

December 2018

The Tyranny of Giving

By: Dr. Ralph F. Wilson

There is a wonder about Christmas, as well as a tyranny. There is a wondrous briskness in the air and a rosy glow on the cheeks of early shoppers. There seems a purposefulness in those in the stores, though the planned buying lists of "Thanksgiving Friday" shoppers disintegrate into a mad frenzy by December 24th. Just grab at anything that Uncle Fritz can smile at when he unwraps it, even though no one can think of anything he really wants or needs.

The season also imposes its tyranny on many of us. Instead of being able to give out of thoughtfulness and love, we often give because it is "expected". I heard of one couple who had 85 people they felt obligated to remember with a gift. No wonder the joy of giving falls away to a sort of panicked despair.

It is time to refresh our giving with a truth from Scripture deeply imbedded into our consciousness from hundreds of repetitions at church offerings: "Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver" (2 Corinthians 9:7; NIV).

Can we give cheerfully this Christmas? Only in so doing can we emulate the great Gift of Christmas. "For God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life" (John 3:16, KJV). Was our Father cheerful that night He sent His Son to lie in the manger- hay of Bethlehem's rejection? I'm not sure. He doubtless wept as He traced Jesus' path to the cross's torture and triumph. Like Jesus, "Who for the joy that was set before Him, endured the cross..." (Hebrews 12:2), the Father tempered His pain with His anticipation of the happiness and freedom which would surprise the recipients of His Gift upon opening.



And so God gave, not reluctantly or because He was forced by popular opinion, but because He loved. No store-bought gift would do for those He held dear, it must be homemade. Nor was His choice of Gift an optional trinket for the "man who has everything." He gave the only possession that we don't have and really need. He did not give a thing, an object. He gave Himself--a costly Gift in the extreme, so expensive that many reject the Gift because of the obligation they know they incur upon acceptance.

Herein lies a Christmas mystery. Only by opening the first Gift may we truly comprehend what is the real significance of giving and receiving gifts. May this season not capture us in its tyranny, but release us in an eager cheerfulness to give.

Lectionary Readings for December

December 2

Jeremiah 33:14-16
Psalm 25:1-10
1 Thessalonians 3:9-13
Luke 21:25-36

December 16

Zephaniah 3:14-20
Isaiah 12:2-6
Philippians 4:4-7
Luke 3:7-18

December 24

Isaiah 9:2-7
Psalm 96
Titus 2:11-14
Luke 2:1-20

December 9

Malachi 3:1-4
Luke 1:68-79
Philippians 1:3-11
Luke 3:1-6

December 23

Micah 5:2-5
Psalm 80:1-7
Hebrews 10:5-10
Luke 1:39-45 (46-55)

December 25

Isaiah 52:7-10
Psalm 98
Hebrews 1:1-4 (5-12)
John 1:1-14

December 30

1 Samuel 2:18-20
Psalm 148
Colossians 3:12-17
Luke 2:41-52

Merry Christmas!

We pray that your
holiday season is
happy, healthy
and full of joyful
memories!





Sunday, November 11, 2018

We honored & recognized the Veterans within our church family during our Sunday Morning Worship

Jerry Coffman, Jake Botkin, Bruce Rogers, Marc Mehler, John Morse, Larry Hinebaugh, Jarman Fretwell, Roger Aldhizer, George Taylor, John Hildebrand, Kevin Armstrong, Dale Rankin, Rob Riner

During the Wednesday Night Dinner, we collected \$767 for Brooklyn Jefferson.

Thank you for the generous contributions towards Brooklyn's replacement cochlear implants!



On Sunday, November 18th, we had a number of people baptized, confirmed and transferred their membership to NHUMC!

Russell Brensinger, Landon Powell, Weston Powell, Derek Deavers, Alec McLaren, Bianca Brensinger, Samantha Brensinger, Mitchell Brensinger, Alicia Copeland, Iris Stout & Brian Stout

Poor Preacher

After the Advent church service, eight year old Lee said to the preacher: 'When I grow up, I'm going to give you some money.'

'Well, thank you,' the preacher replied, 'but why?'

'Because my father says that you're one of the poorest preachers we've ever had.'

A Tree for Christmas

Admiring the Christmas trees displayed in his neighbour's windows, Nathan asks his father, 'Daddy, can we have a Hanukkah Tree?'

'What? No, of course not.' says his father.

'Why not?' asks Nathan again.

Bewildered, his father replies, 'Well, Nathan, because the last time we had dealings with a lighted bush we spent 40 years in the wilderness.'

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12-19-1997

I'M SORRY GUY, I KNOW THAT YOU'VE GOT A GOOD HEALTH PLAN AND YOU GIVE OUT FREE GIFTS AND ALL, BUT JESUS REALLY DOES HAVE A MUCH BETTER PLAN

The Meaning of 'The 12 Days of Christmas'

There is one particular Christmas Carol that has always baffled people. What in the world do leaping lords, French hens, swimming swans, and especially the partridge who won't come out of the pear tree have to do with Christmas?

From 1558 until 1829, Roman Catholics in England were not permitted to practice their faith openly. Someone during that era wrote this carol as a catechism song for young Catholics. It has two levels of meaning: the surface meaning, plus a hidden Meaning known only to members of their church. Each element in the carol has a code word for a religious reality which the children could remember.

1. The partridge in a pear tree was Jesus Christ.
2. Two turtle doves were the Old and New Testaments.
3. Three French hens stood for faith, hope and love.
4. The four calling birds were the four gospels of Matthew, Mark, Luke and John.
5. The five golden rings recalled the Torah or Law, the first five books of the Old Testament.
6. The six geese a-laying stood for the six days of creation.
7. Seven swans a-swimming represented the sevenfold gifts of the Holy Spirit: Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership, and Mercy.
8. The eight maids a-milking were the eight beatitudes.
9. Nine ladies dancing were the nine fruits of the Holy Spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self Control.
10. The ten lords a-leaping were the ten commandments.
11. The eleven pipers piping stood for the eleven faithful disciples.
12. The twelve drummers drumming symbolized the twelve points of belief in the Apostles' Creed.



1 - Steve Broyles
- Robert Corbin
- Diane Miller

2 - Robin Craun
- Leslie Shaver

4 - Matt Carr

5 - Susan Baldwin
- Charles Darrah
- Michele Taylor


6 - Clarissa Booth
- Karen Whitmer

7 - Betty Gruber
- Beth Rosen

8 - Peggy Corbin


9 - Josh Dively

10 - Bernie Powers

13 - Jennifer Bottenmiller
-  Jake & Julie Botkin

14 - Brenda Price
- Dawn White

16 - B.F. Caricofe III
- Dwight Craig
- Shelvie Critzer
- Wyatt Markow
- Carrie Reed
- Paul Whitmer

17 - Kim Maugans
-  Tim & Suzanne Lank


20 - Amye Bergman

21 - Emily Howdysshell


22 - Keith Chittum

23 - Julia Botkin
- Cheryl Howell

25 - B.F. Caricofe, Jr
- Wally Smith

26 - Carl Caricofe, Sr
- Jesse Hartman
-  Larry & Nadine Hinebaugh

27 - Jeffrey Shipe

28 - Logan Kraisser
-  Mathew & Tanya Keys

29 - Christopher Dively

30 -  Kim & Karen Maugans

31 -  Andy & Dana Breeding
-  Gary & Kathy Lewis

STAY IN THE KNOW

The following are the minutes from the November 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!*

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The meeting was called to order by Sam Arnold, Chair. Debbie Arnold read the devotions.

Those present at the meeting were: Sam Arnold, Debbie Arnold, Cindy Deavers, Cindy Sheets, Robin Craun, Dallas VanLear, JoEtta Walker, Pastor Shin, Karen Whitmer, Kevin Armstrong & Wanda Harding.

The minutes of the October meeting were updated, approved and submitted.

## **FINANCE COMMITTEE** – Kevin Armstrong

- We are 5% ahead on our proposed 2018 budget.
- The new Heating and AC system expenses will put us over \$200,000 for the 2018 year. If we go over the \$200,000 threshold, then we will have to get an outside CPA to do an audit of the church financial records for the year of 2018.
- We will ask the congregation for donations to go towards the new Heating and AC System.

## **TREASURER'S REPORT** – Cindy Deavers

- A motion was made to take \$2,000 from The Building Fund and put it towards the \$30,000 bill that we owe for the new Heating and AC System that was installed in October/November 2018. *(Kevin made the motion, Dallas seconded it and it was agreed upon by the council.)*
- During one of our last Wednesday Night Dinners and with individual donations, we have collected \$767 for seven year old Brooklyn Jefferson, to go towards getting her new cochlear implants.
- We all agreed to continue with our annual donations to be made to The Blue Ridge Food Bank, The Verona Food Pantry, The Valley Mission and The District Board of Missions Asking.

## **TRUSTEES** – Larry Hinebaugh, Chair *(not present, no report given.)*

## **WORSHIP MINISTRY** – Susan Coffman, Chair *(Report given by Pastor Shin)*

- We are in the process of asking families to be candle-lighters during this Advent season
- We are planning a Christmas Eve service that will start at 9:00pm

**NURTURE/SPIRITUAL DEVELOPMENT MINISTRY** – JoEtta Walker, Chair

- There are 3 more lessons in the Advent Bible Study on Wednesday Evenings

- We will plan to have our Annual Christmas Dinner on Sunday, December 16th at 5:30pm with entertainment by The Harrisonburg Harmonizers. This is a joint outreach mission by the United Methodist Men and the United Methodist Women. The entertainers will require \$200, therefore a free will offering will be taken for the entertainment expense.

**EVANGELISM MINISTRY** – Dale Rankin, Chair *(Report given by Pastor Shin)*

- Dale has gone to visit many of our church family who are at home and in the hospital.

**MISSION/OUTREACH MINISTRY** – John Morse & Darryl Deavers, Co-Chairs *(not present, no report given.)*

**UNITED METHODIST MEN** – Dallas VanLear, Chair

- Preparations are underway for the Annual Christmas Dinner provided by the UMM & the UM Women.

- There will be no meeting in December

- The meetings in January & February will be on a Wednesday evening.

**UNITED METHODIST WOMEN** – Wanda Harding, Chair

- Preparations are underway for the Annual Christmas Dinner provided by the UMW & the UM Men.

- There will be no meeting in December, meetings will resume in March.

**YOUTH REPRESENTATIVE** – Chloe Breeding *(not present, no report given.)*

**STAFF/PARISH RELATIONS** – Bruce Rogers, Chair *(not present, no report given.)*

**HISTORIAN** - Lynn Tuten *(not present, no report given.)*

**MEMBERSHIP** - Karen Whitmer

- Ten members passed away this year.

- 2 non-members and 1 member were buried in Oak Lawn Cemetery this year.

- 1 member transferred their membership to another Methodist Church this year.

- 5 members transferred to New Hope UMC from other churches this year.

- 5 people were confirmed.

- 5 people were baptized.

- 6 people became new members through baptism, confirmation and/or profession of faith.

- There was 1 marriage at New Hope UMC this year.

**LAY LEADER** – Kim Maugans *(not present, no report given.)*

**COMMUNICATIONS** – Wanda Harding

- We have decided to do away with the decorated bulletin board when you first come into the church doors. In place of the bulletin board, we will install a wall calendar that will have all of our upcoming events for the year.

**PLEASE NOTE:** We ask that you please continue to use the small flip calendar to write your events, meetings and activities on and then someone else will transfer your information onto the main wall calendar.

We will also be utilizing that space to include a list of the ministries that we offer in the church and the officers that are chairing our various committees.

- *(Please see our Upcoming Events page in this Newsletter)*

**PASTOR** – Pastor Shin

- During our Christmas Eve Service - Pastor Shin, Chloe Breeding and Alicia Copeland will sing and there will be a free will offering - the money will go to a Korean missionary who is working in Turkey in order to help purchase a set of Chime Bells. The approximate total that they will need is \$1,000 to purchase the bells.

- The Nominations Committee has recommended Sue Snider to take over the chair of the Evangelism Committee next year, once Dale Rankin moves to the Lay Leader position. *(Shin made a motion and Karen seconded it, and it was agreed upon by the council.)*

- There is discussion that on the last Sunday of the year, we will take time to remember all of our church family members that went to be with the Lord in 2018.

- On December 9th, our District Superintendent, Reverend Victor Gomez will preach at New Hope UMC during Sunday Morning Worship at 10:30am.

- On December 16th, Kim Maugans will deliver his last message to New Hope UMC as our Lay Leader at 10:30am, during Sunday Morning Worship. Next year, Kim will take over the leadership role of our Missions & Outreach Ministry.

- On Wednesday, January 30, 2019 @ 11:00am - Pastor Shin has been asked to go to the Virginia House of Representatives and lead the prayer for the start of the new political year

**NEW BUSINESS**

- The Wednesday Night Dinners will start back in March 2019.

The meeting was adjourned with prayer by Pastor Shin.

Next Council meeting will be Thursday, January 31, 2019 at 6:30 p.m .

Respectfully,  
Cynthia Sheets

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**On Christmas Eve  
@ 9:00pm  
Jae Uk Jeon, a flautist &  
Young Ju Lee, a pianist -  
will come to New Hope UMC  
and perform for us. Please  
plan to attend this special  
Christmas performance.**





# Upcoming Events, Activities and Meetings at New Hope UMC - December 2018

December 1, Saturday. ~ Decorating of the Chrismon Tree at New Hope UMC @ 9:00am

December 2, Sunday ~ Sunday School @ 9:30am  
~ First Sunday in Advent & Holy Communion Worship Service @ 10:30am  
~ Children's Hour of Music - Right After Worship

December 5, Wednesday ~ Bible Study @ 5:45pm  
~ Choir practice @ 6:45pm

December 6, Thursday ~ District PIM at Mt. Tabor (*covered-dish supper*) @ 6:00pm

December 8, Saturday ~ Sweet Hour of Prayer @ 8:00am  
~ Congregational practice for the Cantata @ 10:00am-11:30am - Everyone is invited to attend! All participants will receive music for the songs that will be sung by the congregation.

December 9, Sunday ~ Sunday School @ 9:30am  
~ Sunday Worship Service with District Superintendent Rev. Victor Gomez as guest speaker @ 10:30am  
~ Children's Hour of Music - Right After Worship

December 12, Wednesday ~ Bible Study @ 5:45pm  
~ Choir practice @ 6:45pm

December 13, Thursday - Hi-Noon Covered Dish Lunch with Mr. and Mrs. Wimer of New Hope

December 15, Saturday ~ Sweet Hour of Prayer @ 8:00am  
~ Parent's Shopping Day Out @ 10:00am-2:00pm

December 16, Sunday ~ Sunday School @ 9:30am  
~ Sunday Worship Service with Lay Leader Kim Maugans as our guest speaker @ 10:30am  
~ Children's Hour of Music - Right After Worship  
~ Annual Christmas Dinner at New Hope UMC @ 5:30pm - with entertainment by The Harrisonburg Harmonizers (*A free will offering will be received for the entertainers.*)  
(Meats and drinks will be provided. Please bring a covered dish, family and friends)

December 20, Thursday ~ S.W.A.T. Luncheon at Ciro's Verona @ 12:00pm

December 22, Saturday ~ Sweet Hour of Prayer @ 8:00am

December 23, Sunday ~ Christmas Cantata by the New Hope UMC Sanctuary Choir

December 24, Monday ~ Christmas Eve Service @ 9:00pm with special music by Jae Uk Jeon, a flutist studying in California and Young Ju Lee, a pianist studying in West Virginia (*A free will offering will be received for the Izmir Korean Church in Turkey.*)

December 29, Saturday ~ Sweet Hour of Prayer @ 8:00am



## **Nurse's Health Corner**

### **Healthy Holidays in 2018!**

As we speed past the end of the summer it's clear that the holidays are here again. Holidays are a time for celebration with everyone we love but can be a challenge for many families when trying to stay healthy. With all of the extra food and beverages around many of us may gain unwanted pounds during the holidays which we may never lose! With this in mind, here are some tips and suggestions for staying on track and keeping good health during this holiday season.

#### **Survival Tips for the Holidays:**

##### Maintain your schedule:

Even on holidays and days off from work try to maintain your normal routine for meals and exercise habits. Maintaining your normal schedule will help you once the holiday rush is over and you have to get back into your regular schedule.

##### Going to Parties:

- Don't show up hungry (then you're likely to overeat once you get there)
- Put the healthy options on your plate first, then there will be less room for unhealthy options
- Always bring a healthy dish that you enjoy.
- A lot your alcohol intake (alcohol has lots of calories)

##### Managing your Workplace:

- Always pack healthy snacks that you will eat instead and have around to avoid junk foods
- Try to keep communal candies and goodies out of sight
- Budget your sweets and treats at work and throughout the day, so you can still enjoy the things you like!

##### Managing the Shopping Trips:

- Don't go shopping on an empty stomach, you're likely to buy more if you do
- Plan out your grocery list and stick to it

##### Managing Party Meals:

- Take healthy portions sizes so you can try a little of everything
- Wait for all of the food to be on the table before you make your final selections
- Fill your plate with healthy items first
- Sit with others that also have healthy eating habits

##### Comparing Two Meals- Healthy or not?

2,000 calories =

- 1 slice pumpkin pie (1/8 of pie)
- 1 cup Egg nog
- 1 cup Sweet potato casserole
- 1/2 cup Cornbread stuffing
- 1-ounce Cranberry sauce
- 1 cup cheese grits and corn pudding

- 3/4 cup Green beans with bacon
- 1 cup Mashed potatoes with gravy
- 3 ounces roast turkey
- 5 ounces alcoholic beverage

500-700 calories meal might consist of:

- Fill half of your plate with low-starch vegetables and greens
- Have a 3 oz. portion of meat/turkey (about the size of a deck of cards)
- Fill the rest of the plate with 1/4 to 1/2 cup portions of stuffing, cranberry sauce and other favorite items.

~ Don't be too hard on yourself and heavily restrict. Enjoy all your favorite foods and beverages in moderation!

#### Plan time for Exercise:

- Try to get a little exercise even if you can't go to the gym or don't have time for your normal workout

Examples of fitting in exercise with little time:

- When you have a few minutes to spare try a You-Tube OR a Fitness App with 10-minute exercise routines.
- One example of a quick and effective workout would be: doing each exercise listed below for 30 seconds, then rest for 10 seconds--

- o Warm Up- March in Place
- o Wall-Sit
- o Push-Ups
- o Crunches
- o Step-Ups
- o Squats
- o Running in Place
- o Lunges
- o Cool-Down and stretch

- Take a walk at lunch or on a break! Try to pack a lunch some days so you have time for a 10-20 minute walk.
- Errand-running and cleaning can count as aerobic activities!

- When going to shop park far from the door so you get in extra steps!
- Try to listen to music and make chores/cleaning more enjoyable

#### Keep on Track:

- Try to record what you are eating. It will help you see what you are doing right and what needs to be improved!

#### Choose Your Indulgences:

- During the holidays there are so many unique seasonal goodies. Try to enjoy them when they are around and save the year round treats for after the holidays.
- Allow yourself a few treats at outings and parties, cutting out all sweets might lead to a binge eating session in the future. If you're worried about the extra calories you can balance your diet by avoiding that extra coffee, have a smaller portion at dinner or have a piece of fruit for your snack instead of that bag of chips.

Remember that MODERATION and BALANCE are the keys to a healthy holiday season! Enjoying what you want in smaller amounts will help you stay healthy and happy in the rest of the year.

**Happy Holidays from Augusta Health!**

# Kid's Corner

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

## The Story of Baby Jesus

by Sharla Guenther

A long time ago, in the town of Nazareth, lived a young woman named Mary. Mary did her chores, was kind to others, and loved God very much. She was engaged to be married to Joseph, who was a carpenter.

One day, while Mary was at home cleaning her room, an angel suddenly appeared. Before Mary could say anything the angel told Mary that she was favored by God, and that God was with her.

Mary was surprised. She was trying not to be afraid, but she had never seen an angel before. After all, Mary was just a regular lady like you or I. Why was this angel visiting her? What did the angel want?

The angel quickly tried to reassure Mary. "Do not be afraid!" the angel said. "God has found favor with you. You will have a baby boy, and are to give him the name Jesus."

Mary was confused; she was not yet married to Joseph, so how could she have a baby? The angel thought that this might concern Mary so he said, "The Holy Spirit will perform a miracle, and because of this your baby will be called the Son of God."

To Mary's surprise, the angel had more exciting news: "Even your cousin Elizabeth is going to have a son in her old age. Many thought that she couldn't have children, but she is already pregnant. Nothing is impossible with God."

Mary couldn't believe what she was hearing; she didn't know what to say. She realized that she was trembling, and knelt down. When she was finally able to speak she said, "I am the Lord's servant, and I hope everything you have said will come true."

Then the angel disappeared, and Mary was left alone.





Soon after, Joseph found out that Mary was going to have a baby. Joseph was confused and upset by this, but an angel came to him in a dream and said, "Joseph do not be afraid to take Mary as your wife. The child Mary is going to have is God's son, and you are to give him the name Jesus."

When Joseph woke up he remembered what the angel had said. He knew that everything was okay, and he wasn't upset anymore.

In those days, the government decided that they should count everyone that lived in that area of the world. So Joseph had to take Mary to his town of Bethlehem to register.

It took Mary and Joseph a long time to get to Bethlehem. They didn't have cars back then, so it probably took them a lot longer to get there. This was very tiring for Mary because she was soon going to have a baby.

When they reached the town, all the hotels were full and there was nowhere that they could stay. Finally, someone felt bad for them and offered them a place to stay.

The Bible doesn't say for sure where they stayed but most people think that they stayed in a small barn where animals were kept. In any case, doesn't it seem strange that Jesus, the King of the Jews wasn't born in a fancy palace or even a hospital?

Mary and Joseph were thankful that they at least had a place to lie down. It was warm, and there was plenty of straw to lay on.

That night an exciting, wonderful thing happened: Mary and Joseph had a baby! But this wasn't just any baby, he was Baby Jesus! The creator of the whole world, the King of Kings, and the one who would save the world.

The little baby boy fell asleep in Mary's arms. She wrapped him in cloths and laid him in a manger on some clean straw.

Mary and Joseph soon fell asleep; they were so glad to have this special baby join their family.

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## **Christmas Missions Opportunities!**

10 boxes were delivered to Operation Christmas Child in November.

There is a basket in the Narthex for the District Mission Central.  
Donations of gloves, socks and underwear are needed.

Circle of Hope will collect gift cards from Walmart for The Valley Mission and/or food items such as cereal, etc. Items will be taken to The Valley Mission on December 9th.

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## **Christmas House Decorating Annual Contest**

**Sponsored by the New Hope Ruritan Club**

Open to anyone within a 3 mile radius of the New Hope Community Center

**Cash prizes for first, second and third place!**

Entry forms are at the New Hope Post Office, New Hope Grocery or simply submit your name, address, and phone to: *Christmas Contest, 659 Round Hill School Road, Fort Defiance, VA 24437*  
**Entries must be received by 12/18.**



**Parents' Shopping Day Out will be held on  
Saturday, December 15th from 10:00am-2:00pm**

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*If you would like to add an article or announcement to the Hilltopper, please contact  
The Hilltopper editor, Cindy Sheets at [cds3501@gmail.com](mailto:cds3501@gmail.com) or call/text at (540) 280-1860*

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***New Website Coming Soon!***

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