

Hilltopper

Harrisonburg District

March 2017



Prayers
Presence
Gifts
Service
Witness

An Afternoon with Bishop Lewis

On Sunday, February 26, Bishop Lewis met with laity of the Harrisonburg District for her tenth Chat and Chew session in the Virginia Conference (earlier in afternoon she met with District clergy). There are 16 districts; 1069 churches and 330,000 United Methodists in Virginia.

Special points of interest:

- Bishop Lewis Chat n Chew
- Important Dates
- Nurse's Health Corner
- Anniversaries & Birthdays
- Church Council, UMW, UMM Updates

Bishop Lewis stressed the importance of clergy and laity working together in partnership and she is interested in hearing from people of Virginia conference before making decisions for a vision for the conference with focus on the mission of conference of making disciples for the transformation of the world. She acknowledged the youth in attendance noting they are not just the future of the church but are the now of the church. Youth leaders were encouraged to ask youth what they like and then be relevant in planning.



Other topics of discussion included diversity, utilizing resources, scouts, reading scripture, prayer, missions, WRE, immigrants, dissemination of information (communication), evangelism, technology (press kit being developed by conference communication office), small churches and spiritual gifts.

She notes she will be available for preaching and not just large churches but rural areas throughout the conference. Plans also include additional Chat and Chew sessions in each district.

Closed session with asking for prayers for herself as well as district superintendent and their work and ministries especially for travel mercies.



Did you
remember?

Important Dates to Put on Your Calendar

- 3/18 9:00 to 1:00 District UMW Spiritual Life Retreat at Vision of Hope UMC
- 3/20 7 pm UMW meeting
- 3/21 6:30 UMM meal served by Mabry Shiflett Circle
- 3/31-4/2 Lay Servant Academy
- 4/1 Conference Prayer Convocation – Richmond
- 4/7-9 Revival with Rev. M.D. Kim
- 4/13 Maundy Thursday Service
- 4/14 Community Good Friday Service at Laurel Hill Baptist
- 4/15 Children’s Easter Retreat (1-3 pm)
- 4/16 6:30 am Sunrise Service followed by breakfast
- 4/18 6:30 pm UMM meeting meal served by Irene Fretwell Circle
- 4/20 District UMW Evening Together at 7 pm at Keezletown UMC
- 4/22 Ladies Retreat (4-6 pm)
- 4/30 5th Sunday Event – (Birthday luncheon)
- 5/21 UMW Sunday



Help Needed ...

I am looking for a person to take over the production of pickles for the Ham Oyster Turkey dinner next year or the year after. Helen and I will be moving to much smaller quarters and I will be unable to provide the sweet chip and dill spear pickles. As an incentive to take this task over, I will give the person who agrees to do this a 7 quart stainless steel bath canner and all the quart jars you could ever need. Along with this I have the funnel and lifter devices to take the hot jars out of the bath canner. If you are interested in this offer, ***please see John Morse for details.***

Church Council

Met on February 23rd with thirteen present. Devotions were shared by Kevin Armstrong with focus on select verses from Psalm 118.

Highlights included:

- Reviewed current Treasurer's Report
- Stewardship campaign completed
- Audits of 2016 financial accounts due by April 1st
- Trustee chairperson for 2017 is Larry Hinebaugh
- Bible studies/readings continue on Wednesdays at 10:30 am and 6:00 pm
- Souper Bowl for benefit of Verona Food Pantry results were \$665 and 75 pounds of food
- Evangelism is exploring recruitment of team members and options for welcoming and mentoring new members/visitors
- Meeting with youth to explore areas of interest and options for joining other local youth for events
- Plans for spring mission trip to Tangier Island (see John Morse or Kim Maugans for details)
- UMM initiating church family visitation ministry
- Need additional laity for communion deliveries
- Updating job description and membership records
- Continue weekly Sweet Hour of Prayer; offer of opportunity for alternative prayer times
- Approval for purchase of children's play set and hand bells for children's choir from donated gift funds

ComfortCare Women's Health Ministry



The challenge for Lent is to find ways to support ComfortCare Women's Health Ministry with prayers, serving and giving. During Lent we are using the baby bottle challenge. Take a bottle and collect your change. Bottles will be collected on Palm Sunday (April 9). Information on ministries of ComfortCare are available in the Narthex.

March Nurse's Health Corner

What do painful premenstrual cycles, pain during intercourse, pain during bowel movements or urination, excessive bleeding, infertility, fatigue, diarrhea, constipation, nausea, bloating, and pelvic pain all have in common? They are the common signs and symptoms of endometriosis, a condition affecting approximately 6.3 million women worldwide. Endometriosis, according to the American Congress of Obstetricians and Gynecologists (ACOG), is a disorder in which the type of tissue that forms the lining of the uterus, or the endometrium, is found outside the uterus. Endometriosis occurs in 1 of every 10 women of reproductive age and is typically diagnosed between the ages of 30-40.

There is no direct known cause of endometriosis, but there are several risk factors that have been identified by the Mayo Clinic. These risk factors include:

- Never giving birth
- One or more relatives with endometriosis
- Any medical condition preventing normal passage of menstrual flow
- History of pelvic infections

Uterine abnormalities

Endometriosis is not a disease that we can see by just looking at someone, so in order for a doctor to diagnose a patient with endometriosis that patient must be able to describe their symptoms, when those symptoms occur, and where those symptoms occur. There are tests, such as ultrasounds, pelvic exams, and laparoscopy, a procedure in which a surgeon makes a small cut around the belly button and uses a camera (a laparoscope) to look for endometrial tissue around the uterus and take samples of that tissue if need be. These tests can best help doctors determine what treatments will work best for individual patients. Some treatment options, according to the Endometriosis Association, include:

- Over the counter pain medications
- Pain relief in the form of fibromyalgia medications, such as ProSirona
- Hormone therapies, such as oral contraceptives (birth control), and gonadotropin-releasing hormone (Gn-RH) agonists and antagonist, which block the production of ovarian-stimulating hormones
- Surgery to destroy or remove growths, relieve pain, and allow for pregnancy
- Assisted reproductive technologies to help women conceive
- Warm baths and heating pads

An active lifestyle with proper nutrition

March is endometriosis awareness month, and in the spirit of being in-tune with and aware of our bodies, it is encouraged that you see your doctor if you have signs and symptoms that may point to endometriosis. Discovering the problem early may help you avoid unnecessary complications and pain. If you need resources or support in coping with endometriosis, or would like more information, please check out:

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<http://www.endometriosisassn.org/help.html>

<http://endometriosis.org/support/>

Information provided by Abigail Willett, student intern with Community Outreach at Augusta Health. To contact Dana Breeding, RN, relating to the information in this article or with questions/comments/concerns, please call (540) 332-4988 or (540) 932-4988.

United Methodist Women

March 20 at 7 pm will be first 2017 meeting. Irene Fretwell circle will host program and business meeting will follow.

March 21 at 6:30 Mabry/Shiflett circle will provide meeting for UMM meeting

New Hope United Methodist Men

Meeting on February 21, 2017

President John Morse conducted the meeting. There were 17 members and two guests present. The outstanding meal was prepared and served by members of the Minnie Carr Circle. Shirley Western gave the devotions.

PROGRAM: The program was presented by Mark Westebbe, Chaplain for Augusta Health, Hospice of the Shenandoah. He explained how Hospice Care is different. It is just not end of life care. It treats the person, not the disease. They also provide Palliative Care. If a person has Medicare, most of the costs for Hospice and Palliative Care are covered. They try to allow the patient to remain at home as much as they can. There are nurses, doctors and other medical professionals available to treat the patient. An informational booklet and brochures were made available to everyone. The presentation was very informative and appreciated by everyone.

MINUTES: Bruce Rogers read the minutes for the January 17, 2017 meeting. The minutes were approved.

TREASURER'S REPORT: Bill Fretwell presented the Treasurer's Report due to Kenny Fretwell's absence. He gave a report of all expenses and revenue since our last meeting. The report was approved as presented.

Checking	\$ 309.85
Savings	<u>\$ 7,069.81</u>

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Mission Opportunities

Valley Mission—ongoing project of cereal. Bring your boxes of any kind of cereal and leave in Wesley Sunday School Classroom. Regular deliveries are being made. Thank you !!!

Web Page

Web Page: mynhumc.weebly.com

Reminder to check out our church web page frequently for updates including the church calendar.

Lectionary Readings

3/12

Genesis 12:1-4a
Psalm 121 (UMH 844)
Romans 4:1-5, 13-17
John 3:1-17

3/19

Exodus 17:1-7
Psalm 85 (UMH 814)
Romans 5:1-11
John 4:5-42

3/26

1 Samuel 16:1-13
Psalm 23 (UMH 754 or 137)
Ephesians 5:8-14
John 9:1-41

4/2

Ezekiel 37:1-14
Psalm 130 (UMH 848)
Romans 8:6-11
John 11:1-45

4/9 (Palm Sunday)

Liturgy of the Palms
Matthew 21:1-11
Psalm 118:1-2, 19-29
Liturgy of the Passion
Isaiah 50:4-9a
Psalm 31:9-16 (UMH 764)
Philippians 2:5-11
Matthew 26:14-27 or
Matthew 27:11-54

4/13 (Maundy Thursday)

Exodus 12:1-4, (5-10), 11-14
Psalm 116:1-4, 12-19 (UMH 837)
1 Corinthians 11:23-26
John 13:1-17, 31b-35

4/14 (Good Friday)

Isaiah 52:13-53:12
Psalm 22 (UMH 752)
Hebrews 10:16-25
John 18:1-19:42

4/16 (Easter)

Isaiah 52:13-53:12
Psalm 22 (UMH 752)
Hebrews 10:16-25
John 18:1-19:42

WORSHIP ASSISTANTS

Acolyte

3/12 Becky Tate
3/19 Derek Deavers
3/26 Weston Powell
4/2 Karen Maugans
4/9 Joanie Troxell
4/16 Weston Powell
4/23 Derek Deavers

Nursery

3/12 Robin Craun & Morgan Craun
3/19 Tonya Meier & Taylor Meier
3/26 Betty Stout & Courtney Stout
4/2 Dana Breeding & Clara Breeding
4/9 Carolyn Fretwell & Kenny Fretwell
4/16 Angella Pence & Penny Pence
4/23 Wendy McLaren & Kevin McLaren

Children's Message

3/12 Kevin A.
3/19 Helen Morse
3/26 Dana Breeding
4/2 Pastor Shin
4/9 Cindy D
4/16 Robin Craun
4/23 Kevin A.

Lead Ushers

3/12 Karen Maugans & Becky Tate
3/19 Charlie Bill Fretwell & Henry Breeding
3/26 Darryl Deavers & John Morse
4/2 Rob Riner & Lewis Whitmer
4/9 Karen Maugans & Becky Tate
4/16 Charlie Bill Fretwell & Henry Breeding
4/23 Darryl Deavers & John Morse



March/April Anniversaries & Birthdays

March

1-Chloe Breeding
 2-Derek Deavers
 3-Lynn & David Dively
 5-Christy Riner Powell
 5-Chris Bosserman
 5-John Michael DeJong
 8-Tina Bosserman
 8-John Morse
 8-Steve Meier
 10-Janice Bell
 10-Peggy Caricofe
 11-Emerson Gunsalus
 12-Fred Arndt
 12-Emily Critzer
 12-Katelyn & Lily
 McLaughlin
 13-Tanya Keys
 13-Mary Ann Marks
 13-Sandra Puffenberger
 13-Vanessa & Berkeley
 Harner
 14 Noah Hong
 15-Nora & Charles Darrah
 16-Chelsea Steele
 16- Landon Powell
 17-Amanda Barr
 17-Erica Miller
 17-Ricky Morris
 18- Blake Fretwell
 18-Shane McCray
 18-Ethen Herman
 19-Randy Craig
 19-Kevin Armstrong
 22-Lucy Black
 22-Nicolas Bergman
 24-Dolly Harner
 25-Helen Morse
 26 Hailey Hong
 26-Roxann Canipe
 26-Roger Layman

27-Doug Gunsalus
 28-Joshua Corbin
 28-Gail Armstrong
 29-Glenwood Fretwell
 29-Tyler Fretwell
 29-Josh Massie
 30-Michelle Booth

April

1-Margaret Breeding
 1-Wanda Harding
 3 Regina Chestnut
 3-Bill Shipe
 4 -Bill Lalla
 4-Dale Rankin
 4-Mark Craun
 4-Samantha Arnold
 5-Morgan Craun
 5-Kindra Kraisser
 6- Lauren Stout
 7-John Brock
 7-Josh Hitt
 7-Naomi Ritchie
 7-Brendan Kraisser
 8-Steve & Terri Carter
 9-Rocky Simmons
 10-Cindy Sheets
 13-Melinda Booth
 13-Brittany Killough
 13-Desirae Killough
 13-Stephen Layman
 16-Marc & Susan Mehler
 17-Michael Morris
 18-Patty Corbett
 18-Kathy Floyd
 19-Michael Huff
 20-Glenna Beard
 20-Bill & Judy Lalla
 21-Layne Bennett
 22-Corey Baldwin
 22-David Howdyshe
 22-Brenda Pace

23-Madison Harding
 24-Harlow Failee Bennett
 24-Judy Riner
 24-Ray Price
 24-Tim Lank
 27-Sherrie Eacho
 27-Eric Stogdale
 27-Peyton Meier
 28-Robert Critzer
 28-Bette Rickman
 28-Alex Bergman
 30-Kay Moore
 30-Joseph Shreckhise



If we have any incorrect information or are missing information, please leave updates in mailbox in church library for Hilltopper or email to altuten@vaumc.org

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Total \$ 7,379.66

OLD BUSINESS:

Meals were delivered to Robert and Sylvia Herman and Alicia; Richard, Mary and Mindy Booth; and two on duty firefighters at the New Hope Volunteer Fire Department.

Bruce Rogers updated the Call List and established 5 Teams. Five Team Leaders will call all their team members prior to the monthly meeting and remind them of the upcoming meeting. Team Leaders are Sam Arnold, Dallas VanLear, Larry Hinebaugh, Dick Randolph and Bruce Rogers.

The 2017 budget for donations was presented. Motion (Dick Randolph/Jake Botkin) was made to approve the list of donations as presented. After discussion, the motion was approved.

NEW BUSINESS:

John Morse reported Dotson Brothers Exterminators has been contacted by the Trustees to propose a contract for rodent control in the church buildings.

John Morse presented a list of church members who are not able to get out and live in nursing homes, assisted living, apartments or are otherwise limited. He encouraged all of us to get involved and visit these people. He also encouraged us to consider becoming trained to present the Elements to those who are unable to receive them at church.

Bruce Rogers explained the UMM have been asked to host the Fat Tuesday Pancake Supper on Tuesday, February 28 and the men had never discussed or agreed to do it. Motion (Bruce Rogers/Kim Maugans) to conduct the supper was approved. The youth and other volunteers will help.

Dick Randolph reported the UMW/UMM Ladies Night at Wood Grill in Harrisonburg was scheduled for Tuesday, May 16. He requested a budget of \$160 to pay for the entertainment and meals. Motion (Bruce Rogers/Kim Maugans) was approved.

Bruce Rogers asked if UMM wanted to have UMM Sunday on Fathers Day, June 18. Motion (Owen Harner/Dick Randolph) was approved.

Kim Maugans stated that Bishop Lewis would be speaking in Harrisonburg on Sunday, February 26. He encouraged everyone to attend her presentation.

There being no further business the meeting was adjourned after a prayer by Pastor Shin.

Respectfully prepared and submitted by Bruce Rogers, Secretary.

NEXT MEETING: Tuesday, March 16, 2017 at 6:30 pm: Devotions: Dallas VanLear

New Hope United Methodist Church

PO Box 86

New Hope, Va 24469

Web Page: mynhumc.weebly.com

Address Service Requested



HILLTOPPER

Mission: Growing as followers of Jesus Christ, we seek to live out our faith and serve God's community.

Identity: The New Hope congregation is a family of sharing and caring Christians who gather for worship and fellowship and through whom opportunities for spiritual growth are offered for all ages.

Vision: The people of New Hope will allow God to make a lasting and holy difference in us and through us as we apply ourselves to worship, prayer, study, witness and service



New Hope United Methodist Church

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Rev. Shin Woo Hong, Pastor

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