

# 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](mailto:office@harperchapel.org) or call the church office at 573-348-2617. Thanks so much and God Bless!*



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*Connecting  
people with  
Jesus Christ  
and  
each other.*

November  
2022

## a note from Pastor Eric...

Give Thanks!

How often do we give thanks? I'm sure we all say "Thank You" or "Thanks" on a regular basis, but how often does it spring from genuine gratitude? The month of November causes us to begin to think a little bit more about our gratitude.

I will like to say "Thank You" to all of you! I have been so impressed with the genuine love and care that I and my family have received in the short time that we have been a part of Harper Chapel. I truly appreciated all the cards and words of encouragement that I received during Pastor Appreciation month.

I held off writing this article to the last minute because I wanted to experience the Fellowship dinner and Trunk-R-Treat event that happened on October 30. Both of those events makes me say once again, "Thank You!" There were people who stepped up to the plate and covered up many gaps in my preparation for the events. I am so grateful for how well the events happened and that wouldn't have been possible without so many having a servant's heart.

So what are you thankful for? Take some time to express your thanks to people who need to hear it. Do not take it for granted that people know that you are grateful, take time to express it with a phone call, text, email, card, or face-to-face.

Lastly, let us give thanks to our God who loves us and showers grace upon us. Grace is God's unmerited favor extended to each of us. We don't deserve it and can do nothing to earn it, but God chooses to bestow it on us anyway. That is worthy of giving God thanks and praise!



Eric Schmidt, Pastor



# 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:

- SpaghettiOs/Ravioli
- Knorr's Side Dishes
- Hamburger Helper Meals
- Ladies Hygienic Necessities
- Spaghetti Sauce
- Canned Vegetables
- Misc. Items (pancake mix, syrup, etc.)

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

## *All are Welcome to Join Us!*



Meeting & Luncheon  
Nov. 10th at 10:30 am



Meeting & Dinner  
Nov. 24th at 6:00 pm



Next Meeting on  
Nov. 21st 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!



# UPDATE



## Over \$1,600 Collected

We had a full house at the Hope House Fashion Show. There was a lot of great food and fun entertainment during the event as well. We raised over \$1,600 to go to Hope House.

Thank you to everyone who helped make this event so successful! From those who helped with decorating, to those who brought the food, the models, and everyone else who had a part to play in this event, thank you so very much! We couldn't have done it without you!



We had a wonderful turnout for our Trunk or Treat event. Thank you to all those who participated in decorating their trunk and handing out candy. We also appreciate those who helped out with directing traffic and helping with the gift card drawings for the night. We couldn't have done it without you.

We were able to hand out a lot of candy and share with the community who we are here at Harper Chapel. We passed out flyers to let them know more about our church and the different groups that meet here, as well as the different ministries we have to provide for the needs of the community.

All in all, we had a great evening and are grateful to everyone who was able to enjoy it with us.



In Gratitude  
with Love



Thank you to all our volunteers that are helping get God's Closet prepared for the cold winter months. This takes a lot of sorting and bagging, so if you would like to volunteer, your help would be much appreciated. Thank you so very much!

### Prayer List: Joys & Concerns

- |                              |                                |                                   |
|------------------------------|--------------------------------|-----------------------------------|
| Elaine Blackwell             | Lourae Fitzgerald              | Clarke Keenan                     |
| Elizabeth Neill<br>(Wheeler) | (Depew)                        | Marlys Miller (Ron's<br>Mom)      |
| Robert Myers                 | Jim Dexter                     | Ann Hubbard                       |
| David Culver                 | Verna Kurtz                    | Dennis Harmon &<br>Family         |
| Jeanne Boardman              | Pete Culver (Culver)           | Shelley & Hunter<br>Burks (Moore) |
| Marcia Murrow                | Barb Massie<br>(Witham)        | Angelica Lauletta<br>(O'Keefe)    |
| Jan Berry                    | Bruce Sents (Jansma)           | Jerry Jansma                      |
| Eva Cannon                   | Stephanie Savage<br>(Hammonds) | Jo Beth Nicklas' Dad              |
| Emily Wheeler                | Brooke Lawler                  | Mark & Selynn<br>Barbour & Family |
| Wilma Penfield               | Nancy Witham                   |                                   |
| Sadie Richey                 | Jim Lewis                      |                                   |
| Kathleen Marco's<br>Parents  | Tami Moulder &<br>Family       |                                   |
| Susan Robinson<br>(Rives)    | Megan Neulle                   |                                   |

### 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

### November Birthdays

- |                         |                        |
|-------------------------|------------------------|
| Bill Smits (1st)        | Lindsey Tyler (11th)   |
| Kathleen Ufheil (3rd)   | Carol Rapp (19th)      |
| Bill Randell (7th)      | Harold Wheeler (24th)  |
| Bo Gordon (8th)         | Michael Johnson (28th) |
| Kristen Turner (8th)    | Cale Bentley (30th)    |
| Linda Hofstetter (10th) | Lisa Wayman (30th)     |
| Larry Frazier (11th)    |                        |



Have a Blessed  
Birthday

# God's CLOSET

Sharing God's love one person at a time.



Now Accepting

New or Gently Used

Winter Clothing

Something you would wear!

With the cold weather finally upon us we are getting closer to putting items out on the fence. We would love to take your clothing donations, if you have any. We would be able 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 terrible stains). 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 beginning of November.** We could really use some volunteers to help sort, package, and display on the fence when they are ready to go outside. Please contact the office at 573-348-2617 if you are interested. Thanks for your help with this mission!

## HARPER CHAPEL YOUTH GROUP

Harper youth are busy rehearsing for "The Best Christmas Pageant Ever" and having a wonderful time doing it. Some are finding gifts and talents they didn't even know they had! We are hoping that it will be ready but are always flexible and ready to find another activity if needed.

In November, we will be talking about being grateful and what we can do for others by giving of ourselves. Youth are appreciative of the wonderful meals provided weekly by the chefs. The meals give us a great time for fellowship and making new friendships. Thank you to all who make this possible.



# UPCOMING EVENTS



Meet at 2 pm  
2nd Monday ea.  
month  
Nov. 14th is the  
next meeting



Grief Support Group

Meet at 6 pm  
2nd Tuesday each month  
Nov. 15th is the next  
meeting

## HARPER CHAPEL YOUTH GROUP

Meet every Wednesday 6-7:30 pm.  
All 2nd ~ 8th graders welcome. Youth  
friendly dinner provided. All kiddos are  
welcome to join in the fun!

Fall back 1 hr Saturday, Nov. 5th  
when you go to bed that night.



## Thanksgiving COMMUNITY WORSHIP SERVICE



Sunday, November 20th • 6 pm

Lake Ozark Christian Church | Rev. Eric Schmidt (Message)  
1560 Bagnell Dam Blvd. | Rev. Andy Blacksher (Faithbridge)  
Lake Ozark, MO 65049 | Rev. Ron Trimmer (Host Church)

## All Church Christmas Dinner



Saturday  
December 10th • 6 pm

Tickets:  
**\$15** per person

Good Food  
Good Fellowship  
Good Entertainment

Hope You  
Can Join Us!

Entertainment will be a  
children's performance  
directed by Jo Beth Nicklas.



## Church Decorating DAY Sunday NOV. 20TH Lunch Then Decorate

## Choir Cantata Dec. 11th 10 am

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](mailto:office@harperchapel.org)  
or call the church office at  
573-348-2617. Thanks so  
much and God Bless!

## NOVEMBER IS NATIONAL DIABETES MONTH

National Diabetes Month is an opportunity to raise awareness about diabetes risks and prevention. Diabetes mellitus refers to a group of diseases that affect how the body uses blood sugar (glucose). Glucose is an important source of energy for the cells that make up the muscles and tissues and is the brain's main source of fuel. The main cause of diabetes varies by type. Diabetes can lead to excess sugar in the blood which can lead to serious health problems.

According to the Center For Disease Control, More than 37 million adults in the United States (US) have diabetes (11.3% of the population), and one in five are not aware they have the disease (38% of the population). 96 million US adults have pre-diabetes and more than eight in ten don't know they have it. Diabetes is the 7th leading cause of death in the US & this may be underreported. In the last 20 years, the number of adults diagnosed with diabetes has more than doubled, as the American population has aged and become more overweight or obese.

There are two main Chronic conditions seen in diabetes:

1. TYPE 1 occurs when the body can't produce insulin, a hormone in the pancreas that breaks down carbohydrates into blood sugar or glucose for energy. While the exact cause is unknown, Type 1 is the result of an autoimmune destruction of pancreatic islet cells that produce insulin. Risk factors include family history/genetics, young age, and geography, as the further one lives from the equator, the higher the risk. Insulin therapy helps the pancreas to function normally. Many children suffer from Type 1, and Type 1 used to be called "juvenile diabetes." Type 1 accounts for approximately 5-10% of all diagnosed cases.
2. TYPE 2 diabetes is the most common form of the disease, where the body is unable to process its internal insulin well enough to keep blood sugar at normal levels. Type 2 accounts for approximately 90-95% of all diagnosed cases. You may be predisposed to Type 2 if you are overweight, you have a family history, barely exercise every week, older than 45, and have been diagnosed with pre-diabetes.

Potentially reversible conditions include prediabetes and gestational diabetes. Prediabetes happens when blood sugar levels are higher than normal, but not high enough to be called diabetes, and it can lead to diabetes unless steps are taken to prevent it.

The theme for this year's awareness campaign is Gestational diabetes, which occurs in women who develop diabetes during pregnancy. Once diagnosed, a woman with this form of diabetes in pregnancy risks developing diabetes at some point in her lifetime. She may also have a lifetime risk of developing diabetes if she gives birth to a baby weighing over 9 pounds.

### SYMPTOMS:

Diabetes symptoms depend on how high the blood sugar is. Some people, especially if they have prediabetes or Type 2 diabetes, may not have symptoms. In Type 1 diabetes, symptoms tend to come on quickly and be more severe.

Some of the symptoms of Types 1 and 2 diabetes are:

- Feeling more thirsty than normal.
- Urinating often.
- Losing weight without trying.
- Presence of ketones in the urine. Ketones are a by-product of the breakdown of muscle and fat that happens when there is not enough available insulin.
- Feeling tired and weak.
- Feeling irritable or having other mood changes.
- Having blurry vision.
- Having slow-healing sores.
- Getting a lot of infections, such as gum, skin, and vaginal infections.

### COMPLICATIONS:

Long-term complications of diabetes develop gradually, as the longer you have diabetes — and the less controlled your blood sugar — the higher the risk of complications. Eventually, diabetes complications may be disabling or even life-threatening.

Possible complications include:

- Heart and blood vessel disease
- Foot damage
- Alzheimer's disease
- Neuropathy (Nerve damage)
- Skin and mouth conditions
- Depression
- Kidney damage
- Hearing impairment

### PREVENTION:

Type 1 diabetes can't be prevented, but the healthy lifestyle choices that help treat prediabetes, Type 2 diabetes and gestational diabetes can also help prevent them.

- Eat Healthy Foods. Chose foods lower in fat and calories and higher in fiber. Focus on fruits, vegetables and whole grains.
- Get more physical activity. Aim to get at least 150 minutes of moderate aerobic activity a week.
- Lose excess pounds. If you're overweight, losing even 7% of your body weight can lower the risk of diabetes.

Billye Bennett, RN, Parish Nurse

Sources: American Diabetes Association, Mayo Clinic, Johns Hopkins School of Medicine