

TAKE HOME SHEET



Series: What in the World
Message: Suicide and Mental Health
Speaker: Rusty Coram
Date: September 8/9, 2018

Below are some reminders of truth that were covered in the message this week:

All of us are in the same situation – our sin has separated us from God...

For everyone has sinned; we all fall short of God's glorious standard.

Romans 3:23 (NLT)

Our hope is not in what we can do, but in what God has done...

⁴ But – When God our Savior revealed his kindness and love, ⁵ he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit.

Titus 3:4-5 (NLT)

The way to access this “new birth” is to:

- **Admit** my need for God's forgiveness
- **Believe** that Jesus' died to pay the penalty for what my sin deserved, and then
- **Choose** to surrender my life to follow Him out of gratitude.

All who have accepted Jesus as their Savior and leader are secure in their relationship with Him...

²⁷ My sheep listen to my voice; I know them, and they follow me. ²⁸ I give them eternal life, and they will never perish. No one can snatch them away from me, ²⁹ for my Father has given them to me, and he is more powerful than anyone else. No one can snatch them from the Father's hand.

John 10:27-29 (NLT)

God will help us through our pain and trouble, so we can share help and hope with others...

³ All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. ⁴ He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

2 Corinthians 1:3-4 (NLT)

We have the privilege and responsibility to help and support each other...we are on God's rescue team!

² Share each other's burdens, and in this way obey the law of Christ. ³ If you think you are too important to help someone, you are only fooling yourself. You are not that important.

Galatians 6:2-3 (NLT)

MESSAGE NOTES



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Suicide took 45,000 lives in the US in 2016...more than double the number of homicides (17,250).

There were 1.3 million attempts resulting in 650,000 cases requiring medical attention.

It is the 10th leading cause of death and 2nd leading cause of death in teenagers.

Weeping may last through the night, but joy comes with the morning.

Psalm 30:5 (NLT)

For anyone who has thoughts of suicide:

1. It can seem like it, but you are not alone.

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

1 Corinthians 10:13 (NLT)

2. God fully understands and is ready to help.

²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light."

Matthew 11:28-30 (NLT)

3. Tell someone you can trust.
(Galatians 6:2-3; James 5:16)

National Suicide Prevention
Lifeline 1-800-273-TALK (8255)

PRS CrisisLink Textline
Text "CONNECT" to 855-11

For all of us:

Treat others as you want them to treat you.

Luke 6:31 (TLB)

1. Be someone that others can trust.

2. Do something when you see warning signs.

3. Stay connected...with all involved.

Go to newhope.org and click on messages to download this week's Take Home Sheet or stop by Guest Services to pick one up.

BIBLE TRANSLATIONS:

NLT – New Living Translation

TLB – The Living Bible



TAKING AN HONEST LOOK AT

WHAT IN THE WORLD?

CRUCIAL ISSUES WE ALL FACE

There is a lot of trouble, pain and confusion around us. All it takes is logging onto our social media accounts, turning on the news, or listening to conversations at the office and school. Some of the issues are very dark, tangled and confusing. The good news is that the Bible gives us helpful and hope-filled guidance, as we grapple with the hard things and offer real care and support for those suffering and in pain. This series is designed to equip us to understand and care. **This week- Suicide and Mental Health: Depression, anxiety and other mental health concerns have become part of the daily fabric of our lives. The number of suicides reported in the U.S. has skyrocketed – especially among our youth. Erasing the stigma of these struggles might just be key to learning how to step alongside the hurting and find them real help. Open, honest discussion is the first step for us all.**

FIRST TIME GUESTS

We promise we're not going to make you stand up in front of everyone or track you down, but we'd love to know you were here today! Simply fill out your communication card in the seat back in front of you and check the "First Time Guest" box. On your way out, stop by Guest Services at the front doors and get your FREE welcome gift. **We're glad you are here!**

**WE'RE
SO GLAD
YOU JOINED
US TODAY!**

newhope
church

We are honored when people choose to do church with us. New Hope is for anyone who wants to seek God - from those exploring whether or not God even exists, to devoted Christ-followers. Wherever you are, you'll find we are committed to showing everyone the love of Jesus and help them establish a relationship with Him. We are casual, laid-back, and far from perfect. **ALL are welcome!**



Planning Well Presentation

Please join us for a Planning Well presentation with Jeff Ukrop of the Virginia Baptist Foundation, on Sunday, September 23rd, from 1-2 pm. In an effort to make this a “no excuses” event, the presentation, lunch, and childcare are included for FREE!

Some of our most important conversations happen around the dining table – like conversations about our legacy, our future, and what we want for our loved ones when we are gone. You are invited to a free lunch presentation to learn about some important charitable estate planning topics. Jeff Ukrop, of the Virginia Baptist Foundation, will address the importance of an up-to-date will to protect your family and your charitable wishes. In addition, Jeff will outline a variety of instruments that can leave a legacy, supplement income and provide tax benefits during and after one’s lifetime. Jeff is a lifelong Virginian who travels the state with the Virginia Baptist Foundation to help churches and families steward their resources in a way that honors God.

Register today at bit.ly/planningwell.



When we understand how a kid thinks and what motivates them, we can better reach them with the truth about God. When church, volunteers, and parents are all on the same page with the same vision, we can make a bigger impact on

our kids to have a healthy, authentic relationship with Jesus. If you volunteer in Sprouts, Remix, Revolution, SPIN, or Takeover, or you are thinking about serving, please join us for our **It’s a Phase, Don’t Miss It! training event on September 30th, 1-3 pm**. Lunch will be served. If you have questions, please email Steph at stephanie.schleyer@newhope.org. **Register in the at bit.ly/dontmissitevent.**



HOPE FOR HELP 5K RUN

OCTOBER 20TH, 2018



We are gearing up for our sixth annual Hope for Help 5K on Saturday, October 20th and want you to be involved! All the proceeds from this event go toward helping to fund Feed My Starving Children (fmsc.org) events!

SO, HOW CAN YOU GET INVOLVED?

REGISTER for the Hope for Help 5K and/or Kids' Mini Color Fun Run. You can run or walk. You don't want to miss this day of fun for the entire family. You can register today by going to hopeforhelp5k.com.

VOLUNTEER your time. We need over 100 volunteers to assure that our event is first class. We have jobs to fit any person. To sign up to volunteer, please go online to bit.ly/5kvols2018

SPONSOR the race! 100% of the money that comes from sponsors will be used to fund the food for the MobilePack event. If you are interested in becoming a sponsor, please check out the sponsorship tab on the website or send an email to 5k@newhope.org.

**YOU GET ALL THE INFORMATION
ONLINE AT HOPEFORHELP5K.COM**



Join us for the Walk 4 Water at New Hope Church

Bring the entire family out to New Hope Church in Lorton, VA as we walk 3.7 miles in honor of mothers and young children in the remote villages of Shangu and Aterait, Uganda who must walk miles each day to a contaminated pond for their daily source of water.

All are welcome, and we can't wait to see you there! If you are busy at the time of the walk, please consider donating to the cause to raise the money for the two wells. Thanks!



Saturday, September 22, 2018

Check-in begins at 8:00 am

Walk up registrations Welcomed

Walk begins at 8:30

Adults: \$35 • 12 and under: \$15

Registration includes an official

W4W t-shirt!

**Register or donate at
any service this weekend
or right now online at
bit.ly/2018w4w**



Join us for an Open House of The Landing at New Hope Church on Tuesday, September 18 from 7– 9:15 pm. Parents and students are invited to meet the volunteers, experience what The Landing is all about, and have Q&A time with the ministry leaders.

The Landing at New Hope Church (Tuesdays at 7pm) is a group for students in middle and high school which gives students a place to talk about the hurts, habits and hang-ups that they face each day. Being a student today is tough and sometimes the stress of everyday life can feel overwhelming. Things may have happened that are out of the student's control (ex. divorce, abuse, loss, bullying). Or perhaps they are struggling with depression, anxiety, fear, or anger. In an attempt to cope, students sometimes look for comfort in unhealthy ways (ex. alcohol & drugs, food issues, pornography, self-harm, perfectionism, etc.).

That's where The Landing comes in. It is the place to come when students feel as though no one else could possibly understand what they're feeling or going through. The Landing is here to give them a safe place to be heard, learn new coping skills and find healing.

For more information about the Open House or the program in general, please contact us at info@thingscansuck.com.



Are You Ready for the Next Step in Your Faith Journey

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

2 Corinthians 5:17 (NLT)

Whether you're new to church or a long-time attender, this might be the perfect time for you to consider this next important step.

We will be having baptisms during all weekend services on September 29th & 30th. If you are an adult, please email baptism@newhope.org for more information.

Parents, if your child is ready or you have questions, and is 12 or under, please email us at kidbaptism@newhope.org. If your child is ready or you have questions, and is over 13, please email us at studentbaptism@newhope.org.



No, we're not a tour group. We're the special needs children, students and adults of New Hope Church and their families. Many in the special needs world are aware of a story written nearly 30 years ago about travelers expecting a vacation in Italy who end up in Holland instead. It's an unexpected jolt, but not without its own beauty and quiet victories.

We invite families touched by special needs to join us for lunch Sunday, September 16th. We'll get a chance to talk with senior staff and to discuss together about how New Hope can impact the lives of its special needs people. Our families will eat together (no childcare) but we will have toys to occupy them. Please RSVP to hollandconnect@newhope.org, so we can prepare enough food; let us know of any dietary restrictions. We're looking forward to meeting you!



Please join us for our annual Women's Retreat on October 5th and 6th! We are having an overnight retreat at the beautiful Roslyn Retreat Center just outside of Richmond, VA.

The retreat begins on Friday afternoon at 2 pm and concludes on Saturday at 4 pm.

Our retreat speaker will be Sandra Van Opstal and she will be speaking to us on the topic of compassion. Sandra is amazing and I know you won't want to miss hearing from her! Check her out at sandravanopstal.com.

The Women's Retreat is a great way to meet other women at New Hope and also to get away and have some time to focus on your relationship with God.

The retreat is for women age 18 and up. You do not have to be a partner at New Hope in order to attend the retreat, and in fact we'd love it if you invited your friend, neighbor or co-worker to join you at the retreat!

The cost includes overnight accommodations, 3 meals (dinner on Friday, breakfast and lunch on Saturday), and all retreat costs. A single room is \$140 and a double room is \$115 per person.

We do have scholarships available.

Stop by the tables in the atrium to register now or online at bit.ly/2018fallretreat. Registration will close at midnight on September 20th.

Please contact Karena at karena.rowenhorst@newhope.org with any questions or to apply for a scholarship.



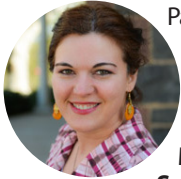
We are selling full-zip hooded sweatshirts with the HER logo starting this weekend in the atrium - they will be great to bring on the retreat! Be sure to check them out when you register for the retreat!

WE ♥ OUR VOLUNTEERS

This week we'd like to recognize Sandi Robertson, who serves on our Guest Services Team. She is one of the smiling faces that greet new families and serve as a host to show them around New Hope. Thank you, Sandi, for stepping up OFTEN to help fill needs! You are awesome and we appreciate you! If you enjoy meeting new people and would like to join this team, we NEED you! It takes 12 Guest Services volunteers to serve each weekend and we would like you to be a part of this amazing team.

Contact Carol Ann at carolann.gregoire@newhope.org and tell her to sign you up!

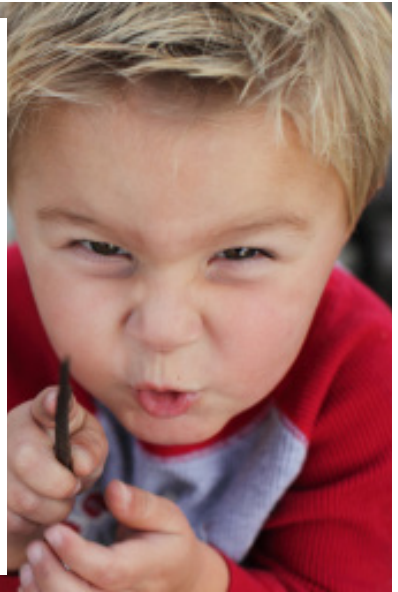
ADDRESSING COMMON PRESCHOOL BEHAVIORS



Parents, our **Silo Center Preschool** is excited to offer a workshop full of strategies to successfully handle common preschool age behaviors. Come learn with us from **Kendra McDonald, Director of Clinical Services at The Aurora School**. Leon

Harris of NBC News said it best, "Now, kids all over our region are benefiting from her passion for teaching. Kendra McDonald transforms lives."

September 10th • 7-9 pm • \$10
Childcare available with RSVP for \$5
Register now at bit.ly/workshop-parent



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