



Herndon United Methodist Church

July 2005



From Pastor Justin

Let's Do Lunch

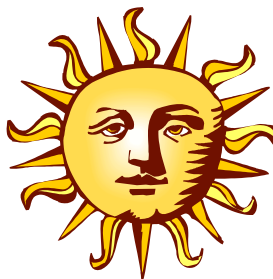
Can you believe it? It has been 1 year since Pastor David and I came to Herndon UMC. We have greatly enjoyed our time as we've gotten to know many of you. You welcomed us with open arms, and through God's guidance, we had a wonderful and eventful year. Thanks to all of you who have been a part of it!

Having said that, Pastor David and I would love to get to know all of you even better! I had lunch with a member of our church for the first time a few weeks ago, which was delightful. It would have happened earlier, but he was under the false impression that we were too busy with people in "crisis" to have lunch with him just to say hello and catch up. Not so!

While we do our best to provide care to those who are having difficulties for any reason, we have time for you! We want to know how you and your families are doing, and what we can do to help. How is God working in your life? What is God calling you to do? What ideas do you have for the direction and future of Herndon UMC? We would love to know what is on your mind and heart. That's what pastors are for!

So as the dog days of summer approach, feel free to stop by the office and say hello, or call for an appointment. If the weather outside is just too nice to sit in your office, give us a call and we'll meet you for lunch, or an afternoon iced tea. We love to see you on Sundays, but other days of the week are great, too!

At this time next year, I hope to be reflecting on another great year at HUMC. Another year of worship and learning, of mission trips and fellowship dinners, of planning and building, will have gone by. But mostly, I hope I'll be reflecting on all the friends I've made at HUMC, and all the friendships that will grow deeper and more meaningful as the months go by.



Yours in Christ,
Pastor Justin

Tidbits

♦ **Herndon Free Clinic**— The HFC will begin performing physicals for children of low income uninsured families in the Herndon area at the end of July. In the past 2 years we have seen over 1000 children so they could enter school. If you want to volunteer please call 703-481-8160, leave a message and a volunteer will call you to schedule orientation. The clinic needs nurses, nurse practitioners and community workers. School supplies are very much appreciated. There is a container in the narthex for your donations.

♦ **Missionaries** - Mike and Marable's latest newsletter is available on the kiosk.

♦ **Adult Hypertension Clinic**— The Herndon Free Clinic has also opened a clinic for uninsured adults who have high blood pressure. If you know anyone who could benefit from this service please call 703-481-8160 for the date and location of the next blood pressure screening. If they qualify they will receive a physical, EKG, lab work and medication as needed.

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





Music News

We Have A New Associate Music Director!

The HUMC Music Committee and Staff-Parish announce the hiring of **Kim Nusbaum**. She is currently directing a church choir in the Frederick, MD area. She works full-time in Reston for the Music Educators National Conference and is looking to relocate to the Herndon-Reston community. Kim will direct all of our school-age vocal choirs and all the hand bell choirs. That's 7 in all! She will officially join our staff in August. Welcome, Kim!

Children & Youth Musicals

The Music Staff would like to express our heartfelt regret that the musicals did not work out this year. Because of Larry leaving, my full schedule, and the late hiring of our new Associate Director, the musicals were not able to be scheduled at the right time of year when everyone can participate and therefore had to be cancelled. We regret this deeply. Next fall, everything will go back to normal.

Summer Soloists

If you are interested in singing or playing a solo in church this summer, please contact me at amoshelveston@adelphia.net

Thanks,
David Helveston
Music Director
Herndon U.M.C.
703-251-0919



Earthly Advice

*"Oh Lord, our Lord, how majestic is your name in all the earth!"
Psalm 8:1*

This is the season when being out in our earth gardening and playing, can present some problems such as poison ivy and tick bites.

Poison ivy and poison oak rashes are caused by the juices of these plants. You may contact these juices by touching the plant directly or by coming in contact with clothing or a pet that carries the juice. The allergy to the plants is acquired. You are not born with it. There is no way to desensitize persons who develop allergies to these plants. The rash that results often looks like lines of blisters. It is not contagious. The fluid in the blisters does not spread the rash. The rash can appear 4 hours to 10 days after exposure and can appear anywhere on the body. Mild localized rashes will go away on their own. But severe rashes need treatment to ease the misery they cause. Oral cortisones and antihistamines are the usual prescribed treatment. Cool compresses and oatmeal baths will help. It can take up to 14 days for the rash to go away.



Tick bites are common in this area. The transmission of Lyme Disease from an infected deer tick is likely to occur when a tick has been attached into the skin for 24-36 hours. The embedded tick should be removed with fine-tipped tweezers. Do not use petroleum jelly, nail polish or other products. Grasp the tick firmly and as close to the skin as possible. Pull the tick's body away from the skin. Do not be alarmed if the tick's mouthparts remain in the skin. The bacteria that cause Lyme are contained in the tick's mid-gut. Lyme disease can present with a "bull's-eye" rash and/or non-specific symptoms like fatigue, headache and muscle or joint pains. These symptoms can start 3-30 days after a bite. A blood test for Lyme Disease will not turn positive for at least 4 weeks after the bite. In most circumstances it is not recommended that antibiotics be given at the time of a bite-only if the rash or other symptoms occur. Antibiotics should be prescribed as soon healthcare provider as soon as possible if you

think you may have symptoms after a tick bite. If you are frequently outdoors, be sure to wear light colored clothing so you can spot ticks, tuck your pants into your socks, inspect your skin daily for ticks, and use an insect repellent containing DEET to reduce the risk of attachment.



-----Sherry Yuras, Parish Nurse Ministry



Spring ESL Graduation

Over 60 students, teachers, and guests attended the ESL graduation on May 19th. A record 34 students were awarded certificates of completion. The students thanked their teachers and all those who have supported this program. Six students received attendance awards. The children from our first Bible School received a religious book. Group photos were taken. Delicious cakes were enjoyed by all.



Our Intermediate Level Class



Some of the Delicious Cakes



Bible School



Our Beginning Level Class



Helping Hands

I want to take this opportunity to announce that starting July 1, *Stephanie Darling* will be the new coordinator of Helping Hands.

You can volunteer to provide meals to members of our congregation who are sick, recovering from illness or surgery, grieving from a death in their family or celebrating an addition to their family by calling Stephanie at 703-437-6828.

I also want to take this opportunity to thank all the volunteers who have prepared and delivered meals and transported people to appointments. It has been a pleasure to provide this service.

You can still become a volunteer by calling Joy Reed at 703-437-7584 or email jmreed8@juno.com.



Help Supply a CARE Package for our Service Personnel

The Herndon United Methodist Women's Morning Glory Circle is putting together nineteen (19) CARE packages to send to the men in Chris O'Brien's Platoon in Afghanistan 173rd Airborne 503rd Infantry (The Rock). Chris has sent us a detailed list of suggested items that his men could use. If you would like to contribute please put the items in the assigned box in the narthex **before Sunday July 10th** Questions contact Janice Coon, eMail: JaniceCoon@cox.net or (703)477-8940. If there is a service person you would like us to include on our list please let us know.

Boot socks and white socks ; DVD's.; Tuna packets ; Gillette Mach 3 razor blades; Gum/Dip; brown t-shirts; plastic ware (plates, bowls, utensils) and Tupperware for eating all the goodies in their tents; gourmet coffee packets; cans of air; **single bed sheets/ pillow cases;** 1 gallon **ziplock bags ;** grip tape, black; a nice gift: **Suunto M9 wrist compass-** about \$20.00; For later in the fall: hiking **gators-** can get for \$20.00 and up; **"Rite in the Rain" notebooks** of all sizes; Those **pens that write in any direction;** **Space Ice Cream** (well, I think it would be a good idea, but I may be alone); **Protein Bars; Fly Swatters.**

Pretty soon they could use new **towels and washcloths,** as we go through summer ; **Shemangh's-** those things you see the SF guys wear that are checkered. Keeps the dust out of your neck and going underneath armor when doing helicopter ops, and you can wet them.; **Petzel Tac Tika head lamps.** I am trying to order them for my company, but they will take forever to come in, and I can only order a 20 at a time. Cost is \$34.00. ; **Cigars,** to celebrate special occasions, like birthdays, high school graduations, anniversaries, etc with our buddies instead of the people we are meant to be with; **Black Carabineers,** like for rock climbing; Lots of **double A batteries;** **Barber Brushes-** this is a huge deal- can't order them through army supply system, but they cost like three bucks and are good for keeping dust out of peoples weapons; we are also collecting (gently read) magazines.



Living Will

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

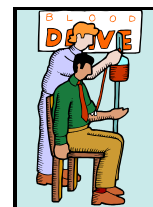
You can download your own copy with information and directions from: www.caringinfo.org.

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.

Blood Drive



The Autumn HUMC-TPC BLOOD DRIVE will be held on Sunday morning, October 2. To qualify for our drive do not donate elsewhere after August 7. Questions, please phone Fred at 703-435-0020.



It Only Takes A Smile and A Handshake

Wondering what that is??? Being a Greeter!!! We currently need to update our Greeter List and would love to include you on it. If you can greet one Sunday a month, that would be great. Or if you'd rather be on our list to contact that would work out fine, too. We need greeters for both the 9am and 10:30am services on Sunday. You would need to arrive 20 minutes early to be ready to greet our attendees. We would love to have your friendly smiles and greetings at our front doors. Please contact us by phone (703) 709-9494, or email dbblk@aol.com and let us know when you would like to offer your services. Thanks ahead of time for your assistance.

Serving our Lord and our church,
Barb & David Black
Greeter Ministry



Kits For Konference

A big thank you to everyone who bought supplies for the kits we sent to conference June 12. We sent 180 health kits,

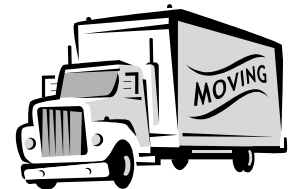
11 school kits, 2 layettes and 1 sewing kit for a grand total of 194. A thank you also to the Sunday School children who assembled the kits. A job well done.

Farewell & Welcome to Some of Our Church Members

We bid a fond and loving farewell to two families who have been a wonderful part of our church family for so many years.
Godspeed and keep in touch-

Ella and Gary Miller
306 Cypress Landing Trail
Chocowinity, NC 27817

Barbara and John Virden and Natalie and Will
3405 Mill Creek Lane
Adel, IA 50003



Welcome To Our Newest Members -

Mike and Janel Sloan (and daughter Megan)
1281 Golden Eagle Drive
Reston VA 20194
703 689 2736

Theresa and Chuck Van Horn (and kids Rachel and Charles)
11 Wrightwood Place
Sterling VA 20164
703 444 5020

Ryan Oswald
703 Tamarack Way Lane
Herndon VA 20170
703 395 9536



Yarn & Thread

Mark your calendars, July 16th and Aug. 20th. 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 scarves 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

(July 16th 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



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

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	http://www.herndonumc.org
Prayer Chain	prayerchain@herndonunitedmethodist.com

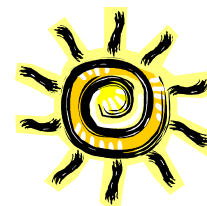
***Help Fill a CARE
 Package for our
 Service Personnel
 (see page 4)***



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

Address Service Requested

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 Herndon, Virginia
 Permit #7**



*August Newsletter Deadline - July 15th
 You can e-mail your articles to: llombo@sigkit.com*