

Hilltopper

Harrisonburg District

August 2016



Prayers
Presence
Gifts
Service
Witness

Special points of interest:

- Conference Update
- New Bishop Announced
- Welcome Pastor Shin
- Vacation Bible School
- Nurse's Health Corner
- Anniversaries & Birthdays

School starts
back soon ...



Drive carefully !

Editor's Note

Where has the time gone?
It's been mid-April since the last Hilltopper.
In the meantime, so much has happened
with so little time to write about it.

- May 3, Knee surgery (for yours truly)
- Middle of May licensing school
- June Annual Conference
- June extra Charge Conference
- June Vacation Bible School
- a Farewell to Pastor Tom & Dreanna
- a Welcome reception for Pastor Shin and family

Though we certainly dropped the ball on Hilltopper issues, we did make the effort to provide printouts in the narthex for:

- the June/July birthdays
- the list of new church officers
- and bulletin inserts as appropriate

We've attempted to keep updated photos on the narthex monitor, but confess that power failures and a forced Windows 10 migration has not made this easy.

This issue of Hilltopper will be light on articles and a bit heavier on photos, but hopefully this puts us back on a baseline where we can be more faithful going forward.

We are big on grace in the United Methodist Church, so it is this writer's prayer that hope and grace will abound.

Annual Conference Update

(excerpts from vaumc.org)

4,000 United Methodists gather in Roanoke for 234th Annual Conference

Nearly 4,000 clergy and laity representatives of United Methodist churches across Virginia gathered at the Berglund Center in Roanoke June 17-19 for the 234th Annual Conference meeting of worship, mission projects, celebration of ministries and conducting the business of the conference. Theme for the 2016 Virginia Annual Conference was "Thy Will be Done." Bishop Young Jin Cho presided over the proceedings for the last time before his retirement.

The Rev. Eun Pa Hong, pastor of Bupyeong Methodist Church in Incheon, Korea, (and Pastor Shin's father) preached for the Mission worship service saying he was thankful for American missionaries who came to Korea and built schools, hospitals and churches.

Twenty-one men and women were ordained elders, two were ordained deacons, 14 were commissioned as

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Vacation Bible School School June 2016





New Hope UMC welcomes Pastor Shin and family (Hailey, Susie, and Noah)



Nurse's Health Corner

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccinations for people of all ages. Immunizations are essential for infants and children, pre-teens and teens, and yes – **Adults Too!** Please refer to the vaccine schedule web links below for recommendations for each age group.

Herpes zoster, also known as zoster and shingles, is one disease to highlight that can be prevented, or complications lessened, through vaccination. It is caused by the reactivation of the varicella-zoster virus (VZV), the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays dormant (latent) in the sensory ganglia (a part of the nervous system). VZV can reactivate later in a person's life, and cause a painful rash called herpes zoster or shingles.

A person can also get shingles if vaccinated for chickenpox, with the varicella vaccine. The varicella vaccine contains live attenuated VZV, which also causes latent infection that can be reactivated. However, children vaccinated with varicella appear to have a lower risk of herpes zoster than people who were infected with wild-type VZV. The reason for this is that vaccinated children are less likely to become infected with wild-type VZV, and the risk of reactivation of vaccine-strain VZV is lower compared with reactivation of wild-type VZV.

Almost 1 out of 3 people in the United States will develop shingles during their lifetime. People with weaker immune systems related to certain chronic conditions or medications are at greater risk, as well as an increase of age, especially after age 50. Most people who get shingles will have it only once. However, it is possible to get it a second or even third time. The most common complication of shingles is post-herpetic neuralgia (PHN), which is severe pain in the area(s) where the shingles rash occurred. About 1 out of 5 people with shingles will get PHN. The risk of PHN increases with age.

If not vaccinated, a person should be aware of signs and symptoms. Shingles is a painful rash that develops on one side of the face or body. The rash forms blisters that typically scab over in 7 to 10 days and clears up within 2 to 4 weeks. Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. This may happen anywhere from 1 to 5 days before the rash appears. Several antiviral medicines—acyclovir, valacyclovir, and famciclovir—are available to treat shingles. These medicines will help shorten the length and severity of the illness. To be effective, they must be started as soon as possible. Pain relief medication is also used, as the pain with shingles can be severe.

My story: A not-so-typical case of shingles at age 45.

One Saturday evening I felt pain in my right eye, deep in the eye socket. We had cleared snow for several hours, so I thought I had strained my eye. It gradually got worse over the next three days. On day four I woke up not able to open my eye to light, as the pain was so severe. I was able to see the eye doctor that morning and with concern of a tumor, he sent me for a CT-scan. After that procedure, and seeing me in excruciating pain (I have a high tolerance of pain) my husband decided to take me to our primary care provider (PCP) to be seen, if possible. After explaining what I was experiencing and relaying my fear that it was shingles, my PCP saw me right away. Along with the pain, I had experienced a funny sensation around my right eyebrow and forehead the day before. I did not have any rash at all at this point, but my physician knew me, acknowledged my symptoms, and listened to my concerns,

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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 !!!

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

Web Page

Web Page: myhnumc.weebly.com

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

Lectionary Readings

8/7

Isaiah 1:1, 10-20
Psalm 50:1-8, 22-23 (UMH 783)
Hebrews 11:1-3, 8-16
Luke 12:32-40

8/14

Isaiah 5:1-7
Psalm 80:1-2, 8-19 (UMH 801)
Hebrews 11:29-12:2
Luke 12:49-56

8/21

Jeremiah 1:4-10
Psalm 71:1-6 (UMH 794)
Hebrews 12:18-29
Luke 13:10-17

8/28

Jeremiah 2:4-13
Psalm 81:1, 10-16 (UMH 803)
Hebrews 13:1-8, 15-16
Luke 14:1, 7-14

9/4

Jeremiah 18:1-11
Psalm 139:1-6, 13-18 (UMH 854)
Philemon 1:1-21
Luke 14:25-33

9/11

Jeremiah 4:11-12, 22-28
Psalm 14 (UMH 746)
1 Timothy 1:12-17
Luke 15:1-10

9/18

Jeremiah 8:18-9:1
Psalm 79:1-9 or Psalm 4 (UMH 741)
1 Timothy 2:1-7
Luke 16:1-13

WORSHIP ASSISTANTS

Acolyte

8/7 Derek Deavers
8/14 Helen Morse
8/21 Weston Powell

Nursery

8/7 Megan Aldhizer & Lynn Tuten
8/14 Gail Armstrong
8/21 Judy Riner & Christy Powell
8/28 Teresa Barr & Mary Sheets
9/4 JoEtta Walker & Melanie Alshizer
9/11 Morgan Craun & Martha Fretwell
9/18 Robin Craun



Children's Message

8/7 Cindy Deavers
8/14 Robin Craun
8/21 Kevin Armstrong
8/28 Helen Morse
9/4 Pastor Shin
9/11 Dana Breeding
9/18 Cindy Deavers

Ushers

8/7 Lewis Whitmer & Jake Botkin
8/14 Rob Riner & Becky Tate
8/21 Henry Breeding & Charlie Bill Fretwell
8/28 Darryl Deavers & John Morse
9/4 Lewis Whitmer & Jake Botkin
9/11 Rob Riner & Becky Tate
9/18 Henry Breeding & Charlie Bill Fretwell

August/September Anniversaries & Birthdays

August

- 1- Justin Duncan
- 1 Taylor Meier
- 2 Winton & Ava Funk
- 3 Lewis Whitmer
- 3 Tim & Amye Bergman
- 4 Hunter Mabry
- 5 Michael Harner
- 7 John DeJong
- 7 Susan Mehler
- 8 Kent Darrah
- 8 Charles Powers
- 9 Monique Houser
- 10 Amy Corbin
- 10 Catherine Taylor
- 10 Otho & Margaret Fitzgerald
- 11 Robert Carr
- 11 Carolyn Fretwell
- 11 Weston Powell
- 12 Greg Killough
- 12 Alice Ward
- 12 Savannah Ritchie
- 13 Charles Fretwell
- 13 Mary Taylor
- 13 Linda Wheatley
- 14 Mike Stout
- 15 Judith Howard
- 15 Adam Shiflett
- 16 Chelsea Bosserman
- 17 Hunter Black, Jr
- 17 Henry Breeding
- 17 Rose Sadano
- 18 Vanessa Harner
- 19 Lester & Amy Herman
- 19 Glenwood & Kerry Fretwell
- 20 Stoney Caricofe
- 22 Randall Hinebaugh

- 23 George & Mary Taylor
- 24 Steve Bosserman
- 26 Julia Miller
- 27 Karen Maugans
- 30 Paul Abbe
- 30 Casey Houser
- 30 Laura Lewis
- 30 Paul Abbe
- 30 Casey Houser
- 30 Laura Lewis

September

- 1 Cheryl Bragg
- 1 Kevin & Gail Armstrong
- 1 Carl & Polly Caricofe
- 2 Hunter Joyner
- 3 Nadine Hinebaugh
- 7 Bobby & Glenna Beard
- 7 William & Arlene Crist
- 8 William Crist
- 9 Beth Howdysshell
- 10 Chris Botkin
- 10 Lester Herman
- 10 Dallas & Pam VanLear
- 11 Steve Carter
- 11 Brandan Whitmer
- 11 Mike & Becky Breeding
- 12 Terri Carter
- 12 Jeff & Becky Kraisser
- 12 Christy Aldhizer
- 13 Dr. Esther Mabry
- 14 Judy Critzer
- 15 Barry Powers
- 16 Josh Walker
- 17 Thomas Ewers
- 18 Robert Morrison
- 18 Greg & Jolene Farrar
- 18 Roger Aldhizer
- 19 Mia McLaughlin
- 20 Billy Price
- 21 Jacob Botkin
- 22 Michael Morris, Jr

- 23 Otho Fitzgerald
- 24 Dawn Miller
- 24 Dylan Anthony
- 24 Darryl & Cindy Deavers
- 25 Brandon White
- 25 Henry & Margaret Breeding
- 25 Betty Stout
- 26 Glenna Powers
- 26 Jim Joyner
- 27 Beth Breeding
- 28 Donna Walker
- 30 Martha Fretwell



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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fears and speculations. He agreed and started the antiviral medication, mainly to lessen the chance of the post-herpetic neuralgia. I was also given Neurontin and pain medication for the nerve pain I was experiencing. The next 6 days are really a blur. I only remember waking up to take medication, moving from my bed to the recliner and back, and eating very little. My right forehead, brow area and into my scalp broke out in a rash and scabbed over, and my eye almost swelled shut. I did not want to see any anyone, talk to anyone, have light in my room or any stimulation around me. I was out of work for over 4 weeks.

I am about 5 months post shingles and I continue to have tingling and moderate pain around my eye, sometimes into my cheek area and forehead. Sometimes I have a burning pain or itching in my scalp area. I had my annual eye exam and my ophthalmologist said I had lesions on my cornea, which should disappear in the next 5 – 6 years. I will obtain the vaccine at 6 months, as I want to lessen any chance of ever having this again. Dana

The Advisory Committee on Immunization Practices (ACIP) recommends that adults aged 60 years or older receive 1 dose of zoster vaccine to help prevent the disease and its potentially debilitating complications, including post-herpetic neuralgia. Even people who have had herpes zoster should receive the vaccine to help prevent future occurrences of the disease. The shingles vaccine is approved by FDA for people aged 50 years and older. However, CDC does not have a recommendation for routine use of shingles vaccine in people aged 50 through 59 years old. Adults aged 50 through 59 years who have questions about the shingles vaccine should discuss the risks and benefits with a health care provider.

The unfortunate fact is that only 1 in 5 adults aged 60 years or older has received the zoster vaccine. Only 20% of the recommended age group is vaccinated to protect from the severe and possible long-term pain. Shingles is increasing among adults in the United States. The increase has been gradual over a long period of time. We do not know the reason for this increase. The best defense is to be vaccinated.

Basics and Common Questions about Vaccines: <http://www.cdc.gov/vaccines/vac-gen/default.htm>

Vaccine Schedules found on the CDC website:

Infants and Children: <http://www.cdc.gov/vaccines/schedules/easy-to-read/child.html>

Pre-teens and Teens: <http://www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html>

Adults: <http://www.cdc.gov/vaccines/schedules/easy-to-read/adult.html>

Information provided by Dana H. Breeding, RN Health Educator from Community Outreach, at Augusta Health. To contact her related to the above information, please call 332-4988 or 932-4988.

provisional elders, two were commissioned as provisional deacons and 31 were licensed as local pastors (including yours truly) in the Saturday evening Ordering of Ministry service.



Annual Conference members brought 52,016 disaster relief kits for United Methodist Committee on Relief (UMCOR) to Annual Conference. Kits included 29,676 Health Kits; 17,637 School Kits; 2,634 Birthing Kits; 1,352 Layette Kits; 303 Cleaning Kits; 55 Bedding Kits and 359 Sewing Kits.

Attendees of conference contributed 10,039 pounds of canned goods and boxed dry foods as part of the "4 Cans 4 Conference" drive to benefit the Roanoke area Rescue Mission.

Bishop Sharma Lewis to lead Virginia Conference for next four years

Bishop Sharma D. Lewis, the first African-American woman elected a bishop in the Southeastern Jurisdiction of The United Methodist Church, has been assigned to lead the Virginia Conference of The United Methodist Church for the next four years. She will begin her term of office on Sept. 1.

Bishop Lewis will oversee the 1,169 local churches and faith communities and 327,647 United Methodists in the Virginia Conference. She follows Bishop Young Jin Cho who is retiring after leading the conference for the last four years.

Currently serving as district superintendent of the Atlanta-Decatur-Oxford District in the North Georgia Conference, Lewis is a native of Statesboro, Ga., and a life-long United Methodist.



She is a graduate of Mercer University and the University of West Georgia, with bachelor's and master's degrees in biology. After graduating, she worked as a biologist in the academic and corporate sectors. After answering the call to ministry, she entered Gammon Theological Seminary in Atlanta, where she earned the Master of Divinity with honors.

Before being appointed district superintendent, Lewis served at Wesley Chapel United Methodist Church in McDonough, Ga., Powers Ferry United Methodist Church in Marietta, Ga., and Ben Hill United Methodist Church in Atlanta.

New Hope United Methodist Church

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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



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