



Herndon United Methodist Church

February 2006

Commitment Update

At our last meeting, we dusted off the capital campaign video presentation from three years ago and took a look. It was amazing to us to look at the testimony of several members of our congregation and revisit the goals behind our expansion. It was truly inspiring to watch that video again! If you still have the video at home, we invite you to watch it before your next visit to church, and then see the result of all the effort and energy by so many people working together. We have all accomplished something fantastic!

In the video, we talked about two campaigns. The capital campaign and the regular offering. Our church raised over \$1 million in capital over the past three years to begin the new building. Starting this year, we have only one campaign which will go toward covering all costs with the new building and our ever expanding missions- all part of our plan for expanding the church. Our fall pledge campaign totaled over 140 pledges for \$600,000, which represents about half of the total funds needed to operate the church and all the new programs.

In addition to meeting the financial needs of the church, we still need a funds to purchase tables and chairs for the Gym. If you would like to help our with these additional needed furnishings, please stop by the office for the forms.

"Twas the Night Before Consecration"

As you know, we are gearing up for our Consecration Service in the new building on Sunday, Feb. 12. Our "Relax and Renew" Saturday night service that weekend will also be a special service of hymn singing, prayer, and blessings for the Consecration. All are welcome to join us at 5:30 on Feb. 11!

**Do you have gently-used
1st—3rd grade level books?
The ESOL department at Herndon High
School needs books to assist with
instruction. Donations can be dropped
off in the Main Office at Herndon High.**

Grief Support Is It For You?

Recent newsletters have 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! To sign up please fill out the blue flyer found at the Kiosk in the Narthex, deposit the form in the Congregational Care mailbox in the church office, and/or for more information contact Melissa Billman, 703-421-1104.

Notes from Endowment

Something new is coming to our new and improved Narthex. Please keep your eyes out for the new edition from the History and Endowment Committees. It will be something everyone from the church can enjoy.

Yours in Christ,
The History and Endowment
Committees



Thank You

*To the Congregation of
Herndon United Methodist—*

It was a year ago that I was in a fight, a personal fight with Breast Cancer. It was your support and your prayers that brought me to this day in good health. Herndon United Methodist, you helped bring me back from a place of dark struggle to a place of light and true blessings. The power of prayer is truly amazing and I think you each day for yours.

I feel a special warmth in my heart for the Morning Glory Circle as they often brought light into my struggle with a card and a kind word. It seemed when I was at my lowest, a card would come in the mail at just the right moment to give me strength to make it through the day. Thank you for your kindness, for your thoughtfulness, and for caring for those of us in the struggle. You have found a place in my heart for all time.

Relay for Life, and all of you that contribute to this worthy cause—thank you! You bring hope to so many in need.

God has blessed me with my restored health and your prayers and support has worked its miracles with His love shining through.

Love,
Rebecca Miller

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 clearance sales. The items may be dropped off in a collection bin located at HUMC in the old building. Please note: the collection bin has been moved from the old coat closet (which no longer exists), to the new coat closet located next to the new sacristy (which was the old kitchen). Thank you, in advance, for your continued support of the ministry which benefits Northern Virginia Family Services based in Sterling, VA.



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) for more information.



LINK Needs

The LINK pantry needs cereal, peanut butter and jelly, and spaghetti sauce. All other food supplies are plentiful.

LINK is in need of food packers. This is a one year commitment (longer if you would like). You would pack food one week a month for the remainder of the calendar year. You pack food Monday - Friday (or Tuesday - Saturday) at your convenience. The pantry is located on our church property.

LINK is in need of a volunteer to assist the LINK treasurer. The specific job needed is someone to do the bookkeeping for the food gift certificates distributed to needy families. LINK needs to maintain basic statistics on how many certificates are distributed and how many families from Herndon vs. Sterling vs. Ashburn received certificates. This data needs to be assimilated on a monthly basis.

LINK is in need of a volunteer to manage the bread donated to the pantry. Bread is delivered several days a week to the pantry. The bread needs to be sorted and put into the appropriate freezers. Someone is also needed to deliver surplus bread to the Closet in Herndon and other locations. If you desire to work with a local mission on a regular basis, this is the opportunity for you. You are not required to attend any meetings and the hours are VERY flexible. Please contact Carol Lavery (Carol.Lavery@cox.net) for more details.



Communion Classes



**FOR CHILDREN 2nd GRADE
AND OLDER
AND THEIR PARENTS
WILL BE OFFERED
SUNDAYS**

FEBRUARY 5, 19 & 26, 2006

10:30AM-11:30AM

**PARTICIPANTS WILL LEARN ABOUT
THE WAY WE REMEMBER JESUS'
GREAT LOVE FOR EACH ONE OF US**

**WE WILL REQUIRE THAT
AT LEAST ONE PARENT
(WE URGE BOTH PARENTS)
PARTICIPATE WITH YOUR CHILD**

**WE WILL CELEBRATE THE
CONCLUSION OF THE CLASS BY
TAKING COMMUNION TOGETHER ON
SUNDAY, MARCH 5 AT 9AM**

**SEE ANNE WITH QUESTIONS
AND/OR TO REGISTER**

**SPONSORED BY
CHILDREN'S PROGRAMMING
MINISTRY**



Music News

Don't Miss the Consecration of the New Building!

FEB 12th - All the Choirs will be singing together and the bells will be playing!

It will be an uplifting service with lots of great music! The music starts at 9:45!

Also this month:

Feb. 5th - 9:00 Genesis Choir; 10:30 Wesley Choir

Feb. 19th - 9:00 Carillon Ringers; 10:30 Wesley Choir

Feb. 26th - 9:00 Chancel Ringers; 10:30 Chancel & Wesley Choir

Don't forget that Ash Wednesday is March 1st.

Any questions, call David Helveston at 703-251-0919



"New Year, New Building... New Mortgage"

Just a reminder from your friends at Commitment and Finance that we all your help to reach our \$1.2 million budget this year. And please remember that both your regular giving and building fund contributions should be combined this year! Everyone needs to do their part so we can continue to do ministry in our fabulous new facility.

Questions? Please talk with any of the pastors, Cliff White (Finance Chair), or Scott Smith and Charlie Rothrock (Commitment Chairs).



HHS-HUMC Partnership News

Thanks to all who provided cookies for the Honor Roll Reception at Herndon High School, it was a great success!! 250 students came out for the reception that was hosted by the HHS/HUMC Partnership Committee. HUMC provided invitations, lemonade and cookies for all of the students and Pastor Ashley offered words of encouragement for students to keep up the good work. Thanks again for all you help, and a special thanks to Ruth Carter who helped with set up and clean up. Our next Honor Roll reception will be on February 27th, so be sure to get your cookies in by the 26th. Thanks again!

Pastor Ashley



Helping Hands

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.





For Your Health

By Sherry Yuras

A Few Odds and Ends For The Start Of 2006

Medicare

**If you are eligible for Medicare and are confused about your new benefits under Medicare Part D, you can receive information on the new prescription benefits and enrollment plans at the toll free number: 800-633-4227.

Immunizations Update

**The CDC's Advisory Committee on Immunization Practices voted in late October to recommend that adults 19 years and older be vaccinated with the newly licensed adult booster that has tetanus, diphtheria AND pertussis (whooping cough) vaccine. Adults need to update their tetanus shots every 10 years. The ACIP also voted to recommend adding Hepatitis A immunization to the routine immunization schedule for all children, not just for those who live in an area where the rate of disease is high. There will be new guidelines coming out from the American Academy of Pediatrics regarding this.

Also, if you are an adult and have not had chickenpox, you should see your provider about obtaining a varicella vaccine. This is a 2 part vaccine.

PAP Tests

**If you get routine pap smears, you should request that your provider test for HPV (human papilloma virus). HPV has been implicated as the cause of most cervical cancers and you can have a "normal" pap smear but yet still carry HPV. If you are positive for HPV, it would mean that you should have more frequent pap smears (every 6 months for instance). The state of Maryland has made automatic testing for HPV with paps mandatory but Virginia has not done so yet.

Rotavirus

**This is the peak season for Rotavirus- an acute onset of fever and vomiting followed by watery diarrhea that affects nearly all children by age 4. Over 60,000 children in the US are hospitalized annually for it. The virus can be detected by a special stool specimen test. Oral rehydration with Pedialyte(not juices or soda or sports drinks) is necessary and as soon as vomiting stops, get the child back on foods with complex carbohydrates like rice, potatoes, wheat as well as lean meats and yogurt, fruits and vegetables which are recommended even if diarrhea is present. The food helps to repair the mucosal lining of the intestine and shorten the duration of the disease. If your child seems lethargic you must take him to the ER to see if he needs IV hydration. A new vaccine to prevent Rotavirus is currently nearing licensure.

Nutrition Labels

**McDonald's will place nutrition information right on the wrappers of Big Macs and other entrees, cartons that hold french fries and drinking cups. They will have information on grams of fat, protein and carbohydrates, sodium and calories. Did you know that a Double Quarter Pounder is 730 calories! Half of what you need for an entire day! Wow!

"Grace fills empty spaces, but it can only enter where there is a void to receive it, and it is grace itself which makes this void." Simone Weil



Preschool News

The Preschool has had a super year with all the wonderful improvements and additions. The HUMC preschoolers and staff sure are lucky!!! It is hard to believe that it is now time to begin registration for next year!!! Below is the outline of the process. Please tell all your friends and neighbors.

Registration Schedule for 2006-2007

- **Thursday and Friday, Jan.12 & 13:** Registration materials sent home with current students
- **Tuesday, January 17- Friday, January 27:** Applications accepted from current students, siblings, and alumni, but will not be processed for placement until January 30. Applications received after school closing on January 27 will be processed once the priority registration is completed
- **Friday, January 27:** All applications need to be received by school closing. (January 27 is a Teacher Workday.)
- **Monday, January 30:** All applications received by school closing on Jan. 27 will be processed. If more applications are received than spaces are available for any program, processing of those applications will be done by lottery.
- **Feb. 5-26: Priority registration period for HUMC members.**
- **Tuesday, Feb. 28:** Lottery held for new registrations (which may be sent in any time before this date)

If you have any questions about the registration schedule, please call the Preschool Office at 703-435-5688.



2005 Finance Wrap Up and a Look Ahead

For the third straight year, the HUMC congregation and others donated more than \$1 million in 2005 to support church operations and the building fund. Not only that, the building fund campaign successfully concluded and exceeded its three year goal of raising \$1 million.

The commitment of the HUMC congregation to support its ministries and the \$4 million building addition has been extraordinary. Now that the new addition is open – and the mortgage taken out to build it is upon us – our calendar year 2006 budget will be \$1.2 million.

That means that support of church operations, including the new mortgage, will rely upon continued generous financial stewardship. To meet the budget this year, the church will need contributions equal to last year's giving to the general offering and building fund, plus an additional 10-20%. This year's giving will be simplified somewhat by going back to the single weekly or monthly offering envelopes, in place of the separate building contributions that we made during the three year building fund campaign.

Your Finance Ministry is confident that HUMC will be able to meet its enhanced financial obligations in 2006. The HUMC congregation has always proved faithful in giving in past years. That generosity and commitment will be more essential than ever as move forward in the new year.



Building Update

As we enter into the new year and participate in all the exciting activities filling our new building, we are reminded of how far we have come. It's such a blessing to see the growth of ministry the new building brings and a joy to see the fruits of all the financial labor involved in the building campaign. I feel it is important to restate the original plan as we move into the second financial phase, especially for all the new members that have joined since this project was put into place in 2002.

In 2002, after a year of gathering data, the budget for the needs and the wants was determined. The membership felt strongly that the mortgage would be for the building only and that the furnishings would not be bought through a loan. In keeping with the original congregational request, the trustees, finance, and building committees are currently developing the furnishings schedule. To date, you have supported the current priority furnishings list of \$20,000, with \$13,000 in giving. For the sake of good stewardship, it is essential for all requests to come through trustees to the finance committee.

Our greatest challenge is to remember our responsibility to support the operations budget. As you know from the beginning, our current facility requires the same level of giving as the operations and building campaign of the past 3 years. I strongly urge you to look at the church budget and thank all those members who work so hard to keep the costs so well controlled. We are very blessed to have so many great committee chairs that are wonderful stewards of your financial commitments. They give countless hours to make your needs (and wishes) for the new building a reality.

Thank you for supporting your prayer guided wish for HUMC! As always, please call with any questions.

Karen Walker
Building Finance Committee



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

*Find out more
about our
Communion
Classes on
page 3*



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



March Newsletter Deadline—Feb. 15th
You can e-mail your articles to: lisalombo@signaturecos.com