



# Herndon United Methodist Church

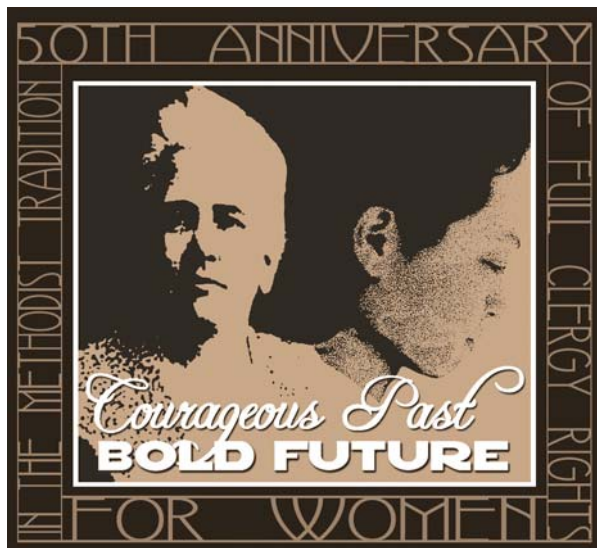
May 2006

From Pastor Ashley

## Full Clergy Rights for Women

2006 marks the 50<sup>th</sup> Anniversary of Full Clergy Rights for Women in the United Methodist Church. To mark this occasion here at Herndon UMC the bulletin board outside of Anne's office displays biographies of the clergywomen who have served our congregation. I hope that you will stop by and read the information gathered by Sheridan Kramer and the History Committee. Herndon UMC has been blessed by the service of Gay Bulach, Susan Duchesneau, Mary Mason, Sandra Stamey, Pam Sawyer and Jannette Calvez.

I have been personally blessed by Becky Cloud who was a lay person at HUMC in the 80's and who is now an Elder in our Conference. Becky was the first clergywoman I ever met and has been a mentor to me for 12 years. I am so thankful for Becky and other clergywomen who have paved the way for me. Their determination and hard work has made the process toward ordination much easier for me. I am also thankful for their faithful witness to the work of the Holy Spirit in not backing down when told they could not serve as pastors merely because they are women. Because of their *courageous* past I have a **bold** future!



## Recycling

Please remember to recycle glass, metal and plastic containers in the kitchen. No food or trash, please.



## MOMS Circle Welcomes You

The MOMS Circle met on April 6th at the church. We'd love to have you join us! Our next meeting is May 4th at 7:30PM. Call Therese Chesnutt at (703) 437-7825 for more information.

## Blood Drive

The remaining blood drives for 2006 are:

- June 18, Sunday, at Trinity Presbyterian Church
- October 28, Saturday--Harvest Bazaar--at HUMC
- December 31, Sunday, at HUMC.

Please mark your calendars.





## LINK Needs

LINK needs a Food Coordinator for the first half of August and December. Anyone interested can contact Carol Lavery at Carol.Lavery@cox.net. This volunteer opportunity can be done at home, basically at your convenience between the hours of 8 am and 4 pm. It typically takes about one hour a day.

Also, June is our church's month to deliver LINK food this year. Mark your calendars!!



## ESL Class Update

The Herndon/Trinity Spring ESL program is in full swing with 40 registered students. Average attendance is 25 per night with 5 to 6 children in childcare. Our students come from the following countries: France, Russia, China, Poland, Korea, Vietnam, Sudan, Taiwan, Afghanistan, India, Guatemala, El Salvador, Peru, Honduras, and Columbia. Thank you to HUMC teachers Steve Bowers, Jean Jiao, Alison Allen, and Al Benson. A graduation celebration will be held on May 25.

## An Invitation to Humility

At the beginning of our week in "Nawlins," six days before Passion/Palm Sunday, our hosts at Parkway Presbyterian Church in Metairie, Louisiana announced, much to our surprise and relief, that they would daily wash our dirty clothes. So, after my first day of laboring in hot, muggy Gulf Coast weather shoveling off old roof shingles and blanketing plywood with grimy tar paper, I was eager to cast my simple laborer's vestments into the Parkway laundry basket along with that of all the other men. Later, after learning the church wanted everyone's garments labeled and sorted in separate bags, I got down on my knees and fished through everyone's soiled, damp clothing in order to find mine. I started thinking about the Presbyterians who would do my filthy laundry. I shuddered as I thought about them handling my sweaty, mucky stuff.

I wonder if Jesus' disciples experienced a similar feeling when their Lord girded himself with a towel and started cleaning their hot, dusty feet. Maybe when they got past their own shuddering, they understood the necessity of adopting Jesus' extraordinarily effective humility.

Like Jesus, the good people of Parkway Presbyterian helped me, through their own humble service, to receive the gift of realizing my need for infusing my service to the residents of New Orleans with genuine humility. I knew I had to enter a home, however broken and cluttered with refuse, with my head bowed in reverence. I had to accept my role as a mere stranger sent to enter the ruins of someone's sacred personal life. Perhaps I would snatch up their washed-out wedding albums or their children's beloved stuffed animals, now heavy-laden with mold and mud. I knew I had to sadly cast these once precious keepsakes outside onto a horrid pile of indiscriminant rubbish. The only possible way I could do it was with the awareness that I was a humble servant of Jesus Christ.

Pastor David Manner



## Thanks to everyone who made Holy week a success!

The wonderful talent displayed this week was truly inspiring! If you missed the "Last Supper" on Friday, you not only missed an inspiring reenactment, you also missed some great music!

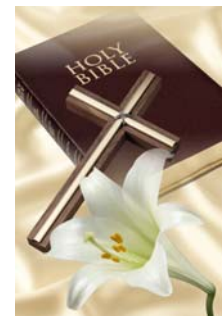
**Coming up in May:**

7<sup>th</sup> – 9:00 Genesis/Organ; 10:30 – Wesley/Organ  
14<sup>th</sup> – 9:00 Angel/Asbury; 10:30 Angel/Wesley/Organ  
21<sup>st</sup> – Carillon & Wesley/Grace; 10:30 – Carillon &

Wesley/Organ

28<sup>th</sup> – Chancel/Organ; 10:30 – Wesley/Organ

**Also, be on the lookout for the upcoming "Youth Musical" (for details, see Patrick)**





*For Your Health by Sherry Yuras*

## SUMMER TRAVEL—Way Cool, But Be Prepared



Summer is just around the corner and perhaps you will be joining a VIM group to Guatemala, or flying to Africa for a safari or just heading to an island in the south for a little R&R-- you might want to think about some of these issues and plan in advance. If you are traveling somewhere out of the ordinary, here are some tips.

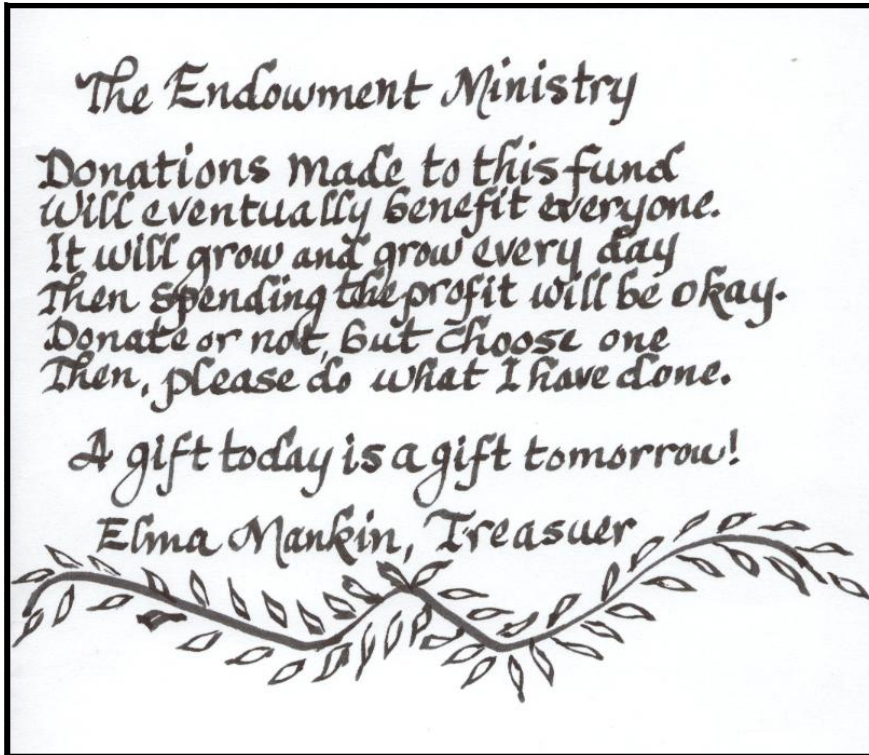
Hepatitis A Vaccine is recommended for children over the age of one and is given in two doses separated by at least 6 months. The incidence of this preventable disease is 3 to 20 infections for every 1,000 person-months of travel. Children can be infected and show no symptoms, yet transmit it for several months to others. It is spread by oral-fecal route and thus hand washing and avoiding contaminated food helps to decrease the risk of exposure to the disease. Most countries outside of the US, Canada, Western Europe and Australia have high incidences. As our New Orleans VIM Volunteers discovered, the supply of Hepatitis A vaccine can vary or be back-ordered, even at the local Health Department. The first dose protects travelers within two to four weeks of administration.

Make sure your routine immunizations such as Tetanus, Hepatitis B and Polio are up to date and check to see if you should have meningitis vaccine.

Malaria prevention begins with avoiding contact with mosquitoes. Check the website at the Centers for Disease Control to see if the area you are traveling to is endemic. You need to pack clothes that cover arms and legs and use bed nets, and repellent with DEET. New formulations of microencapsulated DEET such as Sawyers Controlled Release 20% and 3M Ultrathon Lotion with 23% DEET last longer on the skin and have less systemic absorption than the alcohol based products. Do not apply it to the hands or face of young children, but do apply to all other exposed skin regions. Treat clothing with 0.5% Permethrin. This will remain effective for weeks, even after clothes are washed. Chloroquine was the first medication used for malaria prevention, but due to widespread resistance to the drug, its use is geographically limited. Mefloquine (Lariam) is generally recommended for children of any age but should NOT be given to children with psychiatric diseases, seizure disorders, or cardiac issues. It tastes very bitter. Adolescents and adults who take this medication often report vivid dreams and a non-specific sense of "feeling odd." Malarone, another alternative is more expensive, but has fewer neuropsychiatric side effects and has a tastier pediatric formulation. It is given one day before arrival to the area and continued through 7 days after leaving an area. Doxycycline is another alternative but can cause skin sensitivity to sunlight and cannot be given to children under the age of 8 and can lead to yeast type infections of mucous membranes.

Traveler's Diarrhea is such a common complication of travel it has nicknames like "Montezuma's Revenge" and "Tut's Tummy." Although it can be inconvenient to adults, in children it can lead to dehydration. Oral rehydration therapy is the mainstay of management. Take some ORT packets from home with you to mix in bottled water. It is available in most pharmacies throughout the world. Continue to eat food if not vomiting. Taking fluids alone ("clear liquids only") has been shown to lengthen the duration of diarrhea. Traveler's Diarrhea is often caused by one of about 3 types of bacteria. The antibiotic Cipro given twice a day for 3 days is most often given to adults. Another new antibiotic used is . There are not licensed for use under the age of 18. Azithromycin ("Zithromax") is an option for treating children although the FDA has not indicated it as a use in this setting. Pepto-Bismol can be given to adults, but NOT to children. Again, washing hands with soap and water helps to provide protection before eating to prevent infection. Water-free hand sanitizer can be used if hand washing is not available, but should be limited in small children due to the potential risk of toxic absorption. Never consume tap water, or use juice or ice made from tap water or brush teeth with tap water. Check that the seal on bottled water has not been broken. For food safety remember this phrase: "boil it, cook it, peel it or forget it." Remember that even an innocent looking fresh food like lettuce on top of a sandwich can be unsafe.

Create a "Patient Portfolio Page" to carry with you. Keep it with your passport in a passport safe around your neck and tucked out of sight. List your vaccination information, list of all current and recent medications, including dosages, allergies, summary of medical histories including any previous surgeries, list emergency contacts, healthcare provider's name/ phone number, your health insurance information, date of birth, addresses of where you will be staying. Make sure to leave a copy of this information with your emergency contact at home. Carry an extra pair of prescription glasses. If your ears are sensitive to pressure changes on airplanes, buy a \$5 pair of "EAR PLANES" to wear for take off and an hour before landing (available in regular drug stores, not Giant).



Church, Society, and Missions

## Spring Clothing Drive Gift Certificate Update

Thanks to all who participated in the Spring Clothing Drive for the families at the Herndon Neighborhood Resource Center. Families were chosen because the children are enrolled in one or more programs at the center, such as tutoring, clinics, ESL. We have collected 55 gift certificates so the families can take their children shopping to purchase new spring outfits. Each family was also given information about HUMC Easter services and our regular weekly services. Be on the lookout for new visitors and be sure to give them a warm HUMC welcome!



## For Your Health

*Continued from page 3*

Before you travel, ask if there are any current outbreaks of disease or health concerns at your destination. Ask where the nearest reliable source of health care is. Ask if it is safe to swim. Ask if it is safe for your children to eat a favorite food at the location and if you can eat the fruits or vegetables at your hotel. Are there specific foods you should avoid?

Find out if your health insurance will be valid where you are traveling. Evacuation insurance which covers emergency evacuation and access to health-care is available through providers like SOS, MEDEX and CMI.

For more information check out: the CDC at [www.cdc.gov/travel/](http://www.cdc.gov/travel/) or International Society of Travel Medicine at [www.istm.org](http://www.istm.org) the US State Department overseas travel advisory at <http://travel.state.gov>

Caio and have a safe and healthy trip!





## Library Thank You

Much gratitude and appreciation is given to the many persons and groups who have helped to furnish and update the Library in honor of Ruth Updike. If you haven't taken a look yet in room 106 in our new building, please do so. It is beautiful and perfectly honoring of one of our special church members, Ruth Updike.

Many thanks are expressed to the following:

Bookcases – **The Duppstads, Ruby Wheeler, UMW Executive Board and Mary Martha Circle**

Kinkade Picture – **The Virdens**

Kinkade Bible and wooden magazine holders – **The Klinefelters**

Children's Picture – **The Knotts**

Picture of Ruth Updike – **The Updike Family**

Table – **Through Steve Anderson's business**

Chairs – **Through Jeff Nettnin**

Plexiglass for the table – **Charlie Coon** had it cut

Display case for Ruth's mementos – Being built by **Burger**

**Cabinets** and donated by **Mary Burger**

And a big thank you to **Anne Harrison** for helping to coordinate everything!

As you can see, we have been truly blessed by many persons and this Library will be a blessing to many others.

With much gratitude,  
Allison Harbick for the HUMC Congregation

## Thank you, Stephanie....

Some of you are aware that we have a HUMC Helping Hands Ministry that can provide meals and transportation for our church family in times of illness, grief, etc. Stephanie Darling has been our Helping Hands coordinator, working tirelessly in the background, phoning members of our church family, offering assistance, frequently being told 'no thank you, we do not need any help'. When help is accepted, Stephanie contacts her Helping Hands Ministers via email to organize meals or transportation!!! All of this is done without fanfare and without 'special recognition'....

Stephanie Darling and her family have to leave HUMC because of relocating to another area. Her service will be greatly missed by the Congregational Care Ministry. **Thank you, Stephanie....** for serving as Christ's hands to this congregation. We appreciate your willingness to serve, your positive spirit, and your ability to be 'gracious' when receiving those 'no thank you's'.

As a congregation, please take a moment and send a card or say a personal 'thank you' to Stephanie for her service. Godspeed to you and your family!!



## "Cropping Out Cancer" Scrapbooking Night - A Relay for Life Event

On Friday, May 12th at 6pm to midnight in the Fellowship Hall. \$15 per person. All proceeds will be donated to the American Cancer Society. Come have some fun while you get your albums completed! If you would like to start a scrapbooking project this is a great way to begin! Carolyn will also teach us some new techniques to get those albums completed! Pizza, snacks and drinks provided.

Contact Creative Memories consultant Carolyn Ocel (703-444-9327) at [albums4u@cox.net](mailto:albums4u@cox.net) or Marcia Stewart at [smstewart3@att.net](mailto:smstewart3@att.net) or at 703-406-2112.

In order to reserve your spot please mail your reservation to Carolyn Ocel, 1426 Cellar Creek Way, Herndon by 5/9/06. Make checks payable to Carolyn Ocel.





**Herndon  
United**

# Youth Newsletter

<i>Dates to Remember</i>	
JR High 5pm SR High 7:15PM	5/1
Coed Volleyball 7-8pm	5/11
NO UMYF Happy Mothers Day	5/14
11:45 AM Planning Ses- sion JR High 5pm SR High 7:15pm	5/21
Coed Volleyball 7-8pm	5/25
<b>GAME NIGHT</b> JR High 5pm SR High 7:15pm	5/28
Last UMYF Meeting JR High 5pm SR High 7:15pm	6/4

## Beanie Babies

Thank you for donating beanie babies to send to Sarah Horton and the orphans of Romania. We collected over 800 beanie babies to send with Sarah's parents!! Way to go!

## Youth Stock

This year we raised \$910 from our Youth Stock sales. Thank you to all those who have faith and took stock in our youth! Pray that we will con-

tinue to seek God's will and direction in all that we do this year. May we always work together to bring God glory and honor!

## GAME NIGHT!

On Sunday May 28th we will have a night filled with games, fun, and fellowship. SO- bring a friend and come hang out at the church!

We will also begin working on customizing our rooms this night so bring your ideas and creativity too!

## Youth Council Planning Session May 21 11:45 AM

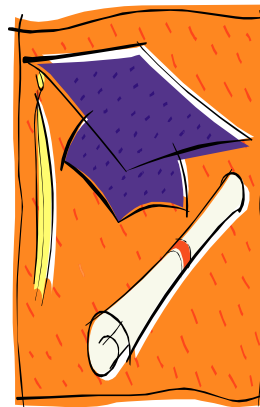
Bring your ideas for next year! Youth and adults will meet together to plan our programs, trips, retreats and FUN- so if you have something you'd like to see us do (or never do again haha) come to the Youth Council Planning Session on Sunday May 21st! We will meet in the SR High Room

**Lunch will be provided!**

## Calling all SENIORS!!

Did you know that HUMC has a college scholarship? Well, WE DO! All you have to do is apply!

Look for information packets in the narthex at the kiosk soon.



**Tutoring  
Wednesdays  
6:45-7:45  
Science  
Math  
Foreign Language  
English**

*See Pastor Ashley for more details*

## PASTOR ASHLEY'S CONTACT INFO:

Email: [pastorashley@herndonumc.org](mailto:pastorashley@herndonumc.org)  
IM: HeyDelores

Office #: (703) 471-0627  
Cell #: (703) 431-6618

## 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.      Relax and Renew, Casual Worship at HUMC

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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>

*Inside This  
Month -*

*Prepare for  
Summer  
Vacations*



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

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*June Newsletter Deadline—May 15th*  
*You can e-mail your articles to: [lisalombo@signaturecos.com](mailto:lisalombo@signaturecos.com)*