

The Harper Journal

March
2021



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!"

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a note from Pastor Jim...

The Lenten season for 2021 is shaping up to be an exciting season. It is beginning to look like, if we are careful, we just may be able to celebrate the Resurrection of Christ on Easter this year with in person services. In addition, our live streaming efforts continue to grow with the number of individuals and families talking about Harper Chapel, by tuning in and watching weekly. Lately, the live stream numbers are around 400+ views and growing. Live stream is a new way of going catch'n. We are also moving forward with the process to hire an associate with the responsibilities for young families, some pulpit supply, and administrative ministries. This means my responsibilities will be primarily defined as Worship leadership, pastoral care, and new senior adult ministries (more about this later).

We are meeting for Wednesday evening studies for Lent @ 5:30. The youth group has been able to start meeting again and thanks to Judy and the team, it is growing. The praise band has started rehearsals and the choir begins rehearsals this week. Instead of looking "a lot like Christmas", it is starting to feel a lot like normal. Even the new worship format is starting to feel somewhat normal. Yeah team!

As we move forward, we need to make sure that we focus on what God wants from each of us. Simply put, God wants us to love one another regardless of politics, personalities, or programs. This requires that first we Love God, by focusing our attention on the Resurrection, the wonderful gift of God in Christ's sacrifice for each of us, and that even death can not separate us from God's love. We also need to make sure, as good as everything mentioned above is, we can not allow ourselves to be distracted and lose site of what the Resurrection means for each of us by focusing upon everything that is going on, and missing what is simply more important.

The new senior adult ministry will be focused on newly or recently retired, new senior adults to the community, and senior adults currently at Harper and in our community. Activities will include things like luncheon fellowships, reading clubs to read and discuss current new books, game days, movie groups, day trips, overnight trips, Bible studies, service projects for the benefit of others, and even the possibility of a trip to Israel in the future and anything else the group wants to do. We will call it the J.O.Y. Group. J.O.Y meaning "Just Older Youth" and it is for anyone age 55+.

Exciting times!

Prayers,



Pastor Jim



Brrrr...February was a cold month! God's Closet was a busy place with over 350 clothing items taken! Since it's only March and it will continue to be cold, God's Closet will need more warm clothes. We have had a very generous donation of small children's clothing so we have a good supply of that right now. We are short on youth and adult clothing again. Sweatshirts and sweatpants are still items that go very quickly. Of course, any warm clothing you can spare will be much appreciated. Thank you for your continued support and let's hope for warmer weather!

The Mission Team

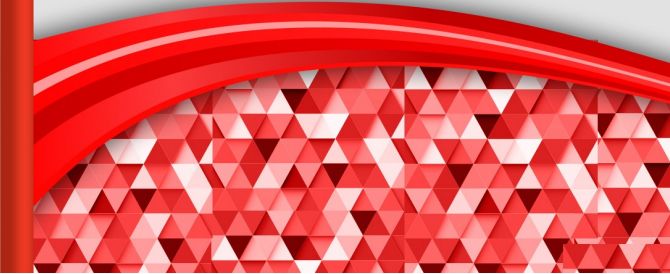
God's Cupboard

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.

I do need volunteers to fill the cupboard for the months April through December. First come gets their pick!!!!

This month we are in need of the following items: Pudding Cups, Chips, Shampoo, SpaghettiOs, Soup (not tomato or chicken noodle) and Canned Fruits. Please, No Vegetables or Fruit Snack Cups.

Again, thank you for your support to the Cupboard.





Youth are back on Wednesday nights, 6:00-7:30 pm.



For the month of March we are working on shamrocks for the Sanctuary tree, Easter cards, story of St. Patrick, a photo scavenger hunt and games, games, games!

Dinner is served by a wonderful group of volunteers at 6 pm! All youth Kindergarten - 8th Grade are invited to bring a friend and come!

SEE You THERE →

Sunday's Schedule



If you do not have a Facebook page, you can view the services on our website www.harperumc.org, just scroll to the bottom of the page. They will be posted on the following Monday before noon.



Easter EVENTS

Palm Sunday
March 28 @ 10 am

Good Friday
April 2 @ 6:30 pm

Sunrise Service
April 4 @ 7:00 am

Easter Service
April 4 @ 10 am

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!

SHINING Stars

Due to cold and snowy weather and subsequent school closings, Shining Stars missed many of their usual days in February, but we have enjoyed one another's company very much since coming back together. Preschoolers celebrated intergenerational friendship and valentines on February 23. Our HC Reading Buddies (Geniece Tyler, Carol Wheeler, Harold Wheeler, and Nancy Culver) joined us in reading together, decorating heart-shaped cookies with frosting and LOTS of sprinkles, eating cookies and strawberries with milk, and participating in fun learning activities with a valentine theme. These included a "dancing heart" science demonstration, sorting and graphing candy hearts, comparing the weights of candy hearts to various objects, making bracelets with heart-shaped beads, and making inferences to match pictures to clues. We all had a wonderful time and slept good that night!



After schoolers showed kindness by making birthday cards for a legally-blind lady who is turning 97 and loves to get mail. They also helped with hearts and shamrocks to decorate the sanctuary "Christmas and Beyond" tree. We are so blessed to have these caring youngsters in our midst! *(More photos on next page)*

Prayer List: Joys & Concerns

Hazel Croy	Nigel Wood	Cordy Shepard
Sharon Shrimp (Culver's)	Judy Jansma	Sue Fletcher and Family
Elaine Blackwell	Charlie Saunders	Family of Ernie
Elizabeth Neill (Wheeler's)	Emily Wheeler	Schowengerdt
Rick & Robert Myers	Dave Logsdon	Inez Killam & Family
Kristen Turner	Sasha Rupert	Kathleen Marco's Parents
Shawn Pederson (Karen's)	Jeff Upton	Family of Ann Allen
David Culver	Ellen Covington	Findley, Cara & Shawn
Jeanne Boardman	Allene Kroll	Gerdiman & Family
Marcia Murrow	Trudy Marco	Hannah (Mitchell's)
Richard Coburn (Meyers')	Debra Penfield	
Richard Moore	Sue Carroll	
Todd Frazier	Louise Anderson	
Jan Berry & Family	Sadie Richey	
Shelley Burks	Ron Miller's Mom	
Eva Cannon	Tony & Sandi Zaucha	
Jan Brooks	Maureen Buzbee & Floy	
Graham Tatomer	(sister) & 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

Jackie Ufheil
Elaine Blackwell
Juanita Grote
Mary Barber

March Birthdays

Harold Harvey (2nd)	Geniece Tyler (20th)
Alan Weatherford (6th)	Ben Dissen (22nd)
Eleanor Depew (7th)	Dan Beffa (24th)
Janie Hamner (8th)	Michael Lindeman (27th)
Inez Killam (9th)	Deryl Roberts (29th)
Carly Wayman (10th)	Terri Sager (30th)
Patsy Summers (17th)	Mike Williams (30th)
Jim Dexter (18th)	

Happy Birthday and God Bless



SHINING Stars



MARCH IS COLORECTAL CANCER AWARENESS MONTH

In observance of Colorectal Cancer Awareness Month, Lake Regional Health System is offering free colorectal cancer screening kits to lake-area residents through March 31. Colorectal Cancer is the third most commonly diagnosed cancer in the United States and the third leading cause of cancer death. Individuals ages 45 and older are at particular risk of developing colorectal cancer. Those at higher risk have a personal or family history of colorectal cancer, benign (not cancerous) colorectal polyps, or inflammatory bowel disease.

To request your free kit, call 573-302-2737, or email bbennett@lakeregional.com; use "Screening Kit" in the subject line, and include your name and address in the body of the email.

Billye Bennett, RN
Parish Nurse



THE SCIENCE OF HELPING OUT

During a crisis, the people who cope best are those who help others.

At a time when we are all experiencing an extraordinary level of distress, science offers a simple and effective way to bolster our own emotional health.

To help yourself, start by helping others.

Much of the scientific research on resilience—which is our ability to bounce back from adversity—has shown that having a sense of purpose, and giving support to others, has a significant impact on our well-being. As Healthcare Workers, whether front-line or support staff, we are positioned every day to help others in need and live out our values of Commit to Each Other, Encourage Excellence, and Care More Than Expected. For the ability to be of service to our fellow man, we should always give thanks, as research supports that our bodies and minds benefit in a variety of ways by helping others. Some research has focused on the “helper’s high.” Studies show that volunteering, donating money, or even thinking about donating money can release feel-good brain chemicals and activate the part of the brain stimulated by the pleasures of food and exercise. Studies of volunteers show that do-gooders had lower levels of cortisol on days they did volunteer work.

“There is a lot of evidence that one of the best anti-anxiety medications is generosity and helping those in need,” said Adam Grant, an organizational psychologist at Wharton and author of “Give and Take: A Revolutionary Approach to Success.” “The great thing about showing up for other people is that it doesn’t have to cost anything at all, and ends up being beneficial to the giver.”

The act of giving advice while truly listening to a friend or colleague has been shown to be more beneficial than receiving it. In a series of studies of 2,274 people, researchers from the University of Pennsylvania and the University of Chicago found that after middle-school students mentored younger students about studying, they ended up spending more time on their own homework. Overweight people who counseled others on weight loss were more motivated to lose weight themselves.

Dr. Grant said we are often better at giving advice to people other than ourselves. “One of the best things you can do is talk with someone facing a similar problem and talk them through it,” said Dr. Grant. “When you talk other people through their problems, you come up with wiser perspectives and solutions for yourself.” Participating in Lake Regional’s “Battle Buddy” program, a field-tested peer support program, gives employees an opportunity to look out for other’s well-being and has been proven to reduce anxiety and depression, according to the Annals of Internal Medicine, August 21, 2020. Feeling responsible for other people also can help us cope with whatever challenges life brings. Emily A. Greenfield, an associate professor of social work at Rutgers University, studied a concept called “felt obligation,” which is measured by asking people questions such as how obligated they would feel to give money to a friend in need, even if it meant putting themselves in a bind. Dr. Greenfield analyzed data collected from 849 participants in an ongoing study of health and well-being, that asked about felt obligation as well as health-related declines they experienced over time, such as problems carrying groceries or walking a block. As it turned out, the people who had higher levels of felt obligation—meaning they were the type of people to sacrifice for others—coped better with their own life challenges. “These findings fit with the idea that an orientation to helping others is a protective factor—something that is especially important for well-being when confronted with distressing life circumstances,” Dr. Greenfield said.

Several studies suggest that supporting others helps buffer our bodies against the detrimental effects of distress. A five-year study of 846 people in Detroit found that stressful life events appeared to take a greater toll on people who were less helpful to others, while helping others seemed to erase the detrimental physical effects of stressful experiences.

“Small acts are important,” says Dr. Steven Southwick, professor emeritus of psychiatry at Yale University School of Medicine and co-author of “Resilience: The Science of Mastering Life’s Greatest Challenges.” “Part of that might have to do with just getting outside of myself, and finding meaning and purpose in something bigger than myself.”

Studies show that having a strong sense of purpose protects us from distress in the short term and predicts long-term better health, a lower risk of dying prematurely and even better financial health. Researchers say that finding meaning and purpose during social distancing may be especially important for high-school seniors and college students, who were on the cusp of discovering their purpose in life just as the coronavirus derailed graduations, internships and new jobs.

“Your purpose may be to help people in need, but it doesn’t have to be tackling big social structure issues,” says Patrick Hill, associate professor of psychological and brain sciences at Washington University in St. Louis. “It could be helping out your neighbor or just doing shopping for somebody. If your big picture goal is to help others in need, there are ways of doing that right now that may look different than how you used to do them.”

Thus, when it comes to the benefits of helping those in need, St. Francis of Assisi’s words ring especially true: “For it is in the giving that we receive.”