



# Herndon United Methodist Church

May 2005

From Pastor Justin

## See You in September

What am I talking about? How can I possibly be thinking of the fall? After all, we're just ready to start summer, take vacations, and get out of school!!!! Well, your friends on the Adult Ministries Team have been doing just that: thinking about the fall. Let me give you a preview of coming attractions.

This fall, our goal for the church is participation. That is, we feel strongly led by the Lord to get everyone involved in something. We're planning groups for young adults, middle-aged folks, and our seniors. There will be classes for men and women, couples and singles, kids and no kids. Short-term and long-term groups are on the front burner for autumn.

So why am I telling you this now, and not in August? Because we need input from you! June's newsletter will include a flyer listing our initial thoughts on fall classes to offer. We need your input on what you're interested in and when we should offer the groups. We never want scheduling to prevent you from participating! Oh, and don't worry. I'll remind you again in August.

I know we are all very busy, and the Adult Ministries Team is ready to bend over backwards to help. For those of you with children, please let us know if we can provide childcare or change meeting times to better fit your schedule. So please don't let that stand in your way of being a part of a study or discussion group. What better example could you set for your children than to show them that spiritual growth is a priority for you, like you hope it will be for them?

So watch the mail and the kiosk in the narthex for the information on upcoming groups that we'll be offering in the fall. Let us know which ones you're interested in, and how we can help you participate. HUMC's goal is for all to be disciples of Jesus Christ. We really hope to see all of you in September!!

## Herndon Free Clinic

The Adult Hypertension Clinic has screened 144 persons and discovered 32 who needed treatment. There have been 2 clinics held and these are scheduled to continue every 2 weeks. Clients selected for treatment receive a medical history and physical exam, education and counseling, EKG, lab work and medication to treat high blood pressure.

If you would like to volunteer, call the clinic voicemail at 703-481-8160, leave your name and phone number, and someone will call you back to schedule orientation.

The Herndon Free clinic continues to provide physical exams for children of low income, uninsured families so the children can enter the school system. We have seen over 1200 children in the Herndon, Reston and Chantilly area.

Your donations of school supplies, small toys, books, toothbrushes and toothpaste are greatly appreciated. There is a container in the narthex for these items.

## Tidbits

♦ **Helping Hands**—Can you provide a meal for someone recuperating from surgery or an illness? Can you provide a ride to physical therapy or a doctor's appointment? If so, you can be a Helping Hand. Call Joy Reed at 703-437-7584 or jmreed8@juno.com to volunteer.

♦ **Herndon/Trinity ESL Program**—Over 70 adults have registered for our English as a Second Language course! Our classes are full with an average of 46 students in attendance each night. Seven children are participating in our new Bible School, which is being held at the same time. Our students come from El Salvador, Guatemala, Honduras, Bolivia, Brazil, Chile, Columbia, Mexico, Peru, Germany, Korea, China, Taiwan, Iran, Iraq, and Pakistan!

♦ **Missionaries** - Mike and Marable thank everyone for their birthday cards, e-mails, and prayers. CS&M hosted the WOW dinner on April 6 to raise funds to support their ministry.

♦ **LINK Supplies Needed**- The WIC staff at the Neighborhood Resource Center sees many new mothers with insufficient food for their babies. If you donate baby cereal, fruits and vegetables, diapers, shampoo, etc to the Link pantry, these items can be given to these families.

♦ **Recycling**—Remember to recycle glass, plastic and metal containers. There is a special container in the kitchen for these items.





## 4th Annual Gospel Music Concert

It's time to mark your calendars for our 4th annual gospel music concert. This year the concert will be held on Saturday June 18th. The Men's group will be cooking their delicious North Carolina Bar-B-Q and our youth let missions team will provide the fixings. We are delighted to have back as our headliners the Promisedland Quartet. They are a traditional southern gospel group based here in Virginia. If you saw them last year, you know how wonderful and powerful their music is.

They are truly filled with the Holy Spirit. The Promisedland Quartet is something special and you don't want to miss them. Opening the concert will be our own Herndon Circuit Riders with special guest Pastor David.

Our concert will be held in the sanctuary because of the construction.

We are asking that everyone, except those working at the concert, to please park over at Herndon High School. As usual we will be moving things around to allow for setup. Here is the schedule for Saturday June 18th.

Saturday June 18th

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3:00pm Saturday Service  
4:30pm Dinner begins  
5:30pm Concert begins

The concert is free. Donations are appreciated for the dinner and proceeds go to youth led missions. We would appreciate everyone handing out flyers and inviting all of your friends, relatives and neighbors to come join us. If you have any questions please call Tammy Lemmons at 703-437-5639.

## Every Day. Find A Way

A magazine rack hangs on the wall in the narthex. In it is a small devotional magazine called "The Upper Room." Many persons in our congregation along with millions of Christians around the world read and pray with this devotional every day. Your HUMC Prayer Ministry would like to encourage each of you to use this magazine to enhance your prayer life and grow in your relationship with God.

Taken from the March/April "Upper Room" :

*Over 70 years ago a group of women from Travis Park Methodist Church in San Antonio, Texas began seeking a way to live out Jesus' words from the Gospel of Mark. They believed families and individuals needed guidance to encourage a daily practice of reading Scripture, praying and sharing the faith journey. To begin publishing a daily devotional guide during the Great Depression was a tremendous risk. Despite the obstacles of the day - crashing economies, hopelessness and fear - these women persevered in their quest. The fruit of their labor was the first issue of "The Upper Room" daily devotional guide in April 1935, a magazine in which each day's meditation was written by a different individual, some clergy but mostly lay persons. Here was a way for real people to share their stories of faith.*

*Today "The Upper Room" is currently translated into 44 languages that reach more than 3 million people in over 100 countries.*

Please consider joining these persons in using this devotional guide in your daily life.

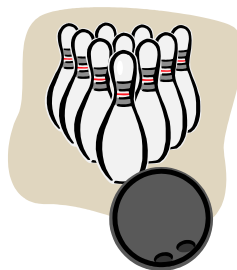
The HUMC Prayer Ministry

**2 Timothy 3:16-17 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.**

## Children's Programming Ministries

On April 8th, the 5th and 6th grade God's Gang group went to Dulles Town Center for a scavenger hunt. On April 17, there was a swimming activity at the Reston YMCA. On May 22, all of the fellowship groups will go bowling at Bowl America on Dranesville Road.

On May 15, Pentecost, we will celebrate Christian Education at HUMC. We will be showing our appreciation to all those wonderful volunteers who give so much each week to this ministry.





## Mission Kits for Konference

Last year HUMC sent 157 kits to annual conference in June. It is that time of year again. Several UMW circles and individuals have already completed kits but this is your opportunity to participate without doing a complete kit. There is a basket in the narthex with items listed (example: 4 tubes of toothpaste) and also containers for these items. Please take one of these lists and return your donation by May 30. The Sunday School classes will assemble all items into health kits on Sunday, June 5th and all the kits will be sent to annual conference June 12th. Our goal is 200 kits this year. Thank you for your donations.



Please return your kits as soon as possible, but **no later than June 5<sup>th</sup>**. Our pastors will deliver the kits to Annual Conference on June 12<sup>th</sup>.

## Commitment Update

Spring is in the air and the flowers are blooming. Something else is also springing from the ground at HUMC. Our new addition!

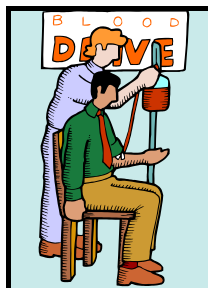
For years, we have been planning this expansion to further spread the word of God and serve the people in our community through our various missions. We are seeing the fruits of our labor spring up right before our eyes. Before long, we will be ready to move in to the new classrooms, use the new kitchen for fellowship and special programs and play a little basketball.

This fall, we will be launching a formal stewardship to ensure that we are covering the additional expense associated with our missions and to encompass the entire new set of opportunities the new addition will provide. This spring, during the season of commitment, we ask everyone to continue to think and pray about your financial commitment and spirit-filled generous giving and to continue your current level of giving through the summer. ***This is an exciting time for all of us at HUMC!***

*The Commitment Committee*

## Blood Drive

Herndon UMC and Trinity PC will hold their next drive on Sunday morning, June 19, in the activity room at Trinity from 7:45 a.m. through 12:15 p.m. Please consider donating blood if you are in good health, weigh 120 lbs. or greater and are at least 17 years old. To qualify for our drive please do not donate blood after April 24; other restrictions will be listed with the registration form in the narthex. This is an excellent way to help our neighbors and the possibility to save a life. Questions, please phone Fred at 703-435-0020.



## Living Will

The bulletin board down the hall from the church office contains information about a Living Will.

You can download your own copy with information and directions from: [www.caringinfo.org](http://www.caringinfo.org).

## Ushers Needed

Ushers are needed for the Sunday 10:30 a.m. Service. With six pairs of ushers each pair would serve two months every year. In the event you need to take off during your scheduled month others will be available to trade a Sunday or two with you. Men and women, as well as youth are welcomed. Please contact Fred at 703-435-0020.

We are also looking for volunteers to usher for the 9:00 service during the summer. We prefer two people per service that are identified prior to the date of each service. We hope to see some new faces take this opportunity to become involved in the Lord's worship. Please contact Shawn Boynton at 703-481-1132 if you are interested.

## Book Available

The HUMC Congregational Care/Prayer Ministry will be offering for purchase a devotional book titled ***"Strength for Service to God and Country"*** after Sunday's 9:00 am church service on May 22. Please stop by the table on the carpet next to the church narthex for review. This would make a great gift for someone due to Memorial Day—observed May 30<sup>th</sup>.





## Profiles in Faith Joy Reed

Joy Reed was born in Herndon in 1938 to Anna and Wilson McGlinicy. She was the first of four daughters over a 20 year span. She grew up in Herndon and the Methodist Church. After graduating from Herndon High School, she went to the University of Virginia School Of Nursing. At the end of her second year she married Stanley Reed. Joy and her three sisters were all married in the church on Spring Street.

Joy completed school in Charlottesville and moved with her family to Falls Church, where they resided for two years. They then moved to Vienna. The five Reed children (Cindy, Gary, Leslie, Brad and Bruce) all grew up in Vienna and graduated from James Madison High School. Joy was divorced in 1977.

After her mother died, Joy moved back to Herndon in 1985. In 1987 she had her membership in Epiphany UMC transferred back to HUMC. Her two daughters were married in Herndon United Methodist Church on Bennett Street (Leslie in 1987 and Cindy in 1990). Joy lived with her dad until he died in 1996. After 30 years of working at area hospitals in maternity nursing, Joy retired from Fair Oaks Hospital in 2000.

In the early 1990's Joy was a member of the Administrative Board and served as The Hermitage representative. She also served as the church librarian for several years. In 1992, Joy was a founding member of the Naomi Ruth Circle of the Herndon United Methodist Women. For several years this circle supported the Fairfax County Abused Women's Shelter with meals, personal care supplies and supplies to help residents move into apartments. Their current mission project is to support Sarah Horton in Romania through Heart 2 Heart. This circle has also participated in Kits for Konference every year.

Feeling the need to be more hands on in mission, Joy helped start Helping Hands two years ago. This mission provides meals and transportation for members of our congregation needing these services. Joy remains the coordinator. Joy is a past member of the Prayer Ministry and a current member of Church, Society and Mission. Outside of church Joy volunteers with the Herndon Free Clinic and Loudoun Volunteer Caregivers. She also finds time to enjoy her nine grandchildren, and she travels to Florida twice a year to visit family and relax.

*HUMC History Committee*

*All ladies are invited to join the Susannah Wesley Circle for a special Mother's Day program at 7:15PM in the church on Sunday, May 1.*

## Bowling Anyone?

Sunday, May 22 will be our closing activity for Children's Fellowship Groups for the 2005-2006 school year. We will meet at 2:30PM at the Dranesville Bowl America but we must have a final headcount by Thursday, May 19. See Anne or Tim or get a form from the kiosk.

## 5th & 6th Grade News

Wednesday, May 25 the 5<sup>th</sup>/6<sup>th</sup> grade **BOY'S** Sunday School class will host our Wednesday Night Fellowship Dinner as a fundraiser for Heifer Project International. Dinner will be served from 6PM-7PM. Following dinner we will have a Game Night for all ages.

Sunday, May 8 (Mother's Day) the 5<sup>th</sup>/6<sup>th</sup> grade **GIRL'S** Sunday School class will host a bake sale in the activity room. This is a fundraiser for Heifer Project International.

## Youth Led Missions News

Youth Led Missions is selling Krispy Kreme Donuts as a fundraiser. Order forms available in the kiosk or from Anne.

On Wednesday, June 1st Youth Led Missions will hold a fundraiser dinner. All proceeds will benefit all the mission outreach programs that our youth are involved in. Dinner will be served from 5:30PM-7PM.



## Building Update

As you can see, the building is really moving forward! The installation of the structural steel for the fellowship hall has been completed and the remaining concrete slabs should be in place by the time you read this. The masonry work is underway and some framing work is scheduled to start soon. Bathroom and kitchen plumbing is now underway.

The selection committee has completed their work on the colors. A detailed list of furnishings has been completed.

In the next two weeks, they will begin the storm drain work for the new parking area. As always, we thank you for your patience with the many inconveniences that occur during our growth process!

We thank the building committee for their countless hours of work and dedication to this project. We ask you to continue to pray for God's guidance in your support of the expansion of His ministry at HUMC.

Please call with any questions.

Karen Walker,  
Building committee

**Some days are you not even sure what you are going to have for dinner? We have done the planning, cooking and clean up for you. Mark your calendar for Wednesday night June 8<sup>th</sup>. The ladies of UMW will be making Homemade Noodles with Chicken. The ULTIMATE comfort food. Come enjoy, laugh and relax at the end of a busy day!**

## Parish Nurse Corner For Your Health

*"The path of the righteous is level: O upright One, you make the way of the righteous smooth. Yes, Lord, walking in the way of your laws, we wait for you; your name and renown are the desire of our hearts." Isaiah 26:7-8*

### "Walk This Way"

We all know walking is healthy, but did you know it can save your life? Many of us are at risk for developing a Deep Vein Thrombosis (DVT), or blood clot in our legs because of our inactivity on long plane or car rides or after surgery. Being overweight, having varicose veins, taking birth control pills or having a recent leg injury can also put us at risk. Signs of a DVT can include swelling of the leg, pain or tenderness in the calf especially when standing or walking, and red or discolored skin. A DVT can be dangerous as it can break off and travel to the lung and cause chest pain or shortness of breath or even sudden death. This is known as a pulmonary embolism.

You can help prevent the development of a DVT by exercising your leg muscles if you have to sit for long periods of time. Get up often and walk around the plane or stop the car and get out and walk at rest stops. If you have had surgery, get out of bed and move as soon as you are able. Walk, walk walk..... and if you think you have signs of a DVT, do not put off seeing a healthcare provider as soon as possible.

**By the way, April was "National Youth Sports Safety" month.** Please check to be sure all of your child's safety equipment is in good working condition and that he/she has all the gear needed to protect them.

-----Sherry Yuras, Parish Nurse Ministry

## Yarn & Thread

Mark your calendars, May 21st, June 18th and July 16<sup>th</sup>. We have a new Fellowship Ministry for those who would like to learn how to **Knit** or **Crochet** or do **various types of Needle Work**. We need those who would like to **teach** and those who would like to **learn**. This is a multi-generational fellowship.



Several projects that will benefit from these hand crafts will be scarf's and hats for the *Herndon Free Clinic*, possible Lap Blankets for our *Veterans*, shawls and caps for *Cancer Victims*, baby blankets, or maybe hats for House Elves.

We have plenty of supplies to get you started.

When: **The THIRD SATURDAY of each month (May 21<sup>st</sup> is our next meeting)**

Where: Herndon United Methodist Church, 701 Bennett Street, Herndon, VA 20170

Time: **9:00 AM to 11:00 AM.**

More info??? Contact Anne Harrison 703-471-0627 or Janice Coon at JaniceCoon@cox.net



## Lay Leader Corner

I don't know about you, but I'm getting really excited about our new building. I get to watch the progress made on a daily basis as I drop our son off at the high school every day. And I'm reminded of the famous line from the movie *Field of Dreams*, "Build it, and they will come." As our building nears completion, they will come – students from the high school, neighbors from the new homes nearby, and people who have just moved to town and looking for a church home.

HUMC has many wonderful programs already in place – our youth are the best, Bible studies are full, WOW dinners are delicious, Sunday services are inspirational, and Saturday night service "rocks." But just think of the additional programs we can do once the new building is complete – form volleyball and basketball teams, put on plays and musicals, and offer a safe place for students to come after school to shoot hoops, study, hang out, and learn about God. Yes, it will take time, and yes, it will take people.

In the next several months, I would ask each of you to prayerfully consider what you can do to help make our dream a reality. We have a great staff, but they can't do it alone. It's up to all of us, working together. We are the church. We are family. We are HUMC.

*"Build it, and they will come."*

## Vacation Bible School is just around the corner!

Mark your calendars for the week of Monday-Friday July 11-15.

Our theme is "LOVE YOUR NEIGHBOR."  
Registration begins May 1. Watch for more information coming soon.



## Yard Work from our Youth

Do you have yard work that needs help? Don't have the time to do it yourself? Hire Youth Led Missions youth and adults to do the work. We do the work, we earn money for our missions trips to Tennessee and Russia and to support our Relay For Life pledge. We don't charge a set fee, you choose the amount you donate, your yard looks great and YOU HELP FUND OUR MISSION TRIPS.

Call Anne at (703) 471-0627 or email [anne@herndonunitedmethodist.com](mailto:anne@herndonunitedmethodist.com) to schedule.

## Here Come the Flamingoes

I have talked to our friendly fun loving pink friends and they are on their way. Despite some unplanned stops along the way they are making great progress. We expect them to arrive in Herndon at the end of April so somebody should expect to see them adorning their lawn on the morning of Sunday, May 1. Once our pink friends arrive the fun begins. If you'd like to have someone's yard flocked, you simply complete a flocking form (available late April) and give the form and your donation to Anne. Our Youth Led Missions team does the rest. Please remember this is all done in good fun but if you don't wish to play the game just tell me and I promise your yard will not get flocked.



Anne Harrison



## Congregational Care Update

*1 Corinthians 12:26-28 "If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it. And in the church God has appointed...those having gifts of healing, those able to help others,...."*

The Congregational Care Ministry was organized in January 2005 to assist all of the prayer and care areas of our congregation in working together to serve *Christ by helping others*--the members of our HUMC congregation. Meetings have been held. Ideas have been shared. And these are some of the things that are happening 'in the background':

- The Parish Nurse Ministry is beginning to provide blood pressure screenings (see newsletter article) and would like to provide a glucose screening in the fall (Debbie Reams)
- The Parish Nurse Ministry will attempt to provide one article a month in the newsletter to 'educate' us about various ways to 'stay healthy' (Sherry Yuras)
- The Parish Nurse Ministry has provided a bulletin board with information on Medical Durable Power of Attorney and Advance Directives (Joy Reed) The PN B. board is located close to the church office
- Stephen Ministry is currently training a new Stephen Minister; Justin White and Brian Evans have traveled to St. Louis to train as Stephen Leaders. Stephen Ministers are 'listening' and serving *others* now.
- The Prayer, Stephen, Parish Nurse, Helping Hand and other ministries have asked the board of trustees to plan to have a prayer chapel/counseling space in our new or part of our original church building
- The Discipleship and Congregational Care Ministries (CC) are working together to 'follow-up' on the prayer requests that are sent via e-mail, bulletin and verbal requests made in the sanctuary; watch for a new Congregational Care/ Discipleship registration and request card in the near future
- The prayer ministry has sponsored one healing service and is planning a remembrance service and one more healing service this year
- On February 10 CC held a town hall meeting and many ideas were shared and there are many ways this ministry could grow---won't you pray for this ministry and the people who would serve Christ and the members of this congregation through prayer and care?
- Pastoral visitation, calls and counseling are an important part of the CC ministry---let Justin or David know when you are in need and they will be happy to visit or speak with you

Many of us who serve you and Christ by taking blood pressures, praying for your concerns, providing a listening ear, sending cards, preparing and delivering meals, or visiting in the hospital/home receive the blessings that only caregivers can describe. We thank you for sharing your joys and concerns with us and we thank God for sending you to us in your hour of need. May God bless this ministry. Ideas or people who want to serve may contact: [Levenia@verizon.net](mailto:Levenia@verizon.net) or 703.471.1108.

### Stephen Ministry Corner



We, your Stephen Ministers, thank you so much for all the support that you all provide to this ministry. Pastor Justin and Brian Evans attended the Stephen Ministry Leadership Training during the week of April 10<sup>th</sup>. Our Stephen Minister training class will conclude with a retreat on May 20<sup>th</sup> and 21<sup>st</sup>. We also have an opportunity to attend a Stephen Ministry networking session in Ashburn on May 21<sup>st</sup>. All of these activities are a direct result of the wonderful support of this congregation. With God's help, your Stephen Ministry team will continue to try to provide best caregiving support possible. We will do our very best to follow Christ's command "to bear one and other's burdens".

# Worship Services

## Sundays

9:00 a.m.      Worship Service and Nursery  
10:30 a.m.     Worship Service, Nursery and Child Care

## Saturdays

5:30 p.m.      Saturday Nite Alive, Worship Service

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Church Office:	703-471-0627
FAX Number:	703-471-7758
Preschool Office:	703-435-5688
David Manner	Senior Pastor
Justin White	Associate Pastor
Ashley Mitchell	Youth Pastor
David Helveston	Director of Music
Teri Napoli	Director of Angel & Cherub Choirs
Anne Harrison	Director of Program Ministries
David Helveston	Director of Wesley Choir
Sarah Hooke	Organist
Deborah Burt	Director of Preschool
Cheryl Brock	Church Secretary/Office Manager
Church Website	<a href="http://www.herndonunitedmethodist.com">http://www.herndonunitedmethodist.com</a>
Prayer Chain	<a href="mailto:prayerchain@herndonunitedmethodist.com">prayerchain@herndonunitedmethodist.com</a>

*Read the latest  
Profiles in Faith  
on page 4.*



**Herndon United Methodist Church**  
701 Bennett Street  
Herndon, Virginia 20170-3105

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*June Newsletter Deadline - May15th*  
*You can e-mail your articles to: [llombo@sigkit.com](mailto:llombo@sigkit.com)*

