

November 2019

Fall

Anonymous

As the air gets cooler and the colors get brighter, the time comes for the leaves to let go.

If they do not let go, then they cannot come back new in the spring. They have to die in order to live again. They have to let go of what they have been holding onto for so long in order to be reborn.

It can be said that the same goes for us. Maybe you are in the middle of a spiritual season of change. When we come out of a season, we may be carrying a lot of things with us. Things that hurt us, things that made us angry, choices we regret and people we need to forgive (or maybe we need to forgive ourselves). We have to let go in this season in order to move on into the next season. Otherwise, we get stuck and we can not grow, we remain in a weakened spiritual state.

Pruning our lives can be a tough challenge, it will more than likely hurt deeply. But, it does not hurt for long. But we have to allow the change to happen for God to work in our hearts and to heal us. In order to do that, we will have to let go and know that our heavenly Father knows what is best for us. We will have to trust that after the changing of the season, the dying to self, that we will return stronger than ever before. Because it is not the end, only a season that we find ourselves in.

God never forgets about his children. So, don't be afraid to let go, to leave the past behind and just fall *Fall into the loving arms of our Lord.*



Lectionary Readings for November

November 3

Habakkuk 1:1-4, 2:1-4
Psalm 119:137-144
Isaiah 1:10-18
2 Thessalonians 1:1-4, 11-12
Luke 19:1-10

November 10

Haggai 1:15b-2:9
Psalm 145:1-5, 17-21
2 Thessalonians 2:1-5, 13-17
Luke 20:27-38

November 17

Isaiah 65:17-25
Isaiah 12 (or Psalm 118)
2 Thessalonians 3:6-13
Luke 21:5-19

November 24

Jeremiah 23:1-6
Luke 1:68-79 (or Psalm 46)
Colossians 1:11-20
Luke 23:33-43

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(See Psalm 100)

11-28-2002

HAS IT ALREADY BEEN A YEAR SINCE WE WERE THANKFUL?

A lady was picking through the frozen turkeys at the grocery store for Thanksgiving Day, but couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?"

"No, ma'am. They're dead."

Why did the cranberries turn red?

Because they saw the turkey dressing!

Why do pilgrims' pants always fall down?

Because they wear their belt buckles on their hats!

The Crafting Ministry Team made these awesome little pumpkins in October. You can get one in the social hall or see Jennifer Strother. Your donation goes to help offset some of the costs of the Korean Pilgrimage.

Join us on Saturday, November 2nd at 10:00am to help us make some Snowman Ornaments!



**STAY IN
THE KNOW**

The following are the minutes from the **SEPTEMBER** 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!*

September 26, 2019 - Church Council Meeting

Present: Pastor Mike, Sam Arnold, Debbie Arnold, Dallas Van Lear, Alicia Copeland, Andy Breeding, Kevin Armstrong, Wanda Harding and Teresa Barr.

The meeting was called to order by Sam Arnold, Chairperson. Devotions were shared by Sam Arnold followed by prayer. The minutes from the August 2019 meeting were accepted as distributed.

Finance Committee: *(Kevin Armstrong reported)*

*Budget proposal – 2.1% increase discussed. Kevin made motion for approval. Dallas made second. All were in favor of the proposal for 2020 budget.

*Flat roof – we owe \$4,300.88.

*Zay repaired the gas line for \$699.00. A motion was made by Dallas and second by Kevin to pay \$699.00 from the Church Maintenance funds. All were in favor.

*Capital Improvement from UMM will be given at October meeting.

*End of Quarter budgets will be reported to the congregants by Kevin this Sunday, September 29.

Treasurer: *(Kevin Armstrong reported for Cindy Deavers)*

*\$5,000.00 withheld from the roofing company until all problems repaired.

*Cindy asked Kevin to make mention of \$200.00 for Mission trip to Tangier Island. Motion was made by Kevin to approve \$200.00, Teresa Barr second and all were in favor.

*Kevin said we cleared over \$1,000.00 for the 50's Drive-in. Total was \$2,491.00.

Trustees: *(Teresa Barr reported)*

*Gas line on roof is repaired.

*Ceiling in stairway is in need of repair.

*Roof drain at front porch as been cleaned out and downspout was fixed by Daryl Deavers & Rob Riner.

*Pastor's study will be in counting room/worship storage room. Clean out is underway.

*Teresa said the kitchen is in need of a thorough cleaning.

Nurture/Spiritual Development Committee: *(JoEtta Walker reported)*

*This Sunday, 9/29, at 5:00, we will have our annual church picnic. It is Rural Life Sunday so people are welcome to bring their tractors and trucks. The family of Henry and Margaret Breeding will provide an ice cream sundae bar for dessert in honor of their 65th anniversary.

*October 6, the children are invited to go to Back Home on the Farm north of Harrisonburg for an outing. Their fee will be paid for by Children's Ministry, but adults will pay their own fee.

*October 20, is the Fall Festival with trunk or treating in the parking lot and a chili cookoff. Volunteers and food donations are needed. Everyone is welcome to attend.

*Helpers are needed for clean up after the Wednesday Night dinners. Perhaps there could be a schedule for 2-3 persons to help one Wednesday a month.

Evangelism Ministry: *(Vacant - Please see Pastor Mike if you are interested in taking on this ministry.)*

Missions:

*Jack Walker and Kim will be going to Tangier Island for a week to assist projects.

United Methodist Men: *(Dallas Van Lear reported)*

*UMM will meet October 15 at 6:30. A speaker from the Valley Mission will be guest speaker.

*HOTS – November 9, 11 a.m. – 6 p.m. at \$19.00 a ticket.

Staff / Parish Relations Committee: *(Andy Breeding reported)*

*Andy and Pastor Mike have been meeting with paid church staff and a couple more to go. *Andy and Pastor Mike have been meeting with paid church staff and a couple more to go.

Communications: *(Pastor Mike reported)*

*Pastor Mike said Nominations Committee have met. Another meeting will be week of Oct. 17. Working on structure for upcoming Charge Conference 2019. They are starting on Leadership first & working through.

*Wednesday Night Meal is under discussion as to whether to meet each Wednesday. To be discussed with those who prepare, etc.

New Business:

*Alicia Copeland reported the Kids Retreat was a success! Fourteen participated!

*Alicia brought to committee an After School Musical Program idea. Much discussion was made. Council asked she investigate all ideas she brought forth and bring info back to committee for further discussion.

The meeting was closed with prayer by Pastor Mike.

Respectfully submitted,
Debbie Arnold ~ HUMC Council Secretary

The next Church Council Meeting will be on December 5, 2019

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**On Saturday, November 9th from 11:00am-6:00pm,  
we will have our annual Ham, Oyster, Turkey Supper**

**Please invite your friends, family, neighbors,  
co-workers and others to join us!**



# Back On The Farm Field Trip - October 6th





# Fall Harvest Party - October 20, 2019







**BIRTHDAYS and ANNIVERSARIES**

1 - Larry Shiflett


2 - Susan Coffman

3 - W. B. Harner, Jr  
- Cathy Killough  
- Kerry Fretwell

5 - Linda Gail Johnson

6 - Joseph Bragg  
- Steven Price

7 - Kevin Bell

8 - George Taylor  
-  Earl & Jackie Wilberger

10 - Donald Michael  
- Roy Randolph  
- Jim Gruber

13 - Chuck Wagner  
- Cindy Sanger  
- Cheyenne Canipe

14 - Katherine Garber  
- Beth Rogers

17 - Juanita Howell  
- Lynn Tuten

18 - Lydia Hough

19 - Dorothy Caricofe  
- Aggie Selmon  
-  Lloyd & Kay Moore



20 - Christopher McCray  
- Curt Rosen

22 - Nancy Evers  
- Jeff Kraisser

23 - Cindy Deavers

25 - David Critzer

26 - Ruby Howell  
- Maureen Morris

27 - Steven Broyles  
- Wendy McLaren  
-  James & Linda Howdyshell  
-  Aggie & Betty Selmon

28 - Corey Stogdale

29 - April Selmon

30 - Jennifer Broyles  
- Kimberly Hinkle



# Upcoming Activities, Events and Meetings at New Hope UMC

## **November 2019**

### **\*Wednesdays in November**

Children's Choir Practice @ 5:15pm

Bible Study @ 6:00pm

Sanctuary Choir Practice @ 6:45pm

**Saturday, November 2** ~ Sweet Hour of Prayer @ 8:00pm  
~ Crafting Ministry @ 10:00am  
~ Charge Conference at Verona UMC 12pm-3pm

**Sunday, November 3** ~ Sunday School @ 9:30am  
~ All Saints' Sunday Morning Worship @ 10:30am

**Tuesday, November 5** ~ Sisters of Faith w/ Phyllis Fretwell @ 1:30pm

**Wednesday, November 6** ~ *\*Wednesday Night Events - No Kids Choir*

**Thursday, November 7** ~ Fall Bazar Set-Up @ 6:00pm

**Saturday, November 9** ~ H.O.T.S. 11:00am-6:00pm

**Sunday, November 10** ~ Sunday School @ 9:30am  
~ Veteran's Sunday @ 10:30am

**Tuesday, November 12** ~ Circle of Love @ 7:00pm

**Wednesday, November 13** ~ *\*Wednesday Night Events*

**Saturday, November 16** ~ Sweet Hour of Prayer @ 8:00pm

**Sunday, November 17** ~ Sunday School @ 9:30am  
~ Sunday Morning Worship @ 10:30am  
~ District Conference at Otterbein UMC @ 3pm

**Tuesday, November 19** ~ United Methodist Men meeting & dinner served by Circle of Hope @ 6:30pm

**Wednesday, November 20** ~ *\*Wednesday Night Events*

**Thursday, November 21** ~ Regional Prayer Revival at Aisle 7 Fellowship in Verona @ 9:00am  
~ Singles With A Testimony (SWAT) Lunch at Ciro's Pizza in Verona @

12:00pm

**Saturday, November 23** ~ Sweet Hour of Prayer @ 8:00pm

**Sunday, November 24** ~ Sunday School @ 9:30am  
~ Sunday Morning Worship @ 10:30am  
~ Community Thanksgiving Service at Laurel Hill Baptist @ 7:00pm

**Wednesday, November 27** ~ *\*Wednesday Night Events*

**Thursday, November 28** ~ Thanksgiving Day

**Friday, Nov. 29 - Saturday, Nov. 30** ~ Decorating of the Chrismon Tree

**Saturday, November 30** ~ Sweet Hour of Prayer @ 8:00pm

**Sun, December 1** ~ First Day of Advent & Holy Communion 10:30am



# **November is Diabetes Awareness Month**

Diabetes is a disease in which the body is unable to properly use and store glucose (a form of sugar). Glucose backs up in the bloodstream — causing one's blood glucose (sometimes referred to as blood sugar) to rise too high.

There are two major types of diabetes. In type 1 (formerly called juvenile-onset or insulin-dependent) diabetes, the body completely stops producing any insulin, a hormone that enables the body to use glucose found in foods for energy. People with type 1 diabetes must take daily insulin injections to survive. This form of diabetes usually develops in children or young adults, but can occur at any age. Type 2 (formerly called adult-onset or non insulin-dependent) diabetes results when the body doesn't produce enough insulin and/or is unable to use insulin properly (insulin resistance). This form of diabetes usually occurs in people who are over 40, overweight, and have a family history of diabetes, although today it is increasingly occurring in younger people, particularly adolescents.

## **How do people know if they have diabetes?**

People with diabetes frequently experience certain symptoms. These include:

- being very thirsty
- frequent urination
- weight loss
- increased hunger
- blurry vision
- irritability
- tingling or numbness in the hands or feet
- frequent skin, bladder or gum infections
- wounds that don't heal
- extreme unexplained fatigue

In some cases, there are no symptoms — this happens at times with type 2 diabetes. In this case, people can live for months, even years without knowing they have the disease. This form of diabetes comes on so gradually that symptoms may not even be recognized.

## **Who gets diabetes?**

Diabetes can occur in anyone. However, people who have close relatives with the disease are somewhat more likely to develop it. Other risk factors include obesity, high cholesterol, high blood pressure, and physical inactivity. The risk of developing diabetes also increases as people grow older. People who are over 40 and overweight are more likely to develop diabetes, although the incidence of type 2 diabetes in adolescents is growing. Diabetes is more common among Native Americans, African Americans, Hispanic Americans and Asian Americans/Pacific Islanders. Also, people who develop diabetes while pregnant (a condition called gestational diabetes) are more likely to develop full-blown diabetes later in life.



## **How is diabetes treated?**

There are certain things that everyone who has diabetes, whether type 1 or type 2, needs to do to be healthy. They need to have a meal (eating) plan. They need to pay attention to how much physical activity they engage in, because physical activity can help the body use insulin better so it can convert glucose into energy for cells. Everyone with type 1 diabetes, and some people with type 2 diabetes, also need to take insulin injections. Some people with type 2 diabetes take pills called "oral agents" which help their bodies produce more insulin and/or use the insulin it is producing better. Some people with type 2 diabetes can manage their disease without medication by appropriate meal planning and adequate physical activity.

Everyone who has diabetes should be seen at least once every six months by a diabetes specialist (an endocrinologist or diabetologist). He or she should also be seen periodically by other members of a diabetes treatment team, including a diabetes nurse educator, and a dietitian who will help develop a meal plan for the individual. Ideally, one should also see an exercise physiologist for help in developing a physical activity plan, and, perhaps, a social worker, psychologist or other mental health professional for help with the stresses and challenges of living with a chronic disease. Everyone who has diabetes should have regular eye exams (once a year) by an ophthalmologist to make sure that any eye problems associated with diabetes are caught early and treated before they become serious.

Also, people with diabetes need to learn how to monitor their blood glucose. Daily testing will help determine how well their meal plan, activity plan, and medication are working to keep blood glucose levels in a normal range.

## **What other problems can diabetes cause?**

Your healthcare team will encourage you to follow your meal plan and exercise program, use your medications and monitor your blood glucose regularly to keep your blood glucose in as normal a range as possible as much of the time as possible. Why is this so important? Because poorly managed diabetes can lead to a host of long-term complications — among these are heart attacks, strokes, blindness, kidney failure, and blood vessel disease that may require an amputation, nerve damage, and impotence in men.

But happily, a nationwide study completed over a 10-year period showed that if people keep their blood glucose as close to normal as possible, they can reduce their risk of developing some of these complications by 50 percent or more.

## **Can diabetes be prevented?**

Maybe someday. Type 2 diabetes is the most common type of diabetes, yet we still do not understand it completely. Recent research does suggest, however, that there are some things one can do to prevent this form of diabetes. Studies show that lifestyle changes can prevent or delay the onset of type 2 diabetes in those adults who are at high risk of getting the disease. Modest weight loss (5-10% of body weight) and modest physical activity (30 minutes a day) are recommended goals.

# Kid's Corner ~ Jesus Feeds 5,000

by Sharla Guenther



This story is about a miracle. If you don't know what a miracle is, you should by the end of this story. Just remember, only God can do miracles and He still does them today!

Jesus had sent the twelve disciples out into the country and gave them the power to heal sick people and tell others about God's love. When the disciples returned, they met with Jesus to tell Him about all the people they talked with and had healed. They were all very excited to tell Jesus about their adventures.

The problem was, people followed the disciples so they could find Jesus. They had seen the miracles He had done and wanted to see more. But Jesus knew the disciples wanted to talk to Him. They hadn't even had a chance to eat yet, so He said to them, "Come with me and we will find a quiet place to talk and get some rest."

So they went away by themselves in a boat to a quiet place. But many people saw them leaving and recognized them and ran after

them on land. The boat Jesus and the disciples were in was slowed down because of wind, so the people actually got to the other side of shore before them.

When Jesus and the disciples arrived, they noticed the large crowd. Jesus felt love for these people because He knew they needed a teacher and someone to believe in. He knew that the disciples would understand, so He began teaching the large crowd many things.

It was starting to get late in the day and none of the people had supper yet. The disciples came to Jesus and said, "There is no food around here and its already getting late. Maybe we should send the people away so they can go to the surrounding towns and get themselves something to eat."

But Jesus replied, "You give them something to eat."

The disciples didn't think that they understood Jesus right and said, "We can't feed all these people, we would have to work almost a year to pay for all the food!"



While the disciples were talking to Jesus, one of the disciples named Andrew noticed a small boy walking by with a small lunch. He stopped the boy and asked him what he had. He quickly ran over to where the disciples were talking to Jesus and said, "Here is a boy with five small loaves of bread and two small fish, but how far will they go among so many people?"

Jesus smiled and said, "Ask everyone to sit down."

There was lots of grass to sit on so everyone was seated -- all five thousand of them. After everyone was seated, Jesus took the loaves of bread and thanked God for it. Then the disciples passed around the bread and everyone could take as much as they wanted. He did the same with the fish.

Remember, these were five small loaves of bread and two small fish, only enough for a boy to eat. There were five thousand people all eating from this boy's small lunch, and they could eat as much as they wanted. There are probably more than five thousand people at your church or school, it's a lot of people!

After everyone was full, Jesus asked the disciples to gather all the food that was leftover so nothing would be wasted. After they gathered all the baskets of food, they counted them up. There were twelve baskets still full with some bread and fish from the little boy's small lunch.

His small lunch probably barely filled one of the baskets before Jesus touched it, and that is a miracle! After the people realized what had happened, they said to each other, "This must be an important person sent from God." He was much more than that!



## Christmas Poinsettias



The new order form from JMD Farm & Garden Center came in the mail to me this week. In the past we have been ordering the Christmas poinsettias in the 7-inch pot size, and this size is now priced at \$11.00. I studied other options on the sheet, and discovered that the 6 ½ inch pot size is only \$6.50 per pot. It is not very much smaller in size, but the savings is substantial. I called JMD and talked to the person in charge of filling the orders, and she assured me that the plants are just a little shorter, and not quite as wide, but they will be full of blooms, and as beautiful as always. I can see an advantage that if they are a little less 'bushy', they will be easier to pass through them in the center isle. I did discuss this with Susan Coffman, Worship Ministry Leader, and she agreed this was a good change. I hope you

will take part in ordering these beautiful flowers in Honor of or in Memory of those you love. Each Sunday in November, I will be available to give out order forms, and receive forms back with payment. These orders will be turned in on December 2nd. Thank you! ~ Becky Tate



# From Pastor Mike's Desk

November 2019



“Let them thank the Lord for his steadfast love, for his wonderful works to humankind. And let them offer thanksgiving sacrifices and tell of his deeds with songs of joy.”

~ Psalm 107:21-22 (NRSV)

As the calendar turns to November, Thanksgiving Day will soon be here. I still use the day to mark the stages of life. How my family celebrated Thanksgiving each year reminds me of what was happening during that time. As a child, Thanksgiving

meant driving to visit my grandparents on Thanksgiving morning. My dad would go hunting with his brothers, then we would have lunch with Grandma Reaves, and finally dinner with Granny and Granddaddy Wall.

Grandma Reaves died a few months before my thirteenth birthday. Although it was never quite the same, Dad's family gathered for a few more years on Thanksgiving. We still drove to Granny and Granddaddy Wall's farm each Thanksgiving until my grandparents "gave up housekeeping" and moved in with Aunt Hazel and Uncle Dana when I was in my first year of college. Thanksgiving Day as a child always meant being with family.

For the past twenty-years, most Thanksgivings have been spent in Richmond at my brother's home with most of our extended families. We may not celebrate with the same family members every year nor at the same location but this holiday is a time to be with those closest to our hearts.

Even during the three years when we were away at seminary in Madison, NJ, we always figured out a way to spend the holiday with family. Some years we would brave the holiday traffic on the New Jersey Turnpike and drive to Susan's parent's home in Maryland. Sometimes the drive would take less than four hours. Sometimes the drive would take six hours or longer.

One year, my brother, Randy, and his family drove up to New Jersey. All nine of us were jammed into our little two-bedroom townhouse for four days. We took the train into Manhattan on Thanksgiving morning and we stood at the southwest corner of W. 50th Street and Broadway in the pouring rain for over two hours and watched the Macy's Parade. Then we did some sightseeing.

We were all worn out when we returned home but managed to find a sandwich shop that was open. We ordered subs for our Thanksgiving dinner, but we cooked a traditional Thanksgiving dinner the next day. That was a Thanksgiving I will never forget!

So, as another Thanksgiving approaches, I thank God for those wonderful memories of Thanksgivings past, family members to share them with, the opportunity to be with those I love, and all of God's blessings in my life. I hope that you will find much joy and peace as you gather with family and friends on this special day as well.

Yours in Christ, *Pastor Mike*

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***If you would like to add an article or announcement to the Hilltopper, please contact us!***

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