

Hilltopper

Harrisonburg District

April/May 2015



- Prayers
- Presence
- Gifts
- Service
- Witness

Special points of interest:

- Conference & VBS Plans
- Celebration
- Nurse's Health Corner
- Activities & Events
- Anniversaries & Birthdays
- Missions
- Easter

WE HONOR OUR GRADUATES



Kylie Armstrong	James Madison University	Early graduate	December 2014
Emily Howdyshell	Shenandoah University	May 9	
Hunter Gallimore	Blue Ridge Community College	May 9, 10am	
*Lauren Stout	Longwood College	May 9	
Michaela Craun	Bridgewater College	May 16	Campus Mall
*Jessica Arnold			
Penny Pence	Fort Defiance	June 6, 2pm	EMU
Ethan Herman			
Taylor Meier	Woodrow Wilson	June 6, 10am	EMU
* unconfirmed			



Easter Came to New Hope

Though the weather made other plans for Ash Wednesday, the season of Lent saw a fresh spirit of anticipation and hope. In the weeks leading up to Easter, the congregation was introduced to a new practice - The Claiming of the Cross. Each Sunday during a time of prayerful meditation, a different family would come forward to claim the cross and take it home for a week. They would return the following week with the cross and take a moment during worship to share what it had meant to them. This practice provided a strong reminder of the Lord's presence, and we were all uplifted as these stories were shared by Joanie and Greg Schofield, Mary and Leon Sheets, Lewis and Karen Whitmer, Becky Tate, and Robin and Morgan Craun.

Several members engaged in a Lenten Bible study held each Thursday. The group read daily devotions and chapters from "Journeying Through Lent with Mark," written by Greg Weyrauch. During these sessions led by our pastor, members shared questions, concerns, and new insights. Where 2 or 3 are present, the Spirit of God is always near.



Palm Sunday came and we brought our fronds to the altar and welcomed Holy Week. Many were surprised by the donkey, especially Pastor Tom. Maundy Thursday service was marked by the sharing of Communion and readings from The Passion of Jesus Christ, and we shared Community Good Friday Service right here at New Hope. Pastor Bill Davis of Laurel Hill Baptist shared a message from his heart, as we were joined by his members and

(Continued on page 11)

No Time to Be Camera Shy

For the past several weeks efforts have been underway to develop a new pictorial church directory. It's been nearly a decade since this was done, and we are most definitely due an update. The church has partnered with Lifetouch, a well established company with a wealth of experience in meeting needs such as ours. Their photographer will be here for family portraits on Thursday through Saturday, May 14 - May 16. If you have not yet schedule an appointment, this Sunday is the last day to do so, using the sign-up sheets in the narthex. You can also sign-up online by visiting the website :

<https://www.securedata-trans14.com/ap/newhopeunitedmethodistchurch4/index.php?page=10>

Being able to match names with faces helps us to grow in community, so please allow us to include you and your family members in this project.

Sign up now !





She Returned From Whence She Came

We were so pleased to be able to share in a time of worship on April 26, when we were joined by the members of Mt Bethel UMC, on the occasion of Melissa Fretwell's graduation from EMU Seminary. We were also privileged to have with us Rev. Tommy Herndon (our District Superintendent), his wife Carolyn, Rev Glen Langston (District Program Director), and many of Mellissa's childhood friends. On that Sunday, she led us in song and, using text from the 23rd Psalm, brought a sermon titled "Don't Be Afraid". It was a message of assurance, a message of great things that God can do, and a message of her personal journey into fulltime Christian ministry. It touched us all, and especially those who saw her grow up right here in this church.

Afterwards we broke bread together in the Social Hall, as we were treated to a wonderful meal served by Martha and Jarman Fretwell. We appreciate their generosity. Melissa's next assignment involves a chaplaincy role at UVA, beginning in September, and we support her with our prayers as she takes this next step in her ministry.

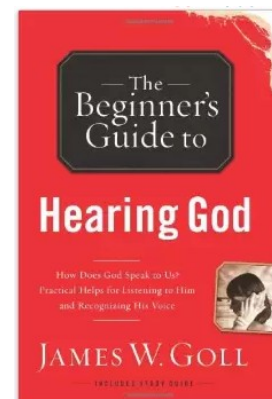
God is doing a marvelous thing indeed !

Revitalizing a Critical Ministry

Intentional Prayer Ministry is being re-vitalized at New Hope. Many know how to **talk** to God, but for the past few weeks several have joined to discover how we can **hear** from God.

We meet weekly and review chapters from *The Beginner's Guide to Hearing God* by James Goll, we've seen a video or two, and we even - yes - pray as we also take time to listen in silence. In future weeks we will take a prayer walk, construct a prayer wall, convene for prayer in retirement communities, and there's even an all-day workshop on the horizon. The idea is to develop an excitement for prayer, and a passion for spending time praying with each other. We meet each Wednesday from 6-7pm.

Come join us !!



Mission Report - Haiti 2015

(by John Morse)

Six short-term missionaries went to Haiti this year and reconnected with old friends and accomplished many good things. Each missionary contributed \$1600 toward the mission to pay for airfare, housing and meals in Haiti and \$2500 toward the project at the Methodist church in Anse a Galet. In addition, the churches associated with the missionaries provided over \$6650 in funds to support the work of the mission. Additionally an estimated \$2125 in goods were sent to be given there. Below is a list of the tasks



accomplished.

Completed the finish work on the East, North, South and West sides of the church

Purchased and installed material and labor to install railings for the stairs at the front of the church

Purchased material, constructed and installed two crosses in and on the church

Paid medical expenses for a lady with ringworm

Paid tuition, uniforms, and food for five students for the school year 2015/2016

Provided \$200 to the Methodist church for its outreach

Provided a laptop and digital projector for the Methodist church

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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.

Mission Trips

July 2015 Tangier Island (youth)

Fall 2015 Tangier Island

See John Morse. More details will be forthcoming as available.

Take Them Christ

If you were at church on Easter Sunday, you were present when our latest team of communion servants were consecrated to service by Pastor Tom. These Lay Communion Servants have attended a brief training session, and will be serving Communion in homes and retirement facilities for our members who are no longer able to join us on Sunday mornings. The church has purchased portable communion kits which are placed on the altar and consecrated during our regular communion services. The elements are then served later that day or the next day, as we try to reach out to make this a meaningful service. So far, the following have been engaged in this ministry: Kim and Karen Maugans, Linda Wheatley, John and Helen Morse, Al Tuten, Jake and Julie Botkin. If you would like to find out more or become a participant in this ministry, please contact Pastor Tom.



Lectionary Readings

5/3

Acts 8:26-40
Psalm 22:25-31 (UMH 752)
1 John 4:7-21
John 15:1-8

5/17

Acts 1:1-11
Psalm 47 (UMH 781)
Ephesians 1:15-23
Luke 24:44-53

5/31

Isaiah 6:1-8
Psalm 29 (UMH 761)
Romans 8:12-17
John 3:1-17

5/10

Acts 10:44-48
Psalm 98 (UMH 818)
1 John 5:1-6
John 15:9-17

5/24

Acts 2:1-21
Psalm 104:24-34,35b (UMH 826)
Romans 8:22-27
John 15:26-27;16:4b-15



WORSHIP ASSISTANTS May 2015

Acolyte

5-3 Cindy Deavers
5-10 Clara
5-17 Penny
5-24 Kaylee
5-31 Taylor

Ushers

5-3 Jake Botkin & Lewis Whitmer
5-10 Ruritans
5-17 Henry Breeding & Charlie Bill Fretwell
5-24 John Morse & Darryl Deavers
5-31 Andy Breeding & Kevin Armstrong

Children's Message

5-3 Pastor Tom
5-10 Children's Church
5-17 Al Tuten
5-24 Cindy Deavers
5-31 Robin Craun

Nursery

5-3 Megan Aldhizer&Lynn Tuten
5-10 Gail Armstrong&Peyton Meier
5-17 Judy Riner&Christy Powell
5-24 Teresa Barr&Mary Sheets
5-31

Annual Conference

Delegates from New Hope and the Harrisonburg District will be attending Annual Conference, taking place from June 19 through June 21, in Roanoke. This year's theme will be "from Members to Disciples". It is a time when delegates from across the state gather to conduct business, to worship, and to celebrate. As Methodists we are part of a "connectional" denomination because together we can do so much more! In that spirit, churches will be sending offerings in various ways. You can support this effort with additional monetary gifts or by helping with Conference Kits.

From our Virginia Conference website "Relief-supply kits help provide care for the most vulnerable people during times of crisis. UMCOR collects 6 types of kits for global distribution and cleaning buckets for US distribution after storms.

Kits help sustain everyday life for people who lack ready access to essential supplies. They provide vital support for UMCOR's [global development](#) work and make a tangible difference in people's lives. "

In terms of monetary giving, our Conference has a goal of \$150,00 to be used for the Methodist Mission in Cambodia, UMCOR Global Health Ministries, and Children Out of Poverty in Virginia.

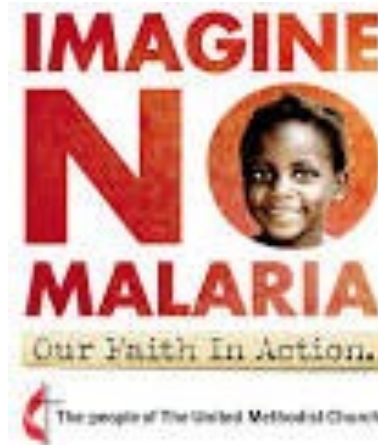
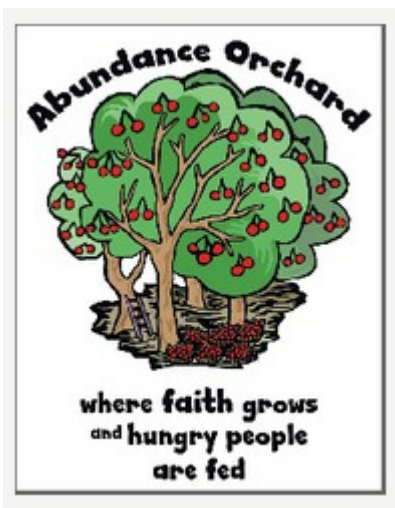
If you have access to a computer you can learn more by visiting the Conference website (www.vaumc.org), and more information will be shared in the near future.

Vacation Bible School is on the way

Plans are shaping up for Vacation Bible School, and you are encouraged to start spreading the word. This year, the schedule will run from Thursday through Saturday, June 25 through June 27, from 6 to 8pm, with a special

celebration service on Sunday, and a picnic to follow.

The learning program is provided by the Society of St Andrew at no charge, and will be geared toward feeding the hungry. Activities will include crafts, authentic storytelling, recreation, music, and great food.



Is your Team in place to answer the challenge?

For more information, contact Courtney Joyner

Nurse's Health Corner

Nearly 53 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older. To examine the word arthritis, *arthr-* means joint and *-itis* means inflammation of an organ. So, in lay terms, it means inflammation of a joint for most situations, but through research we have discovered it can occur in other organs. Many people refer to "Arthritis" as joint pain or joint disease. Although it is quite common, it is not well understood.

More than 100 different types of arthritis and related conditions exist. The most common types of arthritis are Osteoarthritis (OA), Rheumatoid Arthritis (RA), Fibromyalgia, and Gout.

In osteoarthritis, cartilage (that cushions bones as they move around in the joint) and synovial fluid (which lubricates the joint so bones can move more easily) deteriorate due to years of use. Movement becomes more difficult and painful. Pain comes from bones rubbing against bones and/or inflammation in the joint caused by the constant friction.

Rheumatoid arthritis pain is usually caused at first, by a severe inflammatory reaction in a joint. The inflammation doesn't result from bones rubbing together, but from a malfunction in the body's immune system. In RA, the immune system goes awry and turns against the body's healthy tissues.

The body's soft tissues, including muscles, rather than the bones and joints are affected in people who suffer from fibromyalgia. Research shows that people with fibromyalgia may have imbalanced levels of certain chemicals in their bodies, including serotonin. The brain senses pain more intensely or sleep interference can increase a person's sensitivity to the pain. Pain is sensed at tender points (sensitive spots), often near joints.

Most arthritis disease processes develop slowly. Gout is a form of arthritis that literally can form overnight in a joint. A common site is the large joint of the big toe. Other joints like ankles, knees, elbows, wrists, (hands and feet) and sometimes even soft tissues and tendons are affected as well. Hyperuricemia – high level of uric acid in the blood – is what causes gout pain. Uric acid is the by-product of your body breaking down purines, found in food. For some, their body produces too much uric acid. For others, the kidneys cannot eliminate it fast enough. High levels of uric acid produce crystals in the fluid that lubricates joint linings. The crystals can also form tophi or lumps, resulting in painful joint swelling and inflammation.

Treatments can include medication, surgery and natural therapies. Various medications exist to help people live with arthritis. Analgesics are drugs that can relieve pain, but not inflammation. Biologics are drugs that simulate the body's natural response to infection and disease. Corticosteroids (glucocorticoids) are medications that mimic the effects of the hormone cortisol, which helps reduce inflammation in the body. Disease-modifying anti-rheumatic drugs (DMARDs) work in different ways to slow or stop the inflammatory process that can damage joints and internal organs. Nonsteroidal anti-inflammatory drugs (NSAIDs) are used to relieve pain and inflammation from arthritis and related conditions. They work by blocking hormone-like substances called prostaglandins, which are involved in pain and inflammation. Surgery procedures include joint replacement, fusion and other techniques specific to the affected joint. Natural Therapies may include vitamins and minerals, hot/cold packs, physical/occupational therapy, massage, acupuncture, electrical stimulation and aromatherapy to name a few. Treatment can also include a combination of the above therapies. Please seek advice from your health care provider to make sure the treatment is appropriate for you.

Even though arthritis is a physical diagnosis, it is a chronic condition, which takes energy and time to manage. Managing chronic diseases can create mental and emotional stress. Arthritis and related diseases are major causes of debilitating, life-changing pain for many Americans. Some people can no longer do the activities they once did, which can weigh heavy on a person's self-worth and life fulfillment. A few things people can control related to managing their chronic disease is healthy nutrition, exercise and stress

Anniversaries & Birthdays for April/May

April (belated) -

1-Margaret Breeding
 1-Wade Craig
 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-Kitra Shifflett
 8-Steve & Terri Carter
 9-Rocky Simmons
 10-Cindy Sheets
 11-Darrell Howell
 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-Glennda Beard
 20-Bill & Judy Lalla
 21-Layne Bennett
 22-Corey Baldwin
 22-David Howdyshell
 22-Brenda Pace
 22-Ethel Hicks
 23-Madison Harding
 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

May

2 Jarman Fretwell
 3 Francis Stout
 5 Linda Howdyshell
 6 Lindsay Bell
 6 Kevin McLaren
 6 Chad Deavers
 7 Jerry Coffman
 7 Deborah Umidi
 8 Teresa Hester
 9 Keith Stogdale
 10 Melissa Fretwell
 12 Abby Killough
 13 Patrick Gruber
 13 Sylvia Herman
 14 Kimberly Campbell
 15 Cheryl Bennett
 16 Pam VanLear
 18 Robert Herman
 18 Nancy Hutchinson
 18 Laura Shiflett
 19 Sherry Rankin
 19 Michael Shreckhise
 19 Ron White
 22 Randall Herman
 22 Mike & Roxann Canipe
 22 Larry Hinebaugh
 23 Michaela Craun
 23 Alden Hough
 23 Michael Sundeen
 23 Debbie & Sam Arnold

26 Candi Dunlap
 26 Betty Selmon
 27 Patty Morris
 27 Jason Pace
 28 Jeremy Kraisser
 28 Mark & Robin Craun
 28 Jim & Betty Gruber
 29 Steve Morris
 29 David Taylor
 30 Jeff Bosserman



If we have any incorrect information or are missing information, please leave updates in mailbox in church library for Hilltopper or email

altuten@vaumc.org

ACTIVITIES & EVENTS— May/June

May 4	9 - 12	Food Pantry Volunteers
	7:00 pm	Mabry Shifflett w/Betty Stout
May 5	1:30 pm	Minnie Carr w/Pat Ewers
	7:00 pm	Irene Fretwell
May 6	6:00 pm	Prayer Team Beginners Guide to Hearing God
	7:00 pm	Choir Practice
May 11	7:00 pm	COM
May 12	6:00 pm	UMM/UMW Wood Grill
May 13	6:00 pm	Prayer Team – Beginners Guide to Hearing God
	7:00 pm	Choir Practice
May 14		High Noon—New Hope Community (see Shirley Western for Reservations)
May 18	9 – 12	Food Pantry Volunteers
	7:00 pm	UMW
May 20	6:00 pm	Prayer Team – Beginners Guide to Hearing God
	7:00 pm	Choir Practice
May 21	6:30 pm	Administrative Council
May 23	9-3 pm	Leadership Training
May 24		Pentecost
May 25		Memorial Day
May 31		Promotion Sunday
	4-6 pm	Ladies Retreat
June 6		United Methodist Women’s Day—Ferrum College
June 19-21		Virginia Annual Conference From Members to Disciples
June 25-28		Vacation Bible School—Abundance Orchard

(Continued from page 4)



Provided medical equipment to the local hospital
 Provided toys, school supplies, and games for the children at the school



Provided 36 pair of gloves for the workmen hired to work on the church
 Provided lunch for all workmen hired to work on the church

Brought the message at the Sunday service (Reverend Dr. James Daniely)

Brought greetings from the team to the church (Carol Angier)

Distributed 150 pr of flip-flops

Distributed toys and gifts to the orphanage

Provided nabs crackers to the neighborhood children each night

Hired 25 local workers for work on the church

Spent considerable time instructing the church leaders on financial request procedures.



(Continued from page 7)

management activities.

Information for this article was found at the Arthritis Foundation website: <http://www.arthritis.org/>. Additional resources can be found at: American College of Rheumatology (ACR) <http://www.rheumatology.org/> - American Pain Foundation (APF) <http://www.painfoundation.org> - Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion <http://www.cdc.gov/arthritis/> - National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) <http://www.nih.gov/niams/>

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.

(Continued from page 2)



congregations from Mt Horeb Presbyterian, Middle River Church of the Brethren, and Barren Ridge Church of the Brethren. The service concluded with a very moving “Clearing of the Chancel”. The week was also characterized by a prayer vigil, with different members signing up for timeslots.



Then came Easter morning. It began with Sunrise Service at 6:45, in somewhat chilly air. We celebrated the resurrection of our Lord as we saw the sun lift over the horizon, and then stepped into the Social Hall for warm beverage, continental breakfast (provided by United Methodist Men), and a good time of fellowship.

As people arrived for Sunday School and 10:30 worship, they flowered the cross in the courtyard. Our service saw attendance of 150, and the celebratory experience was enhanced by the colorful banners that now adorn our sanctuary. It was especially meaningful to have Easter on the first Sunday of the month, which led to the celebration of the Eucharist in the same service. We said the words more than a few times, and we can say it all year .

“Christ is Risen Indeed.”

New Hope United Methodist Church

PO Box 86

New Hope, Va 24469

Web Page: mynhumc.weebly.com

Address Service Requested

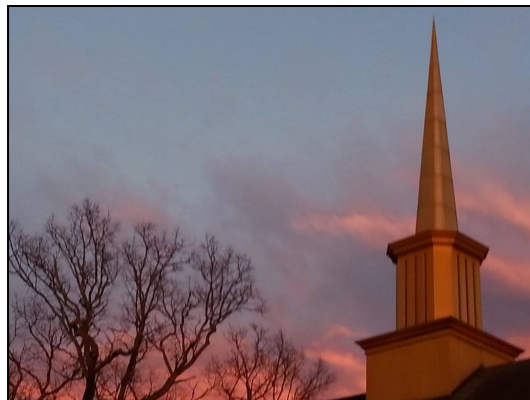


HILLTOPPER

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. Tom Murphy, pastor

Email: newhopechurch@newhopetel.net