

## August 2018

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## Obedience

by: Kevin Harrington

There was a rambunctious little boy who was always getting into trouble. One particular day when his Mother was trying to get some house work finished, he was into everything. Undoing what she has done. Causing havoc. And generally getting on her nerves.

Finally she said, go sit down in that chair in the corner and be quiet! He looked at her defiantly and said, "No." Well, that did it. She picked him up. Took him to the chair. Sit him down with some authority. And said firmly, **"You stay in the chair, until I tell you get up!"**

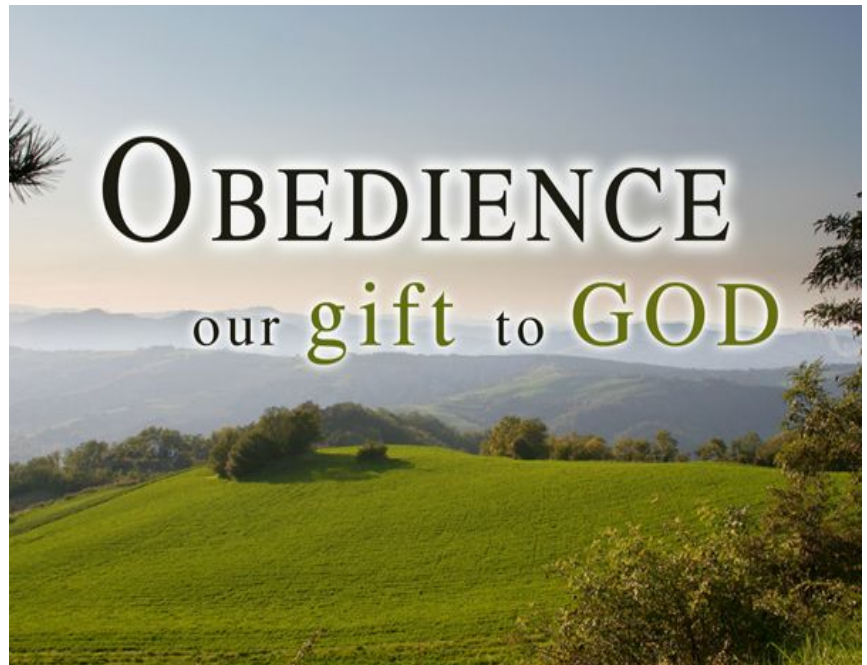
The little boy crossed his arms, furrowed his brow, and looked his Mom square in the eyes and said, **"I may be sitting down on the outside, but I'm standing up on the inside!"**

'Obey' is not a warm, fuzzy word. It has a hard sound to it. We instinctively don't like the command to obey. And the problem with obedience begins early in life. Like the little boy. There is something within us that resists obedience. Our stubborn will. Our prideful attitude. Our fleshly nature. They come together and say, **"I'll do it my way."**

Yet 108 times the *God* says....

Bible instructs us to obey.

- ◆Obey the voice of the Lord. (Deut. 11:3)
- ◆Children obey your parents. (Eph 6:1)
- ◆Citizens obey the ruling authorities (Titus 3:1)
- ◆Servants obey your masters.(Col. 3:22)
- ◆We must obey Christ (Heb 5:9)
- ◆Christians obey the inspired apostolic letters (2 Thess 3:14)
- ◆Everyone is command to obey the gospel (I Pet 4:17)



Obedience involves surrender. In fact, Rick Warren wrote, "Surrendering is best demonstrated in obedience." But that's not a positive word in our culture. We think of giving up. Quitting. Waving the white flag. We're taught to compete. To keep fighting. To play hard until the end of the game. Surrender? No way!

Surrender, however, is at the heart of Christianity. Jesus asks us to surrender to Him. Our minds. Our hearts. Our lives. He challenged, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it" (Lk 9:23-24).

Jesus is our example of obedience and surrender. He surrendered to the Father by coming to this earth to be our Savior. He relinquished His rights in his earthly relationships. In his boyhood, he obeyed Joseph and Mary. When he came to be baptized of John it was not because he had sinned, but to fulfill all righteousness. In that act of obedience he showed surrender. He gave up his equality with God and emptied himself of his privileges while on earth (Phil 2:6-8). In His suffering He showed surrender. And, of course, the ultimate act of surrender was in dying for us on the cross.

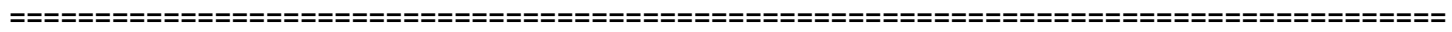
It is too much then for Jesus to ask us to surrender our lives to Him? Surrender involves our spiritual service. When we obey him in our homes, in our social relationships and in our business dealings, we show the spirit of surrender.

The reality is that we all surrender to something or someone. Pleasure. Possessions. Power. Or maybe we just give in to the pressure of life's struggle. However, as E. Stanley Jones wrote, "If you don't surrender to Christ, you surrender to chaos."

The choice is yours. You can carry the weight on the world on your shoulders. Or you can give it up to the Lord. The song writer, John H. Sammis, was right when he wrote the lyrics....

"Trust and obey, for there's no other way  
To be happy in Jesus, but to trust and obey."

*(If there is something on your heart that you would like to write about and share with our church, please feel free to submit your thoughtful writings at anytime.)*



## **Lectionary Readings for August**

### **August 5**

2 Samuel 11:26-12:13  
Psalm 51:1-12  
Ephesians 4:1-16  
John 6:24-35

### **August 19**

1 Kings 2:10-12; 3:3-14  
Psalm 111  
Ephesians 5:15-20  
John 6:51-58

### **August 12**

2 Samuel 18:5-9; 15; 31-33  
Psalm 130  
Ephesians 4:25 - 5:2  
John 6:35; 41-51

### **August 26**

1 Kings 8:(1, 6, 10-11) 22-30,  
41-43  
Psalm 84  
Ephesians 6:10-20  
John 6:56-69





**Our Rural Life Sunday was a great celebration for all of our local farmers.  
*Thank you to all the farmers for all of your hard work!***



**Last Sunday, approximately 90 people enjoyed a beautiful evening  
of friends, fellowship and food at our Annual Church Picnic.**

# STAY IN THE KNOW

The following are the minutes from the July 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!*

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**The New Hope United Methodist Church Council met on Thursday, July 12, 2018** with 9 members present. Sam Arnold, Chairman, called the meeting to order at 6:30 pm. John Morse presented the devotions.

Those members present: Kevin Armstrong, Sam Arnold (Chairman), Robin Craun, Kim Maugans, John Morse, Dale Rankin, Dallas VanLear, JoEtta Walker and Karen Whitmere. In the absence of Bruce Rogers, Karen Whitmere took notes from the meeting.

Minutes of the May 24, 2018 meeting were approved as submitted.

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

- 1) We have completed 52% of the year and received 53% of the budget.
- 2) Budgets for 2019 need to be completed and submitted to the Finance Committee by August 1. The Finance Committee will meet on August 9 at 6:15 pm. Contact Kevin Armstrong if you have any questions.

**Treasurer's Report:** Cindy Deavers was absent, but submitted 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.

**Trustees:** The Trustees Report was presented.

- 1) Water Works has installed an improved water filter system for our water system. It seems to have corrected the problem of discoloration in the water. The cost was \$1,800. The Trustees will continue to monitor this issue.
- 2) The floors in the Social Hall area were cleaned and waxed on July 13.
- 3) The new flower pots have been installed at the front entrance to the Church for all to enjoy.

**Worship Ministry:** There was no Worship Report.

**Nurture/Spiritual Development Ministry:** The Nurture Report was presented by JoEtta Walker along with the Communications Report which had been submitted by Wanda Harding.

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

- 1) There are 12 new families coming to Sunday Services. A Lunch with the Pastor was held after the Sunday Service and was a huge success. Everyone is encouraged to greet and talk to these visitors in an effort to make them feel welcome at New Hope.
- 2) Dale will schedule people to take Communion to those who cannot attend the regular worship service.
- 3) Wednesday Night Dinners will resume at 6:00 pm on Wednesday August 8.
- 4) Wednesday Night Bible Study will resume at 5:00 pm on August 8 before the Wednesday Night Dinner at 6:00 pm.
- 5) Children's Music Hour will resume at 5:00 pm on Wednesday, August 8.

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

- 1) The mission trip to Tangier Island has been scheduled for October 1-6. Anyone interested in going should contact John Morse or Kim Maugans. The cost for transportation via boat, materials purchased to do the work and food for the week is \$300. The only additional costs would be personal expenses, meals while traveling and sharing gas expenses. This trip will include other people from the District.
- 2) John encourages everyone to take time and visit our members who are not able to get out and participate in church activities.

**UMM:** Dallas VanLear presented the UMM Report.

- 1) The special UMM Sunday Service on Father's Day was a huge success. A special thanks to Eugene Knott who delivered the message and all the UMM members who participated in the Service.
- 2) UMM provided a cookout to celebrate the end of a successful VBS. A special "Thank You" to John Morse who organized things and then cooked the hot dogs and hamburgers. Thank you also to Jerry Coffman, Jarman Fretwell, Wanda Harding, Linda Howdyshell, Pam VanLear and Beth Howdyshell for their help with cooking and serving. A good time and meal was enjoyed by everyone.
- 3) June 26 and July 17 UMM work nights at the church were a huge success. Thanks to John Morse and all the other members who worked to improve the look of our grounds. Wanda Harding and Linda Howdyshell provided excellent meals for those who worked.
- 4) UMM will hold another work night on August 21 at 6:00 pm. All the men of the church are invited to come and enjoy the fellowship.
- 5) The regular scheduled monthly UMM meetings (third Tuesday of each month) will begin again at 6:30 pm on Tuesday, September 18. All the men of the church are invited to participate in the fellowship and an excellent meal.

**UMW:** Wanda Harding submitted the UMW Report:

- 1) August 4, from 9:00 am to 1:00 pm, the UMW will host the District UMW Planning Team.
- 2) August 6, at 6:00 pm, Hope Circle Family Picnic at the picnic pavilion.
- 3) August 20, at 7:00 pm, UMW meeting with guest speakers, Iris and Brian Stout "Nature's Way".

**Youth Representative:** There was no Youth Report.

**Staff/Parish Relations:** Bruce Rogers submitted the SPRC Report.

- 1) Austine Belsky has been hired as our regular (part-time) accompanist. She plays piano and will begin on Sunday, July 15. I hope everyone will welcome her and her husband Christopher to our church family.
- 2) A special "Thank You" to Alice Ward, Nancy Bassett and Maxine McKinney for their lovely music and support while we have been looking for a regular accompanist.
- 3) 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.

- 4) The 2019 SPRC budget has been completed and will be the same amount as the 2018 budget.

**Historian:** There was no History Report.

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

- 1) We have lost 7 members of the church since January 1, 2018.

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

- 1) The Florida and/or the Virginia Conferences are the largest in the world.
- 2) A special church wide General Conference has been called for February 2019. It will address the issue of LGBT going forward in the church. There are three outcomes being considered: (1) things remain the same; (2) the progressive approach that would require the church to ordain LGBT ministers to perform marriages and provide the Sacraments; (3) a decision by the individual Conference/Church.

**Communications:** *(Please See Our Upcoming Events Information on Page 9.)*

**Unfinished Business:** None

**New Business:**

- 1) Dale Rankin reported we have several new faces coming to church services, but none have chosen to join the church. We need to extend invitations to encourage them to join the church.

*Respectfully prepared and submitted by Bruce Rogers, Secretary.*

Next scheduled meeting: Thursday, August 23, 2018 at 6:30 pm.

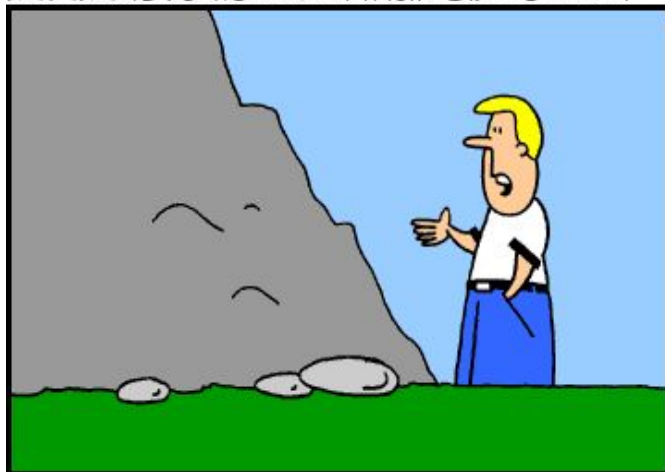
***Real-Life Church Bulletin Bloopers...***

**Helpers are needed!  
Please sign up on the information sheep.**

**Diana and Don request your  
presents at their wedding.**

**The concert held in the Fellowship Hall  
was a great success. Special thanks are  
due to the minister's daughter, who  
labored the whole evening at the piano,  
which as usual fell upon her.**

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Thanks to Mikel Rice

04-01-1998

I DON'T KNOW WHY THE SONG SAID TO  
TELL THIS TO THE MOUNTAIN, BUT HERE  
GOES "JESUS CHRIST IS BORN"

## Faith Community Nursing

The specialized practice of professional nursing that focuses on the intentional care of the spirit as well as the promotion of whole-person health and the prevention or minimization of illness within the context of a faith community and the wider community.

*(American Nurses Association and Health Ministries Association, Inc. (2017). Faith Community Nursing: Scope and Standards of Practice, 3rd Edition. Silver Spring, MD: Nursesbooks.org.)*

## Whole-Person Care

Based on an understanding that a healthcare consumer is an interconnected unity of physical, mental, social, environmental, and spiritual factors.

## Faith Community Nurse

A registered professional nurse who is actively licensed in a given state and who promotes health as wholeness of the faith community, its groups, families, and individual members.

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## What Is Faith Community Nursing? (a.k.a. Parish Nursing)

Faith Community Nursing/Parish Nursing was developed by a Lutheran minister, Dr. Granger Westberg in the early 1980s. He recognized that the church has promoted health and wholeness for centuries through worship, music, sharing and caring and that it is the only human institution in our society that interacts with individuals from birth through death. A Faith Community/Parish Nurse's presence promotes an intentional health ministry. Faith Community Nursing is a nursing specialty with its own scope and standards of practice.

## What is a Faith Community Nurse (FCN)?

A Faith Community Nurse is a registered nurse (RN) who has had educational preparation in whole-person ministry and who provides special health promotion services within a given faith community. She/he assists individuals in gaining optimal mental, physical and spiritual health.

## A Faith Community Nurse serves as a bridge to better HEALTH in the following roles:

- H** *health counselor and promoter* (provides screening clinics or health fairs)
- E** *ducator of whole-person health* (promotes understanding of the relationship between lifestyle, attitudes, faith and well-being)
- A** *dvocate/resource/referral agent* (answers questions related to health and care)
- L** *iaison with community services* (refers individuals to appropriate community agencies)
- T** *eacher of volunteer/support groups* (educates on health and wellness topics and supports volunteers)
- H** *ealer of spirit, mind and body* (serves as a member of the church staff, and in partnership with the pastor(s), meets the whole-person healing mission of the church)


## A Faith Community Nurse does NOT:

- Provide hands on care (the FCN makes referrals to Home Health or other community agency to provide direct care).
- Replace the other active ministries already present within a congregation; rather complements the work of the clergy and ministerial team.



1 - Justin Duncan  
- Taylor Meier

2 -  Winton & Ava Funk

3 - Lewis Whitmer  
-  Tim & Amye Bergman

5 - Michael Harner

7 - John Dejong  
- Susan Mehler

8 - Kent Darrah  
- Charles Powers

9 - Monique Houser

10 - Amy Corbin  
- Catherine Taylor

11 - Robert Carr  
- Carolyn Fretwell  
- Weston Powell

12 - Greg Killough  
- Savannah Ritchie  
- Alice Ward

13 - Charles Fretwell  
- Mary Taylor  
- Linda Wheatley



14 - Mike Stout

15 - Judith Howard  
- Adam Shiflett

16 - Chelsea Bosserman

17 - Hunter Black, Jr.  
- Henry Breeding  
- Rose Sadano

18 - Vanessa Harner

19 -  Lester & Amy Herman  
-  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  
- Casey Houser  
- Laura Lewis



# **UPDATED: Upcoming Events, Activities and Meetings at New Hope UMC - August 2018**

**\*EVERY WEDNESDAY IN AUGUST -  
(STARTING AUGUST 8th)**

***Bible Study - 5:00pm  
Children's Hour of Music - 5:00pm  
Wednesday Night Dinner - 6:00pm  
Choir Practice - 6:45pm***

**August 4, Saturday ~ @ 8:00am - Sweet Hour of Prayer**

@ 8:00am-3:00pm ~ District United Methodist Women Executive Committee meeting at New Hope

@ 7:00pm ~ Jae Weon Huh, Korean pianist from the Hochschule University for Music in Hannover, Germany

**August 5, Sunday @ 9:30am - Sunday School**

@ 10:30am ~ Jae Weon Huh, Korean pianist from the Hochschule University for Music in Hannover, Germany

**August 6, Monday @ 6:00pm - Circle of Hope Picnic at the church**

**August 8, Wednesday starting @ 5:00pm - *Wednesday Night Events\****

**August 9, Thursday @ 12:00pm - Hi-Noon Club meets**

@ 6:15pm - Finance Committee Meeting

**August 11, Saturday @ 8:00am - Sweet Hour of Prayer**

**August 12, Sunday @ 9:30am - Sunday School**

@ 10:30am - Sunday Morning Worship

@ 6:00pm - Nominations Committee Meeting

**August 15, Wednesday starting @ 5:00pm - *Wednesday Night Events\****

**August 16, Thursday @ 12:00pm - Singles With A Testimony Lunch @ Ciro's**

**August 18, Saturday @ 8:00am - Sweet Hour of Prayer**

**August 19, Sunday @ 9:30am - Sunday School**

@ 10:30am - Sunday Morning Worship

@ 6:00pm - Planning Team Meeting

@ 6:00pm - The Faithful Men 20th Anniversary Concert at Main Street UMC

**August 20, Monday @ 7:00pm - UMW meeting with Iris and Brian Stout providing program on "Nature's Way" continuing our theme for 2018 on "Sacred Spaces: Encounters with God & Neighbor"**

**August 21, Tuesday @ 6:30pm - UMM Work Night**

**August 22, Wednesday starting @ 5:00pm - *Wednesday Night Events\****

**August 23, Thursday @ 6:30pm - Church Council Meeting**

**August 25, Saturday @ 8:00am - Sweet Hour of Prayer**

**August 26, Sunday @ 9:30am - Sunday School**

@ 10:30am - Sunday Morning Worship

**August 29, Wednesday starting @ 5:00pm - *Wednesday Night Events\****



# **Nurse's Health Corner**

## **Fun Family Fitness**

*by: Stephanie Mims PT, DPT, MBA*

The American College of Sports Medicine recommends adults get at least 150 minutes of moderate-intensity exercise per week, which is equal to 30 minutes of activity five days per week. Broken down, it is much more achievable. Children are recommended to get 60 minutes of daily exercise. Being physically active for 30 minutes together as a family will allow you to meet your goal and your children will have a head start meeting their target.

It used to be the exception for both parents in a household to work full-time, but it has now become the norm. With hectic schedules, it can be difficult for adults to keep both themselves and their children physically active. Going for a nature hike, a family bike ride, or swimming on a hot summer day are great ways for families to stay active. On days when free time is short, here are few tips to sneak in physical activity:

Park in the parking spot that is furthest from the entrance.

~ This is a good way for both you and your children to incorporate some more physical activity into an errand that you must already do. Talk about multitasking!

Track your steps

~ Many people have electronic fitness tracking devices these days, but even a simple pedometer will do the trick. Set daily, weekly, or monthly step goals as a fun family competition. It helps you to hold each other accountable and if the winner picks a fun family activity at the end of the day, week, or month it makes it much more enjoyable.

Take the steps instead of the elevator whenever you can.

~ This gives you a chance to get your heart rate up a little bit throughout the day while helping save electricity.

Have an outdoor family game night.

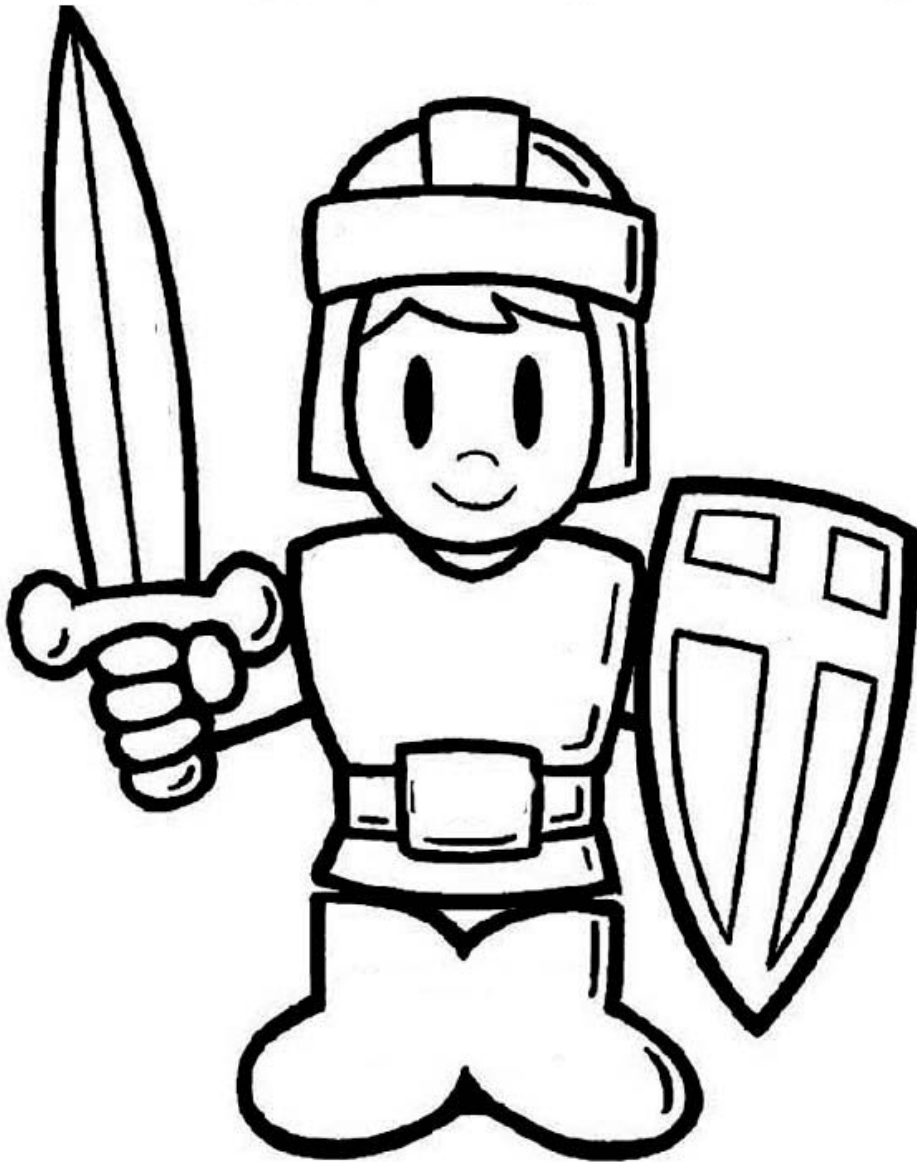
~ Instead of playing board games that require you to be sedentary play all the outdoor games you played as a child. Freeze tag, Red Light Green Light, "Mother/Father May I", and Duck Duck Goose are fun examples. Not only will you fit physical activity into your schedule, it will allow you act like a kid again!

What specific activity you choose to do with your family isn't what is important. What is important is to teach your children that staying physically active is important for the whole family throughout life. Make it a priority and not a chore. Keep it fun!

# Kid's Corner

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

## Armor of God



In biblical times soldiers would wear very heavy armor. In fact, when David went to fight the giant Goliath he couldn't wear the armor because it was too heavy. These days, soldiers don't wear armor, but you might find it interesting to know that many Christians wear armor everyday and it would be a good idea if you did too.

How can you wear armor? This armor is so neat; it's like having special powers that are invisible! When you imagine yourself putting on the armor of God each day it will help you against the devil as well as the things you shouldn't do. However, the only way this armor will work is if Jesus lives inside you.

The devil wants us to mess up and do things God doesn't want us to do. He might try to do that by getting you interested in violent video games, shows on TV or movies that show people doing things that are sinful and try to make them look like fun. You might also be pressured by other kids to do things that we know God wouldn't want us to do.

These are some of the ways that the devil tries to trick you into doing things you shouldn't (this is called sin). By putting on the armor of God, you will be able to stand up to these things and do what is right. The armor will give you God's help to fight against the bad in the world.

We are going to start with the **Belt of Truth**. We need to put this on first to be truthful and remember

the truth we know about God. We can know the truth by reading the Bible, the Spirit telling us (giving us a conscience), or learning from other people who believe in God the same as us.

Next is the **Breastplate of Righteousness**. If you play hockey you probably have something that protects the part between your neck and tummy. This piece also protects your heart. We can protect our heart by confessing any sin we have, or saying sorry to God for things we've done wrong.

Now we put on the **Sandals of Peace**. First, we need to protect our feet and go where God would want us to go. Our feet would get sore if we walked around with no shoes on, so we need to avoid places we know we shouldn't go to keep our protective sandals on. Second, we need to be peaceful with others. If there is someone you're fighting with or if you've hurt someone's feelings you need to go ask for their forgiveness, or forgive those who have wronged you. Third, if you find things are a little hectic God is the peacemaker, and if you ask He can give you all the peace you need.

The next piece of armor you don't have to wear; instead, you hold it. It's the **Shield of Faith**. Just think of what you could do with a real shield. If someone throws a snowball at you, you can lift the shield so it doesn't hit you at all. We can use the shield in the same way when bad things come our way like temptations or doubt.

Sometimes the devil will try to make us think that there isn't a God, or that he doesn't love us because we've done something wrong. We need to hold up our shield and stop these thoughts when this happens and remember that God loves us no matter what.

The **Helmet of Salvation** is the next piece. This is what we use to protect our minds. Sometimes we need to remember that we're God's children and He loves us and will help us. We also need to remember what we've read in the Bible and learned from our parents and church about God. That will help us make the right decisions.

The next piece of armor that we hold is the **Sword of the Spirit**. The sword is both the Bible and having the Spirit of God work in us. We can cut anything off that isn't good in our lives. By remembering God's word (the Bible) we will be able to tell what is good and what is bad.

**Prayer** is the last piece of armor. This isn't a particular piece of armor but kind of holds all our armor together. By talking to God we can do amazing things. Nothing is too big or impossible with prayer because God can do anything that He wants to. That doesn't mean that he will always answer the way we want him to, but he will answer the way He knows is best.

When we pray, we need to remember that we don't always need to ask for things. God also wants us to pray for others (for people that don't know Him, for people we don't like, for people that are sick, etc.). He also wants us to thank Him for whatever we are thankful for (being good at something, family, friends, toys, etc.) He blesses us with these things so we should thank Him.

A good way to help you remember the armor is to put it on each day when you get out of bed or before you go to school.

Pray that God will help you remember that the armor is there and what it's used for so you can fight the bad with the good.

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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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***New Website Coming Soon!***

**Facebook: [@MyNHUMC](https://www.facebook.com/MyNHUMC)**

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