



Open hearts. Open minds. Open doors.
The people of The United Methodist Church™

The Hilltopper

New Hope United Methodist Church's Monthly Newsletter

October 2019

A lady recently being baptized was asked by a co-worker what it was like to be a Christian. She replied, "*It's like being a pumpkin!*"

God picks you from the patch, brings you in, and washes all the dirt off you may have gotten from the other pumpkins. **The outside is what people see. The inside is like our soul or our heart. A pumpkin left to itself will soon rot and die.**

Then God cuts the top off. **God is the only one who can change our hearts. But in order for God to change our hearts, we must become open to him.**

God scoops out all the yucky stuff. **This is what we look like when our hearts are not changed.** *"The hearts of men are full of evil and there is madness in their hearts while they live."* (Ecclesiastes 9:3).

God removes the seeds of doubt, hate, impurity, and greed. Remember how Jesus was willing to become messy for us, so that we might become clean. *"I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws."* (Ezekiel 36:25b-27)

But if we leave a pumpkin with just the insides taken out, then it's just hollow. We need to have a light inside that will truly make us alive! *Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'* **When Jesus lives inside of you, you can glow! You will want to be kind and honest. You will want to please God, to help others and to tell other people about the Lord.**

God carves you a new smiling face and puts His light inside of you to shine for all the world to see!



**On August 25th,
the United
Methodist Women
honored
Julia Miller
with their Special
UMW Recognition
Pin, a certificate
and flowers.**



Thank You Julia for all you do!

Lectionary Readings for October

October 6

Lamentations 1:1-6
Psalm 137
2 Timothy 1:1-14
Luke 17: 5-10

October 13

Jeremiah 29:1,4-7
Psalm 66:1-12
2 Timothy 2:8-15
Luke 17:11-19

October 20

Jeremiah 31:27-34
Psalm 19
2 Timothy 3:14-4:5
Luke 18:1-8

October 27

Joel 2:23-32
Psalm 65
2 Timothy 4:6-8, 16-18
Luke: 18:9-14

50's Drive-In ~ By-The-Numbers



In 2 hours We Served Over:

- 48 Hamburgers
- 168 Cheeseburgers
- 81 Hot Dogs
- 127 Foot Long Hot Dogs
- 100 Barbecues
- 294 servings of French Fries
- 115 Banana Splits
- 19 Chocolate Sundaes
- 15 Vanilla Sundaes
- 61 Chocolate Milkshakes
- 42 Vanilla Milkshakes
- 83 Cokes served
- 27 Diet Cokes served
- 38 Sprints served
- 56 Bottled Waters served
- 17 other assorted drinks

We made over \$2,461 in 2 hours! That's more than \$351 from 2018!

Thanks to everyone who made it possible!

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10-29-2007

JIMMY'S GUARDIAN ANGEL REALLY CASHED IN AT HALLOWEEN

What do you use to mend a jack-o-lantern?

A Pumpkin Patch

Who helps the little pumpkins cross the road to school?

The Crossing Gourd

What do you get if you divide the circumference of a pumpkin by its diameter?

Pumpkin Pi



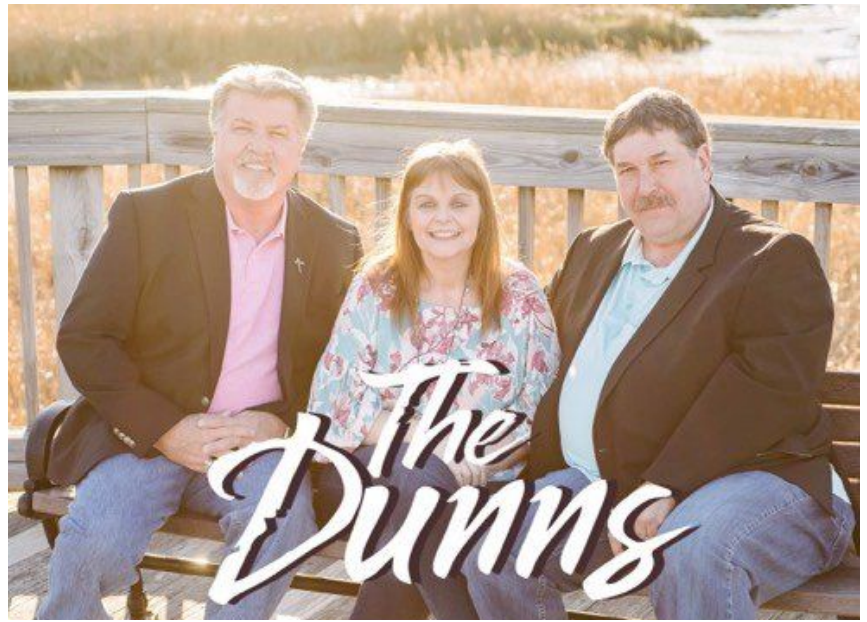
The Church Council Minutes from the September Meeting will be available in the November Issue of our newsletter.

The next Church Council Meeting will be Thursday, October 24th at 6:30pm.

Upcoming Events



*Pumpkin' Picking Field Trip
to Back Home On The Farm
Sunday, October 6th
2pm-5pm*



*The Dunns
performing during Worship
Sunday, October 13th
starting at 10:30am*

Rural Life Sunday & Church Picnic 2019



Children's Sabbath 2019





BIRTHDAYS and ANNIVERSARIES

3 - Mike Canipe

-  Donald & Amy Michael

5 - Leon Sheets

6 - Matthew Coffman

- Mary Beth Walker Hill

7 - Ronald Booth

- Alison Coffman Markow

8 - Carl Arndt

9 - Leigh Shaver

- Dallas VanLear

11 - Rebecca Jo Kraisser

12 - Mary Lu Lewis

- Lee VanLear

13 - Daryl Deavers

14 - John & Martha English

-  Thomas & Pat Ewers

15 - Jean Critzer

- Pat Ewers
- Philip Mabry

16 - Brett Sundeen

- Kyle Kraisser


17 - Cody Coffey

19 - Braden Herman

- Courtney Stout

23 - Cindy Deavers

- Berk Harner

-  Steve & Tonya Meier

24 - Jonathan Walker

25 - Amy Herman

26 - Sarah Barr

-  Eddie & Vinda Shaver

27 - Nancy Glass

28 - James Howdyshe

29 - Amy Michael

Upcoming Activities, Events and Meetings at New Hope UMC

October 2019

***Wednesdays in October**

Bible Study @ 5:00pm
Children's Choir Practice @ 5:15pm
Free Wednesday Night Dinner @ 6:00pm
Sanctuary Choir Practice @ 6:45pm

Wednesday, October 2 ~ *Wednesday Night Events

Saturday, October 5 ~ Sweet Hour of Prayer @ 8:00pm

Sunday, October 6 ~ Sunday School @ 9:30am

~ World Communion Sunday @ 10:30am

~ Field Trip to Back On The Farm (*formerly Hess Farm*) from 2pm-5pm

Monday, October 7 ~ Circle of Hope at Cindy Deaver's @ 7:00pm

Wednesday, October 9 ~ *Wednesday Night Events

Thursday, October 10 ~ District UMW Annual Meeting @ 7:00pm

Saturday, October 12 ~ Sweet Hour of Prayer @ 8:00pm

Sunday, October 13 ~ Sunday School @ 9:30am

~ Sunday Worship with Special Music by The Dunns @ 10:30am

~ Planning Team Meeting @ 5:00pm

Tuesday, October 15 ~ United Methodist Men Meeting and dinner
provided by the Circle of Love @ 6:30pm

Wednesday, October 16 ~ ***NO WEDNESDAY NIGHT DINNER***

Thursday, October 17 ~ Singles With A Testimony (SWAT) Lunch at
Ciro's Pizza in Verona @ 12:00pm

~ District Laity Banquet at New Hope UMC @ 6:30pm

Saturday, October 19 ~ Sweet Hour of Prayer @ 8:00pm

Sunday, October 20 ~ Sunday School @ 9:30am

~ Laity Sunday @ 10:30am

~ Harvest Festival & Trunk-or-Treat Celebration from 4pm-6pm

Monday, October 21 ~ United Methodist Women Meeting @ 7:00pm

Tuesday, October 22 ~ Annual Charge Conference Reports Due

Wednesday, October 23 ~ *Wednesday Night Events

Thursday, October 24 ~ Church Council Meeting @ 6:30pm

Saturday, October 26 ~ Sweet Hour of Prayer @ 8:00pm

Sunday, October 27 ~ Sunday School @ 9:30am

~ Sunday Morning Worship @ 10:30am

Wednesday, October 30 ~ *Wednesday Night Events



Depression Screening Day (October 10th)

Depression is classified as a mood disorder. It may be described as feelings of sadness, loss, or anger that interfere with a person's everyday activities. It's also fairly common. The Centers for Disease Control and Prevention (CDC) estimates that 8.1 percent of American adults ages 20 and over had depression in any given two-week period from 2013 to 2016.

People experience depression in different ways. It may interfere with your daily work, resulting in lost time and lower productivity. It also can influence relationships and some chronic health conditions. Conditions that can get worse due to depression include: arthritis, asthma, cardiovascular disease, cancer, diabetes and obesity

It's important to realize that feeling down at times is a normal part of life. Sad and upsetting events happen to everyone. But, if you're feeling miserable or hopeless on a regular basis, you could be dealing with depression. Depression is considered a serious medical condition, and it can get worse without proper treatment. Yet, those who seek treatment often see improvements in symptoms in just a few weeks.

Depression can be more than a constant state of sadness or feeling "blue." Major depression can cause a variety of symptoms. Some affect your mood, and others affect your body. Symptoms may also be ongoing or come and go. Depression can affect men, women, and children differently.

Symptoms of Depression in MEN may include:

- Mood: anger, aggressiveness, irritability, anxiousness, restlessness
- Emotional: feeling empty, sad, hopeless
- Behavioral: loss of interest, no longer finding pleasure in favorite activities, feeling tired easily, thoughts of suicide, drinking excessively, using drugs, engaging in high-risk activities
- Sexual: reduced sexual desire, lack of sexual performance
- Cognitive: inability to concentrate, difficulty completing tasks, delayed responses during conversations
- Sleep: insomnia, restless sleep, excessive sleepiness, not sleeping through the night
- Physical: fatigue, pains, headache, digestive problems

Symptoms of Depression in WOMEN may include:

- Mood: irritability
- Emotional: feeling sad or empty, anxious or hopeless
- Behavioral: loss of interest in activities, withdrawing from social engagements, thoughts of suicide
- Cognitive: thinking or talking more slowly
- Sleep: difficulty sleeping through the night, waking early, sleeping too much
- Physical: decreased energy, greater fatigue, changes in appetite, weight changes, aches, pain, headaches, increased cramps

Symptoms of Depression in CHILDREN may include:

- Mood: irritability, anger, mood swings, crying
- Emotional: feelings of incompetence (e.g. "I can't do anything right") or despair, crying, intense sadness
- Behavioral: getting into trouble at school or refusing to go to school, avoiding friends or siblings, thoughts of death or suicide
- Cognitive: difficulty concentrating, decline in school performance, changes in grades
- Sleep: difficulty sleeping or sleeping too much
- Physical: loss of energy, digestive problems, changes in appetite, weight loss or gain

The symptoms can extend beyond your mind. These eight physical symptoms of depression prove that depression isn't just all in your head.

There are several possible causes of depression. They can range from biological to circumstantial.

- Family history. You're at a higher risk for developing depression if you have a family history of depression or another mood disorder.
- Early childhood trauma. Some events impact the way that body reacts to fear and stressful situations.
- Brain structure. There's a greater risk for depression if the frontal lobe of your brain is less active. However, scientists don't know if this happens before or after the onset of depressive symptoms.

- Medical conditions. Certain conditions may put you at higher risk, such as chronic illness, insomnia, chronic pain, or attention-deficit hyperactivity disorder (ADHD).
- Drug use. A history of drug or alcohol misuse can impact your risk.

Many other people may never learn the cause of their depression. There isn't a single test to diagnose depression. But your doctor can make a diagnosis based on your symptoms and a psychological evaluation. In most cases, your doctor will ask a series of questions about your moods, appetite, sleep pattern, activity level, and thoughts.

Because depression can be linked to other health problems, your doctor may also conduct a physical examination and order blood work. Sometimes thyroid problems or a vitamin D deficiency can trigger symptoms of depression. Don't ignore symptoms of depression. If your mood doesn't improve or gets worse, seek medical help. Depression is a serious mental illness with risks of complications. If left untreated, complications include: weight gain or loss, physical pain, substance use problems, panic attacks, relationship problems, social isolation, suicidal thoughts, and self-mutilation.

Depression can be broken into categories depending on the severity of symptoms. Some people experience mild and temporary episodes, while others experience severe and ongoing depressive episodes.

Major depressive disorder is the more severe form of depression. It's characterized by persistent feelings of sadness, hopelessness, and worthlessness that don't go away on their own. In order to be diagnosed with clinical depression, you must experience 5 or more of the following symptoms over a two-week period: feeling depressed most of the day, loss of interest in most regular activities, significant weight loss or gain, sleeping too much or not being able to sleep, slowed thinking or movement, fatigue or low energy most days, feelings of worthlessness or guilt, loss of concentration or indecisiveness, and recurring thoughts of death or suicide

Persistent depressive disorder (PDD) used to be called dysthymia. It's a milder, but chronic, form of depression. In order for the diagnosis to be made, symptoms must last for at least two years. PDD can affect your life more than major depression because it lasts for a longer period. It's common for people with PDD to: lose interest in normal daily activities, feel hopeless, lack productivity, have low self-esteem.

Depression can be treated successfully, but it's important to stick to your treatment plan. Read more about why depression treatment is important. Living with depression can be difficult, but treatment can help improve your quality of life. Talk to your doctor about possible options. You may successfully manage symptoms with one form of treatment, or you may find that a combination of treatments works best. It's common to combine medical treatments and lifestyle therapies, including the following: Medications, Psychotherapy, Light therapy - Exposure to doses of white light can help regulate mood and improve symptoms of depression. This therapy is commonly used in seasonal affective disorder (which is now called major depressive disorder with seasonal pattern). Exercise, Avoid alcohol and drugs, Learn how to say no - Feeling overwhelmed can worsen anxiety and depression symptoms. Setting boundaries in your professional and personal life can also help you feel better.

You can also improve symptoms of depression by taking care of yourself. This includes getting plenty of sleep, eating a healthy diet, avoiding negative people, and participating in enjoyable activities. Sometimes depression doesn't respond to medication. Your doctor may recommend other treatment options if your symptoms don't improve. These include electroconvulsive therapy, or transcranial magnetic stimulation to treat depression and improve your mood. Natural treatment for depression - such as supplements, essential oils, vitamins and herbs.

Depression isn't generally considered to be preventable. It's hard to recognize what causes it, which means preventing it is more difficult. But once you've experienced a depressive episode, you may be better prepared to prevent a future episode by learning which lifestyle changes and treatments are helpful. Techniques that may help include: regular exercise, getting plenty of sleep, maintaining treatments, reducing stress, and building strong relationships with others.

Depression and anxiety can occur in one person at the same time. In fact, studies have shown that 70 percent of people with depressive disorders also have anxiety symptoms. Though they're thought to be caused by different things, depression and anxiety can produce several similar symptoms. These include irritability, difficulty with memory or concentration, and sleep problems. The two conditions also share some common treatments. Both anxiety and depression can be treated with therapy, like cognitive behavioral therapy, medication, or alternative therapies, including hypnotherapy.

Obsessive-compulsive disorder (OCD) is a type of anxiety disorder. It causes unwanted and repeated thoughts, urges, and fears (obsessions). These fears cause you to act out repeated behaviors or rituals (compulsions) that you hope will ease the stress caused by the obsessions. People diagnosed with OCD frequently find themselves in a loop of obsessions and compulsions. If you have these behaviors, you may feel isolated because of them. This can lead to withdrawal from friends and social situations, which can increase your risk for depression. It's not uncommon for someone with OCD to also have depression. Having one anxiety disorder can increase your odds for having another. Up to 80 percent of people with OCD also have major depression. This dual diagnosis is a concern with children, too. Their compulsive behaviors, which may be first developing at a young age, can make them feel unusual. That can lead to withdrawing from friends, and that increases the child's risk for depression.

Outlook for Depression

Depression can be temporary, or it can be a long-term challenge. Treatment doesn't always make your depression go away completely. But treatment often makes symptoms more manageable. Managing symptoms of depression involves finding the right combination of medications and therapies. If one treatment doesn't work, you may have better results with a different one.

If you think you're experiencing symptoms of depression, make an appointment to talk with your doctor.

(Source: <https://www.healthline.com/health/depression#outlook>)



Harvest Festival and Trunk-or-Treat

Mark your calendars for Sunday, October 20th

This year we are going to celebrate the Fall Season! All the kids and young at heart can come dressed up in their favorite costumes and get their treats!

We are also going to have:

- a Chili Cook off, YUM!
- Cookie & Cupcake Walk
- Hot Dogs
- Hot Chocolate and Cider
- Face Painting
- Games and more!

Make plans now to come and enjoy the Fall festivities!!!!



Kid's Corner ~ Hannah's Promise

by Sharla Guenther



This story is about a woman named Hannah who really really wanted to have a child. Every year she would go with her husband to a place called Shiloh.

While they were there, there would be a big festival and everyone would celebrate all that God did for them. They would thank God for their crops and everything God gave them, and give sacrifices or presents to God to show how thankful they were.

This sometimes made Hannah very sad because she wanted so badly to be thankful, but was discouraged because she couldn't have a child. That didn't mean Hannah moped around and felt sorry for herself but in her heart she was very sad. Her husband still loved her very much and tried to make her feel better but nothing seemed to work.

Finally Hannah did the only thing she knew that she could do to help her situation. One evening when they had finished eating and drinking Hannah went to the temple and began to pray.

When Hannah prayed she was very honest with how she was feeling. She sometimes cried a lot and probably felt like God had forgotten her. But while she was praying she promised God, "Dear God, if you would only look and see how sad I am and remember

me, please give me a son. If you would do that for me I will dedicate my son to you for his whole life."

As Hannah was praying there was a man named Eli, a priest, who was sitting nearby and saw her. While Hannah was praying she was praying to herself, her lips were moving but Eli couldn't hear her say anything. We can pray just like this to if we need to, we can pray to God in our head so no one can hear.

Eli realized that Hannah was being very honest and truthful with God and he said to her, "Go in peace and may God answer your prayer." After that Hannah left she felt much better because she had talked to God about what bothered her. Early the next morning she even went to worship God before she went home.

You see, sometimes God doesn't answer our prayers, but we can't just be mad forever and not talk or thank God for all the other good things in our life. God knows what's best so there's always a good reason why he hasn't answered your prayer.

But a while later a great thing happened. God of course remembered Hannah (because God doesn't forget any of us) and gave her a son, and she named him Samuel.

Hannah had waited so long for this child and she loved him so much, but she remembered that she made a promise to God. Hannah was an honest woman and when she made a promise she meant it. Again, Hannah had a good attitude and wanted to give Samuel back to God, she wasn't mad at herself and change her mind. Hannah kept her promise.

When Hannah was old enough she went back to the place where she had prayed and said to Eli the priest, "Do you remember me? I am the woman that cried and prayed for this child and He answered my prayer. Now I give him to the Lord and I will leave him with you to learn and work with you."

So Samuel lived with Eli and every year Hannah would pack her suitcase and visit him and bring him new clothes. It might have been hard for Hannah to see Samuel only once a year but she wanted to keep her promise. God blessed Hannah again and gave her and her husband even more sons and daughters.

Samuel did very well while staying with Eli. Then one night something unusual happened. Eli and Samuel had both gone to bed and were having a nice sleep. When Samuel all of a sudden woke up, someone was calling him, "Samuel."

Well, Samuel thought it was Eli so he ran to his bed and answered, "Here I am; you called me?" But Eli said, "I did not call you; go back and lie down."

So Samuel went back to his bed. He didn't know this, but God was calling him. Just as Samuel got settled God said, "Samuel!" And Samuel jumped up and went back to Eli and said, "Here I am, you called?"

Again Eli answered, "No I didn't call you; go back to bed."

The Lord called Samuel a third time, and Samuel got up and went to Eli again and said, "Here I am; you called me."

Eli couldn't figure out what was going on. He had been thinking who could be calling Samuel, they were the only ones there. Suddenly Eli realized there was only one other explanation so Eli told Samuel, "Go and lie down, and if you hear the voice again, say, 'Yes, Lord, I'm listening.'"

Sure enough, Samuel went to lie down and the Lord called again, "Samuel! Samuel!" So Samuel quickly replied, "Speak Lord, I am listening."

From then on Samuel knew when God wanted to talk to him and he always listened. God blessed Samuel and he grew up to be a great prophet or spokesperson of the Lord.

So Hannah did the right thing when she kept her promise to God. Her son Samuel helped many people know God better.

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Opportunity to go to South Korea in June 2020

We have the opportunity to take another Pilgrimage Trip to Korea next year, from June 23-30, 2020. Space is limited and the deadline to register is October 20, 2019.

From Pastor Mike's Desk

October 2019



Our first three months together have flown by and so much has happened. The GIFT Sunday School class is off to a great start. The 50's Drive-In was like nothing I have ever seen – so many people! (I know, wait until H.O.T.S.)

The Wednesday Night Dinners have served between 35 – 50 people. The annual church picnic was so much fun. The Kid's Music Retreat brought in children from the community and Children's Sabbath was wonderful.

The people of New Hope Church work hard and have great fellowship. And every week I am learning something new about this

congregation. What a joy it is to be in ministry with each of you.

While September was a very active month at New Hope, we are now heading into another busy time of the year. Vacation season is over. Schools have been in session for nearly two months. Charge Conference is on the horizon. Boards, committees, and other groups are meeting. H.O.T.S is just a few weeks away. Thanksgiving, Advent, and Christmas are not far off.

Despite all that busy-ness, fall is my favorite time of the year. From my childhood, I remember playing in neighborhood touch football games, watching the Redskins on Sunday afternoons, rooting for the Red Sox to win the American League pennant, climbing the apple trees on my grandparents' farm, looking forward to the Fall Festival at Lane Memorial Church in Altavista, VA, dressing up for Trick-or-Treat, and enjoying the cooler weather. It's no wonder that Susan and I were married on the first day of autumn in 1984. (In fairness to Susan, summer is her favorite time of the year, so she might say we were married on the last day of summer.)

Well, I have not played touch football in years, the Red Sox are out of the pennant race, the Redskins look bad, and I am not sure I can still climb an apple tree, but I still look forward to this season. And given the increased demands during this time of year, I think this helps me approach the tasks at hand in a positive manner.

There are so many things to do but what a great time of the year to do them. As we are working together preparing for Charge Conference and all the other activities on the calendar, I hope you are looking forward to what lies ahead.

Yours in Christ,

Pastor Mike

If you would like to add an article or announcement to the Hilltopper, please contact us!

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