

Hilltopper

Harrisonburg District

February 2017



Prayers
Presence
Gifts
Service
Witness

Editors note: By the time the next Hilltopper comes out, Lent will have begun. Ash Wednesday is on March 1, this year, so it's not too soon for a refresher course, or too soon to be thinking about how you might want to spend this time of renewal and spiritual devotion.

This is a reprint from:

<http://alivenow.upperroom.org/?s=lent+101>

Special points of interest:

- Lent 101
- Important Dates
- Nurse's Health Corner
- Anniversaries & Birthdays

“Lent 101”

by Penny Ford

What is Lent?

Lent is a season of the Christian Year where Christians focus on simple living, prayer, and fasting in order to grow closer to God.

When is Lent?

It's the forty days before Easter. Lent excludes Sundays because every Sunday is like a little Easter. Basically, it's about one-tenth of a year (like a tithe of time). Mardi Gras is the day before Lent, which begins with Ash Wednesday. This year it's from [March 1] (Ash Wednesday) to [April 16] (Easter), 2017.

Mardi Gras? What does that have to do with JESUS??

Mardi Gras means “Fat Tuesday.” It refers to the day before Lent starts. Since Lent always starts on a Wednesday, the day before is always a Tuesday. And it's called “Fat” or “Great” because it's associated with great food and parties. In earlier times, people used Lent as a time of fasting and repentance. Since they didn't want to be tempted by sweets, meat and other distractions in the house, they cleaned out their cabinets. They used up all the sugar and yeast in sweet breads before the Lent season started, and fixed meals with all the meat available. It was a great feast! Through the years Mardi Gras has evolved (in some places) into a pretty wild party with little to do with preparing for the Lenten season of repentance and simplicity. Oh well. But Christians still know its origin, and hang onto the true Spirit of the season.



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Important Dates to Put on Your Calendar

- 2/5 Souper Bowl of Caring Sunday (soup and sandwich following worship service); donations of food and cash for Verona Food Pantry
- 2/12 Scout Sunday
- 2/21 6:30 UMM meal served by Minnie Carr Circle
- 2/23 6:30 Church Council meeting
- 2/26 Bishop Lewis visiting in Harrisonburg District 2-4 pm with clergy and 6:15 – 8:15 with laity at Asbury UMC
- 2/28 5-7 pm Fat Tuesday Pancake Supper sponsored by United Methodist Men and our Youth
- 3/1 Ash Wednesday Service at New Hope at 7 pm. – will invite community churches
- 3/18 9:00 to 1:00 District UMW Spiritual Life Retreat at Vision of Hope UMC
- 3/20 7 pm UMW meeting
- 3/21 6:30 UMM meal served by Mabry Shiflett Circle
- 3/31-4/2 Lay Servant Academy



Help Needed ...

I am looking for a person to take over the production of pickles for the Ham Oyster Turkey dinner next year or the year after. Helen and I will be moving to much smaller quarters and I will be unable to provide the sweet chip and dill spear pickles. As an incentive to take this task over, I will give the person who agrees to do this a 7 quart stainless steel bath canner and all the quart jars you could ever need. Along with this I have the funnel and lifter devices to take the hot jars out of the bath canner. If you are interested in this offer, ***please see John Morse for details.***

February Nurse's Health Corner

February is National Heart Month. One condition of the heart that is not discussed as frequently, possibly because it has a scary name, is Heart Failure. It develops slowly as the heart muscle weakens and needs to work harder to keep blood flowing through the body. Heart failure is often not recognized until a more advanced stage of heart failure, commonly referred to as congestive heart failure, in which fluid may leak into the lungs, feet or legs. Heart failure is a condition that affects nearly 5 million Americans. Many people are not aware they have heart failure because the most common symptoms (feeling tired and shortness of breath) are often confused with normal signs of aging

Heart failure can develop over time as a result of coronary artery disease, previous heart attack, high blood pressure, diabetes, lung disease, alcohol or drug abuse, heart valve disease or infection, heart muscle disease or defects present at birth, abnormal heart rhythms, thyroid disorders, obesity and advanced aging.

Signs and symptoms of heart failure are shortness of breath, waking due to shortness of breath, frequent coughing or wheezing, bloating, swollen feet, legs, and ankles, need to urinate more often at night, sudden weight gain, nausea or loss of appetite, fatigue or weakness, confusion or decreased alertness, rapid or irregular heartbeat and swollen neck veins.

To be diagnosed with heart failure, your health care provider will take a thorough health history and perform a complete physical. Many tests exist that can help you provider decide if you do have heart failure. An echocardiogram, echo for short, is ordered and can tell the provider an ejection fraction, which is basically how much blood your heart pumps out with each heartbeat. Healthy hearts pump out 50% or more, where someone with heart failure may have 40% or less. Only your health care provider can determine if you have heart failure by interpreting this test, your health history and results of your physical.

Many people can live a healthy productive life with heart failure. Activities to help yourself:

Limiting your intake of salt is very important and you should learn what prepared foods have large amounts of salt.

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Mission Opportunities

Valley Mission—ongoing project of cereal. Bring your boxes of any kind of cereal and leave in Wesley Sunday School Classroom. Regular deliveries are being made. Thank you !!!

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

Web Page

Web Page: mynhumc.weebly.com

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

Lectionary Readings

2/5

Isaiah 58:1-12
Psalm 112: 1-10 (UMH 833)
1 Corinthians 2:1-12
Matthew 5:13-20

2/12

Deuteronomy 30:15-20
Psalm 119:1-8 (UMH 840-841)
1 Corinthians 3:1-9
Matthew 5:21-37

2/19

Leviticus 19:1-2, 9-18
Psalm 119:33:40 (UMH 841-842)
1 Corinthians 3:10-11, 16-23
Matthew 5:38-48

2/26

Exodus 24:12-18
Psalm 99 (UMH 819)
2 Peter 1:16-21
Matthew 17:1-9

3/1 (Ash Wednesday)

Joel 2:1-2, 12-17
Psalm 51:1-17 (UMH 785)
2 Corinthians 5:20b-6:10
Matthew 6:1-6, 16-21

3/5

Genesis 2:15-17, 3:1-7
Psalm 32 (UMH 766)
Romans 5:12-19
Matthew 4:1-11

3/12

Genesis 12:1-4a
Psalm 121 (UMH 844)
Romans 4:1-5, 13-17
John 3:1-17

3/19

Exodus 17:1-7
Psalm 85 (UMH 814)
Romans 5:1-11
John 4:5-42

WORSHIP ASSISTANTS

Acolyte

2/5 Joanie Troxell
2/12 Derek Deavers
2/19 Weston Powell
2/25 Cindy Deavers
3/5 Helen Morse
3/12 Becky Tate
3/19 Derek Deavers

Nursery

2/5 Megan Aldhizer & Lynn Tuten
2/12 Gail Armstrong & Debbie Arnold
2/19 Judy Riner & Christy Powell
2/26 Teresa Barr & Mary Sheets
3/5 Martha Fretwell & Samantha Arnold
3/12 Robin Craun & Morgan Craun
3/19 Tonya Meier & Taylor Meier

Children's Message

2/5 Pastor Shin
2/12 Dana Breeding
2/19 OPEN
2/26 Robin Craun
3/5 Pastor Shin
3/12 Kevin A.
3/19 Helen Morse

Lead Ushers

2/5 Rob Riner & Lewis Whitmer
2/12 Karen Maugans & Becky Tate
2/19 Charlie Bill Fretwell & Henry Breeding
2/26 Darryl Deavers & John Morse
3/5 Rob Riner & Lewis Whitmer
3/12 Karen Maugans & Becky Tate
3/19 Charlie Bill Fretwell & Henry Breeding



February/March Anniversaries & Birthdays

February

1-Martha English
 1-Loretta Massie
 1-Jamie Stout
 2-Kylie Armstrong
 2-Al & Lynn Tuten
 4-Robert Shiflett
 5-Roosevelt Rowe
 5-JoEtta Walker
 8-Colin Hester
 9-Nancy Pyle
 10-Ian Gruber
 13-Marguerite Howell
 13-Owen Pence
 14-Ernest Shaver
 14-Becky Tate
 14-Dale & Sherry Rankin
 15-Cooper Coffey
 15-Rebecca McCaskey
 15-Holly Morris
 15-Joan Simmons
 15-Isabelle Willberger
 15-Tonya Meier
 17 Pastor Shin
 17-Zack Rickman
 17-Lewis & Karen Whitmer
 17- Seth Joyner
 18-Susie Shreckhise
 19-Jo Layman
 19-Robert Riner
 20-Helen Shiflett
 21-Al Tuten
 22-Colin & Teresa Hester
 23-Mike Shreckhise
 24-Jennifer Bottenmiller
 24-Tabitha Herring
 25-Marc Mehler
 26-Dave Dively
 27-Stephen Sundeen
 27-Richard & Natosha Ritchie
 28-Polly Caricofe

28-Cheryl Shiflett
 28-Jason Massie

March

1-Chloe Breeding
 2-Derek Deavers
 3-Lynn & David Dively
 5-Christy Riner Powell
 5-Chris Bosserman
 5-John Michael DeJong
 8-Tina Bosserman
 8-John Morse
 8-Steve Meier
 10-Janice Bell
 10-Peggy Caricofe
 11-Emerson Gunsalus
 12-Fred Arndt
 12-Emily Critzer
 12-Katelyn & Lily McLaughlin
 13-Tanya Keys
 13-Mary Ann Marks
 13-Sandra Puffenberger
 13-Vanessa & Berkeley Harner
 14 Noah Hong
 15-Nora & Charles Darrah
 16-Chelsea Steele
 16- Landon Powell
 17-Amanda Barr
 17-Erica Miller
 17-Ricky Morris
 18 Blake Fretwell
 18-Shane McCray
 18-Ethen Herman
 19-Randy Craig
 19-Kevin Armstrong
 22-Lucy Black
 22-Nicolas Bergman
 24-Dolly Harner
 25-Helen Morse
 26 Hailey Hong
 26-Roxann Canipe
 26-Roger Layman

27-Doug Gunsalus
 28-Joshua Corbin
 28-Gail Armstrong
 29-Glenwood Fretwell
 29-Tyler Fretwell
 29-Josh Massie
 30-Michelle Booth



If we have any incorrect information or are missing information, please leave updates in mailbox in church library for Hilltopper or email to altuten@vaumc.org

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So the real beginning of Lent is Ash Wednesday?

Yes. Ash Wednesday, the day after Mardi Gras, usually begins with a service where we recognize our mortality, repent of our sins, and return to our loving God. We recognize life as a precious gift from God, and re-turn our lives towards Jesus Christ. We may make resolutions and commit to change our lives over the next forty days so that we might be more like Christ. In an Ash Wednesday service, usually a minister or priest marks the sign of the cross on a person's forehead with ashes.

Why ashes?

In Jewish and Christian history, ashes are a sign of mortality and repentance. Mortality, because when we die, our bodies eventually decompose and we become dust/dirt/ash/whatever. Repentance, because long ago, when people felt remorse for something they did, they would put ashes on their head and wear "sackcloth" (scratchy clothing) to remind them that sin is pretty uncomfortable and leads to a sort of death of the spirit. This was their way of confessing their sins and asking for forgiveness.

Where do the ashes come from?

On what we now call Palm Sunday, Jesus rode a donkey into Jerusalem while people waved palms and cheered him on. Less than a week later, Jesus was killed. The palms that were waved in joy became ashes of sorrow. We get ashes for Ash Wednesday by saving the palms from Palm Sunday, burning them, and mixing them with a little oil. It's symbolic.

What do Christians do with ashes?

At an Ash Wednesday service, folks are invited to come forward to receive the ashes. The minister will make a small cross on your forehead by smudging the ashes. While the ashes remind us of our mortality and sin, the cross reminds us of Jesus' resurrection (life after death) and forgiveness. It's a powerful, non-verbal way that we can experience God's forgiveness and renewal as we return to Jesus.

So what is LENT?

At Jesus' baptism the sky split open, the Spirit of God, which looked like a dove, descended and landed on Jesus, and a voice from heaven said, "This is my Son, My Beloved, with whom I am pleased." Afterward, as told in Matthew 4:1-11, Jesus was sent into the wilderness by the Spirit. Where he fasted and prayed for 40 days. During his time there he was tempted by Satan and found clarity and strength to resist temptation. Afterwards, he was ready to begin his ministry.

(Speculation)

Maybe Jesus needed some time with God to sort through the major changes happening in his life. Maybe he needed to get away from family, friends and the familiar routine in order to see God (and himself) more clearly. Perhaps he wanted some intentional time with God as he searched for direction and answers like you. Like Jesus, we may need to take some serious time to pray and listen for God.

Why "DO" Lent? How do I start?

Are you searching for something more? Tired of running in circles, but not really living life with direction, purpose or passion? It's pretty easy to get caught up in the drama of classes, relationships, family, and work. Our lives are filled with distractions that take us away from living a life with Christ. We try to fill the emptiness inside us with mindless TV, meaningless chatter, stimulants, alcohol, too many activities or other

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It is important for you to weigh yourself each day and contact your healthcare provider if your weight changes significantly.

Exercising at levels recommended by your physician is of great importance in keeping you fit and well.

Taking your medications is also beneficial.

It is important for you to maintain frequent visits to your physician and notify him or her if there are any changes in your symptoms.

It is essential that both you and your family understand what heart failure is, what the symptoms are, what you should do if your symptoms change and how your doctor treats this disease.

For more information on Heart Failure, refer to the Heart Failure Society of America website at <http://www.hfsa.org/patient/questions-about-heart-failure/> or call (301)-312-8635. 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.

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irrelevant stuff. We run away from life and from God.

Lent is a great time to “repent” — to return to God and re-focus our lives to be more in line with Jesus. It’s a 40 day trial run in changing your lifestyle and letting God change your heart. You might try one of these practices for Lent:

FASTING: Some people have been known to go without food for days. But that’s not the only way to fast. You can fast by cutting out some of the things in your life that distract you from God. Some Christians use the whole 40 days to fast from candy, tv, soft drinks, cigarettes or meat as a way to purify their bodies and lives. You might skip one meal a day and use that time to pray instead. Or you can give up some *activity* like worry or reality tv to spend time outside enjoying God’s creation. What do you need to let go of or “fast” from in order to focus on God? What clutters your calendar and life? How can you simplify your life in terms of what you eat, wear or do? [Learn more about or design a fast.](#) (Check out this article for ideas on [Family Time Lenten Sacrifices.](#))

SERVICE: Some Christians take something on *for* Christ. You can collect food for the needy, volunteer once a week to tutor children, or work for reform and justice in your community. You can commit to help a different stranger, co-worker or friend everyday of Lent. Serving others is one way we serve God. [Learn how giving of yourself is prayer.](#)

PRAYER: Christians also use Lent as a time of intentional prayer. You can pray while you walk, create music or art as a prayer to God, or savor a time of quiet listening. All can be ways of becoming more in tune with God. Visit The Upper Room Living Prayer Center to [request a prayer](#), [pray for others](#), or [try one or two new prayer practices.](#)

Christians from many different traditions celebrate Lent. How will you use the time to grow closer to God?

New Hope United Methodist Church
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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



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