



Herndon United Methodist Church

June 2006

Mission Moment

Can You Live without Water and Bleach?

The answer is no, of course. Well neither can the people devastated by hurricane Katrina in New Orleans. Today, nine months after the hurricane, the people of that area are still without water and electricity in some areas. The basic needs are water and bleach. We will be collecting water and bleach during July and August and plan to send two shipments down. Watch for details in the June and July bulletins, and thanks for helping us Keep Hope Alive!



Stephen Ministry Corner

We are less than a month away from commissioning our third group of Stephen Ministers. Please look for the commissioning schedule in upcoming Sunday bulletins. The class of 12 trainees continues to be very energetic and full of the Holy Spirit. The Lord has once again blessed us with wonderful people to bring this ministry to our community. The leadership team (especially Brian Evans and Everludis Lopez) are doing a terrific job organizing the classes and our Stephen Ministers (Cheryl Brock, Melissa Billman, Jane Perry, and Vee Berno) are leading the classes in an outstanding and Spirit-filled manner. We truly appreciate all your prayers and praise. Please remember that this ministry is here to support you, the congregation and the community. Contact Shawn Boynton (703-481-1132) or Pastor Justin (at the HUMC office) to discuss how Stephen Ministry can be a part of your life in any way.

NO CHILDREN'S SUNDAY SCHOOL ON SUNDAY, MAY 28 MEMORIAL DAY WEEKEND

Recycling

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



Blood Drive

Our next blood drive will be held Sunday morning, June 18 at Trinity Presbyterian Church. Please review the requirements and register at the kiosk in our narthex. Our Inova Hospital complex requires and uses about 200 units of blood each day; so with a good drive we can provide about 20% of one day's need. Please make an effort to give at this drive.

Our fall drive will be late in the season as we will hold it on the day of the bazaar, October 28. With a minimum spacing between donations of 56 days we have three weeks open time in late August to hold an extra (5th) drive this year and still have enough space to meet our time restrains. If enough of you are interested and if Inova has an opening at that time I will try to schedule another drive in August. Please let me know whether or not we should try for another donation.

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

June is our church's month to deliver LINK food this year. Mark your calendars!! A sign up list will be posted in the narthex. This is a great opportunity to give back to those in need and participate with the whole family!!



Volunteers Needed for Youth Task Force

Are you interested in planning events that would draw the attention of not only HUMC's youth but also the youth of the Herndon area? Do you have a passion for making HUMC a safe and attractive place for youth to gather? Would you like to volunteer on a short term basis without major time commitments?

HUMC is forming an ad hoc task force to outreach to the youth in our communities and would value your participation. If interested, please contact Pastor Ashley by phone (703-471-0627) or by email (pastorashley@herndonumc.org).

Fun with Friends

HUMC Family:

Can you believe that spring is already upon us? Did you make it to all the activities at Spring Fling? Have you invited friends and neighbors to join us? Here is just a small sample of the activities we've had so far:

- Wednesday night fellowship dinners
- Two NEW Adult Sunday school classes
- Junior and Senior High lock-ins
- Children's Lenten Musical
- Wednesday night tutoring
- Men's Monday night basketball
- Ladies Thursday Volleyball
- Youth vs. Adults Volleyball Tournament
- Sunday night youth group
- Spring Fling!!
- And much more space for Sunday school, Bible studies, and week-night meetings!!!



So how do we keep these activities going? We need your support!! We all need to do our part to fund our budget. Our expenses are \$85,000 a month, including our new \$23,000 per month mortgage. Can you do your part?

In His Service,

The Commitment Ministries Team

Growing in Faith





Thank You For Your Support

Thanks to each and everyone who supported our Volunteer In Missions team on our recent trip to New Orleans. Whether you donated supplies, money, prayers, cards, thoughts, etc. all were truly appreciated. We felt at times like we had the entire congregation working along side of us. It was an amazing and incredible experience for us. Please check the Joys & Concerns Bulletin Board for updates on what we're doing to continue supporting the people of New Orleans. You will also find correspondence there from people we met, helped and learned to carry in our hearts forever. We much appreciation and gratitude for your wonderful care and support!

VIM Team

*"Our attitude toward life determines life's attitude towards us."
--Earl Nightingale*

Last Fellowship Dinner

Our last Wednesday Night Fellowship Dinner of this school year will be Wednesday, June 14.

Join us at 6PM. We are also looking for some folks to help with cleanup following the June 7 and 14 dinners. If you could help please let Anne know.

VBS Registration Underway

VBS registration is in progress. Registration packets in narthex. Lots of volunteers needed. See Anne with any questions. In the narthex you will find a poster listing items we need to help with VBS - if you'd like to donate something please sign up on the poster.

Looking for Smiling Faces

Hopitality Ministry is looking for some smiling faces and helping hands to help serve lemonade during June/July/August. If you can help on a Sunday, please contact Bonnie Hagstrom at 703-430-1914 or Beth Czerwinski at 703-437-3898.





For Your Health by Sherry Yuras

Do You Have The Creepy Crawlys???

Ever have uncontrollable urges to move your legs, or have uncomfortable creepy, crawly, burning or twitching, aching or restlessness in your legs at rest or during the night? You could be one of the 5-15% of the population who suffer from Restless Legs Syndrome (RLS). Many of these people also exhibit periodic limb movement during sleep. RLS can cause pain and discomfort, sleep disturbances, emotional stress, excessive day sleepiness and general fatigue. Although fairly common, it is not well understood and is underdiagnosed and undertreated.

The National Sleep Foundation reported that more women have RLS than men, but surprisingly, it can occur in children and often mimics symptoms of attention deficit disorder. 40% of sufferers reported their symptoms started before the age of 20. It often appears in pregnancy and in iron deficiency anemia, but most of the time, there is no good reason for its prevalence in an otherwise healthy person. Iron deficiency has been implicated in many cases of RLS.

There are 4 essential criteria that must be present to diagnose RLS. 1. An urge to move the legs, usually accompanied by uncomfortable or unpleasant sensations. 2. The urge to move the legs or the uncomfortable sensations begin or worsen during periods of rest such as lying or sitting, 3. The urge to move or the sensations are partially or totally relieved by movement such as walking or stretching, 4. The urge to move or the sensations are worse in the night or evening than the day time.

Obviously, the quality of one's life is negatively impacted by RLS. If a blood count, liver iron stores and kidney functions are all normal, then the primary care provider may consider medication to reduce the symptoms along with lifestyle modifications that include elimination of alcohol, tobacco, and caffeine. Drugs that are used include Parkinsons types medications such as Sinemet, Dopamine Agonists (Requip and Permax), Benzodiazepines (Klonopin) and Anti-convulsants (Neurontin) Currently the Dopamine agonist medications like Requip taken 1-3 hours before bedtime are most favored for initial treatment, New medications are being tested.

If you think you might have symptoms of RLS and would like to get a good night's sleep, talk to your primary care provider about evaluation and treatment of this common but very bothersome disorder.



Welcome New Members

Grant Amado
Wesley Amonett
Sarah Anderson
Robert Arace
Brittany Bishop
Bryce Bishop
Elizabeth Block
Wesley Casson
Chris Czerwinski
Samuel Eaddy
Allison Fleig
Steven Geyer
Lisa Geyer
Diana Grace
Michael Gurlitz
Joel Hagstrom
Aaron Helveston
Michael Kuhns
Daniel Lavery
John Leonard
Samuel Medvene
Devon Miller
John Moberly
Laura Moberly
Felicia Phillips
Colleen Rice
Riley Rice
Chelsea Robinson
Emily Ronis
Brian Skinnell





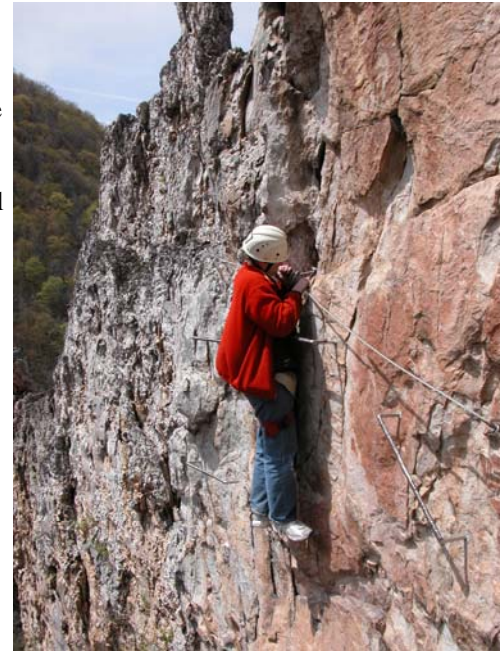
News from Boy Scout Troop 157

Troop 157 went on a rock climbing trip to “The Via Ferrata” in West Virginia on April 28th to April 30th. This trip was designed to test us boys both mentally and physically, but mostly mentally, and each year we try to go. On Saturday we headed out to the rocks to be greeted by our guides and start our climb as early as possible. We finished the first half including the Scheisse turn by about eleven and then waited at the bridge. Now this bridge isn’t a nice solid one, the planks are three feet apart and you can’t help but see the ground 300 feet down. Once you pass the bridge it is just like the beginning all the way until the end. We walked down a long and very curvy path to the parking lot and then headed back to camp. We left at 10 AM on Sunday for the 4-6 hour drive back.

Bready Park clean up is our troop’s commitment to the community. Every month we pick up trash at the community center and Bready Park. This month the Flaming Arrows patrol removed nine bags of trash, cigarette butts and the occasional golf ball.

Talking about merit badges, we have some boys in our troop who will be completing the Cycling merit badge. One of the upcoming weekends Mr. Dufrene will be taking that group of boys on their planned trip to finish the badge.

In June, the Troop will again be selling lemonade as part of the Herndon Town Festival. The Troop will also be manning the water stops along the 10K race route on Sunday morning. For the third year, Troop 157 will be distributing information about organ donor awareness at our lemonade stand.



Youth Led Missions

Rumor has it that some people have questions about the future of Youth Led Missions at HUMC. Rest assured that Youth Led Missions WILL always continue at HUMC! Future locations may change over the years to offer a variety of service opportunities for the youth, and to recognize the wide range of needs throughout our country. These possibilities have been discussed at Youth Council meetings over the past year, and we’ll keep you posted on the opportunities we explore. If you have any questions or concerns please contact Pastor Ashley at PastorAshley@HerndonUMC.org or (703) 431-6618.



It’s Cookie Time Again!



Calling all bakers, this will be our last call for cookies this school year. HUMC will once again sponsor the Baccalaureate Reception at Herndon High School on June 11th at 7:30pm. You have been so wonderful in baking cookies throughout the year for the Honor Roll Receptions at the High School and I cannot thank you enough! The church always gets so many complements on our cookies! So I know you can do a wonderful job this time too! Please drop your cookies off at Pastor Ashley’s office by the afternoon of Sunday June 11th.

Worship Services

Sundays

9:00 a.m. Worship Service and Nursery
10:30 a.m. Worship Service, Nursery and Child Care

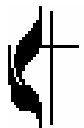
Saturdays

5:30 p.m. Relax and Renew, Casual Worship at HUMC

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

*Inside This
Month -*

*Read About
Boy Scout
Troop 157*



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