



Herndon United Methodist Church

August 2005

From Pastor David

Mark Your Calendar

January 15, 2006. Mark your calendar! Our new building, The Harry and Elizabeth Doe Fellowship Hall and the Pamela Cowan Sawyer Center for Christian Education, will be consecrated on that Sunday at 10:00 AM. A planning committee is already hard at work creating this historic service that will be filled with meaningful prayers, inspiring music, and the presence of Christ in the sacrament of Holy Communion. Other features of the service that will be held in our new fellowship hall will be:

- ◆ Our new Bishop Charlene Kammerer has been invited
- ◆ Our new Superintendent Pastor Cho will attend.
- ◆ Former Pastors will be recognized: David Balcom, Bert Sikkelee, Ed Garrett, Brad Phillips, and Jannette Clavez.
- ◆ Special mementos will be presented to members of the Doe and Sawyer Families.
- ◆ A special commemorative bulletin will include remembrances of Harry and Libby Doe and Pastor Pam
- ◆ Our adult choirs will present several anthems at the beginning of the service
- ◆ A slide show will be presented featuring photographs of the Does and Pastor Pam
- ◆ Our Building Committee, architect and general contractor will participate
- ◆ Specially commissioned prints and new note cards of the church will be offered for sale
- ◆ A catered luncheon will follow the service

You will not want to miss this service. If you don't have a 2006 calendar, please take a Post It Note, write "January 15, 2006" and stick it on your refrigerator. You'll be glad you did!

Yours in Christ,
Pastor David



Tidbits

◆ **Helping Hands**— The Helping Hands Ministry provided six meals this month. If you or a family member is in need of meals or transportation to a doctor's appointment because of a medical concern, please contact Stephanie Darling at 703-437-6828. Anyone interested in becoming a member of the Helping Hands Ministry may contact Stephanie at that number as well.

◆ **Adult Hypertension Clinic**— The Herndon Free Clinic has started a clinic for adults between the ages of 18 and 64 who have high blood pressure but no insurance. If you know anyone who could benefit from this service please call the voice mail at 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. You can also check the web site at

www.herndonfreeclinic.org

At this time over 300 people have been screened for high blood pressure and 56 accepted into care. If you want to volunteer call the voice mail and leave a message. This clinic meets on alternate Thursdays but will eventually meet each week.

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





Jesus started his job at around 30, right?

Are you between the ages of 21 and 39ish? Then the HUMC Young Adult Ministry (YAMS) is for you! Our last meeting for the summer will be Thursday, July 28 at 7pm. All young adults (single, married, with or without kids) are welcome!

Then starting in the fall, we'll be meeting the 1st and 3rd Thursdays of every month. We'll be talking about "Career and Calling." So if you've ever wondered what your spiritual gifts are, or what jobs you might be called to do, come join us! We'll explore how God guides us into careers that fit our desires and skills.

Questions, comments? Contact Pastor Justin at the church office.



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.

Beware of Bugs

There have been several incidents of "bad bugs" in the lately in our local news. Pertussis ("whooping cough") cases have been on the increase since the 1980s. Meningitis, previously thought to be most common in the college aged population, is being found in younger adolescents. The Advisory Committee on Immunization Practices (ACIP) to the Centers for Disease Control have issued new recommendations for routine vaccinations for our adolescent population starting immediately.

Pertussis is a bacterial respiratory illness characterized by severe spasms of coughing that can last weeks to months. It is treated with common antibiotics once it is identified. It is spread person-to-person through close contact with respiratory droplets released when a person coughs or sneezes. If passed on to infants under the age of twelve months, it can cause pneumonia, convulsions and even death. Persons who have had close contact with someone who tests positive for pertussis can be treated preventatively with an antibiotic like Zithromax. However, the best course of action is prevention through vaccination. We have learned that the immunity from the last vaccination of Pertussis (with Tetanus) given at about age 5, does not seem to be lasting through the teen years. The FDA has licensed two new pertussis vaccines which will be available sometime this fall. The ACIP recommends that all adolescents aged 11-18 receive this booster shot. A recommendation for use in adults has not been made yet.

We have had a vaccine for meningococcal disease for the past ten years, but have generally only given it to students going to college. That vaccine only provided about four years of immunity. Bacterial meningitis infects the bloodstream and the linings of the brain and spinal cord, causing serious illness. Ten to 14 percent of people who contract this disease die from it and 11-19 percent of survivors have permanent disabilities. It progresses rapidly from flu-like symptoms to deadly symptoms within hours. A new vaccine called MCV4 (Menactra) is now available that provides close to ten years of immunity. The ACIP recommends immunizing all adolescents at their routine 11-12 year old visit. For those who have not received it, ACIP recommends that it be provided prior to entry into high school. This is the most effective strategy for reducing meningococcal disease in teens and young adults. This vaccine does not protect against "Type B" meningitis which is the type that infects about 1/3 of the infants who contract meningitis. To date, there is no vaccine for "Type B" bacteria.



You have heard the old adage "an ounce of prevention is worth a pound of cure..." If you have an adolescent, please make time this year to make an appointment for an exam and review of immunizations with his or her health care provider.

*"Let my hands, groping, find other's hands
Give me the heart that divines, understands
Give me the courage, wounded to fight
Flood me with knowledge, drench me in light
Please keep me eager just to do my share
God--let me be aware." Author unknown*

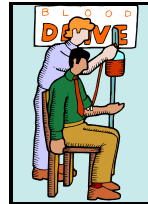


Blood Drive

The HUMC-TPC blood drive on June 12, 2005 was supported by 32 volunteers, 23 were from HUMC. Our next drive will be on Sunday morning, October 2, 2005 at Trinity Presbyterian Church. To be qualified for this drive you should not give blood after August 7 (fifty-six days prior to our drive).

Thanks once more to all our faithful Herndon UM volunteers

Fred Klinefelter

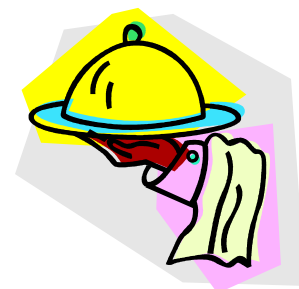


Herndon Free Clinic

The Herndon Free Clinic held its first clinic for this school year Thursday, July 14. Thirty children were screened. The clinic will meet every other week through Oct. As we celebrate our third year anniversary 1,455 children have been screened and 63% have been referred to and accepted into medical programs such as Medicaid, FAMIS, MCCC and IPC.

How can you help? You can volunteer to be a community worker and help with registration, checking height and weight, vision screening, etc. Call our voice mail 703-481-8160, leave your name and phone number, a volunteer will call you back and schedule orientation. You can help by donating school supplies, small toys, books, toothbrushes and toothpaste.

There is a container in the narthex for your donations. Several members of our congregation volunteer so you are certain to see someone you know. You can also help by providing dinner for the volunteers on a clinic night. Call our voice mail and leave your name and number and a message about providing a meal.



**Thank You to
Everyone who helped
send CARE
Package
materials
to our
Service Personnel!**



See You in September? Progress Report!

Thanks to everyone who has filled out your interest form for our adult education classes and groups this fall. Have you filled out yours yet? We have groups for everyone planned, so it doesn't matter if you're: younger, older, married, single, guys, gals, and on and on. Childcare is available, and your Adult Ministries Team is committed to helping you make your schedule work!

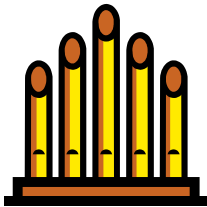
Anyone who is growing in their Christian faith will tell you, its SO important to be a part of a Bible study or discussion group. You will not only learn more about God, but you'll learn more about yourself and make some wonderful Christian friends. How are you growing in your faith? When was the last time you reflected on how God is working in your life? Come find out!

Forms are in the narthex. Fill yours out today, and we'll see you in September!



Profiles in Faith

Sarah and Daniel Hooke



Sarah Hooke has been the organist for Herndon United Methodist Church since 1994. As a professional musician, she combines study from prominent international organists and personal service experience to create a musical climate conducive for worship.

Sarah received her undergraduate degree from James Madison University and her Masters degree from the University of Illinois. Extensive additional work has been taken at the University of Virginia and the University of Maryland.

Sunday mornings find Sarah at the organ console. In 1999, church members began a \$78,000 fund drive to replace the church organ purchased in 1987, which had suffered damage from an electrical storm and was not fully operative. An Ahlborn-Galanti organ was purchased and installed in time for the Easter service in 2000. The dedicatory concert for the organ was presented by Sarah in October 2000. In 2001 and 2002 the final phases of additions were made to the organ. The three manual Ahlborn-Galanti Organ, including an antiphonal Choir and Swell Division, has been a welcomed additional worship aid for the Sunday worship services.

Her husband, Daniel, is an accomplished musician in his own right. He has enriched our services with his playing of the harp and trombone. Sarah and Daniel have put in many hours in choir rehearsals, special musical productions and the Sunday services as well as the time spent in traveling from their home in Burke, Virginia. The two of them have truly enriched our worship services with the dedication and musical talents they have provide us.



Sarah Horton

Naomi Ruth Circle supports Sarah Horton in her work with orphans in Romania through Heart To Heart. Sarah will be home for a visit in August. We are collecting art and craft supplies that are lightweight and easy to pack to send back to Romania. A couple of suggestions have been glitter glue and colored thread to make braided bracelets.

Those of you who do projects will have lots of ideas. There will be a container in the narthex for your donations from Aug. 8-21st.

We also thought it would be nice to "shower" Sarah with thinking of you cards or other cards of encouragement while she is home. Her address is 1552 Kingstream Circle, Herndon, VA 20170.

Wanted: Great Testimony on the Joy of Generous Giving

As our fall pledge campaign approaches along, bringing with it a new set of financial needs, the commitment committee will poll the congregation to seek pledges to fund our growing mission within the community and around the world. The committee asks the congregation to think about how your life has been impacted by your gifts to the Lord, and if you would be willing to share your situation with our Church family this October during our pledge campaign. The commitment committee is looking for volunteers with a moving testimony about how the Holy Spirit has filled your life through the Church, what the new building expansion means to you, and how the missions of the Church have made a difference to you and your family. The Fall campaign will kick off the weekend of October 9th.



If you can assist and would like to give a testimony, please contact either Scott Smith, Charlie Rothrock or one of the Pastors to make your willingness known.



Lay Leader Corner

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



As I write this article, I'm sitting on our screened-in porch, hoping for a small breeze to come along to cool things down just a bit. The hazy, hot, and humid days of summer in Northern Virginia are upon us! Yes, I could be inside in the air conditioning, but I'm drawn outdoors today. Not to pull weeds or mow the lawn, mind you, but to sit and bask in the beauty of God's creation all around me.

We are so richly blessed by what God gives to us and does for us every day. And yet, we so often miss many of God's gifts to us because we either take them for granted or are too busy or pre-occupied to even notice them. Today, I decided to take just a few moments to sit quietly - to stop, look, and listen. And in those moments, I was given so many gifts:

The beauty of the flowering trees and shrubs and the smell of the blossoms; the tantalizing scent of hamburgers cooking on the neighbor's grill; the cool breeze that blew every now and then and the rustle of the leaves in the trees when it did; the sounds of birds calling to each other; the buzzing of the bees on the flowers and the call of the locusts in the trees; a woodpecker hammering away on a tree; the cry of "30-Love" soon followed by the shout of victory from the tennis court; the laughter of children gleefully splashing in the community pool; the barking of dogs - Dandelion, our Golden Retriever, having a "conversation" with the dog on the other side of the fence; the neighing of the horses and the screeching of the peacocks that reside on the farm behind us; cars on the street and airplanes overhead taking people to visit family, friends, or to a well-deserved vacation; the warmth of the sun; squirrels chasing each other from tree to tree; butterflies flitting from flower to flower; the sound of a lawn mower and the smell of fresh cut grass.

These are the gifts I noticed. I wonder how many others I missed. But if I had stayed indoors, I would have missed them all. In the coming weeks, I challenge you to spend some quiet time wherever you feel comfortable doing so. Take time to stop, look, and listen. Then, give thanks to God for the gifts He has given you. I promise you, it will be time well spent.

Blessings,
Elsie Blough
HUMC Lay Leader

Yarn & Thread

Mark your calendars, Aug. 20th and Sept. 17th. 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**

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

***Mark January 15th
 on your Calendar
 for an Exciting
 Event
 (see page 1)***



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

Address Service Requested

**Non-Profit Organization
 U.S. Postage Paid
 Herndon, Virginia
 Permit #7**



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