

**Welcome to Highlands!**

Thank you for joining us in worship today! If you would like to learn more about the ministries of Highlands, please fill out an information card found in the pews, or speak with a member of our staff in the coming week. We welcome the opportunity to be in conversation with you. Staff contact information – [www.highlandsumc.net/staff](http://www.highlandsumc.net/staff)

**Choral Evensong at IPC - Today at 4 PM**

All are invited to a Choral Evensong at Independent Presbyterian Church this afternoon at 4 PM. Highlands' Organist Rick Phillips will play the closing voluntaries.

Contact: Rick Phillips – [rick@highlandsumc.net](mailto:rick@highlandsumc.net)

**Youth Group Meeting - Today at 4 PM**

The youth group will meet one hour earlier than usual this week, starting at 4 PM. Middle Schoolers will make cards for homebound members of our church family. High Schoolers will be preparing for Discovery Weekend. All students will join the congregation for dinner at 6 PM.

**Next Sunday: Homebound Visits**

The youth group will visit homebound members next Sunday, February 4 after worship. There will be no evening programming. Please RSVP by January 31.

Contact: Danny Jones – [danny@highlandsumc.net](mailto:danny@highlandsumc.net)

Leslie Williams – [leslie@highlandsumc.net](mailto:leslie@highlandsumc.net)

**The Crisis in the Middle East - Today at 6 PM**

Join us this evening for a presentation on *The Crisis in the Middle East: How It Affects Our Local Community* with guest presenter Richard Friedman. Come at 6 PM for soup and sandwiches in the Fellowship Hall, with presentation and conversation to follow at 6:30 PM.

Contact: Reggie Holder – [reggie@highlandsumc.net](mailto:reggie@highlandsumc.net)

**CM Fellowship Hall Work Day - February 3**

As we prepare to expand our Community Ministries Hospitality Hours to Saturday service, we need to spend a little time and elbow grease preparing the Fellowship Hall for our guests. Join us on Saturday, February 3 from 10 AM to NOON to scrub tables and chairs, straighten up the serving area, and organize supplies. There will also be an opportunity for those who have never served in Community Ministries or who haven't served since before the pandemic to "learn the ropes" and get some training before Saturday service begins on February 10. If you know you'll be able to come, we'd love to hear from you.

Contact Danny Jones - [danny@highlandsumc.net](mailto:danny@highlandsumc.net)

**NEW! CM Saturday Hospitality Hour**

Highlands' Community Ministries program is one of the defining ministries of our congregation. Now is your opportunity to serve in this church's expanding efforts to be God's faithful presence in the heart of Five Points South. Starting February 10, we will begin serving breakfast on Saturdays to all comers in the Fellowship Hall. We are looking for volunteers to spend one Saturday morning a month in service. Would you be willing to be part of a first-Saturday-of-the-month team? Or a third Saturday team? Maybe you have never served in Community Ministries before and you'd like to know what it will be like. Reach out to Danny Jones with your questions and interest!

Contact: Danny Jones – [danny@highlandsumc.net](mailto:danny@highlandsumc.net)

**Ash Wednesday Services - February 14**

Ash Wednesday is February 14. Services will be offered at Noon and 6:30 PM. The Reverend Alice Cook will be preaching. All are welcome and invited.

**Church Retreat - February 17-18, 2024**

Join the Highlands family at Camp Sumatanga for a relaxed time of fellowship, community, and worship this Presidents Day Weekend – February 17-18, 2024. There will be activities for the whole family, plenty of time to spend in nature, worship, and tons of fun! Registration is open now at [www.highlandsumc.net/church-retreat](http://www.highlandsumc.net/church-retreat) or scan the Happening at Highlands QR code on the back page.

Cost: Adults – \$125

Children and Youth – \$60 (Children under 2 free)  
\$350 registration cap per family

**Discovery Weekend - February 23-25**

Discovery Weekend, our annual spiritual formation retreat for youth, will be February 23-25 at Camp Sumatanga. All 6th-12th grade students are invited - invite friends and neighbors! Registration is \$125 per student; partial or full scholarship are available. Registration is open through February 4 at [www.highlandsumc.net/discovery](http://www.highlandsumc.net/discovery) or scan the Happening at Highlands QR code on the back page

Contact: Danny Jones – [danny@highlandsumc.net](mailto:danny@highlandsumc.net)

Leslie Williams – [leslie@highlandsumc.net](mailto:leslie@highlandsumc.net)

**Community Ministries Donations - Creamer**

This month's CM donation item is powdered coffee creamer. Donations may be dropped off in the marked baskets in the Greeting Space and Narthex. You may also purchase items from our Amazon Wish List, which ships directly to the church - just scan the QR code on the back page.

Contact: Danny Jones – [danny@highlandsumc.net](mailto:danny@highlandsumc.net)

### **KEEP IN PRAYER**

Kathi Ash

Britton Buckner

Gayle Byrne

Peggy Carey

Susan Gaskin

Nina Reeves

Nancy Sawyer

Martha Satterwhite

Carol & Arthur Stephens

Kathleen Thompson

Tutter Tyndal

Leo Bolack, grandson of Jettye and Jon Davis

Billy Ray, father of Suzanne Hoye

Bill White, brother of Reina McFarlin

**CONGRATULATIONS** to Phil and Sara Amthor on the birth of their son, Benjamin on January 21.

Contact information for those listed is available on the ShelbyNext Membership Directory. For help connecting to the directory, visit [www.highlandsumc.net/shelbynex](http://www.highlandsumc.net/shelbynex) or contact Mary Elizabeth Neal at [maryelizabeth@highlandsumc.net](mailto:maryelizabeth@highlandsumc.net).

## **Winter Adult Sunday School Classes**

### **THE BLESSING OF A SKINNED KNEE**

Mom, Educator, Principal of the Year and mediator Nancy Barkemeyer will help us explore how to raise children who are grateful and more self-reliant. Using NYT best-selling author Wendy Mogal's book *The Blessing of a Skinned Knee*, and sharing stories of everyday parenting problems and examining them through the lens of the Torah, the Talmud, and important Jewish teachings, Nancy will lead us away from habits of over-protection, overindulgence and over-scheduling our children's lives to raising more self-disciplined, grateful and resourceful children.

### **THE APOSTLES' CREED**

Dr. Larry Brasher, Professor of Religion - Emeritus at Birmingham-Southern College will lead a class on the foundational beliefs of Christianity as presented in the Apostles' Creed. This class will explore the Apostles' Creed which has origins in the second century and was considered a faithful summary of the faith of the apostles. The class will look at teachings about God, the Incarnation (the humanity and divinity of Jesus), the Atonement (the death of Jesus), the Trinity, and the Resurrection and its implications for individuals and the world.

### **TWO PEAS IN A GOD POD: A DIFFERENT LOOK AT FAITH AND RELIGION**

Dr. Weily Soong and Dr. Sonya Heath will help explore faith and religion through six wonderful, curated podcasts worth listening to, pondering, and discussing together. This class is a terrific opportunity to practice having better religious conversations with one another.

Podcast selections include *On Being with Krista Tippett* (episodes with Richard Rohr and John O'Donohue), *All There Is With Anderson Cooper* (Stephen Colbert: Grateful for Grief), *Clear + Vivid with Alan Alda* (David Brooks: How To Know A Person), and more!

### **CONTEMPLATIVE SUNDAY SCHOOL - ONCE A MONTH**

All adults are invited to a new kind of Sunday School class – a once-a-month contemplative experience. These classes will incorporate devotion, reflection, journaling, intentional listening, and something to stir creativity. We will also explore labyrinth walks, nature moments, and other contemplative means of study and worship. Save the dates for future classes: February 25, April 7, April 28, May 26.

Highlands United Methodist Church

[office@highlandsumc.net](mailto:office@highlandsumc.net)

205-933-8751

Follow us on Social Media!

@HighlandsUMC



### **Office Hours**

Monday–Friday 8:00 AM – 4:00 PM

Closed for lunch 11:30 AM – 12:30 PM

Get updates from Highlands!

Text HIGHLANDS to 84576

*To include an announcement in Happening At Highlands, please submit information to the church office by Wednesday at noon.*