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CREATING CHANGE

For a long time I have been fascinated by the idea of how change is created. When someone walks into my office for counseling, when I preach a Sunday sermon, when you have an argument with your spouse, when you're at your child's school meeting with a teacher about your child's problematic behavior, etc. there exists the hope that somehow change can occur. From a Marriage and Family Therapy (MFT) perspective, the idea of how to create change is very important. For MFT the idea is captured by the concept of *efficacy* – which modality of therapy is most likely to produce the most positive results in the least amount of time and money?

I think for churches – Christianity should be more concerned about change than MFT. After all, Christians (or they should) hold to the belief that Jesus, through the working of the Holy Spirit in the life of the individual, is the ultimate change maker. However, more often than not, this is not reflecting reality. I know believers that struggle with big problems, addictions, anxiety, depression, marital strife, family discord, just to name a few, who long for change and healing, but have yet to find the key to change. Is there something wrong with their God, or with them?

I think that the Bible is very clear that the source of human struggle is found in the human condition. It's called our sin nature. As sick as it sounds, there are times that we know we are doing something that is harmful to ourselves, our bodies, or to the ones we love, and yet we do it anyway. Now, most of us have been taught that if we just had enough faith, read our Bibles more, or prayed more (or had more faith) we could overcome our problems. So we tried some spiritual behaviors, felt better for a little while, and then found ourselves doing the same old behavior over and over again. And we add hopelessness to our lists of struggles.

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So How Do We Create Change?

The apostle Paul both asks and answers the question of creating change in the book of Romans. He asks in chapter 7:24 MSG, "I've tried everything and nothing helps. I'm at the end of my rope. *Is there no one who can do anything for me?*" Then he answers his own question in Chapter 8:13. He states, "for if you are living according to the flesh, you must die; *but if by the Spirit you are putting to death the deeds of the body, you will live.*" If you go back and read the context Paul is saying that the only way to create positive change that is permanent – that changes

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"The only things we can keep are the things we freely give to God."

C.S. Lewis

The Musical Ministries of...

New Hope Praise

2



Fall is in the air!!!! Kids are back to school. (Evelyn and Simon have begun Kindergarten! J) Life can be hard but is always wonderful! I don't know about you but I'm looking forward to Fall! I love the weather change and all the holidays. I feel like Fall is all about spending time with family. Oh~ and eating!



Fall also brings lots of rehearsals for New Hope. Liza and I, with the wonderful input of many others, have begun to prepare this year's Christmas musical presentation entitled, LIGHT. We have a wonderful story concept and impactful "bits" that I think will deLIGHT everyone! Pun intended. We have all kinds of big ideas rattling around in our brains and are truly excited to work towards materializing them! All we need is people! People with dedication, commitment and talent!

Here are important dates to remember:

- ◆ Sunday, Sept. 18th & Sept. 25th Audition sign-ups in lobby
- ◆ Sunday, October 2nd LIGHT Cast Potluck and Orientation/Auditions
- ◆ Sunday's Oct-Dec. Rehearsals 1:30pm - 4:30pm
- ◆ Saturday, November 27th Technical Set-up & Christmas Decorating Party 10:00am
- ◆ Monday, November 28, 29, 30th Tech Week 6:30pm - 9:00pm
- ◆ Friday, December 2nd LIGHT 7:00pm (Opening Night!)
- ◆ Saturday, December 3rd LIGHT 7:00pm
- ◆ Friday, December 9th LIGHT 7:00pm
- ◆ Saturday, December 10th LIGHT 7:00pm (closing night)

New this year, Audition sign-ups. This will be a clip board and sign-up sheet that will ask you for your name, phone number, part sung, soloing or acting interest. In order to be in the show, you **MUST** audition. Auditions will be done on Oct. 2nd at the Cast Potluck. If you are auditioning for a solo or acting role, you will audition publicly. If you are auditioning for ensemble only you will be allowed a private audition with me, Kari.

Also new this year, (sort-of) LIGHT will be running 2 (TWO) Weekends!!!! After all the hard work we will put into this show, and it's GREATNESS, we must run it again. It would be wrong not to. So we will be doing heavy advertising for this show and will need everyone in our church family to invite, invite, invite people!!! We need a full house for all four shows because the message of Christ being the light in our lives is both uplifting and life-changing. I love this stuff! I'm ready to go!!! Come join me!!!!



Kari Collins
Worship Pastor

Much love to you, my New Hope Family,
~Kari



Continuing Small Groups

Find a Group that is right for you

OR

Start one of your own...

Just ask us how



| DAY | TIME | TOWN | Age/Group |
|-------|--------|------|-------------|
| Sun. | 9:30am | AV | Older Adult |
| Sun. | 9:30am | AV | 50+ |
| Sun. | 9:30am | AV | 45+ |
| Sun. | 9:30am | AV | 25+ |
| Mon. | 9:30am | AV | Women |
| Mon. | 5:30pm | AV | YA/Couples |
| Mon. | 7:00pm | AV | Mixed |
| Tue. | 6:30pm | AV | Women |
| Tue. | 7:00pm | AV | Mixed |
| Thur. | 7:00pm | AV | Men |
| Thur. | 7:00pm | AV | Women |
| Fri. | 6:00pm | AV | Women |
| Fri. | 6:00pm | AV | Mixed |

Upcoming Events

- ♦ Sept. 18: 101 Class, 12:30-4:00 PM
- ♦ Sept. 25: Family Conference following I I AM Worship Service
- ♦ Oct. 2-Nov. 27: "How To Hear The Voice of God" DVD Series by Mark Virkler
@ 9:40AM led by Marcia Rensink for 9 Sunday mornings

We have been taught many times on how to talk to God. This is a study on **how to listen to God**. Come and grow in your awareness of God and his love for you.

- ♦ Oct. 15&16: Youth "The Big Day of Serving" in San Diego, CA



Student Ministries

Rick & Delia Orosco

BIBLE FOCUS

“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had.” Philippians 2:3-5



NUDGE YOUR TEENAGERS AWAY FROM NARCISSISM

Many social researchers say the push toward boosting young people’s self-esteem has worked a bit too well. Constant praise—even when undeserved—has contributed to a generation that’s all about “me, me, me.” Kids internalize the belief that the world revolves around them, and social media encourage self-promotion and attention-seeking. Confidence can easily cross the line into overconfidence, with pride and selfishness taking over.

“We’ve been on this self-admiration cultural kick for a long time,” says researcher Jean Twenge, author of *The Narcissism Epidemic* and *Generation Me*. Her studies show that vanity, materialism, and a sense of entitlement lead to anxiety, depression, and loneliness. Twenge says religion has even entered the realm of narcissism, with the popularity of so-called prosperity preachers and “involuntary volunteering.”

God wants us to love and value ourselves as his precious children, but Scripture also helps us keep a proper perspective on our worth. God extended his mercy and grace to us by sending Jesus because we don’t deserve his perfect love, forgiveness, or salvation. Through his death for us, Jesus taught—and modeled—that his followers must be servants who put other people ahead of themselves (see Luke 22:24-27). Read on for more insights about how you can loosen narcissism’s grip on your teenagers.



THE VIEW

According to research by professor Jean Twenge:

- ◆ Compared to their peers from the 1970s, today’s teenagers have a stronger belief that they’ll be great spouses, parents, and employees.
- ◆ Among college students (and especially females), narcissistic personality traits are rising just as fast as obesity.
- ◆ Kids today more often describe themselves as straight-A students, even if they’re not. They also rate themselves as “completely satisfied” with who they are.

Ponder This...



- ◆ In a typical day, how much time do you spend focusing on yourself vs. on other people?
- ◆ What does selflessness look like? When and where do you see it?
- ◆ What have you done to instill self-esteem in your kids, and what were the results? Have any of your efforts backfired?

TIPS

Here are some ways to shift your teenagers' focus away from themselves :

- ◆ **Re-evaluate your schedule.** Scrutinize your family's routines and see what can go so you can make room to help other people.
- ◆ **Walk the walk.** Model how to live out your faith by doing more than just attending worship together. Find simple ways to serve other people and meet their basic needs, such as collecting baby supplies for a crisis-pregnancy center.
- ◆ **Offer customized encouragement.** Avoid false praise; kids can see right through it. Instead, provide specific feedback about your teenagers' efforts to use their talents to serve God and others.
- ◆ **Practice giving without strings attached.** Let kids see you give merely for the joy of giving—not for seeing what you can get in return.
- ◆ **Avoid comparisons and excessive competition.** Instead, focus on commonalities and cooperation.
- ◆ **Teach kids to have compassion for themselves.** Instead of self-admiration, young people need to learn to cut themselves some slack and to trust God to care for and forgive them when they mess up.



GOING DEEPER- Expert Insights for Parents of Teenagers

Youth-culture expert Walt Mueller discusses selfish vs. selfless living:

Sadly, we followers of Jesus who should be leading the cultural charge against self-centeredness are prone to follow the lead of the culture rather than Christ on this matter. The sad result of our prosperity and desire for even more is that we've become even more prosperous and desiring of even more.

Perhaps *The Prayer of Jabez* phenomenon is the greatest indicator of how self-centered and materialistic we've become. An obscure Old Testament passage (1 Chronicles 4:9-10) has been marketed effectively to a 21st- century American church that's eager to find biblical justification to have more. It plays well in our consumer-oriented, narcissistic North American Christian culture.

Recently, I stumbled upon another Old Testament prayer that seems timely and worth embracing. Try as hard as I can, I can't get it out of my head, most likely because it needs to be the prayer of my heart. In Proverbs 30:7-9, Agur simply begged to speak the truth and to have just what was necessary for him to remain committed and obedient to his God. Jesus taught his disciples to pray for the same thing. Agur understood human nature, and he knew his weakness. In wisdom, he prayed to be rich in faithfulness.

I'm not sure Agur's prayer would sell (as books, trinkets, kitsch, etc.) in today's Christian market. That's too bad. It's a challenging prayer that shakes up our prevailing attitudes and reflects God's will, way, and kingdom priorities. It's a God-centered prayer that focuses on his will and not my will, as we ask God to bless by giving and withholding as he pleases. Watch what you pray for!

THE BIG DAY OF SERVING

Join for ONE DAY of service that will revolutionize an entire neighborhood!!

October 15 & 16, San Diego, CA

See Rick/Delia for more information



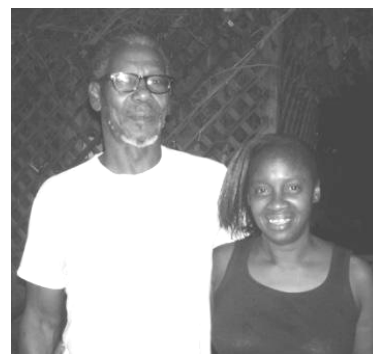


Welcome to our feature column where you are introduced to members of NHCC to get a chance to learn a little more about them. By Jean Bracy

Meet . . . Ron and Cynthia Dearing

Ron and Cynthia moved to Apple Valley in 2001 and they have been part of New Hope for seven years. Their story, like our own stories, deserves telling. They want you to know that God has saved them from a destructive life and He has delivered them to a joyous and happy life here in our community. Their life together began in the midst of hard core drug abuse. They met in Texas, even though both are California natives. Cynthia will tell you they moved to California and that Ron decided to get clean first and then challenged her to do the same. They happily celebrate 17 years of being clean and sober.

Cynthia has two adult daughters that live in Texas with her two granddaughters; and an adult son that lives here in the Victor Valley. Ron has an adult son and an adult daughter living in Georgia with three grandchildren and a young adult son living in San Diego.



Ron grew up in California, an only child raised by his grandparents. Until he was about 10 years old he was a regular church attender. He is a Viet Nam veteran and re-discovered God while in a jail cell, offering God the age-old challenge, "if you are really there . . ." Ron devoured his Bible beginning in Genesis and by the time he got to the New Testament he says he claimed Jesus. Cynthia is part of a large family and grew up being sent to church. Even while moving around, Cynthia says attending church has remained a constant in her life.

They will tell you they live simply. Ron was recently diagnosed with non-Hodgkin's Lymphoma and is still weighing the cancer treatment options. They moved into a "fixer-upper" several years ago and from Ron's handyman skills has emerged an attractive and comfortable home. The garden area in the back was especially lovely and inviting.

Ron and Cynthia came to New Hope because it was located close to home. Maggie Sizer was the first to give them a cup of coffee one Sunday morning. Ron has used his handyman skills for some jobs around the church. They are members of the older adult Sunday Morning Small Group.

They want you to know that they consider themselves committed to the health of the New Hope Community. They challenge God to let them be a blessing to others, and they often serve and minister to people in need. Its apparent that Ron and Cynthia would probably hold nothing back to help another person in need. They are bright, fun, and friendly. Perhaps on occasion you have heard Cynthia banter with Pastor Jack during his sermon time?

An article like this barely does justice to those I interview, but its meant to be a teaser, an opener to allow you to approach someone you might not know well and offer a warm greeting because now you know a little more. Be sure to greet them the next time you see them because they are part of our family at NHCC.



Children's Ministry

Greetings from the Children's Department!

Children's Church Sunday went great and I hope you all had a good time watching. It was a blast for us to see you all participating out there. Do you still remember our memory verse? "Some people have gotten out of the habit..." I'm sure you remember the rest. Children's Church is only one aspect of our ministry. It is specially designed to accommodate visitors *and* regulars, 1st through 6th graders. They all participate together. It is a picture of what "big church" will look like for them later in life. The young ones get the milk, so to speak, in puppet skits and story time. The older ones get the "meat" in the scripture memorization and the object lesson. The mature kids move into the ministry aspect by joining the puppet ministry. This is a microcosm of our church. Maybe you yourself can identify. Are you in "big church" getting milk, meat or ready to move into ministry?



If you would like to try out Children's Ministry, we ask that volunteers must first meet a few requirements. They must:

- ◆ have regularly attended NHCC for 6 months
- ◆ be a NHCC member
- ◆ attend a Sunday worship service even on a volunteer week
- ◆ belong to a weekly small group

If you fulfill these requirements, the next step is to meet with the Children's Director, Sandy Sooter for a "get-to-know-you" interview with some basic training and clearance paperwork. We are always looking for joyful volunteers.

Parents, I am attempting to implement a regular rotation of parent volunteers on Wednesday nights to assist with TeamKID. Everything is prepared, planned and purchased. All we need is a warm body in there assist and to help us keep the kids on track. If everyone pitches in you would only need to volunteer once every 6 weeks. Sign up when you sign your kids in. We appreciate your help VERY much.



Our Children and family pool party was a great success. Thank you all for coming out. We had 62 people in, out and around the Bracy's pool. I would like to give a BIG thanks to Jack and Jean for hosting. We all had a great time.

Our next big event is Trunk or Treat and, thanks to Gary Collins, we have procured a sizable donation from the Nestle Company. We will still need and take candy donations but we won't need as much. If you are able to donate half of what you contributed last year, we should be in good shape. More on that next month!



Much Love,
Sandy Sooter
Director of Children's Ministries



Sandy Sooter
Children's
Ministry

both my outside behavior and my inward thoughts is to identify the behaviors and thoughts that are literally killing you and put them to death.

What would this look like? Let's say you want to work on your gutter mouth. You use inappropriate words that detract from your witness for Christ. First, you have to believe that the behavior is wrong and harmful. Next, there needs to be a time of confession, remorse, and repentance before God. Now, we need to put the behavior to death; that is to never allow it to exist or entertain the words in your thoughts. If you let a word of profanity slip, stop yourself – say out loud, "I'm sorry, that was wrong. Let me restate what I mean." You must do this every time. As you continue to pray and "put to death" that behavior, you will find the need to replace the hurtful words with positive uplifting words – no jeezs or gosh darns – they just mimic the old words and keep the old words alive. Spend time meditating on *Philippians 5:8*.

By the way we can create positive change for any behavior or negative thoughts using the same method – you will have to make some adaptations for different "sins." But the idea is that you are going to **intentionally** "put to death" a specific behavior or "thought." The really good news, is that Paul says we can rely on the Holy Spirit to empower us and make us successful (Romans 8: 13-17). Does this really work? It works so well that some will stop trying, because they discover that they really want to keep the old thoughts and behaviors.

Remember the saying, "you can lead a horse to water, but you can't make him drink?" You can change, but you have to see the need and want to be different. May it always be your heart's desire to glorify God and be the light or the world and salt of the earth. Lord Bless – see you next Sunday, *Pastor Jack*



| | |
|--------------------|------|
| Kerry Miller | 9/2 |
| Michael Powers | 9/4 |
| Ward Wilson | 9/10 |
| Emily Orton | 9/10 |
| Coby Ward | 9/11 |
| Phillip Powers | 9/11 |
| Ashley Pugliese | 9/20 |
| Carol Smillie | 9/21 |
| Cherie Martin | 9/21 |
| Darline Russell | 9/24 |
| Adrienne Davis | 9/25 |
| Jean Odum | 9/26 |
| Jennifer Rhinehart | 9/26 |
| Sandra Cook | 9/29 |
| Brenna Harvey | 9/30 |



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