

Hilltopper

Harrisonburg District

January 2016



Prayers
Presence
Gifts
Service
Witness

Our Lenten Observances

NEAR THE CROSS

At New Hope Church

The Christian Season of preparation for the celebration of Easter begins February 10th with Ash Wednesday. For 40 days, not including Sundays, we observe a period of fasting, repentance, moderation and spiritual discipline. It is a time set aside for reflection on our Lord Jesus - his suffering, sacrifice, life, death and burial. On Sunday March 27th we will celebrate Easter! We will join with Christians throughout the world giving glory to God for our salvation through His Son our Lord!

During our Lenten observance at New Hope, we will be concentrating our worship experiences using the theme "Near the Cross!" In addition, there will be Bible Studies (times to be announced) available during the week for prayer and discussion on our theme using Bishop Kenneth Carter's book *Near The Cross*. The following will be our schedule for our Lenten

Activities:

- Special points of interest:***
- Christmas at New Hope
 - Hearts Party
 - Souper Bowl
 - Around the District
 - Nurse's Health Corner
 - Activities & Events
 - Anniversaries & Birthdays

- -Ash Wednesday service of worship 7:00 p.m.
- Sunday Morning worship services at 10:30 a.m., "Near the Cross", February 14th, 21st, 28th, March 6th, and the 13th.
- Psalm Sunday worship, March 20th at 10:30 a.m.
- Holy Week: Maundy Thursday in the Social Hall at 7 p.m. (Around tables celebration the Last Supper.)
- Good Friday (Community Service to be announced).
- Easter Morning: Sunrise Service, March 27th in shelter behind the church.
(Breakfast provided by the United Methodist Men in Social Hall)
- EASTER CELEBRATION!!! We will give glory to God for his Salvation in Jesus Christ!

Come, be a part of all of this activities as we prepare for the coming of Easter and delve deeper into the mystery of our Faith. Truly, this is a time for you, for family, to commit to the saving Grace and Love of God in Christ Jesus our Lord! We will look for you!

Transition Team

The Transition Team (Tom Murphy, Al Tuten, Jake Botkin, Larry Hinebaugh, Kim Maugans, Bruce Rogers, Susan Coffman, Linda Wheatley, Cindy Deavers, Betty Stout, Wanda Harding, Helen Morse) continue to meet monthly to explore future planning for New Hope UMC. The team will be meeting on February 12 and 13th for a retreat at the New Hope Community Center to review our mission statement and other future planning options along with Glen Langston, District Program Director. As always YOUR input is welcome, please share with one of the Transition Team members.

Our recent meeting was spent learning the connectionalism of the United Methodist Church. Reviewing local, district, Virginia conference, jurisdictional and general conferences and roles each play in the decision making for United Methodist.

Charge Conference at New Hope met on November 24, 2015 where approved were five Certified Lay Servants (John Morse, Helen Morse, Kim Maugans, LeVerne Herring and Al Tuten); approved our 2016 budget of \$184,100; and also approved 2016 Officers.

Administrative Council: Tom Murphy, Kim Maugans, Linda Wheatley, Joetta Walker, Kevin Armstrong, Bruce Rogers, Karen Whitmer, Robin Craun, Wanda Harding, Morgan Craun, Al Tuten, Bill Fretwell, Phyllis Jarvis, Jack Walker, Tonya Meier, Lynn Tuten, Jake Botkin, Nadine Hinebaugh, Shelvie Critzer.

Pastor/Staff Relations: Tom Murphy, Kim Maugans, Bruce Rogers, Larry Hinebaugh, Mary Sheets, Linda Wheatley, Judy Riner, Jack Walker, Kenny Fretwell, Phyllis Fretwell

Board of Trustees: Tom Murphy, Kim Maugans, Teresa Barr, Lewis Whitmer, Kevin Armstrong, John Morse, Jarman Fretwell, Owen Harner, Rob Riner, Larry Hinebaugh, Jake Botkins

Finance and Stewardship: Tom Murphy, Kim Maugans, Kevin Armstrong, JoEtta Walker, Bruce Rogers, Robin Craun, Karen Whitmer, Mike Stout, Alice Ward

Nominations & Leadership Development: Tom Murphy, Kim Maugans, Nadine Hinebaugh, Andy Breeding, Alice Ward, Phyllis Fretwell, Christy Powell, Shelvie Critzer, John Morse

Commission on Ministries: Tom Murphy, Kim Maugans, JoEtta Walker, Wanda Harding, Helen Morse, Leon Sheets, Beth Howdysell, Dana Breeding, Gail Armstrong, Carolyn Fretwell

United Methodist Women

The first meeting for our UMW will be March 21, 2016 at 7 pm. The Mabry Shiflett Circle will provide the program and light refreshments. All women are invited and welcome.

Our individual circles (Irene Fretwell, Minnie Carr and Mabry Shiflett) will have meetings with the program focus on Prayer and Self Denial - Women at Work. Our offerings for this project are due to Pat Ewers, Treasurer, by March 6th.

The District UMW will have their annual Evening Together at Otterbein UMC on Thursday, February 18, 2016 at 7:00 pm. The program will be provided by the Youth from Dayton UMC on their mission trip to New York.

HEARTS PARTY

Sunday, January 31, 2016 4:00 pm to 6:00 pm

New Hope United Methodist Church

Fellowship Hall

55 Round Hill School Road, New Hope, Va 24469

You Are Invited!! Fun for ALL AGES

Bring friends, family and neighbors

Games, Refreshments, Prizes, & Fellowship



Sunday, February 7, 2016

After Worship Service

You Are Invited

Soup and Sandwich Lunch

Sponsored by our Youth

Non-perishable goods or cash donations will be
appreciated

For the Verona Food Pantry

CHRISTMAS AT NEW HOPE



Around the District ...

Lay Servant Training



The Lay Servant Academy is about equipping Laity (those who are not clergy) to carry out the mission of the church. All of the courses are open to anyone who would like to take one. Each course is designed to help those serving the local church learn more about leadership, personal faith development, and a deeper understanding of the United Methodist Church. Lay Servant Ministries offers two avenues of recognition and training that go beyond the local church. Many of the courses offered this year will support those who are seeking to become Certified Lay Servants and Lay Speakers.

The **Lay Servant Academy** will be held on **February 26-28, 2016**, at **Blackstone Conference and Retreat Center**.

Courses offered this year: Leading Prayer, Preaching from Your Heart to Theirs, Spirituality and the Arts, Transforming Evangelism, Basic Pastoral Prayer, Growing Spiritually through Daily Disciplines, Music in Worship and Ministry, Revitalize the Church through Leadership Development, Basic Course, Ministerios de la oratoria laica-Curso basico, Curso Avanzado: Predicacion, Leading, Caring and Growing in Faith in the Second Half of Life, Polity of the United Methodist Church.

Mini-courses: Vital Congregations, Invite-Invite-Invite Again, Missional Excellence, Understanding the EVC Data, Leadership Development, Journaling Your Prayers, Telling the Story, A Pathway to Spiritual Spirituality, Small Groups Making Disciples in a Big Way, Developing and Intentional Discipleship Path.

For course descriptions and full schedule and to register for the Academy visit the VA Conference website at www.vaumc.org/LayServantTraining

IMAGINE NO MALARIA UPDATE: As of December 16, Virginia Conference churches have raised \$1,028,169.53 for Imagine No Malaria, saving more than 102,816 lives and further exceeding the goal of raising \$1 million to save 100,000 lives from malaria, a preventable and treatable disease.

Rodney Bussard, District Co-Lay Leader



Bishop's Convocation on Prayer will be held on **March 5, 2016**, at **Trinity UMC** (903 Forest Avenue, Henrico, VA 23229).

The theme is Deepening Discipleship: Piety and Mercy through Prayer. The plenary speaker will be Dr. Frederick Schmidt, the Reuben P. Job Associate Professor of Spiritual Formation at Garrett-Evangelical Theological Seminary.

Nurse's Health Corner

For many, January is a time to take inventory of health and lifestyle behaviors. Eating healthier, being more active, spending more time with family, and quitting smoking are a few of the top behaviors that people choose to change. One very important health behavior to improve upon, that often gets overlooked, is sleep. Research shows a strong connection between the lack of sleep (quality and length) and health and safety risks, such as diabetes, heart disease, depression and accidents.

According to the National Institute of Health, 50 – 70 million adults have sleep or wakefulness disorders. One third of Americans get less than seven hours of sleep a night. One third of adults are sleepy during daylight hours and 70% of high school students are not getting enough sleep on school nights. Insufficient sleep contributes to \$50 billion lost in productivity and it is estimated that 5 – 6,000 fatal car crashes may be caused by drowsy drivers. These few facts show a glimpse into the impact of sleep.

Through sleep research many health discoveries have come forth related to brain pathways, circadian rhythms (physical, mental and behavioral changes that follow a 24-hour cycle, responding primarily to light and darkness) and sleep apnea. Brain pathways link sleep to our ability to learn, emotional responses and perceptions of emotions in others. The 'Circadian Clock' genes contribute to the health and repair of cells throughout the human body. Sleep apnea is associated with an increased risk of cardiovascular complications during pregnancy. Heart disease, stroke, diabetes, obesity, cancer and high blood pressure are a few health problems in which sleep disorders are associated. Continued research is needed to completely understand the full impact of insufficient sleep on many aspects of our health.

The National Sleep Foundation states that healthy sleep habits can make a big difference in your quality of life. Having healthy sleep habits is often referred to as having good "Sleep Hygiene". Getting 7 – 8 hours of sleep is optimal, but some people may require more. The first step is to know what your needs are, and then follow these ten tips for a better night's sleep.

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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

1/10

Isaiah 43:1-7
Psalm 29 (UMH 761)
Acts 8:14-17
Luke 3:15-17, 21-22

1/17

Isaiah 62:1-5
Psalm 36:5-10 (UMH 771)
1 Corinthians 12:1-11
John 2:1-11

1/24

Nehemiah 8:1-3, 5-6, 8-10
Psalm 19 (UMH 750)
1 Corinthians 12:12-31a
Luke 4:14-21

1/31

Jeremiah 1:4-10
Psalm 71:1-6 (UMH 794)
1 Corinthians 13:1-13
Luke 4:21-30



WORSHIP ASSISTANTS

Acolyte

1/10 Kaylee McLaren
1/17 Weston Powell
1/24 Cindy Deavers

Nursery

1/10 Carolyn & Kenny Fretwell
1/17 Angella & Penny Pence
1/24 Wendy & Kaylee McLaren

Children's Message

1/10 Helen Morse
1/17 Kevin Armstrong
1/24 Dana Breeding

Ushers

1/10 Al Tuten
1/17 Henry Breeding & Charlie Bill Fretwell
1/24 Darryl Deavers & John Morse

Note: Please forward 2016 Nursery and Acolyte schedules as soon as possible to

newhopechurch@newhopetel.net

Anniversaries & Birthdays for January

2-Filmore Cook
 2-Mary Rowe
 3-Dana Breeding
 3-Jack Walker
 3-Sam Arnold
 4-Michelle Chittum
 4-Brooke Darrah
 5-Dave Critzer
 5-Bucky Darrah
 5-Shirley Western
 6-Gary Campbell
 6-Michael Herman
 6-Phyllis Jarvis
 6-Herman Pace
 7-Kristin Walker
 9-Barbara Arndt
 9-Jacob Schreckhise
 10-Vinda Shaver
 11-Jackie Wilberger
 12-Phyllis Fretwell
 13-Amanda Corbett
 14-Will Bergman
 17-Mildred Hartman
 17-Candice Kincaid
 17-Jason Shiflett

18-Crystal Abbe
 18-Lynn Shaver
 19-Kathy Campbell
 19-Gina Davis
 20-Michael Breeding
 20-John Western
 20-Laura Jenner
 21-Ken Fretwell
 22-Heather Abbe Fitcham
 22-Bob & Jean Critzer
 24-William Critzer
 25-Nora Darrah
 25-Richard Ritchie
 25-Christian Deavers
 26-Jeremy McLaughlin
 28-Gary Lewis
 31-Denise Duncan

2-Al & Lynn Tuten
 4-Robert Shiflett
 5-Roosevelt Rowe
 5-JoEtta Walker
 8-Colin Hester
 9-Nancy Pyle
 10-Doyle Howdysshell
 10-Ian Gruber



February

1-Martha English
 1-Loretta Massie
 1-Jamie Stout
 2-Kylie Armstrong

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

ACTIVITIES & EVENTS— January

January 11, Monday	7:00 pm	COM meeting
January 12, Tuesday	10:00 am	Prayer Group/Bible Study
January 13, Wednesday	6:00 pm	Prayer Group/Bible Study
January 13, Wednesday	7:00 pm	Choir Practice
January 18, Monday	9:00-1:00	Verona Food Pantry Volunteers
January 19, Tuesday	6:30 pm	UMM meeting
January 28, Thursday	6:30 pm	Administrative Council
January 31, Sunday	4-6 pm	Hearts Party
February 7, Sunday		Souper Bowl of Caring following Worship

New Hope UMC Calendar, Contacts, Holidays in United States

Jan 2016 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30 6pm - Prayer Group	31 New Year's Eve	1 New Year's Day	2
3	4	5	6 6pm - Prayer Group	7	8	9
10 7pm - COM Meeting	11	12	13 6pm - Prayer Group 7pm - Choir	14	15	16
17	18 Martin Luther King 9am - Verona Food	19 6:30pm - UMM	20 6pm - Prayer Group 7pm - Choir	21	22	23
24	25	26	27 6pm - Prayer Group 7pm - Choir	28 6:30pm - Admin	29	30
31 4pm - Hearts Party	1	2	3 6pm - Prayer Group 7pm - Choir	4	5	6

(Continued from page 6)

- Make sleep a *priority* and keep a consistent bedtime.
- Create a bedtime routine that is relaxing.
- Create a room that is *dark, quiet, comfortable* and *cool* for the best possible sleep. Try using black-out curtains and keep the room temperature between 60°-65° F.
- Check your mattress and pillow. If your mattress is five to seven years old, it may be the cause of your restless nights.
- The bedroom should have two purposes: sleep and intimate acts only.
- Exercise regularly, but complete workouts at least two hours before bedtime.
- If you sleep with a partner, make sure your mattress has enough room. A full-sized bed only has as much sleeping space as a baby's crib for each person!
- *Avoid* nicotine (e.g., cigarettes, tobacco products) close to bedtime; it can lead to poor sleep.
- *Avoid* caffeine and alcohol close to bedtime.
- Finish eating at least two to three hours before bedtime.

Many resources exist to find more information about sleep and health. A Fact Sheet on sleep disorders and insufficient sleep can be found at <http://www.nhlbi.nih.gov/news/spotlight/fact-sheet/sleep-disorders-insufficient-sleep-improving-health-through-research>. The National Sleep Foundation can be found at <https://sleepfoundation.org/>, which also includes another good sleep resource, <https://sleep.org/>.

Article provided by Dana Breeding, RN Health Educator of Community Outreach of Augusta Health. Contact her with any questions or concerns at 332-4988 or via email dbreeding@augustahealth.com.

Articles Needed

We want to know about events in the life of our church.... Please share

If you know about

- a Sunday School event
- a children's or youth event
- a UMM/UMW activity
- a mission trip
- fundraising or other church business

Please send a short comment or two to newhopechurch@newhopetel.net. Don't worry about formatting. Just the facts and we'll take care of the rest. Pictures are welcome as well , if you care to provide them.

New Hope United Methodist Church

PO Box 86

New Hope, Va 24469

Web Page: mynhumc.weebly.com

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

55 Round Hill School Road

New Hope, Virginia 24469

363-5940

Rev. Dr. Tom Murphy, Pastor

Email: newhopechurch@newhopetel.net