

June 2018

Happy Because I Love Him

by: Lareina Morgan

Happiness is the key, but so many people believe that becoming rich and famous is the key to happiness, while the rich and famous desire peace and rest for their souls in their hearts.

We are all looking for freedom, true freedom from our pain and our sorrows, and the way we see the world relies on how we medicate our problems away; drugs and alcohol, sex and violence, consumption and excess, these are the ways many people deal with their problems and the effects of their fallen human nature, but where is God in their lives?

They say that there is no God and if there was a God, he has forgotten His lost human race, but these same people ignore the signs of life and eternity written in the stars and in the fabric of our world; scientists peer into our life systems, our bodies, our cells, our dna structure, and everywhere they look, they see structure and deep meaning, and only a few are bold enough to think, "there must be a God". There is certainly enough evidence to prove the existence of God, but more evidence will not convince an unrepentant heart.

Why am I happy? Because I love Him. Love is not something to be measured and evaluated under a microscope, and true love does not come from fame and fortune, but it is the most precious treasure on earth! There is no life without love, and every creature on earth responds to it, and every child needs it to survive, and every culture that abandons it never survives for long. Do you realize that every person on earth can recognize a gesture of love?

Love is compassion, understanding and caring for yourself and the others that surround you in your life; that is love, and God is love, and He is the source of all that love. You cannot love without having the capacity to love, and the Lord has given us all the ability to love. The question is, when God comes knocking at the door of your heart with a gesture of love, will you accept His loving gesture, or will you refuse to respond because you won't believe that what you are feeling is real, or ignore it because you desire something or someone else to be first and foremost in your thoughts and in your heart?

Seek the Lord with all your heart while He may yet be found, and you will find peace and deliverance from all of your guilt, pain, and sorrows; He desires to heal you, to bring you into the family of His Grace; be careful to listen to His knock at the door of your heart and open the door and let Him in.



United Methodist Women

May 21, 2018 at 7:00 pm

Nine members were present. After reciting our Purpose, Cindy Deavers led with devotions from the Women's Devotional Bible on "Servanting" focusing on Luke 22:27 followed by prayer. Susan Coffman presented a program on Faith Community Nursing which focuses on physical, mental and spiritual health as whole persons and encourages persons to be their own advocate for their personal health and well-being. Dana Breeding and Susan are our Faith Community Nurses and are available to assist in many ways especially in listening and helping with understanding. We were also reminded of the two first aid kits (*in the closet near the Sanctuary and in the cabinet with wraps in the kitchen*). Also available is a first aid kit for mission trips (*just let Susan know ahead so it can be prepared for you to take*). Susan and Dana are working with Pastor Shin to host events for education and prevention. Continue to pray for this ministry and these ladies as their plans continue to serve New Hope UMC and God's will.

Recommendations were made for honoring our high school graduates and funding for Vacation Bible School, Mission Central and South Korea in honor of Pastor Shin and Hailey. The kits for conference will be due the week prior to Annual Conference in June. Susan shared her experiences in Africa when she visited a small school and their expectations for the children to learn three languages. Also how well behaved and neatly dressed (uniforms) the students were. Our next meeting will be August 20th. Watch future newsletters for detailed descriptions of our United Methodist Women, Sisters of Faith, Circle of Hope and Circle of Love. We hope more ladies will be interested in our activities.



Congratulations Graduates 2018!

High School

Morgan Craun (*daughter of Robin & Mark Craun*)
Lindsay Bosserman (*grand-daughter of Sherry & Dale Rankin*)
Jacob Jarvis (*grandson of Sherry & Dale Rankin*)

College/University

Taylor Meier (*daughter of Tanya & Steve Meier*)
Brandon Herman (*son of Amy & Lester Herman*)
Christian Huff (*grandson of Nadine & Larry Hinebaugh*)
Annie Schreckhise (*daughter of Susie & Mike Schreckhise*)
Jake Schreckhise (*son of Susie and Mike Schreckhise*)
Connor Jarvis (*grandson of Karen & Lewis Whitmer*)
Dale Wayne Gibson, Jr. (*Naomi's friend*)
Stephanie Grande
Pastor Shin Hong



The United Methodist Women honored Beth Howdyshell with a Special Recognition Pin and certificate for her dedication in missions of the church.



The United Methodist Men hosted the annual *Ladies Night Out* at the Wood Grill in Harrisonburg with live entertainment by Tri-County Line. Delicious food, great entertainment and lots of fellowship was enjoyed by all!

STAY IN THE KNOW

The following are the minutes from the May meeting of the Church Council. They are available for you to help the entire church congregation Stay In The Know about what and how this group are caring for the people and the church building of New Hope UMC - in the past, the present *and into the future!*

The New Hope United Methodist Church Council met on Thursday, May 24, 2018 with 11

members present. Sam Arnold, Chairman, called the meeting to order at 6:30 pm. Bruce Rogers presented the devotions.

Those members present: Kevin Armstrong, Sam Arnold (Chairman), Cindy Deavers, Wanda Harding, Larry Hinebaugh, Janet Knott, Kim Maugans, John Morse, Dale Rankin, Bruce Rogers, Dallas VanLear. Nadine Hinebaugh also attended the meeting.

Minutes of the April 26, 2018 meeting were approved as submitted.

Finance Committee: Kevin Armstrong presented the Finance Report.

- 1) We have completed 38.5% of the year and received 40.5% of the budget.
- 2) Budgets for 2019 need to be completed and submitted to the Finance Committee by August 1, 2018. Contact Kevin Armstrong if you have any questions.

Treasurer's Report: Cindy Deavers presented the Treasurer's Report.

- 1) A copy of the Treasurer's Report is included in the file with these minutes. We are current on all statements and have money in the general fund. Collections of \$12,831 have been deposited, but have not been posted to the Balance Sheet for May, 2018.
- 2) The colder than normal weather in January and February have taxed our budget for Church Utilities & Parsonage Heat. There will be a shortfall later in 2018 which we will have to make up.

Trustees: The Trustees Report was presented by Larry Hinebaugh.

- 1) Rob Riner flushed the water holding tank in an effort to impact the discoloration of our water. This was not successful. The Trustees then talked to Mr. Thompson (Thompson Well Co.) about the discoloration of our water. He has recommended we upgrade our water filtration system before raising the well pump or taking other actions. A plan to upgrade the system is currently being developed.
- 2) The Trustees have voted to change our property insurance to Brotherhood Mutual Insurance represented by the Weaver Agency, effective July 1, 2018. Coverage and cost are comparable, but they do not have some of the policy requirements as our current carrier.
- 3) After consideration of proposals from mechanical contractors, ZEH and Boyers, for improving our Heat/AC systems in the Social Hall and Sunday School classes, the Trustees favor the proposal from ZEH. It would change our current failing oil furnace/steam heat system to a forced air system with a

propane furnace. The system would include two 4 ton heat/AC units and other equipment. Estimated cost is \$32,500. No action has been taken on this matter.

- 4) We currently use two buried propane tanks for the church (1000 gals) and the parsonage (500 gals) which belong to Suburban Propane. There is also a small tank for the gas stove in the kitchen. We are required to purchase our propane from Suburban at their set price. To purchase or replace these tanks, so we could go to a cheaper propane supplier, would cost about \$3,000. During the last 3 years we have used 5,200 gallons of propane. The Trustees are considering the costs involved before making a recommendation. No action has been taken on this matter.
- 5) Due to the increased usage and activities in the Social Hall, the Trustees recommend we have the floors in the Social Hall cleaned several times each year. Cleaning will be scheduled after the last Wednesday Night Dinner on May 30.
- 6) A new window A/C unit has been installed in the NE corner bedroom of the parsonage. This should help with cooling the Pastor's office and the second floor of the parsonage.
- 7) New flower pots have been approved by the Trustees to be placed at the entrance of the Church.

Worship Ministry: Pastor Shin and the Nominating Committee have recommended Rev. Janet Knott for Worship Team Leader. Her nomination (Kevin Armstrong/Larry Hinebaugh) was approved by voice vote. *NOTE: Janet has been asked by the DS to pastor a church in Waynesboro. She and Eugene will be leaving New Hope at the end of June to take that charge. We wish them the very best and hope they will not be strangers in New Hope.*

Nurture/Spiritual Development Ministry: There was no Nurture Report.

Evangelism Ministry: Dale Rankin presented the Evangelism Report.

- 1) There are 12 new families coming to Sunday Services. A Meet and Greet with the Pastor will be scheduled to allow them to have time to talk with Pastor Shin. Everyone is encouraged to greet and talk to them. Many have commented how welcome they feel when they come to New Hope. We can all be members of the Evangelism Ministry.
- 2) Time for the Wednesday Night Bible Study will change to 6:00pm-7:00pm beginning on Wednesday, June 6. Several Bible Study programs are currently being considered: Disciple One (32 wks.); Becoming a Contagious Christian (8 wks.); Goliath Must Fall (6 wks.); Follow; Who Is Jesus? If you have a preference or want to recommend something, talk to Dale Rankin or George Taylor.
- 3) There is discussion about possibly having a Revival. Let Dale know what you think.
- 4) July 29, at 5:30 pm will be the Church Picnic. It is also Rural Living Sunday. Mark your calendar and make plans now to bring your tractor or truck for display at the Picnic. More details to follow.
- 5) There have been several requests for altar calls. Let Dale know what you think.

Missions/Outreach Ministry: John Morse presented the Mission/Outreach Report.

- 1) Phyllis Jarvis will have her new washer and dryer installed in mid-June.

- 2) There has been no additional information, but anyone interested in going on a mission trip to Tangier Island in October 2018 should contact John Morse. This trip would include other people from the District.
- 3) John encourages everyone to take time and visit our members who are not able to get out and participate in church activities.

UMM: UMM Report.

- 1) The Ladies Night Dinner at the Wood Grill in Harrisonburg on Tuesday, May 8 was a huge success.
- 2) June 17, Father's Day, UMM will conduct the Sunday Service. Eugene Knott will deliver the message with UMM members in supporting roles. Plan to join us for a special service.
- 3) June 22, UMM will have a cookout to celebrate VBS.
- 4) June 26, UMM work night at the church.

UMW: Wanda Harding presented the UMW Report:

- 1) UMW met on May 21 for a presentation by Susan Coffman on the Faith Community Nursing Program. She focused on the program and how individuals can seek out Dana Breeding or Susan Coffman for concerns regarding our physical, mental and spiritual health. All are encouraged to pray for this ministry and encourage others to utilize their services especially supporting attendance for upcoming events and activities.
- 2) June 12, a special program entitled "Active Shooter & Emergency Action Plan for Faith Group" will be presented by Officer Scott VanLear from 6:30 pm to 8:00 pm at the Augusta Health Community Care Building. Watch the Church Bulletin Board for more details.
- 3) UMW served a meal for those supporting Mission Central in Harrisonburg. They need volunteers to help with the construction needed to support this program.
- 4) UMW also made financial donations to VBS, Mission Central and Shin's South Korean church. They recognized Inez Hite with a memorial gift and a graduation gift for our high school graduates.
- 5) The next formal UMW meeting will be in August 2018.

Youth Representative: There was no Youth Report.

Staff/Parrish Relations: Bruce Rogers presented the SPRC Report.

- 1) Our search continues for a regular accompanist to support the choir. In the meantime we have contracted with Nancy Bassett and Maxine McKinney to play on selected Sundays. We hope everyone will make them feel welcome.
- 2) We are revising the current Policy for the Prevention of Child Abuse to utilize the Virginia Conference relationship with ScreeningOne for conducting the background checks. Everyone working with our preschoolers, children, youth and mentally handicapped persons will be contacted to get a current background check. The new procedure is being developed and will provide an easier method to secure and administer these important documents.

Historian: There was no History Report.

Membership Secretary: There was no Membership Secretary Report.

Lay Leadership/Nominations: Kim Maugans presented the Lay Leadership Report.

- 1) The Planning Team will meet on June 24 at 6:00 pm with an agenda to continue working on key dates and discuss ways we can better communicate. If you are part of this important group, mark your calendar now and plan to attend.
- 2) A Healing Service will be held during the Sunday Service on May 27. Pastor Shin, Rev. Janet Knott, Kim Maugans and Susan Coffman will participate in this moving service.
- 3) July 21 and July 22, Mr. Eun Chan Kim, a Korean pianist from Maryland will perform his music during two special concerts. He will perform on Saturday, July 21, and again during the Service on Sunday, July 22. Plan now to attend and tell your family and friends about this outstanding opportunity to hear Mr. Kim play and bring his talents to New Hope.
- 4) We are considering inviting groups and organizations we support to make presentations to the congregation about their ministry and organization.
- 5) We need additional volunteers to deliver Communion to shut-ins and people who are unable to take Communion at the church. We also need someone to help with scheduling this important ministry.

Communications: Wanda Harding presented the Communications Report.

- 1) May 27: Potato Bar following Sunday Service. Goodwill Offering for Trip to South Korea.
- 2) May 28-June 7: Trip to South Korea with 28 participants.
- 3) May 30: 6:00 pm, Final Wednesday Night Dinner until Fall.
- 4) June 2: 9:30 am to 1:30 pm, UMW Day at Ferrum College.
- 5) June 10: 2:00 pm to 5:00 pm, Appreciation for Rev. Tommy Herndon and Rev. Glen Langston at Dayton UMC (Gifts will be presented at 3:30 pm).
June 10: Kits for Conference due at church.
- 6) June 12: Active Shooter and Emergency Action Plan for Faith Group. Augusta Health Community Care Building, 6:30 pm - 8:00 pm.
- 7) June 15-17: Virginia Annual Conference in Hampton.
- 8) June 17: (Father's Day) UMM Sunday with Eugene Knott, guest speaker.
- 9) June 18 – 22: Vacation Bible School (VBS), 6:00 pm – 8:00 pm, June 22 is family picnic by UMM.
- 10) June 24: Planning Team Meeting, 6:00 pm.
- 11) June 26: UMM Work Night
- 12) June 28: Church Council, 6:30 pm.
- 13) July 21: Evening piano concert by Pianist Eun Chan Kim.
- 14) July 22: Morning Worship Service, 10:30 am, special concert by pianist Eun Chan Kim.
- 15) July 29: Rural Life Sunday (5:30 pm Annual Church Picnic), plan now to attend and bring your tractor or truck. We are looking for two HAND CRANK ice cream makers. Do you have one? Can we borrow it?

Pastor Shin:

- 1) SWAT (Singles With A Testament) continues to meet at Ciro's Pizza on the third Thursday each month at 12:00 noon for pizza. The group enjoys the fellowship and discussion of topics of interest. Anyone is invited to attend.

- 2) Sign-up sheets for Visitation Groups, the Choir and Kid's Rock will be in the Narthex during June. These outstanding programs need your support to continue to be successful. Consider how you can help and pray about signing up to give your time and talents to the Lord to serve his people.
- 3) We ask that you pray for the safe travel and return of those members of our church and their companions who are making the journey to South Korea.
- 4) The Children's Music Hour and the Wednesday Night Dinner will recess during June and July. They will begin again in the Fall.

Unfinished Business:

- 1) Bruce Rogers advised he will continue as the Church Council Secretary.
- 1) Kim Maugans, on behalf of a member of the congregation, requested permission to place two large flower urns (one on each side of the sidewalk) at the front entrance to the church. These would be donated and maintained year round at no cost to the church. The Trustees and the Church Council agreed to Kim's request.

New Business: None

Kim Maugans closed the meeting with a prayer.

Respectfully prepared and submitted by Bruce Rogers, Secretary.

Next scheduled meeting: Thursday, June 28, 2018 at 6:30 pm.

Real-Life Church Bulletin Bloopers...

Please come to our luncheon next Sunday after Worship service. Lunch will be gin at 12:00pm.

Any church member over 18 is welcome on our new lay ministry program. It requires minimal training and time: just six weekly classes of about 200 hours each Tuesday night.

The Seniors group will have a picnic on Saturday. Each person is asked to bring a friend, a vegetable, and a sweet, all in one covered dish.

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(See Exodus 7-12)

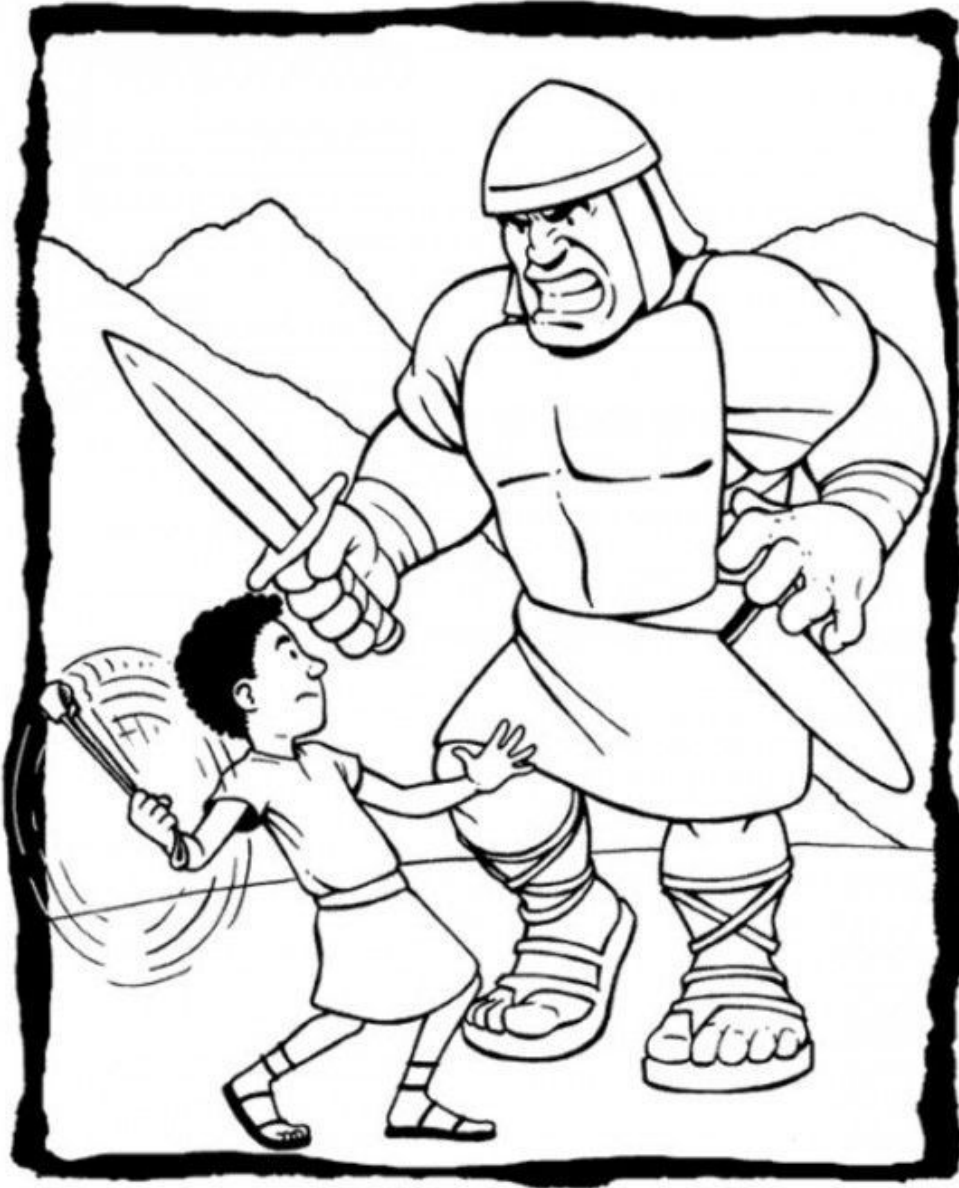
12-04-1997

WALLY'S ATTITUDE OF "IF YOU CAN'T BEAT 'EM, JOIN 'EM" CAME IN REALLY HANDY DURING THE LOCUST PLAGUE

Kid's Corner

(Parents please feel free to print this page for your kids to color while you read them the story.)

Saul had been king, but he kept disobeying God so God asked Samuel to find a new king. God said to Samuel, "Go to Bethlehem and there is a man named Jesse with eight sons. One of them will be the next king."



David & Goliath

When Samuel first met the sons he automatically thought that the oldest son named Eliab would be the king that God had chosen. But the Lord said to Samuel, "Do not look at the way he looks or how big he is. Eliab is not the one I have chosen, the way he looks doesn't matter to me, I look at the heart."

Jesse brought more of his sons to meet Samuel but none of them God had chosen either. Samuel asked Jesse, "Have I met all your sons?" Jesse replied, "I have one son left named David, he's the youngest, and he's out looking after the sheep. I will bring him here to meet you."

As soon as Samuel saw him the Lord spoke to him and said, "He is the one." So Samuel anointed him with oil which was a special way of promising him that he would be the next king. And from that day on the power of the Lord was with David.

David continued to take care of his father's sheep in the fields. When he didn't have much to do in the field he played instruments, and wrote songs and poems that you can find in the book of Psalms in your Bible.

Meanwhile Saul was still king and he ruled people called Israelites. David and his family were Israelites too. The Israelites weren't getting along with people named the Philistines.

The problem with the Philistines was that they had many giants living in their land. One of the strongest and biggest giants was named Goliath. He was over nine feet tall, which is taller than any person recorded in the Guinness Book of World Records. He would've had to bend way down to get through a regular door.

Goliath was covered with armor to protect him and carried a big spear. Every morning and every evening for forty days he shouted to the Israelites in his big deep voice, "Hey, you guys! I dare you to find one man to fight me. If he can beat me we will become your servants, but if I win you will all become our servants."

When Saul and all his men heard this they were very afraid. Three of these men were David's three oldest brothers. They were the only ones in David's family that could go fight because they were old enough.

Now David's father Jesse heard about the giant and was worried for his sons. He called David out of the fields and asked him to take some food to his brothers and report back how they are doing.

So David set off to visit his brothers. As he approached them he heard Goliath shouting his challenge like he did every morning. "Isn't someone going to stand up to this man?" David asked the men in the army. "Then I will fight this giant Philistine."

One of the men overheard this and ran to Saul and told him what David said. Saul approached David and said, "You can't fight Goliath, you're only a boy and he has been fighting for many years." But David said to Saul, "I have had to fight lions and bears to protect my father's sheep. God helped keep me safe then and he will help keep me safe now."

It was too bad that Saul the king wasn't trusting in God to help him, he didn't know what to do to beat Goliath. Then this young boy named David came and he knew in one day exactly what to do, and trusted that God would help him. That's why God loved David's heart and wanted him to be king.

So Saul dressed David in heavy armor to protect him from Goliath but David took it off. It was so heavy he could hardly walk and he knew that God would keep him from harm. Instead David went to a stream nearby and found five smooth stones, put them in a pouch around his waist, and with his sling he went to Goliath.

As David approached Goliath, Goliath looked at David and thought it was a joke. Goliath thought that he could easily beat David and it was funny that Saul would send a small boy to fight him. But David said to him without fear, "You fight with a sword and I come with God on my side and today everyone will know that there is one true God in this land."

Goliath didn't care what David said and he moved closer to attack him, David ran quickly to meet him. Reaching into his pouch he pulled out a stone, put it into his slingshot and shot it at Goliath. The stone had hit him right between his eyes and suddenly Goliath started to lose his balance.

He fell with a loud thud right on his face. David had done it, he beat the giant Philistine! When the rest of the Philistines saw this they ran away and David became a hero to all the people in Israel.

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**We are looking for two
Hand Crank ice cream makers.**

Do you have one?

Can we borrow it?

**Please contact Wanda Harding
if you can help us.**





Vacation Bible School 2018

Paul and the Underground Church

Bring your kids and grandkids and join us for our Vacation Bible School event starting Monday, June 18th from 6:00pm-8:00pm. Our VBS will end on Friday, June 22nd with a church-wide picnic sponsored by the UMM.

Imagine what it was like to live and work in what was once considered the center of the world... the busy metropolis of Rome! You would hear the buzz about the teacher Paul, who was under house arrest. Perhaps you'll watch the gradual persecution of those who followed Jesus, a carpenter who'd died *(and came back to life)* proclaiming he was the Son of God. Join us June 18th-22th, 2018, for a chance to explore Rome, meet Paul and some early Christians and have an adventure in faith!

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The congregation congratulates Dr. Shin Hong on his recent graduation from Duke University with a doctoral degree in Ministry.



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| 1 - Robert & Peggy Corbin | 15 - Ruth Wampler |
| 2 -  Richard & Ruth Wampler | -  Mike & Nellie Bosserman |
| 3 - Mark Hite | -  Bill & Gail Shipe |
| - Isaac Thomas Markow | 16 - Jessica Arnold |
| 4 - Courtney Joyner | 17 -  Robert & Judy Riner |
| -  Mike & Sharyn Huff | -  David & Kitra Shiflett |
| 5 - Megan Rickman | 18 - Owen Harner |
| 7 - Jeffrey Bragg | - Junior Morris |
| - Richard Randolph | -  Will & Elizabeth Harding |
| - Eddie Shaver | 19 -  BF & Peggy Caricofe |
| -  Thomas & Nancy Glass | 20 - Ricky Rowe |
| -  Jack & JoEtta Walker | 21 - Billy Morrison |
| 8 - R.W. Stogdale | -  Fred & Julia Arndt |
| -  David & Julia Miller | 22 - Howard Poole, Jr |
| 10 - Tracy McCray | 23 - Kindra Bragg |
| - David Miller | -  Owen & Dolly Harner |
| 11 - Harold Strickler | 24 - Katie Harding Toole |
| -  Kenny & Carolyn Fretwell | -  Shawn & Jennifer Cook |
| 12 - Abby Armstrong | 25 - Linda Clark |
| - Broc Powell | - Paula Whitmer |
| -  Stuart & Candi Dunlap | 26 - Zack Joyner |
| -  Greg & Kathy Killough | - Sam Carr |
| 13 - Janet Harris | -  Michael & Patty Morris |
| - Richard Stogdale | -  Mike & Susie Shreckhise |
| 14 - Kaylee McLaren | 27 - Janice Howdyshell |
| 15 - Elizabeth Barnhart | - Timothy Randolph |
| - Teresa Barr | |
| - Emma Shiflett | |

Upcoming Events at New Hope - June 2018

Monday, May 28 - Thursday, June 7 ~ Trip to South Korea Pilgrimage

June 4, Monday at 7:00pm ~ Circle of Hope *with Susan Coffman*

June 5, Tuesday at 1:30pm ~ Sisters of Faith *with Phyllis Fretwell*
- 7:00pm ~ Circle of Love Meeting at church

June 6, Wednesday at 6:00pm ~ Bible Study
- 6:45pm ~ Choir Practice

June 9, Saturday at 8:00am ~ Sweet Hour of Prayer

June 10, Sunday from 2:00pm - 5:00pm ~ District Retirement Celebration
for Rev. Herndon and Rev. Langston at Dayton UMC
(*Gifts will be presented at 3:30pm*)
~ * *Kits for Virginia Conference due at church.*

June 12, Tuesday ~ General Primaries Election Day

- 6:30 - 8:00pm ~ Active Shooter & Emergency Action Planning for Faith Groups at Augusta
Health Community Care Building

June 13, Wednesday at 6:00pm ~ Bible Study
- 6:45pm ~ Choir Practice

June 15 - June 17 ~ Virginia Annual Conference in Hampton

June 16, Saturday at 8:00am ~ Sweet Hour of Prayer

June 17, Sunday ~ UMM Sunday with Eugene Knott as guest speaker

Mon., June 18 - Fri., June 22 from 6:00pm-8:00pm ~ Vacation Bible School

June 20, Wednesday at 6:00pm ~ Bible Study
- 6:45pm ~ Choir Practice

June 21, Thursday at 12:00pm ~ S.W.A.T. at Ciro's in Verona

June 23, Saturday at 8:00am ~ Sweet Hour of Prayer

June 24, Sunday at 6:00pm ~ Planning Team Meeting

June 26, Tuesday ~ UMM Worknight

June 27, Wednesday at 6:00pm ~ Bible Study
- 6:45pm ~ Choir Practice

June 28, Thursday at 6:30pm ~ Church Council Meeting

June 30, Saturday at 8:00am ~ Sweet Hour of Prayer

July 2018

July 21, Saturday - TBA ~ Special Music Concert by Pianist Eun Chan Kim

July 22, Sunday at 10:30am ~ Morning Worship Special Concert by
Pianist Eun Chan Kim

July 29, Sunday ~ Rural Life Sunday - (5:30 pm Annual Church picnic) (*Additional details forthcoming.*)



Nurse's Health Corner

Physical Activity – YouTube As Your Tool

While many people might associate going on the internet and watching YouTube videos with inactivity and being a couch potato, YouTube and other internet resources can really aid a physical activity routine. The American Heart Association recommends at least 30 minutes of physical activity with a notable heart rate increase every day. YouTube can help you enjoy those 30 minutes each day or introduce you to a new activity.

YouTube was launched in 2005 and has enriched lives all over the world through cat videos, TV clips, educational videos, how-to instructions, and much more. Another enrichment from YouTube has been instructional exercise videos. Many types of exercise videos exist on YouTube like instructional exercise classes, yoga classes, proper exercise or weightlifting form, full workout routines, and dance routines, to name a few.

YouTube can be a great way to start a new physical activity routine right from your home which comes with many benefits.

- You can try something new or challenging without any of the self-consciousness that might come with being at a gym or other public exercise area. You can gain a sense of freedom by trying something new alone or with a partner.
- You can pause and rewind to see an exercise or routine again to make sure you understand it correctly.
- It's free! As long as you have internet and a way to access it, you do not need to pay anything extra to watch YouTube videos.
- It's fun! Have you ever tried a boxing class? Have you ever tried yoga? Have you ever learned an entire dance routine? All of these are great ways to be physically active and all can be found on YouTube.
- You can find your comfort level to begin. YouTube is home to over a billion videos. You can find the right physical activity level for you with great quality and move up gradually from there.
- There are specific niches of exercise videos. You can find exercise videos aimed at your age, chronic condition, injury, or other condition.

Many other health-improving videos can be found on YouTube as well. The challenge is to search for those healthy resources and use YouTube as a tool in addition to a place to relax and be entertained. YouTube has many other videos to aid other aspects of health. You can find guided meditations at any lengths of time depending on how much time you have in your day to help your mental health. You can find instructional cooking videos with healthy recipes. A large benefit to using YouTube here is the ability to pause, rewind, and re-watch the videos. You can also see how other people deal with their chronic diseases such as diabetes, giving you tips on ways to benefit yourself or simply acting as a reminder that you are not alone in your chronic condition.

YouTube can be a great and useful tool to get moving to a healthier lifestyle. Make sure to talk with your health care provider first about your physical activity limits or concerns before starting a new physical activity routine. Follow any guidelines or recommendations that they present for you. Lastly, remember all of these health-improving videos that are at your fingertips, just as long as you have access to the internet!

Augusta Health is not responsible for YouTube content and encourages you to consult your health care provider before starting any exercise program.

Yoga with Adriene – Instructional yoga classes ranging from five minutes to an hour and ranging from beginner to advanced levels. Also includes yoga videos for specific conditions including back pain, stress relief, digestion, wrist pain, flexibility, and weight loss, to name a few.

<https://www.youtube.com/user/yogawithadriene>

Popsugar Fitness – Wide range of workout-along videos for complete beginners and more advanced or fit individuals. The videos range from 5 minutes to an hour with many topics including cardio dance, high intensity interval training (HIIT), muscle-targeting workouts, pilates, boxing, and more.

<https://www.youtube.com/user/popsugartvfit/featured>

FitForceFX – A slightly more advanced channel where you can work hard, have fun, and get fitness results. Includes REAL-TIME workouts that you can do anywhere, with or without equipment. Workouts range from quick 5 min muscle targeting blitzes to 1.25 hr full body mega workouts. The majority are 15-30 mins and stackable to your time constraints and fitness level. Every workout and exercise can be modified to you fitness level.

<https://www.youtube.com/channel/UC9wkhjMDu9rwOhjoMnOalnQ>

The Mindful Moment – Guided mindfulness meditation videos for varying times of day, moods, and personal comfort levels. Includes guided meditations for beginners and also for specific needs. Videos are geared toward reducing stress and anxiety, finding peace, loving kindness, self-acceptance, improving health, and relaxation. Videos vary in length from about five minutes to an hour, but most are between 10 and 20 minutes long.

https://www.youtube.com/channel/UCu_mPIZbomAgNzfAUEIRL7w/featured

*Information provided by Lishey Dent, Intern from JMU, working with Community Outreach at Augusta Health.
Contact Dana Breeding, RN related to the above information at 332-4988 or 932-4988.*

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Please join the Augusta Health Faith Community Nurse Network

Active Shooter and Emergency Action Planning for Faith Groups

Information Session

Presented by First Sergeant Scott VanLear, Virginia State Police

Learn what to do and how to survive an active shooter situation in or around your faith community.

Tuesday, June 12th from 6:30-8:00 pm

at the Augusta Health, Community Care Building
(Located at 64 Sports Medicine Drive, Fishersville VA, 22939)

Presentation brought to you in partnership of the
Augusta Health Faith Community Nurse Network and Bridge Christian Church

Lectionary Readings for June

June 3

1 Samuel 3:1-20
Psalm 139:1-6 & 13-18 (UMH 854)
2 Corinthians 4:5-12
Mark 2:23-3:6

June 17

1 Samuel 15:34-16:13
Psalm 20 or 72
2 Corinthians 5:6-10 (11-13), 14-17
Mark 4:26-34

June 10

1 Samuel 8:4-20
Psalm 138 (UMH 853)
2 Corinthians 4:13-5:1
Mark 3:20-35

June 24

1 Samuel 17:(1a, 4-11, 19-23) 32-49
Psalm 9:9-20 (UMH 744)
2 Corinthians 6:1-13
Mark 4:35-41

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