



# Herndon United Methodist Church

November 2005

## Final Phase of Building

We are in the final phase of building and our greatest space challenge will occur the next 2 months! As you read this, the renovation on the narthex will be well underway and we will all have adjusted to the lack of a kitchen. How thankful we will be when the new kitchen is completed.

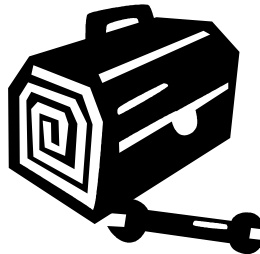
Please be careful with all the challenges of construction the next 2 months. Thank you for your understanding with the parking limitations.

We are almost there! Continue to pray for God's guidance as He leads this congregation to complete our mission as He has planned and to set us into action as we make important commitment decisions this season. Let no decision be made without consulting Him first!

Thank you for all your patience and sense of humor during the past year. You have made this building program a true success.

Please call with any questions or concerns.

God Bless you,  
Karen Walker for the Building Committee



## Recycling

Due to the construction in the narthex we will not be collecting cans, glass or plastic containers at this time.

However we are collecting white paper and the HHS SAGA (Students Against Global Abuse) group will be collecting the paper. We also plan to let them collect aluminum cans after we move into our new building. The money they make from this goes to scholarships for students.

One ton of recycled paper will save about 17 twenty year old trees. The energy saved by each ton of recycled paper equals 380 gallons of gasoline.

For more information on SAGA see the article on the UMW bulletin board across from the church library.



## Tidbits

♦ *Flu Shot Clinic* — Will be held on Saturday, November 5, 4:30 pm -7:30 pm, Activity Room, Cost - \$25.00. (Adults over 18).



♦ *Herndon FREE Clinic* — Due to the construction in the narthex we will not be collecting school supplies, books and toys the rest of this year.

The Yarn and Thread group that meets the 3rd Sat. of each month has contributed 51 sets of beautiful scarves, hats and mittens to the children who come to the HFC for physicals. Some of these children come from warm weather countries and are very surprised by the mittens.

Thank you for all the donations during the past 3 years. They are very much appreciated by the clinic and the families

♦ *Devotional Book For Sale* — The HUMC Congregational Care/Prayer Ministry is offering for purchase in the church office a devotional book titled "Strength for Service to God and Country". Cost is \$5.00 per book.





## Helping Hands Ministry

The Helping Hands Ministry provides meals and/or transportation to HUMC members facing a medical concern. If you or a family member is in need of such assistance, 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.



## Need Raking & Mulching Help?

Our Youth Led Missions Team will be doing raking and mulching from October 15 through November 19. We accept whatever donation you wish to make. Contact Anne by phone (703) 471-0627 or email



## Lay Leader Corner

### *Count Your Blessings*

I can't believe it's mid-October, and I'm thinking about writing the article for the November newsletter! Temperatures are falling and so are those pesky leaves. Colorful mums and bright orange pumpkins are everywhere. Which can mean only one thing – fall has arrived. And that means Thanksgiving is just around the corner. Where has the year gone? It's time to get into "high gear" and start making all those holiday preparations.

But wait, we need to slow down and not rush into the holiday frenzy. We need to stop, take a deep breath, and spend some time thinking of the many blessings God has bestowed upon us and the many things we have to be thankful for. Spend some quiet one-on-one time with God. Sit in quiet meditation. Center yourself with prayer. And don't forget to take time to just BE with God, listening for His voice.

This Thanksgiving set aside some time to spend with family, friends, and loved ones. Share the blessings each has received, and take time to give thanks and rejoice – for our God is indeed an awesome God. This Thanksgiving, take the time to count your blessings and name them one by one.

Happy Thanksgiving & Blessings to All,  
Elsie Blough

## Fall ESL Program

The Herndon/Trinity program has gotten off to an excellent start. We have many dedicated teachers. This fall's teacher roster includes Dorothy MacKay, Steven Bowers, Barbara Weber, and Al Benson. Over 50 students have enrolled. Our students come from 15 countries: Germany, Sudan, Afghanistan, Iraq, China, Korea, Japan, Vietnam, Mexico, El Salvador, Peru, Columbia, Honduras, Guatemala, and Bolivia. Language students from Dominion High School have provided invaluable assistance in helping with registration and serving as classroom assistants. Donated winter coats were distributed to children of the students. Graduation will be held on Thursday, November 17 and 8:00 pm.

## LINK Has Helped Many

Since March of this year, LINK has delivered food to 422 families! The breakdown is as follows: Ashburn—51; Reston—4; Sterling—164; Herndon—196; and Other—2.

There is also a serious need for canned goods (not vegetables), especially tuna/salmon, chili, and spaghetti sauce. Other immediate needs are Macaroni & Cheese and JELLY!

We appreciate your support of this wonderful program!!



## Flu Shot Clinic

Church, Society & Mission is sponsoring a flu shot clinic for adults over 18 years of age. The clinic will be held on Saturday, November 5, from 4:30 pm to 7:30 pm in our Activity Room. A nurse from Inova will administer the shots at a cost of \$25.00 per shot. Medicare Part B participants, please bring your card with you as there will be no cost if you present your card. The Inova staff will file the Medicare claim. A Sunday clinic will not be held this year.



## LINK Needs Food Deliverers

December is our month to deliver food. This is a great way for families to give to the community over the holidays. Also, this is a great way to earn community service hours.

December is also the time to distribute toys for LINK. Right now is a great time to look at the clearance shelves in local stores. Great gift items for older children are personal electronics, toiletry sets, sports balls, back packs, etc.

The ideal price range is \$10 - \$20. Many items can be found on clearance for half that price, making it possible to increase your gift giving donations.

## Angel Tree A Wonderful Tradition

Dear Congregation;

We know it hardly seems possible but before we know it our Angel Tree will be up filled with many angels representing local families in need of assistance at Christmas. For many years this has been a wonderful tradition here at Herndon UMC and we expect 2005 to be no different. Our congregation has always warmly embraced this tradition. Many of us love to shop and shop, those of us with young children at home use this as a time to take our children to help pick out the angel gifts. Some of us don't like to shop but still want to help. If you would prefer not to shop but to instead make a monetary (tax deductible) donation we would welcome your assistance in that way. Simply write your check to HUMC for whatever amount you choose to donate and mark ANGEL TREE in the memo line. Our team of shoppers will do the rest and you can know that your donation was put to good use, brightening Christmas for someone.

Again, thank you so much for your help.

Please feel free to direct any questions to Linda Anderson, Kim Nielsen or to Anne at the church.

With Christ's Love,  
The Angel Tree Team

## Endowment Committee

As the beauty of the fall season surrounds us, our thoughts turn to Thanking the Lord for all he has blessed us with. The season of Christmas will soon follow, when we give gifts to our loved ones in remembrance of the Lords gift to us of his son Jesus Christ.

This seems like a good time to remind everyone of the beauty of giving a gift to the Endowment Committee. These gifts are a gift to our Church and it is a gift that keeps giving to our Church's ministry in perpetuity. If you have any questions about the Endowment Fund and how you can contribute please contact the church office.

Yours in Christ!  
The Endowment Committee





# A Walk to Emmaus: An Invitation Just for You!

By Pastor David Manner

You may have been around the church long enough to hear some vague comments about a ministry called “Walk to Emmaus,” or “Chrysalis.” You may have heard some people convey some mistaken second or third-hand opinions about Emmaus or Chrysalis. Let me clear up these misperceptions.

One mistaken opinion about Emmaus (a ministry for adults) and Chrysalis (a ministry very similar to Emmaus but for older teens and young adults) is that they are clubs, much like a fraternity or sorority. They most certainly are NOT clubs. The Walk to Emmaus is a spiritual renewal program (held over one weekend) intended to strengthen the local church through the development of Christian disciples and leaders. You don’t have to wait around to be “tapped,” or to receive an engraved invitation. If you want to go, you can! Please visit the kiosk at the church and pick up an application. Fill it out and give it to Everludis Lopez or to me. We will assign you a sponsor, a member of HUMC who has already attended a weekend. He or she will help you with more information and will help make many arrangements for your Emmaus Weekend.

A second mistaken opinion about Emmaus/Chrysalis is that they are for giants in the faith. They are NOT for giants of the faith, but for ordinary folk just like you and me. You don’t have to have all the answers about the Christian faith. You don’t have to have experience as a church leader. All you have to do is come with an open heart and mind. Much of what happens on the weekend is listening to some well-prepared lectures on some basic beliefs of the church. It will be an opportunity to hear a simple, systematic presentation of the Christian faith and to know how these beliefs can come alive for you.

A third mistaken opinion of Emmaus/Chrysalis is that they not connected with our church. This FAR from the truth! Emmaus and Chrysalis are official ministries of the Upper Room, an agency of the Board of Discipleship of the United Methodist Church. Furthermore, one important emphasis of Emmaus and Chrysalis is that after a weekend, attendees are strongly encouraged to return to their local churches to get more deeply involved in the life of the church.

Now that I have provided some facts about Emmaus/Chrysalis, let me share my personal witness.

I attended my walk about a dozen years ago in Richmond. Though, at first, I felt a little alone (I’m an introvert, you know!), it wasn’t long before I felt strongly connected to the other men on my weekend. We sang, prayed, shared, ate, laughed, cried some, ate some more, and those who were roommates even snored together; and then we got up and ate still more! The very best quality of my weekend was the gracious, unconditional love of Christ, so abundant in the excellent talks by laity and clergy and also apparent in our terrific fellowship and worship. Without hesitation, I recommend Walk to Emmaus as a ministry of the church which will lift you up and send you on the way Christ calls you to go.

Still need encouragement? Here is what some other people you know have to say about Emmaus:

- From **Carl Morgan** (HUMC member):

“My Walk recharged my batteries, helped me evaluate what really is important in my life. Being surrounded by new Christian friends and meeting with them regularly is an added blessing to again reenergize myself with the Love and Grace of Christ in my life.”

- From **Patrick White** (HUMC Associate Music Director):

“There’s nothing special about the Emmaus Weekend -- but there is something profoundly special about God’s love. The power of the Emmaus weekend for many people (including me) is that it can be a place where the truth of God’s personal love is felt more deeply, more closely, than ever before. This is the love and grace that we can spend an entire life not really noticing; yet when we find it once, and learn it has always been there, we never lose sight of it again.”

- From **Lee Hyer** (HUMC member):

J join in praising God  
E enjoy Love for you  
S seek Him in all things  
U use His teachings daily  
S Serve Him always

“In short, Emmaus allowed me to experience these things, and my life has never been the same!”

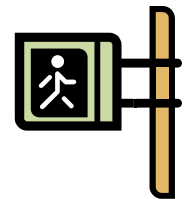
- From **Meredith McNeill** (HUMC member and college student):

“Chrysalis was an experience, which I will take with me for the rest of my life. It helped me begin an amazing journey with Jesus Christ, that will allow me to grow in my faith in the years to come.”

- From **Tim Grapes** (HUMC member):

“Particularly in the DC area, I think many of us are consumed by “busyness” for the sake of “busyness” – sometimes even as volunteers and servants. I work too hard on MY plans and being in control. My walk is helping me to “let go and let God”. It allowed Christ to move from my head to my heart, and to re-focus on Christ as my center.”

*So, wouldn’t you like to attend an Emmaus Weekend? I pray that God will touch your heart and lead you to say yes. There are two men’s weekends and two women’s weekends every year. Please send me an email or give me a call!*





## Alzheimer Disease

Alzheimer Disease--two words that strike almost as much fear in our hearts as the word "cancer." We each know a family member or neighbor or friend who has struggled with this devastating disease. It is the the fourth leading cause of death after heart disease, cancer and stroke. The incidence is rapidly increasing as the population ages. Little is known about the causes. It is known that nerve cells in the brain malfunction and die. The two current popular hypotheses are the Amyloid Hypothesis where it is thought that a type of protein is abnormally processed and creates plaques in the brain. The Vascular Hypothesis suggests that there may be damage to microscopic blood vessels serving the brain that cause chronic decreased blood flow and that by minimizing the same risk factors as we do for heart disease such as reducing blood pressure, cholesterol, smoking and controlling diabetes, we can reduce Alzheimer Disease (AD). There are other theories being developed.

Equally as frustrating, is trying to diagnose AD. How do you know when a loved one has AD or when he or she has dementia caused by some other problem? The diagnosis guidelines for dementia have remained unchanged since 1997. The key to diagnosis is obtaining a very careful history to track symptoms that show progression over time. AD is characterized by very small changes so it takes at least 6 months to document changes. Patient memory may not be initially impaired and patients tend to deny there is a problem. The health care provider needs to screen for depression, alcoholism, drug use, perform a minimal status examination, review all medications, obtain lab work for CBC, vitamin B12, syphilis, thyroid, blood chemistries, blood sugar, calcium, kidney and liver functions, drug screen, order a chest x-ray and should refer to a neurologist for an EEG and a CAT scan or MRI. PET scans and SPECT scans are not recommended. It may be useful to have a home health nurse come to the house to perform a functional assessment of the individual in his or her own setting to determine how that person has been carrying out activities of daily living. Rotten food in the refrigerator or dust in the shower are indicators that the person is not remembering to take care of himself.

Reversible causes of dementia that can mimic AD are renal failure, undiagnosed diabetes, low thyroid, vitamin B12 or folate deficiency, head trauma after a fall, cancers, infections, and reactions to certain medications. Irreversible causes of dementia can include Parkinson's Disease, brain tumors, AIDS, syphilis, Jakob-Creutzfeldt Disease, Pick's Disease, and vascular dementia associated with arteriosclerotic cardiovascular disease.

Next month we will look at current treatments and therapies for AD and what is on the horizon in the research arena in this area. The increasing numbers of patients with AD will overwhelm families who require care for these patients as well as clinicians who must treat them. The more we know about care and treatment, the more we can be empowered to face this disease that renders us all with such feelings of helplessness.

*"More things are wrought by prayer than this world dreams of."  
- Tennyson*

## Angel Tree

Look for the angel tree a week early this year--it goes up Saturday, November 19. This will give everyone an extra shopping week so take advantage of those Thanksgiving sales! Due to construction in the Narthex, the tree will be outside of Anne's office. Make sure to have the gifts returned to the church no later than Sunday, December 11. Any unreturned gifts are purchased on Monday morning to ensure every child receives a present. For questions call Kim Nielsen or Linda Anderson.



## Blood Drive

We had 37 volunteers for the October 2 Blood Drive held at Trinity Presbyterian Church, 23 were from our church. We received a total of 32 units of blood. Our next drive will be on Sunday, December 4 at HUMC church. If you have questions please phone Fred at 703-435-0020.



Fred Klinefelter



## Yarn & Thread

Mark your calendars, Nov. 19th. 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.

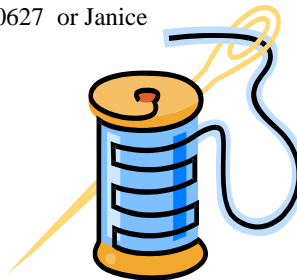
We have plenty of supplies to get you started.

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



## Operation Christmas Child

Shoebboxes for Operation Christmas Child will be due to the church no later than Wednesday, November 9 in order to get them to the collection site on time. This effort falls under the umbrella of Samaritan's Purse, an organization led by Franklin Graham. You can simply pack a shoebox with school supplies, toys, and hygiene items for a boy or girl. Operation Christmas Child is distributed both domestically and abroad. And with Hurricane Katrina displacing so many children the need will be greater than ever this year. Go to - [Samaritanspurse.org](http://Samaritanspurse.org) for more information or call Kim Nielsen at 703-742-7939.



## Relax and Renew! Casual Worship at HUMC

Looking for worship in a relaxing, laid-back setting? When was the last time you came for worship on Saturday evening? Your Saturday night worship team would like to invite you to join us anytime for casual worship, great music, and wonderful friends. It's the perfect way to end a busy day, or get your evening off to a great start!

Saturday worship is from 5:30-6:15pm, and child-care is available. So come join us, and wear your jeans! If you have questions, or would like to join the Saturday worship team, talk to Pastor Justin.

# 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.herndonumc.org">http://www.herndonumc.org</a>
Prayer Chain	<a href="mailto:prayerchain@herndonumc.org">prayerchain@herndonumc.org</a>

*Read more about a  
Walk to Emmaus  
(see page 4)*



**Herndon United Methodist Church**  
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Herndon, Virginia 20170-3105

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*December Newsletter Deadline—Nov. 15th*  
*You can e-mail your articles to: [llombo@sigkit.com](mailto:llombo@sigkit.com)*