

Pastor's Corner

Volume 22 Issue 10

October 2008



CLOVER HILL UNITED METHODIST CHURCH

IN TOUCH

The Apostle Paul in the closing days of his ministry so wanted to be with Christ in Heaven, but he knew it was to those here, on earth, that he must continue to encourage them in their faith. In Philippians 1:21-30 we find Paul telling us the privileges of being a Kingdom Citizen. His Words of Encouragement are an example of how We are to accept this Privilege of being a Christian.

It is a Privilege An Honor One that we do not deserve,
But one we have been graciously given by God!
Others watched Paul, how he lived out his Christian duty.
Others are watching us as well!

Share in our boasting that we are in Christ Jesus!
That means that we are part of him, his death and his resurrection. We belong to Him!

Live your life in a manner worthy of the Gospel.
Live like those who have received the Good News God has given to you.
How is that? Upbeat! You Bet Hopeful! Of Course
With those higher standards God Expects!
That is a given

Standing side by side, firm in your faith!
This is the strength that comes from the community of believers. Have one another's backs!
Got your back You bet brother You bet sister

Do not be intimidated by your opponents?
Who are they? Those who oppose the Christian Faith
Those who oppose Jesus the Son of God
Who is on your side? Jesus!

And your brothers and sisters in the faith!
God the Father has been at work and continues to be!
Granting you a present and future Salvation through Christ!

God gives to us the privilege of believing in Jesus and with that also the privilege
of suffering for him as well.

Suffering is a part of our faith journey, and it is not to be so much a burden but a privilege. How
you view suffering in your life is dictated or determined by your faith in Jesus and the assurance of
the Hope he has graciously given to you.

We "suffer" now, yet it is just for a little while.

We are given a place in God's Kingdom, The Kingdom of heaven.

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*With this in mind one of my parishioners gave me this
plaque so that I may keep myself focused! The plaque
says,

"A Preachers retirement plan is out of this world."

Your retirement plan is the same.
Quite a bit more secure than the stock market!
Take stock in God, invest in the Son!
The Dividends are ongoing
And it is a long term investment!

Rev. Rob

Dayton Days fundraiser Oct 4: We will be
sponsoring a food booth again this year selling
Cheesy Potato Soup, white beans, hot dogs, pi-
mento cheese sandwiches, drinks and des-
sert. Volunteers are needed to help If anyone can
help, contact Hope or Dawn.



With a Caring Heart



A phone call, a visit or a note would be deeply appreciated by these in our church family:

Please keep the following friends and members in your prayers:

=



Youth Updates

Since our last newsletter the youth have been busy. In August a small group went camping at Furnace Creek campground in Fort Valley. They had a great time hiking, fishing and they ate very well!

On Sept. 7, we had our opening cookout at Rob's house. As usual, Wilson grilled some delicious hot dogs and hamburgers. We had fun playing games and had a short devotional time.

On Sept. 14, we went biking at Hillandale Park. It was a beautiful day, but very warm. After biking we enjoyed a cookout with our families.

Sunday Oct. 5 - Youth Meeting after church, lunch provided.

Sunday Oct. 19 - Church Hike. Meet at Riven Rock park at 2:00. We will hike to the fire tower on Shenandoah Mtn. and return to Riven Rock for a cookout at 5:00. Hot dogs will be provided, please bring a dish.

Sunday Nov. 2 - Youth Meeting after church, lunch provided.

Saturday Nov. 15 - Tailgating with the Dukes -(25) youth and friends will be cheering the JMU Dukes against William and Mary. For those who requested tickets, please meet at the church at 3:20pm. We will carpool to the Convo where we will tailgate before the game. Please dress appropriately for the weather, game time is 6:00pm. Please bring \$10 for each ticket you ordered and money for the snack bar.

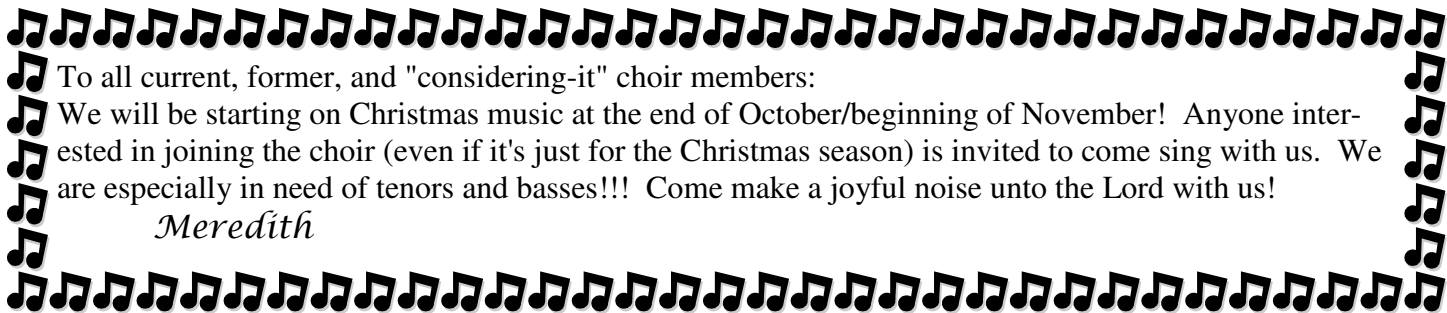
Saturday Dec. 6 - Make meals for shut-ins/church members. More details coming.

Dec. 22 - Christmas Party at Jan's house. More details coming.

Plans are being made for a trip to a "haunted cornfield". We'll pass that information to you once plans have been finalized.

Friends are welcome at any youth event!! If you have any questions, please call Jan (828-4602), Rosie (867-9339), or Connie (879-9066).

Bible Quiz Answer: C
(See 1 Corinthians 15:6.)



To all current, former, and "considering-it" choir members:

We will be starting on Christmas music at the end of October/beginning of November! Anyone interested in joining the choir (even if it's just for the Christmas season) is invited to come sing with us. We are especially in need of tenors and basses!!! Come make a joyful noise unto the Lord with us!

Meredith

Promoting a Healthy "Hill"

Donna

Each year at this time, I cheat when it comes to my article for the newsletter—I **always** write about the flu.... Why? Because flu season is about to begin, and because it is an illness that can be avoided. According to the Centers for Disease Control, every year in the United States, on average 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications, and; about 36,000 people die from flu.



There are two ways to protect yourself against the flu – the vaccination (which is a killed virus) or the nasal spray FluMist (which does contain live viruses--however, the viruses are weakened and cannot cause flu illness). The shot is made by taking influenza viruses, growing them in eggs, purifying them and inactivating them with formaldehyde. The FluMist is also made by growing the viruses in eggs. Since the vaccines are made in eggs, they contain small quantities of egg proteins. People who are allergic to eggs can have a severe allergic reaction. This reaction only occurs in about 1 in every 2 million people who receive the vaccine. If you are an individual that is allergic to eggs, check with your physician prior to getting the vaccine.

****Please note that the nasal spray (FluMist) is only approved for use in healthy people 2-49 years of age who are not pregnant.**

Protection begins 2 weeks after getting the vaccine and may last up to a year. The vaccine prevents about 70-90% of those that are vaccinated from developing moderate-to-severe influenza.

As you probably already know, influenza is a respiratory disease caused by a virus that travels through the air. The types of strains of flu virus may change from year to year, even within the same year. The flu vaccine is updated each year and is made based on the flu strain which is appearing the most in that year. This year's vaccine is supposed to help prevent 3 strains of influenza. This is the first year that the vaccine contains all new strains of influenza. In the past, only one or two strains were changed at a time.

People who get the flu may have fever, chills, headache, dry cough and muscle aches for several days to a week or more. It is a breathing illness. Symptoms such as nausea, diarrhea, and vomiting are uncommon with the flu; instead they are caused by an organism other than the influenza virus.

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. (Trust me, if you've ever had the flu – you'll know because you'll feel like you've been hit by a Mack truck). Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. And colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

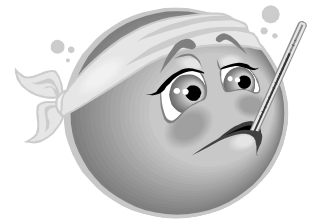
Get vaccinated – or if you develop symptoms – see your doctor immediately as there are anti-viral medications that can decrease the severity of your symptoms.

And remember – ALWAYS WASH YOUR HANDS!

Just for fun – what do you know about the common cold??



Promoting a Healthy "Hill" Continued from page 3



Take the following True/False quiz to assess your knowledge of the common cold.

1. A cold is called a cold because they used to be blamed on England's cold, damp weather.
2. The common cold is caused by bacteria.
3. A cold is any type of nasal or bronchial infection.
4. The bug that causes the common cold is hard to combat because it mutates frequently to trick our immune system.
5. Colds are more common in winter because rain and cold weather cause colds.
6. Air conditioners aggravate colds because they dry out our mucous membranes.
7. The best way to avoid the common cold is to hold your breath and run as fast as you can when someone sneezes.
8. The common cold bug is also called the rhinovirus.
9. An effective treatment for a cold is getting under a pile of blankets and sweating it out.

1. True
2. False – The common cold is caused by a virus. That's why antibiotics, used to fight bacterial infections, don't help to fight a cold.
3. False – A cold is a short-lived viral infection of the upper respiratory tract. A cold is different from the flu—they are caused by different viruses.
4. True
5. False – Colds are more common in winter because people are indoor more often, where the air is stagnant, germs are more numerous, and people are closer together.
6. True – Our mucous membranes are our first line of defense. Air conditioners also circulate germs.
7. False – As tempting as running away may seem, the best way to avoid the common cold is to wash your hands frequently and to keep them away from your face.
8. True – there are more than 100 varieties.
9. False – there is nothing to do but rest and wait it out. There is no cure for the common cold.

Administrative Council Highlights 9-9-08

- * Council thanked Isy, and his fellow helpers, for the new building built by them at the cemetery. Robert will plant grass around building.
- * Council approved a request made to sponsor a Cub Scout pack (youngsters from Ottobine Elementary School) at our church. There will be no costs except to provide a meeting place for them for weekly meetings, and maybe a once a month meeting.
- * Charge Conference will be held Tuesday, September 23 at 7PM at the church. All church members are encouraged to attend, and support our pastor and church happenings.
- * The proposed 2009 Operating Budget and list of new church officers was approved, and will have the final approval at Charge Conference.
- * A new member class will start on Sunday night, September 28. This will be for people who want to be baptized, confirmed, transfer their memberships, reaffirm their faith or just refresh themselves by attending the class. You must be in the 6th. grade to attend, and the class's makeup will include both youth and adults.
The classes will be held on Sundays from 6:30 PM-8:00 PM on September 28, October 12, October 26, November 2, November 16. Attendees will be brought into the church on November 23.
- * A Bible study on the Book of Romans will begin on Monday, September 29 for approx. one hour. Morning session will be at 10 AM; evening session will be at 7 PM. Bring your bible.





The NFPA is the source of the information below.

Please allow me to talk about carbon monoxide (CO) first.

Regarding the very close call a local family experienced at the County Fair, in our Sunday school class I realized there is much confusion about CO.

Often called the silent killer, CO is an invisible, odorless, colorless gas created when fuels, such as gasoline, wood, coal, natural gas, propane, oil and methane burn incompletely.

CO enters the body through breathing. CO poisoning can be confused with flu like symptoms, food poisoning and other illnesses. Some symptoms include shortness of breath, nausea, dizziness, light headedness or headaches.

Everyone is at risk for CO poisoning! High levels of CO can be fatal for anyone, causing death within minutes!

Protect your family with a carbon monoxide detector. How do I know if I need one? Simple, if you have a gas or oil furnace, wood stove, gas logs, gas water heater or gas cooking range you need a CO detector. Look for the Underwriters (UL) or Factory Mutual (FM) logo to know the detector has passed testing requirements.

Cooking with care:

Stay in the kitchen while frying, grilling or broiling.

Keep anything that can catch fire away from your stovetop.

Wear close fitting clothing. Loose clothing can dangle onto burners and catch fire.

Keep an oven mitt handy. If a small fire starts in a pan, put on the oven mitt and slide a lid onto the pan. Turn off the burner and don't remove the lid until cool.

Everyday electrical safety:

Keep lamps, light fixtures and light bulbs away from anything that can burn, such as lamp shades, bedding, curtains and clothing.

Replace cracked and damaged electrical cords.

Use extension cords for temporary wiring only, not constant use.

Homes with small children should have tamper resistant receptacles.

Healthy heating:

Install and maintain carbon monoxide alarms to avoid risk of carbon monoxide poisoning.

Maintain heating equipment and chimneys by having them cleaned and inspected yearly.

Keep anything that can burn 3 feet away from heating equipment.

Turn portable space heaters off when you go to bed or leave the room.

Don't use an oven to heat the home.

Candle with caution:

Keep candles at least 12 inches away from anything that burns.

Use sturdy, safe candleholders.

Never leave a burning candle unattended.

Avoid using candles in bedrooms and sleeping areas.

Use flashlights for emergency lighting.


This information is just the tip of the iceberg. Please go to www.nfpa.org to find further information.

Or, please ask me about anything presented here.

Thanks! *Ted*

October 2008

DATES TO REMEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 	

- 1 - Choir Rehearsal - 7pm
- 2 - Sr. Citizen's lunch & meeting - 11:30am
- 3 - Prepare for Dayton Days - kitchen
- 4 - Dayton Days Fundraiser
- 5 - World Communion Sunday
- 5 - Youth meets after worship in Fellowship Hall
- 6 - Bible Study on Book of Romans - 10am & 7pm
- 8 - Choir Rehearsal - 7pm
- 12 - Confirmation/New Member Class - 6:30-8pm
- 13 - Bible Study on Book of Romans - 10am & 7pm
- 14 - Administrative Council meeting - 7pm
- 15 - Clover Hill Ruritan Zone meal - 7pm
- 17/18 - Layman wedding & Rehearsal
- 19 - Church Hike - 2pm
- 20/21 - Pastor Rob in service @ Blackstone, VA
- 22 - Choir Rehearsal - 7pm
- 26 - Confirmation/New Member Class - 6:30-8pm
- 27 - Bible Study on Book of Romans - 10am & 7pm
- 29 - Choir Rehearsal - 7pm
- Nov. 9 - Homecoming

Special dates

- World Communion Sunday, October 5, 2008
- Columbus Day Observance, October 13, 2008
- Reformation Sunday, October 26, 2008
- Reformation Day, October 31, 2008



October Birthdays and Anniversaries

Anniversaries



 **October**
ANNIVERSARIES

 **October Birthdays**

Birthdays

Bible Quiz



In chapter 15 of First Corinthians, St. Paul wrote of several appearances of the resurrected Lord. Christ appeared to some women, to Peter and to the 12 disciples. Then Paul writes of Christ's appearing to a large number of people. How large was that crowd?

- A. more than 50
- B. more than 100
- C. more than 500
- D. more than 5,000

Answer on page 2



Neighbors Helping Neighbors

As Jesus tells us in the Parable of the Good Samaritan, all people are our neighbors. You can make a difference for others, beginning in your own neighborhood. Make and share this craft so people know you care and are thankful for your community.

What you need:

- Clear, disposable, non-powdered, non-latex gloves
- Craft paint
- Paintbrush
- Popped popcorn (about 3 cups per glove)
- Rubber bands
- Ribbon or raffia
- Construction paper or cardstock
- Markers or crayons
- Hole punch

What you do:

1. Paint one side of the glove's fingertips to look like fingernails.
2. Fill the fingertips, then the rest of the glove, with cooled popcorn.
3. Wrap a rubber band around the wrist of the glove.
4. Tie ribbon or raffia around the rubber band.
5. Make a card. Ideas include "Welcome to the neighborhood," "Thanks for being such nice neighbors," "Here's how we'd like to serve you," etc.
6. Punch a hole in the corner of your card and tie it to the glove.
7. With an adult, pass out your "neighborly" gifts.

THE SECOND GREAT Commandment

In the Gospels, Jesus tells us that the greatest commandment is to "Love the Lord your God with all your heart and with all your soul and with all your mind" (Matthew 22:37, NIV). Do you remember what the second great commandment is? Use the code below to discover it.

“L _____”

4,5	6	8	2	8,9	6	7,8	6,7
5	2	4	3	3,4	1,2	6	6,7
1				7			
8,9	6	7,8	6,7	7	2	4,5	2,3

Matthew 22:39, NIV

Answer: "Love your neighbor as yourself."

**CLOVER HILL UNITED
METHODIST CHURCH**

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Words Count

The six most important words in the English language are: "I admit I made a mistake."

The five most important words in the English language are: "You did a good job."

The four most important words in the English language are: "What is your opinion?"

The three most important words in the English language are: "If you please."

The two most important words in the English language are: "Thank you."

The one most important word in the English language is: "We."

The least important word in the English language is: "I."

The two least important words in the English language are: "I can't!"

The three least important words in the English language are: "You messed up!"