

OTTERBEIN UNITED METHODIST CHURCH  
176 West Market Street  
Harrisonburg, VA 22801

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# Tidings



# September 2019

**The Tidings**  
**Otterbein United Methodist**  
**Church**

176 West Market Street  
Harrisonburg, VA 22801

Office - (540) 434-7747

Fax - (540) 433-4018

oumcharrisonburg.org

Prayer Ministry - (540) 434-7745

*Tidings* articles are due by the  
15<sup>th</sup> of each month.

You may either bring articles to  
the church office or email them  
to oumcdm@hotmail.com

**Saturday Night Alive**

5:30 pm

Informal Worship Service

**Sunday Schedule**

9:30 am Sunday School

for all ages

10:30 am Worship Service

Please check the calendar for  
times of regular and special  
events.

**Weekday Office Hours**

Monday - Thursday: 8:00 am - 3:00 pm



Have you checked out our Facebook Page? You  
can find us at facebook.com/OUMCHarrisonburg or  
through the link on our website. Please check out  
our page and share with your friends!

**Our Staff**

**Rev. Adam Blagg**

Senior Pastor

oumcpastor@hotmail.com

**Rev. Faith Fowler**

Associate Pastor of Health &  
Wellness

faithfowler@vaumc.org

**Sandy Schaefer**

Music Director / Organist

oumcmusic@hotmail.com

**Melissa Miller**

Office Manager

oumcdm@hotmail.com

**Judy Fallis**

Custodian

**Dawn Hunter**

Treasurer

oumctreasurer@hotmail.com

Office: 540-434-7747

x200 for Melissa

x201 for Adam

x203 for Dawn

x204 for Sandy

x207 for Judy

x210 for Faith

**Otterbein in Prayer**

Phyllis Albrite	Elaine Ford	LJ Joiner	Linda Stephens
Jerry & Claudia	Judy Grandle	Bob Jones	Jane Stover
Andes	Florence Green	Dot Jones	Richard Stroop
Ruth Batten	Lynn & Betty Griffith	Steve Joseph	Martha Taylor
Millie Bruce	Mindi Griffith	Evelyn Keane	Charlie Tibbits
Pat Brunk	Ray & Audrey	Bishop Lewis	Emily Tran
Linda Byers	Griffith	Janet Liskey	Betty Karol Wilson
Rev. & Mrs. Carson	Doris Hanger	Judy Liskey	Mckenzie Woods
Linda Conrad	Bob Hansbrough	Pem Liskey	Richard Worden
Allen Dellinger	Julie Haushalter	Greta Marks	Dennis Wright
Ann Dellinger	Barbara Henry	Gary Nesselrodt	Anita Yount
Jo Ellen Dickenson	Silas Herndon	Jack Ridder	
Lisa Ferenc	John Hoffnagle	Anna Joseph Sheets	

**Mystery Friends 2019-2020**

**College students:** do you want to receive a reminder  
each month of how special you are to Otterbein?

**Congregation:** do you or your group want  
to make a college student's day?

Mystery Friends is the perfect match, and it's SO EASY!

**Students**—simply fill out an information form (found at the church  
entrances and in the choir room) and **return it by Sunday,**

**September 8. Congregation**—if you would like to participate, you can  
sign up to cover one month, birthdays, special occasions...however  
works best for you. Volunteers are needed beginning in October, so  
don't delay. If you would like to sign up to make a college student  
feel special please contact either Beverley Nelson  
(beverleyznelson@comcast.net or 540-908-8793) or Kim Zigler  
(kzigler@comcast.net or 540-246-7781). Let's continue to show how  
important our college students are to our congregation!

**For Your Information**

- **Tidings** deadline for the **October** issue is **Monday, September 16** by **9 am**. All groups, classes, and individuals are welcome to submit articles for the *Tidings*. Plan your activities and bring the written details to the church office or email to the office at oumcdm@hotmail.com by the 16<sup>th</sup>.
- **Prayer Line Ministry:** Call 434-7745 anytime (day or night) to hear a prayer to encourage and give you support. To leave a prayer request: listen to the prayer, then follow the prompts to leave your request or words of praise.

## Faith in Action Update

I possess some type of internal barometer about social justice. This began long ago as a child and continues to this day. I have always been sensitive about what was fair—to children who were less fortunate than I was, to minorities, to the downtrodden, to my fellow educators, to my students, to Immigrants—the list goes on. So when I was asked to be Otterbein's representative to Faith in Action, it didn't take too much deliberating to say yes.

Faith in Action is an organization comprised of 24 faith communities in the Harrisonburg/Rockingham area that works to implement social justice philosophies of these faiths. Currently FIA is in transition. It is watching and waiting for local governing boards to begin the hiring process for a criminal justice planner, which was part of FIA's action plan for the past two years. Unfortunately the recommendation to remove local jail keep fees has met with solid roadblocks.

As FIA moves into the fall, it will be working to discover its next social justice agenda/project. On August 5, representatives met for a Covenant Assembly of regular business and to check the pulse of discussions about the upcoming project. The Assembly will meet on September 9 to brainstorm, narrow down, and organize potential project ideas. The Assembly will meet again on October 7 to decide which project will be the focus of FIA's next campaign.

Vicky Gaines, Eileen Magruder, and I represent Otterbein at FIA Covenant Assemblies, and Linda Conrad serves as treasurer and member of the executive committee. If you have ideas or questions concerning FIA, please talk with one of us.

Carole Barber



# FROM THE PASTOR

On September 22<sup>nd</sup>, shortly after noon, you might hear a collective sigh from several members of the church as our weekend of celebrating 125 years comes to a close. A lot of hard work has gone into planning for our celebration and many aspects of it have been quit enjoyable. Looking at old pictures, digging through archives, updating the history, as well as hearing your stories, have all been inspiring to me. We also acknowledge that all of this work of remembering and looking back is an essential part of the process of moving forward. Throughout 2019, coupled with our focus on celebrating 125 years, we have also worked on looking ahead to what the future holds. We will continue this work over the next few months, but it is safe to say that our future lies outside the confines of our beautiful building. A few examples of this are becoming evident.

We continue to work with other local congregations. A local mission project is in the pipeline with Asbury and our joint youth group continues to thrive, with a new Otterbein face joining the leadership team. Deanna Nye is now working with JR Snow to support this joint ministry. September should also see the soft opening of Just Love Coffee and Tea, a joint effort of Vision of Hope, RISE, and Otterbein. This is just the first step of a larger effort to collaborate on a significant ministry shared between the three congregations. Our focus on discipleship in 2019 is also pushing us to engage in ministry outside of our church and engaging the community in new ways. As we move into the planning stages for 2020, expect to see this take form in new and exciting ways.

I am continually impressed and excited by the energy at Otterbein. As we pause to celebrate our 125 years of ministry with the community, I will relish our look back on where we have been. I am equally looking forward to starting the next 125 years and seeing where God is calling us to go.

*Adam*



## Otterbein's 125<sup>th</sup> Anniversary Celebration

The plans and preparations are complete. It's time to celebrate Otterbein UMC's 125<sup>th</sup> Anniversary! We hope to see **you** at the festivities!

### ***Schedule of Events:***

#### **Saturday, September 21, 2019**

**5:00 to 6:15 pm**

*Memorial Hall*

Historical displays, fellowship, and hors d'oeuvres

**6:30 pm**

*Sanctuary*

Concert featuring Anthony VanPelt on violin, bluegrass band Blue Ridge Thunder, and vocal selections by the College Chorale Alumni

#### **Sunday, September 22, 2019**

**9:00 to 10:15 AM**

*Memorial Hall*

Brunch, fellowship, and historical displays

**10:30 AM**

*Sanctuary*

Worship service with guest speaker, Rev. Dr. Victor Gómez, Harrisonburg District Superintendent  
Music by our Sanctuary Choir, College Chorale and Alumni, Otterbein Chancel Ringers, and JMU Graduate Brass Quintet  
Debut of the commissioned Anniversary Anthem composed by Anthony VanPelt

***Come! Join the celebration at these commemorative events...and invite a friend!***

## **Bible Study Returns September 10!**

***Sessions offered on Tuesdays at 10 am and 6 pm in Room 204.***

Our 2019-2020 Bible Study is set. We will be exploring the gospel of Mark in the fall and spring. This leaves us with just Luke as the last gospel we have not read in great detail. Our Old Testament story will follow the historical timeline we have been working through, bringing us post-exile to the return from Babylon. In the spring we will take on Romans as our post-Easter reading material. During Advent we will look at the promise of Christ's return. Our most exciting study will be after the first of the year when we tackle the hard issues of society. Each week will address a different "hot topic" in our world and hopefully our discussion will assist us in seeing how we can faithfully use scripture and faith to bring some light to hard conversations. We will make a concerted effort to invite a larger group to the discussion during this time.

Our Gospel for this year is Mark and we will be reading the first 8 chapters in the fall. Over the course of the sessions, we will hear and see the gospel and discuss the main points of the text. Our study format will remain unchanged and reading guides will be available around the first of September. If committing to a weekly study is not a viable solution to your schedule, a one hour book study format of Mark 1-8 will be offered in mid-October. Keep an eye on the bulletin and *Tidings* for date and time.

### **What would make a difference in your quality of life?**



If you are 65 or older and live in Rockingham County, Augusta County, or the City of Harrisonburg, please take the **Senior Community Needs Survey** [[www.brcliving.org/survey](http://www.brcliving.org/survey)]. Sponsored by Bridgewater Retirement Community (BRC) and Valley Program for Aging Service (VPAS), it will provide invaluable information for local government, nonprofits, and health providers so they can work to meet the most pressing needs of seniors in our community. The survey will be available until September 30.





transforming the lives of  
impoveryshed children

## Sponsor a Child Spotlight

Rosaline Dugba is sponsored by Adam & Christy Blagg. Rosaline is able to fulfill her career ambition because of the support of our Otterbein members. There are options offered when making a choice of who you would like to sponsor, which include, but are not limited to, gender and age. If considering sponsorship, you may contact Vicki Gaines, who can answer any questions you may have.

### Rosaline Dugba

**Date of Birth:** June 21, 1999

**Place of Birth:** Freetown,  
Wilberforce Village

**School:** United Methodist Senior  
Secondary School, Njagboima

**Current Class:** SS 3

Rosaline was enrolled in the Child Rescue Centre (CRC) sponsorship program in 2013. She lost her father in 2008 and currently resides with her mother and 4 siblings. She excels in school and is currently studying Commerce with her favorite subject being

Economics. Upon admission into the University, she would like to study Business Administration as she desires to pursue a career as a Business Manager. Her favorite food is foofoo (pounded yam), her favorite color is green, and she loves to dance. Thanks to her caring sponsors, Rosaline has more opportunities to thrive and accomplish her career goal.



## UMW News

The Harrisonburg UMW Prayer Breakfast will be **Saturday, September 7 at 9 am at St. James UMC**. Registration begins at **8:30 am**. Brenda NeSmith, Virginia Conference UMW Education and Interpretation Coordinator, will be the speaker. Her husband, Sam, served as Harrisonburg District Superintendent at one time. The cost of the event is \$12.

The UMW will meet **Tuesday, September 10 at 11:15 am in Room 204**.

**Tuesday, October 8 is the Harvest Luncheon at noon in Memorial Hall.**

**Thursday, October 10 is the District Annual Meeting at 7 pm at Keezletown UMC.**



**American  
Red Cross**

## October Blood Drive

Save your blood for our Blood Drive on **Sunday, October 27!** The American Red Cross will be here from **9:30 am-1:30 pm** to accept your donations.

## Join Otterbein's Music Ministry!

At Otterbein United Methodist Church, the Ministry of Music plays an important role. Music and the spoken word are the heart of our worship. If you are interested in singing, playing handbells, serving as an instrumentalist, or helping with the music library, there is room for you in Otterbein's Music Ministry! Each person contributes a unique gift to our ensembles and ministry. We invite you to join us in singing or playing your faith and refreshing your spirit as we join together in God's gift of music. Our rehearsals take place on Wednesday evenings. Please contact Sandy Schaefer, Director of Music Ministries, if you have any questions.

## Health and Wellness Support Group Beginning this Fall

*"Therefore, confess your sins to one another and pray for one another,  
so that you may be healed.*

*The prayer of a righteous person is very powerful and effective."*

James 5:16

Have you ever felt better after talking with a friend? If so, you are not alone. Studies show that emotional and social support actually contribute to health and wellness.

The Bible speaks to this as well. In the book of James, we are encouraged to confess our sins to one another and pray for one another, so that we may be healed. Confession is a powerful agent of God's healing. When we talk to safe people about our struggles, we find grace, support, and insight that help us in our everyday lives.

Beginning this fall, I will be facilitating a **Health and Wellness Support Group** on Thursdays from 10 – 11 am or 7 – 8 pm. This 10-week support group is open to anyone who desires to have a safe and confidential space to share health concerns and struggles. We will listen to one another in love, pray for each other, and support one another on our unique and personal health journeys.

To guide us in our discussions, we will use the Wheel of Health from Duke Integrative Medicine. **Maria Hostetter, a certified integrative health coach in Harrisonburg, will meet with us on Thursday, October 3, to introduce the Wheel of Health and its seven areas of focus:**

Spirituality  
Mind-Body Connection  
Movement, Exercise, and Rest  
Nutrition  
Personal and Professional Development  
Physical Environment  
Relationships and Communication

**Our Health and Wellness Support Group will meet on Thursdays for ten sessions from September 26 – December 12 (excluding October 31 and November 28).** We will have two options for gathering, and I invite you to come to the one that suits you best, either **10 – 11 am** or **7 – 8 pm**. We will meet at Otterbein in Room 204.

If you are struggling with your health, this group is for you. You are not alone. Please seek me out if you have questions. I look forward to journeying with you and hope to see you at our first group on September 26.

Your sister in Christ,

Faith

## Sierra Leone 2019

I will be returning to Sierra Leone on October 20<sup>th</sup> to reconnect with the Child Rescue Center (CRC) and the local hospital where I volunteered in 2017 and will again volunteer this year. Some of you who are sponsoring children have asked if I am able to take gifts with me to hand deliver to their child. After having conversations with the local center and hospital staff, we have come up with an alternative to gifts that will help both the children and their families. Local staff have arranged to have CRC-sponsored children come to the CRC offices on Saturday, October 26. I will be there to pass out 10 pounds of rice to each child. The cost for both transportation and rice will be \$26 (\$1 for transportation/\$25 for rice). Please consider this option and if you want to participate, let me know no later than October 1. I would also like to hand carry letters from you, as a sponsor, to the child you are sponsoring.

Additionally, we have created a new bulletin board featuring children who are still seeking sponsorship. Please take a moment to stop and view this bulletin board. If you would like to sponsor one or more of these children, I will be more than happy to assist you with the registration process. The cost of sponsoring one child is \$300 annually or \$0.83 a day. Your money will go towards costs associated with education, healthcare, and providing one meal per day for your sponsored child. Please also consider reaching out to family and friends who may be willing to sponsor a child. Note that group sponsorship is another way to collaboratively sponsor a child. Open Door Fellowship is an example of one Otterbein organization jointly sponsoring a child. It would be such a blessing if Otterbein sponsored at least four additional children, so please do consider sharing your resources!

As an aside, Sierra Leone's economy is currently experiencing extreme inflation. When I visited in 2017, I took a bag of rice to Esther, the child that Ed and I sponsor, and a 20 pound bag of rice cost \$25. During this time of particular economic hardship, your help will go especially far.

~Vicki Gaines

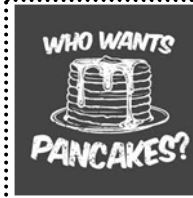


## College Chorale Scholarship Fund Drive

As our thoughts turn to the beginning of a new school year, please consider giving to our College Chorale Scholarship Fund. Each year, the Music Ministry of Otterbein gives the opportunity to seven students attending local universities to be a part of our College Chorale Scholarship Program. Each student is awarded a scholarship of \$2,000 (\$1,000 per semester). Students attend our weekly choir rehearsals, develop their conducting skills, and help lead the congregation in worship each week. This vital part of Otterbein's Music Ministry is a tremendous blessing, providing students the opportunity to further develop and share their musical gifts in a sacred setting, have a church family away from home, and be immersed in a community of faith to walk with them on their spiritual journey. We look forward to our students returning for the start of a new semester. If you would like to make a much needed contribution to help assure the church has the necessary funds for this academic year, please make your check payable to Otterbein UMC and designate "College Chorale Scholarship Fund" in the memo line.

The College Chorale Scholarship Fund is ongoing and is separate from the "College Chorale Endowment Fund," which many of you have been graciously donating to as the church is working toward its initial goal of \$40,000. The endowment fund would then receive a matching gift of \$40,000 and be able to begin investing and assisting the church in the sustainability of this important ministry for years to come.

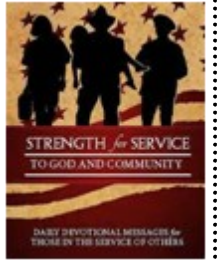
The College Chorale Scholarship is a non-budgeted church program which is funded by the generous and faithful contributions of our congregation and its groups, such as United Methodist Men and Open Door Fellowship, who annually raise and donate money for our College Chorale scholarships. Every gift of any amount is appreciated! Thank you for your generous support of Otterbein's Music Ministry. If you have further questions, please contact Sandy Schaefer, Director of Music Ministries.



### Pancake Brunch Planned for Sunday, October 13<sup>th</sup>



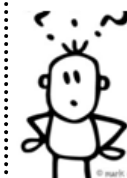
The Otterbein Men are planning a church-wide **Pancake Brunch** on **Sunday, October 13** in **Memorial Hall** immediately **following the Worship Service**. The menu will include fluffy pancakes (of course!), sausage, fruit, coffee, juice, and milk. Donations from the Brunch will be used to purchase additional Devotional Guides for Veterans and others. Please put this date on your calendar and plan to support our efforts! And we *thank you*, in advance, for your support!



The Harrisonburg District United Methodist Men are planning a dinner and program on **Thursday, September 19** at Furnace UMC near Elkton. The meal begins at 6:30 pm followed by the program. Tickets may be purchased in advance. Transportation is available for anyone needing a ride. Please let one of the contacts\* below know of your interest in this special event.

Otterbein **Prayer Breakfast dates** for the next several months are **September 28 and October 26**. Meetings are on **Saturdays** beginning at **7:30 am** and will be held at **Thomas House Restaurant in Dayton**. Breakfast is followed by a short business meeting, concluding with a time of devotions and prayer. *Please consider this your special invitation to join our fellowship!* And bring a friend!

Check the website below for additional meeting and event dates in 2019.



#### **\*Want to know more?**

Contact President Art Mitchell, Vice President Kevin Andrade, Secretary Bill Pollard or check our website:  
<https://www.oumcharrisonburg.org/united-methodist-men>



## Reflection on Spiritual Disciplines: Meditation

In recent years, a lot of attention has been given to meditation. In a stressful world, people are turning to such practices to try and find peace and calm. Research is uncovering the many physical and mental benefits of mindfulness and meditation, but to the Christian, this should come as no surprise. Meditation is an important practice referenced throughout the Bible.

*“Be still and know that I am God.”* Psalms 46:10

*“...and on His law he meditates day and night.”* Psalms 1:2

*“Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.”* Timothy 4:18

What did Jesus do when he became weary? He withdrew to a quiet place to search out his heavenly Father, to commune and listen to him. And he calls us to do the same.

We are familiar with Eastern meditation, which is an attempt to empty the mind; Christian meditation is an attempt to fill the mind. The purpose of Christian meditation is to enable us to hear God more clearly, listening and sensing His voice and then obeying. It is characterized more by *reflecting* than by studying, more by *listening* than by thinking.

Christian meditation is similar to other forms of meditation in that it involves deliberately setting aside quiet time to purposefully connect with God. It requires detaching ourselves from the confusion all around us in order to strength our relationship with God. Perhaps prayer is the closest to what most people think of when they hear the word “meditate.” Meditation may arise naturally as an adjunct to prayer time. Meditating on a passage from Scripture, internalizing and personalizing the passage, can be another approach to Christian meditation. Not *analyzing* the word, but *receiving* the word. Another focus of medication can be spending time in the awesomeness and beauty of creation which shows us something of God’s glory and can draw us closer to Him.

In Christian meditation, the believer seeks to fill his or her thoughts with truths about God. Rather than emptying himself, the Christian

*continued next page...*

fills his mind with hope and encouragement from the promises that God has given in His Word or on good things that God has done for him. Or he may simply just think on the wonder and awe of God. In so doing, we build a more intimate relationship to God and strengthen our faith.

We live in a world that is so busy, so rushed, so loud, so full of unrelenting noise and interruption, that we easily lose touch with quietness, peace, and meditation. You are encouraged to make time for quiet Christian meditation in your busy day.

Prepared by Betty Redmond  
Discipleship Ministry Team

### September/October Outreach Project

**Collins Center**  
& Child Advocacy Center

The Collins Center & Child Advocacy

Center in Harrisonburg is our Outreach project for this month. Their mission is to eliminate sexual violence and its impact in our community. They began back in 1987 following the tragic sexual assault and death of a well-known woman from Harrisonburg named Shirley Collins. A group of community members came together and took action to address the ways that sexual violence was affecting our community. In 1988, Citizens Against Sexual Assault, CASA, was founded. In 2007, it was renamed the Collins Center, honoring Shirley Collins.

The Collins Center offers support services to men, women, and children, many of which are free. They offer counseling, both individual and group, and prevention programs to the community to educate us and show us how to support those affected by it. They have a 24-hour crisis hotline with support for reporting assaults, advocacy for medical processing, and legal assistance for filing charges and going to court. They offer therapy for adults and children recovering from an assault and trying to get on with life.

They have 8 full-time and part-time employees who need our support. They operate on grants and some local, state, and federal funding, but they greatly need our donations. If you feel so led, please make out your check payable to Otterbein UMC with “The Collins Center” in the memo line and drop it in the offering plate any Sunday in September or October.