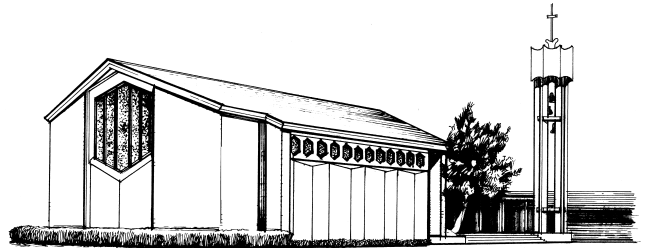


# Behold!



Spring Valley United Methodist Church / Dallas, Texas

November 19, 2008

## Commentary: The Burden of Busyness

By Shannon Vowell  
*Special Contributor*



Most of the moms I know are currently girding themselves for an annual challenge that is longer and more grueling than any triathlon yet invented. Starting the day after Halloween and continuing through Jan. 1, we're on a treadmill that's known (ironically) as the Holiday Season.

We'll race from event to event and obligation to obligation, smiling gamely at our exhausted children as we cheerlead them through exams, college applications, pre-school plays, football playoffs and extended family gatherings—all while we're baking treats, cleaning for company, shopping for gifts and organizing.

And this year the Holiday Season looms large against a backdrop of international gloom: recession, uncertainty and war. It's enough to make a grown woman declare she doesn't want to play anymore!

### On the treadmill

Jesus said, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." (Matthew 11:28) But my experience is that the Church goes into holiday-season mode just like the world does. The treadmill dials up to sprint speed, and folks can either get on and run like blazes, or get off and feel guilty for not participating.

Try as I might, I cannot find a scriptural basis for most of the things we do in church around the Holiday Season. Other than worship, which all too often gets preempted by distracting Christmas-themed performances, what are the things on the church calendar that logically line up with the story we purport to be telling?

So many holiday traditions at church are simply that—holiday traditions; things that must be done every year without fail simply

because they have been done every year without fail.

But slavishly following a pre-determined agenda at a frenetic pace on the basis of tradition is not offering Christ. In fact, it probably counts as getting in Christ's way.

When the church forgets that we are supposed to be in the business of offering the peace of Christ rather than perpetuating the busyness of the Holiday Season, we burn out church members and compromise our ability to witness to a weary world about Jesus' invitation to rest in Him. And then the burden of busyness sinks deeper onto the backs and into the hearts of people who are desperate for hope and respite.

It's good to remind ourselves that busyness and holiness are not even tangentially linked, and that we are called to be holy, not busy!

~continued - Page 4

## THANKSGIVING INTERFAITH SERVICE

**Wednesday, November 26**  
**7:30 pm**

**Pies can be delivered to**  
**Temple Shalom**

**For more information, contact the**  
**church office at 972-233-7671**



## Worship Opportunities

### Sunday, November 23

Last Sunday after Pentecost

Traditional Services:

8:30 and 11:00 am in the sanctuary

Scripture: Luke 17:11-19, 18:9-11

Sermon: *Thankful People*

Rev. Mark Vowell

Common Ground Contemporary Service:

11:00 am in Wesley Hall

Scripture: Ezekiel 34:11-31

Sermon: *Reign of Christ*

Rev. Dr. Anna Hosemann-Butler



### Nueva Vida Services - Spanish

Prayer Meeting - Wednesday 7:30 PM

Sunday School - 12:30 pm

Worship - Sunday 1:30 PM

Rev. Carlos Nascimento

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**Behold deadline:** Mondays at 11 am

**Behold editor:** Kathy Watson

behold@svumc.org

## Behold Weekly Attendance Report

	November 16
8:30 Traditional Service	75
11:00 Traditional Service	159
Common Ground Service	125
Nueva Vida	79
Nursery/Mission	38
<b>TOTAL</b>	<b>476</b>

Remember Evangelism is up to  
**EVERYONE!**

## Guatemala Mission 2009

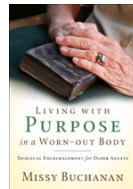
For those who wish to step out in faith and travel in mission, please mark your calendar for the 2009 Guatemala Mission Team trip, July 18 through July 26. This year we will stay in Chichi and will go daily to Comanchaj and construct a playground for the pre-school and finish construction on the second floor of the school. The first organizational meeting will be in January. For more information you may call Robert and Elizabeth Gross at 214-341-1822

## November/December



November 26	Thanksgiving Interfaith Service, Temple Shalom, 7:30 pm
November 27	Thanksgiving Day
November 28	Church closed
December 7	Advent Workshop, 3 - 5 pm
December 19	Live Nativity 7 - 10 pm
December 21	Children's Pageant
December 24	Christmas Eve Services (see page 3 for schedule)

## Living with Purpose in a Worn-Out Body



On Saturday, Nov. 22, 2008, Missy Buchanan will be signing copies of her book, **Living with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults** at the Cokesbury store at 19200 Preston Rd. in Dallas from 10:00am-noon. The book of devotions is already in its **3rd printing** since it was released by Upper Room Books in May 2008. ([www.upperroom.org](http://www.upperroom.org))

**Living with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults** will make a wonderful Christmas gift, especially for elderly members who reside in senior care facilities or are homebound.

## Prayers of concern, encouragement, hope and love



## Hospital

- Lois Murphy

## Our Church Family

Oliver Axtell	Betty Burrage
Janis Dumas	Guillerminia Guerra
Sandra Guthrie	Ted Dumas
John Lonneke	Emily Meier
Ken Sloan	Cindy Stamps

- Our Care Receivers of Stephen Ministers
- Members of our congregation serving in the armed forces around the world
- Our homebound members

## Our Extended Church Family

- Ron Amberg's friend, LaShunda Rundles
- Chita Baladad's sister, Yolanda Berdin
- John and Barbara Clark's granddaughter, Allie Medieceja
- Nichole Fiorentino friends Denise and Olivia Marsh
- Robert Goodrich's mother, Maggie Goodrich
- Vince and Alleen Julian request prayer for Irene Siegal
- Laura LaFrano's mom, Dorothy Lankenau
- Herb and Cynthia Lee's son and daughter-in-law, Collin and Patty, as they adopt Gabrielle, following the recent death of Patty's sister, Anne
- Holly Lewis requests prayer for Cadyn's grandmother, Paula Verheezzen
- Jennifer Martin and family
- Charlotte Muskopf's mother, Velma Prater
- Jackie Palmer's sister and her family
- Bill and Jeri Savuto, Missionaries in Africa
- Buea Methodist Church in Cameroon

## Joys and Concerns:

Call Alice Cromwell,  
972-239-7332,  
or e-mail her at  
[dallasal@swbell.net](mailto:dallasal@swbell.net).

**MUSICAL OFFERINGS**

8:30 Youth Ensemble  
 11:00 Chancel Choir & Children's Choir  
*For the Beauty of the Earth*



**REHEARSAL SCHEDULE**

**Sunday, November 23**  
 7:45 Youth Ensemble  
 10:00 Common Ground Praise Band  
 10:00 SVUMC Orchestra  
 10:30 Chancel Choir  
 3:30 Youth Ringers  
 4:30 Youth Singers  
 4:30 Cherub Choir  
 4:30 Children's Choirs  
**Wednesday, November 26**  
 Orchestra and choir NO REHEARSAL  
 (sing at service)  
 7:00 Common Ground Praise Band



**HYMNS**

No. 131 *We Gather Together*  
 No. 102 *Now Thank We All Our God*  
 No. 694 *Come, Ye Thankful People, Come*

**Children's Choirs Help Lead Worship  
 This Sunday in 11:00 Traditional**

The children's choir will join with the Chancel Choir this Sunday to sing in the 11:00 traditional service. They will be singing John Rutter's *For the Beauty of the Earth*. They will rehearse in the choir before the service.



**Magnificat**

By Mark Hayes

**Sunday, December 14**  
 8:30 and 11:00 am  
 Traditional Services



Chancel choir, youth singers, orchestra and seasonal singers

"My soul magnifies the Lord"

**Christmas Eve at Spring Valley 2008**

5:30 pm Service for Families with Children  
 Sanctuary Carols, Communion & Candlelight Worship Service  
 7:00 pm Sanctuary Carols, Communion & Candlelight Worship  
 7:30 pm Common Ground (Contemporary Worship) with Carols,  
 Communion & Candlelight Worship  
 10:30 pm *Pre-Service concert by Carillon Ringers*  
 11:00 Sanctuary Carols, Communion & Candlelight Worship



**Rhythm Guitar  
 Player Needed**

The Praise Band, which provides musical leadership in Common Ground, is auditioning for a rhythm guitarist. Please contact Kelly Williams, [kwilliams@svumc.org](mailto:kwilliams@svumc.org) if you are interested.



## Poinsettia Sale

The SVUMC Youth will be selling Poinsettias for the Christmas Season starting Sunday, November 16th

Poinsettias can be given in honor or memory of a loved one or to the Glory of God.

Cost is \$15 each.

This is to help our youth go on the summer mission trips next summer (Choir Tour and Appalachia Service Project). So please consider purchasing one or more.



### Commentary: The Burden of Busyness

Cont'd from page 1

#### The main thing

Before the Holiday Season gets going in earnest this year, let me make a suggestion to moms and church planners alike: Keep the Main Thing—the Main Thing—and leave room on the calendar for cuddling on the couch with kids.

If an activity—even an activity at your church—doesn't serve a clear and meaningful purpose, don't do it. Use the time you save to talk to your children about whom we give thanks to at Thanksgiving, and why Christmas celebrates the Incarnation. Help them see the difference between the Incarnation and Christmas as a consumer orgy.

Make this the year that you leave the burden of busyness at the feet of Christ. Jump off the treadmill, defy the guilt and sing with the angels: "Glory to God in the highest heaven, and on earth peace among those whom he favors!" (Luke 2:14)

Printed in the *UM Reporter*, November 7, 2008 edition

## Coming in DECEMBER!!!!

### College and Beyond

Spring Valley's new Sunday School Class for Young Adults

at 9:45 am - in Room 216

The years that follow high school really test faith. Pressures of college, dating, and launching careers make many of us walk away from the churches we grew up in. Why? Because it can feel like church has nothing meaningful to say about the realities of the way we live.

And maybe that's true. Or maybe it's just that we can't hear the meaning we need over the noise we expect.

Ask yourself:

- What is your purpose during your time on earth?
- What does a "good life" look like?
- How do you know what you are supposed to do when?
- Where can you find assurance that who you are and what you choose actually matters?

The College and Beyond Sunday School Class will be a safe place for wrestling with the questions that matter to you right now.

### Find God. Find yourself. Be transformed.

Shannon Vowell is wife to Mark and mom to their many kids. She also writes (catch her commentary at the *UM Portal* online) and teaches (college literature courses and Bible studies). She is working on a book about coming to faith late, which she did (at age 30, while doing graduate work at Cambridge University). She says a good Sunday School class is one of the most exciting places in the world. Contact Shannon for more information; her email address is [savowell@att.net](mailto:savowell@att.net).



## Advent Workshop 2008

Save the Date  
Sunday, December 7  
3:00 - 5:00 pm



Volunteers contact  
Dana Taylor at  
[Danataylor1998@sbcglobal.net](mailto:Danataylor1998@sbcglobal.net)

## SPRING VALLEY FOUNDATION GIFTS

January - June, 2008

*In Loving Memory of  
Lois McMillan*

Glynn Ledbetter

*In Loving Memory of  
Frances George*

Sharon &amp; B.J. Hall

*In Loving Memory of  
Frank Clements*

Gwen &amp; Don Bowen

*In Loving Memory of  
Bettie Fitzgerald*

Carol &amp; Slayden Diehl

Ruby Baker

Louise &amp; Harry Bartley

Nancy &amp; Ed Buchtel

Pat Chadsey

Clare &amp; Cal Chaney

Carmen Copeland

Sue &amp; Forest Cummings

Ruth &amp; John Dvorak

Mary &amp; John Eisenlohr

Jane &amp; Robert Greene

Susan &amp; Ernie Hanchey

Judy &amp; Greg Harris

Delma Hendrix

Faye &amp; Roger Horn

Mary &amp; John Huffhines

Mr &amp; Mrs Bruce Jamieson

Ann Jobe

Jack Johnson

Barbara Stewart Jones

Ada &amp; Jim Jones

Jeanne Keeney

Glynn Ledbetter

Cynthia &amp; Herb Lee

Rusty &amp; Wray Lawley

Virginia &amp; Walter Matzen

Barbara &amp; Don McAlister

Dr &amp; Mrs David McAlpin

&amp; Family

Opal G McAlpin

Drs Karen &amp; Gary McDouglas

&amp; Family

Connie &amp; Lee Mott

Marilyn Myrick

*In Loving Memory of  
Bettie Fitzgerald (con't)*

Floy Naugle

Northwood Hills Book Club

Northwood Women's Club

Jan &amp; Richard Orrock

Anne &amp; Mike Parrish

Mr. &amp; Mrs. John Penson

Charles Pistor

Odett &amp; Tom Reger

Ann &amp; Ross Sanders

Bob Schutze

Dr. &amp; Mrs. Hugh Spitzer

Swenson Land &amp; Cattle Co.

Sharon &amp; Rod Syer

Virginia Thomas

Peggy &amp; Jack Van Wunnik

Jean &amp; Gene Wismer

SVUMC Beacon Class

Nancie &amp; George DeCourcy

Barbara &amp; Ralph Detwiler

Rachel &amp; Jim Edwards

Betty &amp; Guy Garrett

June &amp; Joseph Lees

Flora Pierce

Ginny Leeds

Sharon &amp; B.J. Hall

Rozanna &amp; Lincoln Hinsch

Kathryn Goode Langford

Aaron Riker

Linda &amp; Melvin Teetz

Catherine &amp; Eugene Baer

Ann Coats

Lucy &amp; Daniel Polter, M.D.

Lorrain &amp; Jack Wise

Carla Swenson

Harriet &amp; Walter Ziegenhals

Judith &amp; Henry Merino

*In Honor of**Paula Huffaker*

Carl Fitzgerald

*In Loving Memory of**Doris Goudy*

Nancie &amp; George DeCourcy

*In Loving Memory of**Ruth Mendoza*

Barbara &amp; Frank Zoeller

*In Honor of  
Howe Lota Westbrook*

Nita &amp; Glenn Robb

*In Loving Memory of  
Mary Clark*

Susan &amp; Ernie Hanchey

*In Loving Memory of  
Paul Armstrong*

Susan &amp; Ernie Hanchey

*In Loving Memory of  
Claire Bender*

Violet &amp; William Butler

Frances Forte

Billie Wolf

Deborah &amp; Patrick Perrin

Lisa &amp; Mark Raskin

Glynn Ledbetter

SVUMC Beacon Class

*In Loving Memory of  
Dorothy Garrett*

Susan &amp; Dan Kasten

SVUMC Bazaar Ladies

*In Loving Memory of  
Lynn Heitman*

Barbara &amp; Ralph Detwiler

Dawn &amp; James Hall

Betty &amp; Guy Garrett

Elizabeth &amp; John Thomson

Carl Fitzgerald

Mary &amp; John Huffhines

Ruby Baker

Rozanna &amp; Lincoln Hinsch

SVUMC Beacon Class

Ellis Central Appraisal District

*In Loving Memory of  
Mattie Holiday*

Rosemarie Coyle

Betty Reichel

Sharon &amp; B.J. Hall

Susan &amp; Ernie Hanchey

Glynn Ledbetter

Betty Hopper

SVUMC Beacon Class

SVUMC Bazaar Ladies



Are you wise, outdoorsy or paternal? Join us in a little Radical Hospitality!

We are looking for ALL ages of people to be Wise Men, Sheppards and Joseph and Mary for our Live Nativity on Friday December 19th. There will be one rehearsal on Sunday, December 14th and performances approximately every 20 minutes from 7-10pm on December 19th. We would like to have two sets of our cast so that if it is cold we can take turns warming up inside. We also have openings for Hot Chocolate servers, if you feel this is more your calling. This is a great opportunity to show God to the world! Please contact Debbie McEnaney at [damcenaney@aol.com](mailto:damcenaney@aol.com) if you are interested.

### Christmas Eve Greeters Needed!

Greeters are needed for the 5:30, 7:00 and 11:00pm Traditional Christmas Eve services and for the 7:30pm Common Ground Christmas Eve service.

All friendly people, please apply! Contact Debbie McEnaney at [damcenaney@aol.com](mailto:damcenaney@aol.com) if you are able to help! Greeters have the best job of passing out the candy canes, so don't miss your chance to make lots of people smile!



### IT'S HOLIDAY TIME FOR THE UMW!!!!!!

The regular meeting of the UMW will be held at a different time in December. We will meet for a Christmas Brunch on Monday, December 8, at 10:00 AM in Wesley Hall. The program will be some very well known entertainers from our church....Paula Huffaker and her daughter, Alex Rose! Tickets will be on sell in the hallway for this festive occasion at \$6.00 each. Make your plans now to attend and bring a friend. All women of the church are invited to join in celebrating this Holy Season.



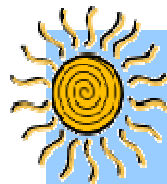
SPRING VALLEY FOUNDATION GIFTS  
January - June, 2008, cont'd from page5

*In Loving Memory of  
Barbara Beights  
Reta McGaughey*

*In Honor of  
Anna Hosemann-Butler  
Ladies Bible Study Class*

*In Loving Memory of  
George Gordon  
Sharon & B.J. Hall  
Rozanna & Lincoln Hinsch  
SVUMC Seekers Class  
Susan & Ernie Hanchey*

*In Loving Memory of  
Mary Alice Lee  
Betty & B.P. Burrage*



*Nueva Vida*

to offer  
conversational  
Spanish Classes

Stay tuned for more  
information soon!!



### Stephen Ministry Training To Begin January 4

Stephen Ministry is a distinctively Christian caring ministry in which clergy and laity work together to provide quality on-to-one care to meet the needs of people experiencing a wide range of life circumstances or crises.

In Acts 6:1-7, *Stephen* is identified as one of the first laypersons set aside to do caring ministry. Begun in 1975 in St. Louis, the trans-denominational program now serves more than 90 denominations in all 50 states. Our church began its program in 1999.

Now we're recruiting additional lay members for the 50 hour training class scheduled to begin in January.

Contact Rev. Anna Hosemann-Butler, or any of the Stephen Ministers for information.

Visit the church web site: [www.svumc.org](http://www.svumc.org) and link to Stephen Ministries



### VNA Holiday Gift Project

The 2008 Visiting Nurse Association's workshop to provide 4500 gift bags for Meals on Wheels clients and hospice patients is to be held this year at their new headquarters.

**1440 W. Mockingbird Lane** (just east of Interstate 35)  
Dallas, TX 75247

New  
Location

**Tuesday, December 2, 10am to 3pm**  
**Wednesday, December 3, 2pm to 8pm**  
**Thursday, December 4, 2pm to 8pm**

You are invited to this "come and go" Open House and Gift Wrap. This is an opportunity to view the new Meals on Wheels kitchen with the capacity to prepare **14,000 meals EVERY day!** For information about the new kitchen visit: [www.vnatexas.org](http://www.vnatexas.org) Click on the link: Patrick and Beatrice Haggerty Center.

Items (full size) needed this year for each bag are:

- Toothpaste
- Toothbrush (individually wrapped only)
- Bar soap
- Shampoo
- Lotion

**Already donated are enough white tube socks**

For 20 years Spring Valley hosted this important event. Now with available space for the very first time, VNA is proud to host this annual event!

Look in next week's Behold for information about Spring Valley's participation on December 3, and for information about drop off boxes at the church for donations.

For more information, call Myrna Ridings, 972-231-4435 or e-mail: [ridingstexas@sbcglobal.net](mailto:ridingstexas@sbcglobal.net).

## Seasons of the Church Year



presented by **Anna Hoseman-Butler, Cheryl Murphy & John Tarver**

### Sunday, Nov 30th

9:30 am to 10:00 am

refreshments & fellowship in the Loggia

10:00 am to 10:30 am

program in the Sanctuary

### Fifth Sunday All-Church Sunday School

What are the seasons of the church year? No-tie summer? Fall Bazaar autumn? Spring break sabbatical? Come join us to hear own pastors, Anna and Cheryl, as they walk us through the real seasons of our church calendar: *Advent, Christmas, Epiphany, Lent, Eastertide, Pentecost, and Ordinary Time*. They will explain the history, the liturgical colors, and themes of the seasons. Also, John Tarver will be on hand to provide musical samplings from each "season."



**Come and Enjoy Fellowship & an Informative Program!**  
**You don't want to miss it!**

Hosted by Adult Ministries Council

### Prime Timers Pot Luck Luncheon

Featuring: Rev. Rusty King and John Tarver

**Tuesday, November 25, 2008, 11:30**

**in Wesley Hall**

Please sign up in the office.

Ham will be provided  
bring a covered dish with a  
serving utensil.

For further information contact

Jan Robertson

972-234-6359





# Spring Valley UMC

7700 Spring Valley Road  
Dallas TX 75254

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Org.**  
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## **Fifth Sunday All-Church Sunday School November 30**

### *Bible Lectionary Readings*

*Ezekiel 34:11-16*

*Psalms 100*

*Ephesians 1:15-23*

*Matthew 25:31-46*

### **Aldersgate Class**

**November 23** - Advent Bible Study

Rejoicing in Hope - Part 3

**December 7** - Advent Bible Study

Rejoicing in Hope - Part 4

### ***Come As You Are***

*To Live Is Christ,  
Joining Paul's Journey of Faith  
by Beth Moore*

### ***SPOT Class***

Gratitude

### ***Beacons***

**November** - Anna Hosemann Butler

Why the Hebrew Scriptures  
matter to Christians

### ***Seekers***

**November 23** - Cheryl Murphy  
Radical Hospitality

### ***Footsteps***

*Building a Godly Home*

## Staff email addresses

Mark Vowell, Senior Pastor #15  
Anna Hosemann-Butler, Senior Assoc. #19  
Carlos Nascimento, Assoc./ Hispanic #26  
Rusty King, Music Director #24  
Donna Alexander, Music Assist. #12  
Robert Goodrich, Youth Director #18  
Tony Holiday, Maintenance Supervisor #16  
Jan Hudgins, Children's Director #20

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Cheryl Murphy, Director of Evangelism #17 cmurphy@svumc.org  
Carol Nicholas, Business Manager #11 cnicholas@svumc.org  
John Tarver, Organist #24 jptarver@verizon.net  
Kathy Watson, Communications #10 behold@svumc.org  
Kelly Williams, CG Coordinator, # 25 kwilliams@svumc.org