

# Valley Views



VOLUME 25, NUMBER 10

OCTOBER 2018



Pastor Mike Hill

The autumn of life is a strange mixture of nostalgia, blessings, and potential. It yields the harvest of seeds we've sown throughout life and braces us for colder days to come.

When life's autumn arrives, we look back and better understand the way God led us; but we still have work to do—the best and fullest. It's a good transition time. "Autumn" only occurs once in the Bible. In Jude 1:12, false teachers are compared to "autumn trees without fruit," implying that autumn should be a fruitful season, the most abundant of the year. How can we take advantage of the "autumn of life"?

## **The Unchanging Nature of God**

The seasons come and go, so focus on the God who remains unchanged and unchanging. "LORD, You have been our dwelling place in all generations. Before the mountains were brought forth, or ever You had formed the earth and the world, even from everlasting to everlasting, You are God" (Psalm 90:1-2).

There's a lot of unwelcome change in our world. Moral and societal changes bother us most when we turn on our television or glance at the magazines. We're painfully aware our kids are growing up in a world far different from the one we knew as children.

And personal changes—children leaving home, the passing of dear friends, and the slow, steady decline in our vitality and health. Sometimes we feel outdated at work.

But amid all the changes, one thing, one person, never changes—our eternal God. Remember this verse from "Abide with Me"?

Swift to its close ebbs out life's little day;  
Earth's joys grow dim; its glories pass away;  
Change and decay in all around I see;  
O Thou who changest not, abide with me.

--Henry F. Lyte

God does not change. His life is always the same. His character is always dependable. His truth, ways, and purposes do not change. His Son does not change. He's the same yesterday, today, and forever (Hebrews 13:8).

His children will enjoy His fellowship a million years from now. The world may fade, the stars may fall, the seasons may change, and winter may come. But the God who has been our help in ages past is our hope for years to come. In Him we have permanence, stability, joy unshakable, and life unending.

### **The Divine Foresight of God**

We've all suffered setbacks along the way. But God promised, "I will restore to you the years that the swarming locust has eaten. . . . You shall eat in plenty and be satisfied, and praise the name of the LORD your God" (Joel 2:25-26). His divine forethought knew it all in advance, and He can be trusted with what has happened to us in years past.

Our omniscient Savior knows the end from the beginning, and He will bless whatever is yielded to Him. Focus on His foreknowledge, providence, and sovereignty.

### **The Wonderful Blessings of God**

The autumn of life is a great time to focus on God's wonderful blessings—family, friends, strength, shelter, provision, guidance, care, fruitful ministry, opportunities to serve, more time to pray and study His Word, and eternal life still to come. During life's autumn, we have a richer perspective and can count more blessings than ever before.

### **A Renewed Commitment to God**

Autumn is a good time to focus on your commitment to God. Some of the saddest words in the Bible are in Jeremiah 8:20, "The harvest is past, the summer is ended, and we are not saved." If you've never made a commitment to Jesus Christ, do it now, while there is still time.

If you are a follower of Christ, remember to remain close to Him during the shifting seasons of life.

During autumn, we all know that winter lies ahead, but if winter comes, can spring be far behind?

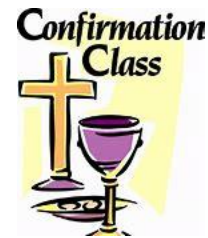
*This article was excerpted from Turning Points, Dr. David Jeremiah's devotional magazine.*



Fall Harvest: As we give thanks for God's many blessings let's reach out to others in need. Our collection of nonperishable food items for Footprints of

Montgomery started on Sunday, September 30th. Why not try putting aside an item each day for the month of October. They help 80+ families in the Montgomery area. They also need foil, bags, toilet paper, cleaning supplies etc. There will be boxes at each church to put your items in. Thanks in advance for your help with this wonderful mission!

Confirmation classes will be on Sunday evenings at 6:00 at the Elimsport church. These should run until the end of October pending attendance.



#### Acolyte Schedule for Elimsport UMC:

##### October:

7th	Mallorie & Mitchell
14th	Jackson & Elizabeth
21st.	Samuel & Garrett
28th.	Mitchell & Jackson



The Christian Crusaders Class will have a Potluck dinner on Friday, October 19th at 5 pm at the Elimsport Church.



There will be a Blood Drive on Tuesday, October 9th from 2 - 7 at the Elimsport Church.



World communion Sunday is Sunday, October 7th. We will be having communion at the rails in each church.



Community Breakfast is held Wednesday mornings from 7:00 - 9:00 am at the Elimsport Church. Please note: There will be **NO** breakfast on October 10th and 17th.



St. John's crocheting and sewing ladies will start up again Wednesday, October 3, 2018. Everyone is welcome, need not be member of the parish. We have lots of yarn and fabric. We get started by 9:15AM and go until 2:00 or longer. Bring your own lunch. Devotions after lunch.

*Sewing Club*



## Elimsport Volunteers

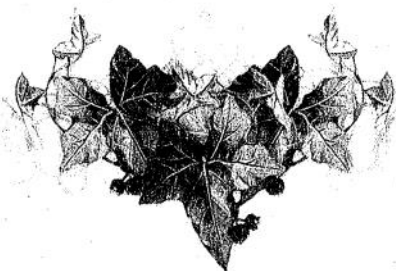
### Greeters for October

October 7	Sue Fisher
October 14	Katy Moser
October 21	Mike & Lori Wallis
October 28	Carlene Moore



- Items for November's newsletter are due October **20th**.
- Items for the weekly bulletin's need to be to the church office by **Wednesday** morning each week.

*(Items received after these dates are not guaranteed to be printed.)*



*Son Light House*  
130 Carpenter Street  
Muncy, Pa 17756

*Elimsport United Methodist Church  
16145 S. Rt. 44 Hwy.  
Allenwood, Pa 17810*

*September 7, 2018*

*To: Members and Friends, Elimsport United Methodist Church:*

*On behalf of the Recipients, Volunteers and Board of Directors at the Son Light House, Thank You for your donation of "Non-Perishable Food" received on September 6, 2018 for the Son Light House.*

*We are truly thankful for your generous and thoughtful support. This donation will be distributed in September at the Son Light House.*

*The month of August, 445-Households received Food and Clothing or 1033-Individuals, 291-Youth, 447 -Adults, 295-Seniors and (11) New Household registered in August, 2018 at Son Light House.*

*Son Light House depends on the Community and local support with both Food and Monetary donations and not to forget our Volunteers making it possible to provide this service to the many families in need during the year.*

*Gratefully with God's Blessing,*

*Ken & Delores Frey*

*Ken and Delores Frey  
Directors, Son Light House  
Muncy, Pa 17756*





## **WHAT HAPPENED WHEN I QUIT SOCIAL MEDIA**

Sep 14, 2018/0 Comments/in TOPICS: World/by Michele Ong

“Am saying bye bye to Facebook! It’s taking too much of my time. I’m on Insta (which I check sporadically) or Messenger, text or WhatsApp! Adios!” That was my last Facebook post, written two months ago.

As soon as the post went live, I deleted my Facebook app and shuffled my Instagram app to sit on the lowest row of my phone. I was suffering from social media fatigue and needed to escape before it ruined me. I was tired of seeing my news feed dominated by the constant food pictures and posts on wedding engagements, baby announcements, and work promotions. Don’t get me wrong—weddings, new additions to the family, and doing well in one’s career are all very commendable. But it was starting to get a little overwhelming.

Of course, there were accounts worth following, such as my favorite news channels, journalists and photojournalists that I admire—and who can say no to cute puppy videos? But I was miles away from getting married, with a career that has yet to take flight. I felt like my life was less than perfect. On top of it all, I realized I was wasting a lot of time mindlessly scrolling my phone. The realization hit me one Saturday morning, when I woke up at 8:00 a.m., but ended up spending a good 40 minutes thumbing my phone. By the end of it, a dull headache had formed at the base of my skull and I was quite groggy.

I decided the best way to reclaim the hours lost was to say goodbye to social media. And I soon discovered that this was probably one of the best decisions I have made to date. Here are three things that happened since I’ve quit social media:

### **1. I Rediscovered God’s Love For Me**

With social media out of my life, I could refocus on the things that were truly important—one of which was to return to my neglected Bible. Re-reading the Bible was like being embraced by an old friend, comforting and secure. I was almost ashamed for having neglected my Bible in favor of spending time scrolling through social media. I started by reading portions of the Bible, using a devotional as a guide. Reading the Bible soon led me to rediscover God’s incredible love for me.

When I was on social media, I was desperate for the love and approval of others. My emotions were tied to the number of likes my post receives. If the post did better than expected, I felt like Miss Popular. If it didn’t, I was Miss No Friends. I mulled over what to post on social media. I once posted a photo of me post-ocean swim, in



a sleeveless dress with a physio tape visible across my shoulder and down my arm due to an injury. I was proud of that photo—it made me look like I was a keen sportsperson, with an injury to boast about! Once the post went up, I checked my phone every nano-second for notifications. Who has liked my post? Any new likes apart from the usual crowd? Imagine my deflated mood when, eight hours after the post went up, I had only six likes.

However, re-learning God's deep and unconditional love for me broke my need for approval from others. Scriptures such as John 3:16, 1 John 4:16, and 1 Corinthians 13:4-7 showed me that God's love for me isn't based on my posts or the number of likes I received. You see, God isn't into our status updates, cool photos or the hipster café where we had our lunch. God's love goes beyond the superficial details of our lives. He sees us in all of our strengths and weaknesses, and says "I love you. I approve of you. I am proud of you." Knowing God's love freed me from the tyranny of constantly wanting to earn the likes and loves of fellow men. Knowing God's love freed me from the tyranny of constantly wanting to earn the likes and loves of fellow men.

With God, I can be #authentic.

## 2. I Reconnected with My Friends

My weekends have never been more social since quitting social media. In the past, I used to go on liking sprees. The fact that I had barely spoken a word to these people in the last 10 years was immaterial. Hey, I liked their posts, right? So I was still floating around in the periphery of their lives. That all changed when I stopped checking my account. I was forced to text friends that I really wanted to catch up with.

One of the first people I caught up with was a friend from journalism school. It had been nine years since we graduated from journalism school, and a good three years since we last met up. Mindless peppering of likes or loves on Facebook cannot compare with the joy of being able to talk to someone in person over a cup of coffee. I have since also been able to set aside time to write emails to my overseas friends. A long, carefully thought-out email is a hundred times more meaningful than merely reacting to their posts. I thought my life would fall apart the moment I gave up social media, but I have found the reverse to be true. For me, I felt a lot more isolated seeing pictures of people having a good time (especially when I wasn't invited).

And who would have thought that the old-fashioned way of ringing someone up (or in my instance, texting/messaging someone) to meet up was actually a lot more fun and fulfilling? My post-social media life has been filled with dinner and movie dates with friends, and I walk away feeling I have developed deeper and more meaningful relationships.

## 3. I Regathered My Focus

Social media played into my vulnerabilities, and it would very often leave me feeling like an underachiever. A former workmate's success as a news anchor had me desperately wishing I was her, and thinking, maybe if I had the right looks or skin color, I could succeed. But it was not limited to coveting someone else's career. It

could be someone else's sporting success—how is it possible for them to complete a triathlon or achieve an enviable swim time so far superior to mine? And I have been working at this for almost two years! This was completely unfair.

Moving away from social media has allowed me to cancel out all this noise, and to regather my focus. Moving away from social media has allowed me to cancel out all this noise, and to regather my focus.

For too long, I had been focusing on my negatives—why am I not fast enough in the pools? Why hasn't my career taken off like so-and-so? With no external noise, I am now competing against myself. Sure, I will not be swimming a straight three kilometers open water session anytime soon. But I am making progress when I compare my progress to say, how well I did the last week, month, or year. And that should have been my focus, not trying to replicate other's achievements.

As for comparing my career to that of my peers, it's almost laughable. Most of my friends and acquaintances are in different fields, so I could not say for certain that other people were doing better than me. While this seems clear now, it wasn't as obvious when I was a part of social media. I guess, in a way, I wanted to fit in on social media, and felt like an underachiever when I didn't have anything to shout about.

It has now been two months since I stopped using Facebook, and I have only been on Instagram sporadically. But I have no plans of returning to either platforms on a full-time basis. I suppose I may miss out on breaking news or cool book launches, but I figure there's always the radio and email subscription lists to keep me in the loop. With the extra time I now have (to be honest, that's really only the half hour before bedtime), I intend on making my way through the stack of books that is collecting dust on my To-Be-Read pile, continuing my long emails to friends overseas, or watching documentaries on Netflix.

My decision to quit social media has been a personal one. It may not be realistic or desirable for everyone. But if you're feeling overwhelmed by what you see on social media, I would encourage you to give it a try. This doesn't mean that you have to burn your phone or delete all your social media accounts. But capping time spent on social media to 10-15 minutes a day, or going social media-free on weekends, might work just as well. I know my decision has given me a sense of freedom and relief I have not experienced before.

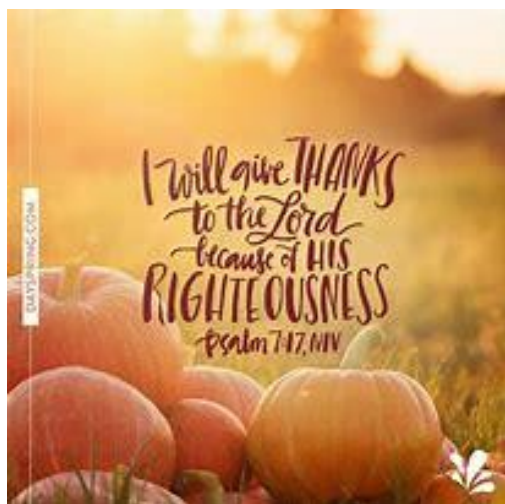


#### **About Michele Ong**

Michele has an accounting degree but believes God has called her to write, and had spent many years persuading her parents to allow her to pursue a career in journalism. Writing is as essential to Michele as breathing, and knows words have the power to transform lives. She spends her free time buying books but ends up not reading them, chilling with her friends, and lazing at the beach in summer. Every now and then she



would push herself out of her comfort zone by agreeing to take part in an outdoor activity like hiking but often with disastrous consequences. Michele also writes at [thirtyeve.tumblr.com](http://thirtyeve.tumblr.com).



**WHO ARE WE?**

UMHC was founded in 1917 by the Central Pennsylvania Conference of the Methodist Church as an orphanage. Childcare services have evolved, and UMHC has adapted its delivery model to meet the needs of kids ages 12-20 using a collaborative, trauma-informed approach to care.

Youth living at the Home receive safe housing, emotional and educational support, food, clothing, medical and behavioral healthcare, counseling, and more in a family-like atmosphere that inspires them to hope, heal, recover, and grow as they develop the skills and tools they need to succeed in today's world.

**HOW DO I GIVE?**

Please mail or deliver your gifts to our address with your name, address and email or make a secure gift at [www.umhcservices.org](http://www.umhcservices.org).

*Thank you!*



Reimbursements cover about 70% of operating costs. We rely on friends and donors, like you, to fill the hope gap. Can we count you among our Community of Champions?

**United Methodist  
Home for Children, Inc.**  
5120 Simpson Ferry Road  
Mechanicsburg, PA 17050-3627  
Phone 717.766.7652  
Ask for Development Office.



[www.umhcservices.org](http://www.umhcservices.org)

Email questions to:  
[info@umhcservices.com](mailto:info@umhcservices.com).

The United Methodist Home for Children, Inc. is a 501(c)(3) nonprofit organization founded in 1917. Contributions are tax deductible to the fullest extent of IRS tax laws. The official registration and financial information of UMHC may be obtained from the PA Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement. UMHC provides its services and offers its programs to children, youth, and families without regard to race, religion, sex, color, national origin or income levels.



## Christmas at UMHC begins and ends with Christian love.

Sometimes young people are unable to live with their parents through their growing-up years. Many of the kids who come to the United Methodist Home for Children (UMHC) were abandoned or abused. Most were removed from homes by county youth agencies or the court system. Some tried foster care and were unable to thrive.

**When they can't go home,  
they come to our Home.**





### WHY HELP THESE KIDS?

Many kids arrive at the Home lacking hope. They long to celebrate holidays, birthdays, proms and graduations. Some need medical care, therapeutic treatments, and educational coaching. Few of their families have the resources to meet their needs. Many kids have never known the simple joys of being in healthy relationships.

Your gifts afford them a full-range of care and support—far beyond food, clothes and a bed to sleep in. Gift cards give staff the flexibility to show the true meaning of Christmas to the Home's residents.



*"Growing up, I never had a Christmas like the ones we had at the Home. The staff made sure we knew the holidays were really about love and caring, but they also helped us feel the joy. It was wonderful."*

Former Resident Comment



### WHAT DO THE KIDS NEED MOST?

Please remember the average age of the youth is 14-18.

#### Personal Care

Men's/Women's Deodorant  
(NO aerosols)  
Loofahs  
Men's Body Wash  
Women's Body Wash  
(Dove brand preferred)  
Men's/Women's  
Shaving Cream  
Men's/Women's Razors  
Men's/Women's Shampoo  
(Dove brand preferred)  
Men's/Women's Conditioner  
(Dove brand preferred)  
Hair gel  
Hand Lotion  
Body Lotion  
Sunscreen  
Hand Soap  
Maxi pads  
Plastic Applicator Tampons  
Makeup Wipes  
Stridex Face Wipes  
Toothpaste  
Combs/Brushes

#### Clothing

No Show Socks -  
White or Black  
Men's/Women's Sizes  
Boxers - Men's Size Small,  
Medium, Large, XLarge

#### Household Items

Sheet sets (Twin, Solid Color)  
Comforters (Twin, Solid Color)  
Bed Pillows  
Bath Towels  
Hand Towels  
Washcloths  
Kitchen Towels  
Dishcloths/Dish Sponges  
Beach Towels  
Drinking Cups (Dishwasher Safe)  
Kitchen Utensils - Spatulas,  
Slotted Spoons, Serving  
Spoons  
Sauce Pans with Lids  
Toasters  
Alarm Clocks  
Silverware  
Plates (Dishwasher Safe)  
Vacuum Cleaners  
Large Stock Pots with Lids  
Non-Stick Frying Pans with Lids  
Hot Pads  
Salt & Pepper Shakers  
Napkin Holders  
Pitchers  
Ice Cube Trays  
Sturdy Laundry Baskets  
Gain or Tide Unscented  
Laundry Detergent (NO PODS)  
Fabric Softener  
Dryer Sheets  
Dish Soap

#### Gift Cards

McDonald's  
Walmart  
Visa  
Applebee's  
Chick-fil-A  
Dick's Sporting Goods  
Dollar General  
Giant  
Weis  
Rite Aid  
Payless Shoes  
Staples  
Office Max

#### **PLEASE**

- **No Aerosols**
- **No Trial or Sample Sizes**



O taste and see  
that the **LORD**  
is **GOOD!**  
Psalm 34:8

*Hallicreativekid.com*

# Kid's Corner



# **ELIMSPORT VALLEY UNITED METHODIST PARISH**

## **Worship Schedule:**

### **Elimsport UMC**

Worship 9:00 am  
Sunday School 10:30 am

### **St. John's UMC**

Sunday School 9:15 am  
Worship 10:30 am

### **Parish Youth Group**

Check weekly Bulletin for current schedule and events  
(at Elimsport)

### **Parish Bible Study**

Varies according to the season.

### **Parish Office:**

16145S. RT 44 HWY  
Allenwood, PA 17810

### **Parsonage Phone:**

(570) 547-1386

### **Pastor Mike's Cell:**

(570) 974-8590

### **Parish Website:**

[www.evpumc.org](http://www.evpumc.org)

### **Parish email:**

[elimsportumc@gmail.com](mailto:elimsportumc@gmail.com)

[www.evpumc.org](http://www.evpumc.org)



### **Our Mission Statement at Elimsport UMC**



We gather together as a community of Christian believers to worship, fellowship, and to learn more about God. By the unity of the Spirit and the support of each other, we are able to reach out to the community and the world.

### **Our Mission Statement at St. John's UMC**



The purpose of St. John's is to both evangelize and nurture. We are called to show God's love in our world by giving aid and by spreading the Good News of Christ. We in turn provide an atmosphere for nurturing where Biblical truths are shared enabling people to become spiritually enriched. By providing this, people will learn and through learning, become more effective witnesses.