

# The Harper Journal

June  
2022



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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!*



#### CONTACT US:

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*Connecting  
people with  
Jesus Christ  
and  
each other.*

# God's Cupboard



Thank you to everyone who supports this ministry by donating foods to it or monetary donations to help buy items we need. Currently we are in need of the following items:

- Knorr's side dishes
- Soups
- Shampoo
- Snack Fruits
- Snack Puddings
- Individual Cereals

We are always looking for volunteers to help stock the cupboard. If you are interested, please contact the church office by email at [office@harperchapel.org](mailto:office@harperchapel.org) or by phone 573-348-2617.

Your kindness and generosity helps provide for the needs of others in the community. Thank you so very much.

***All are welcome to Join Us!***



Meeting & Luncheon  
June 9th, 2022 • 10:30 am



Meeting with Dinner  
June 23rd, 2022 • 6:00 pm

## a note from Pastor Jim...

The last part of verse one in Hebrews 12 says, "And let us run with perseverance the race marked out for us." I have often thought of the pastorate as a relay race. A race where the baton is carried for a short time by one individual and then passed on to the next runner in the race. In this way, the life and ministry of the church continues as some finish their leg of the race and others step in to take the next part. We are quickly coming to the completion of my leg of the race. This does not mean I will stop serving, or stop doing something for others, but it does mean that things will be done at a different pace. Instead of a race, life will become a leisurely walk, with moments of intense activity followed by times of quiet and rest.

As we transition, please keep Pastor Eric and his family in your prayers, be ready and willing to step in where he asks for help, and remain the flexible people of God that you have proven to be, as things will be done differently, and yet, with the same common goal of Making Disciples, feeding the hungry, clothing the naked, caring for others and loving your neighbor as yourself.

I believe Harper Chapel will be in good hands, as long as God is the focus, and the ministry continues to be the primary or main thing. I remember what one of our conference lay leaders often reminded us of ... the main thing is the main thing.

Until we finish this leg of the race, that will remain my focus ... keeping the main thing the main thing.

Prayers,

Pastor Jim

# 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!



This will be our last month with Pastor Jim, as he is retiring this month.

His last Sunday will be June 19th.

Thank You Pastor Jim for your dedication to the ministry and people of Harper Chapel.  
You will be missed!

## HARPER CHAPEL YOUTH GROUP

Youth ended the year May 18th with a shaving cream activity and a whipped cream challenge. No one went home unscathed!

Special thanks this year to our youth sponsors, Haleigh Cox (with Kennedy's input), Nancy Culver, Selynn Barbour and Izzy Hamner. Faithful cooks included Linda Barber, Diane Williams, Pat Pemberton, Janie Hamner, Bill Randell, Kristi McGrew, Donna Rives, and Dennis Brouillette. Each of these people contribute their gifts and graces to create a loving, safe place for youth to grow in their faith.

And special thanks to Pastor Jim who was also a regular on Wednesday nights -- and was coated in fluffy white smelly foam on our final night! A special thanks to the congregation who continue to support this ministry in so many ways.

*We can't wait for August!*



# In Gratitude with Love



*Pastor Jim and Carol Day*

Thank you so very much for everything you both have sacrificed during your time here at Harper Chapel. Blessings to you both, now and always.

## Prayer List: Joys & Concerns

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

## Members & Friends facing hard times

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

All men and women serving our country

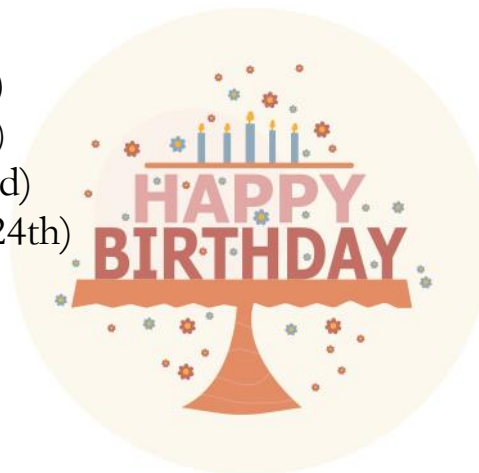
Local families in need

## Members & friends in Long-Term-Care Facilities

Elaine Blackwell  
Mary Barber

## June Birthdays

Andrea Nowak (4th)	Robert Baur (16th)
Alivia Alley (6th)	Christi Bluhm (20th)
Troy Sappington (6th)	Joel Pottinger (22nd)
Gary Hamner (8th)	Kathleen Miller (23rd)
Pat Pemberton (10th)	Georgiann Gustin (24th)
Carol Cole (12th)	Keil Bluhm (26th)
Chris Seider (14th)	Jan Campbell (28th)
Danielle Lutz (14th)	Jane Myers (28th)
Michael Mistler (16th)	Sue Fletcher (28th)



*Happy Birthday  
and God Bless*

# You Are Needed!!

Seriously, this is like an **ALL HANDS ON DECK** kind of scenario!



*July* **18-22 • 9:00 am - 4:00 pm**  
with Performances on 22nd & 23rd @ 7pm

**Early Drop Off 7:30 - 9:00 am • Late Pick Up 4:00 - 5:30 pm**

**Registration • Early & Late Child Care  
Bible Studies • Lunch • Props • Costumes  
Cleaning • Ticket Receiving & More**

Contact Us to Help Out! • 573-348-2617 • [office@harperchapel.org](mailto:office@harperchapel.org)

**Sign Up** Kathleen Marco • [kmarco@harperchapel.org](mailto:kmarco@harperchapel.org)  
**Sheets in Lobby** Jo Beth Nicklas • [jnicklas@harperchapel.org](mailto:jnicklas@harperchapel.org)

## LRHS Parish Nurse Network Wellness Tip of the Month June, 2022

### Exercise

#### What is Exercise?

Merriam Webster describes exercise as a “physical activity that is done in order to become stronger and healthier”, or “a particular movement or series of movements done to become stronger and healthier”.

#### Why Exercise?

1. To help lose or maintain weight. The more you exercise the more calories you burn. Even a change in your routine can help burn more calories, such as using the stairs instead of the elevator or parking further from the store or work.
2. To improve your ability to prevent certain health problems. It can improve your “good” cholesterol and triglyceride levels, which decreases your risk for heart disease and stroke. It can also help you manage type 2 diabetes, certain types of cancer, and arthritis. It may also decrease your risk for falls, by making your muscles stronger.
3. To improve your mood. Exercise will stimulate certain chemicals in the brain that may help you feel happier and less stressful.

4. To increase energy. Exercise can make your muscles stronger and help with endurance, by delivering nutrients and Oxygen to your body and in turn giving you more energy.
5. To get better sleep. Exercise can help with sleep, but not if you exercise too close to bedtime.
6. To enjoy life more. It can be used to have more time together with friends and family. You can explore the outdoors, go for a hike, have a dance party, or participate in a sport.

Exercise can help you look better and feel better. Check with your doctor before starting an exercise program especially if it has been a while since you have exercised or you have a chronic illness such as diabetes, arthritis or heart disease.

**Resource:** <http://www.merriam-webster.com/dictionary/exercise>  
<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art>

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

Becky Beck RN Parish Nurse Coordinator

## *JUNE IS ALZHEIMER'S DISEASE AND DEMENTIA AWARENESS MONTH*

Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Dementia is not a single disease; it's an overall term—like heart disease—that covers a wide range of specific conditions. Alzheimer's disease accounts for 60-80% of cases. Other types of dementia include: Creutzfeldt-Jakob disease, Lewy Body Dementia, Down Syndrome, Korsakoff Syndrome, Parkinson's Disease Dementia, Vascular Dementia, Mixed Dementia, Normal Pressure Hydrocephalus, Frontotemporal Dementia, and Huntington's Disease.

Alzheimer's Disease (AD) is a progressive neurologic disorder that causes the brain to shrink and brain cells to die. Approximately 5.8 million people in the U.S. age 65 and older live with AD. Of those, 80% are 75 and older.

Early signs include forgetting recent events or conversations. As the disease progresses, a person with AD will develop severe memory impairment and will lose the ability to carry out everyday tasks. Medications may temporarily improve or slow progression of symptoms. These treatments can sometimes help people with AD maximize function and maintain independence for a time. There is no treatment that cures AD or alters the disease process in the brain. In advanced stages of the disease, complications from severe loss of brain function, such as dehydration, malnutrition, or infection—result in death.

### SYMPTOMS:

Memory loss is the key symptom of AD. As the disease progresses, memory impairments worsen and other symptoms develop, a friend or family member may be more likely to notice how the symptoms worsen.

### MEMORY:

Everyone has occasional memory lapses, but memory loss associated with AD persists and worsens, affecting the ability to function at work or at home. People with AD may:

- Repeat statements and questions over and over
- Forget conversations, appointments and events
- Routinely misplace possessions, often putting them in illogical locations
- Have trouble finding the right words to identify objects, express thoughts or take part in conversations

### THINKING AND REASONING:

AD causes difficulty thinking, especially about abstract concepts such as numbers. Multitasking is especially difficult and it may be challenging to manage finances, balancing checkbooks and paying bills on time.

### MAKING JUDGMENTS AND DECISIONS:

AD causes a decline in the ability to make reasonable decisions and judgments in everyday situations. For example, a person may make poor or uncharacteristic choices in social interactions or wear clothes that are inappropriate for the weather. It may be more difficult to respond effectively to everyday problems, such as food burning on the stove or unexpected driving situations.

### PLANNING AND PERFORMING UNFAMILIAR TASKS:

Once-routine activities that require sequential steps, such as planning and cooking a meal or playing a favorite game, become a struggle as the disease progresses. Eventually, people with advanced AD often forget how to perform basic tasks such as dressing and bathing.

### CHANGES IN PERSONALITY AND BEHAVIOR:

Brain changes that occur in AD can affect mood and behaviors. Problems may include the following:

- Depression
- Apathy
- Social withdrawal
- Mood swings
- Distrust in others
- Irritability and aggressiveness
- Changes in sleeping habits
- Wandering
- Loss of inhibitions
- Delusions such as believing something has been stolen

### PRESERVED SKILLS:

Many important skills are preserved for longer periods, even while symptoms worsen. These include reading, telling stories and reminiscing, singing, listening to music, dancing and doing crafts. These skills may be preserved longer because they are controlled by parts of the brain affected later in the course of the disease.

### WHEN TO SEE A DOCTOR:

A number of conditions, including treatable conditions, can result in memory loss or other dementia symptoms. If you are concerned about your memory or other thinking skills, talk to your Doctor for a thorough assessment and diagnosis.



Meet at 11:00 am  
3rd Monday every month  
June 20th is the next meeting.



Meet at 2:00 pm  
2nd Monday every month  
June 13th is the next meeting



Grief Support Group

Meet at 6:00 pm  
2nd Tuesday every month  
June 14th is the next meeting



Please join us for a  
Retirement Celebration  
In honor of  
**Pastor Jim Day**



**Sunday, June 19, 2022**

**10:00 am – Worship Service**

**11:30 am – Luncheon and Reception**

Harper Chapel United Methodist Church  
and Thompson Hall  
5567 Osage Beach Parkway  
Osage Beach MO

**RSVP** to Andrea K. Nowak  
[office@harperchapel.org](mailto:office@harperchapel.org)  
by June 12, 2022

