

CLOVER HILL  
UNITED METHODIST CHURCH  
**IN TOUCH**

# PASTOR'S CORNER

With my desk running over with things that I am working on, it seems a little bit overwhelming from time to time. Deadlines, dates, calendars, bills, phone calls, text messages, email, cell phone, regular phone, door bell, and the grass keeps growing and fall is fast approaching. In the midst of all this Darby my dog comes up to me at the computer and rests her head on my lap and looks up at me with those blue eyes and says don't forget me. Giving her some attention calms me down as well. In Matthew 6:25-34 is a great passage on "worrying".

*Matthew 6:34*  
*So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.*

Jesus reminds us that worrying never helped and to stay focused on the most important of things. "Seek First His Kingdom and his righteousness, and all these things will be given to you as well." God knows our needs and if we only stop a moment from our worrying we will see that he will provide as he has in the past. We don't always know where or how God will manage this but he is the God of the "Resurrection".

When situations or events in our lives seem to be spinning out of control we have to remember to refocus our attention on the one who is the source of all things, the one who can raise the dead, and calm the storms. Then Jesus ends with the advice not to worry about tomorrow for each day has enough trouble of its own. How true that is! Jesus is telling us to keep our lives focused on him and he will in some incredible way enable us to take one day at a time. Jesus, I trust you to continue getting me through one day at a time.

*Rev. Rob Hoskins*

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# Promoting a Healthy Hill

## Submitted by Donna Thacker

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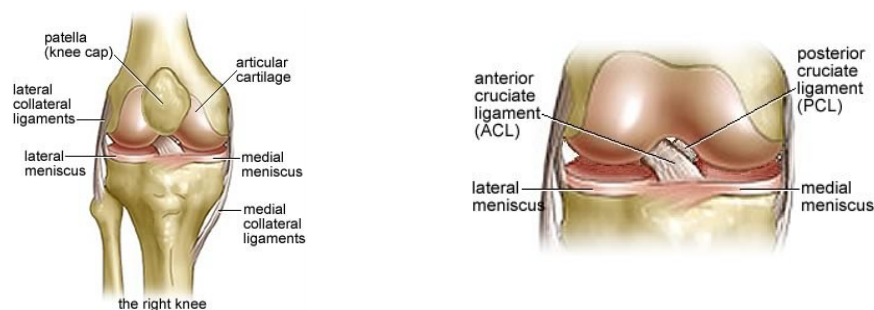
Quite frequently during our Sunday “Joys and Concerns” time, the topic of knees arises. Have you ever wondered why knees get so much attention? This joint, that bends, twists and rotates, is held together by several muscles and ligaments; and stressing and/or injuring any of these can cause knee problems. So hang on while you get an anatomy lesson of the knee. The knee joint is made up of three bones: the femur (thigh bone), the tibia (shin), and the patella (the kneecap). The remaining bone in the calf, the fibula, is not involved in weight-bearing; it only provides attachment for ligaments to aid with stability.

Several muscles and ligaments control the motion of the knee and protect it from damage at the same time. There are four ligaments that connect the femur to the tibia. (Ligaments connect bones to bones.) The two ligaments that stabilize the knee from side-to-side are the medial and lateral collateral ligaments. The two ligaments that stabilize the knee from front-to-back are the anterior cruciate ligament (ACL) and the posterior cruciate ligament (PCL).

The weight-bearing surfaces of your knees are covered with a layer of cartilage. There are also two shock absorbers in your knee on either side of the joint between the cartilage surfaces of the femur and the tibia. These two structures are called the medial meniscus and the lateral meniscus. The menisci are horseshoe-shaped shock absorbers that help to both center the knee joint during activity and to minimize the amount of stress on the cartilage.

There are also tendons in the knee. (Tendons connect muscles to bones.) Two important tendons in the knee are (1) the quadriceps tendon connecting the quadriceps muscle, which lies on the front of the thigh, to the patella and (2) the patellar tendon connecting the patella to the tibia. The quadriceps and patellar tendons are sometimes called the extensor mechanism, and together with the quadriceps muscle they facilitate leg extension (straightening).

And to make things even more complicated, there are bursae. Bursae are fluid-filled sacs that help to cushion the knee. The knee contains three important groups of bursae. The prepatellar bursae lie in front of the patella. The anserine bursae is located on the inner side of the knee about two inches below the joint. The infrapatellar bursae are located underneath the patella.



When someone indicates he/she is having knee pain – it can be a multitude of things: fracture, dislocation, torn ligament, arthritis, bursitis, gout – just to name a few. I won’t go into treatments for the previous mentioned injuries/illnesses, because that would take the entire newsletter. Just be aware – there are multiple things that can cause knee pain. Some things can be healed with ice and medicine; others are more complicated and require diagnostic tests. If you have knee pain that doesn’t resolve – follow-up with your MD or NP.



# Administrative Council Highlights

September 13, 2011

*Submitted by Pat Garber*

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- Clover Hill UMC provided/will provide food and drinks for the following groups/events in October:

9/10 - Belmont Fall Yard Sale

9/19 - Montezuma Ruritan Meeting

9/21 - Rainbow Drive Group (Bridgewater Retirement Village)

9/24 – Drew (Katie) Newman Wedding Reception



- Special thanks to the Lilly family for letting the church use their property and utilities to participate in the Belmont Fall Yard Sale.
- Barbara Gross, Grottoes UMC will be our preacher on September 25 for our District Preacher's exchange. Rev. Rob will be preaching at Verona UMC. Please support our carry-in meal that evening at 6 PM, and hymn sing with preaching at 7 PM.
- Charge Conference is Tuesday, September 27 at 7 PM at the church. Everyone is welcome and encouraged to attend.
- Sunday, October 16 is Laity Sunday, and Graydon Ritchie, Jr. will preach.
- Church Bible study, 2nd Samuel, starts Monday, September 26 - 10 AM or 7 PM at the church.
- The Church Hike will be held at Riven Rock Park on October 9, followed by cook-out.
- Carla Newman has been named church secretary and newsletter editor. She is currently working on updating the membership files for member's names, addresses, birthdates, and anniversaries. Forms are located in the narthex for each member to fill out, and leave in a basket at the back of the church. Please remember to fill out one of these forms.

## Keeping Up With Our Youth

*Submitted by Donna Thacker & Kim Burwell*

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On September 11th, we had a cook-out at the church. Pastor Rob had a brief talk about forgiveness; then we ran around the church for a scavenger hunt and played volleyball.

I'm writing this before our biking trip at Hillandale, so I'm hoping we had a good time and good weather.

### Future Events:

October 9: Congregational Hike



October 22: Dark Manor in Luray. Meet at the church at 6:30. We'll carpool to Luray. After we get scared, we'll go to the ice cream shop.

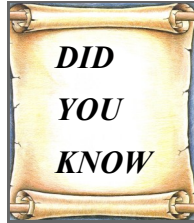
November 5: Family dinner. Immediate family is invited for an evening of food, fun, and fellowship.

November 12: Bell ringing for Salvation Army at B'water IGA. 8 – noon. Will need volunteers to sign up for time slots.

# Clover Hill Endowment Fund

*Submitted by Ted Rhodes*

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Clover Hill United Methodist Church has an endowment fund that was established September 30, 2009 with a gift from the estate of Dorothy R. Hill.

Opening balance for the fund was \$14,424.29 from the estate. \$21,702.87 is the current fund balance.

The Clover Hill United Methodist Church Endowment is a permanent endowed fund that will support the mission of this church forever. The Community Foundation of Harrisonburg/Rockingham manages this fund for the church. Their goal is an 8% return on the principal. 4% is distributed to the church, 1% (.25% per quarter is the Community Foundation fee). The other 3% is added to the fund so it will grow over time. Also, this hopefully provides a hedge against inflation so the original gift is as valuable as the time it was given.

In 2010 the church received a \$699.57 annual distribution from the fund. The Administrative Council approved the money and applied it to our building fund debt.

In September 2011 the church will receive \$765.13 as the annual distribution from the fund. At the September meeting, Administrative Council voted to apply this distribution to the general fund.

Dorothy and Bernelle Hill loved their church family. One only had to know them for a short time to realize just how important the Lord and Clover Hill UMC was in the course of their daily life. Neither would want any credit for this as they quietly went about being faithful stewards to our church for many decades, in many ways. The fund does not bear their name, only the name of the church.

Any one may contribute to the Clover Hill United Methodist Church Endowment with a gift of any amount. You may give now, or with an estate gift. The Community Foundation can accept the following types of gifts: cash, appreciated assets, or even property. Your gift is tax-deductible.

After you have taken care of your family, consider remembering Clover Hill United Methodist Church in your estate plans. You may give to this fund or give a straight gift to the church.

If you have any questions please contact Ted. *Thanks!*

## Operation Christmas Child—Samaritan's Purse The Power of a Simple Gift

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Operation Christmas Child brings joy and hope to children in desperate situations worldwide through simple, gift-filled shoe boxes and evangelistic materials that tell the Good News of God's Love.

*Watch for more information in upcoming weeks.*

*Matthew 19:14 NIV*

*Jesus said, Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."*



# Golf Tournament Report

Submitted by Elaine McDorman, Treasurer

2011



Beginning Balance	\$87.20
Golf Fees	2080.00
Hole Sponsors	1400.00
Golf Extras	345.00
Putting Contest	105.00
Donations	350.00
Total Income	\$4367.20
Greens Fees	-1280.00
Contest prizes	-100.00
Putting Contest Prize	-93.45
Caterer	-192.00
Bank fees	-35.00
Total Expenses	-\$1700.45
Total Profit	\$2666.75
Adult Missions	\$600.00
Building fund	\$2000.00
Remaining Balance	\$66.75

The 9th Annual Golf Tournament was a success again this year. Roger and Rosie Riggelman headed the tournament held at Lakeview Golf Course. Eight teams (32 golfers) participated and church members were part of the top two teams. A team recruited by Isy Rohrer took first place this year, with the always competitive team of Roger Riggelman, Luke Long, Barry Long, and Scotty Carr coming in second. A pick up team of Alan Propst, Walter Ludholtz, Carl Keene and Pastor Rob took third place. Prizes were passes for green fees at local golf courses. Lenny McDorman won one of the closest-to-the-pin contests, winning a club house gift certificate. Alan Propst helped Roger present the awards.

Many thanks to everyone who helped out with this fundraiser: the drivers of the drink cart, the caterers, the putting contest director, the donors of prizes, the hole sponsors, the hole sign caretaker, those lining up teams to participate, the United Methodist Men, and all others who helped out in any way.

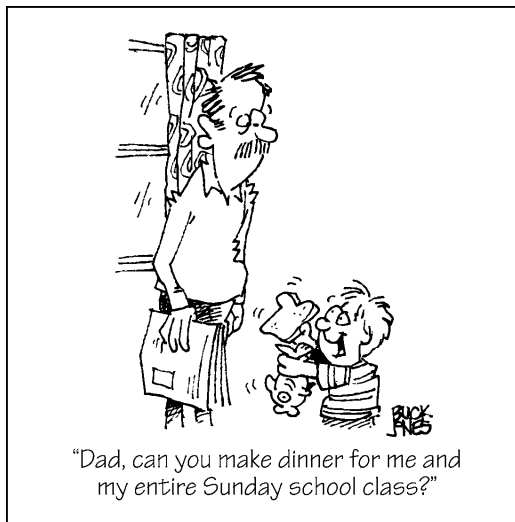
Our Hole Sponsors included member businesses, member associated businesses and members who donated \$100 to have a sign displayed. These donations provide businesses with advertising and members can honor or memorialize loved ones.

Prizes for winning golfers were donated or came out of our budget. Treats and a bottle of water were provided to each golfer. These items were donated by members. Door prizes were solicited by members or donated by members.

Lakeview Golf Course charged \$40 per golfer for Greens fees, provided use of all facilities, including extra golf carts and driving range golf balls, and organized the tournament at the course. The tournament ran smoothly and everyone seemed to have a great time.

The Faithful Caterers did a great job with the meal as usual. The proceeds were donated to the adult mission trip and to the church building fund. Again, many thanks to everyone!

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 \* SUGGESTIONS FOR \*  
 \* OUR NEWSLETTER \*  
 \* ARE WELCOMED \*  
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## UPCOMING EVENTS IN OCTOBER

October 2011						
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 ... DAYTON DAYS

2 ... 8:00 am MEN & WOMEN'S BREAKFAST MEETING

2 ... WORLD COMMUNION SUNDAY

3 ... NO BIBLE STUDY-PASTOR ROB HAS A PIM MEETING

5 ... 7:00 pm CHOIR REHEARSAL

6 ... 11:30 am SENIOR CITIZEN'S MEETING & LUNCH

9 ... 2:00 pm CHURCH HIKE — MEET AT RIVEN ROCK PARK, SHELTER #1

AND AT 5:00 pm WE WILL HAVE A PICNIC

10 ..10:00 am & 7:00 pm BIBLE STUDY ON 2ND SAMUEL

11 .. 7:00 pm CHURCH COUNCIL

12.. 7:00 pm CHOIR REHEARSAL

13-16 .. PASTOR ROB IS OUT-OF-TOWN

16 ..LAITY SUNDAY WITH GRAYDON RITCHIE, JR. SPEAKING

17 .. 10:00 am & 7:00 pm BIBLE STUDY ON 2ND SAMUEL

19 .. 7:00 pm RURITAN ZONE DINNER IN FELLOWSHIP HALL

19 .. 7:00 pm CHOIR REHEARSAL

22 ..6:30 pm YOUTH TO GO TO DARK MANOR HOUSE IN LUAY

24 ..10:00 am & 7:00 pm BIBLE STUDY ON 2ND SAMUEL

26 ..7:00 pm CHOIR REHEARSAL



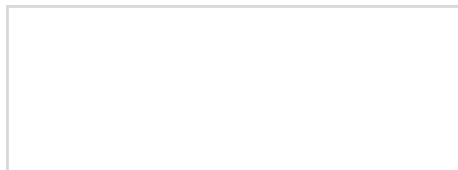
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**West Rockingham Food Pantry (as of 9/4/11)  
 Submitted by Jack and Becky Martin**

Treasurer's Report: Beginning Balance – Aug. 6	\$5523.16
Donations Deposited	325.00
Withdrawals – Food Purchases	867.07
Balance Aug. 30	\$4981.09



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. In August, 70 families were served using approximately 5500 pounds of food.

The President of West Rockingham Food Pantry, Ms.Bea Miller wrote:

Proverbs 19:17 says "He who is kind to the poor lends to the Lord, and he will reward him for what he has done." When we make a donation of food, money, or time to the food pantry, most of us think of this as "giving" to the Lord by helping those in need. However, this verse says we are lending to the Lord. Perhaps that's because whatever we give is returned to us in like measure, pressed down, and running over as the scripture says elsewhere. Giving to the pantry is not done as an investment hoping to get something in return. It is an act of love that requires something of us. We are so conditioned to think in terms of what is big - a large donation of money, a big bag of food, etc. But those who have worked the distribution one of the more than 36 times WRFPP has been open have felt a special reward when they have given their time, which is a valuable commodity that can never be replaced. When these workers finish at six o'clock the fourth Thursday, they may be tired, but they also have a kind of glow because they have been privileged to see the relief on the faces of those who need the most basic things of life. The workers who receive this immediate, personal reward find it easy to maintain their enthusiasm for this mission. It is much harder for those who so generously and regularly give whatever they can but don't see what actually happens to that can of soup, box of cereal or ten dollar bill. If those people stopped their steady support, the mission would die. Let's encourage them by reminding them of their importance to the mission as they choose which items to bring. This month, let's pray that those who support this mission will sense God's reward as they do the mundane but vital replenishing of the stock in the pantry.