

“April showers bring May flowers.” I have heard this saying all my life. This April has been anything but gloomy and rainy, and many flowers have blossomed well before May. The saying, accurate or not for North Carolina, reminds us that beautiful things take preparation. In the time of preparation, we often miss the work that is happening below the surface, out of sight. While many of you are enjoying Spring at Forest Hill, the staff is planning for Summer and Fall. We are beginning the work of preparation. We are showering our plans with prayers and trusting that we will see and experience God in vivid and powerful ways at Forest Hill in the months to come.

There have been a few changes over the last few months that are already blossoming into beautiful ministry. Heather Kendall, Director of Children’s Ministry has stepped away from Preschool to devote more time to Forest Hill Children’s Ministry. Dawn Gustafson has stepped up to become our Preschool Director. We are already seeing the fruit of our changes in these areas of ministry. We are planning our new year in Preschool and are now accepting registration for the 2016-17 school year. Our Children’s Ministry is busy planning and preparing for the excitement of VBS.

As a staff, we are celebrating the fruitful beginning to our year at Forest Hill. We have worked to expand offerings for our Sunday School/Community Groups. Our attendance has increased almost 20% over the same time period last year and we have several new thriving classes. We have also worked to open new opportunities for Bible Study and we celebrate the increase in attendance in Sunday night and weekday studies.

Along with our celebrations, we are thankful that we have started the year on strong financial footing. We are current on our apportionments and very close to making budget for the first quarter. I continue to dream and pray about all that we will be able to do for God’s kingdom as we individually become more faithful with the blessings that God has given us.

In this season of beauty, I invite you to shower Forest Hill with your prayers. We are always planning and preparing for what God is calling and equipping us to do for God’s glory and kingdom. As you enjoy the flowers of May and the beauty of spring, remember the seeds that God is planting now will flourish into wonderful ministry in the future.

Blessings,



Pastor Mandy

[Proverbs 21:5 \(CEB\)](#) The plans of the diligent end up in profit, but those who hurry end up with loss.

**“Real Men Cook with Fire” Bible Study** – All men are invited to join us the second Monday of each month for great food, fellowship, and an opportunity to explore God’s Word. Bring your appetite, your Bible, a friend, and an open heart and mind as together we experience the adventure of Christian discipleship. Our next meeting will be on Monday, May 9<sup>th</sup> at 6:30 p.m. in the Administration Building. Come and join us!

**Bulletin Deadline:**

Tuesday mornings of each week. Please submit in writing (e-mail preferable) by noon Tuesday.

**Newsletter Deadline:**

Articles for the newsletter are due by the 20<sup>th</sup> of the month.

We publish the newsletter monthly. It will be dated the first Sunday of the month, and will be mailed or e-mailed to you the previous week.

ALL newsletter submissions must be in to the church office by the 20<sup>th</sup> of the month in order to be included in the next monthly newsletter. This includes dates of meetings, announcements, etc.

If you have any questions, please contact Connie Moss in the church office at 704-782-1109.

Please E-MAIL your articles to [churchoffice@foresthillumc.org](mailto:churchoffice@foresthillumc.org), or you may drop them off by the church office any time.

**On-Going Missions at Forest Hill**

**My Father's House**

*My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? John 14:2*

Contact: Kay Levan: [KayLevan@carolina.rr.com](mailto:KayLevan@carolina.rr.com)

**Positive Provisions**

Food is needed on an ongoing basis. For a complete list of food items needed, see the display in the Narthex.



**Second Blessings Clothing Closet**

Matthew 25:36... *"I needed clothes and you clothed me."*  
The clothing closet is open every Thursday from 10: 00 am until 1:00 pm. We are currently accepting children's, teen, and adult clothing, & shoes.  
Contact: Patti Earnhardt [Pearnh9089@aol.com](mailto:Pearnh9089@aol.com) or Doc & Dorie Twiford at [dtwiford@carolina.rr.com](mailto:dtwiford@carolina.rr.com).

**Latino Clinic**

The next clinic is **May 1<sup>st</sup>, 2:00 p.m. until 6:00 p.m.** in the Multipurpose Center. Future dates: **June 5<sup>th</sup> and July 10<sup>th</sup>, 2016.**

Contact: Laura Tolbert: [rick.laura@hotmail.com](mailto:rick.laura@hotmail.com)

*"I was sick and you looked after me...The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'"*

Matthew 25:36, 40

**Narrow Gate**

At Narrow Gate you might help serve a meal from the kitchen or sit down and get to know some new friends. There is always a place for you on Thursday nights from 6 to 8 p.m. Contact: Rev. Suzanne Dornsmith: [suzanne@foresthillumc.org](mailto:suzanne@foresthillumc.org)

**OUR SPAGHETTI DINNERS ARE BACK!!! And they're going great!! Come on out on Wednesday, May 4 from 5:00 p.m. until 7:00 p.m. in the Fellowship Center.** The



cost for all-you-can-eat spaghetti, salad, and bread, and your drink, is now \$8.00. It's still a GREAT bargain and some delicious food!!

See you there! And help spread the word that SPAGHETTI IS BACK at Forest Hill!!! The June Spaghetti Supper will be on Wednesday, June 1!

## FROM OUR PARISH NURSE

### **Salt**

Salt, sodium chloride, is vital to our health. It helps regulate fluid levels and water balance, is vital in nerve function and helps send nerve impulses and helps to control muscle movement, and plays a role in the digestive system. Too much salt, however, as we have been told, is detrimental. The American Heart Association recommends people consume no more than 1,500 milligrams of sodium a day. The average American consumes 3,400 mg/day, more than twice as much!

Remember your high school biology? Osmosis! Where salt goes, water follows. If you consume a high amount of salt, your body is going to hold onto water to create equilibrium. This increases the volume in your blood vessels which causes 2 problems. First, it makes it more difficult for your heart to pump, in other words, your heart has to work harder to force the blood through the vessels. Second, the increased pressure causes damage to the vessels by overstretching or injuring them. This damage within the vessel walls can increase the build-up of plaque which leads to heart disease.

High blood pressure puts you at risk for heart attack, stroke, heart failure and kidney failure. Remember, for the most part, high blood pressure has no symptoms. You can get your blood pressure checked here at church: blood pressure screens are done at the church quarterly, you can drop by during my office hours (Mondays and Wednesdays from 9 - 2:45), or call for me to set up a better time. You can also check it at any pharmacy and at Harris Teeter for free. It's important to know your number!

**More than 75% of sodium is consumed from processed or restaurant foods, and not from the salt shaker!** So, while it is good to put down the salt shaker, you have to also look at what you are eating!! Some examples of high salt foods include: pre-packaged foods, canned vegetables, and spaghetti sauce, soups and sandwiches, marinades and flavorings (like soy sauce), fast-food including biscuits, chili, burgers, and even salads, cold cuts and cured meats, and bread, rolls, pizza, and cheese. (Yes, bread, doesn't that make you sad!?)

Do the best you can when you can, so that if you do have a high salt meal, it's just one for that day. You can always increase your water intake to flush out that sodium if you do have a high salt meal. So, read your labels! And drink your water!

### Exercise Opportunities

**Musical Chairs** is in full swing on Tuesdays **and** Thursdays at 11:00 with LaDonna Butts in the Administration Building, dancing, singing, praising and praying all while seated comfortably in a chair! Come join the fun, and improve your spiritual and physical health!

**Free Yoga Classes** are being offered at Cabarrus Health Alliance every Friday, 6 -7pm.

### Important Dates

**Latino Clinic:** May 1, 2-6pm Multipurpose Room

**Health Ministry Team Meeting:** May 12, 9-10 am, Administration Building

**Caregivers:** May 12, 10-11 am, Administration Building

**All About Smoothies:** May 13, 11-12:30 Cabarrus Health Alliance Healthy Cooking Series. Call 704-920-1345 to register, \$10.

**Simple Salads:** June 17, 11-12:30 Cabarrus Health Alliance Healthy Cooking Series. Call 704-920-1345 to register, \$10.

**Mammogram Van:** June 22, 8 am-4 pm. Call 704-403-1729 to schedule your appointment. Let them know you want the Forest Hill location. If you don't have insurance, ask about financial assistance.





(Given March 27 & April 3, 10, & 17, 2016)

**Given to the Budget**

*In Memory of...*

**Harriet Benson** by Elaine Turner

**Given to the Debt Service Fund**

*In Memory of...*

**Harriet Benson** by Pasture Management Systems, Inc.

**Helen Bunn** by Susan Murray

**Given to the Health/Caregivers Fund**

*In Memory of...*

**Harriet Benson and Ruth Billups** by Nancy Burrage

**Ruth Billups** by Harold & Betty Falls

**Given to the Good Samaritan Fund**

*In Memory of...*

**Ruth Billups** by Georgia Roberson

**Ruth Billups** by Margaret Anne Maulden

**Given to the Preschool Scholarship Fund**

*In Memory of...*

**Ella Lane Bost** by Eric & JoAnn Bratton

**Ella Lane Bost** by Carol Calloway

**Given to the Choir Fund**

*In Memory of...*

**Charles & Viola Malcolm** by Shirley Moss

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The next **UMW Book Club** will meet on Saturday, June 4<sup>th</sup> at 8:45 a.m. in the Administration Building. We will be reading "**Coffee, Tea and Holy Water: One Woman's Journey to Experience Christianity Around the Globe**" by Amanda Hudson. Bring your favorite breakfast food to share. If you have questions, contact Sara Osborne at [704-782-5980](tel:704-782-5980) or [samosborne@aol.com](mailto:samosborne@aol.com).

**SINGING SAINTS SPRING CONCERT  
SUNDAY, MAY 1, 2016**

Please plan to join us for our Spring Concert at 4:00 p.m. on Sunday, May 1 in the Sanctuary. You will enjoy sacred selections, hymn classics, plus a little congregational singing! A love offering will be received to help defray expenses. This group is under the direction of Robert Kennedy. Becky Phillips is the accompanist, and M. L. Marley is the organist. Cy Maulden is Director Emeritus. Come out and be blessed with some wonderful music!

**PRESCHOOL REGISTRATION** is now open for the 2016/17 School Year and our Summer Camp program. Preschool classes for 6 months-5 years are available. Our Summer Camp program runs from June 13-August 19 and the theme will be "The Great Bible Race." Classes are filling up fast so don't wait to register. Contact Dawn Gustafson at [704-786-5669](tel:704-786-5669) or [preschool@foresthillumc.org](mailto:preschool@foresthillumc.org) for more information.

**Service at Salvation Army Night Shelter  
Begins May 15**

Each year, Forest Hill accepts the opportunity to prepare and serve meals at the Salvation Army Night Shelter for a week. During our week, church members prepare and serve a hearty dinner for about 30 guests of the Shelter. The Shelter staff has asked us to serve during the week of **May 15 (Sunday-Saturday)**. We also help the staff with front desk help during the evening. Doors open at 7pm, Dinner at about 8pm. Dinner service is complete by 9pm. There is no overnight stay.

Forest Hill has a long history of service to this mission. Our service is performed by Adult Sunday School classes, Scouts, Circles, families as well as individuals who are called to serve.

If you have not served at the shelter, I would like to team you up with a group of experienced servants, so you are not on your own. What a great way to serve others alongside fellow Forest Hill people!

If you want more information for yourself, or you have a group that feels called to serve, please contact Greg Murphy at [704-786-0078](tel:704-786-0078), or [gregmurphymail@gmail.com](mailto:gregmurphymail@gmail.com).



A Very Happy Birthday to...



**MAY BIRTHDAYS**

Lindsay Bost	05/08
Larry Ensley	05/08
Laurin Barnes	05/09
Ellie Burris	05/09
Heather Kendall	05/09
Chelsea Meador	05/09
Annalee Tolbert	05/09
Keith Waldrop	05/09
Keith Widenhouse	05/09
Clara Culnon	05/10
Caroline Eggers	05/10
Erin Isenberg	05/10
Colin McFarland	05/11
Breena Meador	05/11
Denise Allen	05/13
Kathleen Epperson	05/13
Tony Thompson	05/13
Arlen Burney	05/14
Elizabeth Fisher	05/14
Robert Burrage, Jr.	05/15
Montana Weiss	05/16
Raegan Boyd	05/17
Justin Kies	05/17
Jean Lee	05/17
Jack Turner	05/17
Laura McIntyre	05/18
McKenzie Peurifoy	05/18
Charlene Cobb	05/19
Connie Cogdill	05/19
Pam Frye	05/19
Rosemarie Prosser	05/19
Bill Sedergren	05/19
Charles Maulden	05/20
Dwayne Pfeiffer	05/20
Mandy Philemon	05/20
Joe Waddell	05/20
Chuck Widenhouse	05/20
Wendee Howell	05/21

**MAY/JUNE BIRTHDAYS**

Amanda Jordan	05/21
Dennis Moulton	05/21
Donnie Sprinkle	05/23
Ron Wells	05/23
Trent Wilkinson	05/23
Andrew Allen	05/24
Melvin Huffstickler	05/25
Tammy Williams	05/25
Matthew Dacus	05/26
Judith Hargett	05/26
John Landon	05/28
Pat Baker	05/29
Ashley Thomason	05/30
Amanda Bennick	05/31
Ed Britt	05/31
Frances Bess Brown	05/31
Foster Lynch	05/31
Patrick Fullerton	06/01
Audrey Lee Bost	06/02
Harold Falls	06/02
Rusty Joyner	06/02
Evan Murphy	06/02
Ashley Robinson	06/02
Kathryn Ewers	06/03
Jeff Gonynor	06/03
Amy Moynihan	06/03
Gary Sheetz	06/03
Alexa Richarson	06/04
Dan Overcash	06/05
Frank Hargett	06/06
Lois Widenhouse	06/06
Heather Almond	06/07
Angie Belk	06/08
Rachel Waldrop	06/08
Becky Barringer	06/09
Lisa Landon	06/10
Henry Minnet	06/10
Ashley Norwood	06/10

**JUNE BIRTHDAYS**

Matt Philemon	06/10
Rebecca Rowland	06/10
Susie Simpson	06/10
"Z" Smith, IV	06/10
Kenneth Caldwell	06/11
Lisa Fullerton	06/11



**MAY/JUNE ANNIVERSARIES**

Steve & Sara Osborne	05/08
Scott & Kamber Butts	05/10
Cecil & Denise Riddle	05/10
Jay & Caren Ellisor	05/11
Pat & Carolyn Baker	05/13
Chip & Jan Odell	05/15
Dene & Sharon Dawson	05/20
Chuck & Senah Andrews	05/21
Kevin & Beth Goodman	05/23
Tim & Mikki MacCheyne	05/23
Ken & Marcia Meadows	05/23
Rusty & Lori Joyner	05/25
Brian & Holly Roder	05/25
Martin & Lori Holshouser	05/28
Jeff & Lisa Brown	05/31
Eddie & Suzanne Dornsmith	05/31
Ed & Janice Britt	06/01
Scott & Tina Byrne	06/01
Brown & Gene Holbrooks	06/03
Cy & Jo Maulden	06/03
David & Beverly Maulden	06/03
Ralph & Judy Elliot	06/04
Earl & Kathryn Ewers	06/04
Ken & Dianne Wilson	06/05
Tracy & Nancy Cress	06/06
Christopher & Kelly Hinkle	06/06

**ON-LINE GIVING** is now an option! Check out our website: [www.foresthillumc.org](http://www.foresthillumc.org) and click the ON LINE GIVING tab.





## CLUB LGS KIDS

Partnering with Parents to give children the greatest opportunity to **LOVE** God, **GROW** in their knowledge of Him and **SERVE** the community and the world!



## Children's Ministry Needs You!



Current opportunities include...

**9am**

Security

**10 am**

Greeters

Nursery Volunteers

**11 am**

Security

Greeters

Nursery and Preschool Volunteers

For more information, job descriptions or to serve call or email Heather. 704-782-1109  
heather@foresthillumc.org

### VBS

*Donations are being accepted for any and all beach themed items for this year's VBS, Surf Shack! Towels, Tiki Torches, Grass Skirts, etc. Volunteer Registration Opening Soon!*



1st Thursday of each month 7-8pm.  
No experience needed!  
Come and read with a child, help with a particular subject or just be present to pray and love a kid!  
Training and materials provide.

Volunteer by contacting  
Heather 704-782-1109 ext. 14  
heather@foresthillumc.org



**FOREST HILL YOUTH**

**What's  
happenin  
g at youth...What's happening at  
youth...What's happening at  
youth...**



On Sunday, May 15<sup>th</sup> we will be recognizing our seniors at the 11:00 worship service. Their pictures will also be displayed at the 9:00 service. Congratulations Class of 2016!

<b>May at Youth:</b>	
Sunday, 1 <sup>st</sup>	Youth Sunday & Lunch (NO Youth)
Saturday, 7 <sup>th</sup>	Talent Show & Dinner Fundraiser
Sunday, 8 <sup>th</sup>	Mother's Day – NO Youth
Sunday, 15 <sup>th</sup>	Worship & Messy Game Night *5 <sup>th</sup> Graders Up!
Sunday, 22 <sup>nd</sup>	End of the Year Party!



The Forest Hill Talent Show is back!!

Saturday, May 7<sup>th</sup> | 5:30 PM | Fellowship Center

We need YOU!

- Donate cooked/shredded chicken
  - Donate dessert for the Silent Auction
  - Be the talent! (serious, silly, music and more wanted)
  - Attend: Donations will go to support Youth Missions
- Questions? Contact Vera Smith!

**Looking Ahead...**

**Summer Trips!**

June 19<sup>th</sup>-25<sup>th</sup>

July 3<sup>rd</sup>-9<sup>th</sup>

July 11<sup>th</sup>-18<sup>th</sup>

August 12<sup>th</sup>-14<sup>th</sup>

CCC Service Week

IYPC/Poco

Honduras Mission

SpiritUs

# 5<sup>th</sup> Graders Up!

We invite our 5<sup>th</sup> graders to join us at Sunday Night Youth on May 15<sup>th</sup>! They are also welcome to join us at the end of the year party – as we celebrate transitioning out of the school year.



Vera Smith    [vera@foresthillumc.org](mailto:vera@foresthillumc.org)    (732) 284-8050

**Text Updates:** text @fhyouth to 81010

/fh7mcyouth    fhumcyouth    @fhumcyouth

## Stewardship News

*"I will be loyal to the United Methodist Church and uphold it with my prayers, my presence, my gifts, and my service."*

### By Our Prayers . . .

**PRAYER CONCERNS** – Lord, in your mercy, hear our prayers for: family of Ruth Billups, Aria Blackburn, Nellie Bost, Pete Boyd, Toky Canup, Kitty Cline, Betty Falls, Adele Fitzgerald, Michael Fortin, Tami Hames, Argie Hardy, Dale Hayes, Edwin Haynes, Shirley Hickok, LaRetta Horn, Norvel Johnson, Mabel King, Colleen Kyle, Mary LaRowe, family of J. C. Laws, David Levan, Geraldine Linker, Linda McPherson, Mark Mickey, J. C. Miles, Jim Moulton, Tonda Overcash, Rock Picard, Sid Rauch, Pinky Rogers, Gooyung Shin, Eric Suther, Kimberly Teague, Angel Thompson, Ronnie Wagoner, Tammy Whisenant, Taylor Whitley, Nora Williams (*Names remain on the PRAYER CONCERNS list for three consecutive weeks.*)

**LONG-TERM NEEDS** – We ask that you keep the following individuals in your prayers: Walter Barbee, Alex Barnhardt, Richard Barringer, Emily Blacklin, Doris Bridges, Steven Brignac, Jennifer Burkett, Danny Clawson, Lisa Coley, Stuart Conner, Sr., Betty Cook, Linda Courts, Jimmie Coward, Louis Coward, Elsie Culp, Donald Elliott, Scott Elliott, Lana Elmore, Melissa Ervin, Jerry Everhart, Stephanie Feres, Nancy Ferguson, Barbara Fisher, Jerry Garmon, Lloyd Garmon, Margaret Goff, Johnny Greene, Larry Hammill, Parks Harris, Caroline Hedgecock, Bill Hendry, Peggy Holt, Juanita "Neat" Howell, Marie Howell, Virginia James, Mildred Johnson, Kara Joyner, William Kepley, Glenn Klutzz, LeOra Lipe, Lenore Lockhart, Jo Maulden, Margaret Anne Maulden, Robert Morrison, Elizabeth "Pete" Murray, Kris Peurifoy, Mark Pickering, Joel Powers, Irajane Ray, Sidney Repp, Cliff Rimer, Sarah Ritchie, Jan Robinson, Dillon Rogers, Phillip Rose, Ralph Scalvini, Scott Schewetzer, Jane Sherrill, Marie Silence, Sara Smith, Bob Sommer, Ray Stiles, Angel Thompson, David Thompson, David Toyloni, Parker Trent, Mike Umans, Brice Willeford, Carter Workman, all of the shut-ins of our church.

### By Our Presence . . .

#### Attendance – March 27, 2016 – Easter Sunday

Early Easter – 9:00 a.m.	85
10:00 am Sunday School	175
11:00 am Worship	316
Latino Worship include above	
Narrow Gate (03/24/2016)	81
<b>Total Worship Attendance</b>	<b>482</b>
Maundy Thursday	133
Good Friday	70

#### Attendance – April 3, 2016

10:00 am Sunday School	91
9:00 am Worship	35
11:00 am Worship	146

Latino Worship	34
Narrow Gate (03/31/2016)	110
<b>Total Worship Attendance</b>	<b>325</b>

#### Attendance – April 10, 2016

10:00 am Sunday School	145
9:00 am Worship	50
11:00 am Worship	171
Latino Worship	46
Narrow Gate (04/07/2016)	110
<b>Total Worship Attendance</b>	<b>377</b>

#### Attendance – April 17, 2016

10:00 am Sunday School	126
9:00 am Worship	60
11:00 am Worship	162
Latino Worship	55
Narrow Gate (04/14/2016)	118
<b>Total Worship Attendance</b>	<b>395</b>

### By Our Service . . .

#### May 1<sup>st</sup> Helpers

**Acolytes:** Brenna Kendall & Sarah Gore; **9:00 a.m. Nursery:** Teri Cloutier; **11:00 a.m. Nursery:** Patti Earnhardt, Emily Earnhardt, & Nancy Gilmore; **Visitor Contact:** Melissa Cayado; **Bread Ministry:** LaDonna Butts

#### May 8<sup>th</sup> Helpers

**Acolytes:** Noah Ballard & James Cloutier; **9:00 a.m. Nursery:** Ida Mills; **11:00 a.m. Nursery:** Ashley Eaves & Sara Osborne; **Visitor Contact:** Ava Jermyn; **Bread Ministry:** Paiti Cochran

#### May 15<sup>th</sup> Helpers

**Acolytes:** Alexis Sutorious & Sadie Fullerton; **9:00 a.m. Nursery:** Amanda Dyer; **11:00 a.m. Nursery:** Nedra Bryant & Kimberly Teague; **Visitor Contact:** Betty Honeycutt; **Bread Ministry:** Patti Earnhardt

#### May 22<sup>nd</sup> Helpers

**Acolytes:** Jared Forrest & Riley Hughes; **9:00 a.m. Nursery:** (TBA); **11:00 a.m. Nursery:** Kristin Wisecarver & Marilyn Burrage; **Visitor Contact:** Carolyn Barnes; **Bread Ministry:** Gene Holbroos

#### May 29<sup>th</sup> Helpers

**Acolytes:** Allison Mills & Eric Ellis; **9:00 a.m. Nursery:** Laura Tolbert; **11:00 a.m. Nursery:** Laura Wisecarver & Ruth Suddreth; **Visitor Contact:** Gene Holbrooks; **Bread Ministry:** Morrison & Betty Honeycutt

#### June 5<sup>th</sup> Helpers

**Acolytes:** Lillie Rogers & Zoe Jackson; **9:00 a.m. Nursery:** (TBA); **11:00 a.m. Nursery:** Patti Earnhardt & Nancy Gilmore; **Visitor Contact:** Janice Britt; **Bread Ministry:** Emily Price



**Praying Together** - St. Paul encourages us saying, *“Pray always. Pray for your brothers and sisters. Keep your eyes open. Keep each other’s spirits up so that no one falls behind or drops out.”* (Ephesians 6:18). Join us on Wednesday mornings at 7:30 am at Punchy’s Diner (550 Concord Pkwy. N.). We’ll gather in the private dining area for a brief morning devotion and to pray for Forest Hill, for the needs of our community and the world, and for one another. Come for prayer, come for breakfast, come for both. All are welcome!

**CALENDAR CONTINUED FROM PAGE 10 . . .**

**Thursday, May 19, 2016**

Hot Dog Preparation – FC 8:30 am  
 Clothing Closet – MC 10a – 1p  
 Musical Chairs Aerobics – AB 11:00 am  
 Narrow Gate – MPC 6:30 pm

**Friday, May 20, 2016**

FRIDAY HOT DOGS – FC 11a – 2p

**Saturday, May 21, 2016**

MPC Unavailable – Latino Ministries 2–8 pm

**Sunday, May 22, 2016**

Contemporary Worship – MC 9:00 am  
 Fellowship Time – P 9:45 am  
 Sunday School 10:00 am  
 Latino Bible Study – MC 10:00 am  
 Traditional Worship – S 11:00 am  
 Worship Service (in Spanish) – MC 11:00 am  
 Youth – YC 5:00 pm

**Monday, May 23, 2016**

Piedmont Choral Society – S 7:00 pm  
 Narrow Gate Praise Team 7:00 pm  
 Rehearsal – MPC  
 Latino Worship Rehearsal –MC 7:30 pm

**Tuesday, May 24, 2016**

Musical Chairs Aerobics – AB 11:00 am  
 Line Dancing – CR 6:00 pm  
 Boy & Cub Scouts–SH, MPC 6:30 pm  
**CHURCH COUNCIL – AB** 7:00 pm

**Wednesday, May 25, 2016**

Prayer Breakfast – Punchy’s 7:30 am  
 Admin Staff Meeting – AB 10:00 am  
 Handbell Rehearsal – HS 6:00 pm  
 Choir Rehearsal – S 7:00 pm

**Thursday, May 26, 2016**

Hot Dog Preparation – FC 8:30 am  
 Clothing Closet – MC 10a – 1p  
 Musical Chairs Aerobics – AB 11:00 am  
**Preschool Graduation–S & FC** 6:00 pm  
 Narrow Gate – MPC 6:30 pm

**Friday, May 27, 2016**

FRIDAY HOT DOGS – AB 11a – 2p

**Saturday, May 28, 2016**

No events scheduled

**Sunday, May 29, 2016**

Contemporary Worship – MC 9:00 am  
 Fellowship Time – P 9:45 am  
 Sunday School 10:00 am  
 Latino Bible Study – MC 10:00 am  
 Traditional Worship – S 11:00 am  
 Worship Service (in Spanish) – MC 11:00 am

**Monday, May 30, 2016**

**CHURCH OFFICE CLOSED**

Piedmont Choral Society – S 7:00 pm  
 Narrow Gate Praise Team 7:00 pm  
 Rehearsal – MPC  
 Latino Worship Rehearsal –MC 7:30 pm

**Tuesday, May 31, 2016**

Musical Chairs Aerobics – AB 11:00 am  
 Line Dancing – CR 6:00 pm  
 Boy & Cub Scouts–SH, MPC 6:30 pm

**Wednesday, June 1, 2016**

Prayer Breakfast – Punchy’s 7:30 am  
 Admin Staff Meeting – AB 10:00 am  
**SPAGHETTI SUPPER – FC** 5 – 7 pm  
 Handbell Rehearsal – HS 6:00 pm  
 Choir Rehearsal – S 7:00 pm

**Thursday, June 2, 2016**

Hot Dog Preparation – FC 8:30 am  
 Clothing Closet – MC 10a – 1p  
 Musical Chairs Aerobics – AB 11:00 am  
 Narrow Gate – MPC 6:30 pm

**Friday, June 3, 2016**

FRIDAY HOT DOGS – AB 11a – 2p

**Saturday, June 4, 2016**

UMW Book Club – AB 8:45 am

**Sunday, June 5, 2016**

**Communion Sunday**

Contemporary Worship – MC 9:00 am  
 Fellowship Time – P 9:45 am  
 Sunday School 10:00 am  
 Latino Bible Study – MC 10:00 am  
 Traditional Worship – S 11:00 am  
 Worship Service (in Spanish) – MC 11:00 am  
 Latino Clinic – MPC 2:00 pm

**Community Garden Update** – We are excited that our garden is beginning to “bear fruit!.” Most of the planting has been completed (except for okra and herbs) which includes cherry tomatoes, regular tomatoes, banana peppers, cucumbers, yellow squash, zucchini, and three kinds of lettuce. The staff enjoyed the first harvest today eating fresh green salads straight out of the garden for lunch! Volunteers are ALWAYS needed to come and pull weeds! Come any time that suits your schedule!!

## Forest Hill United Methodist Church

265 Union Street North  
Concord NC 28025-4762

Office: 704-782-1109 Fax: 704-792-2060

Preschool: 704-786-5669

Web Site: [www.foresthillumc.org](http://www.foresthillumc.org)

E-mail: [churchoffice@foresthillumc.org](mailto:churchoffice@foresthillumc.org)

Office Hours: Monday – Friday, 8am-4pm

Sunday School & Small Groups: 10:00 am

Contemporary Worship Service: 9:00 a.m.

Traditional Worship Service: 11:00 a.m.

Latino Bible Study: 10:00 am on Sundays

in our Ministry Center

Bilingual Worship: 11:00 am on Sundays

in our Ministry Center

## RETURN SERVICE REQUESTED

### Opportunities To Serve

#### Sunday, May 1, 2016

##### Communion Sunday; Youth Sunday

Contemporary Worship – MC	9:00 am
Fellowship Time – P	9:45 am
Sunday School	10:00 am
Latino Bible Study – MC	10:00 am
Traditional Worship – S	11:00 am
Worship Service (in Spanish) – MC	11:00 am
Latino Clinic – MPC	2:00 pm
Liturgical Dance – S	4:00 pm
Singing Saints Spring Concert – S & FC	4:00 pm
Sunday Night Dinner, Groups – FC	5:00 pm

#### Monday, May 2, 2016

Piedmont Choral Society – S	7:00 pm
Narrow Gate Praise Team	7:00 pm
Rehearsal – MPC	
Latino Worship Rehearsal – MC	7:30 pm

#### Tuesday, May 3, 2016

Musical Chairs Aerobics – AB	11:00 am
Scholarship Committee – AB	5:30 pm
Line Dancing – CR	6:00 pm
Boy & Cub Scouts – SH, MPC	6:30 pm

#### Wednesday, May 4, 2016

Prayer Breakfast – Punchy's	7:30 am
Admin Staff Meeting – AB	10:00 am
<b>SPAGHETTI SUPPER!!</b> FC	5 – 7 pm
Handbell Rehearsal – HS	6:00 pm
Choir Rehearsal – S	7:00 pm

#### Thursday, May 5, 2016

Hot Dog Preparation – FC	8:30 am
Musical Chairs Aerobics – AB	11:00 am
Clothing Closet – MC	10a – 1p
Narrow Gate – MPC	6:30 pm

#### Friday, May 6, 2016

FRIDAY HOT DOGS – FC	11a – 2p
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#### Saturday, May 7, 2016

TALENT SHOW!! FC	5:30 pm
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#### Sunday, May 8, 2016

##### Mother's Day

Contemporary Worship – MC	9:00 am
Fellowship Time – P	9:45 am
Sunday School	10:00 am
Latino Bible Study – MC	10:00 am
Traditional Worship – S	11:00 am
Worship Service (in Spanish) – MC	11:00 am
Liturgical Dance – S	4:00 pm

#### Monday, May 9, 2016

Real Men Bible Study – AB	6:30 pm
Quilters Group – FC	7:00 pm
Piedmont Choral Society – S	7:00 pm
UMW Quarterly Gathering – MPC	7:00 pm
Latino Worship Rehearsal – MC	7:30 pm

#### Tuesday, May 10, 2016

Musical Chairs Aerobics – AB	11:00 am
Line Dancing – CR	6:00 pm
Boy & Cub Scouts – SH, MPC	6:30 pm

#### Wednesday, May 11, 2016

Prayer Breakfast – Punchy's	7:30 am
Preschool Festival! Grassy Area	9a – 12n
Admin Staff Meeting – AB	10:00 am
Handbell Rehearsal – HS	6:00 pm
Choir Rehearsal – S	7:00 pm

#### Thursday, May 12, 2016

Hot Dog Preparation – FC	8:30 am
Clothing Closet – MC	10a – 1p
Caregivers – AB	10:00 am
Musical Chairs Aerobics – AB	11:00 am
Clothing Closet – MC	5-6:30 pm
Narrow Gate – MPC	6:30 pm
Piedmont Choral Society Dress Rehearsal – S	7:00 pm

#### Friday, May 13, 2016

FRIDAY HOT DOGS – FC	11a – 2p
Piedmont Choral Society Spring Concert – S	7:00 pm

#### Saturday, May 14, 2016

No events scheduled

#### Sunday, May 15, 2016

##### Pentecost Sunday

##### Recognition of our Graduates

Contemporary Worship – MC	9:00 am
Fellowship Time – P	9:45 am
Sunday School	10:00 am
Latino Bible Study – MC	10:00 am
Traditional Worship – S	11:00 am
Worship Service (in Spanish) – MC	11:00 am
Piedmont Choral Society Spring Concert – S	3:00 pm

Youth – YC	5:00 pm
Sunday Night Dinner, Groups – FC	5:00 pm

#### Monday, May 16, 2016

Piedmont Choral Society – S	7:00 pm
Narrow Gate Praise Team	7:00 pm
Rehearsal – MPC	
Latino Worship Rehearsal – MC	7:30 pm

#### Tuesday, May 17, 2016

Musical Chairs Aerobics – AB	11:00 am
Line Dancing – CR	6:00 pm
Boy & Cub Scouts – SH, MPC	6:30 pm
Finance Committee – AB	7:00 pm

#### Wednesday, May 18, 2016

Prayer Breakfast – Punchy's	7:30 am
Admin Staff Meeting – AB	10:00 am
Handbell Rehearsal – HS	6:00 pm
Choir Rehearsal – S	7:00 pm

AB-Administration Building; CR-Community Room; FC-Fellowship Center; GW-Grace Wesley Classroom; HistRm-History Room; HS-Historic Sanctuary; Hut-Scout Hut (former Beaver house); JM-Joe McEachern Classroom; K-Kindergarten Classroom; KCR-Kindergarten Room; KQ-Kathryn Quick Class; L-Library; MC-Ministry Center; ME-Martha Eury Classroom; MPC-Multipurpose Center; MSC-Middle School Classroom; N, T-Nursery & Toddler Rooms; P-Parlor; S-Main Sanctuary; SH-Senior High Classroom; YC-Youth Center

**PLEASE SEE PAGE 9 OF THIS NEWSLETTER  
FOR ACTIVITIES FOR  
MAY 19 – JUNE 5, 2016**