

# Hilltopper

Harrisonburg District

September 2017



Prayers  
Presence  
Gifts  
Service  
Witness

## Many peoples will come and say

by Martha Fretwell

Many peoples will come and say, "Come, let us go up to the mountain of the Lord... He will teach us his ways, so that we may walk in his paths." Isaiah 2:3



### *Special points of interest:*

- Many Peoples
- Hilltopper 40 Years Old
- Important Dates
- Church Council
- Nurse's Health Corner
- Anniversaries & Birthdays



School is in session;  
DRIVE SAFELY

The mountains have been a very important part of my life. This article is in response to Wanda, she wanted me to share a story that many of you may have read in the local newspapers recently. As a child I traveled with my parents to the humpback area on the Blue Ridge Parkway. My father, as did Jarman's father grazed cattle in the fields on the parkway during the summers. It was extra pasture to help get the cattle through the summer and at the humpback area it would keep the fields near the pioneer farm from being overcome with weeds, unlike now. My father would need to take a salt block up to the livestock often and my mother and I would enjoy the ride with him. There in an area near the fields, my mother would tell me that my father's family lived there many years ago. As a child I never really gave it much thought to who those folks were. Seven years ago at a Balsley Reunion, a distant cousin who at the time lived in Alabama told our family about a cemetery in that location. He said it was much easier to find in the Spring when the Easter Flowers bloomed so the following year Jarman and I took a

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## Important Dates to Put on Your Calendar

9/10 Hearts Party which will celebrate Grandparents Day.  
10/2 - 10/7 Tangier Mission Trip  
10/29 Bring a Friend Sunday  
11/11 HOTS.  
4/19 - 4/20 Lancaseter Trip to Sight and Sound Theater  
(JESUS)



## 40 Years of Hilltopper – 1977 – 2017

(over the following months of 2017 highlights from previous newsletters will be presented)

Watch for our next issue in October as we round out our 40 year celebration of the Hilltopper newsletter



## **Church Council**

**The New Hope United Methodist Church Council met on Thursday, August 24, 2017** with eleven members and two guests present. Robin Craun presented the devotions.

### **Treasurer's Report:**

The Treasurer's Report was presented with no unusual comments.

### **Finance Committee:**

The proposed 2018 Budget was presented by Kevin. After some discussion the Budget was approved with the understanding that the amount for some budget items will be provided by the District and added to the final budget before the Charge Conference.

We have completed 65% of the year and received 57.6% of the budget.

### **Trustees:**

The Trustees have requested recommendations and costs to replace the current flat roofs with a different configuration which would reduce the roof leaks we are constantly dealing with.

Most of the excess furniture was sold by the Trustees through a closed bid auction for about \$1,000.00. Six pieces were donated to the Waynesboro Fire Department for their Annual Auction Fund Raiser.

Lambert Plumbing & Heating has been contacted to evaluate the HVAC in the parsonage. We are not getting adequate heating and cooling on the second floor.

### **Worship Ministry:**

Prayer cards read during the Sunday Service will be placed on the Communion Rail so members can take them home to provide prayers during the week.

A praise band is being organized. Anyone interested in participating should see Pastor Shin.

### **Nurture/Spiritual Development Ministry:**

September 10, 4:00pm – 6:00pm, Hearts Party which will celebrate Grandparents Day.

September 15, 5:30pm – 8:30pm, Parent's Night Out.

September 24, 3:00pm, Charge Conference.

October 7, 50's Drive In.

October 15, Laity Sunday.

October 29, 5<sup>th</sup> Sunday, will be "Bring a Friend to Church Day" with a special musical program

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## **Web Page**

**Web Page: [mynhumc.weebly.com](http://mynhumc.weebly.com)**

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

## September Nurse's Health Corner

### Pain Awareness Month

Chronic pain is pain that usually persists for months or even years. This type of pain is experienced by nearly 100 million Americans every year. Two of the most common types of chronic pain are lower back pain and headaches. September is Pain Awareness Month, a public awareness campaign launched in 2001 that is led by the American Chronic Pain Association. The goals of Pain Awareness Month are to educate the community on the severity of this health issue, spread awareness about treatment and encourage community members to get involved with pain awareness programs.

It is estimated that nearly 80% of people living in the United States will experience back pain at some point in their lives. According to the U.S. Bureau of Labor Statistics, chronic pain is the number one cause for lost work days. With statistics this high it's important to know what can help reduce long-term pain. Here are some actions you can take to lessen chronic pain:

- Quit smoking
- Eat a healthy diet
- Boost endorphins by exercising
- Reduce stress by deep breathing

If a person experiences chronic pain for a long period of time, they may experience the "terrible triad". Johns Hopkins Medicine explains this as a cycle that starts when chronic pain interferes with their daily activities or work, causing them to become preoccupied with the pain and irritable. These negative, sometimes overwhelming thoughts then lead the person to have insomnia or weariness. The "terrible triad" is a combination of suffering, not sleeping enough, and feelings of sadness. It is important to understand that if you or someone you know is experiencing chronic pain, help is available! Here are a few websites with more information on what chronic pain is, its causes and how it can be alleviated:

<https://theacpa.org/September-is-Pain-Awareness-Month>

[http://www.hopkinsmedicine.org/healthlibrary/conditions/adult/physical\\_medicine\\_and\\_rehabilitation/chronic\\_pain\\_85,P01366/?utm\\_source=&utm\\_medium=&utm\\_content=chronic+pain&utm\\_campaign=pain+month](http://www.hopkinsmedicine.org/healthlibrary/conditions/adult/physical_medicine_and_rehabilitation/chronic_pain_85,P01366/?utm_source=&utm_medium=&utm_content=chronic+pain&utm_campaign=pain+month)

<https://medlineplus.gov/magazine/issues/spring11/articles/spring11pg5-6.html>

Information provided by Sarah Conyers, student intern with Community Outreach at Augusta Health. To contact Dana Breeding, RN, relating to the information in this article or with questions/comments/concerns, please call (540) 332-4988 or (540) 932-4988.

## Mission Opportunities

**Tangier Island** - October 2-7. Cost \$350. Conference mission team being led by Rev. Sam Nesmith. Contact John Morse if interested.

**Valley Mission** – ongoing project of collections – mostly for cereal but other items are welcomed as well

**Mission Central** – District project at Cedar Grove UMC in Harrisonburg – collecting children’s socks and underwear

**Prison Ministry** – District project at Kingsway Prison Ministry – junior legal pads, pencils, toothpaste, toothbrushes, chapstick

## Lectionary Readings

9/10

Exodus 12:1-14  
Psalm 149; Psalm 119:33-40  
Romans 13:8-14  
Matthew 18:15-20

9/17

Exodus 14:19-31  
Psalm 114  
Exodus 15:1b-11  
Romans 14:1-12  
Matthew 18:21-35

9/24

Exodus 16:2-15  
Psalm 105:1-6, 37-45  
Philippians 1:21-30  
Matthew 20:1-16

10/1

Exodus 17:1-7  
Psalm 78:1-4, 12-16  
Ezekiel 18:1-4, 25-32  
Philippians 2:1-13  
Matthew 21:23-32



10/8

Exodus 20:1-4, 7-9, 12-20  
Psalm 80:7-15  
Philippians 3:4b-14  
Matthew 21:33-46

10/15

Exodus 32:1-14  
Psalm 106:1-6, 19-23 (UMH 829)  
Philippians 4:1-9  
Matthew 22:1-14

## WORSHIP ASSISTANTS

### Acolyte

9/10 Weston Powell  
9/17 Becky Tate  
9/24 Derek Deavers  
10/1 Cindy Deavers  
10/8 Weston Powell  
10/15 Derek Deavers

### Nursery

9/10 Robin Craun & Morgan Craun  
9/17 Tonya Meier & Taylor Meier  
9/24 Betty Stout & Courtney Stout  
10/1 Dana Breeding & Clara Breeding  
10/8 Carolyn Fretwell & Kenny Fretwell  
10/15 Angella Pence & Penny Pence

### Children’s Message

9/10 Kevin Armstrong  
9/17 Helen Morse  
9/24 Dana Breeding  
10/1 Pastor Shin  
10/8 OPEN  
10/15 OPEN

### Lead Ushers

9/10 Dallas Van Lear & Becky Tate  
9/17 Charlie Bill Fretwell & Henry Breeding  
9/24 Darryl Deavers & John Morse  
10/1 Rob Riner & Lewis Whitmer  
10/8 Dallas Van Lear & Becky Tate  
10/15 Charlie Bill Fretwell & Henry Breeding



# September/October Anniversaries & Birthdays

## 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 Howdyshell
- 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 Susie Hong
- 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

## October

- 1 Bobby Beard
- 3 Carolyn Pace
- 3 Mike Canipe
- 3 Donald & Amy Michael
- 5 Leon Sheets
- 6 Matthew Coffman
- 6 Mary Beth Walker Hill
- 7 Ronald Booth
- 7 Alison Coffman Markow
- 8 Carl Arndt
- 9 Leigh Shaver
- 9 Dallas VanLear
- 11 Rebecca Jo Kraisser
- 12 Mary Lu Lewis
- 12 Lee VanLear
- 13 Daryl Deavers
- 14 John & Martha English
- 14 Thomas & Pat Ewers
- 15 Jean Critzer
- 15 Pat Ewers
- 15 Philip Mabry
- 16 Brett Sundeen
- 16 Kyle Kraisser
- 17 Cody Coffey
- 19 Braden Herman
- 19 Courtney Stout
- 23 Cindy Deavers
- 23 Berk Harner
- 23 Steve & Tonya Meier
- 24 Inez Hite
- 24 Jonathan Walker
- 24 Dylan Anthony
- 25 Amy Herman
- 26 Sarah Barr

- 26 Eddie & Vinda Shaver
- 27 Nancy Glass
- 28 James Howdyshell
- 29 Amy Michael



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](mailto:altuten@vaumc.org)



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and covered dish meal after the service.  
November 11, 11:00am – 6:00pm, HOTS.  
December 17, Christmas Program.

### **Evangelism Ministry:**

The Ministry will host a newcomer/member dinner on September 9.

Martha Fretwell has agreed to serve as the new Director of Children's Ministries.

Parent's Night Out on September 15 will be an opportunity to educate children and give parents a chance to get out. Children who attended VBS have been invited.

The Sunday School class led by John Morse will be closed at the end of August. Beginning September 3, that classroom will be used by the new Young Adult class (18+) called Networkers and headed by Susan Mehler.

### **Missions/Out-Reach Ministry:**

The district mission trip to Tangier Island will leave on October 2 and return on October 7. Sam Nesmith will lead the trip. Cost is \$350/person. Specific needs will be determined by 9/1. John Morse, Kim Maugans and Mike Wetzel will be representing New Hope on this trip. They have asked everyone on the Church Council to prepare at least one daily devotion to be read during their trip.

### **Youth Representative:**

The 50's Drive-In will be on Saturday, October 7, 2017.

### **Staff/Parrish Relations:**

We are continuing our search for a new Director of Music, but have not had any success. The classified advertisement in The News Virginian did not produce anyone.

Pastor Shin and Bruce Rogers interviewed a candidate that had musical skills, but not with the piano and organ. We will continue our search.

### **Lay Leadership/Nominations:**

We need to keep the church calendar up to date. This information is used to provide updates for the weekly calendar in the Sunday bulletin. When meetings and other events are not on the calendar, they are also not in the bulletin. Each person/group is responsible to make sure the important dates for them are on the

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calendar.

The Planning Team is scheduled to meet at 6:30pm on Sunday, September 10, after the Hearts Party.

### **Communications:**

August 27 missionaries during Sunday Service.

September 10, 3:00pm-6:00pm, Hearts Party.

September 15, 5:30pm-8:30pm, Parent's Night Out.

September 18, 7:00pm, UMW Meeting with guest speaker, Operation Christmas Child (Open to entire congregation).

September 19, 6:30pm, UMM meeting (Open to all men of the Church).

September 24, 3:00pm, Charge Conference, Reports needed: Finance – 2018 Budget, Staff/Parish, Trustees, Nominations/Leadership – 2018 Officers, Pastor Shin – Continued education/narrative/stats, Lay Servants, UMM, UMW.

October 7, 50's Drive-In.

November 11, 11:00am – 6:00pm, HOTS

### **Pastor Shin:**

"Bring your Friend to Church Sunday" has been scheduled for October 29, 2017, a Fifth Sunday event with a covered dish meal after the Sunday Service. A special musical program is planned. A follow-up will be conducted after the event.

A new church website is being designed by a friend of Pastor Shin. It will be an update of our current website and will have input from Pastor Shin.

Pastor Shin talked to the Planning Team and again to the Church Council about the need for our membership to be more connected. He proposes a meal be served on Wednesday nights, open to everyone in the community, to allow people to get together, get to know each other better and become better connected. After the meal, there will be small breakout groups to allow everyone an opportunity to increase their participation, i.e., choir practice, evening bible study, etc. Beth Howdyshell has agreed to prepare the meals. Pastor Shin asked the Council to think about it and make a decision in September. He would like to begin the program in October.

### **Unfinished Business:**

Susan Coffman reported there is a policy in place for the use of church facilities. There is a standard form which should be completed and given to Susan Coffman. Karen Whitmer agreed to call a contact list when it is necessary for lights, A/C, heat, sound board or other services to be provided for people using church facilities for a funeral.

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Bruce Rogers reviewed the current Policy Manual and did not find a policy related to funerals and the Sanctuary. He will review the policy on weddings to see if it applies or could be adapted for other functions in the Sanctuary.

**New Business:**

Dana Breeding and Susan Coffman introduced the Council to a program called: FAITH COMMUNITY NURSING. It is a new program being supported by Augusta Health to get more medical professionals into the community. The following was presented:

PURPOSE: Complement and add to spiritual care provided by pastor and lay leaders.

GOALS: Integrate spiritual care with Physical, Emotional and Mental Health Care needs of New Hope.

NEXT STEPS: - Obtain approval of program by Church Council.

Assess congregational health needs.

Develop a Health Council/Ministry Team for guidance and report to the Nurturing Ministry.

Develop a Communication Plan.

After considerable discussion, with input from Dana and Susan, a motion was passed to approve the program. More details about the program will be available later.

The meeting was closed with a prayer by Pastor Shin.

**Grandparents Sunday – September 10<sup>th</sup> Happy Grandparents Day**

There are more grandparents today than ever before. By the year 2030, 1 in every 5 Americans will be over 65 years of age. For the first time in history, and probably for the rest of human history, people age 65 and older will outnumber children under age five.

This demographic shift creates the potential for rich intergenerational connections across seven or more generations: your own generation, three generations before you – parents, grandparents, great-grandparents – and three generations after you – children, grandchildren, and great-grandchildren.

ride up to the spot. It was an amazing sight to see a beautiful patch of yellow daffodils blooming midst the dense forest. What was truly amazing was several small stones erected to commemorate folks buried in that spot. After that trip, I felt our family should erect a permanent stone with names of the folks buried there. My dear friend Ethel White joined us on another trip to that site and documented the cemetery for the county. I found that I would have to contact the parkway's headquarters in Asheville NC to get a permit to actually place a stone there. What I did know was it would take many years before those folks would come and observe the cemetery. Thankfully because of the visit by Ethel and her accordance that she had documented they were able to walk to spot in the middle of last summer, flowers had faded and the spot was very difficult to find. At that point they gave the unnamed cemetery a name, hence Balsley cemetery. Since that time



several of our family members gave money and we found that our 2<sup>nd</sup> Great Grandparents actually died on the same day from a flu pandemic and were buried in the same spot United in Death as in Life was reported in a local newspaper. Several other children had been buried in the cemetery. It has been an amazing journey discovering descendants that have been gone for over a hundred years. Also I have enjoyed meeting another young lady in our extended family who is a United Methodist Deacon in the Va. Conference.

The lesson I have learned in this whole endeavor was persistence, we must stick to the task at hand when working on a project. I pray I will use this lesson as I spread God's Good News and His love to those that cross my path. Then I will walk in the path that God leads me.

I hope that this article will inspired many others in our faith community to share a story. Look forward to reading them and getting to know each member better.

New Hope United Methodist Church

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**Web Page: [mynhumc.weebly.com](http://mynhumc.weebly.com)**

Address Service Requested



## HILLTOPPER

**Mission:** Growing as followers of Jesus Christ, we seek to live out our faith and serve God's community.

**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

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