

Welcome to Highlands!

Hospes venit, Christes venit. – When the guest comes, Christ comes.
Join us in the Greeting Space following 10:30 AM worship. Visitors are especially encouraged to come by for a small gift and to learn more about the Highlands family.

VBS and Safe Sanctuary Training - Today

All VBS volunteers are asked to attend a training session following 10:30 AM worship today. Lunch will be provided.

Following the VBS training, we will offer our yearly Safe Sanctuaries training for all who work with children and youth in our church. Safe Sanctuary training will begin at 2 PM and last about an hour. If you have not been through SS training in the past three years, please make plans to attend. VBS volunteers should make plans to attend both the VBS training and Safe Sanctuary sessions.

Youth counselors are not required to attend the after church training session.

Vacation Bible School - July 8-12

Please be in prayer for the children, youth, and adult leaders who will participate in *Peace Lab* VBS this week.

Parents may check in children on Monday morning, starting at 8:00 a.m. All other days, please drop off at 8:45 a.m. If you need Early Care beginning at 7:45 a.m., please contact Mary Elizabeth Neal at maryelizabeth@highlandsumc.net. Monday-Thursday pick up is at 3:30 p.m. Friday pick up is at 1:00 p.m. Youth and adult volunteers are reminded to arrive by 8:00 a.m. each morning and to bring a lunch.

Youth Activities During VBS - July 8 & 13

All youth, including rising 6th graders, are invited to serve as youth counselors at VBS! As a “thank you” for their hard work, all youth who volunteer may attend a Baron’s game on Monday, July 8 at 7 PM and a day at Spring Valley Beach on Saturday, July 13 for free. These activities are open to all youth, even if they do not volunteer; Barons game \$13, Spring Valley Beach trip \$25. Henry Gibson will chaperone these events; we are still in need of additional chaperones and drivers.

Saturday Supper Sisters - July 13

All women of Highlands are invited to the next meeting of the Saturday Supper Sisters on July 13 at 5:30 PM at Babalu’s in Lakeview for food, fun, and fellowship. RSVP to Jody Stewart at jodywstewart@gmail.com or 205-317-4661.

Sunday School Opportunity - July 14

Remember a few years ago we identified the names of the four women who founded our church? Lay Leader Steve Alexander has done some further research, learned where they lived in our neighborhood, and will explore the implications these four women and the neighborhood have for our mission and ministries today. Join us on Sunday, July 14 at 9:30 AM in the Fellowship Hall.

Highlands Outing: Barons Game - July 21

Join the Highlands family for an afternoon out at the ball game! Highlands has a block of 30 tickets reserved for the game on Sunday, July 21 at 4 PM. Cost is \$13 per person. Tickets may be reserved by contacting Drake Roberts at drake@highlandsumc.net or 205-933-8751.

Enneagram Workshop - July 26-28

Surrendering to God’s Grace: The Enneagram as an Instrument of Spiritual Transformation
Cost \$75 - Includes seminar and four meals
Registration deadline: July 19

During this weekend seminar, you will better understand and experience the Enneagram through music, poetry, art, readings, short talks and times of reflection and conversation. The seminar will be facilitated by Highlands’ member Sandi Simmons, a trained Enneagram teacher through the Enneagram Institute who holds a Masters in Counseling and is a certified Catechist in Catechesis of the Good Shepherd. Sandi is a student of Richard Rohr, Cynthia Bourgeault, James Finley, Russ Hudson, and Helen Palmer and brings a wealth of knowledge, spirituality, and compassion to her ministry and teaching.

Sign up at www.highlandsumc.net/events/enneagram. Confidential scholarships are available; contact Reggie Holder at reggie@highlandsumc.net. For more information contact Sandi Simmons at sandisimmons1956@gmail.com.

Community Ministries Opportunities

During the summer months, many of our regular weekly volunteers take some much-deserved time off. This is an excellent opportunity for families, especially those with children and youth, to serve together. To choose a date, contact Deb Welsh at deb@highlandsumc.net.

The Community Ministries pantry is currently low on the following items: sugar, coffee, smooth peanut butter, and laundry detergent pods. Donations can be dropped off in the baskets in the Narthex and Greeting Space or in the donation box outside the church office.

KEEP IN PRAYER...

Therese Avant
Aimee Box
Mary Jean Box
Britton Buckner
Don Delashaw
Beth Douthit
Marie Jeff

Nancy Harris
Nancy Hill
Sonny Holt
Suzanne Hoye
Pamela Huck
Judy Mills
Brian McFarlin

Brook Morris
Nancy Sawyer
Pat Smith
Kathleen & Tommy Thompson
Chuck Tyndal
Kate

Lisa, sister of Angela Chramer
Mark Carleton, brother of Lynn Hairston
Sharon Self, mother of Michelle Jones
Chris Hartley, son-in-law of John McFarlin
Judy Trench, mother of Bart Trench
The United Methodist Church

Contact information for those on this list is available from Deb Welsh at deb@highlandsumc.net or 205-933-8751, ext. 211

People In Motion - Tuesdays

People in Motion meets at Highlands each Tuesday at 1 PM in the Fellowship Hall. Each class costs \$10 and is open to adults of all ages and abilities. Scholarships are available to those in need of financial assistance. Come join in for an hour of fun, fellowship, and dance! Contact Cynthia Brennan at 205-213-7322 or cacmjp@bellsouth.net to learn more.

The Poetry of Mary Oliver - Tuesdays

The Mary Oliver Poetry group meets Tuesday evenings at 5:30 PM in the Griffin-Williams Room. Members of the group take turns selecting the poems and leading the discussion. For more information, contact Reggie Holder at reggie@highlandsumc.net. Our poem for this week is "The Journey" (see right column). New participants are always welcome!

Worship and Giving Online During the Summer

As summer approaches, Highlands hopes that you will join us in worship as often as possible. However, please remember during summer travels that you can join us for worship online from wherever you find yourself!

To worship online: Visit www.highlandsumc.net/services or www.facebook.com/HighlandsUMC/videos. Live videos are streamed on Facebook each Sunday at 10:30 AM but you do not need to have a Facebook account to view (no matter how often they ask you to sign in!). Past services may be viewed at www.highlandsumc.net/services.

To give online: Visit www.highlandsumc.net/giving and click the Online Giving button. Choose the HUMC General Operating Budget/General Budget and enter the amount of your gift. Complete payment information and submit.

The Journey – Mary Oliver

*One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice --
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voice behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do --
determined to save
the only life that you could save.*

Highlands United Methodist Church
office@highlandsumc.net
205-933-8751

Follow us on Facebook, Instagram,
or Twitter @HighlandsUMC

Office Hours

Monday-Friday 8:00 AM - 4:00 PM
Closed for lunch 11:30 AM - 12:30 PM

Get email 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.