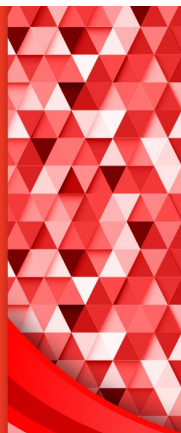


The Harper Journal

October
2021



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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!

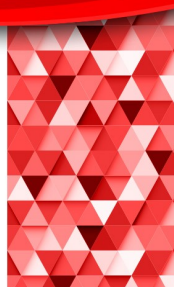


OUR VISION:

"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!"



a note from Pastor Jim...

The month of September was a good, but busy month. We started our youth Wednesday evening activities, the Handbell choir is ringing, the sanctuary choir is rehearsing, we have a new adult Sunday School class, our Crossroads grief support group is meeting, the J.O.Y (Just Older Youth) group has met, the Reading Buddies program is getting ready to start up, and things are starting to look and feel closer to normal.

In the next few days, the giving statements will be out for everyone to pickup and double check. Please take a moment to look this over and make sure our records and your records match. Harper Chapel has proved over and over again that not only do we have the capacity to give back to God, use the gifts to support ministries, but also provide help and support for others. This is truly a God thing which I never grow tired of and am continually amazed by. Thank you! Andrea will send an email when the statements are ready to be picked up.

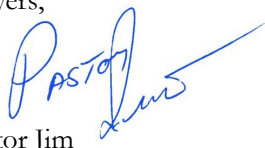
The final numbers are in for the Harper Bazaar. After expenses and the sale of some items that were not sold the day of the Bazaar we raised \$4,000.00. Yeah Team! The money was donated to Lamb House in Camdenton, and the Central Missouri Foster Care and Adoption Association. Each group received \$2,000 dollars.

There are several things in the planning stages that you will want to be aware of:

- ◆ The last Sunday of October will feature a special musical emphasis by our choir. This Sunday will also be Mozambique spare change offering and is something you don't want to miss.
- ◆ We have decided to not have any kind of Trunk or Treat event this year for Halloween.
- ◆ November 5th & 6th is the annual Leadership Retreat to plan for the next year. We will be asking what things we need to be doing to position the church to welcome a new pastor due to my retirement.
- ◆ November 7th will be the Annual church conference. We don't have all the details yet. Things like a virtual conference, or an in person conference will be determined in the next few days. So, watch the newsletter and listen for announcements in worship about details. If we do meet in person ... the choir is planning a special Methodist Musical presentation that you don't want to miss. The time is 2:00 PM.
- ◆ On Sunday, November 21st after worship, we will have a light lunch and then spend the afternoon decorating for Christmas. By doing the decorating before Thanksgiving, we will be ready to celebrate Advent which starts the Sunday after Thanksgiving, with out trying to do everything Thanksgiving weekend. Wear your work clothes to worship, plan to stay for a light lunch, and have some fun putting up the Christmas decorations.
- ◆ Lastly, we have had very preliminary conversations about an all church Christmas Dinner and program. Stay tuned for details as they develop.

God has been good to Harper Chapel, let's be glad we have a church family that is active, alive and doing good things.

Prayers,


Pastor Jim

God's Cupboard



Thank you so much for your constant contributions to God's Cupboard. You are what has made the Cupboard into what it is today. We are in need of everything, **EXCEPT:**

- ◆ Macaroni and Cheese
- ◆ Diapers
- ◆ Vegetables
- ◆ Toilet Paper

As always, monetary donations are certainly welcome. Thank you again for your support to the Cupboard. You are very much appreciated.

God's CLOSET



Sharing God's love one person at a time.

Now that fall is officially upon us, the weather will gradually start getting cooler. We have some clothing left over from last winter, but if you would like to donate some for this winter, we will begin collecting early in October.

Sweatshirts, sweatpants, socks, warm outerwear such as jackets or hoodies, sweaters, etc. for all ages are desired. Obviously gloves, scarves, and hats would be good as well. Basically any clothing that would be warm for someone to wear this winter! Please make sure all items are washed and clean and in good repair.

Thank you so much for your help with this ministry and for helping to keep our community warm during those cold winter months.

Sunday's Schedule

NEW...



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!



**YOUTH
GROUP**

*Youth are meeting - lots of energy and
enthusiasm (and not just from youth)!*

Currently, we only have 5 registered youth attending, but promise of more friends coming! Cooks have outdone themselves in serving youth friendly meals (and if you have forgotten what those are, try boxed mac and cheese, grilled cheese and hot dogs)!

We combine learning and activities weekly and have discussed trusting God and God's beautiful creation, followed by devotions. Service projects are planned in the future and as well as a night to meet some of our adult members to compare their early experiences at church with worship and activities today. If you would be interested in sharing with the youth, don't hesitate to volunteer!

*Thanks from these wonderful youth
members for your support and
encouragement!*



Harper Chapel United Methodist Men will hold elections at its meeting Thursday, October 28, 2021 at 6:00 PM.

Arrangements for the All Church Christmas Dinner will also be discussed. All men who are members or associates of the church are invited to attend.

Thank You for the Scholarship...



Harper Chapel United Methodist Church,

Thank you so much for the opportunity that your scholarship provides. It is because of scholarships like yours that I will be able to pursue my dreams of a higher education without having to worry about the financial burdens it often carries. I am so thankful to have a community of believers backing as I go onto this next stage of life. Thank you all!

Blake Roettgen

To the Harper Chapel United Methodist Church,

Thank you so much for the scholarship! The \$400 is greatly appreciated, and will be put to good use at Mizzou!

Sincerely,

Alex Baur

Prayer List: Joys & Concerns

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

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

October Birthdays

Lola VanWeelden (7th)	Patrick Mills (14th)
Beau Brayfield (8th)	Nancy Culver (16th)
Michele Kroll (8th)	Barb Alcott (20th)
Blake Barbour (9th)	Harold McFarland (25th)
Gloria O'Keefe (13th)	Steve Hofstetter (28th)
Billye Bennett (14th)	Clark Ogden (30th)



Flappy Birthday
and God Bless

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



Breast Cancer

What is it?

Breast cancer is a cancer that occurs in breast tissue, usually either in the lobules (the glands that make milk) or the ducts (the tubes that carry the milk). It is usually first noted when a person discovers a lump in the breast tissue or it is seen on a mammogram.

Statistics

- 1. It is more common in women.
- 2. 2300 new cases in men annually
- 3. 230,000 new cases in women annually

Risk Factors

High Risk

- 1) A personal history of breast cancer or benign breast disease and/or treatment with radiation therapy to the breast/chest.

Moderate Risk

- 1) Older Age — 77% of women with Breast Cancer are over the age of 50
- 2) Family history of breast cancer in a first degree relative — mother/sister/daughter
- 3) Having a genetic carrier

Slight Risk

- 1) Menstruating at an early age
- 2) Older age at first birth or never having given birth.
- 3) Taking hormones such as estrogen and progesterone
- 4) Being white
- 5) Late Menopause — after age 55
- 6) Being overweight

Treatment

If a person has concerns about a lump in the breast or underarm area, they should contact their physician. The physician may suggest a mammogram, MRI or breast biopsy to make the diagnosis. If it is positive for cancer, the physician may refer the person to a surgeon or cancer specialist.

October is Breast Cancer awareness month.

Resource-<http://www.cancer.gov/cancertopics>
Lake Regional Health System
54 Hospital Drive
Osage Beach, MO 65065
573.302.2790
www.bbeck@lakeregional.com

Becky Beck RN Parish Nurse Coordinator

The Healing Power Of Nature

I have long been a proponent of spending time in nature as part of an integrative health plan. Even a small amount of time spent outdoors can physically, mentally, and spiritually impact health positively. “The impacts of the natural environment on human well-being have been considered in many ways for thousands of years”, according to Dr. Gregory Bratman, an assistant professor at the School of Environmental and Forest Sciences, University of Washington. “From landscape aesthetics to healing gardens in hospitals, ecotherapy (connecting with nature) is as effective as traditional psychotherapy in lowering stress, anxiety, and depressive episodes.” Multiple studies have shown that patients who had a room looking out on nature got out of the hospital after surgery a full day earlier than those that looked at a brick wall.

“People worldwide are becoming increasingly disconnected from nature, as they spend up to 90% of their time inside buildings and vehicles,” Dr. Bratman added. The health effects of green space are wide-ranging, and studies that can’t prove cause-and-effect still show strong associations between access to nature and longer, healthier lives. A recent study in Environmental Health found a 12% lower mortality rate in people who live in close proximity to green space, with the biggest improvements related to reduced risk of death from cancer, lung disease, and kidney disease.

Research has shown that immersing oneself in nature lowers cortisol (a major stress hormone); reduces heart rate and blood pressure; bolsters immunity; improves sleep, mood disorders and mental health; reduces obesity and diabetes. Our bodies are designed to get vitamin D from nature, instead of from a pill, and 10-15 minutes of sunlight per day can provide ample vitamin D, which helps your body absorb calcium and promote bone growth. Also, vitamin D has many protective effects against a lot of diseases and conditions like cancer, heart disease, obesity, mood disorders, and muscle weakness.

Being around trees and plants, which emit chemicals called phytoncides, stimulates the immune system to increase our resistance to viruses and germs. Phytoncides are airborne chemicals that trees and plants emit to protect them from bacteria, fungi, viruses, harmful insects, and rotting, which also seems to benefit humans. Cedar, oak, locust, pine trees, garlic and onions all emit high amounts of phytoncides, and phytoncides are also found in varying amounts in fruits and vegetables.

Reaping the benefits of nature can be as easy as spending time in your own backyard. The Missouri Department of Conservation recommends taking a dose of nature at least once a day, whether that be through gardening, walking, or biking, or taking a few minutes to sit outside or beside a window looking out on nature scenes. Exposure to nature 30 minutes or more daily, can help you reap physical, mental, spiritual, and emotional benefits, as well as an increase in your energy level. Also, during this time of social distancing, the research is clear that connecting with others outside is safer than connecting inside, as it reduces the chance of viral transmission.

Do your overall health a big favor by immersing yourself in nature this fall and enjoying the scenic wonders the Lake of the Ozarks area has to offer.

Sources: Missouri Department of Conservation, Business Insider, Mayo Clinic, Psychology Today, and The National Institutes of Health.

Billye Bennett, RN, Parish Nurse.



Join Us

**Thursday
Dec. 2nd**



Kansas City

Country Club Plaza

*Travel in Style
and Comfort*



*Christmas
Lights
Shopping
Dining Fun &
Fellowship*

*The More Participants
the Better the Price
per Person!*

- Experienced Driver
- Reclining Seats
- Restrooms
- TV's & DVD players
- Electrical outlets
- WiFi
- 55 Passenger Cap.

Leave church at 1:00 pm. Return to church around 9:30 pm.

MINIMUM OF 35 PARTICIPANTS NECESSARY TO CHARTER BUS

Cost: \$40/person (35 part.) ***The more participants, the better the price!***

You can even invite your friends to come, too!

Registration and Payment Deadline: **Sunday, Nov. 14th**

**CONTACT CHURCH OFFICE
TO PARTICIPATE: 573-348-2617**

The Sign Up Sheet is Located in the Foyer on the Round Table.

CLAY COOPER THEATRE IN BRANSON, MISSOURI



Friday, Nov. 12th
Ticket Cost: \$34
Payment Deadline:
October 8th

Show is a
2 pm Matinee

Please make checks out to Billye Bennett. You can give the checks to her or drop them off at the church office. Also let us know if you will be wanting to ride in the church van.

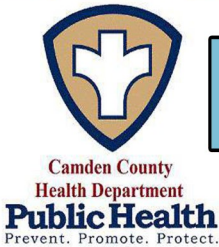


9:00 am
Friday
Oct. 15th

Annual Church
Conference

November 7th
@ 2:00 pm

Special Performance
by the
Harper Chapel Choir
you don't
want to miss!!



Flu Shot Clinic

Sign Up Sheet is in the Foyer.



THERE WILL BE **NO** HALLOWEEN
EVENT AT THE CHURCH THIS YEAR.
Have a safe and fun Halloween!

Crossroads
Grief Support Group
(church group)

Meet at 2:00 pm
2nd Monday every month
October 11th is
the next meeting

LRHS
Grief Support Group
(hospital group)

Meet at 6:00 pm
2nd Tuesday every month
October 12th is
the next meeting