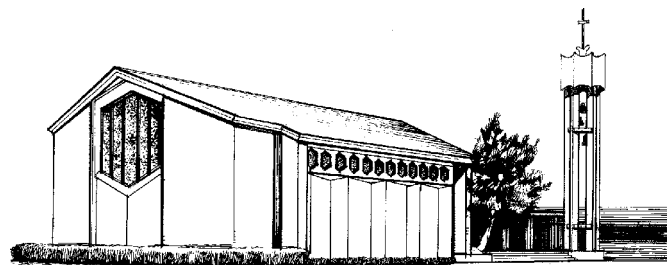


# Behold!

Spring Valley United Methodist Church / Dallas, Texas



Vol. 10, No. 2 January 12, 2004

## Grief is a part of life

Betty could see that her friend, Sue, was feeling a little down and asked her what was wrong.

"I was driving home from the supermarket and drove past the park like always; but today, for some reason, it reminded me of Jim." Betty responded, "Oh, honey, I know what you mean. Sometimes those little things just make me think of Mike."



"It's been seven months now; and some days, I just feel so sad," Sue continued. "You'd think I could get over it by now."

"Why would you think that? Jim was only forty-two; and it was so sudden, so unexpected. He had a lot of life ahead of him," Betty said. "There was a lot the two of you had planned to share. Don't be so hard on yourself. My Mike has been gone for over five years; and we had almost forty years together, but I still have my sad days."

"But I just can't help thinking that I am supposed to be stronger," said Sue. "I mean, after all, we all know we are mortal. We know that we will lose loved ones along the way. One would think that with all that knowledge, we'd be better prepared for grief. I knew it would hurt, but I had no idea it would hurt so deeply for so long."

Grief is something that will touch all of our lives at some point; and as a community of faith, we have an opportunity to learn together what to expect when grief comes: What will grief feel like? How long will it last? Is it okay to feel this way? Why does it have to be so hard?

Grief is not depression. Depression is but one aspect of grief; and it is accompanied by feelings of loneliness, despair, guilt, anguish, and anger. We see friends experiencing grief and exhibiting their grief in sometimes frightening ways, and we ask ourselves: "Why are they acting that way?" We tell ourselves, "You'll never catch me behaving that way!" We have hopes that when we are faced with grief, we will be strong, noble, and stoic. The truth is that many of us will be unable to remain noble and stoic, and our resulting behavior leaves us confused and frightened.

Please join us for five Tuesday evenings, starting January 20. Our series is entitled "Preparing for Grief" and is open to all. If you are currently grieving or know or anticipate that someday you will experience grief, our doors are open to you. In this series, we will discuss our expectations and what we think we know about grief and our own experiences. We will invite attendees to

share their own stories. We will examine the role of grief in the kingdom of God. We will prepare ourselves to help our friends who are grieving. We will prepare ourselves to be accepting and supportive of ourselves when we experience our own grief.

Please call the church office at 972-233-7671 and ask for me if you have any questions about this series. I hope you will.

*Frank Rahm*

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You are invited to share  
***Hospitality of the Heart***  
with Marilyn Brown Oden

Mrs. Oden, author and wife of North Texas Conference Bishop William Oden, draws on her own experience as a guest of the Benedictines at St. Joseph Abbey and the "desert fathers" to help others expand their understanding of hospitality in its broadest sense. Hospitality involves helping our guests (and members) feel truly at "home" and meeting their needs. Hearing her may change your life... and it may change our church!

Saturday, February 7  
9:30am ... Gathering & brunch  
10am - 1pm ... Program

St. Andrew UMC, Plano  
5801 W. Plano Parkway  
\$15 per person

Brochures available in SVUMC office;  
reservations requested by Feb. 2.

### 3rd, 4th, and 5th Graders!

Mark your calendars! On Friday and Saturday, February 6 and 7, we will have an overnight Bible Retreat here at Spring Valley! Make plans now to come and enjoy lots of fun activities to learn more about how to use your Bible as a tool to understanding God's plan for your life.



We will also have lots of food and games, too! More information will be on its way soon so that you can sign up for this great new event.

For more information, or to help with this event, contact Jan Hudgins at 972-233-7671, ext. 20, or email [jhudgins@svumc.org](mailto:jhudgins@svumc.org).

### Austin Street Centre breakfast, January 18, Rev. Bubba in charge

The homeless are the unloved, the unwanted, and the down-on-their-luck; and even as a child, the Rev. Bubba Dailey knew God wanted her to serve them. This Episcopal priest is co-founder (1983) and executive director of Austin Street Centre, a downtown nighttime shelter. We are one of the churches who furnish and serve breakfast to the more than 350 persons seeking shelter.



Call Dana or Steve Taylor, 972-234-9867, for more information. Besides food, we'll be taking warm clothing and over-the-counter cold medications, which must be at the church by noon on Saturday, January 17.

As Rev. Bubba has said: *"Listen to your heart, pray, and do what Jesus would have you do."*

### Cruise fundraiser for NET

Richardson's NETWork of Community Ministries is sponsoring a 7 night cruise on September 1, 2004, from Whittier, Alaska, to Vancouver, B.C. If you would enjoy the adventure and fun of an Alaskan cruise as well as helping Network raise needed funds, this trip is for YOU! Prices start at \$580.00 per person.

For more information, call Pat Winnubst, Network volunteer, at 214-544-8800.

### UMW garage sale and clothing drive

It's time to clean those closets again! The annual United Methodist Women's clothing drive and white elephant sale will be held in Wesley Hall on February 20th and 21st.

Please begin gathering your donations - clothing, accessories, linens, dishes, and other household items. We cannot accept furniture or books for this sale. Your donations can be brought to the church beginning Sunday, February 15, until 5:00 in the afternoon. We will accept donations through Wednesday, February 18. Clean your closets and support the mission outreach of SVUMC.

### Noteworthy news



#### January 18

8:30 & 11:00

Dave Jones & Rusty King, *Sound the Trumpet*  
11:00 Chancel Choir, *Ave Verum* by Mozart

#### January 25

8:30 Chancel Choir, *Awake My Heart*

11:00 Youth Ringers, *Timbrel & Dance* and  
*How Beautiful*

Youth Singers, *Sanctus* from "Gospel Mass"

#### February 1

8:30 & 11:00 "Risen" Youth group

11:00 Chancel Choir, *Set Me as a Seal*

#### Youth Ringers to attend festival

Youth Ringers will attend a bell festival sponsored by the Greater Dallas Handbell Association on Saturday, January 24. In addition to the mass rung pieces, our group will play a solo piece at the 3:30 concert. Everyone is invited to attend. Our youth will have a wonderful experience!

#### Chamber Singers have reconvened!

The Chamber Singers have begun rehearsals again. They will lead in the 8:30 and 11:00 sanctuary services on January 18, February 22, March 21, April 2 and May 16.

#### 31 youth attend Tuesday Bible study!

We experienced not only our highest number at a Tuesday night Bible Study, but also one of our most illuminating lessons by Frank Rahm and an energetic fun-filled and productive rehearsal. Nine adults fixed supper and led the group in choreography, blocking, accompanying, etc. We had a total number of 40! Praise God!

#### Spring Valley Travelers trips

All trips are now full. More information about future trips will appear in the *Behold* as they are planned. Call Chris Parton for info at 972-239-3369.

#### "Second Helping" event starts

Beginning this week and continuing every second Wednesday of the month, a dinner will be served in Wesley Hall at 5:30-6:30pm for a nominal charge (\$4/adults, \$2/children, \$10/family max). Come and enjoy your "second helping" of food and fellowship, followed by an optional program.

## What's up for YOUTH...

### Sunday, January 18

9:30am Youth Sunday School  
11am Worship  
12:15pm Youth Council meeting and lunch  
3:30 p.m. Youth Ringers  
4:30 p.m. Youth Singers  
5:30 p.m. \$3 Snack Supper  
6:00 until 7:30 UMYF

**UMYF News!** We have a special guest speaker coming to us this Sunday, January 18. Brian Hardesty-Crouch will bring us an extraordinary event called "Address Your Stress." Rather than the usual lecture about worry and anxiety, Brian has something planned that will be completely new and different for us, so don't miss it!

**Sunday School News:** This week we renew our "university-style" classes. Classes last for six Sundays, and then we start an entirely new rotation with some new classes for you to select. The current classes are "Angels," "Bad Girls of the Bible," "Biblical Battles," and "The Case for Faith." The next menu of classes promises to be equally exciting and fulfilling!

**Special Congratulations to:** Chris Peart, who earned 1st chair Tenor in All-State Choir from among all public schools in Texas.

**Big Welcome Home to:** Rachel Hartman, who is recovering from her vacation accident.

**Mixed Mid-Winter Retreat Coming Soon!** This annual event, for all youth in the North Texas Conference of the United Methodist Church, is February 6-8 at Bridgeport. The cost is only \$67, plus \$10 for a t-shirt. Registration forms are available in the youth office and are due January 30.

**Mark Your Calendars:**

February 1	Super Bowl Party
February 6-8	Mixed Mid-Winter Retreat
February 22	Mardi Gras Madness!

## Mardi Gras Madness, Sunday, February 22, 5pm

Live auction! Wonderful Food! Awesome Entertainment! Silent Auction! You can see a partial list of auction items by clicking <http://www.svumc.org/Events/MGM/>. All this and more are a part of the fun, while all the time helping the youth of our church on their three summer trips – choir tour, Appalachia Service Project, and Easter Seals Camp in Colorado! Mark your calendars and save the date!



## Sunday School news...

### Aldersgate Class

**January 18** - Jim Veach will present a program on Islam, covering the history of Islam, its basic principles, and relationship with the West. Jim is an attorney and also has a Master of Theology degree from Perkins School of theology at SMU.

**January 25** - Robert Gross will lead a lesson on "How God Communicates with Us." Five Aldersgate members will share their sensory encounters with God/Christ. Robert urges all to attend this unique spiritual experience.

### Beacon Class

Challenges for our New Year - 2004

*How I Can Become a Better Me*

These messages will focus on individual and world challenges that we face in the year 2004. The sub-title, "*How I Can Become a Better Me*," puts the emphasis on the individual. World-change must begin with individual change. "If people are right, the world will be right." You are invited to Asbury Hall on Sunday mornings at 9:45am to hear these messages presented by John Dvorak.

**January 18** - "*A New Look at Sin & Forgiveness*"

Romans 7; I John 1:5-9

**January 25** - "*No Saints Suddenly*" Luke 2:39-52

### Seekers Class

**January 18** - Dan Kasten continues with "The Bible as History," Part II

**January 25** - Susan Kasten, "*Back to the Future*"

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*Please join us as we celebrate our  
Thirtieth Annual Interfaith Shabbat*

*Friday, February 13, 2004*

*at 8:00pm*

*The Olan Sanctuary of Temple Emanu-El  
8500 Hillcrest Road*

*We welcome as our guest Dr. W.J. Bryan,  
JDD*

*Director of the Intern Program  
and Professional Formation  
Perkins School of Theology, SMU*

*Reception to follow service  
Childcare is available; reservations are  
required*

*Please call Lori Droppo at Temple  
214-706-0000, Ext. 303*

## Joys and concerns

Call Alice Cromwell, 972-239-7332, or email her at [dallasal@swbell.net](mailto:dallasal@swbell.net) for any prayer concerns. These concerns will stay on the list for two weeks unless otherwise requested.

### SVUMC Church Family

Roselyn Douglas  
Caleb Hudgins  
Rachel Hartman  
Connie Peterman  
Beth Copeland  
Bob and Rosemary McGuire  
Wanda Bettis  
Homebound members

Lola Copeland's friends, Don Whitaker  
and family  
John Tarver's aunt and cousin  
Patti Malone's aunt, Margaret Atkinson,  
Leah Wood's grandmother Paul and Terri  
Hartman's brother-in-law, Don Bailey,  
and also Terri's aunt, Norma Murdock  
Dan Malin's friend, Craig Christopher  
Denise Peters' daughter, Jeannie

Emily Rahm's friend, Kelsey Wood  
Mildred Eubanks' granddaughter, Cari  
Susan Haney's mother, Yvonne Russell  
Anna Haney's friend, Tyler Archibald  
Our Missionaries, the Savutos  
Slany United Methodist Church  
Those with ongoing concerns

### Extended Church Family

Linda Ledbetter's mother  
Kathy Brunson, former member  
John Tarver's aunt and cousin  
Gwen Watson's mother  
Marty Yancy's father, Theo  
Paul Christley's mother  
Bill Escarre's brother, Jim

Jo Alice Patton's friend, Dora James  
Mark Wood's friends, Dillan Hamilton  
and Rhetta Wood  
Cynthia Pharr-Lee's father, J.C. Ivy  
Betty Hopper's friend, Jo Kay Gary  
Linda Ledbetter's mother  
Greg & Paula Huffaker's friend,  
Rebecca Berry

### Congratulations to:

Frank and Barbara Zoeller on the celebration  
of their 50th wedding anniversary

### Deepest sympathy to:

Paula & Greg Huffaker in the death of their  
neighbor, Bev Johnson  
Rick Case, in the death of his father  
Joan Barnette's daughter's "family-in-law" in  
the death of her father-in-law