



**CLOVER HILL  
UNITED METHODIST CHURCH  
IN TOUCH**

# PASTOR'S CORNER

During the Advent season we celebrated the coming of the Messiah, Jesus, as he enters into the darkened recesses of our lives as the light from the heavenly realms exposing the corrupted and dead zones within our very beings and providing for us the chance for new life, new direction, and new hope for us the seed of Adam and Eve. The choice to accept or reject Jesus as Lord and Savior in our lives is clearly laid out before us as we begin again another year. To accept means that we choose to embrace change within our lives. We clearly realize the need to allow Jesus to clean our spiritual and physical houses. It is a call to clean out the old decaying carnal nature and to replace it with the new spirit of Jesus taking up residence within our hearts.

Revelation 21:1-6 helps to reveal to us the power Jesus has of bringing about change in both the Physical and the Spiritual realm as well.

*Revelation 21:6*  
*Then he said unto me. "It is done! I am the Alpha and the Omega, the beginning and the end. ...."*

and all the while allowing us to pray and relate in a new way to a God who has understood the human condition and the day to day struggles of human life.

We are given a second chance to accept God as Lord of our lives and of becoming his children once again. As we begin 2012 what will you surrender to Jesus' control within your life? What areas of your life need to be radically transformed and resurrected to new life by the one who is the very source of life itself? Ecclesiastes says there is "a time for ever purpose under heaven," and in our own personal lives this is now the time for Jesus to create within us a fresh start and a new beginning. God will bless your during this time of renewal and resurrection within you.

God will in time create a new heaven and a new earth. Why, because the old has far outlasted its useful purpose and a new place needs to be created by the agent of creation himself, Jesus. When we are told that "the home of God is among mortals", it tells us that Jesus had come into his own creation as the babe born at Bethlehem to relate to us his creatures in a more personal and upfront way. Jesus became one like us, taking on the flesh and blood of humanity. That means Jesus is then able to offer himself in our place paying the full penalty for our sins,

*Happy and Fruitful New Year!*  
*Rev. Rob Hoskins*



## RESOLUTIONS

*Everyone seems to have at least one resolution that seems impossible to keep. And that can become very discouraging.*

*The prophet Jeremiah, who had his own reasons to feel down, wrote, "The steadfast love of the LORD never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness" (Lamentations 3:22-23, NRSV).*

*God refuses to give up on us. When we lose hope, when we fail and fall short, his mercy never runs out. Tomorrow is full of promise and our Lord's unceasing love.*

## Inside this issue:

Promoting a Healthy Hill	2
Mission Trip News	4
Youth News	4
Adult Bible Class	6
New Member/Confirmation Class	6
West Rockingham Food Pantry	6
January Calendar	7



I was recently asked to do a write-up on the foot/ankle, similar to the one that I did on the knee. So I did my usual search on the internet and discovered there is not a single simple picture of the foot/ankle. The reason for that...

The foot and ankle contains:

- 26 bones (One-quarter of the bones in the human body are in the feet.);
- 33 joints;
- more than 100 muscles, tendons and ligaments (Tendons are fibrous tissues that connect muscles to bones and ligaments are fibrous tissues that connect bones to other bones.); and
- a network of blood vessels, nerves, skin and soft tissue.

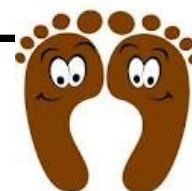
I hope the rest of this isn't too complicated and boring since I did not have a good picture to refer to.

All of these components work together to provide the body with support, balance and mobility. A structural flaw or malfunction in any one part can result in the development of problems elsewhere in the body (such as back pain). Abnormalities in other parts of the body can lead to problems in the feet.

Within each foot, the essential structure can be summed up as follows:

- Seven short tarsal bones make-up the heel and back of the instep.
- Five metatarsal bones spread from the back of the foot toward front and make-up the structure of the ball of the foot. Each metatarsal is associated with one of the toes.
- Fourteen phalanges, small bones, form the toe structure.
- Tarsal and metatarsal bones provide the structure for the arch of the foot.
- Bands of ligaments connect and hold all the bones in place.
- A thick layer of fatty tissue under the sole helps absorb the pressure and shock that comes from walking and everyday movements.

*Not sure what Donna means because there are a lot of pictures of "feet" on the internet. Ha! Ha!*



Many of the foot/ankle problems that people have can be attributed to the muscles of the foot. Since there are 20 muscles in the foot that give the foot its shape by holding the bones in position and expand and contract to impart movement – it's easy to understand why. The main muscles of the foot are:

- The *anterior tibial*, which enables the foot to move upward;
- The *posterior tibial*, which supports the arch;
- The *peroneal tibial*, which controls movement on the outside of the ankle;
- The *extensors*, which help the ankle raise the toes to initiate the act of stepping forward; and
- The *flexors*, which help stabilize the toes against the ground.

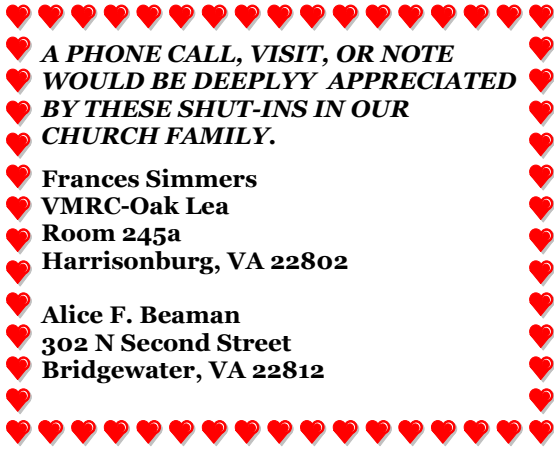
And to complicate things even further—many common foot complaints, like heel pain, arch pain, and ball of foot pain, are caused by faulty foot mechanics. The combination of tight calf muscles and overpronation contributes to the development of plantar fasciitis, Achilles tendonitis, posterior tibial tendonitis, midfoot arthritis, metatarsalgia and bunions.

Since I was unable to copy a good picture—the websites below are good sources if you would like to learn more.

<https://www.northcoastfootcare.com/pages/Anatomy-Foot-and-Ankle-Tendons-and-Ligaments-.html>

<http://www.healthcommunities.com/foot-anatomy/foot-anatomy-overview.shtml>

<http://www.eorthopod.com/content/ankle-anatomy>


  
**A PHONE CALL, VISIT, OR NOTE  
 WOULD BE DEEPLY APPRECIATED  
 BY THESE SHUT-INS IN OUR  
 CHURCH FAMILY.**
  
**Frances Simmers  
 VMRC-Oak Lea  
 Room 245a  
 Harrisonburg, VA 22802**
  
**Alice F. Beaman  
 302 N Second Street  
 Bridgewater, VA 22812**

**CURRENTLY SERVING IN THE U.S. MILITARY**

**Daniel Connell  
 Matthew Custer  
 Ty Dean  
 Brian Lipinski (reserves)**

**Michael Mann  
 Taylor Rhodes  
 PJ Ridgway**



**PLEASE REMEMBER OUR FRIENDS AND MEMBERS IN YOUR PRAYERS.**

**Macie Van Slyke, Jeremy Clark, Kim Harlan, Mary Coleman, Emily Rhodes, Marla Smith  
 Golladay, Bradley Myers, Susan McDorman, Debbie Plaugher, Mary Alice Carr, Betty  
 Howdysell, Karen Moats, Melody Williams, Jason Coffman, Jennifer Coffman, Carolyn Jo  
 Morton, Terry Newman, Phyllis Heavner, Cody Wimer, Eddie VanPelt, Stanley Fitzwater,  
 Madi Hess, Johnny Morral, Bob Michael, Tommy Morris, Sue Richie**



**BLESSINGS  
 ON YOUR  
 BIRTHDAY**

- 2..Patti Layman
- 3..Harold Newman
- 5..Brian Mowery
- 11. Michele Kenny
- 19. Frank Thomas
- 19. Susan Meadows
- 20. Gene Riggleman
- 23. Sue Ritchie
- 28. Chris Cofer
- 29. Tyler Phillips

*Please let us know if we missed your January Birthday or Anniversary.*

**SPECIAL CLOVER  
 HILL BIRTHDAY**

**ALICE F. BEAMAN WILL BE CELEBRATING  
 HER 97<sup>TH</sup> BIRTHDAY ON JANUARY 15<sup>TH</sup>.  
 SHE LOVES TO RECEIVE CARDS FROM  
 HER FAMILY AT CLOVER HILL CHURCH.**

**302 N Second Street  
 Bridgewater, VA 22812**

**Birthday Blessings**

Instead of counting candles,  
 Or tallying the years,  
 Contemplate your blessings,  
 As your birthday nears.

Consider special people  
 Who love you, and who care,  
 And others who've enriched your  
 life  
 Just by being there.

Think about the memories  
 Passing years can never mar,  
 Experiences great and small  
 That have made you who you are.

Another year is a happy gift,  
 So cut your cake, and say,  
 "Instead of counting birthdays,  
 I count blessings every day!"



## MISSIONS

We are in the process of planning an adult/youth mission trip for the summer of 2012. Details will be coming soon!!

Our next fundraiser will be a Spaghetti Supper/Silent Auction/Music program that will be held on Saturday, January 21. Dinner will be served from 4:30-6:30, followed by a Silent Auction. Then, we will be entertained with music by The Michael Family with The Gospel Bluegrass Boys at 7:00 p.m. This will be an evening filled with fun – please mark your calendar and plan to attend and bring friends!!!

If you have items for the silent auction, please call Connie Newman (879-9066). We will be passing a sign-up list for supplies for the dinner, so we would appreciate your support! Please feel free to put up the flyer on the next page at your place of work, or any other local business to help us advertise.

## Mitten Tree Update

*Submitted by Viola Estes*

---

Thanks for the support of the Mitten Tree.

We had 27 hats and 49 pairs of gloves.



## MITTEN Tree



**LOOK**  
**WATCH**  
**FOR in FEBRUARY**

Saturday, 2/4 UMW Pork & Beef BarBQ, \$9 per pound. See members to place an order. Pick-up between 11am and 2pm in the Fellowship Hall.

Sunday, 2/5 Souper Bowl Sunday. Details will follow.

## January Recycle

*Submitted by Ted Rhodes*

---



Recycling

Please, from now on, separate aluminum cans from aluminum foil as they are two slightly different types of aluminum.

Our next collection will be on Sunday, January 22nd.

## Keeping Up With Our Youth

*Submitted by Donna Thacker & Kim Burwell*

---

On December 4th, we went to Cici's for lunch and then went to Wal-Mart for our annual Christmas shopping trip. Jan provided us with the names of 3 local siblings. With our money we were able to buy many articles of clothing along with a few toys for each child. Jan received additional \$\$ from members of the congregation, so she was able to purchase bicycles for the 2 older siblings. We delivered the gifts on the 23rd and the father, along with the children, expressed much gratitude. (Thanks again to the individual that donated \$\$ for our lunch on the 4th as well the other individuals that donated \$\$ for our shopping trip).



YOUTH NEWS

On December 11th, twenty-two of us went to Massanutten WaterPark. We learned that the more weight you have on the tubes, the faster you go – so Rob and George were popular partners to have on the slides.

### Future Events

Sunday, 1/8: Christmas Party at Pastor Rob's house at 5:00. Bring a dish (dessert, snack, or side) and a \$15 gift for the gift exchange. (No gift cards because it's more fun to exchange presents.)

Sunday 1/15: Rock Wall Climbing at EMU (tentative date/event).

Saturday 1/21: Spaghetti Supper to benefit the Summer Mission Trip.

# **Spaghetti Supper!**

## **Proceeds to support summer Mission Trip**

**When: Saturday January 21, 2012**

**Time: 4:30-6:30 p.m.**

**Where: Clover Hill United  
Methodist Church  
3457 Fulton School Rd.  
Dayton, VA**

**Cost: Donation to Mission Trip Fund**  
*In addition.....*

**Music by The Michael Family  
with The Gospel Bluegrass Boys  
7:00 p.m.**

**Silent Auction!**



**CLOVER HILL Adult Bible Class**  
**SUNDAY SCHOOL Submitted by Ann Salyards**

The Adult Bible Class meets at 9:30am Sunday mornings in the room near the social hall. Led by The Holy Spirit, we study the six year International Sunday School lesson plan.

Bernard Young taught the class in the 1940's. When his health failed, Bernelle Hill took over and taught for many years. On September 25, 1994, Bernard Young's granddaughter, Ann Salyards became the teacher. The class has supported a missionary in Nigeria and Thailand, as well as projects within the church.

"Come join us as we dig into God's Living Word and strive to apply His lessons to our lives!"



*THANKS ANN FOR SHARING!  
 NEXT MONTH WE WILL SPOTLIGHT THE  
 OUTREACH CLASS LED BY  
 GRAYDON RITCHIE.*

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

On Thursday, December 28, the pantry distributed food to 89 households. Although the numbers were down slightly for the month, we believe that it is necessary to prepare food for about 100 families for January.



Thanks to everyone for the overwhelming generosity of food donations and monetary contributions the last few months. Food collections for January will be taken to the warehouse on Wednesday January 18, 2012. The distribution date for January is Thursday the 26<sup>th</sup> of January.

The Staff/Parish Relations Committee will be meeting on Monday January 9<sup>th</sup> at 7:00pm. This is a very important meeting that includes those on the committee from last year, and the committee for the new year. Please plan to attend this transition meeting.



2011

2012

Chris Cofer, Chair	Jan Rhodes, Chair
Graydon Ritchie, Lay Leader	Graydon Ritchie, Lay Leader
Tracy Stover	Rick Nelson
JoAnn Simmons	Robin Long
Jan Rhodes	Kathi Ridgway
Rick Nelson	Kathy Renalds
Robin Long	Roger Riggelman
Kathi Ridgway	Lois Driver
Kathy Renalds	Revlan Hill
Roger Riggelman	George Quick



**NEW MEMBER/  
 CONFIRMATION CLASS**

**NEW MEMBER/  
 CONFIRMATION CLASS**

On Sunday Nights from 7pm to 8:15pm. Please see Pastor Rob for information or call 879-9131.

January 29th    February 26th  
 March 25th    April 29th



# January 2012

## SPECIAL DATES

New Year's Day, January 1

Epiphany, January 6

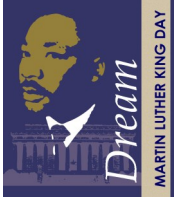
Baptism of the Lord, January 8

Martin Luther King Jr.'s Birthday Observance, January 16

Week of Prayer for Christian Unity, January 18-25

**9:30 AM SUNDAY SCHOOL**

**10:30 AM WORSHIP**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>8AM</u> MEN'S BREAKFAST	2	3	4 <u>7PM</u> CHOIR REHEARSAL	5 <u>11:30AM</u> SENIOR CITIZEN'S LUNCH & MEETING	6 <u>6PM</u> OUTREACH SS CLASS MEAL IN F.H.	7
8 <u>5PM</u> YOUTH AT PARSONAGE- MEAL & GIFT EXCHANGE	9 <u>7PM</u> SPPR MEETING	10 <u>7PM</u> ADMINISTRATIVE COUNCIL	11 <u>7PM</u> CHOIR REHEARSAL	12	13	14 FELLOWSHIP HALL IN USE
15 YOUTH CLIMBING WALL AT EMU AFTER CHURCH	16 	17	18 Food to Pantry <u>7PM</u> CHOIR REHEARSAL	19	20	21 <u>4:30PM</u> YOUTH SPAGHETTI SUPPER & SILENT AUCTION
22 RECYCLE COLLECTION	23 <u>10AM; 7PM</u> BIBLE STUDY ON 2 <sup>ND</sup> SAMUEL	24	25 <u>7PM</u> CHOIR REHEARSAL	26 West Rockingham Food Pantry Distribution	27	28 Alternate Snow Date for Youth Spaghetti/ Auction
29 5th Sunday Building Fund Offering <u>7PM</u> NEW MEMBER CLASS	30 <u>10AM; 7PM</u> BIBLE STUDY ON 2 <sup>ND</sup> SAMUEL	31	17,18,19 PASTOR ROB AT BLACKSTONE FOR MINISTER'S CONVOCATION			

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 1



# A caring disciple

In Acts 9, Peter tells of a woman who lived in Joppa. She performed good works and helped the poor. Solve the puzzle below to reveal this disciple's two names.

Instructions: Cross out the letters that spell each object and write the remaining letter on the blank.

adcltne			
rohmtae			
srgbape			
rbieda			
pehtshred			
rdhaenlca			
fadoo			

Her name in Greek

pdeesh	
dchilnero	
drove	
acehtr	
sarcos	
nusoatinm	

Answers: Tabitha, Dorcas