



# Herndon United Methodist Church

January 2006

From Pastor David

## Many Honored Guests to Attend Consecration Service on February 12

Have you marked your calendar for the Consecration Service on February 12? This will be a rare opportunity to greet some very special former pastors, all gathered together for the first time in the history of HUMC:

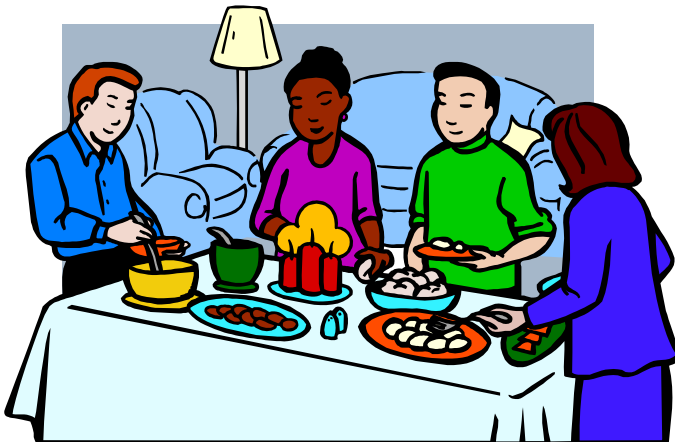
- ◆ David Balcom
- ◆ Bert Sikkelee
- ◆ Ed Garrett
- ◆ Brad Phillips
- ◆ Jannette Clavez

Other honored guests will include:

- ◆ Dr. and Mrs Fred Doe
- ◆ Bishop Charlene Kammerer
- ◆ District Superintendent Young Jin Cho
- ◆ District Lay Leader Shirley Cauffman.
- ◆ Town of Herndon Mayor Michael O'Reilly
- ◆ Architect Jim Koleszar
- ◆ Jack Bays Vice President R. Curt Nette

Finally, after a joyous, celebrative service of worship including Holy Communion, in our brand new Doe Hall, you will enjoy catching up with old friends while sharing a delicious catered meal together.

This will be a day you will not want to miss!



## Consecration Service

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.

*Thanks to all who gave to the angel tree this year. The Headstart children and their siblings greatly benefited from all the gifts received. Approximately 65 students along with their brothers and sisters were impacted by the congregation's generosity.*



## Our Missionaries Will Be Visiting

Missionaries Mike and Marable Southall-Vess will visit HUMC on January 21/22, 2006. We will be taking Mike and Marable to dinner and brunch following the Saturday and Sunday worship services. Everyone is welcome! They have completed their tour in Aizu, Japan. Mike & Marable will be spending the next few months visiting the congregations in the Virginia Conference which have supported them.

Thank you for helping HUMC meet our \$5,000 pledge for 2005. Marable has compiled "Aizu Faith Stories" of the Aizu Christian community. This 25-page account is presented in devotional guide format. Some of the faith stories are displayed on the Missions Bulletin Board near Room 4. If you would like to receive a free copy, contact Pat Simons (703) 481-5361 or [pat.simons@att.net](mailto:pat.simons@att.net).

***We Welcome  
Jane Larson  
as our new  
LINK Representative!***

***Thank you,  
Carol Lavery,  
for THIRTEEN (13)  
amazing years as our  
Representative!!***

## Missions Jug to Support Missionary Sarah Horton

Beginning in January, you will have the opportunity to support the work of our own Sarah, who is working with youth in Romania. Bring in those coins for the missions jug!



## Attention Men of HUMC Men's Retreat – Feb 3-4, 2006

### Theme: "The Challenge of Acting on Our Christian Beliefs"

Please join us for 24 hours of testosterone, fellowship and fun at the annual HUMC Men's Retreat – Feb 3-4. Departing late Friday afternoon and returning PM Saturday, we will be staying at the Mt. Zion Retreat Center, on the Shenandoah River near Charlestown, WV – a great place to take a bit of time for ourselves to relax and reflect.

Our program will focus on the challenges we face in acting on our beliefs as followers of Christ. Guarantee: Your batteries will be recharged and you will be happy you came.

Contact Larry Greenfield at 703-759-1527 (email [larry-greenfield@mindspring.com](mailto:larry-greenfield@mindspring.com)) for more information.



## 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.



## Baby Layette Ministry

The Katie McGuire Circle is requesting donations of items for baby layettes which will be assembled at their February 13, 2006 meeting. In particular, "onesies," sleepers, outfits, socks, undershirts, disposable diapers, hats, receiving blankets, baby toys, and rattles are especially needed. Preferred sizing would be for babies 0 - 6 months, or infant/newborn. Lightly used items along with new items are appreciated. So feel free to clean out closets, and to take advantage of after Christmas sales, and January clearance sales.

Due to current construction, an HUMC drop-off point for the baby layette items will be announced in the January and February church bulletins. Thank you, in advance, for your continued support of the ministry which benefits Northern Virginia Family Services based in Herndon, VA. The Katie McGuire Circle has received nice thank you notes and photos from the mothers who were past recipients of this congregation's kind donations.

## Commitment Update

Thanks to all those who have purchased furniture toward our effort of furnishing the new building. So far, we have received over \$12,000 toward our goal of \$25,000. We should have the classrooms furnished when we open the new wing.

We have received over 138 pledges totaling just over \$600,000 which puts us half way to our annual operating budget of \$1.2 million for next year.



## Wednesday Night Dinner Update

When we have occupancy of our new building we will set up the new WEDNESDAY NIGHT DINNER SCHEDULE and publicize it. Any fundraiser group who wants to do a dinner to make money for your cause should please contact Anne as soon as possible to get on the schedule.

We will need cleanup volunteers once we resume the dinners, let Anne know if you can help.



## Music has a New Schedule

The Music Department will be returning to its normal schedule in January!

### Sundays - starting Jan. 8th

- 4:15 - 5:00 Grace Ringers (Jr. High)
- 5:30 - 6:30 Carillon Ringers (Sr. High)
- 6:30 - 7:15 Genesis Choir (Jr. & Sr. High)

### Mondays - starting Jan. 9th

- 7:00 - 8:30 Chancel Ringers (Adults)



### Wednesdays - starting Jan. 4th

- 6:00 - 6:30 Cherub Choir (4 yr - K)
- 6:30 - 7:00 Angel Choir (1st - 3rd)
- 7:00 - 7:30 Celebration Ringers (Beginners)
- 7:30 - 8:15 Asbury Choir (4th - 6th)

**Please Come Join Us for fun and fellowship!**

Questions - See David Helveston 703-251-0919 or [musicdirector@herndonumc.org](mailto:musicdirector@herndonumc.org)

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## Welcome Our Newest Church Members

- Alison Allen  
1454 Greenmont Court  
Reston, VA 20190  
703-624-4815
- James & Diane Cooper  
11205 Bradbury Lane  
Reston, VA  
703-318-7403

## 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

# Sweet Dreams--Or Not??

How many of you wake up feeling tired? Maybe you have excessive daytime sleepiness and keep your partner awake with loud snoring? Are you too tired to enjoy your day? Perhaps you suffer from OBSTRUCTIVE SLEEP APNEA (OSA). Other symptoms may include restless sleep, morning headaches, morning sore throat or dry mouth, irritability, depression, difficulty concentrating or impotence. As estimated 12-18 million Americans have OSA and men are twice as likely than women to be afflicted with it. Although obesity is a common finding among OSA sufferers, not all are obese. OSA begins with an obstruction in the upper airway which can cause decreased airflow or complete obstruction of air during sleep. When breathing ceases partially or completely during sleep, the nervous system is triggered to increase the heart rate, increase the resistance in the blood vessels and increase the blood pressure. In fact 40-90% of people with OSA have hypertension and many of those have difficulty controlling their blood pressures with medication. These patients have a higher risk of irregular heart rhythms. They experience more heart attacks and have more fatal car accidents due to excessive sleepiness.

If a history of excessive fatigue is present accompanied by snoring, (and especially if the neck circumference is greater than 17 inches in men or 16 inches in women), then OSA should be suspected. The patient should be referred to a sleep laboratory for a "nocturnal polysomnographic test (NPSG)." This measures level of oxygen in the blood, brain activity, body position, breathing rate, heart rate, and so forth. It may be done in one or two nights.

Treatment of OSA is based on the severity of the condition. The worse it is, the higher the mortality rate is. Patients are encouraged to lose weight. The head of the bed should be elevated and strategies are used to prevent sleeping on the back. Any abnormalities of the nose or throat are corrected. Steroid nose sprays may be used to prevent mouth breathing. Occasionally a medication called Provigil is used to help with persistent sleepiness as long as other therapies are being incorporated. The gold standard of treatment is the continuous positive airway pressure device (CPAP). This is a mask that covers the nose and connected to a machine that helps keep the airway open during sleep. Research clearly shows that treatment with CPAP has reduced the risk of cardiovascular disease, motor vehicle accidents and improves quality of life.

If you think you may have any of the symptoms noted above, please talk to your primary care health provider about being assessed for OSA. It may not only improve how you feel, but it may save your life. "It is good to enjoy the pleasant light of day" (Ecclesiastes 11:7). For more information go to the American Sleep Apnea Association at [www.sleepapnea.org](http://www.sleepapnea.org)

*"The Lord is my shepherd;  
I have everything I need.  
He lets me rest in fields of green grass  
and leads me to quiet pools of fresh water.  
He gives me new strength"  
Psalms 23:1-3*

# Grief Support.... Is it for you?

Last month's newsletter introduced an upcoming series of classes at HUMC that will focus on Grief Support. Have you thought about joining us for a time of learning and reflection on the grief and mourning process that many are going through? You are not alone in this journey.

The series will be held for six weeks beginning Monday, February 6 at 7pm, 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.

If it is for you....join us! For more information contact Melissa Billman, 703-421-1104.

# Blood Drive

On December 4, thirty-one volunteers donated blood in the bloodmobile at our church; twenty-eight were from HUMC. During 2005 HUMC had over one hundred people volunteer for the four drives. During 2006 we plan to schedule four more drives, one per season. If you have questions please phone Fred at 703/435-0020.



Fred Klinefelter



## We've Gone And Done It Again!

Some of you may remember that HUMC partnered with Herndon High School back in 2001 to provide services to and with one another and for the greater community. Well, we've gone and done it again! On November 1, 2005 Pastor David and Principal Francis Ivey along with the partnership team met to sign a new partnership agreement. *Here's how we can use your help, we need:*

1. Guest speakers on a variety of topics--both vocational and hobby-oriented (e.g. photography)
2. Tutors on Wednesday nights
3. Home-baked cookies three times a year for Honor Roll Receptions
4. More members on the committee
5. Support for the baccalaureate reception

In return Herndon High School agrees to:

- ♦ provide occasional display of artwork in the HUMC narthex and classrooms
- ♦ provide a fine arts group to perform at HUMC
- ♦ offer preferential pricing and placement of HUMC advertising in selected school programming, promote the faith-based partnership in all school communications to the greater Herndon community, including web sites, school newsletters, school and community television, and community-attended school events.
- ♦ offer Pastor Ashley complimentary tickets to extra-curricular activities
- ♦ allow HUMC youth recreational use of grassy areas at HHS (e.g. front lawn) which are not designated as official playing fields.

This renewed partnership allows us the opportunity to be servant leaders in our community. With the addition of our new building there will be even more opportunities for ministry to the youth and families of Herndon. If you are interested in helping out, being a speaker on your vocation, allowing a student to shadow you at your job, tutoring, or serving on our team please let Pastor Ashley know.

In closing, I would like to thank those on our Partnership team: Sheridan Kramer, Lorraine Lappan, Anne Harrison, Lisa Lombardozzi, Sally Block, Sherry Amado, Peggy Perry (HHS Head of Guidance) and Jim Hannon (HHS Vice-Principal).



*HHS Principal, Frances Ivey, and Pastor David signing the new Partnership between HUMC and Herndon High School.*

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

*We Wish  
Everyone a  
Blessed  
New Year!!*



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

**Address Service Requested**

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Herndon, Virginia  
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*February Newsletter Deadline—Jan. 15th*  
*You can e-mail your articles to: [llombo@sigkit.com](mailto:llombo@sigkit.com)*