

HOPE reNEWS

A publication from the people of
New Hope Presbyterian Church
North Huntingdon Pennsylvania



AUGUST SERMONS AND SERVICE INFORMATION

SERMON THEME "Do..." and SERIES: "What To Do?"

8/7 9:30 a.m. Worship

"Take Courage" Pastor, Janet Reid
OT Exodus 1:22 – 2:10 NT Matthew 14:22-33
NINETEENTH SUNDAY IN ORDINARY TIME

8/14 9:30 a.m. Worship

"Faith, Not Doubt" Pastor, Janet Reid
OT Genesis 37:12-36, 39:1-6a NT Matthew 14:22-33
20th SUNDAY IN ORDINARY TIME

8/21 9:30 a.m. Worship

"Kneel Before Him" Pastor, Janet Reid
OT Exodus Gen 37:1-11; 48:10-12; 50:15-20
NT Matthew 15:21-28
21st SUNDAY IN ORDINARY TIME

8/28 9:30 a.m. Worship

"Bring Them" Pastor, Janet Reid
OT Genesis 50:19-21 NT Matthew 15:29-31
22nd SUNDAY IN ORDINARY TIME

9/4 9:30 a.m. Worship

"Be On Your Guard" Pastor, Janet Reid
OT Exodus 1:1-14 NT Matthew 16:1-12
23rd SUNDAY IN ORDINARY TIME

9/11 9:00 a.m. Sunday School for all ages;

10:20 a.m. Worship
"Say That I Am" Pastor, Janet Reid
OT Exodus 3:1-15 NT Matthew 16:13-20
24th SUNDAY IN ORDINARY TIME

IMPORTANT REMINDERS

- **OUR FALL SCHEDULE RESUMES** on Sunday, September 11, with Sunday School for all ages beginning at 9:00 a.m. and worship service at 10:20 a.m.

IN THIS ISSUE:

	<i>page</i>
Worship Information	1
From the Pastor	2
August Devotions	3
Church Family News.....	4
Volunteer Information.....	4
Parish Nurse	5
Prayer List	in mailed copy

HOPE reNEWS
is a monthly publication of
New Hope Presbyterian Church
of North Huntingdon Pa.

Pastor:
The Rev. Janet A. Reid

Church Phone: 724-863-
7702

Church website:
www.newhope15642.org

Office hours: Monday -
Friday from 8:30 a.m. until
2:00 p.m..

Comments/corrections should
be addressed to:
New Hope Presbyterian Church
12727 Lincoln Way
North Huntingdon PA 15642

"But the one who received the seed that fell on good soil is the man who hears the word and understands it. He produces a crop, yielding a hundred, sixty or thirty times what was sown."
Mt 13:23

Christians are a Seedy Bunch...

...According to Jesus in two parables about sowing seeds that we heard last month at the center of the summer growing season. A verse from the first parable is in the footnote below.

In this parable Jesus explained that for a good crop, first the space in the soil for a garden needs prepared in 3 ways.

- 1) Hard soil needs loosened.
- 2) Rocks need removed.
- 3) Weeds need pulled.

The nursery rhyme asks, "How does your garden grow?" In the parable Jesus answers.

Longtime church consultant Lyle Schaller equates large healthy churches to gardens. Imagine New Hope Presbyterian Church as the most bountiful vegetable garden you can. Is God's vision for New Hope to aspire to be a garden? Let's see.

Now go back to imagine what the space looked like before the garden grew. Are there weeds, rocks, and hard soil that need cleared to prepare the soil for seeds to grow? Translate the metaphor into what we need specifically to clear at New Hope? Imagine us together cooperating to prepare the soil.

Next don't do anything. Just be. Sit back and thank God for space. Take your time. Don't rush. Stay in the empty space as long as you can before continuing to read.

After thanking God while sitting in the empty cleared space, carefully observe what the space looks just before the seeds are planted. Does the space seem most appropriate for certain kinds of plants?

When it's time, what seeds should we plant first? What basic staples? Translate the metaphor into our planting the seeds of basic staples we need to be a church of Jesus Christ. These are the basic values from which we cannot depart as a church. Imagine our together sowing these seeds.

After the basic staples is there room for certain specialties of plants? In the space God has supplied us, what special seeds might be ours as a particular church? Now together let us sow these seeds. This is our vision from God.

Finally what does New Hope Presbyterian Church look like, after God's space is cleared of obstacles, carefully considered, and planted? How large is the crop? What is different from what has been before?

Pray. Sow. Taste and enjoy.

In Spiritual Growth and Nurture,

The Reverend Ms. Janet Reid

Janet, Your Pastor

"But the one who received the seed that fell on good soil is the man who hears the word and understands it. He produces a crop, yielding a hundred, sixty or thirty times what was sown." *Mt 13:23*

AUGUST DEVOTIONS

8/1 OT Genesis 32:22-32;
NT Matthew 14:22-33

8/2 OT Genesis 33;
NT Matthew 14:22-33

8/3 OT Genesis 34;
NT Matthew 14:22-33

8/4 OT Genesis 35:1-15;
NT Matthew 14:22-33

8/5 OT Genesis 35:16-29;
NT Matthew 14:22-33

8/6 OT Genesis 36;
NT Matthew 14:22-33

8/7 OT Genesis 37:1-28;
NT Matthew 14:22-33

8/8 OT Genesis 37;
NT Matthew 14:34-36

8/9 OT Genesis 38;
NT Matthew 14:22-36

8/10 OT Genesis 39;
NT Matthew 14

8/11 OT Genesis 40-41;
NT Matthew 15:1-20

8/12 OT Genesis 42;
NT Matthew 15:21-28

8/13 OT Genesis 43-44;
NT Matthew 15:21-28

8/14 OT Genesis 45:1-15;
NT Matthew 15:21-28

8/15 OT Genesis 45:1-15
NT Matthew 15:29-39

8/16 OT Genesis 46;
NT Matthew 16:1-4

8/17 OT Genesis 47;
NT Matthew 16:5-12

8/18 OT Genesis 48-49;
NT Matthew 16:13-20

8/19 OT Genesis 50;
NT Matthew 16:13-20

8/20 OT Exodus 1:1-7;
NT Matthew 16:13-20

8/21 OT Exodus 1:22 - 2:10;
NT Matthew 16:13-20

8/22 OT Exodus 1:1 – 2:25;
NT Matthew 16:21-28

8/23 – 8/28
OT Exodus 3:1-15;
NT Matthew 16:21-28

8/29 OT Exodus 3;
NT Matthew 17:1-13

8/30 OT Exodus 4;
NT Matthew 17:14-23

8/31 OT Exodus 5;
NT Matthew 17:24-27

9/1 OT Exodus 6-7;
NT Matthew 17

9/2 OT Exodus 8-10;
NT Matthew 18:1-9

9/3 OT Exodus 11;
NT Matthew 18:10-14

9/4 OT Exodus 12:1-14;
NT Matthew 18:15-20

9/5 OT Exodus 12:1-30;
NT Matthew 18:21-35

Read these Scriptures online:
[http://www.newhope15642.org/
DailyDevotions/](http://www.newhope15642.org/DailyDevotions/)

PRAYER FOR SUDAN

We invite you to act on behalf of the people of Sudan through prayer. We invite individual Presbyterians and Presbyterian congregations to pray regularly for the people of Sudan. Pray for all the people, particularly those affected by violence in South Kordofan, Jonglei State, and Darfur. Pray that the leaders of Sudan and South Sudan will turn from violence. Pray for our brothers and sisters in Christ. Pray for those who provide humanitarian assistance. Pray that the international community will find effective ways to intervene. Pray for peace.

Come, Holy Spirit, come to the people of Sudan.

Come, Holy Spirit, break the hold of violence.

Come, Holy Spirit, draw the people together.

Come, Holy Spirit, lead the people in paths of peace.

Come, Holy Spirit, guide the people to establish justice.

Come, Holy Spirit, come to the people of Sudan.

By God's grace, may it be so.
Amen.

For prayer requests, call or email Eleanor S. C.. You may also call or email the church. Requests will be printed only as specified, for confidentiality. Please also contact us if you are a New Hope member and wish to receive Prayer Chain notification via email.

"But the one who received the seed that fell on good soil is the man who hears the word and understands it. He produces a crop, yielding a hundred, sixty or thirty times what was sown."
Mt 13:23



August Birthdays:

Twenty-one members of our New Hope family celebrate June birthdays, plus a belated birthday wish goes to another. Their names are listed in the mailed copy of the newsletter.



Six couples celebrate June anniversaries. Their names are listed in the mailed copy of the newsletter.

Did we miss your birthday or anniversary? Please let us know by contacting the church office.

**WORSHIP SERVICE VOLUNTEER
CONTACT INFORMATION**

A reminder to worship volunteers: If you are unable to serve as scheduled, **please arrange for your own replacement** and leave a message at the church office so that the bulletin can be adjusted accordingly (liturgists, call Janet to change).

- | | |
|-------------|-----------------|
| Acolytes: | Dawn K. |
| Counters: | Joan W. |
| Greeters: | Eleanor SC. |
| Liturgists: | Rev. Janet Reid |
| Nursery: | Donna VA. |
| Sound: | Mark R. |
| Ushers: | Nancy K. |

If you would like to serve as a Greeter, please call the church office or send an email to contactnewhope@verizon.net. We'd love to have your help!

WITH SYMPATHY

Our thoughts and prayers are offered for the family and friends of Dick Wright, longtime member of CUP and New Hope churches, who passed away on Sunday, July 17.

WITH APPRECIATION

Thank you for our birthday and anniversary wishes in June. That was very much appreciated by both of us. We got many cards, just beautiful.

Thank you very much,
Ellen & George W.

To everyone at New Hope,
I am so grateful for the cards and prayers I received from all of you, and I thank everyone for their concern.

Sincerely,
Lois H.

New Hope Friends,
Many thanks for all the recent prayers and cards.
Betty Z.

Dear New Hope Church,
Thank you for letting us use your facility for our Daisy troop's meetings! We had a wonderful year and the girls are really growing up so fast! We truly appreciate your kindness and generosity!

XOXO,
Daisy Troop #21892
Gretchen M.

We Are Praying For:

The list of friends and loved ones for whom we are praying is found in the mailed copy of this newsletter.

"But the one who received the seed that fell on good soil is the man who hears the word and understands it. He produces a crop, yielding a hundred, sixty or thirty times what was sown." *Mt 13:23*

from your Parish Nurse...

by Eleanor S.C., RN

ADDED SUGARS

There has been much talk about obesity, especially childhood obesity, in the news lately. One resource states the United States is currently in an epidemic of obesity. Obesity is a significant health risk linked to high blood pressure, diabetes, heart disease and stroke. According to the American Heart Association, millions of children are growing heavier each year placing them at risk of early death from chronic diseases. Identifying foods that have added sugar and calories can help you reduce your (or your children's) risk of obesity.

The majority of sugars are added to foods during processing, preparation, or at the table. These "added sugars" sweeten the flavor of foods and beverages. They also are added to foods for preservation purposes and to provide viscosity, texture, body, and browning capacity.

Major sources of added sugars are soda, energy drinks, grain-based desserts, sugar sweetened fruit drinks, dairy-based desserts and candy.

All sugars contain 4 calories per gram. One teaspoon of table sugar has 20 calories in 5 grams of carbohydrates. The total calories in other sugars vary due to different densities and weight. The American Heart Association recommends a daily limit of 25 grams, or 100 calories, for women and 37.5 grams, or 150 calories, for men. Cutting back on beverages or foods with high amounts of added sugar may reduce your risk of weight gain, poor nutrition, tooth decay and heart disease.

Everyone is aware that carbonated soda, fruit drinks, energy drinks, bottled tea and bottled dessert coffees are major sources of added sugar. Some other foods that contain sugar which may surprise you (as it did me) include ketchup, canned fruits and vegetables (read labels), low fat foods. For example, an 8 oz. container of low fat yogurt with fruit contains a whopping 43 grams of sugar, while the same yogurt without fruit and made with skim milk contains only 17 grams of sugar.

We all need to be more aware of what we eat and drink. This awareness may save our life or the life of someone we love. Remember you are never too old to improve your health!

"But the one who received the seed that fell on good soil is the man who hears the word and understands it. He produces a crop, yielding a hundred, sixty or thirty times what was sown."

Mt 13:23