



Herndon United Methodist Church

July 2006

ENDOWMENT: Planning for the Future

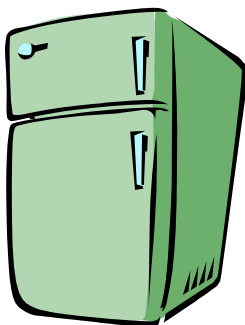
Today, a college education fund can be started for an infant, almost before birth. The purpose of such a fund is, of course, to provide the financial stability to obtain the goal of a college education. HUMC's Endowment Fund has a similar purpose: to enhance the mission of HUMC independent of and apart from the annual operating budget. Gifts, donations, and bequests to the HUMC Endowment Fund will accumulate until the total assets of the Fund reach \$250,000 at which time interest from the principal may be distributed.

If you would like to make a donation to the Endowment Fund, please make checks to HUMC and write "Endowment" on the memo line.

If you would like to talk to the Endowment Ministry about naming HUMC in your will or including HUMC in your estate, please contact our senior pastor, David Manner at 703-471-0627.



Buying an Appliance?



If anyone purchases large appliances (or anything that comes in a huge box) I would like to ask that you donate the box to HUMC. We are hosting a "Walk A Mile With A Smile Event" at HUMC in October for elementary kids and parents and we'll need LOTS of huge boxes. Participants will sleep in the boxes to learn a little about the feeling of homelessness. Contact Anne Harrison with questions.

Recycling

Please remember to recycle cans, plastic and glass containers in the kitchen. I will be collecting the recycling on a regular schedule on Sundays during the summer. If you have an activity during the week and fill the recycling container, please call me (Joy Reed at 703-437-7584) and I will collect it early.



Blood Drive

We will have another (fifth) blood drive this year on Sunday, August 20 as this is more than the minimum of 112 days between our drives on June 18 and October 28, the Bazaar. As the blood supply is always critical this will be a good way to do our part to help. We will have our last drive on December 31, for this is just past the minimum time from the Bazaar drive. All three drives will be held at HUMC.

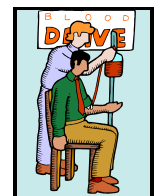
The remaining blood drives for 2006 are:

- August 20, at HUMC
- October 28, Saturday--

Harvest Bazaar--at HUMC

- December 31, Sunday, at HUMC.

Please mark your calendars.





LINK Needs

The LINK Pantry needs cereal, canned fruit, canned meats, disposable diapers, and personal hygiene products. Please put your donations in a box in the narthex.



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).

Our 2006 High School Graduates

Herndon High School

Eric Walker – Radford University
Wes Burt – Radford University
Aron O'Connor -- Notre Dame University
Carrie Delisio – George Mason University
Robert Grace – Christopher Newport University
Ryan Anderson – James Madison University
Kristin S. Leonard – York College of PA
Daniel Lombardozzi – Coastal Carolina University

Chantilly High School

Alyssa Klet – University of MD

South Lakes High School

Audrey Malcolm -- Longwood
Erin Devolites – NOVA



Spring Creek Lodge Academy

Jay Hamrick – NOVA

Our 2006 College Graduates

George Mason University

Kaitlin Kersey

George Mason University School of Law

Kimberly L. Aytes

Virginia Tech

Justin Hirt

University of Virginia

Julia Bottiny

University of Montana Law School

Matt Enzler





Celebrating the Congregational Care Ministry

Our Congregational Care Ministry, celebrating its 1 ½ years of ministry, serves as a forum for our Prayer, Parish Nurse, Morning Glory Card, Stephen, Helping Hands, Phone, Blood, and Yarn and Thread Ministries to meet, plan and share ideas together. Each of the listed ministries work together to serve the faith community of HUMC by becoming 'Christ's hands' of comfort, healing, hope, wellness education and service.

All of you who serve in the 'background'...praying, serving with health education (articles and bulletin board) and visitation, sending cards, listening one on one and in a group, preparing and delivering food, providing transportation for medical appointments, phoning our sick and grieving, donating blood, sewing, crocheting and knitting gifts of prayer shawls, etc. and so much more...serve as Christ's hands to this congregation. **Thanks be given for your generous spirit, your selfless assistance and your faithful love!!**

These are just some of the things that our HUMC caregivers have accomplished.

- **Prayer Chapel—dreamed of it, prayed for it, planned the space with the worship ministry! Please use it....enjoy it....visit it!! Seek God's peace there.**
- Continued Blood Drives
- Flu Shots ...looking for enough vaccine this November for our faith community
- "For Your Health" monthly newsletter articles with health and wellness information
- 50+ cards each month to members and loved ones 'far and wide'
- "Helping Hands": Meals to those experiencing times of personal illness or hardship
- Transportation to medical or other appointments
- Stephen Ministers—two training sessions and ongoing 'listening' one on one
- Blood Pressure Screenings by our Nurses, EMT's, and Paramedics
- Grief Education/Support Group met in the chapel for six weeks....10 members and 3 leaders;
- Grief Stephen Ministry Books being sent to those having suffered loss of loved one
- **New 'Phone Ministry'**...follow-up of prayer concerns listed in bulletin or on email prayer chain
- "Yarn & Thread": Prayer Shawls delivered to members of our faith community.....other sewed, crocheted, and knitted items being developed to ease the hurts of our loved ones
- Reston Hospital Visitation and other nursing facility visitation by our Parish Nurses and Clergy
- Email Prayer Chain continues prayerchain@herndonUMC.org and bulletin/yellow sheet prayer requests; members of our prayer ministry pray for us and our loved ones
- So much more.....perhaps even unknown

May God be praised for all of the above who have served to deliver this care and for those of you who serve to be Christ's hands to the sick, grieving and injured of this congregation. Thanks be to God for all that you do for your sisters and brothers in Christ.

Matthew 25: 21'Well done, good and faithful servant (s)!....'

-----Levenia Kibler, Parish Nurse, Chair of Congregational Care





Are at Risk? Are You At Goal?

This month while the kids are out of school and activities have wound down a bit, it is time to take a breather and make sure that each of us as adults are meeting our own healthcare needs. Sadly for example, only 35% of patients with diabetes are meeting the target of having their Hemoglobin A1C numbers under 7. 8.9% of all women in the US have diabetes but 1/3 do not know they have it. And only about half of the people in the US who need them, are on statin medications to lower their cholesterol numbers to target. Cardiovascular diseases kill more adults than cancers and trauma and yet they are so preventable. (Diabetes is a cardiovascular disease.)

If you have not had your blood pressure checked in a while, make an appointment to do so. The number should be no greater than 130/80 or if you have diabetes-130/70. If it is higher than that, your healthcare provider needs to work with you to lower it. And if you are already on one medication for blood pressure, do not despair. Many experts in the field, feel that it is normal to be on a minimum of two medications to control blood pressure to goal.

If you have not had that cholesterol checked or are on medication and have not reached goal, do what it takes to get there. We would like to see the LDL (the "bad" cholesterol between 70-100 and the HDL (the "good cholesterol" over 45. The Total Cholesterol should be under 200. If you have worked for 6 months on a diet low in trans fats, high in fiber, exercise and weight loss, then a medication from the statin category can be an important adjunct to reducing your risk for a stroke or a heart attack. This is especially true if you have a family history of heart disease or have diabetes.

A new and increasingly important marker for heart disease risk is the hs-CRP which provides a measure of inflammation in the lining of the coronary arteries. Ever wonder why someone can have a perfectly normal stress test or a clear cardiac catheterization and then go out and have a heart attack a few days later? It is because inflammation in the coronary artery can cause wearing away of the lining of the vessel and fats that are inside the lining can "burst" through the thin lining and cause a clot in the otherwise normal appearing vessel. If one has an elevated hs-CRP, taking an 81mg coated aspirin a day and a statin medication to help reduce cholesterol to the very lowest numbers can reduce that risk.

When was the last time you had a check up? Have you talked with other members of your family to find out what sorts of medications they are on? Do you really know what your diabetes and cardiovascular risk factors are and if you have any these, are they at target?

There is no time like the present to get started on the path to meeting these goals. You are empowered to control your risks-become a partner in care with your healthcare provider.

Address Unknown

We are once again asking for the congregation's help in locating these members. Our records indicate that mail sent to them has been returned "no forwarding address." If you have a definite address for any of them, please contact Mary Lou Blevins, Membership Secretary, at 703-435-2766.

Allen Amado
Charles Anderson
Sharon Arries
Dannie Butle
Linda Clapp
Linda Cohen
Peggy Colquitt
Raoul Cruz
Tommy Day
Wendy Day
Eric Dunham
Ronald Gattoni
David Gehring
Rosalind Gehring

Lynn Handwerk
Matt Handwerk
Jerry Hess
Nancy Hess
Larry Hill
Joseph Kettish
John Kreisa
Carrie Masse
Emily Masse
Patricia Ogg Meredith
Deron Miller
Hallie Miller
Marye Miller
Chris Murtland

Jim Murtland
Tony Murtland
Libby Reeder
Russ Reeder
Carol Ronning
Joe Sawyer
Mike Schmidt
Jeffrey Shekie
Bryan Smith
Fran Smith
Jeff Snyder
Paul Stansbery
Dana Steinhour
Heather Stokes

Shelley Undercoffer
Glenn Washer
Karen Washer
Kristy Wilson





ESL Notebook

On May 25, 2006, the Herndon/Trinity ESL program held graduation festivities. Certificates of completion were awarded to 26 students. For the first time, attendance awards were awarded to those students with perfect or almost perfect attendance. Six students received an attendance award along with a gift.

We are saddened by the death of Sarah Nobles, who taught for the first 3 years of our program. One of her students attended her funeral.

Plans are underway for the fall program. Classes will begin on September 12 and run through November 16. We will need volunteers to help with registration on September 12, 14, 19 and 21, 7:00 to 9:00 pm at Trinity. We are recruiting beginning level (A) teachers for Tuesdays and Thursdays and an intermediate level teacher for Tuesday. We are also looking for substitute teachers. Youth volunteers are welcome and community service hours will be awarded. Training and support will be provided. If you would like to volunteer, call Pat at (703) 481-5361.



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.



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 The New
For Your
Health Article*



Herndon United Methodist Church
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Herndon, Virginia 20170-3105

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