

The Hill's Chapel House Call

April 2011



Cemetery Financial Report: 2010

2009 Balance:	\$2,638.80
2010 Church Budget:	\$5,500.00
Contributions:	<u>\$220.00</u>
Gross:	\$8,358.80

Less Expenses:	
Fertilizer:	\$378.09
Mowing:	<u>\$5,590.00</u>
	\$5,968.09

2010 Balance:	\$2,390.71
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Guy McIntosh, Treasurer



Memorials

In Memory Of	Donor's Name	Designated
Barry LaMarr Butner	Guy & Etrulia McIntosh	Cemetery Fund
Barry LaMarr Butner	Hill's Chapel UMC	Sanctuary Fund
Sadie Deese Butner	Hill's Chapel UMC	Sanctuary Fund
Rachel Crow	Guy & Etrulia McIntosh	Cemetery Fund
Jimmy Henkel	Guy & Etrulia McIntosh	Cemetery Fund
Jimmy Henkel	Elaine Stilwell	Cemetery Trust Fund
Carleen Hunsucker	Russell & Joan Dellinger	Cemetery Fund
Mary Ollis	Art & Janet Howard	Nursery Floor
Mary Ollis	Guy & Etrulia McIntosh	Cemetery Fund
In Honor Of	Donor's Name	Designated
Kevin Dellinger	The Cemetery Committee	Cemetery Fund
Jeff Dellinger	The Cemetery Committee	Cemetery Fund
Ryan Dellinger	The Cemetery Committee	Cemetery Fund
Guy McIntosh	Russell & Joan Dellinger	Cemetery Fund

Backpacks



As the school year starts to wind down we cannot let our promise to the children at Catawba Springs wind down too. We will continue to supply the 19 children with food until the last week of school. To help us complete the project we will need lots of food but especially these items: peanut butter, rice, mac and cheese dinners, fruit cups, cereal, pop tarts, canned veggies and fruits and canned meat products. Please continue to support us with this most worthwhile project.

Also a special thank you again this year to Sheila and Dean Dellinger and Pat Crawley for their weekly help in packing the bags and also to Johnny Pope who fills in when needed. We certainly couldn't make it without you all.

Frank and Jane McAulay

Boy and Cub Scout Updates

Both the Boy Scouts troops and Cub Scout dens are going strong. The Boy Scouts are earning badges and working on Eagle projects. The Cubs are going on field trips and just held a yard sale.

The Cub Scout assistant cub master, Greg Kitsinian, has developed a website for everyone to see what is taking place with the boys. Feel free to check it out.

<http://sites.google.com/site/denverncpack83/Home>

Thank you, Frank McAulay, Church Liaison



Directory Updates

A couple of changes need to be made to the hardcopy directories. Please correct your individual copy.

Email address for Pat Taylor: prtaylor28@att.net

Email address for Hensons: jrhenson1@bellsouth.net

Name Correction: Luke Taylor and Lisa Higbie

Zenoski baby is not a boy: her name is Maryn Walsh Zenoski

Transferred Membership: Tommy & Kirk Dunston

Transferred Membership: Shea, Jessica, Spencer & Walker Ballard

Transferred Membership: Andrew, Thomas & William Myers

Non-Members: Paul & Linda Stephens



Exam Boxes

It is time to collect quarters for our college students. Collection baskets for the quarters will be passed around on Sunday, April 3rd and April 10th.

Exam boxes will be mailed out around May 1st.

Please contact Anne Graham (704-827-2162) or Margaret Wilkes (704-748-2216) with the names and addresses of current college students and church members serving in the military.

Also, please tell Anne or Margaret which students are graduating in May.

EASTER: HE IS RISEN!



Sunrise Service: 7:00 a.m.
Breakfast for Everyone 8:00 a.m.
NO SUNDAY SCHOOL
EASTER SERVICE: 10 a.m.



Kidz Klub

Kidz Klub for April will be Breakfast with the Easter Bunny on Saturday, April 16th at 9:00 am. We need help with getting this together. Please email or call Jane McAulay janemcaulay@att.net or 704-827-3116 or Amber Tuttle altuttle@gaston.k12.nc.us or 704-689-2922 if you can provide any of the following:

wrapped Easter candy; juice; donuts; muffins; breakfast casseroles; fruit cups; milk; used or new silk flowers and ribbons

Thank you.



Finance Update

Finances at-a-glance Hill's Chapel UMC - 2011

Lori Gaston, Treasurer

Be sure and check out the income and expense chart that is now displayed in the Family Life Center. It is on an easel by the mailboxes. The chart will be updated monthly and will show the income and expenses for Hill's Chapel for each month.

If you have questions or do not understand the chart, please feel free to catch me at church and ask!

Community Breakfast



Sponsored by the United Methodist Men

Saturday, April 9th 8am – 10am

Hill's Chapel UMC Family Life Center

Cost - \$5 per person





It's A Boy

**A Shower of Gifts to help
prepare for the new arrival**

**Proud Parents to be:
Lesley and Steven Gales**

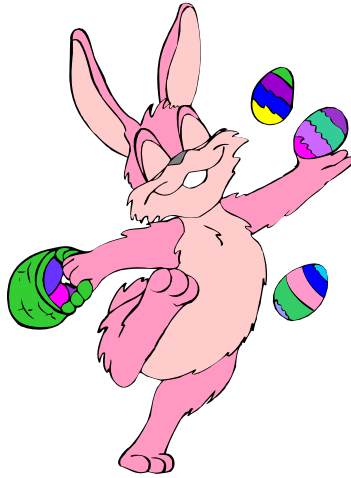
Sunday, May 1, 2011

2:30 – 4:30 PM

**Hill's Chapel UMC
Family Life Center**

Registered at: Babies R Us & Target

Shower Given By: The Naomi Circle



KIDZ KLUB

Saturday, April 16th

9:00 am – 11:00 am

**Breakfast, games, crafts and
an Easter Egg Hunt
(bring your basket!)**

**Ages birth thru 5th grade
All children must be accompanied by an adult**

Questions: Hillschapel@bellsouth.net;
Hills Chapel Church office @ 704-827-9511

or

www.hcumc.com



Everest Grill Supports Hill's Chapel!

Every Thursday night (4pm to 9pm)
for the month of April,
Everest Grill will give back 15% of sales
to Hill's Chapel diners.

Just let them know at the time of ordering that you
are with Hill's Chapel and your receipt revenue will
be included for the "give back" promotion.

Please come out and support our local merchants as
they support our church!

DE-STRESSING 101

Both your personality and your life situations affect your health. Research has shown that, on average, people who are **anxious, depressed, hostile, isolated**, or experience **job strain** or **job dissatisfaction** have more health problems.

We tend to carry with us the negative emotions we experience that gives rise to the stress. We go over the scenario time and again, and the stress is relived every time. You know the scenario: You're trying to merge onto the on ramp on 77--and this one person will not let you in ... so you end up on the shoulder for a few seconds. You're angry for hours, and then later, again, as you retell it. Or maybe you're ready to leave the house--it's the appointed time--but another household member is late again, as usual. Your impatience mounts. And your blood pressure. Or you're finally getting caught up at work, and it's about time to go home ...and your boss comes in with something else to get done right away--something you could have been given hours ago, or even days ago.

The Distressed Mind Can Harm the Body!

**Muscles tense*

**Heart rate increases*

**Blood pressure rises*

**Stress hormones go up*

**Blood is more likely to clot*

**The body doesn't process sugar very well*

**The immune system doesn't fight off infections as easily*

How can we change our stress levels? One way is to start becoming aware of negative feelings (anger, frustration, sadness, fear, etc.) early on in a situation, and then doing a quick mental checklist of possible actions--remembering that doing nothing is an action. **Ask the "I A-M Worth It" Questions:**

Here's how it works:

First: Analyze the objective facts of the situation--just this situation.

Then: Ask yourself the following four questions:

1. Is this matter **IMPORTANT** to me?
2. Is what I am feeling and/or thinking **Appropriate** to the facts of this situation?
3. Is this situation **MODIFIABLE** in a positive way?
4. When I balance my needs and the needs of others, is taking action **WORTH IT?**

At the **very first "NO": STOP!!!** You need to **GET OVER IT!** Use an appropriate deflection skill to guide your mind away from thinking about it. Deflection skills include simply talking yourself out of thinking about it, distracting yourself with music, a book, a phone call to someone about a different topic, doing a breathing/relaxation exercise, and praying. With practice, this exercise will come automatically. The vast majority of the time, we will discover that we need to just get over it and move on--freeing up our minds, our spirits, and our bodies.

CARING for an AGING LOVED ONE

So many of us are caring for an older family member--or members, for that matter. We may see changes in their abilities or personalities more quickly than their doctors. We may see that their understanding of finances diminish. Sometimes they are isolated, and perhaps lonely. They can become vulnerable to the many scams that come in the form of solicitations from various so-called "charities." We can minimize the number of contacts they--and we--receive from questionable sources.

TELEPHONE: Register with the National Do Not Call registry at www.donotcall.gov. This is a free service.

MAIL: Reduce junk mail for a small fee by going to either of these sites: www.stopthejunkmail.com and <http://mailto:stopper.tonic.com>.

10 Warning Signs of Alzheimer's

1. Memory loss
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation of time and place
5. Poor or decreased judgment
6. Problems with abstract thinking
7. Misplacing things (and may accuse family of theft)
8. Changes in mood or behavior
9. Changes in personality
10. Loss of initiative

Thank You!

Dear Hill's Chapel Church, It is difficult to put into words how grateful I am for all the love and kindness that was given to me and my family following the deaths of my parents. The cards, phone calls, and emails meant so much. The memorials are a wonderful honor. A special thanks to Art Howard, John Gaston, and Val for being at the funeral home. Also a special thanks to the Christian Living Sunday school class for the gift card. Your love, devotion, and prayers helped us (and will continue to) get through this difficult time. I am so blessed to be a part of this wonderful church family. Love, Barry, Tammy, Kelly, and Brandon Butner

Anniversaries and Birthdays

03 – Jeff and Leigh Hager
04 – Roger and Christy Hegler
09 – Mark and Kristen Edwards
15 – Johnny and Fran Pope

18 – Russell and Joan Dellinger
18 – Brad and Cecilia McGalliard
20 – Brian and Brenda York

01 – Thelma Putnam
02 – Heather Dellinger
02 – Becky Browning
03 – Trey Robinson
03 – Karley Wilkes
04 – Janet Howard
04 – Carroll Howie
05 – Andy Page
06 – Jacob McCarthy
07 – Chad Ballard
07 – Joyce Dellinger
07 – Anne Graham
09 – Jesse Cadenhead
09 – Marc Howie
11 – Freddie Dellinger
12 – Kelly Butner
13 – Karen Church
13 – Madyson Fullam
13 – Jerry Rue
13 – Debbie Shapiro

15 – Tate Ballard
15 – Etrulia McIntosh
16 – Margaret Myers
16 – Rob Lamb
17 – Neely Osborne
19 – Eric Browning
20 – Ronnie Walker
21 – Ronnie Morrison
23 – Debbie Core
24 – Camille Walker
25 – Roger Hegler
25 – Logan Kendrick
26 – Jason Dellinger
26 – Cole Gales
26 – Amy Green
27 – Denny Dellinger
27 – Sheila Keller
30 – Patrick Dunston
30 – Don Woodstock

Willing Workers

9:00am Nursery

03 – Janet & Alix Howard
10 – Janet & Alix Howard
17 – Neely Osborne & Avery
24 – Kristen & Russell Dickson

9:00am Children's Message

03 – Anne Graham
10 – Robert Gales
17 – Sonya Gales
24 – Pastor Val

9:00am Greeters

03 – TBD
10 – TBD
17 – TBD
24 – TBD

9:00am Children's Church

03 – Liz Kendrick
10 – Angela Dellinger
17 – Christy Hegler
24 – Pam Fisher

11:00am Nursery

03 – Janet & Alix Howard
10 – Janet & Alix Howard
17 – Janet & Alix Howard
24 – Janet & Alix Howard

11:00am Children's Message

03 – Amber Daugherty
10 – Robert Gales
17 – Sonya Gales
24 – Pastor Val

9:00am Snacks

03 – TBD
10 – TBD
17 – TBD
24 – TBD

9:00am Worship Set-Up

03 – TBD
10 – TBD
17 – TBD
24 – TBD

*Please note volunteers are still needed.

MISSIONS and EVANGELISM UPDATES

The Missions/Evangelism Committee met on March 8. Highlights include:

*Host/Outreach Events

- 1) Providing simple snacks (cookies/brownies) periodically to our AA groups.
- 2) Catawba Springs Staff Appreciation Day: August 20. Meal--burgers, etc. in the shelter; combine with Blessing of the Bookbags.

*Go Ye Funds designated. The Go Ye Funds are extra donations that are given each month for particular ministries. The schedule for 2011 is:

January: Costa Rica Mission Trip

February: Youth CCC Mission Trip

March: Wesley CDC/UMAR House

April: Relay for Life

May: Gabby Fund (child with leukemia)

June: TBD

July: Bookbag Program for Catawba Springs (food items)

August: Golden Cross

September: Shoeboxes for Armenia

October: Catawba Springs Angel Fund (to buy clothing, etc. for children at Catawba Springs Elementary)

November: Good Samaritan Fund

December: Jesus Gift



PASTOR'S PEN

Dear Friends,

"Go placidly amid the noise and haste, and remember what peace there may be in silence." This first sentence of the Desiderata is edged indelibly in my memory: the poem graced my bedroom wall as a teenager. I could recite the whole thing by heart, and even now phrases from it will bubble up at different moments, and I realize how deeply internalized this wisdom has become for me.

When life gets chaotic and out of control, that first line surfaces, and I remember to maintain some semblance of a calm, assertive presence. When it seems that everything that can go wrong is going wrong, and I begin to imagine worst outcomes, these lines come back: "Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness." Many of you have received this wisdom from me, too, as you await test results and are afraid, and my first advice is to not borrow trouble. And certainly, I'm very aware that when people feel tired or isolated, problems can seem insurmountable.

I bristle when people suggest that everyone is out to just get what they can get, or when cynicism has blinded people to the good or the possibility of good. The closing lines of the poem emerge: "With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy."

I use the profound wisdom of this poem to help deal with the stresses of everyday life. I also think of the Serenity Prayer almost daily: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference." In the newsletter this month is an article giving practical steps to take to do just that--to alleviate stresses in our lives by refusing to dwell on those things that we cannot change, or that ultimately are not all that important. We carry so many burdens; those burdens literally wear us out, wear us down--they weaken our immune systems. God wisely gave us the capacity to shed some of that weight--by our ability to reason, by our ability to act, by our ability to pray and so lay those burdens down.

So, friends, I wish for you during this beautiful month of April: "Go placidly amid the noise and haste. In the noisy confusion of life, keep peace with your soul."

Blessings.

Val.

Hill's Chapel United Methodist Church
988 South Highway 16
Stanley, NC 28164