

Hilltopper

Harrisonburg District

September 2015



Prayers
Presence
Gifts
Service
Witness

Church Picnic

A good time was had by all



Special points of interest:

- Children's Corner
- Youth Sunday
- Around the District
- Parsonage Update
- Nurse's Health Corner
- Activities & Events
- Anniversaries & Birthdays



School has started back. Watch out for our kids and drive safely !

Childrens Corner

With school starting back, it seems only appropriate that the focus continue on our kids, the joys they bring, and the opportunities to work with them in mission and ministry.



Kids Rock (Children's Church) got off to a great start on August 16, and is now being held **every week**.

Weekly Kid's Rock includes activities such as:

- Praise Songs
- Prayer, Blessing Basket
- Message (Buck Denver Series)
- Snack
- Praise Songs, Craft or Game (Bible Jingo)

Benefits:

- S o m e t h i n g a g e - appropriate for our kids every week
- Parents can remain in the sanctuary and be nourished by our shared worship experience

Thanks to Stephanie Grande, all the helpers, and to all of you who are involving our kids.



The Children's Community Breakfast

initiative started up again on September 5. This is an effort to reach the community, especially the kids, and involve our own kids in the process.

The mornings feature a free breakfast, music, stories, games and crafts.

FIRST SATURDAY of each month, from 9:00-11:00 AM at the New Hope Community Center.

Let's not miss the opportunity to share the message of "new hope" that's found in Christ, with those who might not otherwise have a chance to learn of it at an early age.

For more info, contact Julie Botkin.

Mark 10:14 NIV

When Jesus saw this, he was indignant. He said to them " Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.

Youth Sunday Lifted Us All

For weeks we've been hearing about the trip to Tangier Island, we've seen the photos, but on Sunday, August 23, we had a chance to hear first hand what the trip was about and what it meant to those who went.

Youth Sunday brought a different format, videos, and a change up in our music. We were led by young voices and faces, praying, singing, and reading scripture. Yes, we heard stories of personal faith and discovery, and the whole event left us



wondering ... why should this be only a once a year event. These are voices and faces we need to see and hear from more often.

A partial list of the participants:

Peyton Meier, Chloe Breeding, Taylor Meier, Kaylee McLaren, Penny Pence, Morgan Craun, Clara Breeding, Megan Aldhizer, Melanie Aldhizer

For their examples we give thanks to these, to all our missionaries, and to all the adults who helped coordinate the mission trip as well as Youth Sunday.

To God Be the Glory !

Around the District ...



Fifty years ago, they rolled up their sleeves and began the work that turned a dream into a reality. Their ongoing legacy is Overlook, a place to meet God on the Mountain. This is your opportunity to meet the founders, thank the workers and celebrate God still moving on the mountain!

Tours of Overlook 10:00 am
J.W. Howe, EUB Circuit Rider Rev. Gary Ziegler 10:45
Celebrating EUB Heritage Pete & Caroline Phillips 11:00
& a pictorial visit of each EUB Church
Pork BBQ Lunch \$5.00 Dining Hall RSVP 2MY-CAMP 12:00
Jubilee Celebration 2:00
Testimonials from lives changed
Meet some of the founding families
Appreciate volunteers who make it happen!
Look at ministries present & future
Rededicate the camp for the next 50 years
Founders Banquet 6:00 pm All invited, reservations only



Free Tent & RV camping in the family campground
Free lodging in the original dormitory cabins
Reservations for additional meals and lodging
at Blessings Lodge available
540 2MY-CAMP, CampOverlook@gmail.com



Online Registration
www.CampOverlook.org



Fall Rally coming up on
September 22nd at

Mt. Tabor UMC. Please register early for this event so we can provide the fine folks preparing our meal with an accurate

head count! Another exciting opportunity to be in fellowship with other men throughout the Virginia Conference is

the **U.M. Men's Spiritual Advance** held in **Blackstone, November 6-8th.**

The **Fall Lay Servant Training** will be on **Saturday, September 26th, at Manor Memorial United**



Methodist Church in New Market, (please note change of location)
9:00 a.m. - 5:00 p.m. Course

offerings are: Basic; Discovering Our Spiritual Gifts; and Evangelism. The cost is \$15.00 payable on the day of the training. The Basic Course is open to all church members and is the first course for anyone wanting to learn about the Lay Servant Ministry. The three areas included in this course are: Leading,

Caring, and Communicating within and beyond your local church.



September 18-19: Young Women's Retreat, Blackstone Retreat & Conference Center

September 26, (Saturday), District Prayer Breakfast at 9:00 a.m. at Verona UMC:
Guest speaker will be Nancy Yarborough

October 15: District Annual Meeting, Dayton UMC, 7:00 p.m.

October 24-25: Conference UMW Annual Meeting, Blackstone Retreat & Conference Center

Parsonage Open house

by Bruce Rogers

It is hard to believe, but it has been two years since the Trustees decided we needed a fresh look to the gracious charm of our 100 year old parsonage. In September of 2014 we began demolition and construction. Since that time the contractors and many of you as volunteers have worked hard to make improvements. We are not finished, but we have made tremendous progress. The bathrooms have been remodeled, rooms painted, floors refinished and new appliances will be installed in the Spring. To showcase all these changes, an Open House was held on Sunday, August 30, during the church picnic.

Becky Tate has painted a beautiful painting of the parsonage which is currently on display in the Narthex and will eventually be hung in the parsonage. You should make a special effort to see this outstanding piece of art.

Earlier this year I told you that the budget for the Parsonage Project was \$50,000 and I am pleased to say that we will be under budget when the job is completed. I also told you there was plenty of money to complete the project, but it was still in the pockets of our congregation. We are halfway to our goal. So far you have given over \$25,000 to help fund this project. I know the rest is here and will come in time. We will continue to work on the project until it is completed.

What can you do?

If you have already donated, I hope you will consider giving more.

If you are waiting to see what the project is like, maybe the Open House provided what you needed to open your checkbook.

If you are still giving on an initial pledge, please continue.

We still need volunteers for things yet to be done, mostly painting and cleaning. If you can help with these, contact Teresa Barr or Owen Harner and let them know you can help. They will work you into a schedule.

If you have any questions or want additional information, you can contact me, Owen Harner or any member of the Parsonage Renovation Committee.

Working together to accomplish God's work.

DONATION FOR PARSONAGE RENOVATION FUND

Name: _____ **Amount:** _____

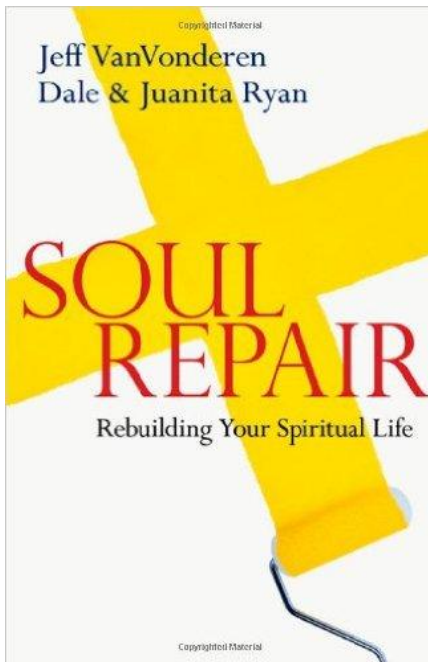
Address: _____

Mail to: New Hope United Methodist Church, P.O. Box 86, New Hope, VA 24469



Scenes from
Parsonage Open
House





Prayer Time and Book Review

During the summer months, a small group met on Wednesday nights to gather together around the topic and practice of prayer.

On September 15 and 16, we'll resume our meetings, but this time we will have day and evening sessions.

- Tuesdays at 10 am if you're a morning person
- Wednesdays at 6pm if you're an evening person

As with before, we meet for one hour over a period of 12 weeks and reviewing the book *Soul Repair: Rebuilding Your Spiritual Life*

Come join us.

For more info contact Al Tuten

Service of Ethel White Honored

At its July meeting, members of the Administrative Council voted unanimously to honor the many years of service of Ethel White, church historian. A plaque was purchased to mark the occasion and will be placed in or near the history room.

Our church indeed has a rich history. The collection, indexing, and organizing of its artifacts has been a non-trivial task over the years. We are blessed by Ethel and her service. We continue to hold her and her family in prayer, as we celebrate the many ways God has blessed us through her great love and service.



Nurse's Health Corner

GET THE GEAR FOR A SUCCESSFUL SCHOOL YEAR

Working on the *'back to school'* check list? An appropriate backpack for managing school items should be top on the list. When used appropriately, the backpack can distribute the weight of the items through the legs via the relatively strong core muscles of the back and hips. An "A grade" backpack is essential because school age children are not as skeletally mature as adults, so they are more susceptible to strains to their growing musculoskeletal system.

An "A grade" backpack:

- Fits correctly and has the right features
- Worn correctly
- Not overloaded

FIT AND FEATURES: SELECT THE RIGHT BACKPACK AND MAKE SURE IT FITS

First of all, a desired feature is *light in weight*, so the back pack itself is not a stressor. Secondly, wide straps are a necessity to spread the weight of the pack and contents over a greater area. Various compartments for items assist in weight distribution and aid in organization. There should be at least one strap to cinch on the outside that moves the load closer to the user's back. Finally, reflective materials are a safety bonus when visibility may be in question.

The fit of the backpack is as equally important as its features. The back of the pack should fit snugly in the mid-back. The bottom of the pack should rest in the lumbar area, rather than over the tailbone. If it rests too low on the back, it will pull the student backward, causing the student to slouch forward to offset this stress, which in turn can cause muscle strain. While it may be tempting to order the pack online, it is better to test the fit at the store, ensuring a correct fit.

WEAR THE PACK WITH A DOUBLE STRAP

Often students will use only one shoulder strap, creating a twist in the student's posture, which could lead to an injury. Using both shoulder straps evens the load. While it may not look as cool to use two straps, back pain isn't cool either.

(Continued from page 8)

MANAGE THE CONTENTS INSIDE THE PACK

Experts recommend that the weight of the pack, including contents, not exceed 15% of the student's body weight. Interestingly, a study showed that younger age children (upper elementary age) tend to exceed this guideline more than older students. A heavy pack not only fatigues the muscles while being worn, but also strains muscles when taken on and off each time. Heavier items should be placed closer to the spine so the weight can be transferred more effectively down the legs. Lighter items and those used more frequently should be placed near the outer part of the pack.

WHEELS AREN'T NECESSARILY BETTER

Some students opt to use a rolling pack instead of a backpack to tote their items. Studies have found that these may be less effective in managing back pain than a properly fitting backpack. In addition, the wheels add weight to the system.

FIT FOR LIFE

An "A Grade" back pack to carry school items is just one piece of the health puzzle for school students. Too much time in front of the computer (especially playing games) and too much time spent bent over a phone texting or gaming can cause bad posture and place stress on back and neck muscles and joints. While some computer time is inevitable, it is best to limit this time and break it up with some movement.

Daily exercise of thirty to sixty minutes is essential for growing bodies. Exercise can be simple like a daily walk, bike ride, yoga or gardening. Video games designed to promote activity can also be fun for kids and adults. Adults should take the lead in modeling healthy habits as students also learn from their role models at home. Here's to making the upcoming school year a healthy one.

Joyce Rathfon is a Physical Therapist and Athletic Trainer at Augusta Health Therapy at The Lifetime Center. She is a graduate of The Pennsylvania State University and Boston University. Contact Dana H. Breeding, RN Health Educator from Community Outreach, at Augusta Health, related to the above information, at 332-4988 or 932-4988.

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 !!!

Henry Fork Service Center—ongoing project of saving our Campbell Soup labels.

Web Page

Web Page: mynhumc.weebly.com

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

Lectionary Readings

9/6

Proverbs 22:1-2,8-9,22-23
Psalm 124 (UMH 846)
James 2:1-10
Mark 7:24-37

9/13

Proverbs 1:20-33
Psalm 19 (UMH 750)
James 3:1-12
Mark 8:27-38

9/20

Proverbs 31:10-31
Psalm 1 (UMH 738)
James 3:13-4:3, 7-8a
Mark 9:30-37

9/27

Esther 7:1-6,9-10,9:20-22
Psalm 124 (UMH 846)
James 5:13-20
Mark 9:38-50



WORSHIP ASSISTANTS

Acolyte

9/6 Cindy Deavers
9/13 Clara Breeding
9/20 Taylor Meier
9/27 Kaylee McLaren

Nursery

9/6 Morgan Craun & Martha Fretwell
9/13 Robin Craun & Sylvia Herman
9/20 Tonya Meier & Taylor Meier
8/27 Betty Stout & Courtney Stout

Children's Message

9/6 Courtney Joyner
9/13 Kevin Armstrong
9/20 Robin Craun
9/27 Helen Morse

Ushers

9/6 Lewis Whitmer & Jake Botkin
9/13 Helen Shifflett & Al Tuten
9/20 Henry Breeding & Charlie Bill Fretwell
9/27 Darryl Deavers & John Morse

Anniversaries & Birthdays for September

- | | |
|----------------------------|--------------------------------|
| 1st Cheryl Bragg | 19th Mia McLaughlin |
| 1st Kevin & Gail Armstrong | 20th Billy Price |
| 1st Carl & Polly Caricofe | 21st Jacob Botkin |
| 2nd Hunter Joyner | 22nd Michael Morris, Jr |
| 3rd Nadine Hinebaugh | 23rd Otho Fitzgerald |
| 7th Bobby & Glenna Beard | 24th Dawn Miller |
| 7th William & Arlene Crist | 24th Dylan Anthony |
| 8th William Crist | 24th Darryl & Cindy Deavers |
| 9th Beth Howdyshell | 25th Brandon White |
| 10th Chris Botkin | 25th Henry & Margaret Breeding |
| 10th Lester Herman | 25th Betty Stout |
| 10th Dallas & Pam VanLear | 26th Glenna Powers |
| 11th Steve Carter | 26th Jim Joyner |
| 11th Brandan Whitmer | 27th Beth Breeding |
| 11th Mike & Becky Breeding | 28th Donna Walker |
| 12th Terri Carter | 30th Martha Fretwell |
| 12th Jeff & Becky Kraisser | |
| 12th Christy Aldhizer | |
| 13th Dr. Esther Mabry | |
| 14th Judy Critzer | |
| 15th Barry Powers | |
| 16th Josh Walker | |
| 17th Thomas Ewers | |
| 18th Robert Morrison | |
| 18th Greg & Jolene Farrar | |
| 18th Roger Aldhizer | |



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

October

- | |
|---------------------------|
| 1st Bobby Beard |
| 3rd Carolyn Pace |
| 3rd Mike Canipe |
| 3rd Donald & Amy Michael |
| 5th Leon Sheets |
| 6th Matthew Coffman |
| 6th Mary Beth Walker Hill |

ACTIVITIES & EVENTS— September

September 7, Monday	9-12	Food Pantry Closed
	7:00 pm	Mabry Shifflett w/ Gail Armstrong
September 9, Wednesday	7:00 pm	Choir
September 13, Sunday		Grandparents Day
September 14, Monday	7:00 pm	COM
September 15, Tuesday	6:30 pm	UMM
September 16, Wednesday	7:00 pm	Choir Practice
September 21, Monday	9-12	Food Pantry Volunteers
September 22, Tuesday	6:30 pm	District UMM Rally, Mt Tabor UMC
September 23, Wednesday	7:00 pm	Choir Practice
September 24, Thursday	6:30 pm	Administrative Council
September 26, Saturday	9-11	UMW District Prayer Breakfast At Verona UMC
	4-6	50's Drive In

New Hope United Methodist Church

PO Box 86

New Hope, Va 24469

Web Page: mynhumc.weebly.com

Address Service Requested



HILLTOPPER

Mission: Growing in discipleship, living our faith and reaching others

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

55 Round Hill School Road

New Hope, Virginia 24469

363-5940

Rev. Dr. Tom Murphy, Pastor

Email: newhopechurch@newhopetel.net