

CLOVER HILL
 UNITED METHODIST CHURCH
 IN TOUCH

PASTOR'S CORNER

In Mark 4:35-41, we find Jesus asleep in the boat, exhausted and spent from days of teaching, healing, and proclaiming the Kingdom of Heaven. As the Disciples work the boat across the lake an enormous storm arises with winds and waves about to sink the boat, yet Jesus is still sound asleep. The disciples awake him with the words, "Teacher, don't you care that we are drowning." The disciples of course were desperate and uttered words to God that we too do on occasions when we feel helpless in similar situations.

Think when you felt totally overwhelmed by the events in your life or the events in this world.

MARK 4: 38
"Teacher, don't you care that we are drowning."

The Good News of course is Jesus does care. God cares about us, that is why Jesus came in the first place. To restore us to wholeness and to walk with us not disappear from us when we face troubles.

Then Jesus as only He can commands the winds and the waters to be calm.

And they listen to the Master, the Lord of all creation! Then Jesus asks them the question he asks us as well, "don't you have faith yet?"

In other words when are you going to trust me! Don't you realize I have your back! Who else can do what I have done and will do in your lives! The Disciples answer, "Who is this that even the winds and the sea obey?" I ask you isn't Jesus the one you should have your faith in? Who else can deliver as he has done for those whom he loves? No one! Trust in Jesus each day to be your Lord and your Savior. He has given us at our Baptisms the Holy Spirit to comfort and to reassure us when trouble arises along with doubts in our lives. Accept the gift that he has given us and stay the course, keeping your eyes fixed on him. Amen.

Rev. Rob Hoskins



CORNUCOPIA—A Greek word meaning "Horn of Plenty" has origins in Greek mythology. But the cornucopia became a religious symbol and was even stamped on Jewish coins. Overflowing horns, now common as Thanksgiving centerpieces, came to symbolized abundance and blessings.

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Promoting a Healthy Hill Submitted by Donna Thacker

I write this article with apprehension that my intent will be misinterpreted. There was an interesting article in the Daily News Record a few weeks ago which spoke about the overuse of screening medical tests in the elderly population, especially colonoscopies, prostate checks/labs, mammograms, and PAP smears. Primary care providers are taught that screening tests are vital for patients. Earlier detection means earlier treatment and better outcomes. And that's what everyone wants.

(For clarification purposes: A screening test is a procedure that is performed to detect the presence of a specific disease. The individual does not present any symptoms of the disease. A diagnostic test is performed when the individual does present with symptoms. This article is talking about SCREENING tests. If you have symptoms, you need to have the diagnostic tests.)

So what happens when these screening tests trigger a cascade of expensive, anxiety-producing diagnostic procedures and invasive treatments for slow-growing diseases that may never cause problems? These patients are worse off than if they had never been tested.

There is an independent panel of non-Federal experts called the U.S. Preventive Services Task Force. Composed primarily of primary care providers, this group conducts scientific reviews of preventive health care services and develops recommendations for primary care clinicians.

Some of the recommendations of the USPSTF include

PSA testing – not after age 75

Colon screening – not after age 75

Mammography – not after age 74

PAP smears – not after age 65



Michael LeFevre who is co-vice chair of the task force stated, "The older you get, the more likely it is that something else is going to make you sick or die. Colon polyps take 10 to 20 years to become cancerous, while the risks from colonoscopy, including intestinal perforation and heart attack, substantially increase after age 80."

This can be a very touchy situation as the patients (or their children) may view the physician as not caring or not being aggressive enough.

One California physician advised her 86-year-old mother to stop getting mammograms and routine colon tests. Her mother was infuriated and accused her daughter of wanting to "save money on the young people and just let the old folks die."

I am not saying that individuals should not be screened – I am saying that individuals need to be better informed. As a consumer of healthcare, you have a right to refuse the screening tests. Source: Boodman, Sandra. "Concern Is Growing That The Elderly Get Too Many Medical Tests" 9/12/11 The Washington Post.



CLOVER HILL
MISSIONS

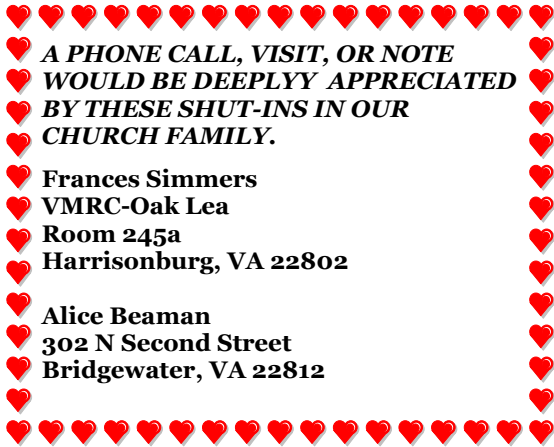
Missions at Clover Hill Submitted by Elaine McDorman

The United Methodist church has a well established history of mission work and disaster relief. In the Conference's yearly apportionment asking, a large part (\$2314) goes to World Service. Many times we resent having to pay apportionments but when it can be viewed as a "giving to help others" experience, maybe we can be more generous. Our district supports some local missions as well. Our church council voted for 2012 to approve a \$123 District Board of Missions Asking and a \$615 Lighthouse Center for Children donation. The Lighthouse is a day care and after school program for disadvantaged children in the eastern area of the county and is run by Furnace UM Church. The District Missions Asking supports needs that arise during the year, such as helping to rebuild a church that burned. We also donate \$250 to Weekday Religious Education. Our congregation is also very generous in supporting the West Rockingham Food Pantry, our youth mission trips, the Society of St. Andrew Potato Project, Kits for Conference, and the Heifer Project. If you would like to make an extra donation to any of these missions, please designate the mission on your check or envelope. *Thank You.*

Don't forget to pick up mittens for our mitten tree that will be going up soon.



With a Thoughtful and Caring Heart



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 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.

Bob Michael, Macie Van Slyke, Jeremy Clark, Kim Harlan, Mary Coleman, Emily Rhodes,
 Marla Smith Golladay, Connie Mowery, Bradley Myers, Susan McDorman, Debbie Plaugher,
 Mary Nicely, Mary Alice Carr, Betty Howdyshell, Shirley Myers, Karen Moats, Melody
 Williams, Craig Jamison, Leroy Toombs, Jason Coffman, Jennifer Coffman, Carolyn Jo
 Morton, Terry Newman



**BLESSINGS
ON YOUR
BIRTHDAY**

- | | |
|--------------------|----------------------|
| 1 .. Fae Layman | 16. Amy Phillips |
| 3 .. Marie Ritchie | 18. Frank Salyards |
| 6.. Brenda Knicely | 23. Connie Newman |
| 10. Betty Gangwer | 27. Megan Thacker |
| 15. Macy Cofer | 27. Chesney Whitmore |
| 16 . Rob Hoskins | |



15. Kenny & Grace Martin
 24 . Glen & Fae Layman
 26. Dick & Pat Garber

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

West Rockingham Food Pantry as of 10/12/11
Submitted by Jack & Becky Martin



The cash account is used to purchase the necessary supplies needed to complete the bags. It also covers the cost of milk vouchers given to each client. As you can see, your monetary donations are very important to the operation of the pantry because the bills are ongoing and the pantry depends on your loyalty. Your donations are tax deductible. Checks can be written to West Rockingham Food Pantry or to Clover Hill United Methodist Church with food pantry written in the memo.

In September, 75 families were served using approximately 6,044 pounds of food.

The November date for delivery to the food pantry is Wednesday the 9th of November. Please have your items to me or to the church before that day. Thank you for your support.

The Chairperson of West Rockingham Food Pantry, Bea Miller wrote:

“We must not be discouraged as the number coming to our food pantry grows but take heart in knowing that we are helping those in our community as they experience difficult times. There are times when we wonder if we are improving the situation.” Margaret Meade, the renowned anthropologist, said, ‘Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. Look at what Jesus did with just twelve ordinary men, and Jesus is using us to make a difference in the lives of those who come to us each month.’ Winston Churchill said, “We make a living by what we get; we make a life by what we give.”

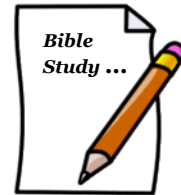
Beginning Balance as of August 30	\$4,981.09
Donations Deposited	\$1,317.45
Withdrawals Food Purchases	\$1,096.98
Balance September 6	\$5,201.56

Administrative Council Highlights

October 13, 2011

Submitted by Pat Garber

- ◆ Serving food at the Dayton Days Fall Festival was a success making \$1,800 for the Building Fund. Forty seven gallons of Cheesy Potato soup and 25 lbs. of white beans were made and sold out by 1 PM. Hot dogs and drinks were sold till the 4 PM closing. A special thank you to everyone who helped in any way. A task like this takes all of us to make it happen, and we made it happen.
- ◆ Pastor Rob was out of town from Thursday, October 13 until Sunday, October 16. Steve Bird, Dayton UMC, was available for emergencies at 879-2102.
- ◆ Bible Study on 2nd Samuel has met several times. Morning study has had up to eight people, and evening session four people attending.
- ◆ The hike and cookout on Sunday, October 9 was a success. Both events went well, and were well attended. A guest, Ronnie Rhodes, and his dog Saibra, gave a nice demonstration on search and rescue. The demo was very interesting and informative.
- ◆ Pastor Rob will be doing a wedding on Saturday November 12th.



Time has come to begin replacing several of our heavy 8' folding tables. After shopping around, Costco has the best deal for \$110 per table. If you would like to donate a table(s), place your donation in the offering plate marked "new tables". See Ted Rhodes with questions.

Keeping Up With Our Youth

Submitted by Donna Thacker & Kim Burwell

Due to the weather on September 25th, we didn't go biking as originally planned. Instead we went for lunch at CiCi's and then played putt-putt golf. As usual, the adults were more competitive than the youth.

On October 9th, more than 50 people and 5 dogs gathered at Riven Rock Park for a picnic. Approximately one-half of those participated in a hike to the fire tower prior to the meal. I think we actually picked the weekend when the leaves were at their peak. Other than an overturned picnic table, we had a great time. A friend of Dick and Pat's, that participates in Search and Rescue missions, did a demonstration with his dog. They are quite a talented pair!

Our Halloween trip to Darkwood Manor in Luray on October 22nd proved to be scary. I'm not sure who screams loudest!!!!

Future Events

Saturday, 11/5 – Mystery Dinner – Immediate family is invited for dinner (6:00), fellowship, and games.

Saturday, 11/12: Salvation Army Bell Ringing at Bridgewater IGA. 8-noon. Will need volunteers to sign up.

Sunday, 11/20: Lunch and bowling. Immediately after worship. \$7.50 includes games and shoes.

Sunday, 12/4: Lunch and Christmas shopping for needy family. Immediately after worship. Will need \$\$ for lunch.



POINSETTIA ORDERS

If you would like to purchase a poinsettia for the Christmas season, either in *Memory of* or *Honor of* someone special, please see Viola Estes by November 20th.



You can choose from either Red, White, Pink or Jingle Bell colors in three sizes Small (\$6.75), Medium (\$11.50) and Large (\$15.00).

Order forms are located in the Narthex.

UPCOMING EVENTS IN NOVEMBER

SPECIAL NOVEMBER DATES

All Saints' Day, November 1
 Daylight-Saving Time Ends, November 6,
 Veterans Day, November 11
 Christ the King Sunday, November 20
 National Bible Week, November 20-27
 Thanksgiving Day, November 24
 First Sunday of Advent, November 27

November 2011						
S	M	T	W	T	F	S
		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			

- 11/2 ... 7:00 pm CHOIR REHEARSAL
- 11/3 ... 11:30 am SENIOR CITIZEN's MEETING & LUNCH
- 11/5 ... YOUTH FAMILY DINNER in FELLOWSHIP HALL
- 11/6 ... ALL SAINT'S SUNDAY
- 11/6 ... 8:00 am METHODIST MEN'S BREAKFAST & MEETING
 (WOMEN'S GROUP WILL NOT MEET in DECEMBER. THEY WILL RESUME in JANUARY.)
- 11/6 ... NEWMAN REUNION in FELLOWSHIP HALL after CHURCH
- 11/7 ... NO BIBLE STUDY – PASTOR ROB attending a DISTRICT MTG
- 11/8 ... 7:00 pm ADMINISTRATIVE COUNCIL MEETING
- 11/9 ... 7:00 pm CHOIR REHEARSAL
- 11/12 . 8:00 am to Noon YOUTH RINGING SALVATION ARMY BELL, IGA
- 11/12 . PASTOR ROB PERFORMING a WEDDING
- 11/13 . SECRET CHRIST CHILD BIRTHDAY SUPPER
- 11/14 . 10 am & 7:00 pm BIBLE STUDY on 2ND SAMUEL
- 11/15 . WAYSIDE DRIVE LUNCH in FELLOWSHIP HALL
- 11/16 . 7:00 pm CHOIR REHEARSAL
- 11/19 . FELLOWSHIP HALL in USE
- 11/20 . CHRIST THE KING SUNDAY – COMMUNION
- 11/20 . YOUTH LUNCH and BOWLING after WORSHIP
- 11/20 . POINSETTIA ORDER to VIOLA by TODAY
- 11/21 . 10 am & 7:00 pm BIBLE STUDY on 2ND SAMUEL
- 11/23 . 7:00 pm COMMUNITY THANSKGIVING SERVICE at MT. BETHEL
- 1125 . DECORATING the CHURCH for ADVENT/CHRISTMAS
- 11/28 . 10 am & 7:00 pm BIBLE STUDY on 2ND SAMUEL

11/9
 DELIVER FOOD
 TO FOOD
 PANTRY

11/13
 SHOE
 BOXES BY
 TODAY

⇨ COME SHARE THE
 EVENING WITH
 FRIENDS.

Mission Trip Fundraisers Coming Up!!

Saturday November 26 (Thanksgiving weekend) we will be having a Safety Break at the Mt. Sidney Rest Area on I-81. Please check your calendar to see if you have a few hours to donate some time, and also we will be passing around a sign up for food donations.

Saturday January 21 – Spaghetti Supper and Silent Auction. Please start thinking about things you'd like to make or donate to the Silent Auction.

Thanks so much for all of the support from everyone!!

Jan Rhodes

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

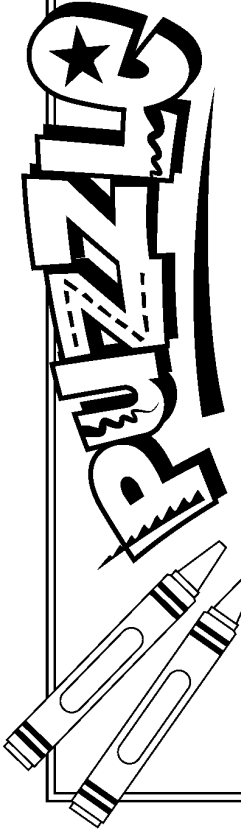
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PUZZLE

GIVE THANKS

Solve this puzzle to read a Bible verse about praising God for all his blessings.

Directions: In each group, underline the word that doesn't belong. Then write the underlined words on the lines below.

1. Give Take Grab	2. peanut praise pear	3. temple house LORD	4. proclaim past present	5. name boy lad	6. ruin destroy make
7. pine acorn known	8. train nations bus	9. done donut muffin	10. Sing Sleep Yawn	11. she him girl	12. sun praise moon
13. tell fast slow	14. red all blue	15. horrible dreadful wonderful	16. acts sisters aunts		

" _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 ;

_____ 6 _____ 7 _____ 8 _____ 9 _____ 10

_____ 11 _____ 12 _____ 13 _____ 14 _____ 15

_____ 16

PSALM 105:1-2, NIV

Answers: 1. Give, 2. praise, 3. LORD, 4. proclaim, 5. name, 6. make, 7. known, 8. nations, 9. done, 10. Sing, 11. him, 12. praise, 13. tell, 14. all, 15. wonderful, 16. acts

Give praise to the LORD, proclaim his name, make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. (Psalm 105:1-2, NIV)