

JULY 2023

MT HOPE MESSENGER

MT. HOPE UNITED CHURCH OF CHRIST

OFFICE HOURS: M, W, & F (8AM - 3PM)



2400 Mt. Hope Church Road
Whitsett, NC 27377

Pastor: Rev. Kristin Gerner Vaughn
336-402-2897 - Cell
Email: mthopeuccpastor@gmail.com

Administrative Assistant & Digital
Technology - Lorie Arrington
Email: mthopeuccoffice@gmail.com

Director of Youth & Children Ministry &
Music Director
Julianna Pierdomenico
Email: mthopeuccyouth@gmail.com
Email: mthopeuccmusic@gmail.com

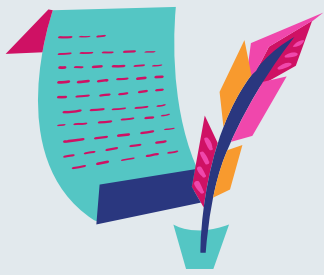
Accompanist - Angelita Berdiales

Consistory President - Dallas Belvin

Board of Christian Education - Susan
Finley



Sunday for Worship
at 10:30 am



Pastor's Note



The summer brings about another kind of rhythm. At least for my family the pace of school schedules and homework have been put to bed for a bit and the summer sun brings about longer days to be outside, put our hands in the dirt to grow a garden and celebrate the day's journey with s'mores by the firepit. What does the summer bring to you? What kind of schedule do you have? Is it different than normal? Is it a welcome change?

In his book *Margin*, Dr. Richard Swenson writes, "We must have some room to breathe. We need freedom to think and permission to heal. Our relationships are being starved to death by velocity---our children lay wounded on the ground, run over by our high-speed good intentions". Doesn't God promise to lead us beside the still waters, not the roaring rapids of the white-capped river? Swenson says we need some quiet, fertile "land" in life where we can rest in God and meet with our Creator.

Exodus 33:7 tells us that Moses used to take a tent and pitch it outside the camp some distance away, calling it the "tent of meeting." Anyone inquiring of the Lord would go to the tent of meeting outside the camp. And whenever Moses went out to the tent, all the people rose and stood at the entrances to their tents watching Moses until he entered the tent. The Lord would speak to Moses face to face, as one speaks to a friend. Moses and others like Abraham and Joshua and Elisha as well as Jesus and the disciples used to steal away and pray. Jesus would "often withdraw to a lonely place and pray."

During Covid when every square inch of our house was being used, by our family of 5, for us to work from home, zoom into meetings, or be online for school, my spirit ached for a quiet place to steal away to Jesus, or just to be with my own thoughts for a few minutes. By circumstance, I ended up pitching my tent of meetings on the trampoline in the back yard. Sometimes I used it for exercise, an afternoon nap, to read a book, to read the scriptures and spend intentional time being quiet and listening to God. No matter the experience, the time in the tent was holy. It was wide open space in the presence of God. I always emerged from the zipped mesh enclosure of a tent refreshed, grounded in God's presence. Aside from the dinner table, my newly pitched tent of meeting became a sacred and hallowed ground for my soul. Funny thing, now that Covid is over, it is still very important to me for all the same reasons.

Do you have a place that you can call "the tent of meeting?" A spacious place, that is not cluttered, where you can spend time with God every time you go there? Let's seek God in open spaces today. How will you build some space into your day to spend time with God?

Prayer: Jesus help me to seek some quiet moments with you each day.
Courage for your spiritual journey—

Pastor Kristin

YOUTH ACTION



Youth/Children's Calendar:

No meetings in July!

**We can't wait to see you at the
Community Family Meal & Game
night on the 23rd!**



**There will be no
consistory
meeting in July**

**YARD-
SALE**

**Mt. Hope Yard Sale
Saturday, July 8th
7 am - Noon
Table Rental \$10 each**

**Donations are being accepted
Drop off times:
Thursday, July 6th 5-6:15 pm
Friday, July 7th 5-7 pm**

**Don't forget to drop off your
donations or schedule a table !
Call Tracy Buff 336-580-0346**

or

Stan Buff 336-707-9392



**Community Family Meal of
hot dogs and Game Night
July 23rd @ 6 pm
At the picnic shelter!
All are welcome!
Bring a neighbor or friend.**



**Now on hiatus for the summer.
Meetings will begin again
in September! Mark your
calendar!**



There will be no meeting in July



THANK
YOU

We received a thank you from teachers as Southeast High School for the breakfast we provided during teacher appreciation week.



Thank you to everyone who attended my graduation party. All of the advice will carry me forward in the future. I am thankful for my church family.
Jacob Arrington

Minority Mental Health

Mental disorders do not discriminate.

Know the signs. Get help.





WISE for Mental Health Moment

NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness.

African American, Native American Indian, Hispanic, Asian and Pacific Islanders are more likely to be depressed and have higher rates of anxiety. They often suffer from poor outcomes due to cultural stigma, discrimination, and lack of access to mental health care. **More diverse mental health counselors** familiar with racial, cultural and ethnic experiences, and family value are needed to better help minorities with their mental health challenges.

As we move forward in our **WISE for Mental Health** journey let's reflect on **what we can do as a church** to reduce mental health stigma.

SIMPLICITY DAY is July 12th in honor of Henry David Thoreau. Embracing a simpler life can improve your mood, and overall mental and physical health, becoming less stressed and overwhelmed.

Think of some things you can do to simplify your life. Slow down, enjoy nature, recognize your limits. Unplug & hit restart. Set aside some alone time each day to clear your mind, sit in silence, relax, do something you enjoy.

Simplicity is giving patience, friendship, and encouragement. Simplicity gives you freedom.

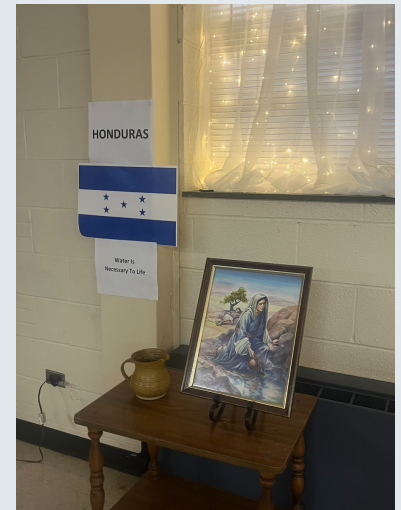
Remember **Jesus** modeled an amazing simplicity of life. As **He** sent his disciples out in Matthew 10:9-10 (KJV) "Provide neither gold nor silver nor copper in your money belts, nor bag for your journey, nor two tunics, nor sandals, nor staffs". **Jesus** embodied a life of compassionate simplicity, a willingness to talk to people, "touch" them, weep with them and a willingness to take care of physical needs when necessary (feeding the 5,000).

"As you grow older, you will discover you have two hands, one for helping yourself, the other for helping others."" -Maya Angelou

Rnd 2 Beets are ready! \$10 per quart \$5 per pint



2023 Vacation Bible School



Mt. Hope United Church of Christ

Consistory Minutes 5/11/23

Members Present: Dallas Belvin, Simon Clark, Janet Ellis, Steve Greeson, Tammy Holt, Don Kirkman, Sharon Mims, Jim Turner.

Pastor Present: Kristin Vaughn

The meeting was called to order by Dallas Belvin, a quorum was established and all were welcomed.
Lighting of the Christ Candle

Jim Turner opened the meeting with a devotional highlighting the importance of avoiding becoming bogged down by daily chores and instead focusing on the future.

We Celebrate our Past

Approval of Minutes:

A motion was made by Tammy Holt to approve the minutes from the April 13, 2023 consistory meeting and Don Kirkman seconded. Motion carried.

Treasurer's Report:

April 2023 financial report was presented with an ending balance of \$177,259.74. Consolidated Fund receipts of \$22,352.45 and Disbursements of \$37,977.41 were reported. It was noted that this month's expenses reflected both the regular 2nd quarter insurance and the 1st quarter OCWM costs for the Southern Conference which inflated it somewhat. Steve Greeson made the motion to accept the April report and Tammy Holt seconded. Motion carried.

Additionally, a motion was made by Simon Clark and seconded by Jim Turner to use money from the General Fund to zero out the current negative balance showing on the Board of Christian Education Fund. Motion was carried. Simon Clark will explore the best way to prevent this from occurring in the future and present options later.

Pastor's Report

Pastor's report reflected one wedding occurring this past month and one new member request from Nancy Smith to join on Pentecost Sunday, May 28th. Tammy Holt made the motion to accept Nancy Smith's request for a letter of transfer and Don Kirkman seconded. Motion carried.

Plans are still underway for burying the time capsule on Pentecost Sunday, 5/28/23 which will also be Graduation Sunday honoring all Mt. Hope UCC graduates.

Reflection on the WISE Town Hall meeting on 4/30/23 was held noting the benefits of hearing stories of those who have experienced mental health issues, as well as the good ideas presented during the Town Hall. There will be additional opportunities for the church to seek ways to incorporate the principles of being a WISE church in the future.

Pastor also noted the church's support for the Mt. Hope Ballfield, and the need for help in the concession stand on Thursday and Friday nights 6:00-8:00pm. Simon also shared the water bottles with Mt. Hope UCC website and "comma" provided to sponsored team.

Committee Reports

Board of Education

Friendship Project with Alamance Plaza residents almost complete. "Hey Baby" activity completed. VBS & Music Camp dates are 6/12-6/16, 9:00am till noon. Final Program will be Friday evening 6/16. Ongoing planning for fall Gather/Learn/Grow Sundays.

Maintenance and Trustees

Ongoing issues are being addressed.

Stewardship

Historical

Mission & Outreach

Music & Worship

Urban Ministry

159 lbs of food went to Urban Ministry last month. Squash/Zucchini project with Sawyer Farm will start in about a month.

Social Concerns

Communications

WiFi working well. Asking for Google Reviews to help website be more prominent during Google searches.

WISE Team

WISE Committee reviewing feedback and ideas from Town Hall meeting to determine next steps.

Fellowship Committee

Personnel

Prayer of Intercession – Pastor Kristin

Old Business:

Location signs completed. Gloria Apple working on map for church showing fire exits, etc.

Procedure book still being worked on, primarily for the kitchen operation basics. Discussed when/where need to provide contact info for Trustees/Maintenance Committee members in case problems arise during operation.

Water sensors completed, installed, and operating.

Insurance survey still in progress.

New Business

-Time capsule will be buried on Pentecost Sunday, May 28th.

-Balcony ceiling repair is on-going. Two proposals received, waiting on additional information.

-Steve Greeson shared information regarding smoke detectors that could be used at the church. A question regarding the possibility of using the same company as the water sensors, as well as the same process for sending messages to identified people was raised. Follow-up on this idea will be done.

-Information regarding community rental rates for use of church facilities was provided. Tammy Holt and Sharon Mims were to review the information and provide suggestions for next meeting.

-Maintenance areas of having the church lights repaired/cleaned as well as the need for cleaning the heat registers was noted.

-Dallas Belvin noted two areas brought to his attention by church members:

-need for driveway repair at back entrance to church. Will be referred to maintenance committee

-concern regarding amount of space going unused at church. Consistory members expressed openness to the idea of letting others use our currently unused space.

Charge and Benediction

Meeting adjourned.

Respectfully submitted,

Sharon Mims, Secretary

July - Happy Independence!

- 2nd - Worship 10:30 am, 11:30 am Gather/Learn/Grow**
 - Communion**
- 3rd - NO Yoga**
- 4th - Independence Day - Happy 4th!**
- 5th - NO Choir Practice**
- 6th - NO Yoga**
- 6th - Drop off for Yard Sale at church 5-6:15 pm**
- 7th - Drop off for Yard Sale at church 5-7 pm**
- 8th - Yard Sale at church**
- 9th - Worship 10:30 am, 11:30 am Gather/Learn/Grow**
- 11th - Women's Fellowship**
- 12th - Choir Practice 7 pm**
- 13th - NO Consistory this month**
- 16th - Worship 10:30 am, 11:30 am Gather/Learn/Grow**
- 18th - Music & Worship - 7 pm Conf. Room**
- 19th - Choir Practice 7 pm**
- 23rd - Worship 10:30 am, Gather/Learn/Grow 11:30 am**
- 23rd - Community Meal & Game Night @ Picnic Shelter 6 pm**
- 26th - NO Choir Practice**
- 30th - Worship 10:30 am, 11:30 am Gather/Learn/Grow**



Every Monday & Thursday

Yoga @ 5:30 pm

in the New Fellowship Hall.



No youth meetings in July

No Consistory in July

Women's Fellowship off July & August

Garden Club will be off the month of June, July, & August

Friends & Neighbors will resume in September





1st - Terri Staley

- Wes Royal

3rd - Cheryl Royal

4th - Helen Busick

6th - Kyle Kirkpatrick

7th - Amy Belvin Earle

- Darlene Greeson-
Stewart

8th - Bill Welker, Sr.

9th - Donnie Cheek

10th - Richard Freeman

11th - Harriett Phipps

12th - Kenny Taylor

14th - Patti Harden

- Cole Levens

16th - Melissa Sawyer

18th - Stan Buff

- Betty Settlemyre

19th - Steve Burns

20th - Jonathan Kilby

24th - Gary Owens

25th - Kendall McDade

26th - Constance Blakesley

27th - Tracy Nelson

- Emma Vaughn

29th - Shannon Levens

31st - Stephanie Webb



Happy Anniversary



7/2 Jeryl & Gloria Apple

7/4 John & Melinda Kozak

7/4 Bill & Peggy Welker, Sr.

7/6 Tony & Terri Staley

7/20 Jeff & Beth Harris

7/27 Richard & Sonia Knowles

7/31 Tommy & Susie Simpson



Prayer Concerns

Health Care Center

Alamance House ~ R. Denny Ingold (#316)
Clapp's Nursing Center ~ Robert Ingold (#710)
Twin Lakes - Sylvia Gilliam - Outer Banks (#512)
Brookdale ~ Jerry Greeson (#27)
Betty Settlemyer - Village at Brookdale (#323)



Mt. Hope Military Connections

Michael Terraforte

Kyle Gerner

Scott Amick

Members, Friends, & Relatives

Pat Levens
LuEller Ingold
Sharon Nance
Mandy Levens
Joan May
Peggy Greeson
Nancy Phipps
Wesley Reece
Bobby Salmon
Kenya Families
Ben Skinner
Fred Whitfield
Leonard Kellis
Steve Burns
Jerry Greeson

Clifton Greeson
Janet Ellis
Emily Dale
Emmie Belvin
Christopher Forsyth
Dale & John Cox
Myra Bridges
Lou Patterson
Shirley Taylor
Julie Summers
Karla Tucker
Bruce Barton
Tom Marker
Denny Ingold
Caitlyn Smith

Michael Hughes
Freddie Gossett
Woody Levens
Tamara Langdon
Mary Lou Pudney
Joey Pudney
Pat Pudney
Geoff Lalone
Amy Johnson
Ray Neese, Jr.
Doug Harrison
Mary Holt
Myrtle Clodfelter
Keira Tap
Dr. Kolluru

Betty & Richard Kime
Bill & Peggy Welker
Lloyd & Sylvia Gilliam
Noral & Cindy Belvin
Ukraine & Russia
Linda Miller
Rhonda Quimby
Elaine Garner
Family of Opal Coleman
Betty Settlemyer
Betty Welker
Shirley Clapp
Crystal White
Libby Lowdermilk
Family of Ray Pysher