargray.com with your RSVP by noon on Mondays! The food and fellowship are both great! Thanks to Chuck and Mary Lou for organizing this special opportunity for our church family to be together for meals!



Chuck & Mary Lou Pitts

Depression Can Be A Good Thing!!!

By: Angie Elliott, M.A, LPC, St. Andrew Counseling Center Counselor



I am just not myself lately. I feel disconnected. I feel like I am watching life fly past me and I am just standing still. My spouse/partner seems to be in another world lately. I can't seem to reach my child these days. These are examples of statements verbalized by concerned loved ones and individuals experiencing depression.

Depression can present itself in so many ways: anger, acting out (in children), withdrawal, isolation, loss of interest in normal fulfilling activities, tearfulness, weight loss/gain, increase/decrease in appetite, preoccupation with thoughts of death, self-harm actions/thoughts, calling in sick to work, or even "calling in disinterested" in a relationship. Whatever symptoms you or your friend/loved one may be experiencing, it is vital that these symptoms are addressed immediately. A few steps to take:

1. Determine if the depression is situational or clinical.

Often times we all have the "blues" which are temporary and may disappear when we receive good news, the sun reveals its long hidden self, or we hear from an old friend. Situational depression can also be seen in normal depressive triggers such as: grief/loss, life changes, job change, financial stress, etc. Seek professional help if needed to assess the severity of symptoms.

Clinical depression is more serious in that it lasts a longer period of time. Individuals may feel as though they are unable to "shake it off." The DSM IV-TR (a guide utilized by mental health professionals) identifies clinical depression as lasting two weeks or longer.

NOTE: Regardless of length of time depressed, immediate assistance should be sought for any individual experiencing suicidal thoughts, frequent thoughts of death, or self-harm thoughts or actions.

2. Self-Care

- a. Increase your support system. Make yourself get more involved socially, be it at church or in your circle of friends.
- b. Pick up the phone! Talk to someone about how you have been feeling. Silence feeds the depression.
- c. Get Moving-Exercise (with doctor approval) can be a wonderful way to combat the blues and even more serious depression.
- d. Get outside! Many studies have shown how much the sun helps increase our serotonin levels.
- e. Say no! Set your limits in relationships, at work and at home to avoid overload, which can also lead to depression.

3. Seek Professional Help

- a. Go to your doctor or a counselor to explore depressive symptoms, situational and clinical alike, both are indications of your need for self-care.
- b. Adhere to medical advice on medication if depressive symptoms persist.
- c. Depression is not a bad thing! It can actually help us to stop, re-evaluate and make changes needed to make our lives more fulfilling.

4. Decrease Negativity

- a. Work on changing your thought process to more positive ways of thinking.
- b. Read at least 15 minutes a day from uplifting books such as the Bible, Devotional Books, Financial Freedom Books (Secrets of the Millionaire Mind by T Harve Eker) etc.
- c. Listen to music that brings peaceful thoughts.
- d. Surround yourself with positive individuals.
- e. Pray!!! Open your line of communication with God every chance you get. With every negative thought, combat that thought by talking to God.
- f. Recognize times you have felt God's presence. Force yourself to do this on a daily basis.



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Rev. Neil M. Yongue, Jr.

- Senior Pastor

Rev. Jim Morrison

- Associate Pastor



Children's Sunday School

Age 2 to Grade 5
10:15 to 11:00
Education Building
in Kids' Kingdom

*Come have fun with your friends
and learn how God wants you to
live!*

February's BIG Idea: We believe that the Bible helps us discover what God wants us to be and do.

February Bible Verse: You shall love the Lord your God with all your heart, and with all your soul, and with all your might. (Deuteronomy 6:5)



During **Children's Church** (following the Children's Sermon at the 11:15 worship service) not only do we offer faith-building activities for children in grades K to 3, but we also learn about how we honor and praise God with our brief kid-friendly worship service.

Parents: To help your children develop the holy habit of giving back to God, please provide them with money to place in our Children's Church offering plate.