

The Vine

Windsor United Methodist Church

9500 Windsor Lake Boulevard, Columbia, SC
803-788-1858 www.windsorumc.org Windsorumc@bellsouth.net

May 2023

Our Mission: To connect Christ and community and to demonstrate the love of God to all through Jesus Christ as empowered by the Holy Spirit.

Let this mind be in you,
which was also in Christ Jesus.
Philippians 2:5

Mental Health Awareness Month

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate mental illness recovery. For the past 20 years, the Substance Abuse and Mental Health Services Administration has recognized Mental Health Awareness Month every May to increase awareness about mental health's vital role in our overall health and well-being.

Mental health awareness is crucial because it promotes understanding, empathy, and support for individuals experiencing mental health challenges. It involves increasing knowledge and understanding of mental health issues, reducing stigma and discrimination, and encouraging individuals to seek help when needed. Unless something touches our lives, we never really find value or validity in being aware of the causes or concerns that surround us. Mental health is one of those areas where, for many reasons, we do not have conversations.

However, I notice that mental health is a growing issue in almost all settings. As a child, I grew up shielded from thoughts or persons considered mentally ill, even though I had an uncle who was special. So, the subject became taboo for me, as most people have experienced. So, rather than being a subject considered healthy to talk about, we labeled it wrong, and thus the stigma continued to evolve, "Don't talk about mental health issues; it's private." Yes, like any illness it is private, but here is the problem: when people are in trouble, we have to talk about it, and it is often too late. Everyone should be concerned about their mental health wellness and that of society. The world might be better off if we look closer at ourselves and the others surrounding us.

Mental health is more than the absence of a mental illness—it's essential to our overall health and quality of life. Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. So mental health awareness is necessary for each of us to live peacefully. Self-care can play a role in maintaining our mental health and help support our treatment and recovery. It also can be essential to share with people who may not be aware that self-care aids in healing.

Self-care means taking the time to do things that help you live well and improve your physical and mental health. Even small acts of self-care in your daily life can have a significant impact. Regarding your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Some self-care options include regular exercise, eating healthy meals, staying hydrated, getting plenty of rest, and relaxing. Stress is the #1 culprit of anxiety, which leads to other issues. Practice gratitude, focus on positivity, and stay connected to family and friends.

Self-care looks different for everyone, and finding what you need and enjoy is essential. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health. We play a part in one another's mental wellness.

Language matters. When it comes to mental health, words matter. The language we use to discuss mental health can perpetuate prejudice and discrimination or promote acceptance and compassion.

When we use open and compassionate language around mental health issues, we empower ourselves and encourage others to find the help they need. So let us practice being aware of our mental health wellness and support others as best we can. Check-in on each other and make it easy to talk about and hear people's pain; this is building community, and we need each other more than ever in these days and times.

Pastor Leatha Brown





WINDSOR SOUP KITCHEN AT WASHINGTON STREET UMC

Article and photos by Becky Leonard

Windsor UMC continues helping with the noontime meal serving at Washington Street UMC Soup Cellar on the first Monday of the month. A bagged meal format and added social distancing precautions were initiated at the beginning of the Covid pandemic to safely continue to provide a meal for those in need. For the foreseeable future, the Soup Cellar plans to keep the bagged meal format.

On Windsor's March 6 serving day, 79 guests came to pick up a bagged meal of a sliced ham sandwich, orange, doughnut for dessert, a bottle of water and a cup of Terrence Chisholm's (Soup Cellar manager) homemade pork and beans with rice soup. Ferrie Ward, Anita Schmidt, Debbo Lackore and Becky Leonard helped that morning.

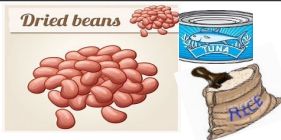
The following month our serving day was April 3. Terrence's soup of the day was hamburger with potatoes and vegetables. Ninety-one folks came through that morning to get soup along with a sliced ham sandwich, orange, doughnut, and bottle of water. Ferrie Ward, Anita Schmidt, Debbo Lackore, Noreen Doughty and Becky Leonard helped prepare and serve the meal that morning. As an additional treat, Debbo Lackore entertained the guests as they came to pick up their bagged lunch with her singing and ukelele strumming.

Soup is prepared every day, no matter the weather, because the guests like soup and it provides a lot of nutrition. At the beginning of Covid, soup was not initially being served and the guests were given two sandwiches, along with a fruit item, dessert and bottle of water. After several months, the Soup Cellar reinstated the soup when the doors were opened one morning with the guests chanting, "We want soup! We want soup!"

Windsor's next serving days will be May 1 and June 5. If you are interested in helping in May or June, please contact Becky Leonard at 803-466-4222 or fleonardz@hotmail.com. We begin meal preparation around 9:15 a.m. and are finished serving at 12:30 p.m.



meal preparation around 9:15 a.m. and are finished serving at 12:30 p.m.



Windsor Food Pantry

As the price of food goes up, so does the number of families who are faced with food insecurity. Windsor's food pantry helps families who come to the church office in need of food as well as some of those who attend the Skills for Work and Life Program on our church campus.

If you would like to help, please consider donating food items from the following list or donating funds (designating Food Pantry) so that we may purchase the food. Thank you to those who have and continue to donate to our food pantry.

For the next two months, we are requesting donations of boxed macaroni and cheese and elbow and spaghetti noodles, however, any of the foods on the following list would be appreciated! Bins are located outside the sanctuary or you may drop off your food items at the church office.

- white rice (1 or 2 pound bags)
- boxed macaroni and cheese
- spaghetti sauce
- canned chicken/tuna/Vienna sausage
- bar soap, toothpaste/toothbrushes and paper towels/toilet paper are also appreciated
- dried red, black and pinto beans (in 1 pound bags)
- vegetable/canola oil
- spaghetti/elbow macaroni

Thank you for continuing to help those in need, Windsor.



UNITED METHODIST MEN BREAKFAST MEETING



All men are invited to join Windsor's United Methodist Men the first Sunday of the month at Lizard's Thicket on Two Notch Road near I-20. We meet at **7:30 a.m.** Please join us for food and fellowship at our next meetings on **Sundays, May 7 and June 4.**

Seekers Sunday School Class Celebrates Easter!

Article and photo by Dan Lackore

As our church celebrated a wonderful time on the grounds of Windsor on Easter Sunday, our class was joined by many who found themselves in between opportunities with a Sunrise service held by Fil-Am, an Easter morning breakfast provided by the United Methodist Men and then the Sunday School class hour before Windsor's Easter worship.

Currently, our class is using the James Moore study material book *When the World Takes the Wind Out of Your Sails*. Our class had turned to chapter 10, "Remember to Pray in the Spirit of Christ" using John 14:12-14 and found ourselves filling chairs to the point that we happily pulled the chairs from around the walls to provide a place at the table for several folks who were out wandering the hallway.



Pictured clockwise from the bottom left: Barbara Hansen, Barbara Hamilton, Kathy Robinson and her granddaughter, Heather, Peggy Hill, Becky McMillion, Pastor Brown, Kristen Hill and Dan Lackore.

Salkehatchie Summer Service Registration is Open

Article and photo by Kathy Hart



Following a couple of dormant years because of Covid, we are thrilled to announce that the 45th year of Salkehatchie is gearing up for a very active summer. It is designed for youth, ages 14 and older, and adult volunteer leaders who love to get dirty and sweaty in the South Carolina summer sun. But most of all, it is designed to be God's hands and feet repairing homes for elderly and disabled folks and others in our state who cannot make the necessary repairs themselves.

Thirty-eight, week-long camps will open beginning Saturday, June 10. The cost is \$250.00 per camper/volunteer which helps to pay for building materials like wood, shingles, etc. Lodging and meals are donated by local churches and schools.



The days of climbing ladders to repair a roof are over for us, and yet, we know of so many ways to help the cause. Ivey and I are venturing to Rock Hill the week beginning Saturday, June 25 to help a new camp get started. We are like proud parents because the Camp Director, Eryn Price Wilson, is someone we have known since she was a fifteen-year-old first-timer at Harvest Camp in Dillon. That was 15 years ago. She loves Salkehatchie like we do. We are excited to see the next generation taking the reins. We would love to have you join us. Talk to us about it.

Annual Conference Request for Assistance

The S.C. Conference is asking for volunteers to serve as tellers at the Annual Conference to be held June 4-8 in Florence, SC. If you are interested, please see Pastor Brown for additional information.

CARNIVAL DAY

The excitement is brewing for Sunday, May 21, a day that we hope will bring neighborhood families to Windsor for worship, followed by a hotdog lunch and carnival activities. Volunteers are needed to help deliver invitation flyers in the Briarwood neighborhood and to help at the Spring Carnival. Contact any member of the Worship Committee or sign up on Sunday. You are needed.



Meet Shaun

Article and photos by Kathy Hart

When Ivey and I arrived at church on Saturday to set up tables and decorate for the Easter morning breakfast, the sound of the Fil-AM Praise Band was in full swing. We were thankful for the guys from the Fil-AM who helped us and, especially, the most energetic



helper, 3-year-old Shaun. He dragged those big black chairs across the floor to their place around the tables and then, he single-handedly decorated the wooden doors with butterflies. His preference was the yellow ones. A big thank you to the Fil-AM guys and to Shaun.



Thank You from Finance!

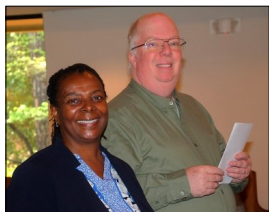
The Finance Team says thank you for your response with your tithes, offerings and special gifts. Through the end of March, your giving has exceeded our expenses by \$1,661.96. Again, thank you for your continued faithfulness to Windsor.

Charles Shipman, Finance Co-Chair

Easter Morning at Windsor

By Kathy Hart

Because He lives,
A bountiful breakfast was prepared for us to taste.
Because He lives,
Symbolic white trumpet lilies were set in place.
Because He lives,
Pastor Brown wore her new white fancy robe.
Because He lives,
Children learned Easter speeches.
Because He lives,
Sounds of the Spirit choir sang,
Because He lives, we can face tomorrow.



Photos by Noreen Doughty and Kathy Hart





Windsor's Yard Sale and Fish Fry

By Felica McCoy



Windsor's Worship Team organized a yard sale and fish fry to help raise money for our upcoming Spring Carnival on May 21. Both the yard sale and fish fry were a success! Volunteers jumped in and helped to organize Harbor Hall on Wednesday, Thursday, and Friday before the April 1 yard sale on Saturday. Windsor showed up with all of the wonderful donations. Harbor Hall was full of treasures that found new homes.

The fish fry was something new for Windsor and again Windsor folks went above and beyond, making this event something to remember. You helped sell tickets, donated food items, came out to support and some jumped in and helped serve the food. We had a long line from the time we opened until the time we ran out of food. We had many phone calls to say they loved the food and are looking forward to the next fish fry.

The fish fry meal had two kinds of fish, coleslaw, fries, a roll, cake, and a drink for \$12. The community came out in large numbers to get their fish plates and to support this wonderful event. Between both events, we reached our goal and raised more than \$2,000!

We are so thankful to you, Windsor, for supporting this event. We will have a fantastic Spring Carnival on May 21 because of you. If you would like to find out how you can help with the Spring Carnival please contact a member of the Worship Team.



Photos by Felica McCoy, Kristen Hill and Kathy Hart

World Changers Leadership Academy (formerly Royal Scholars) and Tea Party Event

Article and photos by Felica McCoy

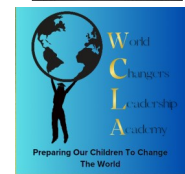
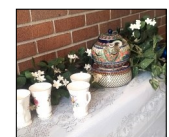
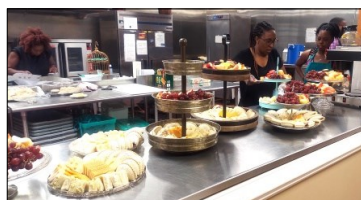


Royal Scholars has gone through a reorganization. We are now World Changers Leadership Academy (WCLA). We are a non-profit homeschool organization on a mission to provide engaging hands-on education for homeschool students once a week. The parents work as a community, pooling their gifts, talents, and resources so that all of the children can benefit from a World Changing education.

We have been at Windsor under the name Royal Scholars for two years and plan to stay as long as you will have us under our new name and face, World Changers Leadership Academy.

On April 21 we held our first event, a Royal Tea Party, under our new name. The children enjoyed a beautiful setting of tea, cookies, sandwiches, and cake while they learned etiquette from Pastor Brown who delivered a wonderful lesson. They also enjoyed Mr. Donald Sweeper, a storyteller from South Carolina Humanities. He told the story of the *Three Little Pigs* in Gullah.

Thank you, Pastor Brown, for taking time out of your day to be with us for this fun and educational event. The children really enjoyed themselves. Thank you again, Windsor, for making this safe space available for our students to learn, make friends, and be themselves.



Financial Summary through March 31, 2023

	Income through March 31, 2023	Expenses through March 31, 2023	2023 Budget	Percent of Total
Regular Income (offering, Sunday school, fees, other)	\$ 56,377.67		\$ 213,550.00	26%
Administration (buildings, staff, & staff expenses)		\$ 53,603.15	\$ 219,792.00	24%
Apportionments		517.34	2,845.00	18%
Nurture (worship, communications, education, family ministries, music ministry & youth)		210.42	3,796.00	6%
Outreach		200.00	TBA	over
Witness (evangelism & LRE)		184.80	850.00	22%
Total Regular Income & Expenses	\$ 56,377.67	\$ 54,715.71	\$ 227,283.00	24%



**God Bless
America!**

**Please Pray for:
Our Military,
Law Enforcement Members,
First Responders,
Healthcare Workers
and their families.
The people of Ukraine**



Average Attendance

10 a.m. Worship Service—Sanctuary	
March 1 to March 31, 2023	48
April 1 to April 30, 2023	57

All Sanctuary worship services are held with COVID-19 protocols in place.

Sunday School

March 1 to March 31, 2023	15
April 1 to April 30, 2023	18

Sunday School figures reflect those participating in Zoom, GoToMeeting, conference call and in-person classes.

Our Windsor Family

WINDSOR'S DEEPEST SYMPATHY TO...

- † Mark and Barbara Catoe and their family on the passing of Barbara's father, Carl Bailey, on March 6.
- † Nancy Grills' family on the passing of a long-time member on April 4.
- † Mark and Pastor Brown and family on the passing of Pastor Brown's cousin, Barbara Ann Cooper, on April 6.
- † Wayne and Melanie Nanney and family on the passing of Wayne's aunt, on April 9.
- † Sonya Hunter's family on the passing of a long-time member, on April 27.

If you have a "Windsor Family" item that you would like to share with our church family, please notify the church office at windsorumc@bellsouth.net or 803-788-1858.



Noisy Offering, Windsor Got Loud!

The children raised their buckets of loose change during special Lenten offertories. Windsor collected nearly \$309 for UMCOR's support efforts in Ukraine, Turkey, Syria and for recent tornado victims.

Photo by Kathy Hart



Calendar May 2023

Monday, May 1

9:00 AM WCLA CoOp - HH/All Classrooms
6:00 PM United Women in Faith Meet - Rehoboth
7:30 PM AI Anon - Rm 8

Tuesday, May 2

9:00 AM SL&WP - All Classrooms
3:30 PM Richland Library Tutoring - Rm 5&10
4:30 PM Richland Library Tutoring - Rm 5&10
7:00 PM Choir Rehearsal - Rm 9

Wednesday, May 3

9:00 AM SL&WP - All Classrooms

Thursday, May 4

9:00 AM SL&WP - All Classrooms

Friday, May 5

9:00 AM Briarwood HOA Board Meeting - Rm 10

Saturday, May 6

8:30 AM Prayer Group (Conference call)
9:30 AM Bible Study - HH

Sunday, May 7

7:30 AM UMM Breakfast - Lizard's Thicket
9:00 AM Sunday School (see *Leaf* for details)
9:00 AM Filipino American Church - HH

10:00 AM Worship Service - Sanctuary

7:00 PM BSA Troop 2870 - HH/Pav, Rm. 7&8

Monday, May 8

9:00 AM WCLA CoOp - HH/All Classrooms
7:30 PM AI Anon - Rm 8

Tuesday, May 9

9:00 AM SL&WP - All Classrooms
3:30 PM Richland Library Tutoring - Rm 5&10
4:30 PM Richland Library Tutoring - Rm 5&10
7:00 PM Choir Rehearsal - Rm 9

Wednesday, May 10

9:00 AM SL&WP - All Classrooms

Thursday, May 11

9:00 AM SL&WP - All Classrooms

Saturday, May 13

8:30 AM Prayer Group (Conference call)
9:30 AM Bible Study - HH

Sunday, May 14 (Happy Mother's Day)



9:00 AM Sunday School (see *Leaf* for details)

9:00 AM Filipino American Church - HH

10:00 AM Worship Service - Sanctuary

7:00 PM BSA Troop 2870 - HH/Pav, Rm. 7&8

Monday, May 15

9:00 AM WCLA CoOp - HH/All Classrooms
7:30 PM AI Anon - Rm 8

Tuesday, May 16

9:00 AM SL&WP - All Classrooms
3:30 PM Richland Library Tutoring - Rm 5&10
4:30 PM Richland Library Tutoring - Rm 5&10
7:00 PM Choir Rehearsal - Rm 9

Wednesday, May 17

9:00 AM SL&WP - All Classrooms

Thursday, May 18

9:00 AM SL&WP - All Classrooms

Saturday, May 20

8:30 AM Prayer Group (Conference call)
9:30 AM Bible Study - HH

Sunday, May 21

9:00 AM Sunday School (see *Leaf* for details)
9:00 AM Filipino American Church - HH

10:00 AM Worship Service - Sanctuary

12:00 PM Windsor Spring Carnival

7:00 PM BSA Troop 2870 - HH/Pav, Rm. 7&8

Monday, May 22

9:00 AM WCLA CoOp - HH/All Classrooms
7:30 PM AI Anon - Rm 8

Tuesday, May 23

7:30 PM AI Anon - Rm 8

Tuesday, May 23

9:00 AM SL&WP - All Classrooms
3:30 PM Richland Library Tutoring - Rm 5&10
4:30 PM Richland Library Tutoring - Rm 5&10
6:00 PM *Church Reset* Class - HH
7:00 PM Choir Rehearsal - Rm 9

Wednesday, May 24

9:00 AM SL&WP - All Classrooms

Thursday, May 25

9:00 AM SL&WP - All Classrooms

Saturday, May 27

8:30 AM Prayer Group (Conference call)
9:30 AM Bible Study - HH

Sunday, May 28

9:00 AM Sunday School (see *Leaf* for details)
9:00 AM Filipino American Church - HH

10:00 AM Worship Service - Sanctuary

7:00 PM BSA Troop 2870 Meeting - HH/Pavilion

Monday, May 29

7:30 PM AI Anon - Rm 8

Tuesday, May 30

7:00 PM Choir Rehearsal - Rm 9

Wednesday, May 31

THIS CALENDAR IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE
If you have any additions, changes and/or corrections to the calendar, please notify Julie in the office (803-788-1858). Thank You.



May

Dave Christiansen	1
Sharon Wing	5
Lane Hinson	10
Debbo Lackore	19
Marlene Nelson	21
Katy Hinson Bearden	22
Mitzi Shipman	23
Molly Walters	26
Kathy Robinson	27
Irene Nicholson	28
John Schwab	29
Linda Jackson	31



June

Joe Thompson	3
Melanie Nanney	5
Richard Taylor	6
Frances Huggins	7
John Dixon	9
Michael Grimes	10
Charmaine Ruppe	11
Karen Taylor	26
Becky McMillion	29



Congratulations!



Congratulations to Monya Havekost! She received the *Celeste McDuffie Volunteer of the Year Award* from Sheriff Leon Lott, Richland County Sheriff's Department! We are so proud of her.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

1 Peter 4:10



CrossCards



Open hearts. Open minds. Open doors.

The people of The United Methodist Church™

THE VINE

Published by Windsor United Methodist Church
9500 Windsor Lake Boulevard
Columbia, SC 29223-2022
Rev. Leatha Brown, Pastor
www.windsorumc.org windsorumc@bellsouth.net

Julie Milhouse, Administrative Assistant
Julie Milhouse, Publisher

Send articles by the 20th of the month by email to Julie at windsorumc@bellsouth.net or place articles in *The Vine* mailbox in Room 10.