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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!

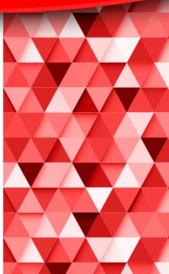


OUR VISION:

"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!"



God's Cupboard



God's Cupboard – what a blessing to the community. Thank you so much for your constant contributions. You are what has made the Cupboard into what it is today. We are stocked pretty well right now, but that can change very quickly. Anything you would like to donate, including monetary donations, will be much appreciated.

Thank you to everyone who has promised to restock the cupboard each day for the remainder of the year. We still have some days in November and all of December that are not covered yet. Please contact the church office or Jan Campbell if you would like to cover some of those days.

Again, thank you for your support to the Cupboard.

Thank You for the Scholarships...



Thank you so much for the Scholarship! It will help me pay my tuition this fall. Also, thank you for being my church family while I was growing up. I appreciate everything you taught me.

Carly Wayman

Dear Scholarship Donor,

I am honored to be one of the recipients of the Harper Chapel United Methodist Church Scholarship. Thanks to your generous support, I will be the first in my family to attend college.

This Scholarship allows me to focus more on my studies and additional educational opportunities. Thank you!

Sincerely,

Clayton Cowen

a note from Pastor Jim...

Judging by the calendar and the thermometer summer is here. As we move into the traditional summer season there are several things we need to be aware of as we move forward:

- ◆ The counselors from the FaithBridge mobile camp will be staying in our building for a week during July. The dates are July 19-23. We have been asked to provide desserts for the meals they will be fixing in our kitchen. The Harper Ladies have agreed to provide the desserts which need to be about two 9x13 pans for each evening. (Just to give an idea about the amount of dessert needed). This is also an opportunity for us to demonstrate hospitality by coming by and joining in the fellowship during dinner.
- ◆ During July the nominating committee will be meeting to enlist the leadership team for next year. Please make this part of your prayer each day so that if asked, you are ready to serve God and Harper Chapel in the coming year.
- ◆ We also need to make every effort to avoid having the traditional summer giving dip. I know vacations, and extra expenses arise during the summer months. This is why I would encourage everyone to use the electronic giving service available to each of us. It is confidential, can be discontinued at any time by contacting your bank, and your support of Harper Chapel by giving back to God continues, even during the summer months.
- ◆ Avoiding the giving dip also means we need to avoid the attendance dip in worship. If you are in town, it is safe to come back to worship. Especially if you have been vaccinated.
- ◆ The Harper Bazaar is scheduled for August 14th. We are in the process of collecting gently used or new items for the sale. Please remember we can't handle books, clothing, or furniture. This is the first bazaar in three years because of the pandemic. We plan on doing this every other year going forward.
- ◆ September 10 is coming quickly. Why is this date important. This is the due date for ticket money to go with the group on October 13 to Branson to the Site and Sound theater for the presentation of "JESUS". We have 9 so far committed to going and riding in the church van. We have a room for a few more in the van. Van Capacity is 15. The cost is \$59.77 for tickets plus your cost of lunch. Contact Billye Bennett to reserve your spot. Her number is 573-480-3975. We plan to leave from church at 10:30 AM, stop for lunch around 1:00 and the show time is 3:00. It is an all day event, but very much worth while.
- ◆ Also in September we will be starting our grief support group, adult Sunday school classes, and our Just Older Youth (J.O.Y) group for those of us over 55.

Prayers for the summer,

Pastor Jim

Sunday's Schedule



9:00 am Zoom Meeting

**NOT MEETING
DURING SUMMER
MONTHS.**

10:00 am 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!



Harper CHAPEL BAZAAR

5567 Osage Beach Pkwy • Osage Beach, MO 65065

**Saturday • August 14th
8 am - 2 pm**

Accepting Donations

June 1st - August 6th

Drop off in front of Thompson Hall.

WILL NOT TAKE FOLLOWING ITEMS:

Men's & Women's
Clothing

(accessories
& shoes will be
accepted)

Electronics

~ TVs, DVD Player,
etc.

Computers &
Accessories

Mattresses

Used Pillows

Books

Crafts

Cleaning Supplies

Underwear

Coffee Mugs

Clear Glass items

~ Unless unique

Small Picture Frames

Large Appliances

Used Candles

Used Furniture

~ Needing

Cleaning or

Repair

Large Furniture

Please, Keep the Donations Coming!



We Love It!

For more info contact
Jeanne Gordon at 573-230-1401

SHINING Stars

Summer preschool is up and running! We have been learning about gardens and seeds. It is wonderful to have our very own space in the community garden, and the grassy areas back there give us room to spread out in the shade.

We have added a "Question of the Day" feature to our daily routine. This helps us with recognizing our names and the words yes and no, as well as counting and comparing numbers. You can see this daily graph in the hallway.

We celebrated our dads on June 17 by inviting them for "Donuts With Dad" when they dropped us off in the morning. We presented them with cards, "Dad Rocks" paperweights, and our answers to interview questions. Look for tents set up out by the playhouse next month. We'll be enjoying a camping theme in July. See more pictures on the next page.



Prayer List: Joys & Concerns

| | | |
|-----------------------------|--|--|
| Hazel Cory | Charlie Saunders | Susan Robinson (Rives) |
| Sharon Shrimp (Culver's) | Emily Wheeler | Tracy "Bud" Penfield |
| Elaine Blackwell | Dave Logsdon | Bridget Huckaby |
| Elizabeth Neill (Wheeler's) | Sasha Rupert | Chester Cook (Day) |
| Rick & Robert Myers | Ellen Covington | Annie Elizabeth Henry (Debbie Lord) |
| Kristen Turner | Allene Kroll | Eric Divens (Wheeler) |
| Shawn Pederson (Karen's) | Trudy Marco | Dennis Moyer (Wheeler) |
| David Culver | Debra Penfield | Brooke Crawford |
| Jeanne Boardman | Sue Carroll | Callen Crawford |
| Marcia Murrow | Louise Anderson | Juanita Day |
| Richard Coburn (Meyers') | Sadie Richey | Lourae Fitzgerald (Depew) |
| Richard Moore | Ron Miller's Mom | Linda Craig |
| Todd Frazier | Tony & Sandi Zaucha | Jim Dexter |
| Jan Berry | Maureen Buzbee & Floy (sister) & Family | Fred Stogsdill (Andrea) |
| Shelley Burks | Cordy Shepard | |
| Eva Cannon | Kathleen Marco's Parents | |
| Jan Brooks | Findley, Cara & Shawn Gerdiman & Family | |
| Graham Tatomer | Hannah (Mitchell) | |

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
Juanita Grote
Mary Barber

July Birthdays

| | |
|------------------------|-----------------------|
| Brenden Barbour (4th) | Judy Pease (24th) |
| Barbara Osborn (4th) | Donna Wall (25th) |
| Todd Bentley (5th) | AJ Mistler (26th) |
| Maggie Wayman (7th) | Cathy Wood (27th) |
| Chris Reth (15th) | Rakan Penfield (29th) |
| Ivan Rapp (15th) | Mark Barbour (30th) |
| Suzanne Roberts (21st) | Wilma Penfield (30th) |
| Bill Homan (22nd) | |

Flappy Birthday and God Bless



Thank You...
Harper Ladies

SHINING Stars

Some of Harper's Ladies have been working hard sliding envelopes into sleeves and affixing a sticker to each one. We earn 10 cents per envelope from Paper Baristas (a stationary business owned by the parents of one of our preschoolers) for Harper Chapel ministries.

The specific ministry has not been designated as yet. We got together for fellowship while "enveloping" last week, and many have taken more envelopes home to complete. So far we have finished 2500 envelopes. If you would like to join in on this worthwhile endeavor, please contact Kristi McGrew or the church office.



Shining Stars was given a generous donation of hand-shelled pecans from Jim and Pat Dexter. We will be selling them in the main foyer after church services, while supplies last. You can purchase 4 oz. (1/2 cup) of these tasty nuts for \$5.00.



**LRHS Parish Nurse Network
 Wellness Tip of the Month
 July, 2021**

Summer Safety

Fireworks/ Barbeque Grills

With July fast approaching, many people will be grilling hotdogs and watching fireworks. Although these are fun activities, there are also risks associated with them. Therefore it is important to be aware of the risks and to know how to treat any burns or eye injuries associated with them.

Safety Tips

Fireworks

1. Make sure there is close, responsible adult supervision.
2. Keep sparklers away from face, clothing and hair.
3. Use only legal fireworks that are labeled and stored in a cool, dry space.
4. Always use fireworks outside, away from buildings or anything flammable.
5. Have a hose available and soak the fireworks in a bucket of water before disposing of them.
6. Do not throw or point fireworks at someone else.
7. THE BEST IDEA- Stay away from personal fireworks and watch the professionals put on the display.

Barbeque Grills

1. Make sure there is close, responsible adult supervision.

2. Teach children that the grill is hot and that they can get hurt.
3. Check to make sure the grill is working properly.

How to be prepared in case of emergency

Eye injury

1. Do not rub or touch the eye - it may cause more damage to the eye.
2. Do not flush the eye out with water.
3. Cut out the bottom of a paper cup and tape over the eye and seek emergency medical attention.

Burns

1. Stop, Drop and Roll if clothing is on fire.
2. Remove clothing from the burned area.
3. Place cool, not cold, water over the burned area. Do not apply ice, as it can worsen a burn. Do not apply butter or petroleum jelly, because it can hold the heat in the tissue.
4. Burns larger than a person's palm and burns on the face, hands, feet, genitals and major joints require emergency medical attention.

Resource: <http://health.msn.com/kids-health>:
<http://children.webmd.com>

Lake Regional Health System
 54 Hospital Drive
 Osage Beach, MO 65065
 573.302.3322
www.bbeck@lakeregional.com

Becky Beck, RN
 Parish Nurse Coordinator

TOP 9 NUTRITION FACTS THAT (ALMOST) EVERYONE AGREES ON

Modern food is significantly different from what our hunter-gatherer ancestors ate, i.e.: wild grasses, seeds and nuts, vegetables, fruits, and wild game. The advantage to eating this type of diet was that food was consumed close to the source, pure and unmodified, as compared to many of the foods available to us today. Human ingenuity mixed with technology has turned foods into something that may appear unrecognizable from its original form. These “new and improved” foods can be processed to taste delicious (generally by increasing its sugar, fat, and salt content) making you want to eat more of them. Reminds me of what an old dietician friend of mine used to say: “To eat healthy, remember if it tastes good, spit it out!” This doesn’t have to mean you must completely avoid processed foods, but keep in mind what poet and playwright Oscar Wilde said, “Everything in moderation, including moderation.”

In spite of all the controversy in today’s nutrition world, the following are nutrition facts that most all experts agree on:

1) ADDED SUGAR IS A DISASTER

To improve the taste of processed foods, producers often add sugar to them. Common types of added sugar include table sugar (sucrose) and syrups, such as high-fructose corn syrup. While some think sugar is simply a matter of “empty” calories, others believe it increases the risk of diseases that kill millions of people each year. Added sugar is being implied as a leading cause of obesity, heart disease and type 2 diabetes.

2) OMEGA-3 FATS ARE CRUCIAL AND MOST PEOPLE DON’T GET ENOUGH

Omega-3 fatty acids have various benefits for your brain and body. A low intake of omega-3 is associated with a lower IQ, depression, various mental disorders, heart disease and many other serious diseases. Most health experts recommend a minimum of 250-500 mg of omega-3s for healthy adults. The best foods for omega-3 are salmon, tuna, sardines, anchovies, herring and mackerel. Plant based sources are walnuts, soy beans, tofu, cauliflower, broccoli, spinach, pastured eggs, meats and dairy products from grass-fed animals.

3) THERE IS NO PERFECT DIET FOR EVERYONE

People are all unique and subtle differences in genetics, body type, physical activity and environment can affect what diet you should follow. Most people who lose weight on a diet end up gaining it back whenever they “stop” the diet. For this reason, the only thing that can give you actual long-term results is to adopt healthy eating habits.

4) ARTIFICIAL TRANS FATS ARE VERY UNHEALTHY

Trans fats are considered the worst type of fat you can eat. They are a type of unsaturated fat that occur in very small amounts in nature, but which are usually made industrially, by a process that adds hydrogen to liquid vegetable oils for use in such products as margarine. Trans fats raise your bad (LDL) cholesterol level and lowers your good (HDL) cholesterol level, which puts you at greater risk of developing heart disease, stroke, and type 2 diabetes. Foods containing artificial trans fat include fried foods like doughnuts, and baked goods including cakes, pie crust, cookies, biscuits, frozen pizza, crackers, stick margarines and some microwave popcorn. If you eat a 2,000 calorie diet, you should consume less than 2 grams of trans fat, which is equal to about 20 calories.

5) EATING VEGETABLES AND FRUITS WILL IMPROVE YOUR HEALTH

Fruits and vegetables should play a fundamental role at most meals, as they are rich in vitamins, antioxidants, fiber and an endless variety of trace nutrients that science has just begun to uncover. They are low in calories, fat, sodium and cholesterol, and have plenty of fiber to fill you up. Fresh, frozen, canned, dried - they are all nutritious and are considered Nature’s fast food!

6) IT IS CRITICAL TO AVOID A VITAMIN D DEFICIENCY

Vitamin D is a unique vitamin that actually functions as a hormone in the body. The skin makes vitamin D when exposed to ultraviolet rays from the sun. However a large part of the world is deficient in this critical nutrient, as up to 50% of the world’s population may not get enough sun. Many people tend to stay inside, use sunscreen when they go out (which blocks vitamin D generation in the skin) and eat a Western diet low in good sources of this vitamin. Health conditions linked to Vitamin D deficiency includes Osteoporosis and bone disorders, diabetes, heart disease, certain cancers, and dementia. Food rich in vitamin D include fatty fishes (salmon and tuna), mushrooms, egg yolks, and food fortified with vitamin D such as milk, orange juice and breakfast cereals. Recommended daily intake of Vitamin D is 600 IU (19-70 years) or 800 IUs (71+ years). Consider taking a vitamin D supplement if it is not possible to get what you need from food and sunlight.

7) REFINED CARBOHYDRATES ARE BAD FOR YOU

Refined carbohydrates are grain products that have been processed by a food manufacturer so that the whole grain is no longer intact. The refining, or milling process, removes dietary fiber, vitamins, and minerals from a food product. Refined carbs are sugar (white death 1) and refined flour (white death 2). If the nutrients have been added back, refined grains are then called enriched grains. Common sources of refined carbs include pasta (especially white pasta), white rice, rice snacks, crackers, cakes, cookies, bagels, donuts, muffins and soft sandwich bread. Refined carbs can drive overeating and increase the risk of obesity. Because they are low in fiber and digested quickly, eating refined carbs can cause major swings in blood sugar levels. Consider replacing refined Carbs with unrefined or complex carbohydrates such as whole grain cereals and bread, beans, vegetables and fruit.

TOP 9 NUTRITION FACTS THAT (ALMOST) EVERYONE AGREES ON (cont'd)

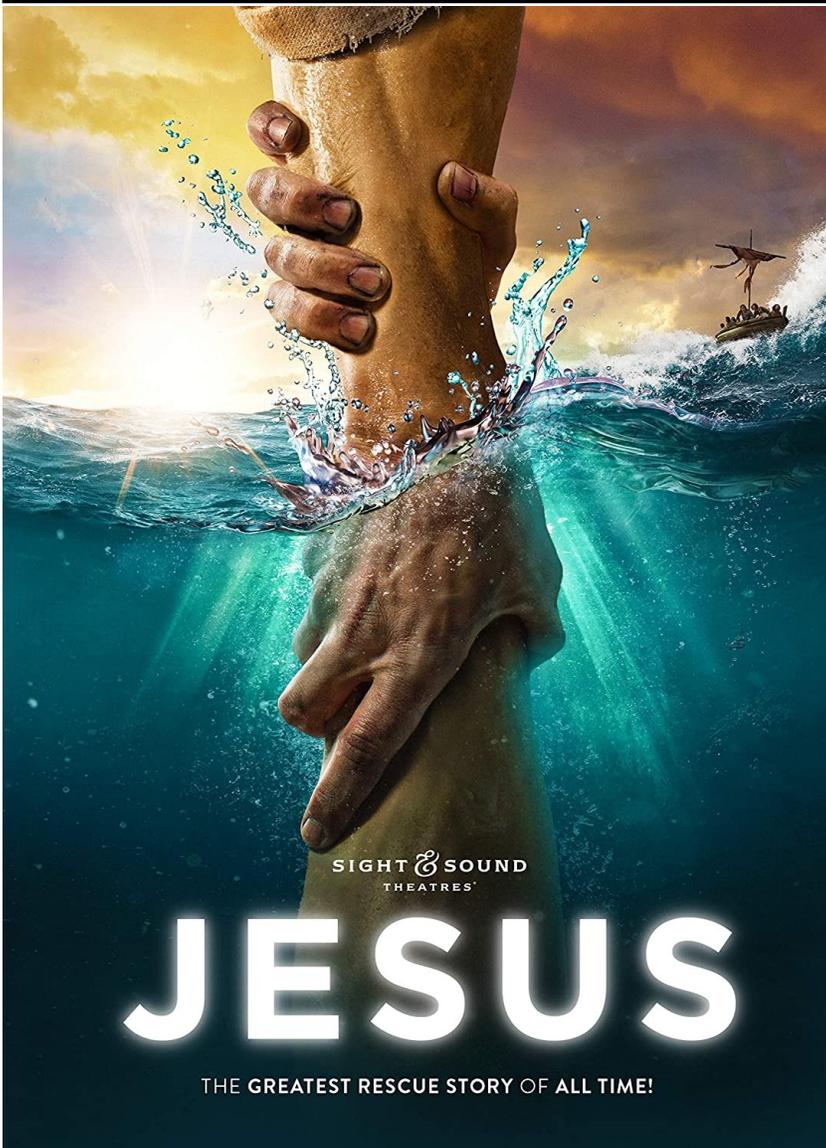
8) SUPPLEMENTS CAN NEVER FULLY REPLACE REAL FOOD

It is much more important to eat real, nutritious foods than to count on supplements to provide the nutrients you need. No amount of supplements will ever make up for a bad diet.

9) UNPROCESSED FOOD IS HEALTHIEST

As the food system has become more industrialized, the health of the population has deteriorated. During food processing, many of the beneficial nutrients are removed and often sugar and trans fat are added. Additionally, processed foods are loaded with all sorts of artificial chemicals, some of which have a questionable safety profile. If it looks like it was made in a factory, don't eat it!!

Billye Bennett, RN, Parish Nurse



***JESUS
LIVE ON STAGE***

**Wednesday
October 13
3:30 PM**

**SIGHT AND SOUND THEATRE;
1001 SHEPHERD OF
THE HILLS EXPRESSWAY
BRANSON, MISSOURI**

**Length: 2 Hrs. 20 min. with
one intermission**

***Ticket Price \$59.77 per person,
deadline September 10***

**Checks payable to Billye Bennett and can be left in the Church Office
with Andrea or given to Billye Bennett, Parish Nurse
1:00 PM Lunch Reservations at Billy Gail's Restaurant
1882 James River Road in Ozark, MO**

***This trip is in conjunction with Lake Regional Health System's
New Horizon's Widow Support Group.***

**We will leave Harper Chapel Parking lot at 11:00 AM
New Horizons Support Group will Car Pool; Pastor Jim will drive the Church Van for
those members who would like to take advantage of this travel option.**

**SIGHT AND SOUND THEATRES, in Lancaster, PA and Branson, MO, is the largest
faith-based live theatre in the country and has been described as "Christian
Broadway", with stories taken from the pages of Scripture and brought to life on stage.**

FALL kick-off

Sunday

August
29th

10 am
to
4 pm

Outside Worship
BBQ Lunch
Bounce House
Games for Everyone
Closing Worship Service

SAVE *the* DATE



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