

# Hilltopper

Harrisonburg District

January 2017



Prayers  
Presence  
Gifts  
Service  
Witness

## 5 Realistic New Year's Resolutions for Christians

(from [Christiantoday.com](http://www.christiantoday.com))

<http://www.christiantoday.com/article/5.realistic.new.years.resolutions.for.christians/103373.htm>

### *Special points of interest:*

- Resolutions
- Christmas Photos
- Youth News
- Nurse's Health Corner
- Anniversaries & Birthdays

It's almost the end of the year and you know what that means? It's time to get your pen and paper out and write down your New Year's resolutions.

But wait, before you do that, I want you to answer this question: How many of your 2016 resolutions did you actually achieve or do? If you've accomplished more than half of them, you deserve a pat on the back, and if you weren't able to do even 25 percent of them, then you have another chance at it this 2017.

Believe me when I say that I really get it. It's hard to follow through New Year's resolutions. Last year, I told myself I'll take it easy on the junk food and I easily failed that. We're all different and we have different reasons why we cannot achieve our resolutions but maybe this year, you just don't make a promise to yourself, you make a promise to God too.

I find it really interesting that when I try to achieve a goal that will help strengthen my relationship with God, I push myself more. Maybe because there's more inspiration or motivation, or maybe, my love for God intensifies my will to push through.

So today, let's talk about some of the most realistic and achievable New Year's resolutions for Christians that you should definitely have on your list and why you need to do them too. Let's start:

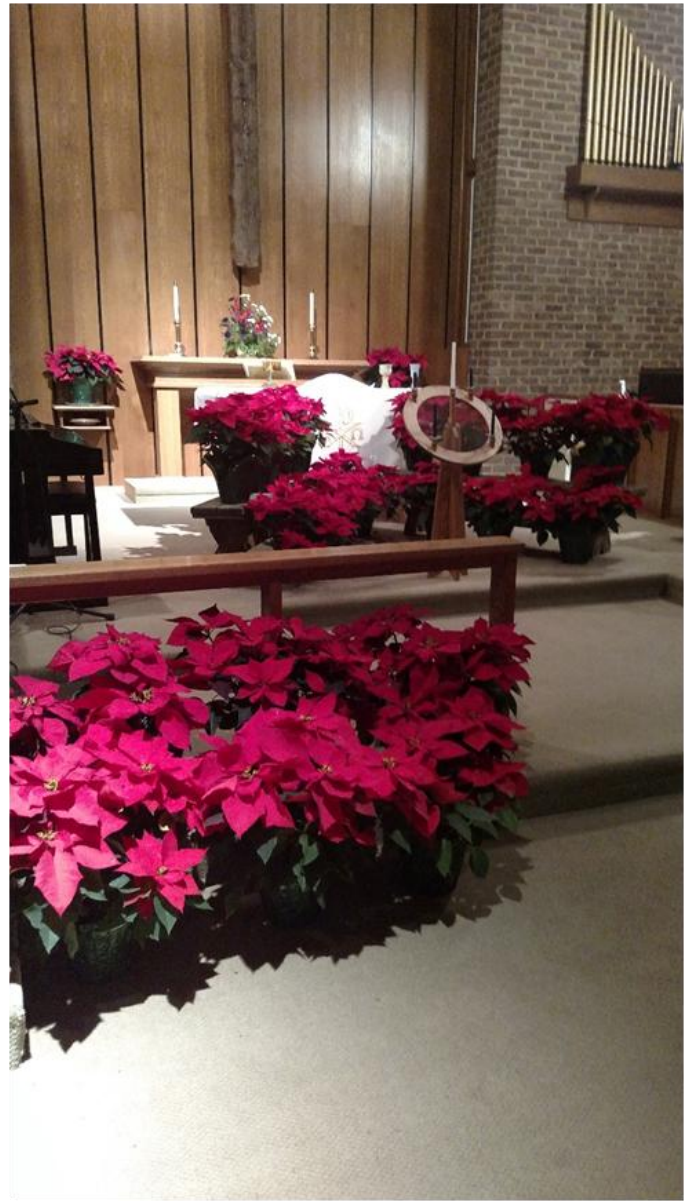
### 1. Read God's word more

You go home exhausted from work and all you can think about is getting the chores done and going to bed. You might not forget to

*(Continued on page 8)*



# Christmas at New Hope





# Christmas at New Hope



## Our Youth in Action

Brrrrrrr!!! That's what we said on Friday December 16, 2016, while we rang the bells for the Salvation Army Kettle Drive at the Waynesboro Walmart. Four of our youth, Morgan,



Chloe, Derek, Weston, and also Landon, braved the cold to help raise money for this worthy cause. Shin, Christy, Dana, and Cindy made sure everyone was safe. We also had some good Samaritans bring us some Auntie Anne's pretzels to warm our bellies. It was a great experience for our young people. Thanks to everyone who was able to come out and support the Salvation Army.

On Wednesday, December 21, we went Christmas Caroling as a group. This year we visited Catherine Garber at Waynesboro Manor, Mac Craig at Shenandoah Nursing Home, the homes of Inez Hite, Richard and Mary Booth, Gladys Riddle, and Robert and Sylvia Herman. The youth made some nice gift baskets that were delivered to residents of the nursing homes. In all, 18 people participated.

In addition to these mission activities, the youth donated funds to the Gatlinburg Fire victims. Monetary donations were needed to help replenish prescription medicines lost by the fire



*(Continued on page 9)*

## **January Nurse's Health Corner**

Thanks to continuing developments in medicine; new medications, procedures, and technologies, we are now living longer and healthier lives than ever before. This rise in quality and longevity of life has been extended to every walk of life as we continue to make significant medical improvements, to include the 1 in every 33 US children born every year with a birth defect.

Birth defects are all too common, costly, and serious conditions. According to the Centers for Disease Control (CDC), every 4 ½ minutes a baby is born with a birth defect. In the time it takes you to read this article, approximately 3 babies will have been born and diagnosed with some sort of defect that will affect how their body works, looks, or both.

January 3<sup>rd</sup> – 9<sup>th</sup> is National Folic Acid Awareness Week. Folic acid is a B vitamin that is necessary for normal bodily growth and developments helping your body make red blood cells. These red blood cells carry oxygen from your lungs to the rest of your body. The CDC and the Public Health Services recommend that all women between the ages of 15-44 consume 400 micrograms (mcg) of folic acid per day. Why? Research has shown that 400 mcg of folic acid daily can help to prevent brain, spine, heart, or oral birth defects, as well as neural tube defects (NTDs), when taken in the early stages of pregnancy.

You can get folic acid from multivitamins, which most contain the daily amount recommended. Many foods contain natural sources of folic acid, or folate. Some folate containing foods include lentils, pinto beans, black beans, leafy greens such as spinach and romaine, asparagus, broccoli, peanuts, oranges, grapefruits, and other citruses. Cereals, breads, rice, flours, and pasta can also be enriched or “fortified”, meaning they have folic acid added to them. Ultimately, it is suggested that all women, especially those trying to get pregnant, try to get their folic acid from both vitamins and the foods they eat on a regular basis.

If all women were to get the suggested amount of folic acid in the early stages of pregnancy, up to 7 in 10, or 70%, of all NTDs could be prevented. Again, January 3-9 is National Folic Acid Awareness Week, which is part of the National Birth Defects Prevention Month campaign. Bringing awareness to this potentially life-enhancing birth defect prevention method is important and can drastically enhance the lives of hundreds of unborn babies and their families this year.

For more information of folic acid and the Folic Acid Awareness campaign, check out: <http://www.nbdpn.org/faaw.php>

<http://www.marchofdimes.org/pregnancy/take-folic-acid-before-youre-pregnant.aspx>

<http://www.cdc.gov/ncbddd/folicacid/about.html>

*Information provided by Abigail Willett, student intern with Community Outreach at Augusta Health. To contact Dana Breeding, RN, relating to the information in this article or with questions/comments/concerns, please call (540) 332-4988 or (540) 932-4988.*



## 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](http://mynhumc.weebly.com)

Reminder to check out our church web page frequently for updates including the church calendar.

## Lectionary Readings

1/1

Isaiah 60:1-6  
Psalm 72:1-7, 10-14 (UMH 795)  
Ephesians 3:1-12  
Matthew 2:1-12

1/8

Isaiah 42:1-9  
Psalm 29 (UMH 761)  
Acts 10:34-43  
Matthew 3:13-17

1/15

Isaiah 49:1-7  
Psalm 40:1-11  
1 Corinthians 1:1-9  
John 1:29-42

1/22

Isaiah 9:1-4  
Psalm 27:1, 4-9  
1 Corinthians 1:10-18  
Matthew 4:12-23

1/29

Micah 6:1-8  
Psalm 15  
1 Corinthians 1:18-31  
Matthew 5:1-12

2/5

Isaiah 58:1-12  
Psalm 112: 1-10 (UMH 833)  
1 Corinthians 2:1-12  
Matthew 5:13-20

2/12

Deuteronomy 30:15-20  
Psalm 119:1-8 (UMH 840-841)  
1 Corinthians 3:1-9  
Matthew 5:21-37

2/19

Leviticus 19:1-2, 9-18  
Psalm 119:33:40 (UMH 841-842)  
1 Corinthians 3:10-11, 16-23  
Matthew 5:38-48

## WORSHIP ASSISTANTS

### Acolyte

1/1 Helen Morse  
1/8 Cindy Deavers  
1/15 Derek Deavers  
1/22 Weston Powell  
1/29 Becky Tate  
2/5 Joanie Troxell  
2/12 Derek Deavers

### Children's Message

1/1 Pastor Shin  
1/8 Cindy Deavers  
1/15 Robin Craun  
1/22 Kevin Armstrong  
1/29 Helen Morse  
2/5 Pastor Shin  
2/12 Dana Breeding

### Nursery

2017 Schedule Being Developed

### Lead Ushers

1/1 Rob Riner & Lewis Whitmer  
1/8 Karen Maugans & Becky Tate  
1/15 Charlie Bill Fretwell & Henry Breeding  
1/22 Darryl Deavers & John Morse  
1/29 Kevin Armstrong & Andy Breeding  
2/5 Rob Riner & Lewis Whitmer  
2/12 Karen Maugans & Becky Tate



# January/February Anniversaries & Birthdays

## 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  
 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-Richard Ritchie  
 25-Christian Deavers  
 26-Jeremy McLaughlin  
 28-Gary Lewis  
 31-Denise Duncan

## February

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

28-Cheryl Shiflett

28-Jason Massie



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](mailto:altuten@vaumc.org)

*(Continued from page 1)*

pray but reading God's word has a different effect on you. When you pray, you simply talk to God. But when you read the Bible, you learn more about God and His story.

I know, the Bible is a tough book read and even finish, but there's no need to rush. Set aside a few minutes each day (in the morning, lunch break if you prefer) to read a verse or a chapter. If you don't know where to start, you can search of daily devotions that can help guide you. There are so many lessons to learn from reading God's word and you'll be very surprised how timely your devotions will be.

## 2. Pray more and harder.

Admit it or not, there are days when you pray just for the sake of not forgetting to thank the Lord for His blessings. However, your talk with God should be more meaningful than this. Prayer is your only line of communication to God, which means that you should take your time with it and make the most out of it too.

Moreover, reading God's word and prayer goes hand-in-hand. You need to constantly ask God for wisdom to help you better understand His word. You know, prayers don't have to take long. As long as you pour out your heart and mind to the Lord, that makes a good prayer.

## 3. Be more compassionate.

In this world we live in, it's always going to be the survival of the fittest. You may not notice it but we've been brainwashed to think that all that matters is "me, me and me" only. We do everything we can to buy what we want and live a comfortable life. However, what we fail to see is how self-centered we have become.

God's second commandment is to "Love your neighbor as yourself..." (Mark 12:31). This only means that you should practice the same compassion you have for your family and loved ones with strangers and people who are in need.

## 4. Give and give more.

As the old adage goes, "the more you give, the more you'll receive." This doesn't only apply to the Christmas season. In fact, in Luke 6:38, it says "Give and it will be given to you....for with the measure you use, it will be measured back to you."

This coming year, be more giving and charitable. When you see a homeless man, willingly give him something without any judgment. When a relative approaches you asking for help, give what you can. You should always have a heart to help others throughout the year because God commanded each and everyone of us to love and care for one another.

## 5. Make church a priority.

Some of us believe that going to church every Sunday is enough. While attending service and



*(Continued from page 4)*

victims. The youth sent \$375 to help in this effort.

Coming up February 5, 2017, it's the "Souper Bowl" luncheon. Please remember to bring some canned goods and enjoy some soup and sandwiches with us following the worship service. The canned foods and any monetary donations received will be sent to the Verona Food Pantry. There will be a sign-up sheet in the narthex for those who would like to donate soup or sandwiches for the luncheon. If you have any questions, please ask Cindy Deavers or any one of our youth members.

***"You shall love your neighbor as yourself" Matthew 22:29***

*(Continued from page 8)*

being in fellowship with Christians is indeed a great thing, your church participation shouldn't be limited to that. Your church is your spiritual home and its activities help fortify your faith.

Be a part of a prayer or support group in your neighborhood. Attend weekly Bible studies. Join retreats and other activities that will help you know more about your brothers and sisters in Christ. Make these activities a priority. Remember, when you participate, your church grows and when it does, it becomes a better home for fellow Christians as well as those who need God in their lives.

*What I really like about these New Year's resolutions is that their easy to achieve as long as you put your heart into it. And of course, with God's help and guidance, 2017 will be the year for spiritual growth.*

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Address Service Requested



## HILLTOPPER

**Mission:** Growing as followers of Jesus Christ, we seek to live out our faith and serve God's community.

**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



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