

## March 2018

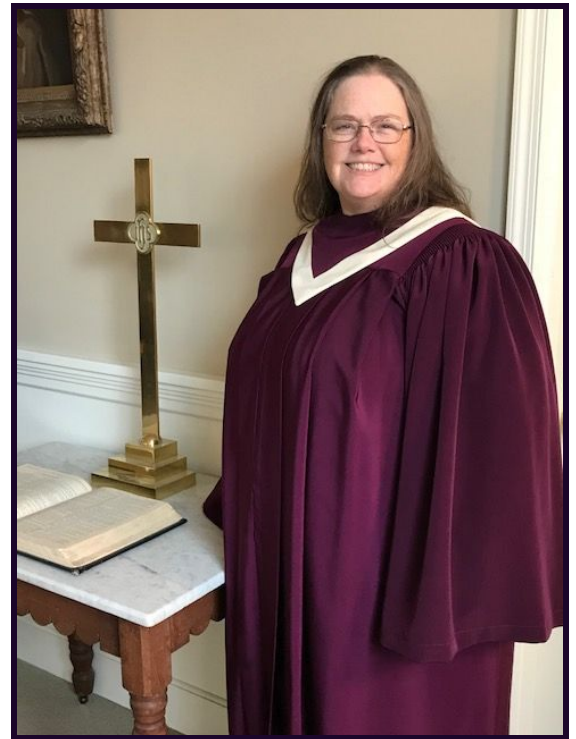
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### Meet Alicia Copeland - Our New Music Director!

I was born in Norfolk, VA and grew up in Virginia Beach. I came to this area in November of 2016 to help care for my dear friend Sylvia Herman. I met Mike and Randy in a class at ODU in 1986, so I've known the Herman family for a long time and have often visited the area to spend time with them.

When I was 7, my family housed a piano that was retrieved from the education building of our church when the sanctuary was destroyed by fire. Shortly thereafter, parents signed me up for piano lessons, which I continued until the 10th grade. In the 8th grade, I started taking private voice lessons and continued through my junior year in college.

I was involved in children's choir, youth choir, and adult choir in the church in which I grew up. I was also in chorus in elementary, middle, and high school, including Regional Chorus in 5th - 12th grades as well as All Virginia Chorus in 11th and 12th grade. My junior and senior years in high school, I auditioned and was selected to sing in the Princess Anne Madrigals. In college, I auditioned and was selected to be a member of the A Cappella Choir for three years. (My senior year, I was unable to continue as I was student teaching.) As an adult, I have participated in choirs and worship teams in many of the churches in which I worshipped.



As I mentioned before, I began piano lessons in second grade and voice lessons in eighth grade. I have always wanted to be a teacher. My first "teaching" job was helping my younger sister with her homework when we were in elementary school. In high school, I led a children's worship hour for 5-year-olds during the 11:00 hour at my home church. We had I majored in elementary education instead of music education in college because I wanted a better chance of getting a job! (There are dozens of regular teachers but usually only 1 music teacher in any given school!) I taught elementary school from 1985 until 2010 in Virginia, Minnesota, Georgia, and Colorado. I participated in the staff chorus and other musical programs at the schools where I taught. I've always been a musician, and I've always been a teacher. Now I get the chance to use both of those identities as a music teacher at NHUMC.

I'm excited to learn as I lead the choir in preparing to lead worship each Sunday. I take the responsibility of selecting music very seriously, and I hope that what we sing each Sunday will encourage others in their worship experience. I'm equally excited about what we are doing each week in Children's Music Hour. We spend time learning scripture verses that relate to praising God through music and basic music theory like how to read music and what the symbols we see in music mean. We also spend time practicing songs to perform in worship, Soon we will break out the children's bells and start learning songs that we can play in a future worship service. Future plans include a music opportunity for our youth, fundraisers to increase our music library, and I would LOVE to be able to raise enough money to purchase a 3 octave handbell set for our church.

Music is a huge part of my life, especially hymns and contemporary Christian praise music. If you drive by me on the road, you'll probably see me having a worship service in my car courtesy of the local Christian radio station. (And I know every CC radio station from Waynesboro to Suffolk as I switch from one station to another every time I drive down to visit my mother!) I can't not feel closer to God when I'm singing His praises!

## Camp Overlook

A mobile day camp is being planned for July 9-13. An opportunity for children in the community to learn about Jesus and his love at a location in their community (*a Staunton church has agreed to host*). Camp Overlook needs everyone's help in funding to support this project. On April 11<sup>th</sup> at the mid-week meal, a free will offering will be taken to support Camp Overlook. Checks should be made to New Hope UMC with a note on the memo line for Camp Overlook.



## Waynesboro Choral Society Spring Concert

March 25, March 30 and March 31 at 7:30 pm. The Waynesboro Choral Society will present their spring concert "How Great Thou Art" at the Main Street Methodist Church. A free will offering will be received. Tickets are free, but you need to have a ticket for due to limited seating. Please see Karen Whitmer or Jerry Coffman.

## United Methodist Men

Met on Wednesday, February 21. It was noted that Fat Tuesday was successful and that there were approximately 65 folks there and were served a delicious pancake supper. Plans were made for the Sunrise Service breakfast on April 1<sup>st</sup>. Also made a donation for the youth for their trip to New York. Began planning for Ladies Night Out on May 15<sup>th</sup> at Wood Grill.

Next UMM meeting will be on Tuesday, March 20<sup>th</sup> at 6:30 pm. All men at the church are invited. A meal will be served by the Circle of Hope (*formerly Mabry/Shiflett Circle*) followed by our regular meeting. Mark your calendar and make plans to attend.

## United Methodist Women

Our first meeting will be April 14<sup>th</sup> at 11:30 am for a covered dish lunch. This will be a lunch, a retreat and a meeting for all ladies of our church. More details will be forthcoming.

On March 17<sup>th</sup> at 9:00 until 1:30 is a District UMW Spiritual Life Retreat at Manor Memorial UMC in New Market. Our speaker/leader will be Louise Miller from Roanoke. She has provided music for many years for the UMW Conference Events at Blackstone. The theme is "Come Join The Song". She has requested everyone bring their bibles. A \$10 registration fee for lunch and materials is due by March 10<sup>th</sup>. Please see Wanda Harding for registration form.

Our Call to Prayer and Self-Denial offerings are due to treasurer, Pat Ewers, by March 11<sup>th</sup>. Our offering this year is for leadership development, nationally, internationally and within the UMW organization.

## Church Council

Met on Thursday, February 22<sup>nd</sup> with 13 present. Reports were received and reviewed from our various leadership members. Some highlights include approval to pay off remaining balance on our line of credit (approximately \$675); dedication services for our new audio-visual project completion is anticipated at the end of April with our District Superintendent, Rev. Tommy Herndon, leading service; exploring other options for insurance; exploring options for fire alarms and security system; assessment of space for specific activities; additional cleaning of the floors in social hall given the more frequent usage; and continued storing of items that should be removed.

Our choir director is working with children for music program on Wednesday nights at 5:00pm. Currently we have confirmation class with plans for ceremony on Easter Sunday. Several people continue to attend the 24 to Double training held monthly at Weyers Cave UMC. There is consideration of Sunday morning fellowship time. Next meeting is March 22<sup>nd</sup> at 6:30pm.

## Planning Team Meeting

Next meeting is March 4<sup>th</sup> at 6 pm. Continue to work on dates for 2018 calendar as well as ways to improve communications.

Hearts Party - Thanks to everyone who participated or brought food. We had approximately 40 people attending.

# Mission Opportunities

## Kits for Conference

This year the Conference is only accepting health, school and cleaning buckets at Conference.

More information about kits instructions will be forthcoming.

Deadline for having this ready will be June 10<sup>th</sup> so they can be packed and sent with our Annual Conference representatives.

**Valley Mission** - Items needed: mostly cereal, but other items are welcomed as well.

**Mission Central** - District project at Cedar Grove UMC in Harrisonburg - Items needed: children's socks and underwear  
Prison Ministry - District project at Kingsway Prison Ministry - Items needed: junior legal pads, pencils, toothpaste, toothbrushes, chapstick, etc.

**Verona Community Center** - They are in need of donations, including coffee and snack items, drinks, etc. They are also in need of volunteers to spend a few hours a month at the Community Center inviting people in and helping them out whenever necessary. Please see Cindy Sheets for more information on donation and volunteer opportunities.

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## CHILDREN'S MUSIC HOUR

**Who?** Children in grades 1-5

**What?** Learning to praise Jesus through singing, playing instruments, games and music lessons!

**When?** Every Wednesday from 5:00-6:00pm.

**Where?** Look for sign on Church door and follow the signs to the room.

**We will be sharing our talents in worship soon, so please join us this week!**



# **Faith Community Nursing**



The specialized practice of professional nursing that focuses on the intentional care of the spirit as well as the promotion of whole-person health and the prevention or minimization of illness within the context of a faith community and the wider community. (*American Nurses Association and Health Ministries Association, Inc. 2017*)

A Faith Community Nurse serves as a bridge to better HEALTH in the following roles:

- ~ Health counselor and promoter (provides screening clinics or health fairs).
- ~ Educator of whole-person health (promotes understanding of the relationship between life style, attitudes, faith and well-being).
- ~ Advocate/resource/referral agent (answers questions related to health and care).
- ~ Liaison with community services (refers individuals to appropriate community agencies).
- ~ Teacher of volunteer/support groups (educates on health and wellness topics and supports volunteers).
- ~ Healer of spirit, mind, and body (serves as a member of the church staff, and in partnership with the pastor, meets the whole-person healing mission of the church).

New Hope UMC is blessed to have two ladies as Faith Community Nurses: Dana Breeding and Susan Coffman; as well as an additional support team of Mike Stout, Sam Arnold, LeVerne Herring and Stephanie Grande.



# Happy Birthday Shin!

## Happy Birthday to Pastor Shin!

Thanks to Katt Station for the beautiful birthday cake she baked and was shared by everyone following Worship Service on February 18<sup>th</sup>



# Souper Bowl Royalty



*King & Queen*



*Prince & Princess*

# STAY IN THE KNOW

These are the minutes from the January 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!

**The New Hope United Methodist Church Council met on Thursday, January 25, 2018** with eleven members present. Sam Arnold, Chairman, called the meeting to order at 6:30 pm. Bruce Rogers presented the devotions.

Those members present: Sam Arnold (Chairman), Kevin Armstrong, Robin Craun, Cindy Deavers, Wanda Harding, Pastor Shin Hong, John Morse, Bruce Rogers, Dallas VanLear, JoEtta Walker and Karen Whitmer. Cindy Sheets attended the meeting, but is not a member of the Council.

Minutes of the December 7, 2017 meeting were approved as submitted.

**Treasurer's Report:** Cindy Deavers presented the Treasurer's Report.

- 1) A copy of the Treasurer's Report is included in the file with these minutes.
- 2) All bills have been paid except for some utility bills which will be larger than normal due to the extreme cold weather.
- 3) All apportionments for 2017 have been paid.
- 4) Letters have been received from Verona Community Food Pantry, Valley Mission and the Blue Ridge Area Food Bank thanking us for donations made to them during 2017.
- 5) Good Will Offerings received for the Wednesday Night Dinner are over \$1,100. All expenses for the meal will be paid from these funds. The remainder will be placed in the Gifts and Memorial Fund and used for local mission work.

**Finance Committee:** Kevin Armstrong presented the Finance Committee Report.

- 1) We have completed 100% of the year and received 99.3% of the budget. Actual expenses were \$7,248 less than the 2017 budget.
- 2) Stewardship Sunday was January 21, 2018. Kevin gave a report to the congregation on the current status of our stewardship. The 2017 report used graphs showing our average attendance was 89 people and annual giving was \$183,552. Commitment cards for 2018 were given to those who wish to participate.
- 3) There are still a few outstanding expenses for the A/V Project. The remaining loan balance is less than \$1,000.
- 4) The 2017 annual audit of bank accounts have been distributed. The audits are to be completed and returned to Kevin by April 1, 2018.

**Trustees:** The Trustees Report from Larry Hinebaugh was read by Bruce Rogers.

- 1) The dusk to dawn light over the exit door at the kitchen has been replaced.
- 2) The kitchen fan has been repaired and will now operates with the pull switch.
- 3) We have begun a review of our property insurance and current carrier.
- 4) We are reviewing ownership of the propane tanks used by the church. We may want to change our current propane supplier.

**Worship Ministry:** Debbie Arnold has resigned as the Worship Ministry Leader. We are looking for someone to head this important ministry.

**Nurture/Spiritual Development Ministry:** JoEtta Walker presented the Nurture Report.

- 1) The hand bell choir from South Korea performed during two services on Sunday, December 24, Christmas Eve. They were OUTSTANDING.
- 2) February 4 will be Souper Bowl Sunday with a soup, sandwich and desert luncheon following the Sunday Worship Service.
- 3) We re-started the Wednesday Night Dinner on January 10 at 6:00 pm.

- 4) George Taylor is leading a Bible Study class on Wednesday nights at 5:00 pm, prior to the Wednesday Night Dinner.
- 5) May 20 will be Promotion Sunday for the Sunday School classes.
- 6) Vacation Bible School will be the week of June 17.

**Evangelism Ministry:** Betty Stout has resigned as the Evangelism Ministry Leader. We are looking for someone to head this important ministry.

**Missions/Outreach Ministry:** John Morse presented the Mission/Outreach Report.

- 1) The handicap ramp for Phyllis Jarvis's home has been completed. She will be able to use it when she comes home. She still needs a bath tub transfer bench.
- 2) Wiring has been installed to allow for an A/C unit upstairs in the parsonage.

**Youth Representative:** There was no Youth Report.

**Staff/Parrish Relations:** Bruce Rogers presented the SPRC Report.

- 1) Cindy Sheets has accepted the Church Administrator position, effective January 16. She will replace Pastor Al Tuten who needed more time for his pastoral duties. A special Thank You to Al for his dedication to this important service to the church.
- 2) Our search for a Music Director has not been successful. Elaine DeJong has graciously continued in the position, but has advised that she will resign effective January 31. A motion (Karen Whitmer/Dallas VanLear) was made and approved to recognize Elaine's service during the Sunday Worship Service on January 28.
- 3) The SPRC has decided to separate the Music Director position into two (2) positions: Choir Director and Accompanist. We are currently talking to a member of the choir about the Choir Director position (Update - Alicia Copeland was hired as the Choir Director beginning February 1). We will begin looking for an accompanist.

**Historian:** There was no History Report.

**Membership Secretary:** Karen Whitmer presented the Membership Secretary Report.

- 1) During 2017 we had 8 member deaths and 1 former member death; 2 transferred memberships; 5 baptisms; 1 wedding; and 2 births at New Hope UMC.

**Lay Leadership/Nominations:** Lay Leadership Report.

- 1) The Planning Team met on January 7 at 6:00 pm and discussed planning for 2018.

**Communications:** Wanda Harding presented the Communications Report.

***(Please see the Upcoming Events on Page 11 for a complete list of all of our upcoming events at New Hope UMC.)***

**Pastor Shin:**

- 1) Spiritual Growth: The devotional book developed by Pastor Shin has been completed and is being distributed to all who want one. The books are free, but donations will be graciously accepted.
- 2) The A/V Project is almost complete and most of the expenses have been paid. Comcast internet has been installed in the church and we are about 90% complete toward live broadcasts of Sunday Worship Services.
- 3) The South Korean hand bell choir on Christmas Eve was a huge success. Pastor Shin would like us to have a significant musical event every 2 – 3 months. The events will be diverse and designed to provide a variety of musical programs.
- 4) The Wednesday Night Dinner started up again on Wednesday, January 10.
- 5) We are looking for leaders for the Worship and Evangelism Ministries.
- 6) Pastor Shin may have an opportunity to acquire a high quality upright piano. It could be used to upgrade our existing piano. He will followup and report back to the Council.

**Unfinished Business:**

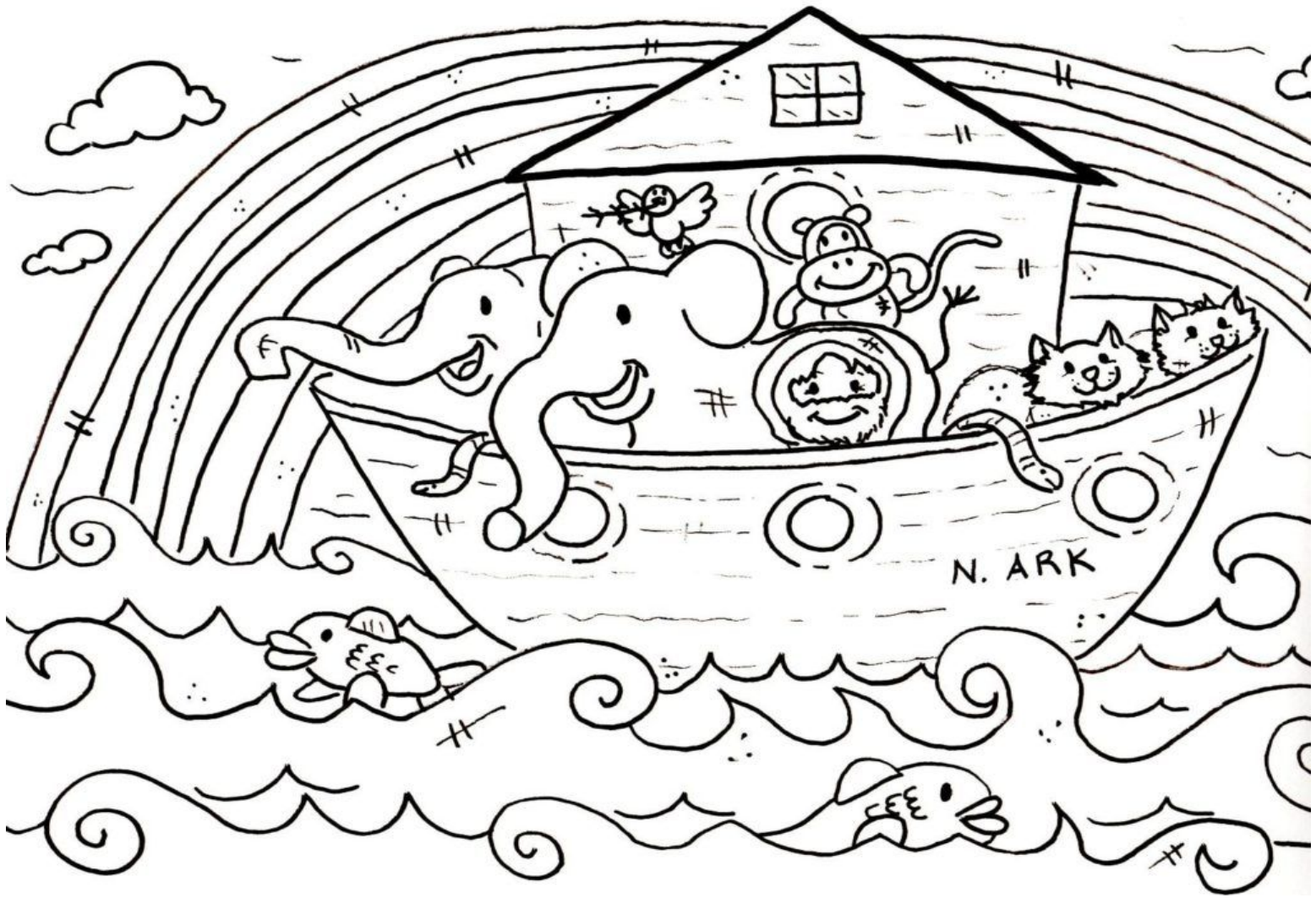
- 1) Bruce Rogers advised no one has expressed an interest in the Church Council secretary position.

**New Business:**

- 1) Phyllis Fretwell has resigned as the Food Team Captain for the Hospitality Team. Thank you Phyllis for your years of service on this Team. We need to find a replacement who can become a member of this important service ministry.

***Respectfully prepared and submitted by Bruce Rogers, Secretary.***





## **Kid's Corner - Noah's Ark**

*(Parents please feel free print this page for your kids to color while you read them the story of Noah.)*

God told Noah to build an ark - a big boat. So Noah followed God's plan and built a boat that was one-and-a-half football fields long. That's a huge boat! Noah's neighbors laughed at him because there wasn't any water in the desert where they lived. But God told Noah that a great flood was coming. Noah tried to warn the people to change their ways so that they could hear God too. But they wouldn't listen. They just kept on with their selfish lives.

God asked Noah to collect two of all the animals of the earth and bring them into the ark. He also told the animals to find Noah - so it wasn't hard for Noah to gather them together. Pairs of each kind of animal were put safely inside the ark before it began to rain. Noah's wife, and his three sons, and their wives were also safe on the boat. When everyone was aboard, God shut the door.

Noah and his family and the animals lived in the ark for seven days before the first raindrops fell. Then it rained for forty days and forty nights. Soon the earth was covered with water. Then many months later, God sent a big wind and the waters began to evaporate.

Finally, Noah sent a dove to fly out and look for signs of dry land. The dove came back with an olive branch. Noah knew that there was dry land and they could leave the ark. It was now time for all the animals and Noah's family to leave the ark. Noah and his family and the animals needed to start life over again. After everyone left the ark, Noah prayed to God to thank Him for keeping them safe. Suddenly a bright rainbow filled the sky. This was God's promise that He would never flood the earth again.



# JUST FOR LAUGHS.....



A kindergarten teacher was walking around observing her classroom of children while they were drawing pictures. As she got to one girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without looking up from her drawing, the girl replied, "They will in a minute."

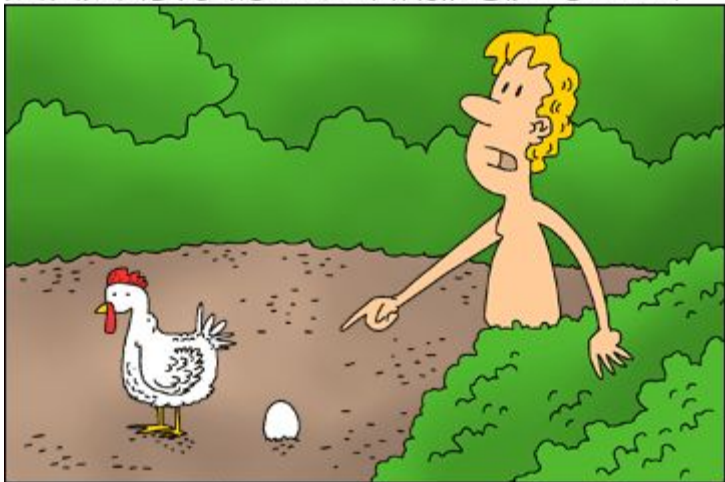
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## ***Real-Life Church Bulletin Bloopers....***

1. Potluck supper: prayer and medication to follow.
2. A song fest was hell at the Methodist church Wednesday.
3. The audience is asked to remain seated until the end of the recession.

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(See Genesis 1:1-2:3)

07-06-2015

I MISSED IT ... WHICH ONE CAME FIRST?

At Sunday School they were learning how God created everything, including human beings. Johnny was especially intent when the teacher told him how Eve was created out of one of Adam's ribs.

Later in the week his mother noticed him lying down as though he were ill, and said, "Johnny, what is the matter?"

Johnny responded, "I have pain in my side. I think I'm going to have a wife."



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

# Upcoming Events at New Hope - March 2018

## **\*EVERY WEDNESDAY IN MARCH**

Children's Hour of Music - 5:00pm  
Bible Study - Lent Studies - 5:00pm  
Wednesday Night Dinner - 6:00pm  
Choir Practice - 6:45pm

March 2, Friday through March 4 - Lay Servant's Academy @ Wirtz, VA  
March 3, Saturday at 8:00am - Sweet Hour of Prayer  
March 4, Sunday at 6:00pm - Planning Team Meeting  
March 5, Monday at 7:00pm - Circle of Hope Meeting  
March 6, Tuesday at 1:30pm - Sisters of Faith Meeting  
March 6, Tuesday at 7:00pm - Circle of Love Meeting  
March 7, Wednesday starting at 5:00pm - Wednesday Night Events\*  
March 9, Friday 5:30-8:00pm - Parents Night Out And Party For The Kids  
March 10, Saturday at 8:00am - Sweet Hour of Prayer  
March 11, Sunday - UMCOR Sunday  
March 13, Tuesday at 7:00pm - Trustees Meeting  
March 14, Wednesday starting at 5:00pm - Wednesday Night Events\*  
March 17, Saturday at 8:00am - Sweet Hour of Prayer  
March 17, Saturday - District UMW Spiritual Life Retreat  
@ Manor Memorial UMC 9:00am -1:30pm  
March 20, Tuesday at 6:30pm - United Methodist Men - Meal and Meeting  
March 21, Wednesday starting at 5:00pm - Wednesday Night Events\*  
March 22, Thursday at 6:30pm - Church Council Meeting  
March 24, Saturday at 8:00am - Sweet Hour of Prayer  
March 28, Wednesday starting at 5:00pm - Wednesday Night Events\*  
***\*(No Wednesday Night Dinner on March 28, during Holy Week)***  
March 29, Thursday at 6:30pm - Maundy Thursday Meal  
- 7:30pm - Maundy Thursday Worship Service  
March 30, Friday at 7:00pm - Community Good Friday Service at Mt. Horeb  
Presbyterian Church with Pastor Shin providing the sermon.  
March 31, Saturday at 8:00am - Sweet Hour of Prayer

***\*March 25, 30 and 31 @ 7:30pm - The Waynesboro Choral Society will present the Passion Play 'How Great Thou Art' at Main Street United Methodist Church. See Karen Whitmer or Jerry Coffman for tickets.***

**April 1 - EASTER SUNDAY** - at 6:30am - Easter Sunrise Service and morning breakfast provided by the United Methodist Men

- **(There will be No Sunday School Classes on Easter Sunday)**
- 10:00am - Easter Sunday Worship Service
- After Worship Service - Easter Egg Hunt for the Children





### The Organized Kitchen:

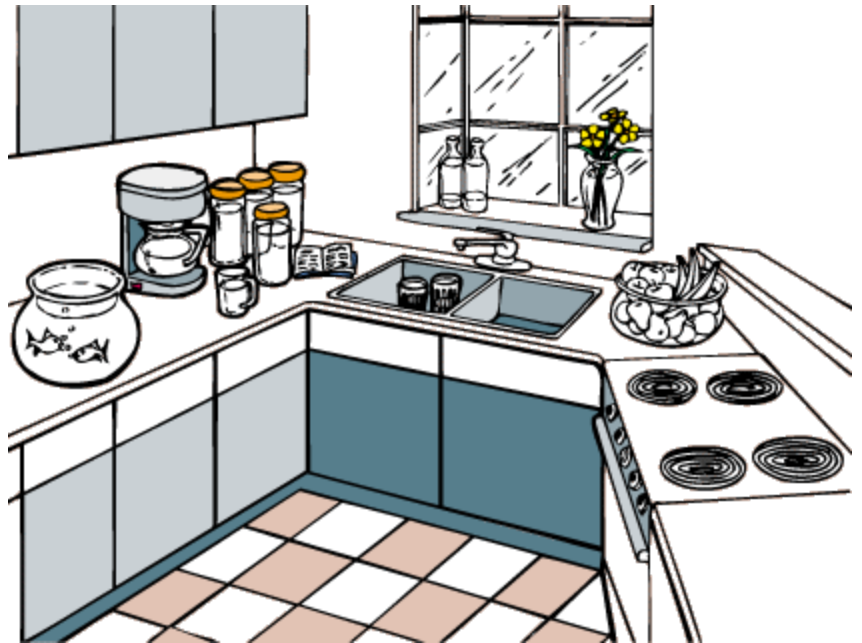
You want to eat healthier and lose some weight? As with many things in life, in order to achieve your goal, you need to plan and set yourself up for success. One of the most important, and often overlooked, steps in this process is to organize your kitchen!

By organizing your kitchen, you will create a welcoming environment where you will be more likely to want to prepare healthy foods and eat at home. Here are some tips for setting up your kitchen to encourage healthy eating.

- **Clear the counters, cabinets, and the refrigerator.** It is hard to choose and/or prepare healthy menu items when we cannot even access the ingredients or the tools in order to do so. So, start first by clearing your counter tops, making sure to remove any non-kitchen items, like paperwork. Next, empty out your pantry, cabinets and drawers. You may be surprised to see how many unnecessary things you have stored away. For example, I found that I actually owned several duplicate utensils, 3 bottles of garlic powder and many ingredients that had long expired! Once you have purged the cabinets, then you can attack the refrigerator.

Again, make sure to take out everything so that you can start with a clean slate.

- **Make room for healthy foods.** Once you have removed everything and gotten rid of the unnecessary items, you can now restock in an organized, healthy way! You can start this by either tossing any less-healthy food items OR putting them away in places that are both harder to see and to reach. You want to use the most visible spaces in your refrigerator and cabinets for the healthier foods. For example, instead of shoving fresh produce in the bottom drawer where it gets forgotten, move it to the center shelf.



- **Revamp your containers.** Invest in some nice-looking, sturdy clear food containers. It is best to go with either glass OR safer plastics—#1PET, #2HDPE, #4LDPE, and #5PP. Storing food in clear containers makes it easy to see the contents inside without removing lids. The visibility makes it easier to manage the stored food. For example, you can check up and use leftovers before they go bad rather than finding an opaque container with “mystery meat” inside.

- **Organize your tools.** Once you have sorted through your pots, pans and utensils and gotten rid of the things you are not using, it is time to store them in a functional way. When cooking healthy meals, you will need to have your cookware and utensils handy. You may consider adding a wall-mounted bar where you can hang utensils OR a magnetic bar to hang your knives. You will likely want to keep your most-used pots and pans very close to your stove. According to *Cooking Light Magazine* (<http://www.cookinglight.com>), some of the essentials for a healthy kitchen include:

- Chef's knife
- Colander/strainer
- Cutting boards
- Kitchen shears
- Measuring cups- both a set of dry and liquid
- Measuring spoons
- Box-grater
- Paring knife or peeler
- Whisk

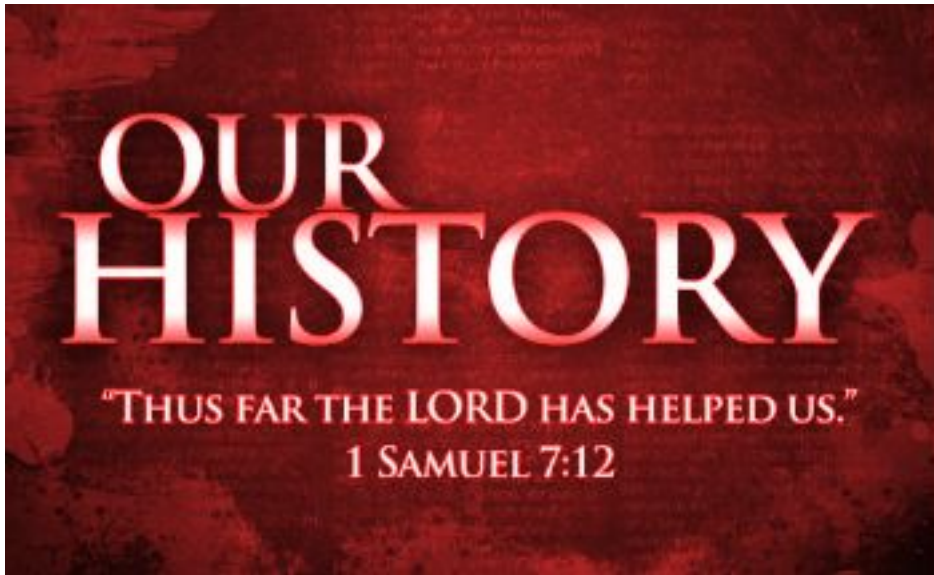
I would add to that list a non-stick pan, baking dish, sauce pan, sheet pan, slow-cooker, mixing bowls (at least 1 small and 1 large), metal spatula, salad spinner and wooden spoons.

- **Do a little “strategic prepping”.** When you get home from the grocery store, take a few minutes to peel and chop your produce and place it into those clear containers. Why? This will simplify recipe preparation later when you likely have less time. Also, when are in search of a quick snack, the prepared produce can fit the bill instead of having to resort to chips, cookies or crackers.
- **Less chaos = more calm.** Now that you have organized your space and filled it with some healthier food choices, food preparation and consumption can be a more “zen-like” experience. To take this a step further, consider playing some calming music in the background. When you eat your meal, this more relaxed environment can slow your consumption and increase your satisfaction.

Some information from retrieved from: <http://appforhealth.com/2016/01/how-to-organize-your-kitchen>

Check out the side-dish recipe below, page 3. Note the use of some of the recommended tools: peeler, chef's knife, measuring spoons and a sheet pan. Enjoy this tasty and healthy recipe.

*This article was written by Kara Meeks, MS, RDN, CDE. She is a Registered Dietitian and Certified Diabetes Educator in the Augusta Health Diabetes and Nutrition Education Department. If you have any questions related to this article, please contact Dana Breeding, RN Health Educator in Community Outreach of Augusta Health at 332-4988 or 932-4988.*



**New Hope UMC has a rich history and many people have worked very hard over the years to preserve that history.**

**Join us each month as we highlight and share with you some of New Hope UMC's past.**

This window is from the 1929 remodeling of the 1850 New Hope Church.

It was removed in 1950, when the first Sunday School addition was constructed.

Sixty years later it was discovered in Bobby Beard's barn.

The two clear panels are original, the other two panels were replaced and painted by Francis Stout.



**Please take some time to stop by our History Room in the church and take a look at this and many other historic items and pictures that help tell the story of the rich history of our church.**



# Just Thinking.....

## Laughter From Above

Have you ever heard God laugh? I have.

I tend to think that God is a bit of a practical joker at times. Like on those days when everything plays out in such a way, that looking on it as a whole, it's almost comical (*or at least it would be if you weren't living through it!*) When everything that could happen to you, does happen to you! On those days, I think that there's just no way in the universe that everything that has happened to me is just a coincidence. That's when I hear laughter from above and I think that maybe it is *My turn* to get a practical joke played on me. *That's when I look up to the sky and start laughing too!*

"Does God have a sense of humor?" I was asked that question one day and I answered through my laughter, "**Are you kidding?! Look around!** Look at us and some of the dumb things that we as flawed human beings do! "Of course I think that God has a sense of humor! I mean, how could He watch us from up above and **Not** laugh at us sometimes?!"

Of course, this is just my opinion and you may feel differently, but how can we experience any emotion that God hasn't already experienced? When Jesus was here on earth, He experienced all the same emotions that we are right here, right now experiencing in our lives.

Going through all the different degrees of emotions that a human being can go through in a lifetime (*or sometimes in one day*) helps us to grow; both as human beings, by helping us to learn who we really are; *And* as spiritual beings, by getting us closer to the being that God wants us to become, as we grow closer to Him.

So go ahead, don't be afraid to feel the emotions that are inside of you and express them. Don't bottle them up inside, that can only harm you! Just remember that whatever emotions that you are feeling, God *Has* and *Is* feeling them right along beside you.

It's comforting for me to know that God is very much like us and has experienced the same emotions that we experience on a daily basis; *the good, the bad and the ugly!* I find it comforting to hear the laughter from above; it reminds me that I am never alone, no matter what I am going through - the good times or the bad. God already knows how I am feeling and He is laughing and crying right along beside me, *every step of the way!*



## Lectionary Readings for March

### **March 4**

Exodus 20:1-17  
Psalm 19 (UMH 750)  
1 Corinthians 1:18-25  
John 2:13-22

### **March 11**

Numbers 21:4-9  
Psalm 107:1-3, 17-22  
(UMH 830)  
Ephesians 2:1-10  
John 3:14-21

### **March 18**

Jeremiah 31:31-34  
Psalm 51:1-12 (UMH 785)  
Hebrews 5:5-10  
John 12:20-33

### **March 25**

#### **Liturgy of the Palms**

Psalm 118:1-2, 19-29  
Mark 11:1-11  
John 12:12-16

#### **Liturgy of the Passion**

Isaiah 50:4-9a  
Psalm 31:9-16  
Philippians 2:5-11  
Mark 14:1-15:47

### **March 29**

Exodus 12:1-4, (5-10),  
11-14  
Psalm 116:1-2, 12-19  
1 Corinthians 11:23-26  
John 13:1-17, 31b-35

### **March 30**

Isaiah 52:13-53:12  
Psalm 22  
Hebrews 10:16-25  
John 18:1-19:42

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