

# Mt. Hope United Church of Christ

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## *Accompanist*

Ekin Ustunel

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## *Interim Music Director*

Susan Finley

## *Church Secretary*

Stacey Martin

Office hours:  
Monday – Friday  
9 am – 1 pm

## *Consistory President*

Dallas Belvin

## *Board of Christian Education*

Susan Finley, Director

## *Outreach & Digital Technology Director*

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# Mt. Hope Messenger August 2021

Love Letter from your Pastor:

## **“Which Direction Do You Want to Go??”**

An Episcopal bishop was asked by a faith leader how they believed the ordained clergy and lay leaders of their parishes were holding up in this extended time of pandemic. The bishop responded, “My pastors are tired, it is like we have asked them to run a marathon and as they crossed the finished line after giving it all they had, we have handed them another number and are asking them to run another long-distance race.”

It is possible that most if not all of us are this tired. Not the kind of tired that an afternoon nap or a bubble bath or a weekend getaway can cure, but a deep-in-the-bones kind of tired that comes from grief. It is a tired that often masks itself in confusion, anger, resentment, and disgruntled restlessness. All of us are grieving. Sometimes we know it and sometimes it creeps up on us. Sometimes it creeps out of us when we say things like, “I think this new thing we are trying is unnecessary. We should just do it like we used to do it.” Wouldn’t we all like things to be back the way they were BEFORE everything changed?

Once in the grief process, there are options for us to choose. We can forge ahead, striving to achieve the old normal, trying to ignore just how much things have changed. However, the brain may tell the body that everything is ok, that things have returned to the old, familiar ways, but the body remembers. The body remembers what has changed and who is missing. The body remembers grief. It doesn’t buy the story that things are ok. The brain may believe that you can run two marathons back-to-back, but the body knows differently. Forging ahead as if nothing has happened can leave us feeling empty.

Feeling like we are going through the motions, lifeless and numb.

We can pull the covers over our head and refuse to move forward. The body and the brain can get “stuck” in the grief process. Can’t go back to how things were, so throw the switch, cut off the breaker, disconnect the power, and turn on the “closed” sign. No movement forward or backward. A boarded-up building no longer an enterprise, not yet demolished. Once my daughter and I ran a race together. We were exactly halfway through when she decided that she didn’t want to run the race anymore. She wanted to go home. With runners passing on both sides of us, she sat down in the middle of the course. I said to her, “We, together have 2 choices, “We can go back the way we came and not finish the race or we can go forward the same amount of steps and finish the race. Either way will take effort, but if we go forward we get where we are hoping to go AND we will have something to show for it.

To emerge from a pandemic means we have all been touched by grief. We are all tired and weary, hoping for normalcy that strongly resembles that which we left in March of 2020. Yet, things are different and we have 2 choices. We can go back or we can go forward together. I, for one would like to see what God has for us on the rest of the course. “Run this race with perseverance,” Hebrews tells us.

Grief is a powerful force that grows out of loss. Grief is not a thing that can be touched, but is rather a process that allows us to let go of that which was and be ready for that which is to come. We have all lost a great deal over the past year. It is impossible to return to normal as if none of this happened without going through the process of grieving our losses. As a church, may we make space to pray, to be still, to sit in the uncomfortable space of grief...that we may grieve together that which we have lost and make space for that which is to come.



**We are pausing plans to move to optional masking for those vaccinated. In July, we made plans for a transition to a practice of "Masking optional for those vaccinated and expected for those unvaccinated." With the rise of infections, the impact of the Delta variant, and Guilford County's status as a CDC-classified area of "substantial community transmission," our Covid Task Force plans to continue our masking practices for now for the health and confidence of all.**

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**Anja Arko - Interim Accompanist for month of August while Ekin Ustunel is on vacation in Turkey.**



Anja Arko is a Slovenian-born pianist, known for her sensitive lyricism. Her performances portray an attentive care for a lush spectrum of tone colors and dynamic melodic shapes. Anja’s infectious enthusiasm for music inspires her active career as a soloist, collaborator, and piano pedagogue.

Anja Arko is the winner of a Slovenian National Competition for Piano Duo and has performed in concerts, masterclasses, and festivals across Europe (Germany, Austria, Czech, Serbia, Croatia) and the United States. After earning her bachelor’s degree in Slovenia, her training led her to the Karol Szymanowski Academy of Music in Katowice, Poland, and later to the Schwob School of Music in Columbus, Georgia, where she was accepted to the prestigious Artist Diploma program. Anja also received her MM in Piano Performance at the University of Florida.

A recipient of the Winston Salem Foundation fellowship, Anja Arko holds a Doctorate degree in Piano Performance from University of North Carolina at Greensboro (2020), where she also earned a Post-Master’s Certificate in Music Theory Pedagogy.



Mt. Hope church family welcomed Dr. Rev. Kenneth Clapp to our pulpit on Sunday, July 25, 2021. It is always a blessing to have Rev. Clapp, a son of our congregation, deliver the message to us.



Mt. Hope church family thank Mr. Jared Gilbert for sharing his awesome musical talent with us last month.



On July 11, 2021, Harden Phipps presented a U. S. flag to Wesley Reece on behalf of the congregation of Mt. Hope Church in honor of the work Wesley

has done and continues to do for our church and in our community. This flag has been flying in Wesley's honor over our church and cemetery grounds. Congratulations Wesley on this honor.



We are out of beets! Thank you to the Sharpe's for the beets, to all the ladies who worked on the beets and to everyone who purchased them. A special thank you to Linda Miller who led this project.

Our next meeting will be on Tuesday, August 10th at 6:30 p.m. in the parlor.



### Wednesday Night Bible Study

Our August Bible Study will be a study on God and grief. "A Crazy, Holy Grace: The Healing Power of Pain and Memory," is based on a book written by Frederick Buechner by the same name. Beuchner has grappled with the nature of pain, grief, and grace ever since his father committed suicide when he was a young boy. During all the grappling, Beuchner realized—that the God who might seem so silent is ever near.

Come join us for this rich conversation and time of learning about grief and where we can find God in the midst of our pain.

This Bible Study will be August 11 at 6:00 PM in the New Fellowship Hall.

## WISE Corner:

In October 2020, the WISE team was born at Mt. Hope as a concerted effort to Welcome, Include, Support and Engage individuals and families with Mental Health concerns. From its birth, WISE has desired to build knowledge among the members of our community of faith as well as make available resources for those who need support to achieve their mental health goals.

The WISE Team would like to introduce you to NAMI.

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI is a trusted institution that offers numerous resources for those in search of understanding and support for the entire family system. NAMI's programs are free and open to the public regardless of diagnosis or need.

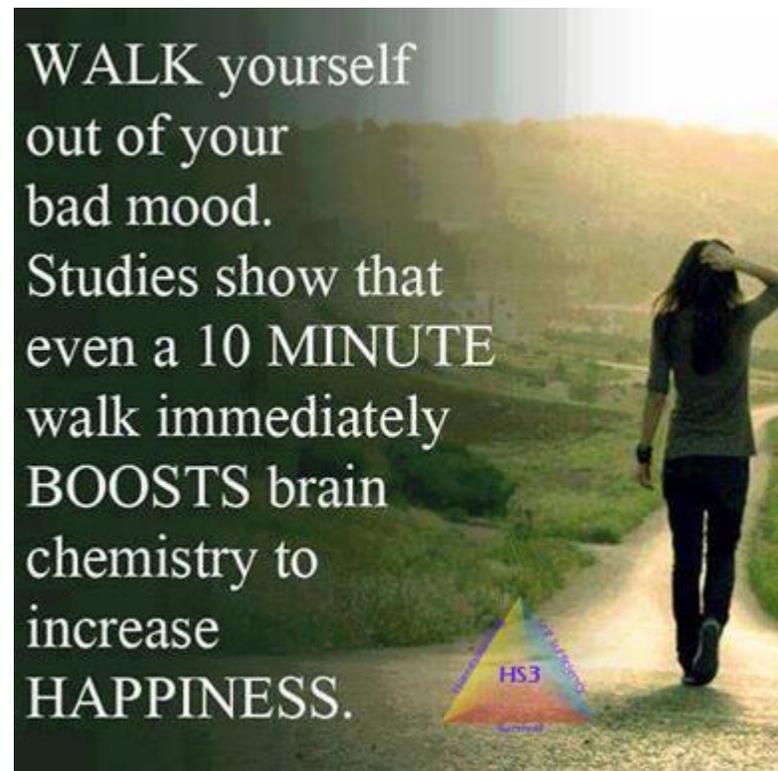
Check out this FREE course from NAMI.

### NAMI Basics OnDemand

As we emerge from over a year of COVID19 restrictions and life changing events you may notice stress and anxiety emerging in your children as a result of these changes. NAMI (National Association on Mental Illness) has several tools to help guide you through the changes you may see surfacing.

NAMI Basics OnDemand is a free, six-session online education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. NAMI Basics OnDemand is an adaptation of the in-

person course offered in 43 states by NAMI affiliates.



# Youth Calendar for August

8/1 - no youth  
8/8 - no youth  
8/15 - Youth 6pm  
8/21 - Youth Room Workday - 9am in old fellowship hall  
8/22 - Youth 6pm  
8/29 - Youth 6pm

## July Youth Carwash update -

Thank you to our church family for the huge support for the Youth Car Wash held July 10th. The youth and their supportive parents did a great job. Thanks to the extra support from Mike Vaughn we were able to overcome equipment malfunctions when a pressure washer and shop vac both decided to go out. Overall we had a great day having fun while working, washing 21 cars. The youth were able to raise \$795 from this and will be taking \$80 from this to go to Peacehaven Farms. The remainder of the funds will go towards the youth room and future youth events. Thank you again for your love and support.

## Greensboro Urban Ministry:

The wonderful generosity of Mt Hope Church of Christ congregation continues. This congregation provided 183 lbs. of food in July.

Your generosity, especially during the summer months, is greatly appreciated. Thank you for all you give. Containers are located in the entry ways and in the breezeway as usual. May God richly bless you for your continued generosity!!

## Second Harvest Food Bank

Mt. Hope Church as donated 2965 pounds of squash to Second Harvest due to the generosity of Sawyer Farms.

## Our next Mission:

Be the Church project is scheduled for Sunday, August 15. We will be stuffing the Make-a-Difference Day lunch sacks with the non-perishable food items. So, we are collecting the non-perishable items. We request that you

sign up for the items you would like to bring, either when at church, or by calling the church. Please leave the items in the bin located just inside the portico entrance no later than Wednesday, August 11.



## From the Board of Education -

If you are a life-long or long-time member of Mt. Hope United Church of Christ, or even a not so long-time member, you may have noticed recently that church looks a little different than it did pre-COVID. During the 15 months away from one another, and then meeting together on the lawn, something happened. Actually, many things happened. Out of necessity, Mt. Hope learned how to be and do church differently. We started using Facebook as a way to worship together, enabling us to reach three and four times the amount of people previously participating in worship each week. ZOOM became the way we studied the Bible, met together to do church business, and experienced special events such as the Instant Christmas Pageant, an Easter Egg Hunt where we literally hunted eggs together, and Bingo and Trivia nights together. We began a Little Library ministry, sharing books with our community. Feeding people became a way of life, delivering meals to folks five days a week. We have embodied the essence of being church.

As we move forward, we want to continue to learn how to be and do church in new and different ways, in exciting ways, in ways that truly glorify God. We want to be more inclusive; we want more people to join us in being the church together, and we want to do more things as a church family rather than in age-segregated groups.

One way we are seeking to do that is through our new Gather. Learn. Grow. Approach. We gather for worship together, both in person and on Facebook. And then, while people are in the building, and before it is time for lunch, we are offering opportunities for learning and growth. We have streamlined the system so that what we used to do in 2 ½ hours we are now accomplishing in 1 ½ hours. Wow!

We know that change can be uncomfortable, but we are hoping that you will be patient with us and keep an open mind as we try different ways of doing things. We really like that we are coming together to worship and celebrate God first-thing on Sunday morning, and then putting what we hear, know and learn to work, learning and serving God. Another way we are using our Gather. Learn. Grow. approach is through our monthly Grow Opportunity, Mission: Be the Church projects. As a family of believers, we will work together to share the gospel, encourage one another, meet the needs of those around us, and be better examples of Jesus in our community and beyond. Please, come join us on our journey of discovery together. Be an active participant. Step out of your comfort zone just a little bit at a time, and you may find your comfort zone and your relationships with others have grown a bit, too. We dare you!

The Board of Christian Education



### *Address and Email changes:*

Ekin Ustunel  
1615 Walker Ave.  
Greensboro, NC 27403

Linda Shue  
[Lindashue32@gmail.com](mailto:Lindashue32@gmail.com).



## **Andy Open Golf Tournament October 9, 2021**

**For more information call  
Dallas Belvin @ 336-601-1982**

# COMING ATTRACTIONS!

**The Gospel according to Dr. Seuss.** One Sunday each month throughout this school year, beginning in September, we will be reading one of Dr. Seuss's books together, talking about his message for the church, and the world at-large, and having a Mission: Be the Church project based on his message. Our September book is Bartholomew and the Oobleck. Stay tuned for more details about our Dr. Seuss Sundays. Green Eggs and Ham Sunday along with the Cat in the Hat are coming soon!

**October 3 is World Communion Sunday.** We will be celebrating communion together, and taking communion to members of our congregation who are not able to join us in person at church.

**Mission: Be the Church.** Each month, we will have at least one mission project for the church family to do together. Some upcoming projects include Build a Bucket, Help with Hygiene kits, community clean up, recycling, Earth Day, Make a Difference Day, and Crop Walk, just to name a few.

**Mt. Hope Christmas Pageant.** Our children will be telling us the Christmas story in their own words this year, and dressing as their favorite Christmas story character, be it person, angel or animal! Pageant rehearsals will begin Sunday, October 10 during our Gather. **Learn.** Grow. time immediately following worship, and finishing up at noon.

**Christmas Is Not Your Birthday.** Coming to Gather. **Learn.** Grow time for children in September.

**Spiritual Gifts.** Do you know what Spiritual Gifts God has given you to share with others? Are you using your Spiritual Gifts? Have you been having difficulty finding your area of service? We will be learning more about our Spiritual Gifts, and how to put them to good use.



# CHOIR

That is choir rehearsals will resume  
Wednesday August the 11th at 7:30 pm

On Saturday August 21<sup>st</sup> at 9am we will be having a workday for the youth room project. We are moving the outreach ministry room to the storage/old parlor. This will be the location for the Community Garden, Greensboro Urban Ministry, Mobile Meals, Meals4kids and Blessing Bag ministries. The current outreach ministry room will be the new youth room so a lot of stuff has to be moved. If you would like to volunteer and have not signed up to help already, please email Gloria Apple at [gloria@industrialpowerinc.com](mailto:gloria@industrialpowerinc.com).



To the wonderful people of Mt Hope UCC, Words cannot express enough the feeling of warmth and love I felt from all of you upon Steve's passing. From the kind words, cards, phone calls and great food to the Friday night visitation and support at the celebration of Steve's life on Saturday; I felt so much love in this church community. Thank you for anything and everything you did to help us get through this most difficult time.  
Love, Linda and family



## Yoga with Sonia

New Yoga schedule:

The last Sunday class will be this weekend August 1st. The new schedule is Monday's 6pm starting August 9th and adding Thursday 8am morning class beginning August 12th. Please make sure the sign is updated next week as well.

Mt. Hope,

Thank you so much for the books, but most of all for your prayers. Mt. Hope has been so good to me and I really am thankful for everything!

Love and Prayers,  
Evelyn Thomas

THANK YOU!  
HOW'S THAT?

July 19, 2021

Dear Mr. Hope,  
We are in receipt  
of your member dues  
in the amount of \$400.  
With your help, we are  
able to work toward  
our goal to strengthen  
the spiritual and  
community life of  
people and congregations  
across the Association.

Thank you,  
WNC A

I just wanted to thank  
you all for everything you  
do for us at Alamance Plaza.  
God Bless you!

Lena Williams  
Apt. 306

Thank you for your words of encouragement,  
love and concern over this past year of  
caregiving for Anne's Mom. Your prayers  
have upheld us especially over the past  
week as Mom entered her eternal home  
in Heaven. Thank you for the cards,  
prayers and Women's Fellowship meal.  
It is a blessing to be a part of  
such a giving and caring Church  
Community.

Blessings,

Gary and Anne Owens



## CALENDAR

ZOOM IS STILL AN OPTION

### Sunday, August 1

10:30 am, Worship

### Wednesday, August 4

No Bible Study

No Choir Practice

### Sunday, August 8

10:30 am, Worship

### Monday, August 9

6:00 pm, Yoga with Sonia – Pavilion

### Tuesday, August 10

6:30 pm, Women's Fellowship

### Wednesday, August 11

6:00 pm, Bible Study

7:30 pm, Choir Practice

### Thursday, August 12

8:00 am, Yoga with Sonia – Pavilion

7:00 pm, Consistory Meeting

### Sunday, August 15

10:30 am, Worship

11:15 am, Make a Difference Day

6:00 pm, Youth Meeting

### Monday, August 16

6:00 pm, Yoga with Sonia – Pavilion

### Tuesday, August 17

5:30 pm, WISE Meeting

### Wednesday, August 18

No Bible Study

7:30 pm, Choir Practice

### Thursday, August 19

8:00 am, Yoga with Sonia – Pavilion

2:00 pm, Music & Worship Meeting

### Sunday, August 22

10:30 am, Worship

2:00 pm, Board of Christian Education

6:00 pm, Youth Meeting

### Monday, August 23

6:00 pm, Yoga with Sonia – Pavilion

### Wednesday, August 25

6:00 pm, Bible Study

7:30 pm, Choir Practice

### Thursday, August 26

8:00 am, Yoga with Sonia – Pavilion

### Sunday, August 29

10:30 am, Worship

6:00 pm, Youth Meeting

### Monday, August 30

6:00 pm, Yoga with Sonia – Pavilion

## August Birthdays

7th	Noral Belvin
11th	Colby Arrington
14th	Jeanne Ingold
21th	Linda Neese, Sylvia Gilliam
22th	Casey Gorrell
23th	Jeremy Oehling
24th	Rachael Gossett
28th	Simon Clark
29th	Sara Shue



## August Anniversaries

4th	Haywood & Peggy Levens
11th	Greg & Lisa Moser
27th	Cliff & Barbara Greeson Sr.





# Prayer Requests

## **Health Care Center**

Alamance Health Care Center	<b>Teresa Oakley (#83)</b>
Alamance House	R. Denny Ingold (#112)
Clapp's Nursing Center	Robert Ingold (#807)
Ralph Scott Homes	Betty Kim Settlemyre
Woodhaven (Albermarle)	Annie Lee Apple
Brookdale Burlington	Peggie Coble (#74)
Twin Lakes	Darlene Cherry
Clapp's Assisted Living	Jeanne Ingold (#315)
Guilford House	Blanche Greeson
<b>Heritage Green</b>	<b>Helen Smith</b>

## **Mt. Hope Military Connections**

Scott Amick	Grant Harden
Kyle Gerner	Megan Moore Hughes
Michael Clapp	Josh Ellis
Michael Terraforte	
Abigail Thompson	

## **Members/Friends & Relatives**

Betty & Richard Kime	Adelita & Shane Swaim	Goldie Sawyer
Pat Levens	Bill & Peggy Welker	Jayne Brown
LuEller Ingold	Lloyd & Sylvia Gilliam	Nancy & Jim Wimbish
J.R. Shoffner	Sharon Nance	Nancy Phipps
Laurie Baker	Darrell Harris	George Seifert- friend of Joe & Cindy Hughes
Bob & Dottie Deeter	Terry Staley	<b>Family of Marianne Reynolds</b>
Jim Gallagher	Steve & Peg Burns	<b>Joyce Hammonds</b>
	Dean & Peggy Greeson	<b>Cindy Hyle</b>