

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!

January
2023



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*Connecting
people with
Jesus Christ
and
each other.*



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:

- Spaghetti sauce
- Canned Meats
- Peanut Butter & Jelly
- Canned Vegetables
- Soup
- Canned Fruit
- 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...

What do you want to be different this year? January often causes us to think about what we want changed in our lives. Some people create resolutions that will help them be healthier and perhaps happier. Have you ever been successful in keeping a resolution? Well at least longer than two weeks!

We often take a similar approach to our faith. We tell ourselves that we are going to read our bible, pray, worship, volunteer more often. However, when something interrupts our goals and we "fail" we give up and just settle for the same old way of doing faith. The good news is that God doesn't look at our efforts of trying and failing as a failure. God wants us to be mindful of God's presence with us in all circumstances. Our shortcomings do not determine God's love for us. We are loved despite them. God just desires for us to keep seeking, even if we keep messing up.

Since we are loved no matter what, this should free us up to try new things constantly. In my life I have done some spiritual practices for years and find constant encouragement in their practice. I have also tried new things and discovered that they also help my faith grow stronger. The opposite has also happened. New things I have tried did not really work with my personality. Some things I have done for years has become old and stale and needed to be changed or stopped.

Now is a great time to look at what new things you want to start doing. Perhaps it's a new bible study, devotional, intentionally meeting with a partner to discuss faith, or maybe even leading a study. We all need to listen to our hearts and the Holy Spirit and see what we need to do in this new year. If you want to chat about new and different things you can do to enhance and grow your relationship with God, hit me up. I would love to chat with you and see where God might be leading you.



Eric Schmidt
Pastor

All are Welcome to Join Us!



Meeting & Luncheon
Jan. 12th at 10:30 am



Meeting & Dinner
Jan. 26th at 6:00 pm



Next Meeting on
Jan. 16th 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!



Sharing God's love one person at a time.

Now Accepting
New or Gently Used
Winter Clothing
Something you would wear!

Winter is actually just beginning with this extreme cold reminding us how lucky we are to have a warm house and warm clothing. Please keep those less fortunate in mind. Right now we are short on heavyweight warm gloves in all sizes. Sweatshirts and sweat-pants for all sizes are also going very fast. Thank you for your continued support.

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!

HARPER CHAPEL YOUTH GROUP

Announcing a new youth group for children Grades K-1st beginning January 4, 6:00 - 7:00 p.m. on Wednesday evenings. Due to several requests, these children will eat dinner with older youth and share some games and devotions. Kristi McGrew and Nancy Culver will guide these newest members. If you know of children this age, don't hesitate to share the good news!

Activities for Grades 2 and up will be back in session January 4. We will be focusing on service projects, Bible studies and just having fun. We always welcome new people to the group.

A special thank you to Kathleen Marco for sharing her gifts with us to develop a drama for Christmas, and to Matt and Izzy Hamner for their participation to make this activity a success.

NEEDED: We need one cook to assist Bill Randall one Wednesday a month. If you are available and want to share in this ministry, call the church office or Judy Smits.

In
Gratitude
with Love



Thank you to those who volunteer their time and talents with the Praise Band, Choir and Handbells Choir, especially during the Advent/Christmas season. You make worship so very special and we appreciate it so much.

Prayer List: Joys & Concerns

Elaine Blackwell	Verna Kurtz	Shelley & Hunter
Elizabeth Neill (Wheeler)	Pete Culver (Culver)	Burks (Moore)
Robert Myers	Barb Massie (Witham)	Angelica Lauletta (O'Keefe)
David Culver	Bruce Sents (Jansma)	Jerry Jansma
Jeanne Boardman	Stephanie Savage (Hammonds)	Debra Penfield
Marcia Murrow	Brooke Lawler	Chris Reth
Eva Cannon	Nancy Witham	Barbour Family
Emily Wheeler	Tami Moulder & Family	Nicklas Family
Wilma Penfield	Megan Neulle	Jan Berry
Sadie Richey	Clarke Keenan	Andrea's family (Unspoken)
Kathleen Marco's Parents	Marlys Miller (Ron's Mom)	
Susan Robinson (Rives)	Ann Hubbard	
Jim Dexter		

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

January Birthdays

Karl Buckingham (2nd)	Jerri Hammond (19th)
Paul Schaefer (3rd)	Norma Mills (20th)
Donna Rives (4th)	Paul Baur (25th)
Maurice Overlander (7th)	Kristi McGrew (26th)
Jeanne Gordon (11th)	Colleen Brayfield (27th)
Carol Wheeler (12th)	Lindsey Bentley (28th)
David Mossman (15th)	Selynn Barbour (28th)
Debbie Larson (15th)	Diane Oltmann (29th)
Steve Kahrs (16th)	Roberta Johns (29th)
Nancy Overlander (17th)	Bill Pemberton (31st)



Have a Blessed
Birthday

UPCOMING EVENTS



Meet at 2 pm
2nd Monday ea.
month
Jan. 9th is the
next meeting



Grief Support Group

Meet at 5 pm
2nd Tuesday each month
Jan. 10th is the next
meeting



Many churches collect cans of soup around the football game called the Super Bowl. This year we are going to intentionally be collecting items, not just soup, for our food pantry, God's Cupboard.

Pastor Eric is throwing out a goal that we collect 1000 items by February 12. Bring your items to church and put them by the altar railings. Remember that items need to be non-perishable. We also collect hygiene items as well, but need food items. Let's show Pastor Eric how generous we can be at Harper Chapel!

THE CENTRAL MISSOURI Foster Care Adoption ASSOCIATION

DATE EXTENDED

New Items only, please. Also, make sure you place the price on each item for CMFAA inventory purposes. Do not wrap items in gift wrap.

The reason for the personal hygiene kits: first contact with a new client usually includes the client's need for a shower before they leave the office. This is also true with repeat client visits to the office. CMFAA will use the kits, however they will already have the soap, shampoo and lotions to add to them.

Apartment Shower to collect items needed for older youth once they are on their own.

Drop off donations between **Monday, Nov. 21st - Saturday, Jan. 7th** and place them under the Christmas Tree in the Sanctuary.

LIST OF ITEMS NEEDED ON FLYERS POSTED ON BULLETIN BOARDS AROUND CHURCH

Sunday, January 1st at 10 am.
Join Us!

A Christmas Carol SERVICE

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!

Church Un-Decorating DAY
Sunday JAN. 8TH

Carry-In Dinner
January 29th ~ After Church

You Bring It ~ We'll Eat It!

Harper Chapel Office Holiday Hours

Office is closed Monday, Dec. 26th through Monday, Jan. 2nd for Christmas and New Year's Holidays.

We will reopen on Tuesday, Jan. 3rd.

WE WISH YOU AND YOUR FAMILY A MERRY

CHRISTMAS

AND A HAPPY

NEW YEAR

Take a step toward staying Healthy & Active

Life Line Screening goes beyond regular checkups to provide a more thorough look at your health.

Be Smart: Do More For Your Cardiovascular Health

No Plaque Buildup

Plaque Buildup



Advanced ultrasound technology looks inside your arteries for signs of plaque buildup. That's why **9 out of 10 cardiovascular doctors** support preventive screenings for those with key risk factors.¹

Adults age 50+ and those 40 and older with one or more risk factors for cardiovascular disease should be screened.

¹Key Risk Factors include: *High blood pressure, high cholesterol, diabetes, obesity, smoking, family history.

We are coming to your neighborhood.

**Where: Osage Beach - Harper Chapel United
Methodist Church**

When: Saturday, January 14, 2023

To register for your appointment and to receive the special discount,
please call **1-800-640-6307** or visit **LLSA.SOCIAL/HC**

Trusted by Hospitals Nationwide.

Life Line Screening has partnered with over **100 hospitals** across the country and has conducted over **10 million screenings** since 1993.



Carotid Artery Disease

an ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.



Atrial Fibrillation (AFib)

a 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.²



Abdominal Aortic Aneurysm (AAA)

an ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a life-threatening medical emergency.



Peripheral Arterial Disease (PAD)

an Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.³

**4 Screenings for Only \$149
Special Package Pricing**

² <https://www.heart.org/en/health-topics/atrial-fibrillation>

³ <https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease-pad>

No single screening can detect all risk factors for all conditions, such as and including the presence of coronary artery disease. Screening results are provided to you in about 14 days. We direct all participants with abnormal results to take the report to their physician. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Price does not include any applicable review fees. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. If you are unable to attend the screening for any reason whatsoever, we will issue a gift card for the full amount to be used by you, or anyone you choose, for future screening services.

LET US GO FORWARD INTO 2023 FOLLOWING THE COMMANDMENTS OF JESUS+++

To love your God with all your strength, mind, and spirit, and to love our neighbors as ourself. John 13:34 “A new command I give you: Love one another. As I have loved you, so you must love one another.”

Loving our neighbors is easy when they look like us, think like us, live like us, but we are commanded to love our neighbors, worldwide, regardless of race, religion, sexual orientation, economic status, or political preferences.

Caring for others not only benefits them, but from a medical perspective, there are many amazing health benefits of helping others, as Stephen Post, professor of preventive medicine at Stony Brook University School of Medicine, shares. As a boy, whenever he got a bad grade, or felt left out of his older brother and sister's games, or was otherwise having a rough day, his mother always said, “Why don't you go out and do something for someone else?” At which point he'd head next door to rake Mr. Mueller's leaves or go across the street to help Mr. Lawrence with his boat. Turns out there was science behind his mom's kitchen-table wisdom: Practicing philanthropy is one of the surest steps you can take toward a healthy lifespan.

To recap, some of the health benefits of helping our neighbors include:

1. LONGER LIFESPAN

A 2013 review of 40 International Studies suggest that volunteering can add years to your life, with some evidence pointing to a 22% reduction in mortality. How much time must you spare? A separate study found that seniors who gave 100 hours or more annually were 28% less likely to die from any cause than their less-philanthropic counterparts. “But that's not a magic number—could be 75 hours or 125,” says study co-author Elizabeth Lightfoot, PhD, an associate professor at the University of Minnesota School of Social Work. “The important thing is that you're doing it regularly.” And you needn't be older to benefit. A new study in JAMA Pediatrics found that high school students saw a drop in their cholesterol levels after volunteering with younger kids once a week for 2 months.

2. GREATER HAPPINESS

When you read to the elderly, walk a 5K for cancer, or even plunk a quarter in the Salvation Army kettle, the reward center of your brain pumps out the mood-elevating neurotransmitter dopamine, creating what researchers call a helper's high. In fact, one study found that people who completed 5 small acts of kindness (like helping a friend, visiting a relative, or writing a thank you note) one day a week for 6 weeks experienced a significant boost in overall feelings of well-being.

3. BETTER PAIN MANAGEMENT

When chronic pain sufferers helped others with the same ailment, they reported feeling less discomfort, according to a study in Pain Management Nursing. On a scale of 0 to 10, people's average pain ratings dropped from nearly a 6 to below 4 after volunteer training and 6 months of leading discussion groups for pain sufferers or making weekly calls to check in on patients. “People living with chronic pain can often feel helpless about their condition, but recognizing the positive effect they had on others in the same situation gave them a sense of purpose,” says study co-author Paul Arnstein, PhD, a clinical nurse specialist for pain relief at Massachusetts General Hospital. “In turn, that gave them more confidence to find ways of managing their own discomfort.” A study in the journal Social Science and Medicine found that after individuals living with multiple sclerosis offered emotional support to other MS sufferers via monthly phone calls, the helpers were less prone to depression and anxiety.

4. IMPROVES HEART HEALTH

Results from a 2016 review of a National Survey revealed that those who volunteered were less likely to have dangerous belly fat, a factor in heart disease, and high glucose levels, markers for diabetes. The 2016 study of the effect on spending money on others revealed that the effect of financial generosity matched the results achieved by more well-known cardiovascular interventions such as exercise and diet. “Acts of kindness are cardioprotective”, says Marcie Hall, MD, a senior attending physician in child and adolescent psychiatry at University Hospitals Cleveland Medical Center.

5. LOWER BLOOD PRESSURE

A 2013 study in the journal Psychology and Aging revealed that adults over the age of 50 who reported volunteering at least 200 hours in the past year (Roughly 4 hours per week), were 40% less likely than non-volunteers to develop hypertension 4 years later. Though researchers don't fully understand why giving back can have such a marked impact on blood pressure, they believe it may be linked to the stress-reducing effects of being both active and altruistic. “As we get older, our social networks shrink,” says study co-author Rodlescis Sneed. “Volunteering may offer an opportunity to establish more social connections and form new bonds with people who care about you and motivate you to take care of yourself.”

6. STRENGTHENS THE IMMUNE SYSTEM

A kind act, whether toward a group, another person, or even yourself, boosts some of your hormones. One of these is Oxytocin, the “feel good” hormone, responsible for warm, fuzzy feelings of contentment and happiness, when we

hug someone or complete a difficult job. Besides boosting our mood and lowering our blood pressure, oxytocin also reduces inflammation in the body. Inflammation can be caused by distress, diet, or the environment and is linked to diseases like diabetes and cancer. Research has found that it also speeds up the aging process. Kindness sets up the body to reduce inflammation and slow aging, says Dr. Hall. But kindness can also strengthen immunoglobulin, an important part of the immune system found in saliva. In one Harvard University study, students were asked to watch a documentary on Mother Teresa. Their saliva was tested before and after watching the documentary and the levels of secretory immunoglobulin A had increased significantly after watching the film. The effects were still seen over an hour later. The gift of the New Year is one of God's Blessings, may we spend 2023 sharing God's love, mercy and grace! "Be at war with your vices, at peace with your neighbors, and let each year find you a better man," Ben Franklin.

~ Peace and Grace, Billye Bennett, Parish Nurse



Making a difference in Mozambique

SOLAR PANEL PROJECT: EMPOWERING PASTORS FOR MINISTRY

**January 29th is
Mozambique
Sunday**

Daily life looks different without electricity. Most modern conveniences – like working after dark and charging a cell phone – require power. Yet, 65% of United Methodist pastors in Mozambique don't have electricity in their parsonage.

Solar panels can solve this problem. When installed on local church parsonage roofs, the panels provide clean and sustainable energy to the home below.

Making this connection provides opportunities for both ministry and daily life.

Access to electricity enables children to complete their homework in the evening and pastors to continue their work and worship preparation after the sun sets.

Thanks to solar rays collected during the day by the panels, church activities – including special services, outreach programs and meetings – can extend into the evening hours.

Electricity allows pastors to implement time- and money-saving technologies, like refrigerators. In some locations, the addition of electricity presents the opportunity to provide cell phone recharging stations to the community as a means of outreach.

Stateside, we often think of solar power as a luxury. In Mozambique, this is one of few options for providing power to isolated and rural areas. Their minimal maintenance, long lifespan and weather resistance makes solar panels an investment worth making in both the parsonage property and the environment.

The cost of installing solar panels is \$2,500 USD per parsonage. Our Mozambican partners hope to equip 50 parsonages with panels.

The Mozambique Initiative helps meet the greatest needs of partner communities in sub-Saharan Africa. Our partners in Mozambique shared their hope to support the faithful service of United Methodist pastors and their families by providing electricity in their homes.

Your donations to Harper Chapel's Mozambique Sunday initiative make a real difference in the lives of pastors and their families in Mozambique.

[Solar Panel Project: Empowering Pastors for Ministry | Mozambique Initiative \(mzinitiative.com\)](https://mzinitiative.com)