

Hilltopper

Harrisonburg District

February/March 2016



Prayers
Presence
Gifts
Service
Witness

Our Lenten Observances

NEAR THE CROSS

At New Hope Church

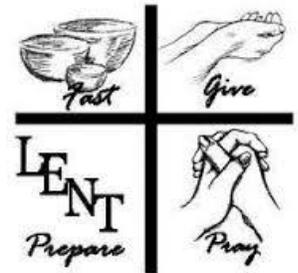
“**Lent** is a **season** of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Sundays in **Lent** are not counted in the forty days because each Sunday represents a "mini-Easter" and the reverent spirit of **Lent** is tempered with joyful anticipation of the Resurrection.”

Special points of interest:

- Lenten Observances
- Hearts Party update
- Souper Bowl update
- Nurse's Health Corner
- Calendar
- Anniversaries & Birthdays

The season of Lent began at New Hope with our Ash Wednesday service on 10 February. We incorporated hymns, lectionary readings, the imposition of ashes, and a celebration of Holy Communion. Our worship services have since included the “Claiming of the Cross” where members are led to take home the cross for a week, afterwards sharing what the experience has meant to them. Our well-attended Lenten studies are in full swing on Tuesday mornings and Wednesday evenings, as we cover the chapters from Bishop Kenneth Carter’s publication *Near the Cross: A Lenten Journey of Prayer*.

Lent, however, is not just about extra “activities” at Church. For many, it is a time to re-focus, to re-commit ourselves to the spiritual practices and disciplines that draw us ever closer to God. It is a time to reflect and remember an event whereby God through Christ demonstrated His boundless love toward us (*But God proves his love for us in that while we still were sinners Christ died for us. Romans 5:8*)



Don't Forget !

On March 13.



Spring Forward by turning your clocks ahead one hour before going to bed, Saturday night.

As we go about our day, in the coming weeks leading up to Easter Sunday, it's hard to miss the signs of nature that signal renewal. Soon the lawn mowers will be humming, as our lawns turn green again. Foliage will appear on the trees. Crocuses will burst through the ground, and it's as if spring will “explode” all around us!

All of nature continues to glorify a God whose creation is measured in thousands of light years, a God whose power is limitless and unstoppable, and yet a God who works tirelessly 24/7/365 for our redemption and renewal that each of us might have an even stronger personal relationship with Him with each passing day.

Near the cross! O Lamb of God,
bring its scenes before me;
help me walk from day to day
with its shadow o'er me.

Staff Update:



We want to welcome David Williams as the new Director of Music for New Hope UMC. David has considerable experience having served in this position at Otterbein UMC and Harrisonburg Baptist. He has a Master of Church Music from The Southern Baptist Theological Seminary in Louisville, KY and plays the piano and organ. He lives in Harrisonburg and has two children: Jonathan (11) and Elisabeth (9). We are excited to have David join our church

family and look forward to his direction of our musical program. He has invited everyone with an interest to participate in the choir. Be sure to say hello to David and welcome him to New Hope.

Editors update: David's first Sunday with us was February 7, and the choir had the privilege of singing Happy Birthday to his daughter Elisabeth, now 10, on February 24.

Welcome aboard, David.

Transition Team holds weekend retreat

Members of the Transition Team gave up their weekend (February 12-13) to attend a weekend retreat led by Rev. Glen Langston, District Program Director.

Attendees included: Kim Maugans, Helen Morse, Bruce Rogers, Betty Stout, Al Tuten, Wanda Harding, Cindy Deavers, Linda Wheatley, Jake Botkin, and Pastor Tom.



For over a year the team has been meeting with Pastor Tom to explore such things as who we are, how we got here, and where we are heading. As we invoke the leading of God's spirit, we have prayed, we have

searched the scriptures and learned of Biblical principles and examples, and we have spent hours collaborating from different perspectives. This retreat was something of a culmination of those monthly sessions. We took stock of what we do well, and where we may have opportunities for change. We re-examined our mission, as well as our organizational structure. *(For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope. Jeremiah 29:11)*

Boys Scout Sunday – February 21, 2016

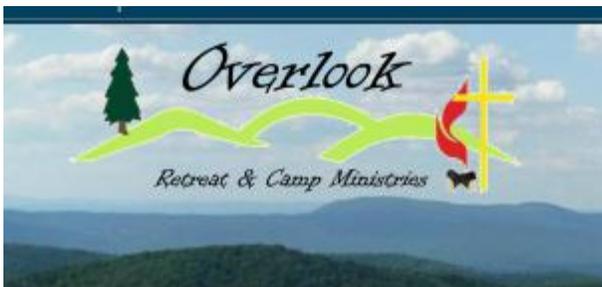
The boy scouts from Troop 86 shared in worship service by greeting and ushering. Their leader, Adam Early, shared activities the young men have assisted including giving out fishing poles on kids fish day, scouting for food in which 700 lbs of food was collected for the food bank, last year two scouts earned their Eagle Scout honor

(highest honor awarded) and currently one scout is working toward his Eagle Scout.



The scouts have also helped with the New Hope church ham, oyster, and turkey supper each fall. They just returned this morning from sleep-over at the New Hope Community Center.

Camp Overlook – Sunday, February 21, 2016



Martha Fretwell, Camp Overlook Ambassador, shared a video from Camp Overlook of 50 years celebration and growth. Ron Robey, current director, will be retiring this year after 37 years. A celebration is planned for March 20 from 3 to 6 pm for sharing stories and thanks for Ron's service.

Rev. Tommy Crosby will be the new Camp Overlook director.

Summer Camp: Please see the brochure on our Information Center Board regarding the upcoming summer camps and registration form for Camp Overlook. A wonderful opportunity!! If there are questions, please see Martha Fretwell for details. There are camp scholarships available as well.

United Methodist Women

The first 2016 United Methodist Women's meeting will be on Monday, March 21, 2016 at 7:00 pm. All ladies of New Hope are invited. You do not need to be a member of UMW or any circle to come join us for an evening of sharing God's word and fellowship. More information will be forthcoming in the church bulletin regarding the program details. Mark your calendars and come join us as we will be looking at plans for the coming year.

A ladies spiritual life retreat is planned for the Harrisonburg District on Saturday, March 19th from 9 am to 1 pm at Asbury United Methodist Church in Harrisonburg including lunch. Cost for lunch and material is \$12. Please see Wanda Harding for registration which is due by March 11th.



Mabry/Shiflett Circle collected cereal and non-parishables for Valley Mission at their February meeting held at the home of Phyllis Jarvis.

HOLY WEEK OBSERVANCES

Sunday, March 20—Palm Sunday Service at 10:30

Thursday, March 24—Maundy Thursday, Tenebrae Service at 7:00pm in the Social Hall

Friday, March 25—Community Good Friday Service at 7:00pm, Barren Ridge Church of the Brethren

Sunday, March 27—Easter Sunrise Service at the Church Picnic Shelter (watch weekly bulletin insert for details)

Continental Breakfast, in the Social Hall, immediately following Sunrise Service
EASTER CELEBRATION SERVICE in the Sanctuary at 10:30am



HEARTS PARTY



Hearts Party 2016

Sunday January 31



Hearts Party 2016
approximately 40 attendees

Verona Community Food Pantry

P. O. Box 187
Verona, Virginia 24482
(540) 430-2844

February 25, 2016

New Hope UMC
P O Box 86
New Hope, VA 24469



Dear Friends,

The Verona Community Food Pantry, an all volunteer humanitarian corporation, thanks you for your recent gift of \$125.00. Your donation helps support our effort to provide food to an average of 1,806 families each month in Staunton, Waynesboro and Augusta County. In 2015, 35% of people served were under the age of 18.

While the national economy may be improving, we have seen no decrease in the needs of our clients. In 2015 we delivered over 6 million meals to those in need. Your continued help is still very much needed and appreciated.

Thank you for your support.

Sincerely,

Hunter Fauber
Director

Gift of \$125.00, ck # 6175. No services were provided. Verona Community Food Pantry is a 501c3 independent non-profit corporation. Donations are exempt to the fullest extent of the law.

Editor's note: Through supplemental offerings, the Food Pantry received over \$600, as an outcome of our Souper Bowl on February 7.

(for I was hungry and you gave me food - Matthew 25:35)



February 25, 2016

Dear sisters and brothers in Christ,

Your caring hearts make all the difference! For the hungry families who will receive some of the 8,333 servings of fresh, healthy fruits and vegetables you are sharing through your \$200.00 gift to the Society of St. Andrew, your gift means they will go to school or work well fed. It means their chronic illness will be better managed through healthier eating. It means the heat bill can be paid this winter, because you've put nourishing food in their refrigerator... All this because you cared enough to give.

You make it possible. Thank you, New Hope UMC!!
With you in Christ's service,
Lynette Johnson
Director of Church Relations



Photo: Though the ground looks bare in early spring, over-wintered carrots are ready to be dug from the ground. SoSA gleaning volunteers will share these carrots with hungry families in rural counties outside Nashville, Tennessee.

Nurse's Health Corner (from February)

Risk factors for heart disease are usually discussed in terms of things we can and cannot change. Age and heredity (family genetics) are among items that we cannot change. As challenging as they may seem, what we eat, how active we are (or are not) and quitting tobacco are considered key factors we can modify or change. Other risk factors can include chronic diseases like diabetes or COPD, our emotional health and how we handle stress.

February is National Heart Health month. One set of risk factors that is often overlooked is our emotional health and how we handle stress. Both can affect our heart health.

One way our emotional health can affect our heart health is through a diagnosis called stress cardiomyopathy, also known as “broken heart syndrome”. Researchers at Johns Hopkins University, including Ilan Wittstein, MD, a cardiologist, shared that they noticed people with the condition were either grieving the loss of a loved one, or had experienced a traumatic event like a car accident or were a crime victim. Per Peter Shapiro, MD, a professor of clinical psychiatry at Columbia University, the nervous system is triggered by the event, activating your “fight or flight” reaction, which floods your body with chemicals, including adrenaline, a stress hormone. This release can stun your heart muscle, leaving it unable to pump properly. If the heart cannot pump blood to the body, strongly enough, the person may develop heart failure, which according to Wittstien, can be life-threatening. The National Institute of Health states that the failure is severe, but often short-term.

The symptoms of “broken heart syndrome” can be similar to a heart attack: chest pain, shortness of breath, arm pain and sweating. Even though stress cardiomyopathy is different than a heart attack, **DO NOT QUESTION** which one you may be having if you have signs and symptoms. Call 911 or go to the Emergency Department and let the doctors figure out which one it may be. More than 90% of people with broken heart syndrome are women, and it is common after menopause. Wittstein encourages people to discuss grief, stress and trauma with their health care provider, to include any physical stressor like an asthma attack or low blood sugar, as all can be triggers.

A health care provider may request an angiogram, which provides images of the heart's blood vessels. During a heart attack, one or more arteries may be blocked, but during broken heart syndrome, all are clear. An echocardiogram, “echo”, may be performed to show the shape of the heart and can determine if the ventricles of the heart are enlarged, which indicates cardiomyopathy. According to the National Institute of Health, the symptoms of broken heart syndrome are treatable, and most people who experience it have a full recovery, usually within days or weeks. The heart

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The Organized Kitchen

Article Submitted by: Kara Meeks MS, RDN, CDE- Augusta Health Community Outreach

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>),

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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

3/6

Joshua 5:9-12
Psalm 32 (UMH 766)
2 Corinthians 5:16-21
Luke 15:1-3, 11b-32

3/13

Isaiah 43:16-21
Psalm 126 (UMH 847)
Philippians 3:4b-14
John 12:1-8

3/20

Isaiah 50:4-9a
Psalm 31:9-16
Philippians 2:5-11
Luke 22:14-23:56

3/27

Acts 10:34-43
Psalm 118:1-2, 14-24 (UMH 839)
1 Corinthians 15:19-26
John 20:1-18



WORSHIP ASSISTANTS

Acolyte

3/6 Taylor Meier
3/13 Kaylee McLaren
3/20 Penny Pence/Weston Powell
3/27 Cindy Devers/Derek Deavers

Nursery

3/6 Morgan Craun/Martha Fretwell
3/13 Robin Craun
3/20 Tonya Meier/Taylor Meier
3/27 Betty Stout & Courtney Stout

Children's Message

3/6 Pastor Tom
3/13 Al Tuten
3/20 Cindy Deavers
3/27 Robin Craun

Ushers

3/6 Lewis Whitmer & Jake Botkin
3/13 Al Tuten
3/20 Henry Breeding & Charlie Bill Fretwell
3/27 Darryl Deavers & John Morse

February/March Anniversaries & Birthdays

February (belatedly)

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-Doyle Howdysshell
 10-Ian Gruber
 13-Sharon Critzer
 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-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

March

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
 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-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

April

1-Margaret Breeding
 1-Wade Craig
 1-Wanda Harding
 3 Regina Chestnut
 3-Bill Shipe
 4 -Bill Lalla
 4-Dale Rankin
 4-Mark Craun
 4-Samantha Arnold
 5-Morgan Craun
 5-Kindra Kraisser
 6- Lauren Stout



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

New Hope UMC Calendar, Contacts, Holidays in United States Mar 2016 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	1	2	3	4	5
		7am - all day 10am - Lent Bible 1:30pm - Minnie 7pm - Irene Fretwell	6pm - Prayer Group		Edward Denham's	
6pm - Transition	7	10am - Lent Bible	6pm - Prayer Group	6:30pm - Trustee	Hoffman Ellen's	12
13	14	10am - Lent Bible 6:30pm - UMM	6pm - Prayer Group			19
Daylight Saving	7pm - COM meeting					9am - District UMW 1pm - Easter
20	21	10am - Lent Bible	6pm - Prayer Group	7pm - Maudy	7pm - Good Friday	26
	7pm - UMW meeting					
27	28		6pm - Prayer Group	6:30pm - Adm		2
Easter Sunday 6:30am - Sun Rise						

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muscle is not permanently damaged, and the risk of broken heart syndrome happening again is low.

Another way our emotional health and how we deal with stress can affect our heart health is by exposure to chronic, everyday stressors. This can be similar to the above, but instead of a severe event, with a short term stress exposure, our 'fight or flight' response is triggered at a lower, but constant level, releasing chemicals, including the stress hormone adrenaline, into our body for days or weeks, without rest.

The link between emotional health, chronic stress and heart disease is not clear and more research is needed. Depression is reported in an estimated 1 in 10 of Americans ages 18 and older, and the figure can be as high as 33 percent for heart attack patients. Unhealthy lifestyle behaviors can also be used to deal with symptoms of depression and anxiety, affecting our heart health. "When people are stressed, anxious or feeling down, they're not apt to make the healthy choice because they're so overwhelmed by their situation," says Nieca Goldberg, M.D., medical director of the Joan H. Tisch Center for Women's Health at NYU Langone Medical Center in New York. "A person's mental health, in terms of their general health, is underestimated." It's not surprising if you find it hard to get plenty of exercise, eat heart-healthy foods, limit alcohol or kick a smoking habit. All those things can seem like "just one more thing to add to their list of things that is already causing stress," Dr. Goldberg said. "People turn to things that give them comfort and aren't thinking about whether those things are healthy or not." Eating high fat foods and lack of activity can lead to being overweight. Being overweight, eating foods with high sodium content, lack of activity and drinking too much alcohol are contributing factors to high blood pressure. Emotions and stress can drive unhealthy lifestyle choices, which can directly and indirectly cause heart disease.

The National Institute of Health emphasizes that regular physical activity not only relieves stress and depression but also can directly lower the risk of heart disease. Stress management programs, as well as support groups for heart patients, can also help develop new ways of handling everyday life challenges. Much remains to be learned about the connections among stress, depression, and heart disease, but a few things are clear: staying physically active, developing a wide circle of supportive people in your life, and sharing your feelings and concerns with them can help you to be happier and live longer.

As with any chronic disease or health concern, please discuss with your health care provider.

For more information on broken heart syndrome, please see the below links: <http://www.nhlbi.nih.gov/health/health-topics/topics/broken-heart-syndrome> , <http://www.webmd.com>

For information related to stress, depression and heart disease please see the below links: http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/HowDoesStressAffectYou/How-does-depression-affect-the-heart_UCM_460263_Article.jsp#.VnB30maFPcs

<http://www.nhlbi.nih.gov/health/educational/hearttruth/downloads/html/hhh/stress-and-depression.htm>

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.

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

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