

Today in the fellowship hall join us as we begin our sermon series, "Games People Play," in which we will examine four classic board games and consider how a Christian strategy can help us to be successful in the game of life. Today's sermon is "Aggravation."

Ephesians 4:26-32 from the Common English Bible (CEB):

²⁶ Be angry without sinning. Don't let the sun set on your anger. ²⁷ Don't provide an opportunity for the devil. ²⁸ Thieves should no longer steal. Instead, they should go to work, using their hands to do good so that they will have something to share with whoever is in need.

²⁹ Don't let any foul words come out of your mouth. Only say what is helpful when it is needed for building up the community so that it benefits those who hear what you say. ³⁰ Don't make the Holy Spirit of God unhappy—you were sealed by him for the day of redemption. ³¹ Put aside all bitterness, losing your temper, anger, shouting, and slander, along with every other evil. ³² Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ.

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The words and songs we use for Contemporary Worship are on the screens in the fellowship hall, but the general order we follow each Sunday is:

- Gathering:** Praise Songs and Greeting
- Gratitude:** Offering and Prayer
- God's Word:** Scripture and Sermon
- Going:** Praise Song and Sending



Songs in Today's Service:

- Our God* by Chris Tomlin
- Set A Fire* by Jesus Culture
- Diamonds* by Hawk Nelson
- Lord I Need You* by Matt Maher

These and other praise songs can be found on PER 90.5 FM. Listening will improve your week.



Sunday, October 16, 2016

THIS WEEK AT SHADY GROVE

**Shady Grove
United Methodist Church
Short Pump**
4825 Pouncey Tract Road
Glen Allen, VA 23059
804.360-2600
www.shadygroveumc.net

Regular Sunday Schedule

- 8:15 am
Traditional Worship Sanctuary
- 9:00-11:00 am
HeBrews Coffee Fellowship Hall
- 9:30 am
Informal Traditional Worship Sanctuary
Nursery Faith Care (infants-age 2) Education Building
3 Years-5th Grade Sunday School Education Building
Youth Sunday School Chapel Building
Adult Sunday School Chapel Building
- 11:00 am
Informal Traditional Worship Sanctuary
Contemporary Worship Fellowship Hall
Nursery Faith Care (infants-age 2) Education Building
Children's Own Worship Chapel

Sunday 10/16

- Regular Worship Schedule
- Praise Team (FH) 10:00-10:30 am
- Lunch with the Pastors (FH) 12:15-1:30 pm
- Christmas Hang-Ups Rehearsal (Sanctuary) 3:30-5:00 pm
- Girl Scout Troop 5107 (EB 202/203) 4:00-5:45 pm
- Youth Explosion Choir (Sanctuary) 5:00-6:00 pm
- G-3 (FH) 5:00-6:00 pm
- Game Night (FH) 5:00-6:30 pm
- Middle School Large Group (DOG House) 6:00-7:00 pm
- High School Large Group (DOG House) 7:30-8:30 pm

Monday 10/17

- Girl Scout Troop 5366 (EB 201) 4:00-5:30 pm
- Building Committee (EB 201) 6:30-7:30 pm
- Finance Committee Meeting (Library) 6:30-8:00 pm

Tuesday 10/18

- Staff Meeting (Church Office) 10:00-11:30 am
- Spaghetti Dinner Prep (FH) 5:00-8:00 pm

Wednesday 10/19

- Mary, Martha, Mom (Library) 9:15-10:15 am
- Christmas Hang-Ups Drama Rehearsal (Sanctuary) 4:30-5:45 pm
- Spaghetti Dinner – Youth Sponsored (FH) 5:00-7:00 pm
- Disciple I (EB 205) 6:00-8:00 pm
- Disciple Fast Track (EB 203) 6:15-7:15 pm
- Disciple III (EB 207) 6:15-7:30 pm
- Faith Care Infant/Toddler Nursery (EB 111) 6:15-7:15 pm
- Little Hands – Twos (EB 105) 6:15-7:15 pm
- Bible Zone Grades 1-3 (EB 209) 6:15-7:15 pm
- Bible Zone Grades 4-5 (EB 210) 6:15-7:15 pm
- SonShine Singers (Sanctuary) 6:15-6:45 pm
- Sprouts – Threes to Fives (EB 106) 6:45-7:15 pm
- Middle School Small Group (DOG House) 6:15-7:15 pm
- Parenting Teens (Church Office) 6:15-7:15 pm
- Rowdy MOMs (EB 201) 6:15-7:15 pm
- All Pro Dads (EB 202) 6:15-7:15 pm
- Connection Group (EB 206) 6:15-7:15 pm
- Wednesday Wellness (Library) 6:15-7:15 pm
- Gideon's Call (EB 204) 6:15-7:15 pm
- Praise Team Rehearsal (FH) 7:15-8:15 pm
- At Last, Noel Choir Rehearsal (Sanctuary) 7:15-8:15 pm
- Meditation with Kate (Library) 7:30-8:15 pm
- Sanctuary Choir (Sanctuary) 8:15-9:00 pm

Thursday 10/20

- UMM Bible Study (DOG House) 6:45-7:45 am
- SGUMC Book Club (Church Office) 6:00-7:30 pm
- Richmond Christian Singles Bible Study (EB 206) 7:00-8:30 pm
- Boy Scouts – Troop 735 (FH) 7:00-9:00 pm

Friday 10/21

- Middle School Breakfast (Chick-fil-A) 7:20 am
- Women's Bible Study (Chapel Bldg.) 9:45-11:00 am
- Relay Foods (Front Parking Lot) 3:00-6:30 pm
- UMM Stew Prep (FH) 6:00-9:00 pm

Saturday 10/22

- UMM Stew (FH) 6:00 am-2:00 pm
- UMM Stew Pickup (FH) 11:00 am-2:00 pm

Sunday 10/23

- Regular Worship Schedule
- Praise Team (FH) 10:00-10:30 am
- Christmas Hang-Ups Rehearsal (Sanctuary) 3:30-5:00 pm
- G-3 (Chapel Bldg.) 5:00-6:00 pm
- Youth Explosion Choir (Sanctuary) 5:00-6:00 pm
- Rowdy MOMs (EB 201) 5:00-6:00 pm
- Girl Scout Troop 3007 (EB 106 or 202) 5:00-6:30 pm
- Voices of Grace (Sanctuary) 6:00-7:00 pm
- Middle School Large Group (DOG House) 6:00-7:00 pm
- High School Large Group (DOG House) 7:30-8:30 pm



SERMON NOTES

Ephesians 4:26-32

1. Some interpreters of our text have too often used this passage to argue that Christians should _____ from ever getting angry.
2. Every time we decide to allow anger inside us or explode in an inappropriate way, we become less than _____, less than the people God created us to be.
3. Someone has said about anger, _____ it, _____ it, and then _____ it away.
4. In the game of Aggravation, when someone lands on your space you go backwards. In the game of _____, we can move forward; it's all in the _____ we make.

Last Sunday's Stewardship Report on 10/9/2016 (28 weeks)

2016 Fiscal Year is April 1, 2016 – March 31, 2017

Will you be loyal to Shady Grove United Methodist Church and uphold your church by your prayers, your presence, your gifts, your service, and your witness?

ATTENDANCE

8:15	9:30	11:00	Cont.	Total	SS	COW
35	158	128	70	391	143	15

OPERATING FUND FINANCIAL STATEMENT

Amount received to date in 2016 Fiscal Year	\$ 477,163
Expenses to date for 2016 Fiscal Year	\$ 528,407
Pledge amount for 2016-17 Fiscal Year Operating Fund	\$ 807,587
Pledge cards received	237

BUILDING FUND – (Mortgage Payments)

Amount received to date in 2016 Fiscal Year	\$ 52,131
Principal & Interest paid in 2016 Fiscal Year	\$ 77,208
Pledge amount for 2016-17 Fiscal Year Building Fund	\$ 87,405
Pledge cards received	104

The Building Fund is used to serve our \$ 852,435 debt obligation from 2002-2004 construction of the sanctuary, fellowship hall, and education building, as well as the 2007 acquisition of the adjacent properties on Shady Grove Road. This loan is currently being paid down at a 20-year amortization rate.

GROUNDING IN FAITH, GROWING TO SERVE CAMPAIGN

Amount received to date	\$ 152,827
Pledge amount for 3 years Capital Campaign	\$1,576,545
Pledge cards received	130



Announcements for October 16, 2016

We are glad you are here. It is our hope that you will find our worship meaningful and life-giving. If you are searching for a church home or are interested in learning more about Shady Grove UMC, we invite you to attend our next "Lunch with the Pastors" today at 12:00 noon. To RSVP for lunch, please call the church office at 360-2600 or email plugin@shadygroveumc.net.

TODAY

We begin a four week sermon series entitled "Games People Play." We will examine four classic board games, (Aggravation, Monopoly, Jenga, and Sorry) and consider how a Christian strategy can help us to be successful in the games of life.

Come to Game Night at 5:00 pm for dinner and **BINGO!** We will provide pizza and drinks, please bring a NUT FREE snack to share. If your last name begins A-M bring a sweet snack and if your last name begins N-Z bring a salty snack. Please RSVP by 1:00 pm online at www.shadygroveumc.net/game-night. Donations accepted to help pay for the pizza. Questions? Contact Lauren Adkins at ladkins@shadygroveumc.net. G-3 will attend this event.

2016 Happen'n Hallows Eve – "If you never did, you should. These things are FUN, and FUN is GOOD!" -Dr. Seuss Join us for Shady Grove's alternative to Halloween on **Saturday, October 29**, from 4:00 to 7:00 pm. We have NEW games, HILARIOUS contests, FESTIVE food, FUN prizes, and FAMILY-FRIENDLY activities for all ages. DJ Iva will also be spinning some tunes! Tickets are being sold before and after Sunday School in the sanctuary, \$6 per person or \$30 maximum per family (presale). Contact Terri Ellis at msetpe1996@gmail.com. We need your help to make this event a success! Various opportunities are available to volunteer or donate items. Sign up to help out at <http://tinyurl.com/zpokovd>, sign up to donate items at <http://tinyurl.com/zk659dk>, and sign up for contests at <http://tinyurl.com/jrwpl6p>.

Please donate old t-shirts to be upcycled into jump ropes to pack in the Operation Christmas Child shoeboxes. Shirts can be torn, stained or have writing on them, just please be sure they are clean. Look for bins in the foyer of the sanctuary, fellowship hall and education building or bring to the church office during the week. We will collect **through Thursday, October 20**. Contact Dottie Chilton at dottie.chilton@gmail.com.

Are you ready for an upgrade? If you have a Dell tower or desktop computer that was purchased in 2011 or after and would like to donate it for use in the church library, please contact Gregg Butler at 360-2600 or gbutler@shadygroveumc.net.

THIS WEEK

Adult Discipleship Opportunities – Many classes and ministries are underway, but it is not too late to jump in! Learn more about Adult Discipleship opportunities through the week by visiting www.shadygroveumc.net/adults. For Wednesday Night classes, visit www.shadygroveumc.net/wednesday-nights.

Seniors Brunch and Speaker – Wednesday, October 19, at 10:30 am in Chapel Hall. Bring a dish to share and join us to hear from Bobby Spiers, a member of Reville UMC, who will share his research and knowledge on Charles Wesley. He will give us in-depth information about several hymns Wesley composed. RSVP to Betsy Katko at bjkatko@comcast.net or 360-5057.

Spaghetti Dinner Wednesday, October 19, from 5:00-7:00 pm, youth ministry will give the hard-working Bistro staff the night off. Enjoy Chef Steve's famous spaghetti dinner. Reservations are NOT needed and all donations to enjoy this delicious meal will benefit our Stop Hunger Now meal packaging event in May when we plan to package 25,000 meals to help work to bring an end to world hunger. Come and bring your family and friends!

Wellness Wednesday 6:15-7:15 pm – Join SGUMC's Health Cabinet as they host various health and wellness professionals in the church library. This week: *The Basics of Dementia* with Dr. Tina Thomas. Learn more at www.shadygroveumc.net/wednesday-wellness.

Gideon's Call, a men's vocal ensemble, will be singing in worship Sunday, October 30. Rehearsals **continue Wednesdays, October 19** and 26, from 6:15-7:15 pm and are held in the education building, room 204. High school boys and all interested men are encouraged to join us. For more information contact Sylvia Cooper at scooper@shadygroveumc.net.

Meditation with Kate: Wednesdays 7:30-8:15 pm – Kate Bishop resumes her weekly guided meditation, which will bring you peace in a busy working week. Bring an open heart and mind. Contact Kate at kbishop@shadygroveumc.net.

STEP Banquet and Fundraiser, October 20 – The congregation is invited to a banquet and fundraiser on Thursday, October 20, to support STEP which serves kids in need in Gilpin Court with afterschool tutoring and a meal. 6:30 pm at West End Presbyterian. Register at <http://tinyurl.com/stepbanquet> **by Monday, October 17**.

United Methodist Men's Stew is Saturday, October 22. Quarts are \$7. Pre-order through <http://tinyurl.com/sgumcummstew>. Pick up stew from the fellowship hall kitchen on Saturday, October 22, from 11:00 am to 2:00 pm or Sunday, October 23, between worship services. Contact Jason Sheriff at jsher17@yahoo.com or 347-8477.

COMING UP

Voices of Grace, a women's vocal ensemble, will be singing in worship Sunday, November 13. Rehearsals begin Sunday, October 23, from 6:00-7:00 pm and continue October 30 and November 6 in the sanctuary. High school girls and all interested women are encouraged to join us. Contact Sylvia Cooper at scooper@shadygroveumc.net for more information.

The Center for Creative Arts – Autumn Studio Art workshops for adults will teach you how to create a mountain silhouette - October 25, Parent & Child Painting Workshop - November 10, and a floral still life painting - November 15. These evening workshops are great for friends, include light refreshments, and all supplies. No experience necessary! The Center offers a broad array of classes for children and teens including art, chess, and private music instruction for all ages. Learn about our programs at www.center4creativearts.org or email center4creativearts@comcast.net to register.

Knitting & Crochet Ministry is a group working together to stitch shawls, scarves, hats, and prayer squares where needed as led by God. We will show you how and give you the yarn and needles to get you going on one of these projects. If you are interested, YOU ARE INVITED to our next meeting hosted by Elaine Ratliff 5009 Belmont Park Road, Glen Allen on **Thursday, October 27**, at 7:00 pm. Contact Margaret Phillips 527-7857 or phillips.mwphillips@gmail.com with any question.

Youth Orchestra – All middle school and high school band or orchestra students with at least one year of playing experience are invited to join the youth orchestra, directed by Gregg Butler, to prepare to play in worship on Sunday, November 20, at 9:30 and 11:00 am in the sanctuary. Rehearsals are Sunday, October 30, November 6 and 13, from 5:00-5:45 pm in the sanctuary. Please contact Gregg at 461-1419 or gbutler@shadygroveumc.net to let her know you would like to play so that music can be prepared for you.

Methodism 101: "Why I Am Methodist" Saturday, November 5 – Join us as we discuss the big questions: What is the Methodist approach to the Bible? . . . the Trinity? What are our Methodist ethics and how do we help others? Where do we come from and where are we going? Christian educator Jennifer McCluskey returns to SGUMC to use her passion for the Lord, history, and Methodism to ignite a passion for our denomination in all of us. Registration starts at 8:30 am with the program running from 9:00 am to 12:00 noon. The cost for this event is \$15, which includes refreshments and materials. This event is appropriate for youth and adults. Sign-up online: <https://goo.gl/forms/3wh301v8oy1AaT0w1> or register at the Welcome Center and return form to the church office. Register **by Tuesday, November 1**. Contact Lauren Adkins with questions or to help with the setup for this event, ladkins@shadygroveumc.net.

Adult Mission Trip Opportunities – Adults are invited to be part of two mission opportunities: **November 10-13** - Tornado rebuilding in Waverly, VA, no cost except meals; **May 14-19** - Appalachia Service Project in Guyan Valley, WV, \$425. Contact Bob Payne at rpayne60@comcast.net or 305-8763.

PRAYER CONCERNS

Tori Anderson, Vic Anderson (father of Vicky Oliver), Terrie Besnier, Jim Bonnell, Jan Burger, Bonnie Dellinger (mother of Jill Early), Fyfe Dollar, Betty Finley, Cheryl Fitzgerald (sister of Donna Noble), Ann Gooch (mother of Anita Schrunk), Ann Gussett (mother of Laura Ann Kump), Laura Harkonen-missionary in Congo, Tommy Harris, Ryan Hartsook (son-in-law of Mike and Ruth Powell), Don Herrick (father of Anne Hurst and Sarah Metzgar), Peggy Hill, Terry Hoover (father of Haylee Douglas), Betsy Katko, Wallace Martin, Pam Melton (daughter of Sylvia Chartier), Diane Morrison, Mike Powell, Caiden Purkey (grandson of Bob and Lisa Jones), Beverly Robertson (mother of Martha Anne Martin), Shirley Ronquest, Jim Schmidt, Lois Ann Sessoms (mother of Rachel Smith), Steve Stokes, Sara Walker

Homebound

Aleida Bultman, Linda Stone-Our Lady of Hope

Global Missionaries

Heather and James-location undisclosed, Nico Chantel-Europe, Fishers 4 Him-Dominican Republic, Eva and Lindsay Gilliam-US, Laura and Timo Harkonen-Democratic Republic of the Congo, Liz Jackson-Philippines, Quynh-Hoa Nguyen-Vietnam

We extend our Christian love and sympathy to Walt Lyons and family upon the death of his grandmother, Francis Lyons.

We extend our Christian love and sympathy to Dianne Shafer and family upon the death of her mother, Reba Deavours.

Connection Group Discussion Questions

For the week of October 16, 2016 **Ephesians 4:26-32**

These questions are to be used as a spring board for discussion.

Answers may or may not be found in the sermons.

1. If you know how the game Aggravation is played, describe the object of the game. Then discuss how our use of anger is similar to this game.
2. Read Matthew 5:21-26 aloud to your group. Discuss what you think Jesus was doing in comparing murder with anger.
3. As Christians should we ever get angry? Why or why not?
4. Are you aware that usually adrenalin builds up in our body when we get angry? How can being aware of this fact assist us in dealing with our anger in a more effective way or can it?
5. Every time we decide to allow anger inside us or explode in an inappropriate way we become less than fully human, less than the people God created us to be. Jesus in our text is attempting to say that our anger doesn't have to be a destructive emotion. Discuss.
6. Ephesians 4:26 says, "Be angry, but do not sin. Do not let the sun go down on your anger." How is this anger expressed differently than turning inward with our anger or exploding in inappropriate ways?
7. Do you think our present culture has a tendency to express anger inappropriately? Why or why not?
8. Mayo Clinic gives numerous tips in how to deal with our anger such as take a timeout, think before you speak, exercise, identify solutions, use "I" statements, and practice relaxation skills. Discuss strategies that have helped you to deal more effectively with your personal anger.

