



# PASTOR'S CORNER

In reading Genesis we see God busy creating all things in 6 days. Then what does the Lord Almighty do on the 7th Day? He takes a Sabbath rest. Genesis 2:1-4 "Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done." God had set the pattern for us to follow!

In fact in the 10 commandments God gave us the command to honor the Sabbath as well in the 4th commandment. Exodus 20:8-11 "Remember the Sabbath by keeping it holy. Six days you shall labor and do all your work, but the Seventh is a Sabbath to the Lord

your God. On it you shall not do any work." Since God created us and knows us in and out he knows that we were created by Him to rest one day in seven.

Human kind is to abstain from work and honor God on that day. Most of our Sabbath days are far from the holiness God envisioned for us! Maybe we are in the mess we are in as people, as a nation, and as a world because we

*...so on the seventh day he rested from all his work.*

get going so fast and haven't learn to rest and refocus our attention upon God as the creator intended us, his

creation to do. Only then can we keep our lives in focus and recharge our spiritual and physical bodies as well! The pace of our lives today is spiraling out of control with deadlines and emergencies which really are not "emergencies". We have become a people who have lost our way and our focus. Even Jesus with his hectic schedule would rise early and go off to spend time of Sabbath with his

heavenly father (see Mark 1:35). We see Jesus honoring the Sabbath as well as he spent time in the Synagogue reading and teaching from the Scriptures. Where Jesus ran into trouble was when he did acts of healing on this Sabbath day. He reminded people then it was ok as he was Lord of the Sabbath to do works of healing on this day. This is why it is necessary for some in our culture, like doctors and nurses, to provide works of healing and care. Those who work on the Sabbath must take time to honor this on another day. We turn our Sabbath days into a day like any other work day, and forget to focus upon our relationship with God. We find ourselves totally out of balance and out of the healthy rhythm that God created us to be in. So I encourage you to recapture the Sabbath, not a day to do errands and play catch up in our work but to be at rest with God! Start small taking a few hours then extend this to an entire day. You will notice major improvements in your daily journey.

*God Bless,  
Pastor Rob*

CLOVER HILL  
UNITED METHODIST CHURCH  
IN TOUCH

## SAINT VALENTINE'S SACRIFICE

Every February 14, we celebrate the loved ones in our lives with cards, flowers and chocolate. But Valentine's Day has another meaning that's been lost.

First declared a holiday by King Henry VIII of England in 1537, it commemorates the beheading of Saint Valentine on February 14, 270 A.D. His crime? Performing wedding ceremonies after Roman Emperor Claudius II had outlawed marriage.

Valentine was martyred for faithfully doing the work God had given him. Although it's good to celebrate love and marriage, let's also remember the courage of a man who gave his life following his convictions.

## Inside this issue:

Promoting a Healthy Hill	2
Council Highlights	3
Outreach Sunday School Class	3
West Rockingham Food Pantry	3
Building Fund Update	5
Friends of Barnabas Foundation	6
Youth News	6



# Promoting a Healthy Hill

Submitted by Donna Thacker



It appears that Carla is having too much fun with the clip art for the newsletter. I can only guess what picture I'll have on this article since I'm writing about shingles.

Shingles is caused by the varicella zoster virus – the same virus that causes chickenpox. After you've had chickenpox, the virus lies dormant in nerve tissue. The virus can reactivate later as shingles. This can cause a painful rash that most often appears as a band of blisters on one side of the body. Everyone has nerves that originate from the spinal cord. Not all nerves go everywhere – specific nerves go to specific places. So, if you have a flare of shingles, your pain and rash will be specific to the nerve that the rash is resting on. If you have shingles on the nerve that comes from the 10<sup>th</sup> thoracic vertebrae, then you will have shingles at the waist. If you have shingles on the trigeminal nerve, which is in the face, then you will have the pain/rash on the face. Make sense? The picture on the right may help.

The signs and symptoms of shingles usually affect only a small section of one side of your body. These signs and symptoms may include:

- Pain, burning, numbness or tingling
- A red rash that begins a few days after the pain
- Fluid-filled blisters that break open and crust over
- Itching

Some people also experience fever, chills, general aches, headache, and fatigue. Pain is usually the first symptom of shingles. For some, it can be intense. Shingles will eventually go away, but the earlier you are diagnosed with shingles, the better. If you begin antiviral medications within 72 hours of the first sign of the rash, your time of rash and discomfort can be reduced. Some people also require pain medications, so it's wise to seek advice from your doctor/NP.

A person with active shingles can pass the varicella-zoster virus to anyone who hasn't had chickenpox. This usually occurs through direct contact with the open sores of the shingles rash. Once infected, that person will develop chickenpox, however, not shingles.

Chickenpox can be dangerous for some groups of people. Until your shingles blisters scab over, you are contagious and should avoid physical contact with anyone with a weak immune system, newborns, and pregnant women.

## Complications

**Postherpetic neuralgia:** For some people, shingles pain continues long after the blisters have cleared. This condition is known as postherpetic neuralgia, and it occurs when damaged nerve fibers send confused and exaggerated messages of pain from your skin to your brain. Pain medication, antidepressants, or anticonvulsant medications may help provide relief until the pain subsides.

**Vision loss:** Shingles in or around an eye (ophthalmic shingles) can cause painful eye infections that may result in vision loss. If you develop shingles on your face, it is very important that you seek professional help – you do not want to lose your sight!

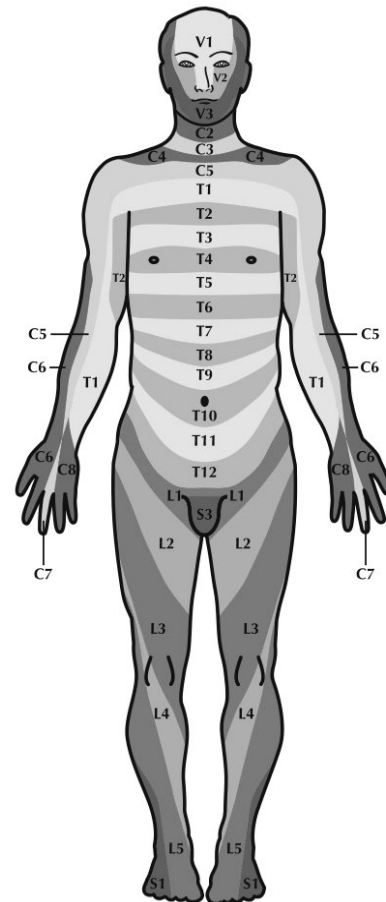
**Skin infections:** If shingles blisters aren't properly treated, bacterial skin infections may develop.

Almost 1 out of every 3 people in the United States will develop shingles, also known as zoster or herpes zoster. Anyone who has recovered from chickenpox may develop shingles; even children can get shingles. However the risk of disease increases as a person gets older. About half of all cases occur among men and women 60 years old or older

Two vaccines may help prevent shingles – the chickenpox (varicella) vaccine and the shingles (varicella-zoster) vaccine.

**Chickenpox vaccine** - Though the vaccine doesn't guarantee you won't get chickenpox or shingles, it can reduce your chances of complications and reduce the severity of the disease.

**Shingles vaccine** - The varicella-zoster vaccine (Zostavax) can help prevent shingles in adults age 60 and older who've had chickenpox. Like the chickenpox vaccine, the shingles vaccine doesn't guarantee you won't get shingles, but the vaccine will likely reduce the course and severity of the disease and reduce your risk of postherpetic neuralgia.



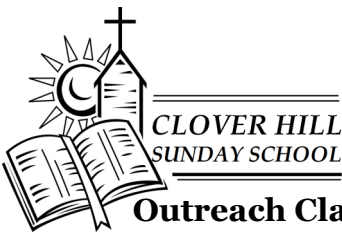
# Administrative Council Highlights

January 10, 2012

Submitted by Pat Garber

- United Methodist Men's Pork & Beef BBQ is Saturday, February 4 for \$9 a pound. See members of the United Methodist Men to place an order. Can be picked up between 11 AM and 1 PM in the Fellowship Hall.
- There will be an adult/youth mission trip to Lumberton, NC in July. The area is a Native American neighborhood of 15,000 people. Unskilled and skilled volunteers will be needed. Projects will depend on how much we can afford as we will supply our own materials.
- The youth will be doing the Spaghetti Supper & Silent Auction, Chicken BBQ, Easter Eggs, Memorial Day Rest Area food/drink give away. Anyone wanting to help with any of these projects contact Jan Rhodes.
- Rob attended a Pastor's Convocation Tues. through Thurs. January 17 -19 in Blackstone, Va. for Continuing Education.
- There was a great turnout for our New Years Eve open Fellowship Hall for youth/young adults for basketball, volleyball, games.
- The Youth held their Christmas party at the parsonage on Sunday, January 8.
- Suggestion has been made for securing screens over all lights in Fellowship Hall as they, on occasion, fall during volleyball activity. Last time one fell from top lights. When fan is fixed, it will be a good time to fix this as well.
- Bible Study on 2nd Samuel resumes on January 23rd.
- Group mentoring continues for candidates going into the ministry.
- New Member/Confirmation class Sunday nights from 7:00 pm to 8:15pm on January 29, February 26, March 25, April 29. See Pastor Rob for details.

Mission Trip July 21-27 to Lumberton, NC  
Cost \$75 each (can be paid in \$25 installments)  
Let Jan know by February 5th if you are going.  
Looking for a 12-15 passenger van for transportation.



## Outreach Class

Submitted by Graydon Ritchie



.....  
Are you tired of cold weather, and bored with nothing fun to do? Join us on Sunday, February 12 at 6:30pm in the church fellowship hall for a Valentine's Party that will make you forget just how cold it is outside, and how much fun it is inside. Come and enjoy playing the fun and friendship game, Progressive Hearts, winning prizes, eating delicious finger foods, fellowshiping with old friends, and meeting new friends.  
Please bring your favorite finger foods to share. Punch will be provided.  
.....

The Outreach Sunday School class gathers every Sunday at 9:30 am to study God's word from the International Sunday School lesson plan. The eleven dedicated members take part in the lesson and discuss it with the guidance of the Holy Spirit.

We would welcome anyone that would like to join us to study God's Word.

Thanks Graydon for sharing.  
Next month we will spotlight our Kindergartner thru Second Grade class led by Viola Estes.

## West Rockingham Food Pantry Submitted by Becky & Jack Martin

The West Rockingham Food Pantry thanks everyone for their donations of food and money in 2011. As we begin a new year, please remember the less fortunate families within our area who depend on our services each month.

The combined Thanksgiving service, that included Mt. Bethel COB, Clover Hill UMC, Ottobine UMC, and Mt. Horeb UMC, an offering of \$784.00 was donated to the pantry. Along with many other donations near the end of the year, the December 31, 2011 cash balance was \$9973.97.

The date for delivery to the pantry for February is Wednesday the 15th. Distribution date is Thursday February 23rd. Clover Hill Church will be in charge of food distribution for December 2012. If you are interested in participating in this mission, please let us know.





**Building Fund Update  
December 31, 2011  
Submitted by Alan Propst**

Alan provided the following summary and also put together the spreadsheet to the right.

December 31, 2011—had a cash balance (in BBT bank) in the amount of \$38,368.72

December 31, 2011—the outstanding amount owed on the building fund loans was \$321,460.62

In 2011—received donations and monies from fundraisers totaling \$40,604.15 and earned \$42.51 in interest

We paid out \$55,578.68 which included principal repayment on the loans of \$28,541.47 and interest and refinancing costs of \$27,037.21

	Balance 12/31/2010	Year 2011 Donations Made	Year 2011 Interest Earned	Transfer in Building Fund Accounts 2011	Building Fund Expenses 2011	Balance 12/31/2011
<b>ASSETS</b>						
Certificates/Checking/Savings						
Building CD (10% 12/22/11)	18,605.20		21.26	(18,626.46)		1,945.95
Checking-Building Fund	3,419.27				(1,473.32)	36,422.77
Savings-Building Fund	31,276.27	40,604.15	21.25	18,626.46	(54,105.36)	38,368.72
<b>TOTAL CASH</b>	53,300.74	40,604.15	42.51		(55,578.68)	<b>CASH</b>
	Balance 12/31/2010				Year 2011 Principal Paid	Balance 12/31/2011
<b>LIABILITIES</b>						
Loans						
BB&T-Permanent Loan	(342,887.10)				24,329.46	(318,557.64)
VA-UM Conference Loan	(7,114.99)				4,212.01	(2,902.98)
<b>TOTAL LOANS</b>	(350,002.09)				28,541.47	(321,460.62)
						<b>LOAN BALANCE</b>



Last fall Ben and I were blessed with the opportunity to travel to Honduras to provide health care for some of God's poorest people. Honduras is a small country in Central America with approximately seven million people. Five of the seven million people live in poverty and two million have no access to basic health care. FOBF (Friends of Barnabas Foundation) has been sending teams to this country since 2000, and has provided free medical care to over 210,000 children and adults living in the rural mountain areas.

We stayed at the Barnabas house, which is located in Pena Blanca. The first day was spent preparing medications and supplies for the rest of the week. We counted over 100,000 pills into individual plastic bags, sorted eyeglasses, and checked expiration dates on medications and supplies in the large storage room in the basement of the house.

One of our favorite memories is from that first night, when we attended an Evangelical worship service. Even though it was in a different language, it was incredible to witness their worship, and know we were praising the same God.

For the next five days, we loaded up a bus each morning and drove 1-2 hours to remote villages high in the mountains. At the villages we set up three stations; a sick clinic, an anti-parasite and vitamin clinic, and an eyeglass clinic. When the bus pulled up to our designated spot (usually the school house), the villagers would begin to crowd around us. After we unloaded our tubs and set out our supplies and medications, we would have a brief welcoming speech and give instructions for the day. The people would walk in and out of the three clinics receiving the services they needed. Ben and I worked in the anti-parasite clinic handing out deworming and vitamin A pills.

Since a majority of the water in these villages was not filtered, adults and children over the age of one could have the deworming pill every six months.

It was very humbling to see the basic needs of these people. They weren't able to drive 15 minutes to a pharmacy to get medicine for a headache, or ointment for a burn. They didn't have yearly mammograms to evaluate a suspicious breast mass. They didn't have primary care physicians to screen for heart murmurs, or remove large deposits of earwax. They couldn't easily access an Emergency Room to treat a child for a broken wrist or to have a kernel of corn removed from a nose. These were all people our doctors treated or referred for additional testing, in addition to taking care of minor colds, aches and pains.

We left Honduras counting down the days until we can return. Every day we felt God's love and grace, and tried to share it with the people we met. Each person we saw taught us a humbling message, to not take anything for granted. We are so blessed by this experience, it still brings tears to our eyes to remember the precious moments we had there.

We would like to thank the congregation for your prayers, thoughts, and contributions that made this trip possible. We're in the process of planning for the next trip, and pray for your continued support. If you'd like more information, go to [www.fobf.org](http://www.fobf.org) where you can read about other missions (surgical, extended care). Again, thank you, and we look forward to sharing more with you.

## Keeping Up With Our Youth

*Submitted by Donna Thacker & Kim Burwell*

We gathered at Pastor's Rob house on Sunday, January 8th for our Christmas Party. We had 17 in attendance. A box of Martin's BBQ potato chips and 2 pillow pets were the hottest items in our Chinese gift exchange. Dustin was glad that he didn't end up with the gift bag of Bath and Body Works products.



**CLOVER HILL  
YOUTH**

The other activity for January was the Spaghetti Dinner to help with the expenses of the mission trip.

### Future Youth Events

Sunday, 2/5: Super Bowl Party at the Burwell's house ~6:00 pm. Bring a snack food – pizza and drinks will be provided.

Sunday, 2/12: Progressive Hearts Party

Sunday 3/4: Swimming possibly – have to check the college Spring Break schedule.

Friday, 3/23: Lock-in. More details to follow, but probably rock wall climbing at this!

Sunday, 4/21: Family Game Night



# February 2012

## Special Dates



### African-American History Month

- Boy Scout Sunday, February 5, 2012
- Valentine's Day, February 14, 2012
- Transfiguration of Our Lord, February 19, 2012
- Presidents Day, February 20, 2012

**9:30 AM SUNDAY SCHOOL**

**10:30 AM WORSHIP**

## CLOVER HILL UNITED METHODIST CHURCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7PM CHOIR REHEARSAL	2 11:30AM SENIOR CITIZENS LUNCH & MEETING	3	4 MEN'S B-B- QUE \$9 LB PICK-UP BY 1PM  1:30-5:00PM F.H. IN USE
5  "SOUP"er BOWL AFTER CHURCH 6PM YOUTH AT BURWELL'S FOR SUPER BOWL	6 10AM & 7PM BIBLE STUDY on 2 <sup>nd</sup> SAMUEL	7	8 7PM CHOIR REHEARSAL	9	10	11
12 6:30PM PROGRESSIVE HEARTS PARTY IN F.H.	13 10AM & 7PM BIBLE STUDY on 2 <sup>nd</sup> SAMUEL	14  7PM ADMINISTRATIVE COUNCIL	15 Food taken to Pantry 7PM CHOIR REHEARSAL	16	17	18
19	20 10AM & 7PM BIBLE STUDY on 2 <sup>nd</sup> SAMUEL	21	22 NOON & 7PM ASH WEDNESDAY SERVICES	23 Food Pantry Distribution	24	25
26 7PM—8:15PM NEW MEMBER/ CONFIRMATION CLASS	27 10AM & 7PM BIBLE STUDY on 2 <sup>nd</sup> SAMUEL	28	29 7PM CHOIR REHEARSAL			

CLOVER HILL  
 UNITED METHODIST CHURCH  
 3169 CLOVER HILL ROAD  
 DAYTON, VA 22821

Non-Profit Org  
 US Postage  
 PAID

Harrisonburg, VA 22801  
 Permit No. 24



2012  
 Volume 22  
 Issue 2



# PUZZLE

## FOLLOW GOD'S EXAMPLE

In a letter to the church in Colossae, the apostle Paul wrote about the importance of forgiveness.

### •••• DIRECTIONS ••••

To complete Colossians 3:13 (NIV), use the smaller words to fill in the larger words.



gain as or ear van an for give  
 gave her on it one other he an a

B \_ \_ \_ \_ W \_ \_ \_ h each  
 ot \_ \_ \_ \_ \_ \_ \_ \_ d \_ \_ \_ \_ give  
 \_ \_ \_ \_ e an \_ \_ \_ \_ \_ \_ \_ \_ if \_ \_ \_ \_ y  
 of you h \_ \_ \_ \_ \_ \_ \_ \_ grie \_ \_ \_ \_ ce  
 a \_ \_ \_ \_ \_ \_ \_ \_ st some \_ \_ \_ \_ \_ \_ .  
 For \_ \_ \_ \_ \_ \_ \_ \_ as t \_ \_ \_ \_ L \_ \_ \_ d  
 for \_ \_ \_ \_ \_ \_ \_ \_ you." COLOSSIANS 3:13, NIV

Answers: "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." Colossians 3:13, NIV