

The Harper Journal



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If you have anything you would like to be put in next month's Newsletter (prayer list update, thank you, etc.) please email your request to office@harperchapel.org or call the church office at 573-348-2617. Thanks so much and God Bless!



CONTACT US:

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*Connecting
people with
Jesus Christ
and
each other.*

September
2022



God's Cupboard

We appreciate everyone who gives to this ministry. You are greatly helping people in this community. Here is a list of what is currently needed:

- Pudding
- PB & Jelly
- Shampoo/Conditioner
- Hand Soap
- Kleenex
- Ladies Hygiene
- Knors Sides
- Deodorant (M)
- Rice
- Canned Fruit
- Pancake/Syrup
- Canned Meats
- SpaghettiOs
- Snack Fruits
- Tortillas
- Mexican Canned Foods

To volunteer to stock the cupboard, please contact Jan Campbell at 573-280-6361.

a note from Pastor Eric...

Have you ever stopped and asked for directions? Most of us don't do that much anymore with the invention of GPS that is available in our cars or with our phones. We aren't going to hear someone tell us to go down the road and turn right by the house that John Smith used to live in or go past the third oak tree and turn. We can find nearly everything and how to get there with our modern technology. As helpful as it is, it still doesn't quite understand everything. I recently found myself driving through a residential area in Lebanon, Missouri because Google Maps thought it was the best way to go, and I realized afterwards that it really wasn't.

We find ourselves living in a world that has become so reliant on GPS guiding us to where we need to go. However, it will fail to help us get to the places we need to go spiritually. It will fail to help those in our community who are looking for hope. Sure, it will tell how to get to Hope in Arkansas, Indiana, or Kansas! But it will leave a person feeling lost on the inside. The Church is supposed to be the place where hope, meaning purpose, peace, and salvation, is supposed to be found.

As I continue my ministry at Harper Chapel, I will always strive to help us be a place where all people are welcome and can find direction and purpose in their lives. However, I cannot do this all by myself! I need you to be part of making Harper Chapel a place that helps people in every aspect of their life journey.

Think about how you are intentionally being a signpost to those looking for God. Does your life give a clear example of the hope we are to have in Jesus Christ? Are you inviting people to church? Let each one of us find ways to help guide people into the presence of our Lord and Savior Jesus Christ!

Pastor Eric

All are Welcome to Join Us!



Meeting & Luncheon
Sept. 8th at 10:30 am



Meeting & Dinner
Sept. 22nd at 6:00 pm



Next Meeting on
Sept. 19th at 11:00 am

Sunday's Schedule

10:00 am
Worship Service

Blended Worship

- Classic Hymns
- Modern Praise Songs
- Occasional Choir
- Occasional Guest Musician
- Occasional Handbells Choir

10am



*A Little
for Everyone*

You can also join us from the comfort of your own home by going to our Live Facebook page!



Undie Sunday



For Kids from Kindergarten - High School, help gather together socks and undies of all sizes to donate so they can have some backups at school when needed. The kids and school nurses will definitely appreciate your help!

Thank You!

Final Donation Update



Pastor Andy from Faithbridge UMC and Pastor Eric from Harper Chapel were finally able to present the donations from the Godspell, Jr. Camp to the chosen recipient, Kids' Harbor, here in Osage Beach, MO. Altogether 100 % of the donations totaled at \$2,450.00.

"We are very thankful for your support," says Cara Gerdiman, Kids' Harbor, Inc., Executive Director.

Kids' Harbor, Inc. is a Child Advocacy Center serving children, from birth to age 18, who are reported victims of: sexual and/or physical emotional abuse, a witness to violent crime, are in drug endangerment and/or are in physical and/or medical neglect. Kids' Harbor is located in Osage Beach, MO with a Kids' Harbor Too in St. Robert, MO. For more information please look them up online or call Kids' Harbor at 573-348-6886.

Collecting Donations Through Sunday, September 4th

It all started here at Harper Chapel and we are beginning our 34th year to help local school kids be "Looking Good". So, let's continue the tradition. Right now we have as they say—Yes sir—yes sir—two bags full!!! Let's go for 3 bags full that we will share with Camdenton Schools and School of the Osage. Baskets are outside the sanctuary and just waiting for your donation to be added to them.

In
Gratitude
 with
Love 

Church Bell Keepers

To everyone who has helped setup a beautiful place to store the church bell. From doing ground work, creating the “house” for it, or doing research to get a plaque made, thank you.

Prayer List: Joys & Concerns

Elaine Blackwell	Lourae Fitzgerald	Megan Neulle
Elizabeth Neill (Wheeler)	(Depew)	Clarke Keenan
Robert Myers	Jim Dexter	Marlys Miller (Ron’s Mom)
David Culver	Verna Kurtz	Ann Hubbard
Jeanne Boardman	Pete Culver (Culver)	Dennis Harmon & Family
Marcia Murrow	Barb Massie (Witham)	
Jan Berry	Verla Ahrens	
Eva Cannon	Bruce Sents (Jansma)	
Emily Wheeler	Stephanie Savage (Hammonds)	
Wilma Penfield	Brooke Lawler	
Sadie Richey	Nancy Witham	
Kathleen Marco’s Parents	Jim Lewis	
Susan Robinson (Rives)	Tami Moulder & Family	

Members & Friends facing hard times

Bahule UMC & Maivene UMC
 (Mozambique churches sponsored by Harper Chapel)

All men and women serving our country

Local families in need

Members & friends in Long-Term-Care Facilities

Elaine Blackwell
 Mary Barber

September Birthdays

Dave Tyler (4th)	Nancy Witham (17th)
Alisha Baur (5th)	Tom Reth (17th)
Larry Christiansen (7th)	Elza Sager (19th)
JoAnn Slead (9th)	Pete Kahrs (19th)
Linda Barber (9th)	David Foster (23rd)
Terri Beffa (13th)	Linda Kapfer (24th)
Tom Walker (14th)	Sue Moore (26th)
Ryan Buckingham (15th)	Craig Alcott (26th)
Dave O’Connor (16th)	Ray Summers (30th)
Linda Craig (16th)	



*Happy Birthday
 and God Bless*

UPCOMING EVENTS



Grief Support Group

Meet at 2 pm

2nd Monday each month

Sept. 12th is the next meeting

Meet at 6 pm

2nd Tuesday each month

Sept. 13th is the next meeting



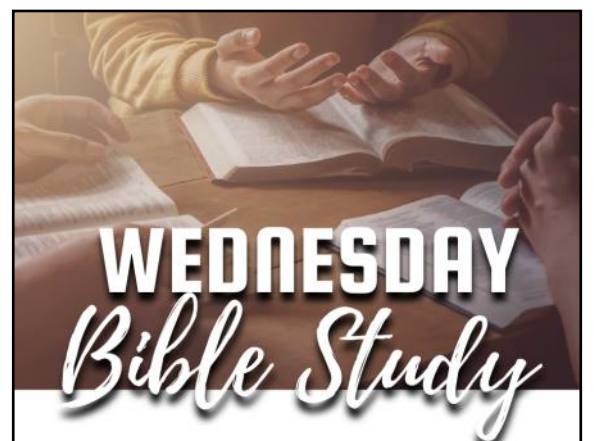
Will start on Wednesday September 7th from 6-7:30 pm. All 2nd ~ 8th graders welcome. Youth friendly dinner provided. See page 6 for more info.

Fall is Flu Shot Season

FREE! Flu Shot Clinic at Harper Chapel UMC

Friday October 7th 9 am

Camden County Health Department Public Health Prevent. Promote. Protect.



WEDNESDAY Bible Study

8 week study of the Gospel of Mark

Begins September 14th @ 10:30 am at Harper Chapel UMC

Thursday, November 17 @ 3:30 pm
\$59.77 per person

SIGHT & SOUND THEATRES
MIRACLE OF CHRISTMAS
LIVE ON STAGE

Ticket Deadline: October 13th

1 PM LUNCH @ BILLY GAIL'S RESTAURANT IN OZARK, MO
CONTACT BILLYE BENNETT FOR MORE INFO: 573-480-3975

FALLING FOR **Hope House**
A FASHION SHOW

SATURDAY OCTOBER 8 11:30 AM
IN THOMPSON HALL OF HARPER CHAPEL

Salad Luncheon & Silent Auction

\$15 per person All Proceeds to Benefit Hope House
Limited Seating • Tickets Not Sold at Door
For Info & Ticket Sales Contact Jan Campbell: 573-280-6361

SUNDAY NIGHT FOOTBALL Bible Study

Begins September 11th @ 6:30 pm

8 week study of the Gospel of Mark (then football)

Will be at Pastor Eric's Home
Please RSVP to Attend - Limited Room
Cell: 660-238-7817 • Email: PastorEric@harperchapel.org

God's CLOSET

Sharing God's love one person at a time.



Now Accepting

New or Gently Used

Winter Clothing

Something you would wear!

As hot as it's been, it's hard to think of cold weather, but it will be here sooner than some of us want it to be. It's time again to start thinking about those who need warm clothing to help them through the winter.

God's Closet is ready to accept new or gently used winter clothing. Think about items that you would want to wear if you were homeless or had

a home with no heat that was cold. We find that jackets, sweatshirts, sweaters, pants, hats, warm gloves or mittens, scarves, and socks go so fast we can hardly keep them on hand. All sizes of clothing are needed but men's and women's sizes go the fastest.

Please make sure the used items you donate are washed and clean (we don't want to put out dirty clothes) and in good repair (no broken zippers, bad rips or terribly stained). Note: We do not put out spring and summer wear unless it is something that can be layered easily. We do not put out underwear unless it is thermal long johns. **We will start putting items on the fence at the end of October.** Thanks for your help with this mission!

HARPER CHAPEL YOUTH GROUP

Youth sounds will be back in the halls every Wednesday evening beginning September 7th!

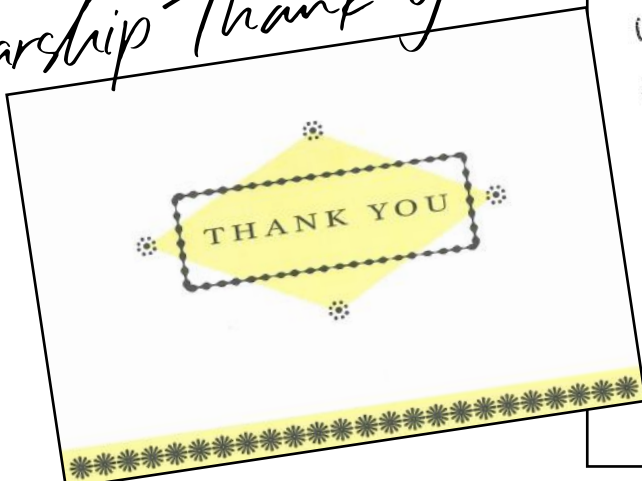
Letters have gone out to parents and youth! We welcome a new sponsor this year, Jase Nicklas! Jase will bring his enthusiasm and faith to share each week, along with Hayleigh and Kennedy Cox, Selynn Barber, and Nancy Culver.

An exciting addition to the youth program this year will be Jo Beth Nicklas sharing her gifts and graces through drama with youth the first Wednesday of each month beginning in October. Watch for some exciting presentations from the Genesis Group!

And, we welcome (and thank) our weekly cooks who are returning, Janie Hamner, Pat Pemberton, Linda Barber, Diane Williams, Kristi McGrew, Bill Randell, Donna Rives and Dennis Brouillette.

If you have any neighbors or friends, 2nd through 8th Grades, invite them to join us on Wednesday evening. We promise to use their energy and enthusiasm and share our faith and love with each of them!

Scholarship Thank You



To Harper Chapel Members,

I am writing to express my sincere gratitude to you all for making the Harper Chapel scholarship possible. I am incredibly grateful for your generosity & support.

I am excited to start my first semester at MACC where I will be working on my education degree. I am also very excited to start my college softball career. Your gift will help me tremendously!

Thanks again,
Adelynn Ehos

SEPTEMBER IS HEALTHY AGING MONTH

Healthy aging refers to the continuous process of making lifestyle improvements that keep a person at maximum potential, physically and mentally, throughout life. The mission behind “September is Healthy Aging Month” is to draw attention to the importance of healthy lifestyles for adults, 45-plus. Many factors influence healthy aging, and some of these, such as genetics, are not in our control. Others—like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental and spiritual health—are within our reach. Research supported by the National Institute on Aging and others have identified actions you can take to help manage your health, live as independently as possible, and maintain/improve your quality of life as you age.

1. Get Moving: Exercise and Physical Activity.

Our bodies were built for 10-12 hours of movement every day. Whether you love it or hate it, physical activity is a cornerstone of healthy aging. A study of adults 40 and older found that taking 8,000 steps or more per day, compared to only taking 4,000 steps, was associated with a 51% lower risk of death from all causes. You can increase the number of steps you get each day by doing activities that keep your body moving, such as gardening, walking, with or without your dog, and taking the stairs instead of the elevator. Exercise can help older adults retain muscle mass as they age, as age-related decline in muscle function is common as people age. Try being physically active in short spurts throughout the day or setting aside specific times each week to exercise. Many activities, such as brisk walking or yoga, are free or low cost and do not require special equipment.

2. Review your daily diet and make necessary changes.

The American Heart Association says research suggests the standard American diet is energy-rich (calorically heavy) but nutrient poor. Nutrient-rich foods are those that are high in minerals, vitamins and other nutrients that are vital for health without too much added sugar (white death 1), sodium (white death 2) and saturated fat. Such foods include fruits, vegetables, whole grains, low-fat dairy, and lean protein sources that can serve as the building blocks of a nutritious diet.

3. Getting a good night's sleep.

Getting enough sleep helps you stay healthy and alert. Even though older adults need the same seven to nine hours of sleep as younger people, they often don't get enough. Feeling sick or being in pain can make it harder to sleep, and some medicines can keep you awake. Not getting enough quality sleep can make a person irritable, depressed, forgetful, and more likely to have falls or other accidents. There are things you can do to help you sleep better, such as following a regular sleep schedule. Try to fall asleep and get up at the same time each day. Avoid napping late in the day, as this may keep you awake at night. Exercise can help you sleep better, if it isn't too close to bedtime. Research suggests that behavioral interventions, such as meditation, prayer, and reading in the evening can also improve sleep quality.

4. Go to the doctor regularly.

Going to the doctor for regular health screenings is essential for healthy aging. A 2021 study found that getting regular check-ups helps doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. Regular screenings can help you uncover diseases and conditions you may not yet be aware of, such as diabetes, cancer, and cardiovascular disease.

5. Taking care of your mental and cognitive health.

Mental, emotional, and cognitive health and wellness is essential to your overall health and quality of life. It affects how we think, feel, act, make choices, and relate to others. Staying connected with others may help boost your mood, improve cognition, and improve your overall well-being. Regular interaction and fellowship with your church family, as well as your earthly family may help boost your mood and improve your overall well-being. Consider volunteering with your church, at a school, library, or hospital to become more active in your community, taking a class to learn something new or improve on a current skill, and engaging in mentally stimulating activities such as Bible Study, reading, journaling, writing letters, and playing games.

6. Becoming more spiritual—an important dimension of wellness.

Sharing your talents and resources through the spiritual disciplines of Bible Study, meditation, prayer, journaling, simple living, worship, and volunteering can help you grow in Christ. As we age, we commonly experience heightened mortality awareness, needs for support from fellow believers, a shift in priorities, a desire to discover more, as well as more time spent in reflection.

Happy, Healthy Aging!!

Billye Bennett, RN, Parish Nurse

Sources: National Institute on Aging, National Institutes of Health, American Heart Association, Alzheimer's Association, American Dietary Association.