



The Messenger

December 18, 2024
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A weekly publication of Laurel Heights United Methodist Church

Dear Church-

This January, we will begin a new sermon series called *disConnected*. In an age of constant connection, we are paradoxically more disconnected than ever. We can chat with friends online, laugh at memes sent by family, or send quick messages to coworkers, yet the loneliness we feel is undeniable. Despite the tools of modern communication, the Surgeon General of the United States, Dr. Vivek Murthy, calls loneliness, isolation, and a lack of connection both an “epidemic” and a “public health crisis.” Scientific research reveals that *one in two adults in America* reports experiencing loneliness, a condition with devastating consequences.

Dr. Murthy reminds us that loneliness is “far more than just a bad feeling”—it impacts our physical, emotional, and spiritual health, increasing the risk of cardiovascular disease, dementia, anxiety, depression, and even premature death. The effects of social disconnection are as harmful as smoking 15 cigarettes a day. Our homes, workplaces, and communities feel the weight of this growing disconnect.

During this four-week series, *disConnected*, we will reflect on the challenges and gifts of solitude, confront the deep ache of loneliness and isolation, and seek hope in God’s vision for community. Together, we will wrestle with the question: How do we reconnect—with God, ourselves, and one another—in a world that often leaves us feeling so alone?

In a world filled with digital connections but emotional gaps, let’s rediscover the power of true, God-centered community and the healing it brings. Together, we’ll move from being *disConnected* to *reConnected*.

Along with this sermon series, we will offer book discussion groups of Jonathan Haidt’s New York Times Bestseller: *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness*. It is not too late to add this book to your Christmas list!

In Christ-
Pastor Lisa



Christmas Eve Worship Services

11 am

An Intergenerational
Worship Service with
communion and
candlelight

7 pm

A Traditional Worship
Service with familiar
scriptures, carols,
communion, and
candlelight

11 pm

A Traditional Worship
Service with familiar
scriptures, carols,
communion, and
candlelight



Church Calendar

Wednesday, December 18

9:00 a.m. Exercise Class - Room 305

5:30 p.m. Midweek Advent Dinner:

Blue Christmas - Fellowship Hall/Gym

Thursday, December 19

9:00 a.m. Church Mice

10:00 a.m. Super Adult Day - Fellowship Hall

6:00 p.m. Tai Chi Class - Room 312

Friday, December 20

9:00 a.m. Exercise Class - Room 305

Sunday, December 22

9:00 a.m. Worship Service- Sanctuary

9:30 a.m. Fellowship - Fellowship Hall

10:00 a.m. Advent Study with Pastor Laura -
Mann Chapel

10:00 a.m. Sunday School

11:00 a.m. Worship Service - Sanctuary

Tuesday, December 24 - Christmas Eve

11:00 a.m. Intergenerational Worship Service with
Communion & Candlelight

7:00 p.m. Traditional Worship Service with
Scriptures, Carols, Communion & Candlelight

11:00 p.m. Traditional Worship Service with
Scriptures, Carols, Communion & Candlelight

December 25 - January 1, 2025

Church Office Closed

Sunday, December 29

11:00 a.m. Worship Service

Midweek Advent Meals and Worship Gathering

Wednesday, December 18 | 5:30 PM

For our final gathering, we'll share a meal and participate in a **Blue Christmas Service**. Blue Christmas, often observed near the winter solstice, acknowledges the sadness or challenges that can accompany the season. In the gym, we'll have **interactive, self-guided stations** designed for quiet reflection. These stations will offer a chance to name and release lingering feelings of sadness or loss, creating space for healing and hope during the holidays.

**REVERSE
ADVENT CALENDAR**

1 Peanut Butter	2 Rice	3 Dried Beans	4 Mac & Cheese	5 Canned Chili
6 Canned Tuna/Chicken	7 Breakfast Cereal	8 Canned Fruit	9 Crackers	10 Oatmeal
11 Pasta	12 Pasta Sauce	13 Stuffing Mix	14 Instant Potatoes	15 Soup
16 Apple Sauce Cups	17 Canned Pinto Beans	18 Crackers	19 Canned Tomatoes	20 Cookies
21 Canned Green Beans	22 Canned Carrots/Corn	* 25 Find a box and add an item each day. Bring your completed box with you on Christmas Eve. Our boxes will be going to the San Antonio Food Bank.		
23 Cranberry Sauce	24 Canned Sweet Potatoes			

Laurel Heights UMC
227 W. Woodlawn Ave. San Antonio, TX 78212

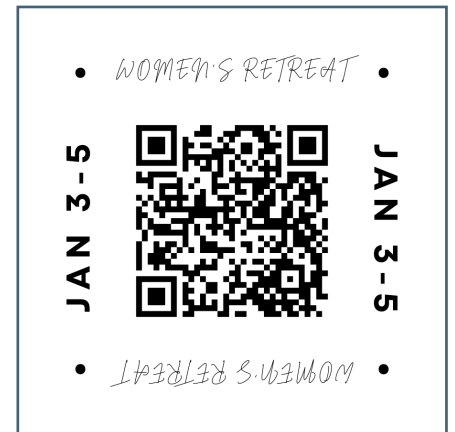


“It’s not too late to join us!”
January 3-5, 2025
Mustang Island Retreat Center

For more information,
contact Laura Healy at 210-733-7156

Register at [Women's Retreat 2025 - Laurel Heights United Methodist Church](#)

or scan the QR Code.



Chancel Flowers

We are now accepting
requests for chancel flowers
for the year 2025.

To reserve your preferred
date, please contact Heather
at the church office.



Prayer Requests

JOYS AND CONCERNS

Healing

Lucien Manchester

Richard Parrigan

Gracie Huron

Juan Arturo Gonzalez

William Beuhler

Pat Moss

Jay Sconyers

Brooke Herron

Glenda Sams

Bert Clayton

Ahmed Halim

Norman Roe

Elizabeth Diaz



**Lord, in your mercy,
hear our PRAYER**

You can offer a prayer of gratitude
or concern by emailing prayers@mylhumc.org,
through [Facebook Messenger](#),
or calling the church office (210) 733-7156.



12/14
Hallie Saylor

12/29
Harper Shaw

12/19
Laura Glick

12/30
Sam McGlone

12/20
Jill Sanders

12/31
John Shaw

12/22
Wendell Davis

*Are we missing
your name
on the birthday list?*

12/24
Nancy Jones

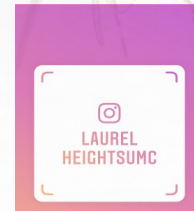
*Please notify the
church office
at 210-733-7156
so we can update our
records.*

12/27
Max Healy
Mary Helm

12/28
Liz Hughes

*We don't want to miss
anyone!*

Follow Us On Social Media



<https://www.facebook.com/LaurelHeightsUMC>

Sanctuary Offering

Online Giving
Please visit our website:
<http://www.laurelheights.org/give/>

MANY WAYS TO GIVE AT LAUREL HEIGHTS UMC

Text to give:
"LHUMC" 73256

Or use our QR code

<http://www.laurelheights.org/give/>

Church Office Hours

We will be closed December 25 through January 1, 2025.



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