

# Hilltopper

Harrisonburg District

February 2015



Prayers  
Presence  
Gifts  
Service  
Witness

## HEARTS PARTY

Sunday, February 15th 4-7pm

New Hope Community Center - All Invited



## Communion Lay Servants

When Jesus was with his disciples he broke bread and gave it to them. He took the cup and shared it with them. Then he said, *“Do this in remembrance of me.”* At New Hope Church it is our tradition to celebrate this meaningful sacred meal the first Sunday of each month. Because not all of our church family can join with us when we celebrate the Lord’s Supper each month, your Worship Committee is inaugurating a **Lay Communion Servant Ministry**. Following our Communion Sundays, Lay Servants will take the elements, consecrated at Sunday’s Service, to our home-bound, and hospitalized members who desire the sacrament.

If you are interested in being part of this vital and fulfilling ministry of your church please contact the church office or speak to Pastor Murphy. There will be training offered to prepare those willing to serve. February is often a month associated with love. What a wonderful way to show our love to others who want and need to be remembered.

### *Special points of interest:*

- Nurses Corner
- Activities & Events
- Anniversaries & Birthdays
- Missions

# Preparing for Our Lenten Experience

Lent is a Season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday covering a period of approximately six weeks. It is a season which signals the time of preparation for Christians to get ready for celebrating Easter. The word Lent comes from the Anglo-Saxon word *lencten*, meaning “spring.” It is a time of introspection for us through prayer, penance, repentance of sins, atonement, and self-denial.

The Great Three Days, sunset Holy Thursday through sunset Easter Day, are the climax of Lent, and the whole Christian year. These days become a bridge into the Easter Season.

In preparation for this meaningful season at New Hope, we will be observing the following:

- ◆ a series of sermons centering around the theme “Crosswalk,”
- ◆ a bible study using a book written by Greg Weyrauch entitled, Journeying Through Lent with Mark. The study will be held on Tuesday mornings at 10 a.m. All are welcome to come!
- ◆ securing your day to day Lenten Devotional entitled, *The SANCTUARY for 2015* written by Sue Mink. (This devotional for your Lenten reading will be distributed at church).
- ◆ Ash Wednesday Worship Service at New Hope on Wednesday, February 18<sup>th</sup> at 7 p.m.
- ◆ Maundy Thursday Worship Service, at New Hope, April 2<sup>nd</sup> at 7 p.m.
- ◆ Community Good Friday Service, here at New Hope, April 3<sup>rd</sup> at 7pm
- ◆ then our Easter Sunrise Service at 6:45 p.m. behind the New Hope Church, followed by breakfast in our social hall, followed by church school at 9:30 a.m., and then our Easter Service in the sanctuary at 10:30 a.m. Hallelujah!

What a wonderful opportunity to celebrate New Life, New Beginnings, in Jesus our Lord and Savior. Plan to be a part of these activities and walk with Jesus in prayer, study and

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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

|            |                        |
|------------|------------------------|
| March 2015 | Haiti                  |
| July 2015  | Tangier Island (youth) |
| Fall 2015  | Tangier Island         |

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

## Children's Ministries



Cindy Deavers leading January Children's Church

## Lectionary Readings

2/1

Deuteronomy 18:15-20  
 Psalm 111  
 I Corinthians 8:1-13  
 Mark 1:21-28

2/15

II Kings 2:1-12  
 Psalm 50:1-6  
 II Corinthians 4:3-6  
 Mark 9:2-9

2/8

Isaiah 40:21-31  
 Psalm 147:1-11, 20c  
 I Corinthians 9:16-23  
 Mark 1:29-39

2/22

Genesis 9:8-17  
 Psalm 25:1-10  
 I Peter 3:18-22  
 Mark 1:9-15



## WORSHIP ASSISTANTS February 2015

### Acolyte

2-1 Penny Pence  
 2-8 Kaylee McLaren  
 2-15 Taylor Meier  
 2-22 Cindy Deavers

### Ushers

2-1 Jake Botkin & Lewis Whitmer  
 2-8 Al Tuten & Helen Shiflett  
 2-15 Henry Breeding & Charlie Bill Fretwell  
 2-22 John Morse & Darryl Deavers

### Nursery

2-8 Gail Armstrong & Peyton Meier  
 2-15 Judy Riner & Christy Powell  
 2-22 Teresa Barr & Mary Sheets

### Children's Message

2-1 Tom Murphy  
 2-8 Helen Morse  
 2-15 Dana Breeding  
 2-22 Roger Aldhizer

## It Touched my HEART - I Just Had to Share

Being somewhat new at this, it's easy to get behind on some of the weekly and monthly admin responsibilities. I promise to get a bigger jump on the March Hilltopper, but maybe it's a bit providential that this one came out a bit late.



I wanted to make a contribution to this issue, and several ideas crossed my mind ... I had some ideas that I might share based on my observations of our worship experience together on Sunday mornings ... I had some thoughts about our prayer lives and efforts to re-vitalize our church's intentional prayer ministry.

Then it happened.

I wasn't scheduled to do a Children's Message on Sunday, but found myself filling in (more than a few have been under the weather recently). I used the scripture from Mark 1:32-34 and commented that we could be more like Christ when we show others we care, and I shared a list of ideas, encouraging the kids to try one or two in the coming week (write someone a note, for example).

Before the service had ended, a small angelic figure in a red dress came across the back of the sanctuary and handed something to me. On one side were the words "To Mr Al ... Karleigh", and when I flipped it over I saw the image reproduced on the left.

Ever since an experience a few years ago, at the Bethlehem Village at Hebron Baptist Church, I've had something of a preoccupation with camels. So this had double significance. It reached out to me in a way that definitely got my attention, and it was a practical application of the Children's Message that morning. Little Karleigh had demonstrated Christ likeness in showing that she cared by sharing this note.

Did she know that it would have such an impact? Probably not. Did she know it would reach these pages and perhaps touch the hearts of others? She would have to have been clairvoyant.

I view this as a reminder that we can never know the impact when we perform caring acts and show Christ likeness to others. I also see this as an example of the many ways that God can share His love and His message. In this case it came through the hands of a little girl named Karleigh and a box of crayons.

Thank you Karleigh Grace, and thanks be to God.

"Mr Al"

# 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 your 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.
- 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://76.12.130.111/hfsa-wp/wp/> 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.

## Lay Servant Ministries Could Use You

This month several will be attending the Lay Servant Academy held at Blackstone annually, where a full schedule of weekend courses will be offered ranging from Visitation, Evangelism, Prayer. Additional training is offered twice annually by the Harrisonburg District and online as well.

What is a Lay Servant?

From the website of the Virginia Conference:

A United Methodist Lay Servant is a member of a local church or charge who:

- Is an active supportive member of The United Methodist Church;
- Is ready and eager to serve the Church;
- Is well informed on and committed to the Scriptures and the doctrine, heritage, organization, and life of The United Methodist Church;
- Has received specific training to develop skills in witnessing to the Christian faith through spoken communications, church and community leadership, and care-giving ministries;
- Is committed to witnessing through church and community leadership, care-giving ministries, and spoken communication; and
- Is willing to improve his or her skills for service.



If we believe the scriptures, then we can acknowledge that we all have gifts and graces to be shared with others.

For more information, contact any of the Lay Servants at our church (Kim Maugans, Helen and John Morse, LeVerne Herring, Al Tuten)

## Bishop's Prayer Convocation - Register Now

Each year Bishop Cho holds a prayer convocation to promote the practice of prayer. Since becoming Bishop, he has been a passionate advocate of spiritual renewal in the lives of Virginia Methodist churches and its members.



This year's prayer convocation will be held :

Saturday, March 21, 2015 Trinity UMC, 903 Forest Ave. Richmond, VA 23229

The Rev. Sue Nilson Kibbey, Director of Missional Church Initiatives in the West Ohio Conference UMC, will be the plenary speaker. There will also be small group learning opportunities in the areas of prayer and Wesleyan spiritual disciplines.

You can learn more and register online at :

<http://vaumc.org/Events?cid=3&ceid=1232&cerid=0&cdt=3/21/2015>

Or you can contact Wanda Harding or Al Tuten.



# Anniversaries & Birthdays for February

## February-

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



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](mailto:altuten@vaumc.org)

## ACTIVITIES & EVENTS— February

|      |         |                               |
|------|---------|-------------------------------|
| 2/1  | 6:00 pm | Transition Committee meeting  |
| 2/2  | 9:00 am | Verona Food Pantry Volunteers |
| 2/2  | 7:00 pm | Mabry/Shiflett Circle meeting |
| 2/16 | 9:00 am | Verona Food Pantry Volunteers |
| 2/17 | 6:30 pm | UMM                           |
| 2/18 | 7:00 pm | Ash Wednesday Service         |

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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

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Rev. Tom Murphy, pastor

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