Emotions: we all have them. They are fun, messy, confusing, exhilarating and sometimes all at the same time! Like anything that powerful, emotions can have a positive or negative effect on us. What makes the difference is learning to understand our feelings and how to control them for good. In this series, we will explore time-tested wisdom from the Bible that will help us see how our emotions can work for us and not against us. **This week- Happy. So much of what we do is in the pursuit of feeling happy. We need to be careful, however, that our efforts to feel good don't distract us, leaving us lost along the way.**

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 are always 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 committed Christ-followers. Wherever you are, you'll find we are committed to do whatever it takes to show 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!**

5 THINGS TO KNOW

Each week, we will post "5 Things to Know" for the week. This will typically include classes, info, and upcoming events. We also will give you dates to save as early as possible, so that you can get them on your calendar and be able to plan for them. Be sure to check out the entire program and visit newhope.org for everything. Here are five things to know this week:

1. **This Sunday night, June 24, our Takeover students, 6th – 12th grade, will not be meeting because they will be at a week long camp in Scottville, VA.** There's something special about sleepover camp that fast tracks friendships as well as a growth in faith. Please be praying for our teenagers and their leaders this week to have a fun, safe, and meaningful trip.
2. Life can be tough, but you don't have to go through it alone. We want to remind you of two ministries that can help you as you navigate the tough times: For those 18 years old and older, we have **Celebrate Recovery (CR)**. CR meets Friday nights at 7 pm. You can reach out to CR at celebraterecovery@newhope.org. For students in middle and high school, we have **The Landing**. The Landing meets every Tuesday night at 7 pm. You can reach The Landing at info@thingscansuck.com.
3. **Prayer changes lives, strengthens the weak, and touches the very heart of God.** We have a wonderful ministry of prayer warriors that are here to pray with you. If you need prayer for anything, we are here for you. **Simply send an email to prayerteam@newhope.org** and your prayer will be delivered via e-mail to the members of the Prayer Team and kept confidential.
4. **The Men's Ministry will be hosting its next pancake breakfast on Saturday, July 21st, in the New Hope atrium from 7:00 to 9:00 a.m.** Per the usual, we will be serving pancakes, grits, sausage, and a huge hoard of bacon. Joining us will be New Hope's resident PhDs, Adam Yingling and Dave Rowenhorst. Much has been made of the "war" between science and Christianity. Drawing from their experiences as both scientists and Christians, Dave and Adam will be discussing the commonality between the two. **Be sure to sign up in the atrium July 14 and 15 or now at bit.ly/mensjulybreakfast.** You won't want to miss this one! The cost is $5 per man and guests are free. Please be prepared to come hungry, leave full and far "nerdier."
5. **Have you ever sat in a weekend service and heard a song you wanted to buy, but you didn't know the name of it or the artist's name?** Well, we've fixed that for you. On Spotify, you'll find the current pre-service playlist, as well as playlists from previous weekends. Spotify is free and easy to use. Go to open.spotify.com/user/nhclorton to get your free Spotify account and subscribe to follow New Hope Church.

WOMEN'S MOVIE NIGHT

SATURDAY, JULY 28TH • 7 PM @ NEW HOPE CHURCH

REGISTRATION OPENS UP MONDAY, JUNE 25TH
ONLINE AT BIT.LY/HERMOVIENIGHT

Ladies, join us for a fun evening at the movies! Free admission, free popcorn bar, and a candy bar fundraiser for the Bryant Center, an alternative school for teen parents working to finish their high school education.

We'll be collecting new and gently used purses and backpacks for the Bryant students at the movie night.

Please invite your friends, neighbors and co-workers to join you! This is a women's event for women ages 18 and up.

Questions? Email Karenna at karenna.rowenhorst@newhope.org.

The Leadership Team (sometimes called our Advisory Team or Board of Directors) is pleased to present Brandon Pendleton to our Partners as a candidate to join the LT. The team is made up of New Hope Staff and lay partners in the church. We currently have a spot on the team that needs to be filled. A brief bio about Brandon is available at Guest Services to learn about him. The process is for our people to consider his nomination (for a two-week period) and then if there are no concerns, we will have a Partner vote to confirm him. **Please share your feedback to leadershipteam@newhope.org. An email will go out this Monday, June 25th, to all of the Partners with a link to vote electronically.**

WE ♥ OUR VOLUNTEERS

Our volunteers are the very best! There's no way we could keep New Hope running without the help of these special people. **This week, we'd like to thank Renee Amick.** Renee serves as both a Greeter and Usher. Thanks Renee for making sure all in attendance are well taken care of!

There are many opportunities to serve at New Hope. **We NEED you! If you are ready to serve, please email Carol Ann and let her know at carolann.gregoire@newhope.org.**

Kids2Kids

FOOD... IT'S NOT A CHOICE!

Help us and our very own Camp Whatakid fill the food pantry at the Lorton Action Community Center (LCAC) during our annual food drive. Details coming soon!

COLLECTION DATES:
JULY 7TH - 15TH

newhope CHURCH

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