

The Harper Journal



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February
2021

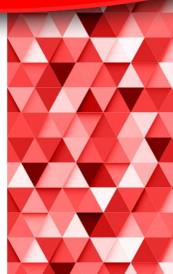


OUR VISION:

"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!"





a note from Pastor Jim...

At the last leadership team meeting the team determined that we would be reopening for in-person worship with an Ash Wednesday service on February 17th at 6:30 pm and then in-person worship the following Sunday, the first Sunday of Lent, February 21st. When we reopen, we will continue to wear masks and practice the best social distancing we can to protect everyone.

In preparation for our reopening, the music and technical team members have met twice since the leadership meeting to plan for our worship service. We recognize that Harper Chapel has a strong music heritage and we want to build upon that heritage as we move forward. We will honor the past and at the same time serve to build for the future.

We are in process of moving to one service with a blended format. I am excited about the possibilities and opportunities this can create for Harper Chapel. Our goals for this process have been, and will continue to be:

- ◆ That everyone who wishes to use their musical talents to worship God and Christ will be included. This includes the Choir, the piano, organ, bell choir, solos, small groups, the praise band, congregational singing (both hymns and praise songs), and others.
- ◆ To offer the best logistical solutions for all music groups to warm up, and hold a pre-service run thru of their presentations, we will continue with worship at 10:00 AM. In addition to allowing the music ministries to be the best prepared, this will be consistent with our current Live Streaming format. (Last week, January 24th, we had over 400 in worship via live stream on Facebook.)
- ◆ To offer a worship format that reaches people where they are with elements of worship for everyone and at the same time create opportunities for spiritual growth of our faith in Christ.

Other elements of the new format include:

- ◆ We have worked to include elements from both services including offering communion every week for those who would like to continue that tradition and emphasize communion on the second and fifth Sundays, as has been our pattern in the past.
- ◆ Offerings for the start up will continue to be collected at the door as we enter or leave the sanctuary. Once we are closer to Easter, this process will be revised to give everyone the opportunity to give their gifts back to God by presenting them at the altar, and for some weeks passing the offering plate in a return to some of the traditions of the past.
- ◆ We will use members of the praise band and choir to present scripture each Sunday and include those from the worshipping congregation who wish to share scripture as part of worship.
- ◆ Kathleen and I have had preliminary conversations about having a children's led service once a quarter. This is still in the developmental stage and lots of work needs to be done in this area. Part of the thought was that if we can include the children, their parents may come to support their kids.

This new format will allow us to get to know each other better, offer a stronger welcome and hospitality for guests, and help to create a stronger community of faith for all involved. It is entirely possible that the new format may create the space we need to offer Sunday school for adults once again.

The key to all this will be flexibility. Worship will have elements that we like and elements that will need to grow on us. Over the past year we have proved in multiple ways that we can be flexible for the good of God's kingdom. Let each one of us remain flexible, and remember our primary purpose is to worship God in Christ.

Prayers for all as we begin this new part of our journey in Christ,



God's Closet thanks all of you who have remembered those in need of warm clothing this winter and have donated items to help our community. The cold weather is still here, so the need will continue.

We have a good supply of socks for women and kids currently. ***Our supply of women's clothing is getting short but clothing for all is needed because everything goes so fast.***

Thanks for your continued support!

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 March through December. First come gets their pick!!!!

This month the item that is most urgently needed is ***Peanut Butter***. Presently, that shelf is completely empty. We have some jelly, but no PB.

Also, ***hearty soups are needed***. Chicken Noodle, Tomato and cream soups are slow movers. Also, I have lots of Ramen Noodles and vegetables. ***Diapers, #1 and #2, are needed***. Otherwise, we just need the normal items: ***SpaghettiOs, meats, chips etc.***

Again, thank you for your support to the Cupboard.





Harper Chapel youth, Grades 1-6, will begin meeting Wed., Feb. 17th, at 6:30 pm, attending the Ash Wednesday Service. There will not be dinner that night.

Regular weekly meetings, including dinner, will begin the following Wednesday, February 24th, from 6:00-7:30 pm.

Pastor Jim will join us that evening to explain Ash Wednesday and Lent.

Masks are required at all youth events. Parents are invited to join either or both evenings.

We are excited to be able to regroup for our Wednesday evening learning and fun! Friends are always invited!

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.



Let's Re-Open & Get Together Again!

We will be reopening for an in-person Ash Wednesday Service:

Wednesday, February 17th @ 6:30 pm

Our first in-person Sunday Service:

February 21st @ 10:00 am

Our first in-person Youth Meeting:

Wednesday, February 24th @ 6:00 pm

Masks & Social Distancing Policies Still Apply. Hope to See You Soon!

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

Our Shining Stars continued to warm hearts and spread joy even throughout the frosty month of January. Afterschool kids created natural bird feeders out of pinecones covered with peanut butter and birdseed to share with our feathered friends. Preschoolers learned about snow and dressing for the weather, as well as playing games to help with counting and identifying numerals.

We marveled at the phenomenon of making “insta-snow” for indoor enjoyment and had indoor snowball fights with wadded up paper “snowballs.” Finally, at the end of the month, we had real snow to romp about in, throwing snowballs, building a tiny snowman, making snow angels, and of course partaking in hot chocolate afterward!

Our Shining Stars board, with new and returning members, met for the first time this year. We are encouraged about the insights each member has to offer and excited about new opportunities for our children in the days and weeks ahead! *(More photos on next page!)*



Prayer List: Joys & Concerns

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

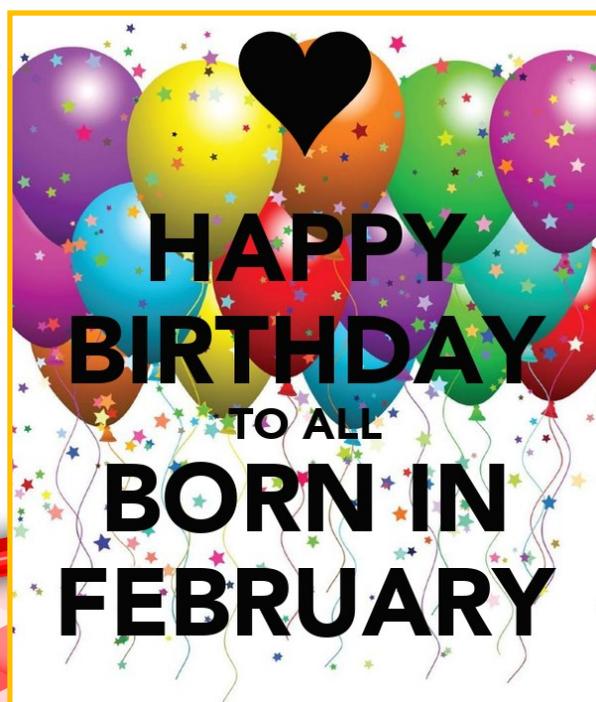
Members & friends in Long-Term-Care Facilities

- Jackie Ufheil
- Elaine Blackwell
- Juanita Grote
- Mary Barber

February Birthdays

Jason Lutz (2nd)	Rona Schaefer (9th)
Bob Seider (3rd)	Helen Lindeman (11th)
Margaret Hoke (5th)	Kris Benecke (14th)
Jody Hanner (6th)	Nick Kroll (17th)
Anita Foster (6th)	Marilyn Kern (19th)
Vickie Walker (9th)	

Happy Birthday and God Bless



SHINING Stars



Thank You Jan Campbell



for Creating the Worship Slides
for all these Wonderful Years!



LRHS Parish Nurse Network
Wellness Tip of the Month
February, 2021

Heart Failure

What is it?

Heart failure occurs when the “pump”- your heart doesn’t work as effectively as it should to pump blood to the lungs and the rest of your body. Sometimes high blood pressure or narrowing of the arteries can cause the heart muscle to become enlarged or stiff, which makes it much harder to pump blood through it.

Symptoms

1. Shortness of breath during exertion or lying down.
2. Fatigue and weakness
3. Edema-swelling in legs, ankles and feet
4. Fast or irregular heartbeat
5. Persistent cough or wheezing-it may produce blood tinged phlegm
6. Very rapid weight gain from fluid retention
7. Difficulty concentrating or less alert
8. Increased urge to urinate at night
9. Swelling of the abdomen
10. Nausea and/or decreased appetite

Treatment

See your doctor for tests which may include an EKG, ultrasounds and x-rays to look at your heart and lungs. Treatments may include medications, breathing exercises and changes in lifestyle.

Seek immediate care if the following symptoms occur: Chest pain, fainting or severe weakness, fast or irregular heartbeat associated with chest pain, shortness of breath or fainting, sudden and severe shortness of breath accompanied by coughing up pink, foamy mucous.

Risk Factors

- High Blood Pressure
- Coronary Artery Disease
- Heart Attack
- Diabetes
- Certain Medications
- Other heart related diseases
- Alcohol/tobacco use
- Obesity

Prevention

Certain lifestyle changes can help with prevention of heart failure- these include: Don’t smoke; control conditions, such as high blood pressure and diabetes; stay active; eat healthy foods; maintain a healthy weight; manage stress.

Resource-<http://www.mayoclinic.org>

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