

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!

March
2023



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*Connecting
people with
Jesus Christ
and
each other.*



God's Cupboard

We appreciate everyone who joined in Pastor Eric's challenge last month. We received a total of 1,178 items of food for the Cupboard. WooHoo!! Well, as you know, this ministry is constantly in need of more. Here is a list of what is currently needed:

- Small Individual Bags of Chips
- Canned Fruit
- Soups
- Misc. Items (pancake mix, syrup, rice, chili, beans, etc.)

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

a note from Pastor Eric...

How is your Lent going? I imagine that is a question that no one has asked you. Much of our religious lives go unnoticed and unquestioned. There is definitely some scriptural references that would back up not asking about it, or at least not living our personal religious observances in such a way as to draw attention to ourselves. So I am going to ask that question anyway, How is your Lent going?

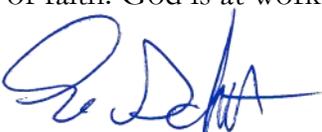
Lent requires discipline and intentionality. Those are some things that are hard for some of us to maintain over a period of time. We often lose momentum because of the gravity of life. Physics tells us an object in motion tends to stay in motion until an external force acts upon it. There are so many things in our lives that act as a gravitational force to our spiritual endeavors. So what we need to be successful in our spiritual journeys, not just 40 days of Lent, is discipline and intentionality.

I remember hearing Dave Ramsey speak at a conference many years ago in Atlanta in which he spoke about something called the momentum theorem. I still remember the lesson he was wanting the hearers to remember that day. Even though Dave Ramsey often speaks about money matters, this idea he spoke of was for more than just money. He said we need to begin our journey towards any goal or purpose. That start creates momentum. "Momentum isn't just some abstract concept." In fact, Dave discovered that the power of momentum can be summed up in the Momentum Theorem: $F_i/T(G) = M$ Focused intensity, over time, multiplied by God, equals unstoppable momentum."

(<https://www.ramseysolutions.com/personal-growth/building-unstoppable-momentum>).

The two other variables of the momentum theorem are important for us to remember in our faith journey. The first is that it takes time. We live in a world of immediacy. Patience is not a concept many of us live into and practice very well. We want it now! However life is lived as a journey or marathon and not a sprint. When we keep at it over time, change begins to happen, but not without the last variable of the theorem.

God is always the most important and unpredictable variable in our lives. We never know when or how God is going to move and interact in our lives. One thing that we can be certain of is that God does move. Scripture tells us that the Spirit of God goes here and there and wherever it wants. As we move on our faith journey with focused intensity over time, God will do something amazing and wonderful in our lives. So you may not have an answer to the question to how your Lent is going, but I pray that doesn't dissuade you from finding some intentionality today to begin the journey of faith. God is at work! Let us be a part of it!



Pastor Eric Schmidt

All are Welcome to Join Us!



Meeting & Luncheon
March 9th at 10:30 am



Meeting & Dinner
March 23rd at 6:00 pm

All Men Welcome		6:30 am Every Thursday	 Breakfast? Join the Men's Group every Thursday for breakfast. There you will find good food & fellowship.
		at Cozy Café on Hwy KK	

Sunday's Schedule

10:00 am Worship Service

Blended Worship

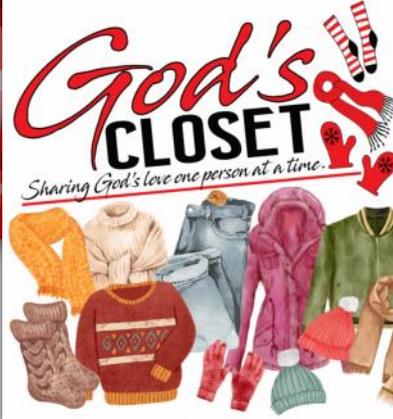
- Classic Hymns
- Modern Praise Songs
- Occasional Choir
- Occasional Guest Musician
- Occasional Handbells Choir

10 am



A Little
for Everyone

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



Now Accepting

New or Gently Used

Winter Clothing

Something you would wear!

Thank you to everyone who answered our request for more men's warm clothing. We need more, though. Those clothes seem to go the fastest. We can also use more women's sweaters. We have quite a few kids clothes still in stock. Thank you for your generosity.

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.

Articles of clothing get put out on the fence daily. We could really use some volunteers to help sort, package, and display on the fence throughout the winter season. Please contact the office at 573-348-2617 if you are interested. Thanks for your help with this mission! The community truly utilizes it on a daily basis during these cold winter months.



Harper Chapel and FaithBridge youth have combined to create a larger group, as yet unnamed. FaithBridge has also contributed adult assistance for the group. Last week, youth attended the Ash Wednesday service along with parents. Older youth will continue to look at parables and the season of Lent. Younger children are planting and growing bulbs and God's gifts.

The youth come from a variety of faiths and backgrounds, but amazingly they have become a close knit community. Stop by any Wednesday night and learn to play "Shuffle Your Buns"!



In
Gratitude
with Love 

Thank you to Jo Beth Nicklas,
Nancy Sappington, and Michael
Fulk for uniting together to
lead the Choir into a new season.
*We look forward to hearing some
amazing music in the near future!*

Prayer List: Joys & Concerns

Elaine Blackwell
Elizabeth Neill
(Wheeler)
Robert Myers
David Culver
Jeanne Boardman
Marcia Murrow
Emily Wheeler
Sadie Richey
Jan Berry
Susan Robinson
(Rives)
Jim Dexter
Verna Kurtz
Barb Massie (Witham)
Bruce Sents (Jansma)
Stephanie Savage
(Hammonds)

Brooke Lawler
Nancy Witham
Tami Moulder &
Family
Megan Neulle
Clarke Keenan
Marlys Miller (Ron's
Mom)
Ann Hubbard
Shelley & Hunter
Burks (Moore)
Angelica Lauletta
(O'Keefe)
Jerry Jansma
Debra Penfield &
Family
Chris Reth
Jan Berry

Andrea's family
(Unspoken)
Family of Eva Cannon
Family of Eleanor
Depew
Gloria O'Keefe
Shelley Scrivener
Boltinghouse 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

March Birthdays

Harold Harvey (2nd) Mike Williams (30th)
Janie Hamner (8th) Terri Sager (30th)
Carol Gentry (11th)
Patsy Summers (17th)
Geniece Tyler (20th)
Dan Beffa (24th)
Michael Lindeman (27th)



Have a Blessed
Birthday

THE HEALING POWER OF NATURE

Hippocrates said centuries ago, “Nature itself is the best Physician”, and numerous scientific studies over the years conclude that spending time in nature—even as little as two hours a week—has been linked to several health benefits. There is something magical about being in nature; you cannot put it into words, but you feel it deep within—it touches your spirit. Just a few minutes of being in nature makes us feel healed and restored, gives us strength, drains away all negative energy, and fills us to the brim with positive energy.

Wayne Jonas, MD, Professor of Medicine at Georgetown University, as well as a retired lieutenant colonel in the U.S. Army Medical Corps, has long been a proponent of spending time in nature as part of an integrative health plan. “Even a small amount of time spent outdoors can physically, mentally, and spiritually impact health positively. Especially during difficult times, stepping away from the computer, phone, TV, and stressful situations, and taking advantage of outside activities, can benefit your health.”

Physical benefits of being outdoors includes:

- Lowers Cortisol, which is elevated with distress, reduces resting heart rate and blood pressure, bolsters immunity, and improves mood and sleep patterns.
- Sunshine can provide vitamin D, which is essential to bone health and preventing illness.
- A study of nearly 62 million Medicare beneficiaries suggests that nature may also help protect against the risk of developing certain neurodegenerative disorders, such as Alzheimer’s disease, general cognitive decline, and related dementias such as vascular dementia and Lewybody dementia.

There’s a Spiritual Connection:

“There is substantial evidence that people who engage in spiritual and religious practices stay healthy longer and recover faster”, says Dr. Jonas. Various religions have incorporated nature into their belief systems for centuries. Greek temples surrounded patients with nature, music, and art to restore harmony and promote healing. Chinese and Indian systems of care use space and geography to promote healing. Japanese medicine uses “forest bathing”, going into the woods, as a healing method.

Christ Himself modeled for us the very kind of habits and rhythms of life we need in any age. Jesus frequently retreated to lonely, solitary, and wilderness locations to pray (Luke 6:12,15:16). For Christ, “the wilderness” or “desolate places” often became his “momentarily sacred space”, escaping the noise and frenzy of society to be alone with His Father, where He could give Him His full attention. Nature reveals to us God’s beauty, glory, power, wisdom, presence, creativity, and most of all, His loving care. Acts 14:15 challenges us to “Turn from these vain things to the living God, Who made the Heaven, and the Earth, the Sea, and all that is in them” to fully experience God’s presence and the healing power of nature.

Sources: Department of Medicare and Medicaid, Wayne Jonas, MD, The Holy Bible.

Peace and Grace, Billye Bennett, RN

A promotional poster for a community garden meeting. The background is white with green leafy borders on the left and top. The main title "Community Garden Meeting" is written in a large, green, cursive font. Below it, the date and time "Thursday March 16th 6:30 pm" are written in a green, sans-serif font. To the right of the text are three small photographs of garden plots. The central photo shows a wooden sign that reads "HARPER GARDEN". At the bottom left, contact information for Deb Larson is provided: "Contact Deb Larson at 573-280-5203 for more information." At the bottom right, the phrase "All are Welcome" is written in a large, green, cursive font.

Community Garden Meeting

**Thursday
March 16th
6:30 pm**

Contact Deb Larson
at 573-280-5203
for more information.

All are Welcome

UPCOMING EVENTS

Join us for a

FREE

Child ID Event



SATURDAY, MARCH 4TH
9 AM - 12 PM
IN THOMPSON HALL



- Only takes about 15 minutes
- Data is NEVER stored
- Updateable information
- Used by Law Enforcement
- Amber Alert format for faster issuance
- ALL ages Infant to Adult!



Each Packet Includes a USB device with:

- 1) The Child's Physical description
- 2) Photos
- 3) Digital Fingerprints
- 4) Contact information

Plus a Dental Impression with:

- DNA
- Scent specimen for search dogs

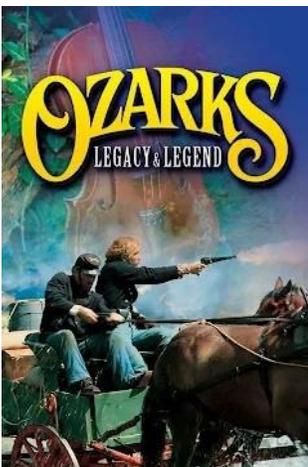
...and other pertinent information needed by emergency personnel to locate your child should they go missing!



**For more information about this event,
contact Billye Bennett at 573-480-3975.**

Craft Supplies GIVE-AWAY Room 203A

If you like to sew, or create small crafts, crochet or knit, these items are for you! The church will no longer be using them. We are giving first dibs to those who attend church here. Please call or email the office if you would like to take a look at what we have during the week, or take a gander on Sunday. We would love to make sure they all get to a home where they can be used. If you know someone outside the church who might be interested, invite them to look as well. Thanks & happy crafting!



Join Harper Chapel's 55+ group on a trip to Branson and the IMAX theater on Wednesday, March 15th. They will be seeing "Ozarks Legacy &

Legend", the cinematic retelling of Branson, Missouri from 1824 to the 1950s, filmed throughout the beauty of the Ozark Mountains. Experience breathtaking scenery and enjoy a family saga that highlights our heritage and history. Contact Jan Campbell for more information if you would like to participate. Jan's number is 573-280-6361.

Order some Easter Lilies

in honor or in memory of a loved one.



Order forms are on
the table in front of
the church office.

Lent 2023 Season



Ash

Wednesday

Feb. 22 • 6:30 pm

March 1st
@ FaithBridge
12 pm • Rev. Ron (LOCC)

March 8th
@ L.O. Christian
12 pm • Pastor Eric (HC)

March 15th
@ Harper Chapel
12 pm • Rev. Ron (LOCC)

March 22nd
@ FaithBridge
12 pm • Pastor Eric (HC)

March 29th
@ L.O. Christian
12 pm • Pastor Andy (FB)

April 5th
@ Harper Chapel
12 pm • Pastor Andy (FB)



Palm
Sunday

April 2
10 am



Maundy
Thursday

April 6
6:30 pm



Good
Friday

April 7
No Service



Easter
Sunday

April 9
10 am Only

Wednesday Services at Noon are the Community Lenten Services. All others are at Harper Chapel.

Lake Ozark Christian Church is located at 1560 Bagnell Dam Blvd. in Lake Ozark. FaithBridge is located at 901 Hwy 42 in Osage Beach. Harper Chapel is located at 5567 Osage Beach Pkwy in Osage Beach.

All are Welcome!

