

The

Network

OUR VISION:

To be a beacon of faith, hope and love.

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Cumberland United Methodist Church, Florence, South Carolina

From the Pastor's Desk



**The Reverend Dr.
Anthony Hodge**

"What's In It For Me"

(excerpts from the pastor's
email message Dec 2nd)

We have completed the "What's in it for Me" sermon series. I emphasized in those messages that everyone connected to Cumberland benefits in four ways. Persons can benefit through their affiliation with Cumberland as there are opportunities to experience Christian *Community*. Individuals will also be *Encouraged* to become the best that God has sought for them to become. *Support* is constantly

provided and individuals will experience spiritual *Growth*.

For the Sunday's left in 2018, I'm asking us to do our very best to support the church financially. This will not only help ensure we meet our financial obligations for the year but will also help put the church in a positive position when we begin the process for refinancing our church's mortgage in early 2019. Therefore, if you have not completed your financial pledge yet, please make every effort to do so. Even if you did not make a pledge, every contribution made to the church in December is vitally important. I want to remind us that the pledges we make to the church were first made to God and each of us are encouraged to do our very best to fulfill our commitment to God. Also, it is not too late to assist with the church's birthday rally. Regardless of your birth month, you can still help the church reach its goal of paying 100% of the apportionments.

As we come to the end of 2018, I want to thank each of you for all you do and continue to do for God, the church and the community of Cumberland UMC. Our ultimate goal is to help make disciples for Jesus Christ. Whenever possible, please utilize the document *Don't Overcomplicate Evangelism* as a means of reaching others. If you have any questions about how to put into practice what is suggested in the document, please feel free to call me or schedule a time with me. I would be happy to spend time with anyone.

It's the season of Advent and I hope that you are excited about celebrating the birth of the Savior of the world. Please be reflective and attempt to model the gift of love that was given to each of us through Christ's birth. I look forward to sharing another Christmas holiday with each of you!

Thank you!

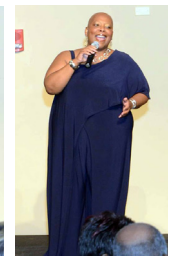
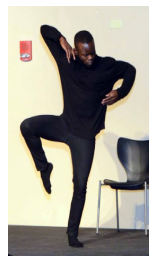


2018 Gala – A Night of Cumberland Stars!

We were entertained and dazzled by our Cumberland's Stars at the 5th Annual Gala. Good food and good fellowship. If you missed it, you missed a treat!



*Sponsored by the
CUMC Adult Ministry*





MEMBER SPOTLIGHT

Congratulations

Tonya Frazier McNair



On October 1st, Tonya McNair was appointed to serve as Acting Director, Programmatic and Strategic Integration (PSI) within Exploration Systems Development (ESD). She has been serving as Deputy Director of PSI since July 2016. Prior to that, she served as the Business Manager for the Space Communication and Navigation Division within the NASA Human Exploration and Operations Mission Directorate. Tonya is married to Anthony McNair and they have two sons, DeMario and Terrell. She is also the daughter of George and Brenda Frazier.

Submitted by Mrs. Tonya McNair

Mr. Clifford Parr, Sr.



Mr. Cumberland 2018-2019

A very much deserved award for all his hard work for the church. Just to mention a few (e.g., UMM, Ramp Ministry, several choirs, volunteering where needed, monetary contributions).

"I can do all things through Christ which strengtheneth me." Philipians 4:18



C-Unity / Fall Festival

The C-Unity / Fall Festival event which was held October 14, 2018 at Timrod Park was very successful. Cumberland UMC and Central UMC networked together in organizing and planning this event. Special thanks to the pastor, the Reverend Dr. Anthony Hodge, for his support.

Iris McDuffie, Janie McLeod and Myrna Barr-Cook, Committee Nurture Members

CUMC Adult Ministry Goes NUTS!



During Florence's 2018 Pecan Festival on November 3rd, the Adult Ministry sold all types of scrumptious foods from fried turkey wings to French fries. Many came out to support this effort and enjoyed every bite!



YOUTH DAY EXCURSION

The youth attended South Carolina State University's Youth and Military Day 2018 in Orangeburg, SC on Oct 13th – enjoying the football game (SCSU vs Bethune-Cookman); college organizations' showcase; lunch; and a Battle of the Bands. What an experience for our youth – learning and having fun! Let us continue to support our youth.

By Ms. Ja'Kita Harrison and Mrs. Myrna Barr-Cook



Pictured: Ja'Kita Harrison, Myrna Barr-Cook, Mya Barr-Cook, Kierstin Phillips, Kayla Phillips, and Raven Charles.



YOUR HOLIDAY ADVICE ON HEALTH & WELFARE



10 Healthy Holiday Nutrition Tips



By Micah Dorfner • Submitted by Ms. Iris McDuffie

Here are 10 tips from Allie Wergin, registered dietitian nutritionist at Mayo Clinic Health System, to help you have a healthier holiday:

1. **Don't skip meals.** Skipping a meal can lead to overeating. Having a filling snack (e.g., fruit, string cheese, yogurt, or a small handful of nuts) can help prevent overeating.
2. **Contribute a healthy dish.** Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.
3. **Choose your splurges.** Scan the buffet /dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year.
4. **Think Color.** Make a plate look festive by including fruits and veggies. Aim to cover half the plate.
5. **Choose drinks wisely.** Stick to calorie-free drinks e.g., water, tea or seltzer) instead of high-calorie festive drinks. Alcoholic beverages contribute empty calories. If you do choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.
6. **Visit the people, not the food.** Move socializing away from the buffet or appetizer table to prevent mindless eating.
7. **Say no to food pushers (politely).**
8. **Savor seasonal treats.** Having treats once a year will not make or break your weight.
9. **Eat until you are satisfied, not stuffed.** Eat slowly, and check your fullness levels while you're eating.
10. **Don't feel guilty.** If you did overindulge, don't beat yourself up. Just make sure your next meal is healthy, and be sure to incorporate exercise into your routine.

The UMW End of Summer Luncheon



The luncheon was held September 1st by Cumberland United Methodist Women and special guests. Mrs. Jacqueline Campbell and her team hosted the luncheon at her beautifully decorated event space located in back of her residence, complete with swimming pool! Some of the attendees were inspirational speakers - Rev. Buquilla Ervin Cannon and the Reverend Dr. Sheila Elliott Hodge. Many shared of how God helped in their personal struggles. Also, there were activities and prizes. All of this while enjoying a delicious meal fit for a queen!

Submitted by Mrs. Geraldine Barr, Pres. /UMW

HERE'S *What's Happening* IN OUR CHURCH

WEEKLY

SUNDAY

Sunday School - 8:45 am

Morning Worship - 10 am

WEDNESDAY

Adult Bible Study - 7:00 pm

Special Note

Children & Youth Bible Study

5:30 pm each Wednesday
after the 1st Sunday



"And the angel said unto them,
Fear not: for, behold, I bring you
good tidings of great joy,
which shall be to all people.
For unto you is born this day
in the city of David a Saviour,
which is Christ the Lord."
Luke 2:10-11

*May you have
the gift of Faith,
the blessing of Hope,
and the peace of His Love
at Christmas and always.*

*From the staff of
The Network*



NEWSLETTER STAFF



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LAURA JAMESON

With regrets Sandra Holloway, Editor & Janie W. McLeod, Publisher will not be able to participate in the completion of the March issue of The Network due to prior commitments. Mr. Richardson will be editing and publishing the March issue. Thank you for your continued support!

IMPORTANT

Don't forget to let the Church office know if you have moved, changed a telephone number or email address.
Thank You!

We Need Your Input! SUBMIT, SUBMIT SUBMIT

Our committee is very excited about being able to bring the news directly to you.

We are now accepting all "News" for the next Newsletter. Please submit your information by the **4th Sunday in February for the March edition.**

Don't forget, we are calling all youth to submit an article for the newsletter. Hard copy or electronic submissions are accepted. Don't wait too late -we want to hear from you!

Please submit to Ms. Jakita Harrison at jakitalh@yahoo.com or Mrs. Sandra Holloway at sanholloway01@yahoo.com.

BIBLE THOUGHT OF THE MONTH

December 25

*For to us a child is born, to us a son is given;
and the government shall be upon His
shoulder, and His name shall be called*

*Wonderful Counselor, Mighty
God, Everlasting Father, Prince
of Peace.*

Isaiah 9:6



CHRISTMAS

Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. A feast central to the Christian liturgical year, it is preceded by the season of Advent or the Nativity Fast and initiates the season of Christmastide.

Christmas time is a season of happiness and giving. It's always nice to get presents, but it's even more amazing to give gifts to those you hold dear to your heart. This is the time of year to remind the ones you love how much you appreciate them and to thank them for being the incredible people that bring you joy all year round.

Merry Christmas.....

From your Publisher
Janie W. McLeod

CHURCH INFORMATION



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Open Hearts, Open Minds, Open Doors.. The People of the United Methodist Church

ORIGINAL CONCEPT AND DESIGN BY JANIE W. MCLEOD