

Hilltopper

Harrisonburg District

September 2016



Prayers
Presence
Gifts
Service
Witness

Homecoming September 25, 2016 Everyone Invited

This will be a special Sunday of memories and celebration. Invitations have been sent, preparations have been made, and it won't be the same without YOU !

Special points of interest:

- Homecoming
- Photos
- Nurse's Health Corner
- Tangier Island Mission Opportunity
- Anniversaries & Birthdays

9:30 AM - Sunday School for all ages

Coffee, juice, and pastries will be in the courtyard between Sunday School and Worship

10:30 AM - Worship Service In the sanctuary

Guest Speaker : **Rev Glen Evans**, former pastor with significant missional work in Honduras through Art for Humanity



12:00 noon - Covered Dish Meal in the Social Hall
Drinks, Table Service provided

1:00 PM - Joyful Music to the Lord (in the Sanctuary)

Earl Willberger
Jolene Cline Farrar
David Williams
Rev Shin Hong



He asked for a bottle of Gatorade

(reprinted from <https://wesleyanleadership.com/category/discipleship/page/3/>)

For as long as I can remember a homeless man has been hanging out every morning just opposite the Starbucks parking lot near my office. I always look for him when I walk from my car to the building I work in. Most every morning I see him in his wheelchair “directing” traffic entering and leaving the parking lot. On the occasional mornings I walk to Starbucks for a cup of coffee, I do my best to avoid him.

I know, as a Christian, I should not avoid contact with this man. I know Jesus, and John Wesley, would expect me to go out of my way to do what I can to help him. But all I want to do is get my coffee and get back to my office as quickly as possible.



Today I was in an all-day staff meeting. We began the day with devotions led by one of my colleagues. He told us to take a walk for 10 minutes and think about what we are thankful for. I decided to walk around the block. I left the building and turned left, heading towards Starbucks. To save time I decided to walk down the alley. That’s when I realized I could not avoid the homeless guy.

As I approached he smiled and waved at me. When I got closer he asked if I had any spare change. I don’t like to give cash to people on the street so I declined to give him anything. He smiled and said, “Maybe next time.” Then he said, “If you’re going by CVS, I could sure use a bottle of Gatorade.” I replied, “I’m late for a meeting and don’t have time.” He said, “That’s okay. Have a good day.”

As I continued walking I remembered a passage in the Works of John Wesley. It may have been in one of his letters or in his journal. Perhaps it’s in one of his sermons. He wrote about how works of mercy are just as much means of grace as works of piety. In fact, at times, they may be even more important. Wesley wrote something to the effect that if you are on your way to a class meeting or worship service and encounter a hungry person, then you are obligated to stop and help; even if doing so means you will be late, or miss, your meeting. I suspect he also made reference to the parable of the Good Samaritan.

Realizing that I would probably be late returning to the staff meeting, I ran into CVS, purchased a bottle of Gatorade, and brought it to the man in the wheelchair directing traffic at the Starbucks parking lot. He smiled and said, “Thanks! Have a blessed day.” I didn’t mind being a little late. I also knew that bringing him that bottle of cold sports drink was something I could not not do. It was my obligation as a professing Christian, and a long-time member of a Covenant Discipleship group.

As I reflect on the experience I am convinced my ability to respond as I did is the result of years of accountability for my discipleship. For years I’ve lived with a covenant clause that says, “We will seek out ways to show compassion to all people and all God’s creation.” This morning the Holy Spirit led me to a man in a wheelchair in the hot sun that needed a cold drink. The years of accountability for discipleship helped me realize helping that man was more important my need to get to my staff meeting on time.

How has accountability for witnessing to Jesus Christ in the world and following his teachings through acts of compassion, justice, worship, and devotion under the guidance of the Holy Spirit changed you? How has it changed your congregation?



Sweet Hour of Prayer
Every Saturday at 8am

Youth Sunday 2016



Nurse's Health Corner

(This is a re-print from 2015, but a helpful reminder this year as well)

Get the gear for a Successful School Year

Working on the 'back to school' check list? An appropriate backpack for managing school items should be top on the list. When used appropriately, the backpack can distribute the weight of the items through the legs via the relatively strong core muscles of the back and hips. An "A grade" backpack is essential because school age children are not as skeletally mature as adults, so they are more susceptible to strains to their growing musculoskeletal system.

An "A grade" backpack:

- Fits correctly and has the right features
- Worn correctly
- Not overloaded

Fit and Features: Select the right backpack and make sure it fits

First of all, a desired feature is light in weight, so the back pack itself is not a stressor. Secondly, wide straps are a necessity to spread the weight of the pack and contents over a greater area. Various compartments for items assist in weight distribution and aid in organization. There should be at least one strap to cinch on the outside that moves the load closer to the user's back. Finally, reflective materials are a safety bonus when visibility may be in question.

The fit of the backpack is as equally important as its features. The back of the pack should fit snugly in the mid-back. The bottom of the pack should rest in the lumbar area, rather than over the tailbone. If it rests too low on the back, it will pull the student backward, causing the student to slouch forward to offset this stress, which in turn can cause muscle strain. While it may be tempting to order the pack online, it is better to test the fit at the store, ensuring a correct fit.

Wear the pack with a double strap

Often students will use only one shoulder strap, creating a twist in the student's posture, which could lead to an injury. Using both shoulder straps evens the load. While it may not look as cool to use two straps, back pain isn't cool either.

Manage the contents inside the pack

Experts recommend that the weight of the pack, including contents, not exceed 15% of the student's body weight. Interestingly, a study showed that younger age children (upper elementary age) tend to exceed this guideline more than older students. A heavy pack not only fatigues the muscles while being worn, but also strains muscles when taken on and off each time. Heavier items should be placed closer to the spine so the weight can be transferred more effectively down the legs. Lighter items and those used more frequently should be placed near the outer part of the pack.

(Continued on page 7)

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.

MISSIONS: Once again this October we will be traveling to Tangier Island on Volunteers in Mission trip. We will leave early on October 3, 2016, and return on Saturday, October 8th late afternoon. The cost for this mission is \$350 which includes all transportation, lodging and meals. If you are interested, please see either John Morse or Kim Maugans.

Web Page

Web Page: mynhumc.weebly.com

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

Lectionary Readings

9/4

Jeremiah 18:1-11
Psalm 139:1-6, 13-18 (UMH 854)
Philemon 1:1-21
Luke 14:25-33

9/11

Jeremiah 4:11-12, 22-28
Psalm 14 (UMH 746)
1 Timothy 1:12-17
Luke 15:1-10

9/18

Jeremiah 8:18-9:1
Psalm 79:1-9 or Psalm 4 (UMH 741)
1 Timothy 2:1-7
Luke 16:1-13

9/25

Jeremiah 32:1-3a, 6-15
Psalm 91:1-6, 14-16 (UMH 810)
1 Timothy 6:6-19
Luke 16:19-31

10/2

Lamentations 1:1-6
Psalm 137 (UMH 852)
2 Timothy 1:1-14
Luke 17:5-10

10/9

Jeremiah 29:1, 4-7
Psalm 66:1-12 (UMH 790)
2 Timothy 2:8-15
Luke 17:11-19

10/16

Jeremiah 31:27-34
Psalm 119:97-104
or Psalm 19 (UMH 750)
2 Timothy 3:14-4:5
Luke 18:1-8

WORSHIP ASSISTANTS

Acolyte

9/4 Joanie Troxell
9/11 Weston Powell
9/18 Derek Deavers
9/25 Becky Tate
10/2 Weston Powell
10/9 Helen Morse
10/16 Derek Deavers

Nursery

9/4 Morgan Craun & Martha Fretwell
9/11 Robin Craun &
9/18 Tonya & Taylor Meier
9/25 Betty & Courtney Stout
10/2 Dana & Clara Breeding
10/9 Carolyn & Kenny Fretwell
10/16 Angella & Penny Pence

Children's Message

9/4 Pastor Shin
9/11 Dana Breeding
9/18 Cindy Deavers
9/25 Robin Craun
10/2 Pastor Shin
10/9
10/16

Lead Ushers

9/4 Rob Riner & Jake Botkin
9/11 Lewis Whitmer & Becky Tate
9/18 Henry Breeding & Charlie Bill Fretwell
9/25 Darryl Deavers & John Morse
10/2 Rob Riner & Jake Botkin
10/9 Lewis Whitmer & Becky Tate
10/16 Henry Breeding & Charlie Bill Fretwell



September/October Anniversaries & Birthdays

September

1st Cheryl Bragg
 1st Kevin & Gail Armstrong
 1st Carl & Polly Caricofe
 2nd Hunter Joyner
 3rd Nadine Hinebaugh
 7th Bobby & Glenna Beard
 7th William & Arlene Crist
 8th William Crist
 9th Beth Howdyshell
 10th Chris Botkin
 10th Lester Herman
 10th Dallas & Pam VanLear
 11th Steve Carter
 11th Brandan Whitmer
 11th Mike & Becky Breeding
 12th Terri Carter
 12th Jeff & Becky Kraisser
 12th Christy Aldhizer
 13th Dr. Esther Mabry
 14th Judy Critzer
 15th Barry Powers
 16th Josh Walker
 17th Thomas Ewers
 18th Robert Morrison
 18th Greg & Jolene Farrar
 18th Roger Aldhizer
 19th Mia McLaughlin
 20th Billy Price
 21st Jacob Botkin
 22nd Michael Morris, Jr
 23rd Otho Fitzgerald
 24th Dawn Miller
 24th Dylan Anthony
 24th Darryl & Cindy Deavers
 25th Brandon White
 25th Henry & Margaret
 Breeding
 25th Betty Stout
 26th Glenna Powers
 26th Jim Joyner
 27th Beth Breeding
 28th Donna Walker
 30th Martha Fretwell

October

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



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

Wheels aren't necessarily better

Some students opt to use a rolling pack instead of a backpack to tote their items. Studies have found that these may be less effective in managing back pain than a properly fitting backpack. In addition, the wheels add weight to the system.

Fit for life

An "A Grade" back pack to carry school items is just one piece of the health puzzle for school students. Too much time in front of the computer (especially playing games) and too much time spent bent over a phone texting or gaming can cause bad posture and place stress on back and neck muscles and joints. While some computer time is inevitable, it is best to limit this time and break it up with some movement.

Daily exercise of thirty to sixty minutes is essential for growing bodies. Exercise can be simple like a daily walk, bike ride, yoga or gardening. Video games designed to promote activity can also be fun for kids and adults. Adults should take the lead in modeling healthy habits as students also learn from their role models at home. Here's to making the upcoming school year a healthy one.

Joyce Rathfon is a Physical Therapist and Athletic Trainer at Augusta Health Outpatient Therapy. She is a graduate of The Pennsylvania State University and Boston University. Contact Dana H. Breeding, RN Health Educator from Community Outreach, at Augusta Health, related to the above information, at 332-4988 or 932-4988.

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

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



New Hope United Methodist Church

55 Round Hill School Road

New Hope, Virginia 24469

363-5940

Rev. Shin Woo Hong, Pastor

Email: newhopechurch@newhopetel.net