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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!**

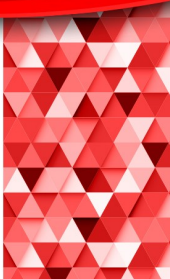


### OUR VISION:

"Intentionally connecting people with Jesus Christ & each other through ministries that are: Relational, Invitational, Transformational & Missional"

### OUR MISSION:

"Making disciples of Jesus Christ for the transformation of the World!"



## a note from Pastor Jim...

When we sold the parsonage and paid off the building, one of the questions we asked ourselves was "What is next for Harper Chapel?". To discover the answer, we conducted a series of Re-Dreaming the Dream conversations, both in person and on line due to the COVID interruption. At the same time the church Leadership Team started a two year study of the demographics of our community to learn more about our community make-up, and where we need to be focusing.

What we heard from the Re-Dreaming the Dream conversations and learned from the demographic results pointed us to two areas that we need to be focusing on. First, from the Re-dreaming conversations was a desire for an Associate Pastor with youth, community outreach, and administration responsibilities. The demographics also revealed that in a ten mile circle around Harper, four of the five top people groups that make up our community were senior adult related.

With the above findings, the leadership team asked the Pastor Parish Relations team (PPRC) to develop a job description for an Associate Pastor which was presented to the leadership and approved. The finance team was asked to determine if we have the resources to add the additional staff. The analysis indicated we can add this position due to the savings realized by eliminating the mortgage debt and other expense savings adjustments we have made. Additionally, to allow for focus on the demographic results, the pastor's job description was revised to include an emphasis on Senior Adult ministries.


As we moved forward, several members of the congregation were enlisted, along with the PPRC, to conduct a search for the best individual for the Associate Pastor position as an employee of the church and not part of the United Methodist appointive system. We advertised and received over 90 resumes. These resumes were then screened, both first and second interviews were conducted and references were checked.

These are exciting times for Harper Chapel. During the month of May we plan to have two well qualified candidates for our Associate Pastor position visit with us so we have the opportunity to meet them face to face, allow them to see the area, and get to know each other.

This two prong approach, focusing on both youth ministry and senior adults, bodes well for the future of Harper Chapel as we look ahead and plan to grow for the kingdom.

I would ask that you make this a matter of prayer, just as the leadership team has been, so we find the right person and that God's plans would be our plans.

Prayers,

  
Pastor Jim

PS: Watch for coming details about our new J.O.Y. (Just Older Youth) efforts starting early fall.

# God's Cupboard

God's Cupboard – what a blessing to the community. First, I want to thank all of you for your constant contributions. You are what has made the Cupboard into what it is today. If you are able to help out, we could use a little bit of everything right now. Monetary donations are also accepted.

Again, thank you for your support to the Cupboard.



Thirteen volunteers made the Harper Chapel All Church Workday at Wonderland Camp a big success on April 24, 2021. Work was completed before noon and everyone enjoyed hamburgers, hot dogs and all the trimmings cooked by John Buckingham.

The United Methodist Men want to again remind members that if you have maintenance work around the house that you need help with, we will be happy to evaluate what needs to be done and do it if we can or give recommendations if we cannot.

Contact Clark Ogden (816-810-5378), Bill Smits (402-212-3019), or Andrea in the church office (573-348-2617).







Like the smell of shaving cream?? Join the youth on Wednesday, May 19th at 6:30 pm, for the end of the year activity (and please bring your own can of shaving cream. Also, wear appropriate clothing that you never want to see again)!

We have had a great year with a small, but mighty, group of youth! We have helped sort and fill God's Cupboard and God's Closet, learned that our friends like many things about us and also how to find Bible verses. And every week Izzy Hamner led us in devotions.

The possibility of a one-day-a-month youth activity is being discussed. If you would have any interest in helping with a portion of that day, please contact the office or Judy Smits (402-578-2682).

Our undying gratitude and special thanks go to our meal preparers this year: Janie Hamner, Pat Pemberton, Linda Barber, Diane Williams, Bill Randell and Carol Wheeler.

Youth sponsors have been loving, caring, flexible and always ready for a laugh! We thank Nancy Culver, Selynn Barbour, Kristi McGrew, Izzy Hamner, and Jim Day. Jim Killam's loss was felt by the group mid-year. Jim was always at youth group, ready to add to the fun.

And, thank you to Harper Chapel for your continued love and support.

# Sunday's Schedule



9:00 am Zoom Meeting

**NOT MEETING DURING SUMMER MONTHS.**

## 10:00 am In-Person Worship Service

Music has blended format with classic and modern praise songs, and is located in our sanctuary.

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



Back in March, Harper's Ladies brought in some representatives from the Central Missouri Foster Care and Adoption Association. We decided to participate in collecting donations to go toward helping those who are aging out of Foster Care!

Thanks to all your donations, they will have a wonderful beginning to their new life as independent adults!



# SHINING Stars

Your Shining Stars experienced many blessings in April. Our dear friends Sparkie (Jackie Newton) and her granddaughter Sparklette (Eva) chose our after schoolers to participate in our own clown camp. They came on Friday the 16<sup>th</sup>, brought all props, sets, and sound equipment and even lunch, and taught us comedy skits. Each kid even got to create their own clown name, which was used throughout the event. We then performed for parents and congregation members (thank you) to the delight of all! Later in the month, we enjoyed making homemade pretzels, homemade butter to eat on biscuits, and welcomed two new after-schoolers.



Preschoolers have been learning about farms and experienced a wonderful field trip to Fallow Ground Farm in Tuscumbia. Our six little ones, along with teachers and parents, got to feed chickens, hold fuzzy little chicks and ducklings, cuddle baby lambs, feed carrots to donkeys, and plant sunflower seeds in eggshells. We are grateful to Kendra Ash and her family for providing so many hands-on activities for us to enjoy. Our Shining Stars were very well-behaved, and we are proud that each of them tried every activity without reservation. They also enjoyed making homemade butter later in the month, and they are working on special crafts and songs for their mothers. You would be amazed at the things they accomplish with Ms. Kathleen during their music sessions! Besides singing and playing instruments, she really gets them thinking.

On May 6, preschoolers will welcome their mothers for a tea party. On May 21, after schoolers will celebrate the last day of school with a picnic. Then on June 1, we will have our first day ever of summer preschool. As you can see, the days really are bright for our Shining Stars! *(more photos on page 5)*

## Prayer List: Joys & Concerns

Hazel Cory	Nigel Wood	Inez Killam & Family
Sharon Shrimp (Culver's)	Judy Jansma	Kathleen Marco's Parents
Elaine Blackwell	Charlie Saunders	Findley, Cara & Shawn
Elizabeth Neill (Wheeler's)	Emily Wheeler	Gerdiman & Family
Rick & Robert Myers	Dave Logsdon	Hannah (Mitchell's)
Kristen Turner	Sasha Rupert	Susan Robinson (Rives')
Shawn Pederson (Karen's)	Ellen Covington	Tracy "Bud" Penfield
David Culver	Allene Kroll	Bridget Huckaby
Jeanne Boardman	Trudy Marco	Carol Weatherford
Marcia Murrow	Debra Penfield	& Family
Richard Coburn (Meyers')	Sue Carroll	Chester Cook (Day)
Richard Moore	Louise Anderson	Annie Elizabeth Henry
Todd Frazier	Sadie Richey	
Jan Berry	Ron Miller's Mom	
Shelley Burks	Tony & Sandi Zaucha	
Eva Cannon	Maureen Buzbee & Floy	
Jan Brooks	(sister) & Family	
Graham Tatomer	Cordy Shepard	

## Members & Friends

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  
 Juanita Grote  
 Mary Barber

## May Birthdays

Victoria Hubbell (4th)	Kyle Larson (23rd)
Kevin Short (12th)	Carol Weatherford (29th)
Mark Wayman (14th)	George Hubbell (30th)
Diane Williams (14th)	Bonnie Perry (31st)
Carol Day (22nd)	

*Happy Birthday and God Bless*





# SHINING Stars



*You're Invited!*

On Tuesday, May 18, at 10:30 am, you are all invited to come see the Shining Stars Preschool musical presentation of *The Three Little Pigs* along with end-of-year presentations and refreshments.

## LRHS Parish Nurse Network Wellness Tip of the Month May 2021

### Allergies

#### What are they?

People with allergies have an unusual response to usually harmless substances. These substances may be pollen, molds, pet dander, perfumes, insect stings, medications or certain foods. When a person with allergies becomes exposed to these substances, the body reacts to that contact and produces Histamine, which causes the symptoms.

#### Symptoms

- Itchy, watery eyes
- Itchy, runny nose
- Sneezing
- Rashes
- Feeling tired or ill
- Hives
- Food allergies- stomach cramps, vomiting or diarrhea
- Stings- swelling, redness and pain where stung

If the following symptoms occur, call 911 or go to the emergency room (ER) immediately - this may be an anaphylactic reaction.

- Hives and itching all over
- Wheezing or shortness of breath
- Hoarseness or tightness in the throat
- Tingling in the hands, feet, lips or scalp

#### Diagnosis/Treatment

See your doctor if you think you have allergies. Your doctor may do a physical exam, ask you questions pertaining to allergies, and do skin or blood tests. Your doctor may prescribe medications to treat the allergy symptoms or allergy shots to reduce the reaction to some allergens.

#### Prevention

1. Stay active and exercise.
2. Avoid contact with known allergens.

Resource: <http://www.webmd.com/allergies>

Lake Regional Health System  
54 Hospital Drive • Osage Beach, MO 65065  
573.302.2790 • [www.bbeck@lakeregional.com](mailto:www.bbeck@lakeregional.com)

Billye Bennett, RN. Parish Nurse

## ***BUILDING RESILIENCE THROUGH CONNECTING WITH NATURE***

We underestimate the importance of connecting with nature in developing and maintaining our physical, mental, spiritual, and emotional wellbeing and resilience. Scientists are beginning to find real, quantifiable evidence that being in nature has a profound impact on our brains and our behavior, helping us to reduce anxiety, brooding and distress, while increasing attention capacity, creativity, and ability to connect with other people. Of course, there are many physical health benefits associated with time spent in green spaces and the great outdoors. Studies show that even five minutes around trees or in green spaces may improve health. Think of it as a prescription with no negative side effects, that's also free.

Exposure to forests, trees, and green space:

- boosts the immune system
- improves physical conditions like hypertension, cardiac illness, bowel disorders, and chronic pain.
- reduces distress; improves mood.
- increases ability to focus, even in children with ADHD
- increases energy level, improves sleep, reduces BMI, and increases muscle mass.
- patients recover from surgery faster and better when they have a "green" view compared to those who had no view or a view of a cement wall.
- a day in the sunshine can provide vitamin D, a nutrient we don't get from food as much as we need.
- is a natural solution to computer vision syndrome, which arises from staring at screens for countless hours.
- reduces the occurrence of obesity, asthma, childhood anxiety and depression in children who are encouraged to spend more time outdoors.
- provides spiritual enhancement by facilitating meditative and mindfulness practices, increases our appreciation of God's creation and love for everything that is alive, and automatically fosters the urge to protect our environment from the effects of climate change.

As mentioned above, the benefits of staying close to nature are diverse. More than 50% of people in the world live in urban areas, where accessing green space easily is difficult, by 2050 that number will be 70%. The addition of green spaces in urban areas are vitally important in helping people disconnect from bright lights, blaring noises, and multiple demands on time and attention. Author Richard Louv mentioned Nature-Deficit Disorder in his famous book "Last Child in the Woods". According to Louv, Nature-Deficit Disorder is not the presence of an anomaly in the brain; it is the loss of connection of humans to their natural environment. Our affinity toward nature is genetic and deep-rooted, as humans are more adaptive to natural settings than man-made habitats.

Here are five amazing ways to connect deeply with nature:

- 1) Make outdoor plans. We stay indoors most of the time, which cuts off our connection with fresh air and scenic views. Opt for an outdoor venue when making plans with friends and family, whether it be a picnic, a camping or rafting trip, or a walk beside the lake or at one of our area's State Parks.
- 2) Exercise in the open air. The gym may be great for a high power workout, but if you like walking, yoga, or other slower exercise options, outdoors is the best place. You will enjoy the sounds of birds chirping, squirrel and other wildlife activity, as well as the unfolding beauty of nature, which encourages mindfulness and relaxation.
- 3) Grow something on your own. Outdoor outings are great, but they are not always regular activities. If you want something permanent that brings you close to mother nature every day, plant a vegetable and/or flower garden. If you don't have enough space to maintain a garden at home, bring home some indoor plants that you nurture with love and care. Volunteering to help with a church, nursing home, or community garden can provide opportunities for service, while observing the miraculous cycles of growing and reaping, and getting your dose of vitamin D.
- 4) Make the scenic view your route. Another simple and easy way to enjoy the best of nature is to make scenic views your preferred route, whether it be traveling to work or traveling for pleasure. When going to work, choose the route that is filled with more natural scenes. When traveling for pleasure, choose routes off the beaten path and away from the hustle and bustle of interstate travel.
- 5) Enjoy sunrises and sunsets. To be honest, watching the rising or setting sun is one of the most calming and relaxing views in this world. This slow process is so beautiful that you can enjoy every second of it. The positivity and calmness the sunrise and sunset offers is a universal love, shared by people in all countries of the world.

A strong connection to the natural environment enhances emotional well-being and alleviates feelings of social isolation. Additionally, nature-friendly people practice environmentally conscious and responsible behaviors required for future conservation of our planet.

Job 12: 7-10

But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; 8. Or speak to the earth, and it will teach you, or let the fish in the sea inform you. 9. Which of all these does not know that the hand of the Lord has done this? 10. In His hand is the life of every creature and the breath of mankind.