

Hilltopper

Harrisonburg District

October/November 2015



Prayers
Presence
Gifts
Service
Witness

Did you remember?

If you forgot, just sit back and read this issue while you're waiting
for everyone else to show up



Special points of interest:

- Empowered by Grace
- UMW News
- Around the District
- Nurse's Health Corner
- Activities & Events
- Anniversaries & Birthdays

Did you have a Happy Halloween?

Now, we can get ready for Stewardship Campaign, HOTS,
Charge Conference, Thanksgiving, and a season of Advent



Empowered by Grace!

A young boy walks into a small drug store and asks the druggist, "May I use the telephone?" The druggist replies, "You certainly may," and shows him where the telephone is. The boy calls a grocery store and asks the man who answers the phone, "Is your grocery store looking for someone to stock the shelves?" The man replies, "No, we already have a stock boy." The boy suggests, "If he isn't doing a good job, maybe you need to get someone who will do a better job." The man replies, "No, we are pleased with the work the boy is doing," so the boy hung up the telephone.

The druggist over-hears the conversation and says to the boy, "I'm sorry you didn't get the job." The boy says, "I don't need a job, because I am the stock boy. I was checking to see what they thought of my work."

What if you could call God to ask him how he saw your effort in fulfilling the purpose for which he created you? What kind of marks would he give you for being his witness, or how you were doing in your service to others, or how you were doing in your giving? What kind of response would you expect to hear? Would God see you as a person relying on the Holy Spirit to do his will or working in your own strength and giving yourself credit for your successes? When God looks at you, does he see that you acknowledge him as the source of all that is good? Does he see you seeking to use his strength and wisdom? Would God tell you that he is pleased with the ways you are using the time, talents, and money he has entrusted to you?

Unfortunately, we all fall well short of God's standards, but, because of what Christ did for us on the Cross, we are forgiven for all the times we have failed to honor God with our behavior and efforts to please him. By his grace he molds and transforms us into God-pleasing people who seek to please him. In Christ, we can do God's work well.

Starting on **November 1st**, we are offering a stewardship emphasis titled "***Empowered by Grace!***" We hope and pray that you will participate in both worship services and Bible studies.

United Methodist Women

On Monday, September 21, the UMW met for a meeting and program in the Church Social Hall. Becky Tate shared with us a program on Heifer International. Together we have power over hunger and poverty. Since 1944, Heifer International has provided livestock and environmentally sound agricultural training to improve the lives of those who struggle daily for reliable sources of food and income. Becky shared stories of the founder Dan West and stories of the “sea cowboys” as well as of a couple in Maryland giving their farm land as holding place for animals being shipped to other countries by ships. The core of Heifer model is Passing on the Gift. This means families share the training they receive, and pass on the first female offspring of their livestock to another family. This extends the impact of the original gift, allowing a once impoverished family to become donors and full participants in improving their communities.

The goal of every Heifer project is to help families achieve self-reliance. We do this by providing them the tools they need to sustain themselves. You have the power to give a hungry family the training it takes to feed themselves and their children; to give a young girl a chance at an education; to empower a woman to have a voice in her community. Together, we can change the world, one family, one community, at a time.

In February 2001, Becky Tate took over the Sunday school class from Betty Rickman (who started the Heifer International project at New Hope) for students in grades 3 to 5. Since that time the students have collected over \$15,000 for Heifer International from



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On Saturday, September 26th, the **Harrisonburg District United Methodist Women** met for a prayer breakfast at Verona United Methodist Church with approximately 70 in attendance. A delicious breakfast was prepared and served by the Verona United Methodist Youth as a fund raiser for their mission projects. This last year they traveled to South Carolina to work. After breakfast, Nancy Yarborough from the York District shared with us and showed power point of her mission trip to Cambodia in January of this year. Their goal for the trip was to provide education to the women in the Methodist Church of Cambodia. There are currently 154 churches in the various villages. A conference of 120 women held during our visit was representatives from these churches. There is no transportation and these women walked. The focus of missions in Cambodia is starting schools to provide education for the children. Their food staple is rice and their food banks distribute rice. During the conference women were taught a variety of topics including human trafficking. These women had never slept in beds, never seen the ocean or how to use modern toilet. Team members had taken personal toiletries which were assembled in gift bags. The ladies learned uses for soap, lotions, deodorants, other beauty products, etc. Water is almost non-existent and women are expected to carry water great distances. Very humble and generous people; one woman sold her cow to pay their minister's salary. Greetings were done in form of folded hands as if praying and location of hand placement was related to age of person being greeted. 90% of population is Buddhist. 86% of population lives below the poverty level. Team toured a silk factory and saw silk worms and looms used to make garments. Methodist women are raising funds to start Methodist churches. Nancy brought several items for sale made by the Cambodian women. All monies will be returned to these ladies for their work.

Our 2015 Annual Conference offering went to support missions in Cambodia, Haiti, and the United States.



Ladies viewing the items being sold for the Cambodia women included scarfs and purses as well as tote bags.

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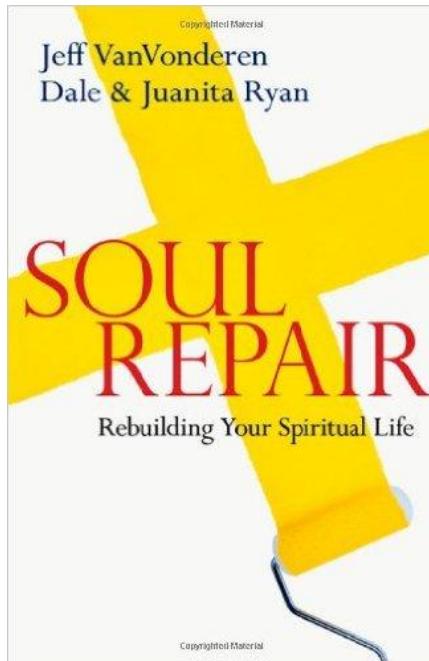




Kids Rock (Children's Church) continues to be a popular segment of Sunday morning activities

Thanks to Stephanie Grande, all the helpers, and to all of you who are involving our kids.

Prayer Time - Book Review



On September 15 and 16, meetings resumed, with day and evening sessions.

- Tuesdays at 10 am
- Wednesdays at 6pm

We meet for one hour over a period of 12 weeks and reviewing the book *Soul Repair: Rebuilding Your Spiritual Life*

Come join us.

The Children's Community Breakfast

This is an effort to reach the community, especially the kids, and involve our own kids in the process.

The mornings feature a free breakfast, music, stories, games and crafts.

FIRST SATURDAY of each month, from 9:00-11:00 AM at the New Hope Community Center.



United Methodist Men enjoyed an evening with (former pastor) Glen Evans as he discussed his mission work in Honduras. Plans are being made to have him return for another get together.



Around the District ...

Please make plans to attend our Annual District Conference and **Leadership Training Event** coming up on **Sunday, November 15, 2015** hosted by **Bridgewater UMC**. Our Conference will begin at 2:30 p.m.

Our keynote speaker will be Tracy Fitzsimmons, Ph.D. Dr. Fitzsimmons became Shenandoah University's 16th president on July 1, 2008. She is the institution's first female president since its founding in 1875 and one of the youngest university presidents in the Commonwealth of Virginia.



After District Conference, we will have a short time for fellowship and refreshments and the **workshops will run from 4:30 p.m. - 6:30 p.m.** You will have one choice among nine workshops planned for this year. Each workshop is two hours in length and some offer more than one speaker/presenter, giving attendees a wider perspective on each topic. We have included quite a variety of topics and there is something for all ages and interests from youth to seniors.

Classes include:

PRAYER

SPIRITUAL GIFTS

WESLEY CLASS MEETINGS

STAFF/PASTOR-PARISH RELATIONS

MISSIONS

CHANGING OUR FOCUS: FROM AGE-SEGREGATION TO

INTERGENERATIONAL MINISTRY

Sunday, November 15th is a wonderful time to gather to celebrate the work of our churches and to learn about current opportunities as well as future possibilities. The Faith Development Team looks forward to greeting you as you take advantage of this important day of celebration, fellowship and learning.



The Virginia Conference's **U.M. Men's Retreat in Blackstone** will be held on **November 6-8th** at Blackstone Retreat and Conference Center.

Also please mark your calendars for the upcoming **Tri-District Men's Retreat at Camp Overlook** on **January 8-9th**. Details will follow.
Come get involved with us in Men's Ministry!



Lay Servants, have you RSVPed to the Appreciation Dinner? You and one guest are invited to a Lay Servants

Appreciation Dinner on Thursday, November 12, 6:30 p.m. at Keezletown UMC.
Please RSVP

by November 2nd to Dale Dodrill, 540-828-3925, or 770-402-0752, or hdumc.layservants @hotmail.com or Brenda Woods, 540-433-2382, or brenda.woods@verizon.net

The **Lay Servant Academy at the Blackstone Conference and Retreat Center** will be held on **February 27-28, 2016**. A list of course offerings is being finalized.



United Methodist Women Coming Events: There was a very good turnout for the District Annual Meeting on October 15.

The speaker was Shannon Porter from Mercy House.

The last event of the year will be the **Training/Social Action meeting on Saturday, November**

14, 9:00—11:00 a.m., at John Wesley UMC.
Everyone is invited to attend.

Nurse's Health Corner

Smoking, Smokeless Tobacco and Health are three words that do not align with each other, unless you are talking about negative effects. To society, or anyone outside a smoker/tobacco user's world, smoking or using smokeless tobaccos does not make sense. Statements may range from 'don't they know how bad it is and the diseases it causes' to 'I can't believe they continue to smoke when it is so expensive'. Let me assure the non-tobacco using world that the majority of tobacco users know the risks and yes, understand the expense. Society's solution: just quit. Let me explain why it is not that simple. Whether it is a person with 30, 10 or one year of tobacco use, the act of quitting is not that easy. Many have quit before, but maintaining abstinence can be the toughest battle. Mark Twain said it best: "It's easy to quit smoking. I've done it hundreds of times". The 2008 Clinical Practice Guidelines to Treating Tobacco Use and Dependence recognizes tobacco dependence as a chronic disease, needing ongoing assessment and repeated intervention. Health care providers, the tobacco user and their family and friends need to begin approaching nicotine addiction as they do other chronic conditions. The use of tobacco is linked to three areas in each individual's life. The tobacco user and their family and friends need to consider:

Biological: Do you have withdrawal symptoms when you try to quit? Have you developed a tolerance and increased your usage over time? Do you have a persistent desire to use, and use even though you know it may have negative health effects? These are a few criteria that are used to diagnose chemical dependency. Chemistry in the brain is altered when someone uses a drug, including nicotine. Nicotine acts on the reward center in the brain, which stimulates release of neurotransmitters: dopamine, serotonin, etc.., which are responsible for the tobacco user to feel motivation, pleasure and calm.

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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

11/1

Isaiah 25:6-9
Psalm 24 (UMH 755)
Revelation 21:1-6a
John 11:32-44

11/8

Ruth 3:1-5; 4:13-17
Psalm 127 or
·Psalm 42 (UMH 777)
Hebrews 9:24-28
Mark 12:38-44

11/15

1 Samuel 1:4-20
1 Samuel 2:1-10 or
·Psalm 113 (UMH 834)
Hebrews 10:11-14 (15-18) 19-25
Mark 13:1-8

11/22

2 Samuel 23:1-7
Psalm 132:1-12 (13-18) (UMH
849)
Revelation 1:4b-8
John 18:33-37

11/29

Jeremiah 33:14-16
Psalm 25:1-10 (UMH 756)
1 Thessalonians 3:9-13
Luke 21:25-36



WORSHIP ASSISTANTS

Acolyte

11/1 Kaylee McLaren
11/8 Penny Pence
11/15 Cindy Deavers
11/22 Clara Breeding
11/29

Nursery

11/1 Megan Aldhizer & Lynn Tuten
11/8 Gail Armstrong & Peyton Meier
11/15 Judy Riner & Christy Powell
11/22 Teresa Barr & Mary Sheets
11/29

Children's Message

11/1 Pastor Tom
11/8 Cindy Deavers
11/15 Robin Craun
11/22 Kevin Armstrong
11/29 Helen Morse

Ushers

11/1 Lewis Whitmer & Jake Botkin
11/8 Helen Shifflett & Al Tuten
11/15 Henry Breeding & Charlie Bill Fretwell
11/22 Darryl Deavers & John Morse
11/29 Andy Breeding & Kevin Armstrong

Anniversaries & Birthdays for October

| | | | |
|------------------|-----------------------|------------------|----------------------|
| 1st | Bobby Beard | 19 th | Courtney Stout |
| 3 rd | Carolyn Pace | 23rd | Cindy Deavers |
| 3 rd | Mike Canipe | 23 rd | Berk Harner |
| 3 rd | Donald & Amy Michael | 23 rd | Steve & Tonya Meier |
| 5 th | Leon Sheets | 24 th | Inez Hite |
| 6 th | Matthew Coffman | 24 th | Jonathan Walker |
| 6 th | Mary Beth Walker Hill | 24 th | Dylan Anthony |
| 7 th | Ronald Booth | 25 th | Amy Herman |
| 7 th | Alison Coffman Markow | 26 th | Sarah Barr |
| 8 th | Carl Arndt | 26 th | Eddie & Vinda Shaver |
| 9 th | Leigh Shaver | 27 th | Nancy Glass |
| 9 th | Dallas VanLear | 28 th | James Howdyshell |
| 11 th | Rebecca Jo Kraisser | 29 th | Amy Michael |
| 12 th | Mary Lu Lewis | | |
| 12 th | Lee VanLear | | |
| 13th | Daryl Deavers | | |
| 14 th | John & Martha English | | |
| 14 th | Thomas & Pat Ewers | | |
| 15 th | Jean Critzer | | |
| 15 th | Pat Ewers | | |
| 15 th | Philip Mabry | | |
| 16 th | Brett Sundeen | | |
| 16 th | Kyle Kraisser | | |
| 17 th | Cody Coffey | | |
| 19 th | Braden Herman | | |
| 19 th | Fred Riner | | |



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

I'm sorry,
I'm late...
HAPPY BIRTHDAY

... and Belated
Best Wishes to All

Anniversaries & Birthdays for November

| | | | |
|----|--------------------|----|----------------------|
| 1 | Larry Shiflett | 17 | Lynn Tuten |
| | Judy Lalla | 18 | Lydia Hough |
| 2 | Susan Coffman | 19 | Lloyd & Kay Moore |
| | Gage Gunsalus | | Dorothy Caricofe |
| 3 | W. B. Harner, Jr | | Aggie Selmon |
| | Cathy Killough | 20 | Christopher McCray |
| | Kerry Fretwell | | Jolene Farrar |
| 5 | Linda Gail Johnson | | Curt Rosen |
| 6 | Joseph Bragg | 21 | Margaret Fitzgerald |
| | Steven Price | 22 | Robert Herman |
| 7 | Kevin Bell | | Nancy Evers |
| 8 | George Taylor | | Jeff Kraisser |
| | Earl & Jackie | 23 | Cindy Deavers |
| | Wilberger | 25 | David Critzer |
| 10 | Donald Michael | 26 | Ruby Howell |
| | Roy Randolph | 26 | Maureen Morris |
| | Jim Gruber | 27 | Steven Broyles |
| | Cathy Price | 27 | Wendy McLaren |
| 13 | Chuck Wagner | 27 | James & Linda |
| 13 | Cindy Sanger | | Howdyshell |
| | Cheyenne Canipe | 27 | Aggie & Betty Selmon |
| 13 | Daryl Deavers | 28 | Corey Stogdale |
| 14 | Katherine Garber | 29 | April Selmon |
| 14 | Beth Rogers | 30 | Jennifer Broyles |
| 17 | Juanita Howell | | Kimberly Hinkle |



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ACTIVITIES & EVENTS—November

| | | |
|------------------------|----------|--------------------------------|
| November 2, Monday | 9-12 | Food Pantry |
| November 3, Tuesday | | Election Day |
| | 1:30 | Minnie Carr w/Phyllis Fretwell |
| November 4, Wednesday | 7:00 pm | Choir Practice – Social Hall |
| November 11, Wednesday | 7:00 pm | Choir Practice – Social Hall |
| November 12, Thursday | | UMW Set up Bazar |
| November 14, Saturday | 12:00 pm | HOTS |
| November 16, Monday | 9-12 | Food Pantry |
| November 17, Tuesday | 6:30 pm | UMM |
| November 18, Wednesday | 7:00 pm | Choir Practice – Social Hall |

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Why would treating these chemicals be any different than treating other physical imbalances? (Would a diabetic not take insulin if needed?)

Psychological: How have you been raised in relation to getting help from the medical field for emotional or mental health concerns? Growing up, how did you see your parents or others handle stress, anger, or other difficult emotions? What did they use as a coping skill? We learn what we see.

Social environment: Do you hang with other tobacco users: co-workers, family and friends? Is tobacco usage acceptable and even expected in your social network? What are the dynamics at home or at work? Situations that are stressful in any part of your life will affect your overall coping.

The tobacco user needs to consider other health conditions they have: physical or mental? Some people have physical diseases that will improve with cessation of tobacco. Some people have preexisting mental health conditions, which is ok!!! If someone has depression, anxiety or other, they need to be monitored by a Primary Care Physician (PCP). Always seek guidance from a health care person, before starting any tobacco cessation plan.

The first step is to examine the type of person you are and kind of smoker you are. Based on your past experiences with tobacco and with quitting, sometimes you have a preexisting thought about what to use this time around on your quit try. Some people try cold- turkey, which is acceptable too. Some will try the Nicotine Replacement Therapy (NRT) and others will try medications to assist them: Bupropion (Wellbutrin) or Varenicline (Chantix). Just because you tried one of the above and are still smoking, doesn't mean it won't help you this time. Have an open mind about the aids available to assist tobacco users. Get educated on how they work and side effects to consider. An educational class about tobacco use and quitting is also recommended. You will need to think of new ways to cope with anger, frustration, etc, other than tobacco. Also, think of other ways to reward yourself instead of using tobacco: after a meal, before a task or after something is completed. Quitting tobacco is not as simple as "I use today and will be quit tomorrow". A person that is quitting has to not only create a plan to quit, but also activate that plan.

For more information regarding tobacco cessation - quitting tobacco, please contact

Dana H. Breeding, RN at Community Wellness of Augusta Health.

Work phone: 332-4988 or 932-4988, or email at dbreeding@augustahealth.com.

Great American Smoke Out information can be found at: <http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>

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the coins and dollars donated by our congregation which has resulted in 151 gifts of cows, sheep, pigs, bee hives, goats, flocks of chicks, rabbits, lamas, and water buffalo. The students have learned to sort and count coins, that savings can add up a penny at a time, sharing and bonding with each other while counting, discussions of how the animals provide food and income to the recipient and the opportunity to choose animals that they want purchased. They listen to stories from World Art magazine, newspaper articles and DVD's sent from Heifer International. Also in this class they have regular Cokesbury study curriculum which includes biblical lessons and a puzzle. Generally this is more activity than can be completed in the Sunday school time but we all work to achieve these goals.

How can you help? Continue to support the students as they collect coins during Sunday school and if you are not involved in a Sunday school class, see Becky Tate, who will share ways you can participate in Heifer International. The poster with Becky Tate (see above picture) was designed and made by Chloe Breeding, Morgan Craun and Becky Tate several years ago when these young ladies were participants in Becky's class.

Breakfast for Casa de Amstad

Our UMW served breakfast to the multicultural center at Casa de Amstad on Saturday, October 10th at the Basic United Methodist Church in Waynesboro.



New Hope United Methodist Church
PO Box 86
New Hope, Va 24469
Web Page: mynhumc.weebly.com

Address Service Requested



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