

May 2018

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## Why Study God's Word?

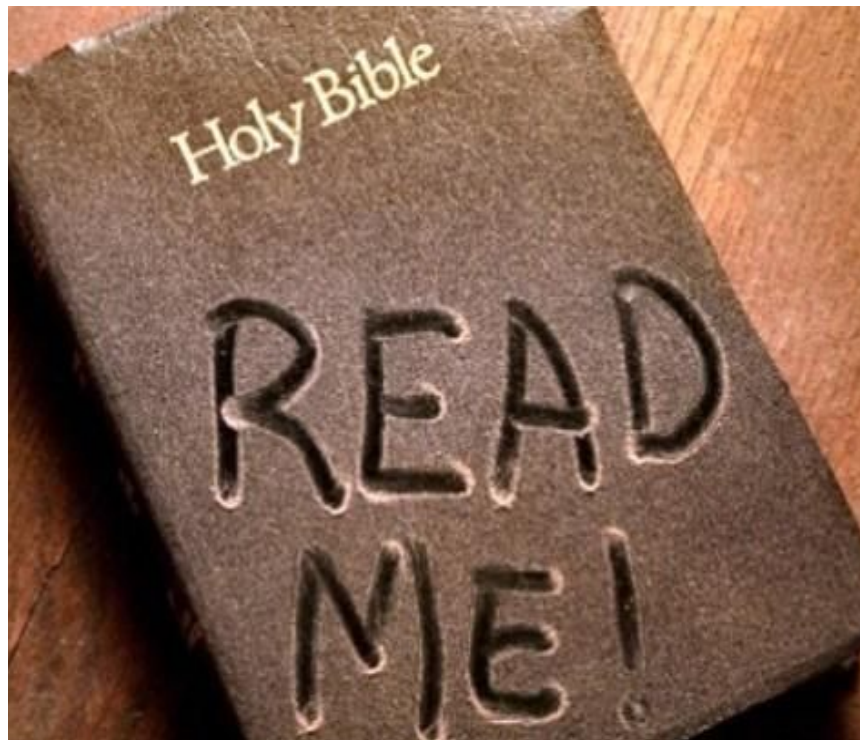
By Ron Boatwright

Just as we eat 3 meals a day to sustain our physical bodies, we must also feast on God's word daily to sustain our souls. If we don't we are in danger of losing our souls. God says in Hosea 4:6, "My people are destroyed for a lack of knowledge." People will be lost because they did not care enough to read and study God's instruction book on how to go to Heaven.

Paul says in 2 Thessalonians 2:10 that people will be lost "because they did not receive the love of the truth, that they might be saved." Satan wants to distract us with the cares and deceits of this world. He does not want us to read and study our Bibles every day. He knows that we become weak and vulnerable when we fail to study. Our strongest defense is a shield of faith. How do we obtain that shield of faith to protect us? Romans 10:17 says, "So then faith comes by hearing and hearing by the word of God." The more we study the word of God the stronger our faith will be. If we want to protect ourselves against Satan we must have a strong faith.

In years past we in the churches of Christ were known as "walking Bibles" because brethren then studied their Bibles. But sad to say, this is no longer true because we have failed to study God's word, as we should. But what happens when we fail to study God's word and become spiritually starved? 2 Peter 3:16 says that those who are "untaught and unstable twist to their own destruction, as they do also the rest of the scriptures." We cannot understand God's word unless we study it. And because of this Jesus says in Matthew 15:14, "They are blind leaders of the blind. And if the blind lead the blind, both will fall into a ditch."

To keep from wandering around in spiritual darkness, let's study God's word so that "Your word is a lamp to my feet and a light to my path" (Psalms 119:105). Let's not endanger our souls by a lack of study of God's word. Let's take time to study it daily.



## Mobile Camp Overlook

We are preparing for our summer camp program and attempting to offer O Mobile (our summer mobile day camp program) in a new format this year. In the past, we have required a registration fee for this just like any other camp program. But, we're shifting the focus this year to make it a more realistic draw for host churches to meet new families in the community, making it accessible to community kids who probably really need a faith experience, and also looking at it as an investment to give young kids a taste of Camp Overlook in hopes that they'll come to overnight camp when they are older. For this new approach, we are asking the host church to pay \$1200 to cover our costs for staff, supplies, and travel. But the campers will be invited to attend for just a free-will offering.

I have a Staunton host church (that has a nice connection to a local apartment complex with many kids, and it has all of the amenities we'll need to provide our program), but they are not financially able to run with our new format. They have confirmed their availability for the week of July 9-13, if I can find other Staunton churches or organizations to help them meet their financial commitment. As a supporter of camp, I wanted to present this to you and see if your church or women's groups would be interested in contributing a portion of the \$1200 to bring this Overlook program to the Staunton District. This summer's theme is the "Life of Christ". Our staff will bring interactive experiences to bring the stories of the Gospel to life for the campers. And campers will all come on a field trip to Overlook on one day of their camp week, so they can enjoy the lake, take a hike, and experience on-site camp life. This is perhaps the most important curriculum we offer our campers - the birth, life, death, and resurrection of our savior!

Please see Wanda Harding with any questions that you may have.

## FAREWELL CELEBRATION

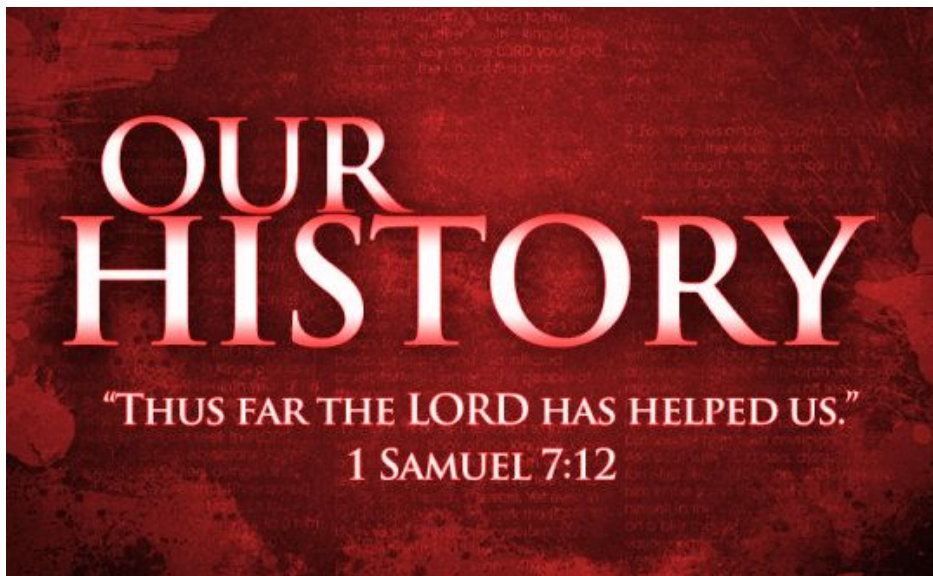


You are invited to a Farewell Celebration for our Harrisonburg District Superintendent, Tommy Herndon, And for our District Program Director, Glen Langston, on Sunday, June 10, at Dayton UMC.

Come any time from 2:00 - 5:00 p.m. to express your appreciation for Tommy and Carolyn's and for Glen and Tara's ministries among us.

There will be some presentations at 3:30 p.m. Refreshments will be provided. Card baskets will be available to receive your special sentiments.

This event will take place in the Fellowship Hall and is located at 215 Ashby Street in Dayton, Virginia.



New Hope UMC has a rich history and many people have worked very hard over the years to preserve that history.

Join us each month as we highlight and share with you some of New Hope UMC's past.

Below is a picture of one of the original hammers and rule used in 1890. Also pictured below is a wooden peg and nails from the original church building.



*Please take some time to stop by our History Room or look around the church and take a look at these and many other historic items and pictures that help tell the story of the rich history of our church.*





**GOD,  
USE ME TO  
REACH ONE!**

## Evangelism

Evangelism and Worship were vacant of coordinators. These are two very important functions within the life of any church, especially when you consider 94% of the churches in America are not growing. To help everyone better understand Evangelism, the Planning Team decided to share a description.

Evangelism in noun form: “gospel” or “good news”; in verb form: “announce” or “bring good news”. The Greek word in its various forms appears 55 times in the New Testament. The Greek word is also translated as “preach”.

Evangelism is the announcement, proclamation, public preaching, and personal witness by laypersons of the Gospel message, the good news of and about Jesus Christ. Therefore, the Gospel is a communicated message – communicated in verbal and/or written form. This includes a warning about sin and the consequences of sin, an explanation of God’s remedy for sin with Jesus and His redeeming grace, and a clear call for repentance away from sin and toward God. Evangelism is a believing in the Gospel, by faith – and wanting to share it with others.

The key Bible verse for Evangelism is recorded in John 3:16, “God so loved the world that He gave His only Son, so that everyone who believes in Him may not perish but may have eternal life.”

We can easily give a description of Evangelism, but the prescription for evangelizing is vast. Who is involved in evangelism? Evangelism is not one person, or a small group, Evangelism involves every person sitting in the pews. No two congregations use the same Evangelism prescription. Rural, suburban, or large city may use similar or different approaches.

So, how can everyone at NHUMC be a part of Jesus ministry? On Easter Sunday we were blessed by 172 attending our worship service. This was approximate 2x our average Sunday attendance. Why? People want to worship God especially on special days, Easter and Christmas. We want to thank Him for His gift of salvation, through the redeeming blood of Jesus on the cross and the conquering of sin by Christ’s resurrection.

The late Evangelist Billy Graham consistently filled coliseums around the world. How? He offered them Christ. People have a yearning in their heart for Jesus – they want to know in their inner self they have salvation. Therefore we need to offer everyone the Gospel every chance we can, and celebrate His resurrection and the Gospel story not only on Sundays, but every day. Evangelism is not about church attendance; Evangelism is about finding and saving the lost.

Who do you want to share His salvation and peace with? In Matthew 9: 37-38, “Then He (Jesus) said to His disciples, “The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into His harvest.” Everyone needs to be a laborer for Jesus, sharing the Gospel. Everyone knows someone who needs Jesus in their life. Help Jesus harvest a lost or troubled soul. Is that person a family member, a friend, a neighbor, someone at school or work, or a stranger in the doctor’s office? Is it you?

Romans 1:16-17, “For I am not ashamed of the Gospel; it is the power of God for salvation to everyone who has faith, to the Jew first and also the Greek. For in it the righteousness of God is revealed through faith for faith; as it is written, “The one who is righteous will live by faith.” Philippians 4:13, “I can do all things through Him who strengthens me.” Share the Gospel. Do you have any ideas for helping NHUMC reach the lost? Pass your ideas to Pastor Shin, Kim Maugans, or Dale Rankin. Thanks, and God Bless.

# STAY IN THE KNOW

The following are the minutes from the April 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, April 26, 2018** with eleven

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

Those members present: Kevin Armstrong, Sam Arnold (Chairman), Robin Craun, Cindy Deavers, Pastor Shin Hong, Kim Maugans, John Morse, Dale Rankin, Bruce Rogers, JoEtta Walker, and Karen Whitmer. Darryl Deavers and Rob Riner also attended the meeting.

Minutes of the March 22, 2018 meeting were approved as submitted.

**Finance Committee:** Kevin Armstrong presented the Finance Report.

- 1) We have completed 30.8% of the year and received 28.9% of the budget.
- 2) The annual audit has been completed and forwarded to the District Office.

**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.
- 2) The good will offering of \$408 and special donation of \$250 allowed us to give \$658 to Camp Overlook for the Mobile Day Camp scheduled for July 9-13 in Staunton.

**Trustees:** The Trustees Report was presented by Rob Riner and Darryl Deavers.

- 1) The Trustees are currently reviewing the source and correction for sediment getting into our water supply after heavy rains. Several other important projects are on hold until this issue is corrected.
- 2) 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. After discussion it was decided this should be done quarterly and paid for from the good will offering from Wednesday Night Dinners.
- 3) Several projects currently being evaluated are: (1) Improving Heat/AC systems in the Social Hall & Sunday School classes; (2) Fire Alarm and Security Systems for the church; (3) Propane usage and supplier; (4) Improving the roof over the Sunday School building and Narthex.

**Worship Ministry:** We are looking for someone to head this important ministry. The Worship Ministry Report was presented by Pastor Shin.

- 1) The A/V Room dedication will be on Sunday, April 29. DS Rev. Tommy Herndon will preside over the dedication and deliver the Sermon. A covered dish luncheon will be held after the service to recognize

Rev. Tommy and Carolyn Herndon and also Rev. Glen and Tamara Langston as they move toward retirement at the end of June.

- 2) Children's Music Hour is every Wednesday night at 5:00 pm. It is going well, but we need more children to participate.
- 3) Testing for Internet Streaming of the Sunday Service will begin soon. We will also be updating different areas of the church website.

**Nurture/Spiritual Development Ministry:** JoEtta Walker presented the Nurture Report.

- 1) April 29 – Fifth Sunday Luncheon to honor Rev. Tommy Herndon and Rev. Glen Langston.
- 2) Wednesday night Bible Study conducted by Dale Rankin and George Taylor is going well.
- 3) Vacation Bible School is scheduled for June 18 – 22. Volunteers are still needed to help out. UMM will do a cookout on Friday night, June 22.

**Evangelism Ministry:** Dale Rankin presented the Evangelism Report.

- 1) There have been several new couples attending our Sunday Services. 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) 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.

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

- 1) Phyllis Jarvis may need hook-ups for a washer and dryer installed in her garage. Decision still to be made.
- 2) 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 to visit our members who are not able to get out and participate in church activities.

**United Methodist Men:** UMM Report.

- 1) Everyone was reminded of the Ladies Night Dinner at the Wood Grill in Harrisonburg on Tuesday, May 8. Gather at 5:30 pm with Dinner at 6:00 pm. All Ladies of the church are invited to attend.

**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) In order to maximize the current Policy for the Prevention of Child Abuse, a motion was made (Karen Whitmer/John Morse) to utilize the Virginia Conference relationship with ScreeningOne (or a similar service provider) to conduct the background checks. Everyone working with our preschoolers, children, youth and mentally handicapped persons will be contacted to get a current background check. This new procedure will provide an easier method to secure and administer these important documents. The motion was approved.

**Membership Secretary:** Karen Whitmer presented the Membership Secretary Report.

- 1) We have lost two long time members of our congregation; Inez Hite and Robert Herman both passed away in recent weeks.
- 2) Christian Alford recently joined the church through Baptism and Profession of Faith. We welcome him and hope everyone will introduce themselves to make him feel at home.
- 3) Karen Whitmer is the Leader of the Hospitality Team. Anyone having questions about the service offered or wanting to be a Team Member of this important ministry should contact Karen at 540-943-8144.

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

- 1) The Planning Team will meet on May 6 at 6:00 pm with an agenda to continue working on key dates and discuss ways we can better communicate. We welcome Dale Rankin to this team as the new Evangelism Leader.
- 2) Kim Maugans, Helen Morse and Dale Rankin attended District Lay Service Training on April 14.
- 3) 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 was absent, but had prepared the Communications Report.

- 1) April 29: 10:30 am, A/V Room dedication with message provided by Rev. Tommy Herndon, followed by Fifth Sunday covered dish luncheon. Recognition of Rev. Herndon and Rev. Glen Langston for their long service and well deserved retirement.
- 2) May 2: 6:00 pm Wednesday Night Dinner.
- 3) May 6: 6:00 pm, Planning Team Meeting.
- 4) May 8: Ladies Night Out at Wood Grill in Harrisonburg. Gather at 5:30 pm; Dinner at 6:00 pm.
- 5) May 9: 6:00 pm, Wednesday Night Dinner.
- 6) May 10: 6:30 pm, District UMW Executive Committee meeting with local Unit Presidents held at St. James UMC, covered dish dinner.
- 7) May 16: 6:00 pm, Wednesday Night Dinner.
- 8) May 18-20: United Methodist Women's Assembly in Columbus, Ohio.
- 9) May 20: Promotion Sunday and Pentecost Sunday (Wear Your Red).
- 10) May 23: 6:00 pm, Wednesday Night Dinner.
- 11) May 27: Potato Bar following Sunday Service. Goodwill Offering for Trip to South Korea.
- 12) May 28-June 7: Trip to South Korea.
- 13) May 30: 6:00 pm, Final Wednesday Night Meal until Fall.
- 14) June 2: 9:30 am to 1:30 pm, UMW Day at Ferrum College.
- 15) 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).
- 16) Continue to look at the foyer bulletin board for dates and special events.

**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) Pastor Shin treated the Sanctuary Choir to lunch in appreciation for their hard work and dedication to enhancing our worship services.

- 3) Pastor Shin, Kim Maugans and Bruce Rogers will be involved in the dedication of the A/V Room and welcoming Rev. Tommy Herndon and Rev. Glen Langston to the service on April 29.
- 4) We are still looking for a Worship Ministry Team Leader. Several people are being considered.
- 5) When he returns from the trip to South Korea, Pastor Shin will bring the remaining copies of the daily devotional books.

**Unfinished Business:**

- 1) Bruce Rogers advised no one has expressed an interest in the Church Council Secretary position.

**New Business:**

- 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. After discussion among the Council, it was decided the proposal would be considered by the Trustees and a recommendation made to the Council.

Kim Maugans closed the meeting with a prayer.

Respectfully prepared and submitted by Bruce Rogers, Secretary.

Next scheduled meeting: Thursday, May 24, 2018 at 6:30 pm.



**Real-Life Church Bulletin Bloopers...**

When parking on the north side of the church, please remember to park on an angel.

Ladies, don't forget the rummage sale. It is a great chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

Let us join David and Lisa in the celebration of their wedding and bring their happiness to a conclusion.

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04-20-2015

KNOWING THAT HIS MESSAGE WAS ON THE WEAK SIDE, HE MAXIMIZED THE VISUALS FOR IMPACT



# Kid's Corner

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



This is the parable of the lost sheep. Jesus started by telling the story to men called tax collectors and Pharisees. These were men who thought they were more important than everyone else and they weren't very nice. They were whispering about Jesus and how he shouldn't eat and talk with sinners.

It's funny they would say that because we all are sinners, we all do things we shouldn't. The tax collectors and Pharisees thought that they were better than everyone else. In fact, they didn't think they had to repent or say sorry to God for their mistakes.

Have you ever felt really bad for something you've done? Maybe you've hit your brother or sister and afterwards you wished you hadn't. When you really feel sorry for something and tell that person you are sorry, that is what we do when we repent.

Just like with our family we need to feel bad and say sorry to God when we've done something wrong. The Pharisees and tax collectors didn't think that they had to do this because they were so important.

Of course Jesus knew what they were thinking, so he told this parable:

Suppose one of you has a hundred sheep and loses one of them. Does he not leave the ninety-nine sheep and go find the one sheep until he finds it? And when he finds it, he is so excited he carries the sheep all the way home. Then he phones all his friends and neighbors and has a party to celebrate the sheep that was found.

Then Jesus told what the parable meant: Just like there was a big party over the one lost sheep, there will be a big party in heaven over just one sinner who repents than over ninety-nine people who think they are perfect and don't need to repent.

Just imagine, when you say "your sorry" to God all of heaven has a big party just for what you've done! God is much more excited when we say we're sorry than when we act like nothing has happened and don't think we need to repent at all.



2 - Jarman Fretwell

3 - Francis Stout

5 - Linda Howdysshell

6 - Lindsay Bell  
- Kevin McLaren  
- Chad Deavers

7 - Jerry Coffman  
- Deborah Umidi

8 - Teresa Hester

9 - Keith Stogdale

10 - Melissa Fretwell

12 - Abby Killough

13 - Patrick Gruber  
- Sylvia Herman

14 - Kimberly Campbell

15 - Cheryl Bennett

16 - Pam VanLear

18 - Nancy Hutchinson  
- Laura Shiflett  
- Sherry Rankin

19 - Michael Shreckhise  
- Ron White

22 - Randall Herman  
- Larry Hinebaugh

 - Mike & Roxann Canipe

23 - Michaela Craun  
- Alden Hough  
- Michael Sundeen


 - Debbie & Sam Arnold

26 - Candi Dunlap  
- Betty Selmon

27 - Patty Morris  
- Jason Pace

28 - Jeremy Kraisser

 - Mark & Robin Craun

 - Jim & Betty Gruber

29 - Steve Morris  
- David Taylor

30 - Jeff Bosserman

 - Martha & Jarman Fretwell

31 - Carolyn Steele

 - Jesse & Mildred Hartman

# Upcoming Events at New Hope - May 2018

## \*EVERY WEDNESDAY IN MAY

Bible Study - 5:00pm

Children's Hour of Music - 5:00pm

Wednesday Night Dinner - 6:00pm

Choir Practice - 6:45pm

May 1, Tuesday at 1:30pm ~ Sisters of Faith *with Glenna Beard*

- 7:00pm ~ Circle of Love Meeting

- 7:00pm ~ Men's Choir Practice

May 2, Wednesday starting at 5:00pm ~ *Wednesday Night Events\**

May 5, Saturday at 8:00am ~ Sweet Hour of Prayer

May 6, Sunday at 6:00pm ~ Planning Team Meeting

May 7, Monday at 7:00pm ~ Circle of Hope *at the church with Pam*

May 8, Tuesday ~ Ladies Night Out Sponsored by the UMM

at 5:30pm - Gather at the Wood Grill in Harrisonburg

At 6:00pm - Dinner

May 9, Wednesday starting at 5:00pm ~ *Wednesday Night Events\**

May 10, Thursday ~ District UMW Executive Committee meeting with local Unit

Presidents at St. James for covered dish dinner

May 11, Friday from 5:30pm - 8:00pm ~ Parents' Night Out and Kid's Party

May 12, Saturday at 8:00am ~ Sweet Hour of Prayer

May 16, Wednesday starting at 5:00pm ~ *Wednesday Night Events\**

May 17, Thursday at 12:00pm ~ S.W.A.T. at Ciro's in Verona

- 7:00pm ~ 24 to Double meeting at Weyers Cave UMC

May 18 - May 20 ~ United Methodist Women's Assembly in Columbus, Ohio

May 19, Saturday at 8:00am ~ Sweet Hour of Prayer

May 20, Sunday ~ Promotion Sunday & Pentecost Sunday (*wear red clothing*)

May 23, Wednesday starting at 5:00pm ~ *Wednesday Night Events\**

May 24, Thursday at 6:30pm ~ Church Council Meeting

May 26, Saturday at 8:00am ~ Sweet Hour of Prayer

May 28 - June 7 ~ Trip to South Korea

May 30, Wednesday starting at 5:00pm ~ *Wednesday Night Events\**

May 30, Wednesday at 6:00pm ~ Final Wednesday Night Dinner (*until the Fall*)

## JUNE

June 2, Saturday from 9:30am - 1:30pm ~ UMW Day at Ferrum College

June 10, Sunday from 2:00pm - 5:00pm ~ Appreciation for Rev. Herndon and  
Rev. Langston at Dayton UMC (*Gifts will be presented at 3:30pm*)

June 18 - June 22 ~ Vacation Bible School



## **Nurse's Health Corner ~ May is Mental Health Month**

Mental Health of America is focused on helping Americans live physically and mentally healthy lives. Considering May is Mental Health Month, they have released special tools, materials, and factsheets about mental health. There are many components to mental health, many of which are tied to physical health as well. All parts of a healthy lifestyle improve the health of the whole person. Below is an outline of Mental Health America's focus points for achieving a fit mind and body as well as some information about them.

**Have a healthy diet.** – Individuals who have diets rich in fruits, vegetables, nuts, whole grains, legumes, fish, and unsaturated fats are less likely to develop depression than those who consume less of those foods and more processed, fried, and sugary foods. In recent studies, one third of participants with depression experienced full relief of their symptoms after improving their diet. Omega-3 fatty acids, B group vitamins, and vitamin D are all important nutrients for healthy brain functioning.

**Exercise regularly.** – Exercising can increase many hormones and neurotransmitters that can aid brain function and benefit mental health. Endorphins, serotonin, and dopamine are all released when exercising that increase pleasure, relieve pain, and boost mood. Just 150 minutes of moderate to vigorous physical activity per week will get you to the recommended amount of exercise and boost your mental health as a consequence.

**Get enough sleep.** – The amount of rest you get impacts your mood, ability to learn and make memories, organ health, immune system strength, appetite, metabolism, and hormone release. Sleep is crucial for mental health as it increases the amount of space between brain cells to allow fluid flow to clear away toxins. Not getting enough sleep or having restless sleep can increase your risk of health problems such as high blood pressure, heart disease, diabetes, depression, and obesity, as well as your risk of mental health problems. Try to get between 7 and 9 hours of sleep every night to have better sleep hygiene and overall better health.

**Take care of gut health.** – The gut includes the esophagus, stomach, small and large intestines, gallbladder, liver, and pancreas: everything included in digesting food and turning it to waste. The gut and brain affect one another; changes in the gut microbiome (the bacteria, viruses, and fungi that live there and aid you) can impact your brain, and mental health issues such as anxiety and depression can cause issues with your gut microbiome, even causing heartburn, indigestion, acid reflux, bloating, pain, constipation, or diarrhea. You can help your digestive system by eating healthy foods (rich in whole grains, lean meats, fish, fruits, and vegetables), consuming probiotics that feed the good bacteria in your gut, and consuming probiotics that are live bacteria in foods such as yogurt to build up your gut microbiome.

**Manage stress.** – Stress is a normal part of life, but chronic stress can negatively impact your immune system, digestive health, appetite, weight, muscle tensions, and also your mental health. Try to practice self-care through being realistic in your responsibilities and expectations for yourself, not being overly critical of yourself or others, taking time to meditate, visualize the best outcomes in stressful situations, exercising, having a social support system, and spending time doing relaxing hobbies. All of these actions can help your anxiety level, stress level, and happiness level.

### **Other considerations for your mental and physical health**

Living a healthy lifestyle prevents disease or the progression of disease. Being proactive in your physical and mental health will save you time, energy, and pain from conditions that would progress otherwise. Gradual, small steps are important steps. They are positive actions that you can be proud of and build upon to move toward living a healthy life.

From MHA: If you are taking steps to live a healthy lifestyle but still feel like you are struggling with your mental health, visit [www.mhascreening.org](http://www.mhascreening.org) to check your symptoms. It's free, confidential, and anonymous. Once you have your results, Mental Health America now gives you customized information especially for you, to help you find tools and resources to feel better.

*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.*

## Lectionary Readings for May

### **May 6**

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

### **May 20**

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

### **May 13**

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

### **May 27**

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

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*If you would like to add an article or announcement to the Hilltopper, please contact  
The Hilltopper editor, Cindy Sheets at [cds3501@gmail.com](mailto:cds3501@gmail.com) or call/text at (540) 280-1860*

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