

Hilltopper

Harrisonburg District

April 2016



Prayers
Presence
Gifts
Service
Witness

Special points of interest:

- Prayer
- New Pastor Announced
- New Leadership Model
- Annual Conference Coming
- Nurse's Health Corner
- Calendar
- Anniversaries & Birthdays

Graduations



... are just
around the
corner !

PRAYER

When we join the United Methodist Church, we promise to honor God with our prayers, presence, gifts, service, and witness. Isn't it interesting that the first of these is prayer?



When Bishop Cho assumed his current office, he passionately shared his vision that we re-commit ourselves as a praying community of faith. Prayer Covenants and Covenant Congregations were formed.

Over the past year, small teams have gathered [at New Hope] to share (and re-discover) vital truths regarding spirituality and "listening prayer". These book review/prayer times on

(Continued on page 3)

WELCOME

How time flies! It seems only yesterday that we were receiving Tom and Dreanna Murphy, as Pastor and wife. In the nearly 2 years past, we have grown to love them as we have worked in ministry together.

Now, we are preparing to receive our new Pastor and his family, who will be moving into our recently upgraded



(Continued on page 2)

A New Leadership Model at New Hope

The Administrative Council of New Hope UMC met on 31 March, and Pastor Tom presented a New Leadership model recommended by the Transition team, to organize our church for more effective mission and ministry, and in keeping the the United Methodist Book of Discipline. The model was approved by the Council by voice vote, but will not be implemented until after a Charge Conference with the District Superintendent sometime in May. The details are as follows:

(Continued on page 4)

parsonage.

Voices of children will soon ring out, and a new ministry partnership will begin.

Pastor Shin Woo Hong was born and raised in Incheon, South Korea, and adopted into a Christian/pastor's family. He accepted Jesus as Lord and Savior while a junior in high school. He writes "God met me through His Word and changed my life throughout my youth years. Near the end of my high school time, I strongly felt God's calling that He wants me as a preacher to proclaim the Gospel for the people of God. Thus, I entered Methodist Theological University to envision and to faithfully respond to God's calling upon me".

He was married to Hailey in 2009, and they now we have two adventurous (and adorable) kids, Susie (4) and Noah (1), who were born in the States. They love to travel to enjoy all that God created for them, and they watch NBA games together (Stephen Curry is their man!) Says Pastor Shin "Most of all, we are grateful and joyful to serve God and God's people, learning and growing together in Christ".

His credentials include:

Methodist Theological University, Bachelor of Arts
 Wesley Theological Seminary, Master of Divinity
 Candler School of Theology, Master of Theology
 Duke Divinity School, candidate for Doctor of Ministry

No doubt Pastor Tom finds a measure of reassurance in that last credential, confident that he is leaving New Hope in very good hands :) Pastor Shin's first Sunday will be July 3.

Tom and Dreanna, we love you and give thanks to God for all you have done and shared with us these past two years. Pastor Shin, Haley, Susie, and Noah, we look forward to your arrival and the ways in which you will lead, as we love and serve the Lord, empowered by His Spirit to discover and achieve all that He has in store for us.



Congratulations to our (soon to be) graduates :

Clara Breeding, Kaylee McLaren, Cole Sheets (Linda Wheatley's grandson)

If you know of others please let us know

(Continued from page 1)

Wednesday evenings have utilized the following texts: *The Beginner's Guide to Hearing God* by James Goll, *Soul Repair* by Jeff VanVonderen, and *Near the Cross: A Lenten Journey of Prayer* by Kenneth h Carter, Jr.

Says Diane Powell "A Bible Study Class is a weekly commitment that provides encouragement to the participants, uplifting support, increased knowledge of God's word, communication with other believers, accountability to read the lesson, and the opportunity to pray individually as well as a group for others needing additional prayer support. Prayer is how Christians stay in touch with the Master and His plans. Each Bible Study Class gives us the opportunity to charge our spiritual batteries through the week. Sometimes a Sunday School lesson or a Church sermon just isn't enough to help us make it through the tough week."

JoEtta Walker commnted

"The book **Soul Repair** which our Wednesday evening study/prayer group recently finished studying helped me realize that there are many ways that we can get off-track in our spiritual journey and develop distorted images of God. Sometimes we may need to tear down the old foundation and start anew. Laying a new foundation built on God's grace assures us we are His beloved children, loved and forgiven. Prayer, for both the joys and concerns of our hearts, as well as praise for God's love and care, was a very meaningful part of the hour we spent together and gave us food for thought and prayer during the week."

Per Wanda Harding:

"It is especially meaningful to have a mid-week focus on my relationship with God and with other Christian believers to remind me how very blessed I am."

With prayer being our vital link to God, and so foundational to faith, why not become a participant in a small intentional prayer group. You can join one or start one of your own. Watch for another Wednesday night group, to start back up very soon.



On **Sunday, May 1**, at **Asbury UMC in Harrisonburg, 3:00 p.m.**, **Bishop Young Jin Cho will be our featured speaker**. He has challenged each of us to pray one hour a day and he is coming to lead us. This will be a wonderful afternoon and everyone is invited to Asbury UMC!



May 8th 6 pm Transition Committee meeting

May 12th Hi Noon will be meeting at New Hope UMC. Contact Shirley Western for reservations. Meal will be served by New Hope United Methodist Women.

May 22nd Promotion Sunday

May 26th 6:30 pm Administrative Council

May 17th Ladies Night Out @ Wood Grill Buffet

(Continued from page 1)

The structure changes the many current committees and creates a structure of two groups within the scope of the Administrative/Church Council. The support committees are Trustees, Lay Leadership, Finance and Staff/Parish Relations. The program ministries will be Worship, Nurture, Evangelism and Missions (replacing what we have come to know as the COM).

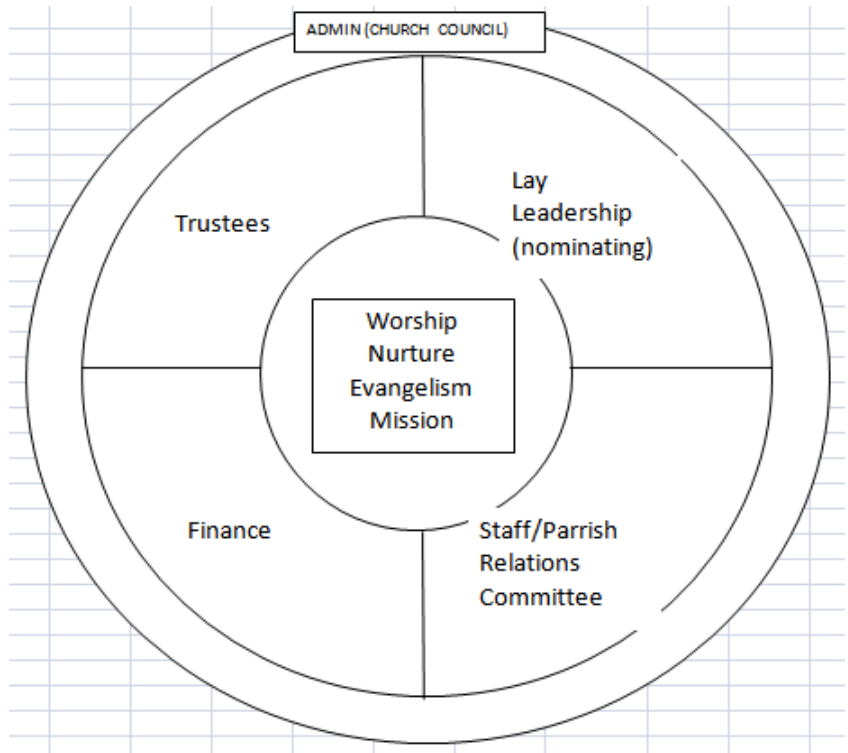
The support committees of Trustees, Finance and S/PR are structured much the same as they are now, except they will not have any members at large. The Lay Leadership Committee will include the Lay Leader, Nominations, Communications and Membership. These will all be standing committees with a chairperson and designated members.

The program ministries will each have a chairperson, but will not have standing members. When an initiative or change falls within one of these ministries the chairperson will create a task group to deal with that specific need. The members of that task group will/may be selected for their skills directly related to that specific task.

When that specific task has been resolved, the task group will be dissolved. It is possible a member of the church will simultaneously serve on more than one task group.

The Book of Discipline requires the Administrative/Church Council to meet at least once each quarter. The chairperson will decide how often the Council will meet.

A proposed list of those who will serve in the new structure was submitted. As stated above, the current structure will remain in place until the recommendations are approved at a Charge Conference with the District Superintendent. The date for that conference has not been announced.



United Methodist Women

Our local UMW met on Monday, March 21st. We shared a program on the local missions supported by our UMW including Valley Mission, Verona Food Pantry, Kingsway Prison Ministry, Mission Central (District Clothes Corner), Casa de Amstead and Youth Missions. We are most encouraged and thankful for our youth who have been involved during the last year in several missions including Helping Hands (mission program with Staunton District), Souper Bowl of Caring for the Verona Food Pantry (\$638 in cash and 70 lbs of food items), No More Malaria (Lemonade stand), Christmas Caroling with shut-ins, Butterfly Hugs program, and trip to Tangier Island for building bunk beds. AWESOME!!!

In addition our ladies Conference, United States for conference, Henderson Camp Overlook, Henry Fork Weekday Religious World Thank Offering, Call Mission, Gift in Memory and



Susan Mehler is now our Collector. Please continue these. We also collect educational box tops which Cindy Deavers will collect for local middle school. There is separate container for those.

participate in Virginia and World missions through kits Settlement, Red Bird Mission, Center, Society of St. Andrews, Education, Mission Pledges, to Prayer, Candle Burning, Gift to Recognition Pin.

Labels and Postage Stamp to use the box in the Narthex for

Instead of waiting until Christmas to collect items for Kingsway Prison Ministry, we select an item for collection each month. For April and May, we will be collecting the junior legal pads (5 x 8) sizes. There will be basket available for these donations.

All Ladies, join us on Saturday, April 30th from 4 to 6 pm for our annual Ladies Retreat. We will have several guest speakers, refreshments and fellowship. Please mark your calendars now. More details and reservations with regards to refreshments and supplies will be forthcoming.

May 16th United Methodist Women's meeting at 7 pm. Guest speaker will be Susan Long who will share her recent mission experience in February this year at an orphanage in Honduras. You will not want to miss this opportunity to hear and see photos from this mission trip to Honduras.

HEARTFELT APPRECIATION goes out to the United Methodist Women for a very special worship service (**UMW Sunday**) shared with the congregation on April 10. Our guest speaker was Dianna Chandler from Port Republic UMC, who spoke on the Fruit of the Spirit, and shared her personal witness as she gave thanks for the ways God has richly blessed her own life with "fruit of the Spirit". Everyone present was deeply touched.

ANNUAL CONFERENCE IS ON THE WAY

The 2016 session of the Virginia Annual Conference will be held **June 17-19** at the Berglund Center in Roanoke. Theme of the 2016 Annual Conference is “Thy Will Be Done.”



Annual Conference preachers

Bishop Young Jin Cho announced that the preacher for the Saturday evening ordination service will be Bishop Mark Webb from the Upper New York Annual Conference. Preacher for the Saturday morning mission service will be the Rev. Eun Pa Hong from Bupyeong Methodist Church in South Korea. Preacher for the Friday evening memorial service will be the Rev. Myrtle Frances Hatcher. Preacher for the retirement service will be the Rev. Jim Tongue. Annual Conference teacher will be Dr. L. Gregory Jones, Duke Divinity School.

Annual Conference Special Offering

Bishop Young Jin Cho announced that the 2016 Annual Conference offering goal will be \$150,000 and again focus on both international and Virginia-based mission needs. The offering goal includes:

- ◆ **\$50,000** for Methodist Mission in Cambodia;
- ◆ **\$25,000** for Methodist Church of Brazil programs with at-risk children;
- ◆ **\$25,000** for training laity in United Methodist churches in Mozambique; and
- ◆ **\$50,000** to help fund disaster response in the Virginia Conference.

Kits for Conference

Various types of United Methodist Committee on Relief (UMCOR) Supply Kits will be collected at the 2016 Virginia Annual Conference session. Kit collection is being conducted to replenish the United Methodist Committee on Relief (UMCOR) supply. Local churches are encouraged to collect items for any of the most requested UMCOR kits — Bedding, Birthing, Cleaning, Health, Layette, School and Sewing Kits — and bring them to Annual Conference. **Please note that Health and School Kits are most needed this year.** (Please bring the kits in boxes [not bags], labeled and with a count of the items). For kit instructions, go to <http://www.umcor.org/UMCOR/Relief-Supplies>. Kits should be taken to the two tractor-trailers at the far end of the Berglund Center Parking lot A, near the intersection of Williamson Road and Orange Ave. (across from the Sheetz Gas Station). Kits will be received 12-5 p.m. Thursday, June 16; 8 a.m.-5 p.m. Friday, June 17; and 8 a.m.-12 p.m. Saturday, June 18. **Send cash for kits directly to conference treasurer.** If you prefer to contribute cash to enable UMCOR to purchase relief kits, you can contribute \$50 for each bedding kit, \$8 for each birthing kit, \$65 for each cleaning kit, \$12 for each health kit, \$45 for each layette kit, \$11 for each school kit, and \$28 for each sewing kit. In addition, UMCOR asks for \$1 per kit (\$1.50 for cleaning buckets) to cover processing and shipping and \$1 for toothpaste for each health kit. Please do NOT bring checks to Annual Conference. ALL checks (for processing and shipping, for toothpaste and in lieu of providing kits) should be made payable to “Virginia Conference UMC,” earmarked for “kits” and mailed to Treasurer, Virginia Conference of The United Methodist Church, P.O. Box 5605, Glen Allen, VA 23058 any time prior to Annual Conference, and no later than Aug. 31.

Nurse's Health Corner/April

A Step in the Right Direction

“Walking is man’s best medicine” – Hippocrates

As spring arrives, you may be thinking about getting outside and increasing your activity. Starting a walking program is a great way to be more physically active year-round and can lead to many health benefits.

The American Heart Association recommends 30 minutes of moderate physical activity, like brisk walking, daily.

The health benefits from walking include:

- Prevents or manages various chronic conditions; including heart disease, high blood pressure, type 2 diabetes and certain types of cancers
- Reduces the risk of stroke
- Lowers cholesterol
- Aids in maintaining a healthy weight
- Manages stress and improves moods
- Protects against dementia
- Strengthens bones
- Increases energy levels

In a study conducted by Harvard Medical School among female nurses, the risk of heart disease could be reduced by 35% and the risk of stroke could be reduced by 34% by walking at least three hours a week.

Walking is one of most popular physical activities among adults. As a low barrier exercise, it does not require special equipment and can be done by many different ages and activity levels.

Getting started with a walking program is simple:

Make a Plan

Decide where and when you will walk. Choose a favorite place you enjoy walking and come up with a backup plan in case of inclement weather or time constraints.

Get Ready

Be sure you have supportive walking shoes and appropriate clothes for the weather, especially if you are walking outside.

Set Yourself Up for Success

If you have not been exercising regularly, work up to walking for thirty minutes by breaking your walk into 10 minute increments throughout your day. Try walking 10 minutes in the morning, during your lunch break and in the evening until you have worked up to 30 minutes total.

(Continued on page 12)

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: myhnumc.weebly.com

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

Lectionary Readings

4/3

Acts 5:27-32
Psalm 150 (UMH 862)
Revelation 1:4-8
John 20:19-31

4/10

Acts 9:1-6, (7-20)
Psalm 30 (UMH 762)
Revelation 5:11-14
John 21:1-19

4/17

Acts 9:36-43
Psalm 23 (UMH 754 or 137)
Revelation 7:9-17
John 10:22-30

4/24

Acts 11:1-18
Psalm 148 (UMH 861)
Revelation 21:1-6
John 13:31-35

5/1

Acts 16:9-15
Psalm 67 (UMH 791)
Revelation 22:10, 22-22:5
John 14:23-29

5/8

Acts 1:1-11
Psalm 47 (UMH 781)
Ephesians 1:15-23
Luke 24:44-53

5/15

Acts 2:1-21
Psalm 104:24-34, 35b (UMH 826)
Romans 8:14-17
John 14:8-17 (25-27)

WORSHIP ASSISTANTS

Acolyte

4/3 Clara Breeding
4/10 Taylor Meier & Weston Powell
4/17 Kaylee McLaren & Derek Deavers
4/24 OPEN
5/1 Cindy Deavers & Weston Powell
5/8 Clara Breeding
5/15

Nursery

4/3 Dana Breeding & Clara Breeding
4/10 Carolyn Fretwell & Kenny Fretwell
4/17 Angella Pence & Penny Pence
4/24 Wendy McLaren & Kaylie McLaren
5/1 Megan Aldhizer & Lynn Tuten
5/8 Gail Armstrong
5/15

Children's Message

4/3 Robin Craun
4/10 Lauren Stout
4/17 Helen Morse
4/24 Pastor Tom
5/1 Cindy Deavers
5/8 Dana Breeding
5/15 Robin Craun

Ushers

4/3 Lewis Whitmer & Jake Botkin
4/10 UMW Sunday
4/17 Henry Breeding & Charlie Bill Fretwell
4/24 Darryl Deavers & John Morse
5/1 Lewis Whitmer & Jake Botkin
5/8 OPEN
5/15 Henry Breeding & Charlie Bill Fretwell



April/May Anniversaries & Birthdays

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
 7-John Brock
 7-Josh Hitt
 7-Naomi Ritchie
 7-Brendan Kraisser
 8-Kitra Shifflett
 8-Steve & Terri Carter
 9-Rocky Simmons
 10-Cindy Sheets
 11-Darrell Howell
 13-Melinda Booth
 13-Brittany Killough
 13-Desirae Killough
 13-Stephen Layman
 16-Marc & Susan Mehler
 17-Michael Morris
 18-Patty Corbett
 18-Kathy Floyd
 19-Michael Huff
 20-Glenna Beard
 20-Bill & Judy Lalla
 21-Layne Bennett
 22-Corey Baldwin
 22-David Howdysshell
 22-Brenda Pace
 22-Ethel Hicks
 23-Madison Harding
 24-Judy Riner
 24-Ray Price
 24-Tim Lank

27-Sherrie Eacho
 27-Eric Stogdale
 27-Peyton Meier
 28-Robert Critzer
 28-Bette Rickman
 28-Alex Bergman
 30-Kay Moore
 30-Joseph Shreckhise

May

2 Jarman Fretwell
 3 Francis Stout
 5 Linda Howdysshell
 6 Lindsay Bell
 6 Kevin McLaren
 6 Chad Deavers
 7 Jerry Coffman
 7 Deborah Umidi
 8 Teresa Hester
 9 Keith Stogdale
 10 Melissa Fretwell
 12 Abby Killough
 13 Patrick Gruber
 13 Sylvia Herman
 14 Kimberly Campbell
 15 Cheryl Bennett
 16 Pam VanLear
 18 Robert Herman
 18 Nancy Hutchinson
 18 Laura Shiflett
 19 Sherry Rankin
 19 Michael Shreckhise
 19 Ron White
 22 Randall Herman
 22 Mike & Roxann Canipe
 22 Larry Hinebaugh
 23 Michaela Craun
 23 Alden Hough
 23 Michael Sundeen

23 Debbie & Sam
 Arnold
 26 Candi Dunlap
 26 Betty Selmon
 27 Patty Morris
 27 Jason Pace
 28 Jeremy Kraisser
 28 Mark & Robin
 Craun
 28 Jim & Betty Gruber
 29 Steve Morris
 29 David Taylor
 30 Jeff Bosserman
 30 Martha & Jarman
 Fretwell
 31 Carolyn Steele
 31 Jesse & Mildred
 Hartman



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 Apr 2016 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 Easter Sunday 8:30am - Sun Rice	28	29	30 8pm - Prayer Group	31 6:30pm - Adm	1	2
3 8pm - Transition	4	5	6 8pm - Prayer Group	7	8	9
10	11	12	13 Thomas Jefferson's	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Prayer Event -	2	3	4 8pm - Prayer Group	5	6	7
8 Mother's Day	9	10	11 8pm - Prayer Group	12 12pm - HI Noon -	13	14
15	16	17 UMM Ladies Night	18 8pm - Prayer Group	19	20	21
22 Promotion Sunday	23	24	25 8pm - Prayer Group	26 Admin Council	27	28
29 Memorial Day	30	31	1 8pm - Prayer Group	2	3	4

(Continued from page 7)

Do not get discouraged if you miss a day here and there; just pick back up the next day.

Go!

Remember to stretch, warm up and cool down each time you walk.

Keep Safety in Mind

Use a safe, well-lit path if you are walking outside after dark. Wear reflective clothing and carry a phone and ID with you.

Make It a Habit

Choose a time of day to walk that fits into your schedule and make it a part of your daily routine. When you are ready, add more time and intensity to your walk to keep your plan interesting and challenging.

Any activity is more fun if you do it with a friend. Find a walking buddy to make the time pass more quickly and to stay motivated to stick with your new walking plan. If a friend or family member isn't available, listen to your favorite music or podcast while you walk. A dog can also be a great walking companion! Always check with your doctor before beginning a new exercise regimen.

“Walk to be healthy, walk to be happy” – Charles Dickens

Article provided by Krystal Diehl Moyers, M.Ed, CHES, Health Educator of Community Outreach of Augusta Health. If you have any questions related to this article, please contact Dana Breeding, RN at (540) 932-4988 or via email dbreeding@augustahealth.com.

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