



Herndon United Methodist Church

December 2005

From Pastor Justin

Merry Christmas (very soon)



As I sit at my desk a week before Thanksgiving, I can't believe that the holidays are upon us. Soon we will be busy decorating, baking, and joining in all the parties and festivities of the season.

I hope, though, that you will make time to remember the real reason for the parties and the gift giving- the birth of Jesus Christ. It is indeed a reason to celebrate, but also to worship God. To that end, I hope you'll take advantage of some special opportunities this December:

-Christmas Taize Service- 5:30pm on Saturday, December 10th. For those of you who have not yet attended a Taize service, let me invite you to a relaxing, calming, and spiritually centering service of prayer and song. Come take a break from the holiday rush, and enjoy music and prayers of the Christmas season.

-Herndon High School Madrigals- 5:30pm on Saturday, December 17th. For our Saturday night service tonight, the Madrigals will be joining us for a Christmas concert. All are welcome.

-Advent Study- 6:45pm-7:45pm on Wednesdays. For the month of December, the topic of our short-term studies group will be the Advent season. All adults are welcome to join us for fellowship and fun.

I wish all of you the love and joy of the Christmas season!!

Pastor Justin

LINK Needs Your Help

Our church will be delivering food in December. There will be a sign up in the narthex and Jane Larson will be coordinating the volunteers.

Anyone looking for a volunteer opportunity can join LINK on the evenings of December 19 and 20 (Monday and Tuesday, from 4 - 9 pm) at our very own HUMC. LINK will be distributing holiday toys. Volunteers are needed to escort families, help carry items to cars, set-up and clean-up. Contact Carol Lavery at Carol.Lavery@cox.net if you are interested. This is a great opportunity for middle schoolers and high schoolers who need community service hours. It is not an appropriate activity for young children.

The pantry is low on canned fruits, canned meats such as stews and tuna, and canned raviolis/spaghettis. The pantry can also use items such as toilet paper, diapers, paper towels, and personal hygiene products.

Consecration Service Rescheduled

Due to some delays in construction, our original January 15, 2006 consecration service has been rescheduled. The new date is Sunday, February 12, 2006. As before, we have only one service that day, at 10:00 AM, followed by a catered meal. The good news is that our new schedule will permit Bishop Charlene Kammerer to be present. Please mark your calendars and make plans to attend this most important, historic service.



*Merry
Christmas!!*



Adult Ministries – Exposure to The Truth

Just a reminder the Adult Ministries is still looking for a few good men and women to join us in various studies that are ongoing in our church. We continue to have lots of very interesting and exciting short lessons presented by Pastor Justin on Wednesday nights. One of Justin's more recent studies presented a series on various world religions.

We continue to support Men's and Women's Bible Studies on Tuesday nights which start at 7pm. No prior knowledge required. In addition we also have a couple of Adult Sunday classes prior to 9am and during the 9am service. Come join us and enjoy good fellowship as we study together God's Word.

Puppet Ministry

Our HUMC Puppet Ministry is looking for some people who like to sew to make a few more puppets/outfits. If you are interested in helping with this project AFTER THE HOLIDAYS please contact Tammy Lemmons or Anne.

All supplies would be purchased out of church funds.



Herndon Free Clinic

Jeanie Schmidt was the founder of the Herndon Free Clinic. In honor of her retirement, the clinic's annual community appreciation dinner on Oct. 20 at Hidden Creek Country Club in Reston has been renamed Founder's Day.

The Herndon Town Council passed a resolution honoring Jeanie's contributions to the community and the clinic's board of directors and volunteers presented Jeanie with a parting gift---a framed sketch of her face above the HFC logo with an accompanying inscription.

In 2003 Jean Recknell was presented the Eddie Hurley award and in 2004 Barb Black was the recipient of the Eddie Hurley award in the community volunteer's category. Jeanie and Jim Schmidt have retired to Minnesota.

Reflection on Pledge Drive

By now, most of you know that we're well on our way to subscribing our 1.2 million dollar operating budget for 2006. As of Thanksgiving, we have pledges in hand totaling over 600,000 dollars. Over the last two years this congregation has given over a million dollars per year! With God's help and your response, we can surely give 1.2 million dollars next year! Remember,

- Our 2006 Operating Budget includes payments for our mortgage. HUMC members are therefore asked to give at an increased level so that we will be able to meet our increased operating costs and make large mortgage payments. The church did not ask for separate Building Fund pledges for 2006; rather, the congregation was asked to make pledges that would be large enough to cover both operating and mortgage payments. Most congregations who complete a building fund pledge period, experience an increase in overall-all giving. We are on the way to doing the same!
- HUMC is a fortunate congregation. We have many gifted members. We have many blessed members. The average salary of our membership high enough so that we should have no financial problems whatsoever. Our past giving history underscores this!
- Even though we have not yet fully subscribed our 2006 Operating Budget through our pledges, we are going forward in faith, believing that God will provide! At the same time, our Finance Committee will carefully monitor our giving and expenses. Our plan is to be both optimistic that the congregation will give generously and we will be conservative with our spending.

So, let us all pray and respond to God. If you haven't yet pledged, let me encourage you to contact the church office and ask for a pledge card. If you have already pledged, but find that you can give more, let me encourage you to do that. Thank you for your consideration and your prayerful response. God bless you!



Grief is a Process.....

All of us have **given love to** and **received love from** someone we have since lost. When this loss occurs a new life journey begins. For many it is helpful to have a close friend, counselor, network or support group to help us walk this grief and mourning journey. If you find yourself in this walk whether it be a recent loss or a past one, and are feeling the need to express your feelings or just sit and listen, HUMC may have an outlet for you.

For six weeks beginning Monday, February 6 at 7pm, a "Grief Support Group" will meet to learn more about grief and mourning and the special needs we have during this on going process. The group will be led by laity and ministers from HUMC.

Everyone has a unique path through this journey so the meetings will use different approaches throughout the course to try and meet the needs of all. Quoting one of the authors (Alan D. Wolfelt, *Healing Your Grieving Heart*)

whose book will be used at times in the course, **"It is in having the courage to care for our own needs that we discover a fullness to living and loving again"**.

Use a little of this courage to join us in February! God Bless...

Contact Melissa Billman, 703-421-1104, for more information.



Congratulations HUMC!

You have made your Stephen Ministry program a huge success! However, as Pastor Justin put it, "we are victims of our success". Stephen Ministry at HUMC is ready, willing, and able to grow. But, like the church before the new building project, we just do not have the capacity to handle this growth and success. Once again, this is where we need your help. We can not grow this ministry without more people willing to become Stephen Ministers.

God may be calling out to you to get involved, but you don't know how. You really don't want to be part of a large committee or of one that has a lot of group activities. We would really like to speak to you. Stephen Ministry is really about people meeting one on one to share Christ's Word for those in some kind of life crisis. There's no sales pitch, no fundraising, no spotlight. Stephen Ministers are primarily behind the scenes. The Stephen Leaders (Shawn Boynton, Everludis Lopez, Brian Evans, and Pastor Justin) are the "front people" dealing with the congregation.

Our HUMC congregation definitely needs female Stephen Ministers. We are currently borrowing female Stephen Ministers from two other churches. We hope to get ourselves in a position to in turn help these other churches.

Stephen Ministers receive 50 hours of training locally from various Stephen Leaders and professional care givers. The training runs from February through May, with a commissioning service in June. We wish to offer a short session where you can get to know us and ask questions if you are interested. That session will be some time in early December. Please look for it on our Stephen Ministry bulletin board and in the weekly church bulletin on Sundays.

We truly desire to hear from you. Please pray about how God may use you in your HUMC Stephen Ministry. Stephen Leaders will gladly answer many of your Stephen Ministry questions

Shawn Boynton
703-481-1132

Building Update

We are on the final phase of construction and the celebration time is near! By the time you read this, the parking lots should be paved and useable. What a blessing to have all parking lots complete!

Weather permitting; the contractor is planning to obtain the occupancy permit by the last week of December. This is the final step to move in! Please pray for the final approval of the multitude of town, county, and Fire Marshall inspections required prior to receiving the occupancy permit.

As we close this exciting year of construction, we give praise to God for guiding and blessing us with this wonderful building and the endless opportunities it will provide to serve Him.

To the Building Committee, we cannot thank you enough for your endless work and positive attitudes.

Please pray daily for God's plan for you in the support of this exciting new mission at HUMC. It is up to us. Here we go!

Please call with any questions.

Karen Walker for the Building Committee @ 703-444-2674



HUMC Christmas Orchestra!

We are having our annual Christmas Orchestra on Sunday Morning, Dec. 18th at both services. Please dust off your instruments and join us for the fun and fellowship. We will have 2 rehearsals on the mornings of December 10th and 17th and then we will play at both services on the 18th. Please contact me for updates or questions at: musicdirector@herndonumc.org or call me at 703-251-0919.

Join our Choirs for the Christmas Season!

We will be praising our Savior this Christmas Season and we would love for you to join us!! There is never any pressure to join our groups. We have many part time singers and instrumentalists.

If you would like to make your Christmas Season more meaningful and special this year, then by all means, come join us for a few Sundays! We have a very good time Praising the Lord!

Our Schedules are:

Sundays

- 10:00 – Angel Choir (4 yrs.- 3rd Grade)
- 4:15 – Grace Ringers (5th – 8th Grade)
- 5:00 - Asbury Choir (4th – 6th Grade)
- 5:30 – Carillon Ringers (9th – 12th Grade)
- 6:30 – Genesis Choir (7th – 12th Grade)

Mondays

7:00 – Chancel Ringers (Adults)

Wednesdays

7:00 – Wesley Choir (Adults)



Keep in mind that we still need gifts to pay for our beautiful new piano!

Thanks,

David Helveston
Music Director



Welcome Our Newest Church Members

- Rebecca Johnston
45485 Pine Trail Terrace
Sterling 20164
703-899-8549
- Pearl Stevens
Judy Johnston
951 Bayshire Ct
Herndon 20170
703-437-8515

Helping Hands

Helping Hands Ministry provides meals and/or transportation to HUMC members facing a medical concern. We were pleased to provide six meals to church members last month. 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.





For Your Health

By Sherry Yuras

Alzheimer's Disease: Part Two—Treatment

The primary symptoms of Alzheimer's Disease include memory loss, confusion and problems with reasoning and thinking. Two classes of medications are now available for use in patients with AD. The "acetylcholinesterase inhibitors" such as Aricept, Exelon and Razadyne are used in early AD to prevent the breakdown of the chemical messenger in the brain that is important for memory and thinking skills. Perhaps 50% of people in the early stages see some improvement with these drugs. Another medication called Namenda is used in moderate to severe AD and works by regulating the activity of glutamate, one of the brain's special messengers that is essential to processing and retrieving information. New drug trials are being performed on medications such as anti-cholesterol medications (statins) and vaccines.

Behavior management remains the cornerstone of therapy for patients with AD. The fact is--the patient cannot learn new behaviors, thus the environment and the actions of the families/caregivers must be adapted to the patient's ability. These must be constantly evaluated and changed as the patient slowly changes in functional ability. Common problem behaviors include emotional outbursts, agitation, aggression, refusal of care, not eating, lack of oral hygiene, and wandering. Common causes of these behaviors may include pain, urinary urgency, medication changes, constipation, or infections. Suggestions for caregivers include: 1. simplify everything 2. establish routines 3. slow down, both physically and verbally 4. use repetition 5. monitor behavior 6. back off and then simplify if the patient starts to get agitated 7. minimize changes in environment.

Family members who provide care for loved ones with AD need care too. It is very stressful to be "on call" 24/7. It is physically exhausting. Respite care is essential. Caregivers need to learn to ask for help. People are often reluctant to step forward and offer help because they do not know what to do. Caregivers are at higher risk of depression, high blood pressure, ulcers, heart disease and immune system compromise. Assisted living and group homes may be appropriate. Some facilities specialize in AD and organizations such as Johns Hopkins University are developing new models of dementia care (www.morningsidehouse.com). The truth is that Medicare funding and insurance reimbursement for day care or home health care is poor at this point. The National Agency on Aging is working on policy changes. The best information on AD from research to care suggestions to the newest information on government policies that may affect your loved one, can be obtained through the AD Education and Referral Center (ADEAR) at www.alzheimers.org.

"I have come as a Light to shine in this dark world, so that all who put their trust in me will no longer wander in the darkness." John 12:46

Lenten Pageant to Replace Christmas Pageant This Year

We will not have a Christmas Pageant this year. We have rooms crammed with things as we are in renovation and building process. I just do not feel that I can safely have practices, etc. But the completed renovation of our existing building and the consecration of our addition in the coming year will be worth the wait.

Instead of the Christmas Pageant we will do a Lenten Pageant as a dinner theatre in our new building using the stage and fellowship hall.

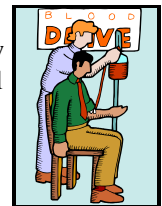
Look for all the details in 2006.

Blood Drive

The HUMC-TPC Blood Drive for the Holidays will be held in the Bloodmobile at OUR church on Sunday morning, December

4, from 7:45 a.m. until 12:15 p.m. We all know that this is a very critical time in the need for blood plasma. Please consider donating if you are in good health,

weigh at least 110 pounds and are 17 years or older. Additional information and the registration sheet is on our kiosk. If you have questions please phone Fred at 703/435-0020.



Fred Klinefelter



Endowment Fund

Christmas is coming and the joy of giving is all around us. Santa's on corners ringing bells to help remind you to give to those less fortunate. Giant Boxes wrapped as presents for donating to Toys for Tots, even Angels on Christmas trees to allow us to give gifts that have been requested by families in need. All of these giving opportunities are open to us in this blessed season.



The Endowment Committee would like to open your hearts to another way to give during this joyful time of year. Anyone may give a donation to the Endowment Fund. It is as easy as dropping an envelope marked "the endowment fund" into the offering plate with a 5 dollar bill in it or dropping a check into the offering plate with endowment fund written on the memo line. Any gift of any size is joyfully and thankfully received.

The money that goes into the Endowment Fund is never touched, only the future interest that the donated money generates. This is why your donations to the Endowment Fund is a gift that keeps on giving. It goes to fund the work of the church and its ministries into the future.

If you have any questions about the Endowment Fund you may call the church office, and they will make sure a member of the Endowment Committee is available to answer those questions.

Yours in Christ,
The Endowment Committee

LINK Toy Drive

HUMC is once again going to be the distribution sight for the LINK toy drive. We collect or get delivered thousands of toys from local civic and business organizations. We will be receiving and sorting toys on Sunday, December 18th from 1-5. We will be continuing to sort Monday from 10:00am-4:00pm. Local LINK families will be able to come on Monday and Tuesday nights the 19th and 20th of December to select toys for their children. Anyone interested in helping with this mission, please feel free to call the Preschool Office at (703) 435-5688 and speak with either Debby, Leslie, Gloria or Carol. We promise it would be the best Christmas present you could give yourself.



Guatemalen Craft Sale

Just in time for Christmas shopping, our friends from the Highland Support Project will be at Herndon UMC on Sunday, December 11, to sell Guatemalen and other Central American crafts and jewelry.



Commitment Update

Dear Congregation:

Thanks to all who have turned in their pledge cards! So far, we have received over 120 pledges totaling just over \$570,000. If you have not yet turned in your pledge card, please do so as soon as you can. We sent out over 600 pledge cards toward the goal of our \$1.2 million budget.



In addition, thanks to all those who have purchased furniture toward our effort of furnishing the new building. So far, we have received over \$10,000 toward our goal of \$25,000, and all but one Sunday School room is furnished. But we need your help with the new fellowship hall. If you have not yet pledged to purchase furniture, please consider buying chairs or tables today!!

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
Patrick White	Associate Music Director
Anne Harrison	Director of Program Ministries
Sarah Hooke	Organist
Deborah Burt	Director of Preschool
Cheryl Brock	Office Manager
Church Website	http://www.herndonumc.org
Prayer Chain	prayerchain@herndonumc.org

Join Us For a Blessed Holiday Season



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January Newsletter Deadline—Dec. 7th
You can e-mail your articles to: llombo@sigkit.com