

The Hilltops

Monthly Newsletter | November 2020

Published by New Beginnings United Methodist Church
serving Pepperell, Townsend, and the surrounding communities.
Editor – Krissy Miner



New Beginnings

United Methodist Church

We are followers of Jesus, who tend God's garden, serving the mind, body and spirit of all God's children.

Pastor - Christopher Jones 978-877-9757
Church Secretary – Krissy Miner
Financial Secretary - Jean Whitman
Church Treasurer - Lynne Connors

Church Council:

Chair: Nancy Conlon
Trustees Chair: Rick Oakley 978-821-0830
Lay Leader: Open
SPRC Chair: Christine Silver
Stewardship: Open
Worship Ministry:
Jean Whitman 978-597-2511
Community Outreach Ministry:
Open
Spiritual Formation Ministry:
Brenda Bennett 802-318-7563
Youth Ministry: Open

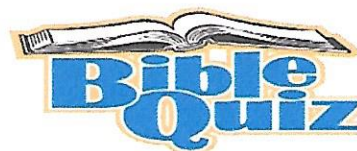
Caring Committee: Barbara Bourdon

Membership Committee: Lynne Connors, Linda Jones, Brenda Bennett, Louise Thorpe, Rick Oakley and Shirley Hult

Nominating Committee: Chris Silver, Rick Oakley, Brenda Bennett, Lynn Grimes

SPRC: Chair – Christine Silver; Committee Members: Margie Wilson, Lynn Grimes, Susan Siart, Barbara Bourdon

Trustees: Chair- Rick Oakley; Treasurer - Marcia Scofield; Secretary - Krissy Miner; Committee Members: Al Higgins, Al Harris, Shirley Hult



Who is the author of the book of Revelation?

(Last Month's Question: What golden image did the Israelites make at Mt. Sinai? Answer: A golden calf.)



Susan Gerken, Nov 4th
Tiffany Provencher, Nov 11th
Al Higgins, Nov 11th
Paula Giardinella, Nov 20th
Jean Whitman, Nov 22nd
K.C. Lavery, Nov 30th
Nina Symonds, Nov 30th



Debbie Alger; Lily Andreasen; Joan Arsenault (Lynne's friend); Kathryn Bruen (Louise's sister, stroke); Patrick and Collette Burns; June Carr (Louise's lifelong friend); Betty Conley; Charlene Corris (a steamboat friend of Shirley Coit); Ralph Cusano (cancer); Mary Ann DiStefano (The Poehler's dear friend, ovarian cancer); Philip Durno (cancer); Keith Edmonds (cancer & heart problems); Emma Ermel;

Marcus Ermel; Delaney Fallon; Bill and Gail Felton (homebound); Sandy Freeman; Donna Gallagher (brain injury); Andrew Garbino; Shirley Gibson & family; Steven (Ann Goebel's brother, cancer); Jimmy Harnish (cancer); the family of Kathy Harris; Lucky & Penny Howie; Michele Kelley; Jean Krikorian; Dondi LaRue; Tommy Maciorowski; Chloe Miner; Dick & Judie Moore; Bob Newton; Lucinda Nichol (Judy's daughter); Linda Oakley; Lance Osborne; Debby Parker; Wallace Powers (cancer); Terry Quinn; Leslie Rice; Gloria Roddy (multiple myeloma); Peter Sheldon; Richard Simmons; Al St. Croix (cancer); Louise Thorpe; Patty Thorpe (MS and graves disease); Jimmy Tompkinson; Christine & Roy Walker; Don Wayne (cancer); Rev. Joan-Anne Westfall; Emma Whitman; Sheila Wick; Nevaeh Wilder (cancer); Edward (Margie Wilson's brother, cancer); Robert Withee; Bonnie Wozniak; the victims of natural disasters all over the world; all those unemployed; all those affected by the Coronavirus Covid-19 pandemic.



Our annual Charge Conference will be held via Zoom Meeting on Thursday, November 19th at 7:00pm. Please get your council and committee reports to me ASAP so I have time to compile them in the proper format. Thank you so much!

Krissy

Submitted by Brenda Bennett

God is in The Small Stuff By: Bruce & Stan

Your Body is a Temple

One of the great mysteries of our culture can be found in our obsession with physical fitness. The mystery isn't that people are exercising more.

The mystery is that we're in worse shape than ever.

With the proliferation of fitness clubs, the emphasis on eating healthy foods, and the presence of at least three late-night cable shows dedicated to the latest home exercise apparatus, we should be the fittest people on the planet. Unfortunately, *should* never got anybody into shape.

The sad truth is that we are gaining weight at an alarming rate, our children are in terrible shape, and even our professional athletes get beaten by athletes from other countries in any sport we didn't first invent.

What's the problem? We think it has to do with *intention* and *attention*. You probably have every *intention* of getting fit, but you don't. You say you're going to pay *attention* to the details of diet and exercise, but you don't =. When you put those two failures together, they spell "out of shape." And out of shape usually leads to all kinds of disadvantages, such as shortness of breath, sleepiness, lack of endurance, and obesity—none of which will add years or quality to your life.

Just like every other area of your life, the secret to getting and staying healthy lies in the details. Change won't happen overnight. It takes time as a multitude of small disciplines are repeated daily. The process may be tedious, but the results are well worth the effort. Not only will you feel better, but you'll think better, too! A sound body can enhance a sound mind (conversely, health problems due to sloppy eating habits and sporadic exercise routines can undermine the mind).

We may be spiritual creatures at heart, but while we're on earth our spirits are being housed in our physical bodies. Let's do everything we can to keep the house in top shape.

...In the Small Stuff

- Fitness of the soul should take priority over fitness of the body, but the two are not mutually exclusive.
- Physical fitness should be a discipline, not an obsession.

- Consistency works better when it's linked to persistency.
- Keep in shape.
- Focus on where you are going rather than where you are.
- It's never too late to make a change in your life.
- You usually lose interest in something that's out of focus.
- When it comes to exercise, direction is more important than speed.
- If you start your day with the expectation that nothing meaningful will occur, you won't be disappointed.
- Do it now.
- What you get out of your body relates directly to what you put into it.
- Don't run with the ball unless you know the direction of the goal.
- Your biggest success will be in striving to be the best you can be, and only you can succeed at that.
- Don't go for fad diets. You may lose weight in the short term, but in the long run the only thing getting slimmer
- A healthy body and a sharp mind usually go together.
- Run the race to win, even if you don't stand a chance.

Submitted by Brenda Bennett

*Remember me not for who I was
But for who Jesus was in me.
Remember me not for the things I've done
But for the things Jesus did through me.
Remember me not as one who loved
Without remembering that "He first loved me"
Remember me not as one who gave
But one to whom much was given.
Remember me not as one who spoke of God
But as one who knew God through His Son, Jesus.
Remember me not as one who prayed
But remember the One to whom I prayed.
Remember me not as one who was strong*

But as one who cried out to God to be my strength.

*Remember me not as one who died
But as one who lives forever because I have believed.*

*Remember not my life and death
For they will profit you nothing.
But please...please remember the life and death of Jesus.*

*For He gave His life that we might live.
He died that we might never have to, and He rose again*

*That we might have eternal life.
Remember not me, but do remember Jesus.*



NOVEMBER



2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Online service	2	3 7:30pm Church Council (Virtual meeting)	4	5	6	7 Charge Conference reports due
8 Online service	9	10 7:30pm Church Council (Virtual meeting)	11	12	13	14 Newsletter Articles Due
15 Online service	16	17 7:30pm Church Council (Virtual meeting)	18	19 7:00pm Charge Conference via Zoom	20	21
22 Online service	23	24 7:30pm Church Council (Virtual meeting)	25	26 	27	28
29 Online service	30					



Worship Times:
Online services viewable on website

Meetings and Social Events:
Tuesdays at 7:00pm Church Council via Zoom

To learn more, visit
www.newbeginningsumcma.org

